

Westbrook



Events

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Volume 13 • Quarter 2 • 2013



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First Selectman's Corner

Summertime in Westbrook

The summer months are a time of increased activity when our community justifies its title "The Jewel of the Shoreline." Our population expands from approximately 6,800 residents during the year to at least 11,000 beginning Memorial Day weekend.

There is something for everyone and I direct your attention to the following events including the responsibilities that we all have to fully engage and enjoy our community:

- Our beaches are increasingly popular to residents of the shoreline. Beach passes are required and free to Westbrook residents. All you need is a valid driver's license or a piece of mail with a Westbrook address or a tax bill to be presented to the attendant. Out of town individuals must come to the Selectman's Office to purchase a beach pass (\$20 per vehicle, daily pass only). Beginning Memorial Day weekend, passes are necessary on the weekends only. Passes will be required daily beginning June 24th.
- There has been considerable discussion regarding pets, especially dogs, on our public beaches. Certain restrictions will apply. There will be a public hearing

before the restrictions are finalized which may not be until the end of May.

- We have an outstanding Park & Recreational program and there are many opportunities for Westbrook families to participate. I encourage you to sign up early by coming to the Town Hall.
- Mark your calendars for the following important dates:

- o Memorial Day Parade – May 27, 2013
- o Fireman's Carnival - July 10, 11, 12, 13, 2013
- o Annual Muster – August 24, 2013 - This event attracts Musters from throughout the country.

These events are always popular and we hope that you will be interested in attending.

- Our Senior Center in the Municipal Town Hall has expanded the number of programs and activities. There are bus trips to historic locations, picnics and lectures of interest to the public.



First Selectman Noel Bishop

continued on page 4



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\$224,900 - NEW LISTING! Three bedroom Colonial style home. With a little updating and TLC this home will shine. Good sized rooms. Newer 13x21 family room addition. Wood flooring on first floor. Close to shopping and highways for easy commuting. As is sale. JOANNE PUTNAM



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\$489,900 - Stately, Attractive, Updated Colonial home on 3+ Private Acres overlooking large pond. Remodeled w/new granite kitchen counters, new carpets, all floors refinished, all freshly painted. Generous sized bedrooms. PAT REED



CLINTON

\$89,900 - NEW LISTING! Super value - 2007 manufactured home! Great living & closet space. Kitchen with plenty of cabinets. Master bedroom with full bath. Propane heat & central air. Enjoy the large deck & large yard. Conveyed furnished. Family park-Land lease \$456.24/month. SARAH MARCINEK.



CLINTON

\$305,000 - 4 bedroom Colonial on 2+acres bordering pond with level yard and stone walls. Newer vinyl siding, garage doors and roof. Nice flow through large kitchen into family room with raised hearth FP and out to Trex deck. Good closet space. CALL PAT REED



HIGGANUM

\$458,000 - Build to suit in Autumn Brook. Lovely lot bordered by Open Spaces and other superb homes. 4 Bedrooms , 2.1 Baths. High end finishes, energy efficient ,attention to detail through out. 12 lot cul-de-sac subdivision. PAT REED



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Publisher

William E. McMinn

CFO / Manager

Suzanne Spires

Editor / Art Director

Kathy Alsop
kathy.events@comcast.net
860-391-4372

Cover Editor

AC Proctor
860-767-9087

Advertising Sales

Ward Feirer
wfeirer@gmail.com
914-806-5500

Betty Martelle
betty@eventsmagazines.com
860-333-7117

John Vento
jvento@eventsmagazines.com
203-907-8689

Magazine Layout

Amy Bransfield
Patricia Stenbeck

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MISS MULVEY



Wouldn't you love to have this flag flying proudly on your front porch? They are for sale in the First Selectman's Office for \$26.95.

• *First Selectman continued from page 1* •

- The Chamber of Commerce has developed a listing of all of our historical sites; marinas; Bed and Breakfast establishments; shopping malls, etc. The summer months are an ideal time, even though they are open year round, to take advantage of these resources. One Westbrook resident recently told me "Westbrook has become a destination."
- With the increased population and visitors, there is an additional strain on traffic and safety. Our Constables and State Police monitor traffic but it requires the due diligence of all of us to obey the speed limits.
- The following restrictions apply to ATVs and golf carts
 - o Golf Carts are not allowed on public roads
 - o ATVs are not allowed on public roads.
 - o ATVs are not allowed in wooded areas without permission from the land owner

Finally, I encourage any interested individuals to come to our municipal Town Center at least once. We have excellent employees and I know that they look forward to meeting you and listening to any of your ideas and concerns. Have a great Summer!

— *First Selectman Noel Bishop*

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Working to Prevent Tax Hikes

My focus at the State Capitol continues to be on policies which help ease the financial burdens businesses and families face.

Example #1: I recently threw my support in favor of a bill which would cancel a gas tax hike slated to take effect in July. If the tax hike is allowed to go into effect, we would see prices at the pump rise by several cents per gallon. The people and businesses of Connecticut need a break. Our gas taxes already rank among the highest in the nation. In passing this bill, we can provide relief to hard-pressed consumers and ease some future pain at the pumps.

Example #2: My district is made up of thousands of heating oil users. When I go talk with seniors, low-income working families, and those who are on fixed incomes, one of their main concerns is their heating bills. Area residents rely on home heating oil to stay safe and warm. That's why I have come out strongly against a proposal which would tax all heating oil, propane and fuel sold for the purpose of residential heating or domestic hot water. Taxing this necessity makes no sense and would hurt needy families, the disabled and the elderly. I will fight against this tax on behalf of consumers in Westbrook and throughout the state.

Please contact me with any questions or concerns at Art.Linares@cga.ct.gov or 800 842 1421. On the web: www.senatorlinares.com.

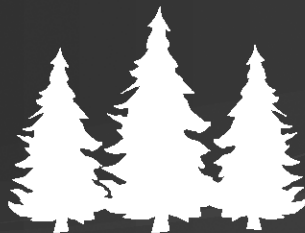
— Senator Art Linares



Senator Art Linares talks to a taxpayer in Westbrook on February 26th.

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Town Notes

Town Begins Work on Natural Hazard Mitigation Plan

The Westbrook Planning Commission is working with the Lower Connecticut River Valley Council of Governments (RiverCOG) to adopt a Natural Hazards Mitigation Plan (NHMP). The Regional Planning Agency sought and received a FEMA grant to assist the Town in preparing the Plan. Adoption of an NHMP was recommended in the 2011 Plan of Conservation and Development.

The purpose of the Plan is to develop proactive mitigation policies and actions to help reduce risk and create a safer, more disaster resistant community. The hazards that could potentially impact the Town of Westbrook to varying degrees include flooding, wind and tornado, drought and wildfire,

winter storm, earthquake, hurricane, sea level rise, and tsunami. The Plan will include an assessment of the vulnerability of critical resources and identify mitigation opportunities specific to the various natural hazards.

Adoption of the Plan will make the community eligible for various grant programs that could assist with implementing recommendations in the Plan. Other benefits include increasing public awareness of threats and hazards, communicating priorities to State and Federal officials and helping the Town to focus resources on the greatest risks and vulnerabilities.

A key component of the Plan is development of a process to keep the Plan current. Progress on implementing the Plan must be monitored on an annual basis and the Plan must be updated every five (5) years.

A Technical Advisory Committee, consisting primarily of Public Safety and Land Use Officials, has been appointed to assist the Planning Commission with reviewing the Plan. Workshops and public meetings will be scheduled over the summer months as work progresses on the Plan. Once the Final Draft of the Plan has been completed and approved by FEMA, it will be forwarded to the Board of Selectmen for adoption.

On-Line Mapping System Updated with New Aerials

Users of the Town's On-Line Mapping system will notice

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Town Hall Closed

May 27th - Memorial Day

July 4, 5 - Fourth of July Holiday

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Westbrook Barrier Island News



American Oystercatchers near Salt Island

On March 21, about 35 people attended a presentation entitled "Management of Westbrook's Barrier Islands for Shore Bird Habitat and Recreational Resources". Presenters were Rick Potvin, Refuge Manager of Stewart B. McKinney National Wildlife Refuge, Corrie Folsom-O'Keefe, Important Bird Area Coordinator, Audubon Connecticut, and Tom ODell, Chairman of the Westbrook Conservation Commission.

The presentation discussed the fact that Salt Island is Town owned, Menunketesuck Island is owned by the US Fish and Wildlife Service, and Duck Island is owned by the Connecticut DEEP, all with different rules for use by humans, and all with different rule enforcing agencies. Twelve people volunteered to be on a steering committee to form a "Friends of Westbrook Barrier Islands" group, and to determine how the group can help management of the Islands as well as steer the three separate owning entities to management of all three Islands as a unit, with equal emphasis on wildlife and humans.

For more information or to volunteer for the "Friends" group contact Tom ODell, 860-399-1807; todell@snet.net, or Rick Potvin, 860-399-2513; Richard_Potvin@fws.gov.

— John Rie

• Town Notes continued from page 8 •

that the site has been updated with new aerials from a state flight in April 2012. The Town of Westbrook participated in an Aerial Buy-Up Program with the Towns of Essex, Old Saybrook and Old Lyme to get higher resolution photos than what the State provided. The quality of the photos is evident when compared with the 2008 aerials which can still be viewed. The new aerials were used to update the Town's building layer.

One of the most popular pieces of information on the mapping system is the New FEMA Flood Zones. The higher quality aerials and updated building layer will better enable property owners to determine if their structure is in a Flood Zone. The higher quality aerials were also helpful in assessing damage from recent storms and provided critical backup for receiving disaster funds.

— Meg Parulis, Town Planner

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Westbrook Recreation Department

Spring / Summer Update!

Spring has finally gotten here and we hope that everyone has registered for all our Spring programs. Recreational soccer is off and running at Wren Park, with boys and girls of all ages. Our T-Ball for Tots program is in full swing at the Daisy baseball fields. This program is for all 3 to 5 year old boys and girls that wish to learn how to play baseball. Classes are on Saturday mornings from 8:00 – 10:00 am. Please remember that we can pro-rate both these programs for any children that start late.

It's time to register for all our many Summer Camps. We have Sports, Theatre, Little Folks, Summer Day and Teen Camps for boys and girls everywhere. Due to the great demand from our residents and surrounding towns, we have provided camps for children of all ages. Any boy or girl, between the ages of 4 – 15 years old is welcome to register for any of these camps. Day camps provide children with wonderful opportunities to make new friends, grow socially, discover nature and share amazing experiences.

Little Folks Camp will run Monday – Friday and be held at the Teresa Mulvey Center, from 9:00 – 12:00 noon. Summer Day Camp will be back at Daisy Elementary School and Wren Park. The Teen Camp will be at Westbrook Middle School where children can enjoy the tennis courts, track, soccer fields and everything else available there. The difference between



Summer Day Camp and the Teen Camp is that the Teen Camp is more advanced and has age appropriate activities. This summer we have planned hiking, tennis, badminton, floor hockey, soccer, dodge-ball, baseball and a number of other exciting activities. Due to limited space, we will only have 25 teens registered for each week. Teen Camp will follow the same schedule as Summer Day Camp and run for eight weeks. We have good news for families from Westbrook. We

continued on page 11

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Join us in beautifying Westbrook one spot at a time. We have many spots available. Some require simple weeding or litter control. Other spots could use your creativity in designing and planting a garden. Pick a spot that meets your needs and feel great about adding to Westbrook's charm. To find out more, check the town web site at <http://westbrookct.us/> and click on the Adopt A Spot link on the left side of the home page. Or, contact Deborah Rie at 860-399-0664 or deborahrie@sbcglobal.net.

• **Recreation Department continued from page 10** •

have decided to add another week of childcare after summer camp is done. It will be called Hang-Out Week, in our brochure. Please call 1-860-399-3095, with any questions or concerns regarding registration.

Our eleventh annual Westbrook Family Day is on June 8, 2013 from 12:00 noon to 2:00 pm. Be sure to mark this date on your calendar for a fun filled day of clowns, rides, food and entertainment. This event is organized each year by the Westbrook Recreation Board and is totally free to the public through donations from local shoreline groups, clubs and businesses. If you've never been to this exciting town function you're in for a big treat. Come join our community and celebrate this All-American annual event. Westbrook Family Day will have a rain date of Sunday, June 9th. If you wish to volunteer or make a donation, please call Rich at 1-860-399-3095.

The mission of the Westbrook Recreation Board is to develop, operate and maintain a recreation department that enriches the quality of life for residents and visitors alike. Our goal is to provide quality, accessible facilities, programs and services. Our mission will be met by offering passive and active recreational opportunities that are desired, educational and diverse. Our programs will benefit tots, youth, adults and seniors in a spirit of fellowship and community pride.

— The Westbrook Board of Recreation

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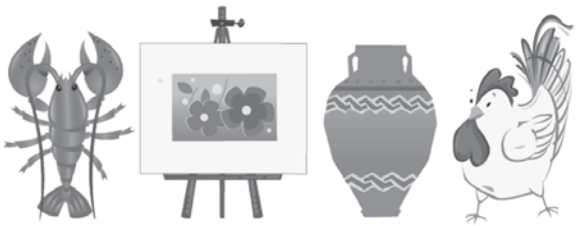
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Westbrook Youth & Family Services

Thank You Oxford Academy. Oxford Academy hosted "Lights on Westbrook," a photography exhibition and prize drawing, and donated the proceeds to WYFS. We enjoyed a beautiful evening of art, refreshments, prizes, and humor as ticket holders scurried to choose their favorite picture to take home at the end of the night. Thank you also to the photographers for donating their pictures, and Water's Edge Resort & Spa and Atlantic Seafood for their sponsorship.



WYFS Director Jacqueline Ward accepting check from Oxford Academy's Head of School Philip Cocchiola.

New Leadership. We are pleased to announce that Macdara MacColl has accepted the role of WYFS's Clinical Director. Mac has become indispensable to WYFS and to members of this community that have had the pleasure of working with her. With Michelle Ciak as Clinical Supervisor and Rebecca Brodersen as School Coordinator, we are fortunate to have such an incredibly talented clinical team providing services to Westbrook and surrounding towns.

Future Programming. Look for us collaborating with our community partners over the summer, including WMS Healthy Youth Awareness Day, YMCA Healthy Kids Day and Westbrook's Family Day. Sign up for our email newsletter so you don't miss our fresh new slate of programs in the fall. Lil' Tykes and Court-Mandated Parenting Education continue through the summer.

Counseling Services. Westbrook Youth and Family Services provides support and therapy for individuals, families and couples. Our therapists help strengthen family functioning, and support children and families working through life's challenges, including emotional and behavioral issues, stress, anxiety, grief, depression, chronic illness or disabilities, trauma, peer issues and life transitions. Services are offered on a sliding-scale fee basis or state insurance is accepted. Please call Macdara MacColl at 860-399-9239 to set up an appointment.

Celebrate Connecticut Trails Day

Stuart B. McKinney National Wildlife Refuge Educational Walk. Saturday, June 1. 8:00 am to 9:30 am. Take a journey through one of Connecticut's last maritime forests to salt meadow and Menunketesuck River. This unique site is located in the southern most part of the Menunketesuck Greenway. The mission of National Wildlife Refuges is to conserve America's wildlife resources for the continuing benefit of the American people. Discover how the refuge it is managed. Total distance 1 mile. Meet at the Refuge parking area (from I 95 Exit 64, go south on Route 145, turn left at the stop sign onto Old Clinton Road; the Refuge entrance is 1 mile on right with parking at the end of driveway). Sponsored by USFWS Stuart B. McKinney National Wildlife Refuge, Salt Meadow Unit. Rain or shine. Any change notices will be posted by the leader on the CFPA Facebook wall www.facebook.com/CTForestandParkAssociation by Saturday morning. Pre-registration is RECOMMENDED. Questions and to pre-register: contact leader Rick Potvin, (860) 399-2513 x116, Richard_Potvin@FWS.GOV. Dogs Not Allowed.

Horse Hill Woods Trails Hike. Saturday, June 1. 10:00 am to 12:00 pm. We will follow a 1.5-mile route through a 35-acre, town-owned open space in the Menunketesuck Greenway. The loop trail will follow along old logging roads and crosses Plane Brook, meanders through mixed hardwood forest, and past several vernal pools, bedrock outcroppings and pastures fenced with stone walls and dotted with large red cedar trees. Some

wet areas will be encountered; wear appropriate footwear. Meet Meet leaders Tom Odell and Marty Marx at the parking area on Route 145 (from I-95 Exit 64, go north 2 miles on Route 145, parking area is on the left). Sponsored by Westbrook Conservation Commission. Rain or shine. Any change notices will be posted by the leader on the CFPA Facebook wall www.facebook.com/CTForestandParkAssociation by Saturday morning. Pre-registration is RECOMMENDED. Questions and to pre-register: contact Tom Odell, Cell (860) 575-0969; todell@snet.net

Chapman Mill Pond Trails Hike. Saturday, June 1. 12:30 pm to 2:30 pm. We will follow a 2-mile route that goes through an 83-acre, town-owned open space in the Menunketesuck Greenway. The trail slopes down from Route 145 to woods road, paralleling a series of vernal pools. Management of the site will be discussed as we continue through mixed hardwoods, a scattering of hemlock and white pine, and past stone walls on the way to Chapman Mill Pond. Meet leaders Tom Odell and Marty Marx at the parking area on Route 145 (from I-95 Exit 64, go north 0.8 miles on Route 145, parking area is on the left). Sponsored by Westbrook Conservation Commission. Rain or shine. Any change notices will be posted by the leader on the CFPA Facebook wall www.facebook.com/CTForestandParkAssociation by Saturday morning. Pre-registration is RECOMMENDED. Questions and to pre-register: contact Tom Odell, cell (860) 575-0969, todell@snet.net.

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Town Clerk

Free Notary Public Services

This is another service the Town Clerk's office is happy to provide. As a courtesy, the Town Clerk's Office provides the free services of a Notary Public to the residents of Westbrook. Non-residents are charged a fee of \$5.00.

If you are in need of Notary services, please be aware that the person whose signature is being notarized, must sign the document in person in the presence of the Notary. Two forms of identification with a signature are required.

It has been recommended by the Office of the Secretary of the State that Notaries in the Westbrook Town Clerk's office do not notarize wills or living wills or any document that will be recorded in the Town of Westbrook Land Records.

Please call our office if you need additional information regarding Notaries.

Notary Public Commissions

Notary Public Commissions are issued by the Secretary of the State's Office. Notaries must record their commission, and renewal, in the Town Clerk's Office in the town where they reside. Additionally, they may also record their appointment in the town where they do business.

There is a \$10.00 fee for the recording of a Notary appointment/renewal.

Fishing Licenses and Angler's Guides

2013 Angler's Guides are available in the Town Clerk's office. Please pick up a copy when you purchase your Fishing License.

The costs of Fishing Licenses for Connecticut residents are: Inland Fishing \$28.00, Marine Fishing \$10.00, All Waters \$32. Those Connecticut residents age 65+ receive Fishing Licenses at no charge.

Dog Licenses Renew in June

Reminder notices will be sent out during the month of May to all registered dog owners of Westbrook. Dog license renewal period is during the month of June.

All dogs, six months and older are required to be registered with the Town Clerk's Office proving that they have updated rabies vaccinations.

There are rabies clinics throughout the spring which will accommodate dogs as well as cats. Contact your local veterinarian for rabies clinic information.

This office accepts cash, checks and credit cards.

— Joan Angelini, Town Clerk

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Annual Closer to Free Bike Ride

The 3rd Annual Closer to Free Bike Ride for Smilow Cancer Hospital at Yale-New Haven will take place on Saturday, September 7th. Riders have the option of cycling 25, 62.5 or 100 miles. Our ride travels through multiple shoreline towns including Branford, Madison, Guilford, Essex, and Old Saybrook. We've been called the "best organized ride in Connecticut." And for good reason...our experienced staff and volunteers will take care of you from mile one until the finish line. Clear route cues and signage, lots of food and drink and efficient SAG when you need it will help you leave the worrying behind so you can focus on the miles ahead. Plus our finish line festival at the Yale Bowl has fun for everyone, with live music, a beer garden, food trucks and so much more. Our volunteers and Road Crew are the backbone of the Ride. We've got fun and rewarding volunteer opportunities for anyone who wants to lend a hand. The Closer to Free Ride simply can't happen without the generous support of our family of sponsors. The Ride is the perfect platform to give your brand exposure while joining in the fight against cancer. We've got sponsorship packages to fit every budget and every goal, with lots of innovative ways to connect with our desirable demographic.

For more information on the riding, volunteering, or sponsorships please visit www.rideclosertofree.org or email rideclosertofree@ynhh.org. You can also reach us at (203) 200-CTFR (2837).

Accolades for Events Magazines!

I've always enjoyed reading your Events Magazine. I've lived and worked on the shoreline most of my life and love to see what's going on and look at the ads for local businesses. I think it's important to shop local and support our fellow businessmen and women.

As a graphic designer, the look of the magazine is clean, stylish and classy. Keep up the good work.

– Bette McLean, L.E. Designers, Inc., Old Saybrook, CT

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Registrars of Voters

The Annual Canvass was conducted by the Registrars. Not all registered voters received a "Confirmation of Voting Residence" letter. Residents who showed some change in their mailing or residence address as reported by the Post Office and those electors who did not vote in the November 6, 2012 election received a notice. If you received a "Confirmation of Voting Residence" form and did not respond by the date indicated on the form, your name will be put on the "Inactive List". Be sure to let the Registrars know whenever you have made a change to your mailing/ residence address, have made a name change or would like to change your party affiliation. Please call our office (860-399-3042), send a note, or stop by the office on Tuesdays from 11:00 am -1:00 pm or Thursdays from 5:00 pm – 7:00 pm. Please call if you would like to make an appointment. Please note that Registration Application Forms are available in the Registrars' and Town Clerk's Office and on a table outside the Registrar's Office. The Budget Referendum will be approaching soon. Registered voters and Property owners who are 18 years of age or older who are liable to the Town of Westbrook for taxes assessed against him/her of not less than \$1,000 on the last completed grand list of the town are eligible to vote. No trusts, no corporations, no LLC's, no partnerships and no trustees are eligible to vote.

— Registrars - Barbara G. Lupa and Nancy R. Moore

Memorial Day Parade

As in the past on Memorial Day, the various organizations of our community have joined together to honor and remember our Veterans of both civilian and military service. It is again time for us to join in this remembrance.

We extend an invitation to you and your organization to participate in the Memorial Day Parade. For those newcomers, the Parade will form up behind the Riggio Building.

The Parade will be held on Monday, May 27 at 10:00 am sharp and, as in the past, in the case of rain, there will be a shorter route. The Parade will not be cancelled.

Please acknowledge interest as soon as possible. Replies should be directed to Jill Brainerd in the First Selectman's office at 860-399-3040.

The line of march will be available at the Parade. We will make every effort to have the greatest generation lead the parade. Hope you'll be there to remember and thank our World War II Veterans and our grandparents who worked at home to support our troops.

Taps, Prayers, and a few speeches will be the norm this year! Thank you for your continuing support!

W. Frazier Brinley, Memorial Day Parade Chairman

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2013 Parking Beach Pass Policy

Residents: FREE. No parking pass needed at the gate. You must show a valid driver's license, mail, or tax bill.

Non-resident: \$20 per vehicle/daily pass only sold at the gate.

You must come to the town hall to purchase passes for the following:

Temporary resident - \$10 visitors of Westbrook residents

MOTELS - \$20 owner must purchase/limited to number of rooms

COTTAGE RENTALS - \$20 rental agreement required, vehicle registered to renter only

BOATERS - \$30 seasonal slip agreement required/vehicle registration to slip renters only

BUSINESS - \$10 owner must purchase/town reserves the right to limit the number of passes

TIMESHARE OWNERS - \$10 temp. pass for the week. Show proof of ownership.

From the Zoning Office

Zoning Violations. The Zoning Department of the Land Use Office is charged with enforcing the Zoning Regulations. The Zoning Regulations can be found on the town's website: <http://westbrookct.us/land-use.php#zoning>, or a paper copy is available in the Land Use Office to read or purchase. The staff consists of a Zoning Enforcement Officer (ZEO) and administrative support staff.

Zoning Enforcement does not address anything not in the Regulations such as: high grass, weeds, garbage, litter, residential lighting, on-street parking, animal waste, pet licensing.

Filing a complaint. To report a complaint, it can be done by phone, fax, email, postal mail or in person. After a complaint is received by the ZEO, the complaint is logged and assigned a number in the Land Use Tracking system. A complaint form can be obtained from the Land Use Office or on the town's website: <http://westbrookct.us/land-use.php#zoning>.

An inspection is conducted, and if it is determined that a violation exists, the property owner is contacted about the violation and advised as to what action must be taken to correct the problem. A timeline is provided to achieve compliance. An extension of time may be granted to the property owner(s) if an effort exists on the property owner's behalf to resolve the violation in a reasonable timeframe.

After the compliance date, the ZEO re-inspects the property. If the violation continues, the ZEO may issue a Citation or refer the matter to Legal Counsel for further action. Zoning would prefer to work with property owners to resolve a violation before moving on to a court proceeding.

Household Hazardous Waste Collections

May 18

June 1, 22

July 13, 27

August 10, 24

September 7, 21

October 5

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Brownies Help Clean WLCT Properties



Each year the Westbrook Land Conservation Trust (WLCT) conducts two clean-ups; one in the spring to clean its properties in the northern end of town and another in the fall to clean its southern properties. During the clean-ups, litter is removed and the properties are inspected for damaged signs, fallen trees, and other problems. For the past two clean-ups, the WLCT has been joined by Brownies from Westbrook's troop #62822. This troop is led by Sarah Litevich (a WLCT board member) and consists of 16 1st and 2nd graders. The brownies met the WLCT members at the town hall, where they were assigned properties and given large, empty feed bags, provided by board members who have horses, to serve as their trash bags. Then the brownies travel from property to property filling their bags with litter. Along the way, they see first-hand the consequences of littering, learn to identify different plants (ie stay away from poison ivy), and help their community, all while enjoying the fresh air. When asked her experience picking up trash, 6 year-old Brownie, Norah Hayden, said, "It's good for the world and the birds." True that Norah.

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Renters' Rebate Program

The Town of Westbrook has begun accepting applications for the State of Connecticut's Renter's Tax Relief (Renters' Rebate) Program. The Renters' Rebate Program runs from April 1, 2013 to October 1, 2013. Due to the high volume of applications for this program, residents interested in applying must do so by appointment only. Walk-ins cannot be accommodated.

The state program provides a one-time yearly reimbursement for Connecticut renters based on income, rent and utilities that were paid from the previous year (2012). The program is available to residents age 65 or older as of December 31, 2012, or residents at least age 18 by December 31, 2012 who have been found by a government agency to be permanently and totally disabled. Income must be no more than \$33,500 for single individuals or \$40,900 for married couples. Persons renting an apartment or room, or living in cooperative housing or a mobile home may be eligible for this program.

To schedule an appointment please call Westbrook Social Services Department at 860-399-3040 x 154.

Senior Travel

JUNE 4-6. TUESDAY-THURSDAY. Lancaster, PA. To see "Noah" along with "Cats." Kitchen Kettle Village, Hershey Chocolate World. Tour of Lancaster. \$375. \$75 deposit due at sign up. Balance due May 4.

JULY 14 – SUNDAY. River Rose Cruise (paddle boat) on Hudson River. Brunch at Torches Restaurant. \$85.

AUGUST 7 – WEDNESDAY. Thimble Islands. Lunch at Chowder Pot ending up at Lyman Orchards. \$70.

AUGUST 19 – MONDAY. Suffolk Downs Race Track near Boston. Buffet lunch. See horses take off and end from our private room. Bet if you like. \$58.

SEPTEMBER - Due to recent episodes on Carnival we have decided to cancel. We are working on something to take its place.

OCTOBER 22 – TUESDAY. Williams Inn Germanfest. All you can eat buffet. Beer/wine, entertainment. \$78.

NOVEMBER 12 – TUESDAY. Salute to the troops at the Grand Oak Villa - Oakville, CT. Family-style lunch. Dancing. \$78.

DECEMBER 4 - WEDNESDAY. Christmas with Kenny and Dolly. Hukelau-Chicopee, MA. Two shows. Hawaiian Christmas. Tribute to Kenny & Dolly. Drive through Bright Nites-Forest Park. \$82.

For further information contact Lucile at (860) 399-6065.

A Message from the Open Burning Official

Spring is upon us once again and the urge to burn runs through our minds. The burning of brush is permitted if certain criteria are met. If you have a pile of brush that you would like to burn, contact the "Open Burning Official" and I will meet with you to see if it is safe to burn in your location. 860-399-3040

Bonn fires and campfires are permitted for "ceremonial" purposes only. They should be contained in a stone, concrete block or sunken area away from any dwellings of wooded area. The fire department has been called out to several Bonn fires that were started with an accelerant and caused flames to reach 10' to 15' into the air. This is a dangerous and illegal method of starting a fire and someone could be injured in the process. Please note that building materials are not allowed in the use of Bonn fires. Some paper and dry kindling should work well if you plan ahead for your fire.

The burning of LEAVES is prohibited, per the Department Energy & Environmental Protection. NO BURNING OF ANY KIND IS ALLOWED DURING HIGH, VERY HIGH or EXTREME BURNING INDEX.

You can go on the Department of Environmental Protection's web site to check forest fire danger. <http://www.ct.gov/dep/site/default.asp>.

You may call the "Open Burning Official" for advice and to let him know that you will be having a Bonn fire at your location.

Have a safe spring!

— Loren E. Baker, Jr., Open Burning Official



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Essex Printing Winner In New England Regional Awards of Excellence Competition



The announcement was made April 4 during PINE'S Industry Awards Gala with hundreds of industry professionals in attendance. PINE'S Awards of Excellence Competition attracts over 200 entries from 41 printing and imaging companies across New England competing in a variety of printing and graphic communications categories.

Essex Printing won Awards of Recognition for the printing of Essex Savings Bank's 2013 calendar. A panel of judges with extensive experience in printing and print production

examined a wide range of work submitted. Each entry was judged anonymously on its own merit in a category with similar printed pieces.

"We are very proud to have won this competition because it confirms our commitment to our clients and that we provide an outstanding level of quality printing," said William McMinn, President of Essex Printing and Events Magazines. For more information please contact Essex Printing at 860-767-9087 or wcmminn@essexprinting.com.

Westbrook Water Pollution Control Commission

The Westbrook Water Pollution Control Commission has submitted its Wastewater Engineering Plan to the CT Department of Energy and Environmental Protection. This is the next step required by the DEEP to address groundwater pollution concerns in several coastal study areas.

Several earlier studies were done to evaluate areas with small lots, high population density, poor soils and aging septic systems. No suitable area was identified for a large community system and no discharge point exists for a large sewer system.

The Plan proposes maintenance of on-site septic systems as the primary wastewater treatment in Westbrook. Our current Ordinance requires stringent construction oversight and pump-outs every five years. The Plan requires further investigation of systems in study areas, and possible upgrades if systems do not meet remediation standards. Following DEEP review, the Plan will be presented to residents at a public meeting.

We anticipate that Westbrook's program will be similar to that of Old Saybrook, but on a smaller scale. The WPCC first plans to hire a full-time staff member as Program Manager to oversee a project that is expected to extend ten to twelve years, and involve site investigation, grant administration, database development and construction oversight. This position is in next year's budget.

The WPCC will keep residents informed through Events articles, public meetings and the town website. WPCC meetings are held on the fourth Wednesday of each month at 7:30 in the Town Hall; the public is welcome.

July 12 - Deadline for the next issue of

WESTBROOK EVENTS

Contact Jill in the First Selectman's office 860-399-3040 or e-mail jbrainerd@westbrookct.us to submit an article or press release.

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Connecticut's Mental Health Crisis



A 2012 national survey on mental health and substance abuse estimates that 20% of Americans have had the symptoms of a mental illness while 5% of Americans suffer a severe mental illness such as bipolar disorder, schizophrenia, major depressive disorder or post-traumatic stress disorder. However, 70-90% of those who receive appropriate treatment and support experience a reduction in symptoms. Nationally, Connecticut has lagged behind in mental health access and treatment services for decades. This deficit is critically underscored by the tragedy at Sandy Hook Elementary School.

A recent report from the Connecticut Office of the Healthcare Advocate released its findings and recommendations on mental health services in our state. Among its conclusions:

- Connecticut lacks an overall vision of how to recognize, evaluate and provide services for individuals with mental health and substance abuse needs
- Connecticut's current delivery system for mental health and substance abuse services is fragmented and inconsistent
- Capacity for delivery of services is insufficient for much needed community-based services
- Mental health and substance abuse care largely is not integrated into overall healthcare models
- For the last five years, complaints about access to mental health and substance abuse services have exceeded all other types of clinical complaints

Connecticut must adopt aggressive measures to increase mental health access, attract qualified practitioners, and offer a range of services that includes more community options so that children and adults can access appropriate services in the least restrictive environment.

— State Representative Marilyn Giuliano

Marilyn Giuliano represents Lyme, Old Lyme, Old Saybrook and Westbrook in the Connecticut General Assembly.

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ACCEPTABLE RECYCLING ITEMS AT TRANSFER STATION

CARDBOARD (MUST BE IN 3FT LENGTHS, FLAT & BUNDLED)
NEWSPAPER & INSERTS
MAGAZINES, BROCHURES, JUNK MAIL, CATALOGS
PAPER BAGS
PAPER BOXES (CEREAL, EGG CARTONS)
PHONE BOOKS
HARD & SOFT COVER BOOKS
WHITE & COLOR PAPER ENVELOPES (WINDOW OK)

FILE FOLDERS
SCHOOL PAPER
SHREDDED PAPER (IN PAPER BAG)
MULTI 3 PLY PAPER
WHITE, GREEN & BROWN GLASS BOTTLES
TIN CANS & ALUMINUM CANS
ALL PLASTICS #1 TO #7
EMPTY AEROSOL CANS

UNACCEPTABLE ITEMS FOR RECYCLING AT TRANSFER STATION

NO GARBAGE OR FOOD WASTE
NO PLASTIC BAGS OR PIZZA BOXES
NO MIRRORS OR WINDOW GLASS
NO CERAMICS OR LIGHTBULBS
NO USED PAPER PLATES, NAPKINS OR TOWELS
NO MOTOR OIL OR CHEMICAL CONTAINERS
NO ELECTRONICS, BATTERIES, CD'S OR DVD'S

NO ICE CREAM CONTAINERS
NO PLASTIC TOYS OR SPORTING GOODS
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NO YARD WASTE OR GARDEN TOOLS
NO CAT LITTER OR HAIR



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Save the Dates

Westbrook Garden Club
May 11, May Garden Market,
Town Green

**Westbrook Historical Society
Day on the Green**
July 13th

Memorial Day Parade
May 27, 10 am
Rain or Shine

**9th Annual New England
Connecticut Volkswagen
Association**
Westbrook Elks
July 14, 9 am – 2 pm

WDTC
25th Annual Arts & Crafts Fair
June 2, 10 am – 4 pm
Town Green

**Westbrook 54th Fife & Drum
Parade and Muster**
August 24th, 10 am

Family Day
June 8th, Rain Date June 9
12 p.m.- 2 pm
Town Green

**Westbrook Congregational
Church Fair**
August 24th
Town Green

**Westbrook Fire Department
Carnival**
July 10 – 13, 6 pm – 11 pm,
Ted Lane Field

Westbrook Foundation Brings High Hopes to Residents

In keeping with Barbara Spencer's original vision of creating a foundation that would help to fund grants for worthy, non-profit organizations whose efforts benefit Westbrook residents, the Westbrook Foundation awarded a grant in the amount of \$5,000 to High Hopes Therapeutic Riding Center, in Old Lyme. The monies will be used to provide scholarship support for Westbrook participants.

High Hopes relies significantly on donations from individuals, foundations, and corporations to support its many and varied programs.

"All of us at High Hopes are extremely grateful for this sort of community support that allows us to continue to offer these invaluable services to individuals in Westbrook who will benefit from them," explains Kitty Stalsburg, Executive Director of High Hopes.

Celebrating almost 40 years in existence, the renowned center, which has been at its current location, in Old Lyme since 1990, serves over 250 riders weekly, with a mission to, "...improve the lives of people with cognitive, physical, and emotional disabilities through the benefits of therapeutic horseback riding and other equine-assisted activities, while serving the therapeutic riding profession through training and education."

In 2012, the therapeutic riding center worked with 1,546 people and provided 7,891 equine assisted activities and therapy sessions with the help of a herd of 25, very patient, specially chosen horses of varying ages and breeds, as well as an army of hard working volunteers.

"Scholarship support, from organizations such as the Westbrook Foundation is vital to our ability to continue to provide a safe, quality experience to individuals with special needs," says Stalsburg. "The horse provides a wonderful means to promote things like eye contact, encourage speech and language skills and improved self confidence and self esteem."

In addition, it is reported that physically, the horse's movement closely resembles the normal gait of a human and can be used to produce physical changes in the rider, including normalization of muscle tone, postural and balance improvements and increased strength. Through the development of an individual riding plan (IRP) specific to each rider's needs, the staff at High Hopes works diligently to develop individualized goals and objectives during weekly classes. The 120 acre facility also offers a variety of integrated summer camp programs for riders age three through 14.

"Westbrook folks have a long and proud history with this terrific organization. We on the Foundation are grateful to all who have contributed to the tremendous legacy High Hopes has created over the last generation. We wish them continued



success and are pleased to be a small, but heartfelt, partner in their growth," explains Foundation Chairman James Crawford.

For more information about High Hopes, please visit www.highhopestr.org. For information about grant applications for the Westbrook Foundation, please visit www.westbrookfoundation.org.

— *Karena Garrity*

Pequot/Sherwood Day Camp

Ivoryton, Connecticut
Running in one week sessions for boys and girls ages 6 to 13, local families can enjoy a day program very similar to our overnight camps. Every day, campers choose from a range of activities, spend two full hours at the waterfront and get American Red Cross swimming and boating lessons. Lunch is provided and transportation is available.

TRANSPORTATION AVAILABLE

PEQUOT SHERWOOD DAY CAMP

860-767-0848
www.pequotsherwood.org

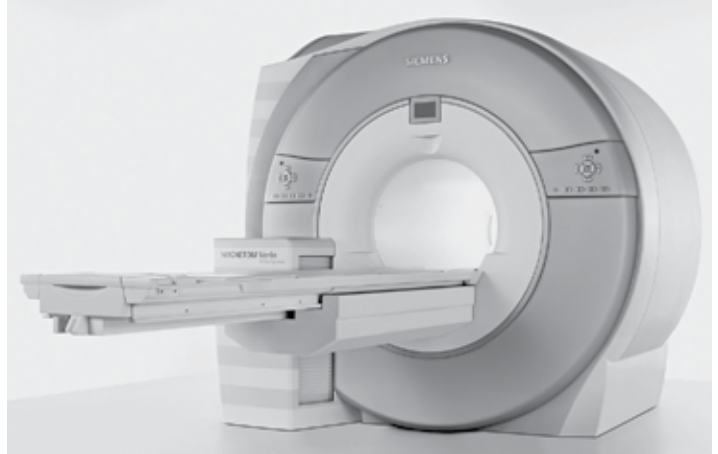
For town updates & information:

www.westbrookct.us

Middlesex Hospital Now Offers 3T MRI

The Radiology Department at Middlesex Hospital has a strong tradition of keeping current with the latest, most advanced technology. The 3-Tesla (3T) MRI is just the latest example of how the Hospital is staying ahead of the curve in the level of technology it provides to patients. This diagnostic marvel provides the most up-to-date technology currently available for MRI imaging. The strength of the MRI magnet itself (measured in “teslas” and 3 teslas being the most powerful magnet currently available on the market) allows the machine to provide sharp, detailed pictures of the entire body. It is especially useful for getting unparalleled image clarity, leading to definitive diagnoses, of the breasts, prostate, head and small joints such as the knees, ankles, shoulder, elbows, wrists, hands and feet.

This super-powerful, wide-open bore, high-field MRI also offers a new dimension in patient comfort. It combines a much larger bore (circular opening) size and a much shorter “tunnel” (length). The new MRI looks just like a CT scanner, only a foot longer. The new wide-open bore design accommodates patients of all sizes, eliminating anxiety and claustrophobia. For many exams, both the feet and head remain outside the machine. The newer technology combines an open feel with the ability to capture high-field quality diagnostic images. In addition, the new MRI is quieter and may require less time to capture the necessary images.



The 3-Tesla (3T) MRI.

When using the new, 3T MRI at Middlesex Hospital, patients can be sure that their doctors will get the highest quality medical imaging possible. They will also be comfortable, experience less noise and likely spend less time in the machine. In other words, patients can now make a smarter choice at Middlesex Hospital if they need to have an MRI!

How to Reach Your Elected Officials

STATE

Governor Dannel P. Malloy
State Capitol Building, Room 200
Hartford, CT 06106
(860) 566-4840 – (800)406-1527 Fax
(860)524-7396
Governor.Malloy@po.state.ct.us

State Comptroller
Kevin Lembo
55 Elm Street, Hartford, CT 06106
(860) 702-3300 Fax (860) 702-3556
<http://www.osc.state.ct.us/>

Secretary of the State
Denise Merrill
30 Trinity Street, Hartford, CT 06106
(860) 509-6000 Fax (860) 509-6209
<http://www.sots.state.ct.us/>

State Treasurer
Denise Nappier
55 Elm Street, Hartford, CT 06106
(800) 618-3404 Fax (860)-702-3043
<http://www.state.ct.us/ott/>

Attorney General

George Jepsen
55 Elm Street, Hartford, CT 06106
(860)808-5318 Fax (860) 808-5387
<http://www.cslib.org/attygen/>

Rep. 23rd District
Marilyn Giuliano
Legislative Office Building, Room 4064
Hartford, CT 06106
(800) 842-1423
Marilyn.Giuliano@housegop.ct.gov

Senator 33rd District
Art Linares
Legislative Office Building, Room 3400
Hartford, CT 06106
(860) 240-8800
Art.Linares@cga.ct.gov

Rep. 35th District
Thomas Vicino
Legislative Office Building, Room 5007
Hartford, CT 06106
(860) 240-8585
Thomas.Vicino@cga.ct.gov

FEDERAL

Senator Richard Blumenthal
90 State House Square 10th Floor
Hartford, CT 06103
(860) 258-6940 Fax (860) 258-6958
702 Hart Senate Office
Washington, DC 20510
(202) 224-2823, Fax (202)224-9673

Senator Chris Murphy
One Constitution Plaza, 7th Floor
Hartford, CT 06103
(860) 549-8463 Fax (860) 524-5091
SD-B40A Dirksen Senate Office Building
Washington, DC 20510
(202) 224-4041 Fax (202) 224-9750

Congressman Joe Courtney
101 Water Street Suite 301
Norwich, CT 06360
(860) 886-0139
215 Cannon House Office
Washington, DC 20515
(202) 225-2076
www.courtney.house.gov

REMINDER

Westbrook Fire Department Carnival Dates

Wednesday, Thursday, Friday, Saturday
JULY 10, 11, 12, 13th
 6 pm - 11 pm
Wrist bands for all four nights

Family Conversations

Through many years of experience working with seniors and their families, we at Chester Village West have discovered that there is a need to assist adult children with the approach and eventual conversations they will have with their parents and loved ones.

These adult children are usually between the ages of 45 and 60. They are managing work, educating their children, and worrying about their aging parents at the same time. They have many options, but little time to do the research on their own. They need answers in a factual and timely manner.

Through our new "Conversation Starters Program," we offer free consultation services for your family, employees, clients and/or peers. We will provide a balanced approach, whether the family decides to re-locate their parents to a senior living community, or access in-home care. We will help them assess their current situation and streamline the process to give them enough knowledge to make their own decisions. We understand that "knowledge is power."

Visit our Conversation Starters Landing page, www.AConversationStarter.com/CT.

SPOTLIGHT!

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Applegate Orthopedic Spine Center

Attention 2 Detail

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Davis Pools

Roseann Annino Hair Stylist

State Farm Agency – Lauren LaTorre-Osterling

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*Discounts vary by state.

1101283.1 State Farm, Home Office, Bloomington, IL

Westbrook Drum Corp

The Westbrook Drum Corps opened its 2013 season with St. Patrick's Day parades in Hartford and New London. Most of the season's events have been scheduled with appearances in Connecticut, Massachusetts, Rhode Island and New York. In recent years, the Corps has performed in Disneyworld, Boston, New York City, Concord and Lexington, Colonial Williamsburg, Yorktown, Fort Myer, Valley Forge and Switzerland. The Westbrook Drum Corps performs each year in the town Memorial Day parade, Halloween parade for the Fire Dept. and the Holiday Tree Lighting parade. Their meeting room is open for the Tree Lighting so people may visit to warm themselves with beverages and cookies. They also host Fifying For Food annually which is a canned food drive located on the Green.

The Westbrook Drum Corps was formed in 1910. They are currently celebrating 103 years. While it is an adult organization, it is also family oriented. Children younger than 18 years are accepted with a parent or guardian.

The Westbrook Drum Corps 54th Annual Muster is scheduled for the weekend of August 24. It is one of the oldest and largest musters internationally. Several corps from Switzerland are expected to attend this year. While only about 40 invitations are extended to drum corps, because of its popularity, about 50 join in the parade on Saturday.

The Corps is currently accepting new members for the color guard, fife line and drum line. No experience necessary! The Corps provides the instruction, uniforms, instruments, flags and FUN. Members provide the enthusiasm and commitment to perform music that is centuries old right up to modern martial tunes. The Corps meets each Tuesday evening at 7:00 in the lower level of the Historical Society building on the Green. Any interested persons may contact Dodie at 860 399 6436 or email: chuckndodie@comcast.net, any Corps member or just come to the meeting room on any Tuesday.

— Dodie McGrath

Harbor Management Commission

The Harbor Commission has approved a New Harbor Management Plan. The plan has been sent to the State of Connecticut DEEP for approval, once approved it will need to go to the Connecticut DOT and US Army Corp. of Engineers for their approval. Once all State and Federal approvals have been granted it will be brought to Town Meeting. A copy of the plan approved by the Harbor Commission is available for your review in the Town Clerks Office.

The Moorings in the Patchogue River are available to all Town and State Residents. There is currently only a short

waiting list so if you would like to get on the list, there are forms available in the Town Clerks office, boats must be between 18' – 32'.

Westbrook Harbor Management Commission Members: Mike Farrell – Chairman, Brian Faucher, Ron Stevenson, Bill Angelini, Gary Nolf, Keith Rich, John Rie, Evan Cusson, & Jeff Gordon. Westbrook Harbor Master: Bruce Lawrence.

From the Nurse's Corner

The Foot Care Clinics done by the Westbrook Visiting Nurses is a very popular community health program. Basically, it is a foot-care "maintenance program."

There are many reasons why people may need additional assistance with their foot care as they get older: vision issues, reduced flexibility, arthritis, thickened nails...all can be reasons to get help.

The program consists of a foot soak, nail trim (callus buffing, if required), education regarding proper care of feet (including diabetics) and the best part...the application of lotion! It is done by an RN in the Westbrook Senior Center and the cost is \$25.

Currently, there are two clinics a month; however, because this program is so popular, a third clinic is being considered. Reservations required by calling 860 399-3088.

Deborah Lovelette, RN, CHCE, Administrator



Jim Stawarky having his feet done by Deborah Lovelette.

Estuary Council

ESTUARY COUNCIL OF SENIORS, INC. has been serving seniors in the nine-town Estuary region for 38 years. Call us to receive our *Gazette Newsletter* or go to www.ecsenior.org for our online newsletter, events calendar, menu, and more.

WINE ON THE WATER. JUNE 6th, 5:30-7:30 pm. Join us for a wonderful wine tasting, sponsored by Seaside Wine & Spirits. Tickets are \$25, and go on sale May 15th at the Estuary, 220 Main Street, Old Saybrook. Proceeds benefit EMOTS, the Estuary Medical Outpatient Transportation Service. Call 860-388-1611 for more information.

MEALS ON WHEELS – hot meals delivered to your home. Call Diane at 860-388-1611. A \$3.00 donation request for those aged 60+. Meals are supported by Senior Resources Agency on Aging with Title III funds available under the Older Americans Act.

CAFÉ MEAL SITES - Clinton, Old Lyme, Old Saybrook, Westbrook (Thursdays). Reservations required by calling 860-388-1611 by 11 am, 24 hours in advance.

STAN GREIMANN ESTUARY MEDICAL OUTPATIENT TRANSPORTATION. For medical appointments to any medical location beyond the nine-town estuary region. Call Judy at 860-388-1611. Suggested donation of \$35 for a roundtrip doctor appointment up to 5 hours. Suggested donation of \$70 for appointments over 5 hours.

CLASSES AND ACTIVITIES: Board Games, Billiards, Ping Pong, Yoga, Exercise Classes, Mah Jongg, Wii, Cribbage, Writer's Group, Book Club, Quilter's Group, Needlecrafters, Hand and Foot, and more! Check the Gazette for all of our programs.

Now forming the **Estuary Drama Club** – First meeting is at 1 pm on June 5th. We want you and your ideas! Call 860-388-1611 to sign up.

ESTUARY THRIFT SHOP: Open 10 am - 3:45 pm, Monday - Friday; and from 9 am - 12:45 pm on Saturdays. Clothes (men, women, and children), kitchen items, crafts, and more available. Donations are accepted and volunteers always needed.

THE MARSHVIEW GALLERY AT THE ESTUARY: Open daily 8 am - 4 pm, and from 9 am - 1 pm Saturdays. The art on exhibit changes monthly and highlights the talents of local artists from along the shoreline. The artists donate a portion of their art sales to the Estuary Council of Seniors. An artist's reception is held the second Friday of each month from 5 - 7 p.m. Refreshments are served, and a door prize is drawn each month. All ages are welcome. Call 860-388-1611 for information.

DONATE YOUR CAR OR BOAT TO THE ESTUARY COUNCIL - Turn your car or boat into a tax deduction by calling: 1-800-716-5868. Proceeds benefit the vital services we provide for seniors in the nine-town Estuary Region.

VOLUNTEER OPPORTUNITIES: Call Judy at 860-388-1611.

WESTBROOK LIONS CLUB

DATES TO REMEMBER

WEDNESDAY, MAY 15, 6:00 pm. to 8:00 pm. The Shops at Water's Edge. Information Night: Please join us to learn what we as a Lions Club do. Wine and light snacks.

FRIDAY, AUGUST 16, (Time to be determined). Wine Tasting at the Old Elk's Club. Come taste some wine and beer and enjoy good food by the Shore.

SATURDAY, OCTOBER 5. The Annual Potato Festival on the Town Green.

For further details, please contact President Katie Kelemen at 860-202-8814, follow us on Facebook or go to our Website at <http://www.e-clubhouse.org/sites/westbrookct/index.php>.

Interested in joining the Westbrook Lions Club? We are always looking for new members. If you're interested, please contact us.

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Massage Therapy Offers Numerous Health Benefits

Experts estimate that upwards of ninety percent of disease is stress related. Massage is an effective tool for managing this stress which can age us faster internally & externally; which means that massage not only helps your physical body but your mind as well. Massage has shown that it is not just beneficial for adults but offers many benefits to children as well. Massage can do all of the following:

- Lessen depression & anxiety and therefore decrease the need for medication
- Promote better sleep & enhance sleep quality
- Give us more energy
- Reduce mental & physical fatigue and stress
- Improve concentration
- Alleviate pain & improve range of motion to stiff joints
- Assist with easier, shorter labor for expectant Moms
- Ease medication dependence
- Enhance immunity by stimulating lymph flow-the body's natural defense system

- Help athletes prepare for and recover from strenuous workouts
- Improve the condition of the skin-the body's largest organ
- Promote tissue regeneration; reducing scar tissue & stretch marks
- Pump oxygen & nutrients into tissues & vital organs-improving circulation
- Relax & soften injured, tired and overused muscles

Massage therapy is no longer used solely for relaxation and is now considered to be a healthcare tool in treating the patient as a whole. Our body is our temple and if our body is not properly cared for, our mind will not function properly. As a Nurse and a Therapist, I understand the importance of regular Massage Therapy and recognize the amazing benefits that MT can offer to people of all ages, including those with mental or physical disabilities. Stop by Jodiworks to schedule an appointment and experience how Massage Therapy can change your life!

— Jina Marie Robertson,
Licensed Massage Therapist, Jodiworks

Register Your Cell Phone for Emergency Notifications

The Town of Westbrook wants you to be safe and informed during life threatening emergencies. Westbrook has access to the statewide emergency notification system known as CT Alert ENS (Emergency Notification System).

In the event of an emergency, Westbrook Emergency Officials can alert residents and recommend the protective actions needed. The CT Alert ENS will automatically send recorded messages to all contact devices (listed and unlisted land-line phones, cell phones, texts and emails) within the identified area.

It's important to be aware that CT Alert ENS uses the State's 911 database, which means it can only access your home or business location. We recommend you add your cell phone, text and email to the system. You must register those devices in order to receive alerts. The Town of Westbrook is not authorized to sign up individuals. The CT Alert ENS system is confidential and for extreme emergencies only. You will never receive messages from telemarketers, voting or other local/state civic events.

Register at www.ctalert.gov or www.westbrookem.com (look for the CT Alert Logo). If you have any questions, contact Westbrook Emergency Management at (860) 577-0622, routine business hours or by email at westbrookem@comcast.net.

Town Hall Hours:

Mon - Wed: 9:00 am - 4:00 pm

Thursday: 9:00 am - 7:00 pm

Friday: 9:00 am - Noon

Transfer Station Hours:

Mon., Wed., Sat.

from 8:00 a.m. to 3:00 p.m.

PHONE: 860-399-6356

Town Garage:

185 Horse Hill Road, Exit 64

860-399-6891

Senior Center

On March 20th the Senior Center held the 1st Inaugural Wild, Wild, Westbrook Senior Center Hoedown which was a huge success. The success of the event was largely due to all the creativity and hard work of volunteers and guests of the Senior Center. With all of their hard work, the center was transformed to a Wild West setting that hosted over 50 people. The Senior Center's next big event will be a Luau on August 15th.

On Wednesday, May 29th at 11:30am the Senior Center will kick off a new speaking series called "Lunch and Learn". Our first speaker will be Dr. Jeff Bernstein who will present an overview of the signs and symptoms Dementia. On July 31st our second speaker is Judge Terrance D. Lomme, who will discuss probate court, conservatorship, estate documents, wills, living wills, and Power of Attorney. The lunch will cost \$3.00.

The goal of the Westbrook Senior Center is to improve the quality of life for the Senior citizens of Westbrook and our neighboring shoreline towns. The senior center welcomes citizens 60 years of age or older to participate in our many



daily activities directed by staff and volunteers. The goal of these programs is to promote the physical and mental well-being of our senior community. To see our scheduled calendar of events and upcoming special events, please come down to the center Monday-Friday. Or check us out on the web@ www.westbrookct.us. We look forward to seeing you.

— Courtney Burks, Director

Westbrook Volunteer Fire Department

2012 was the busiest year ever for the Westbrook Volunteer Fire Department, responding to 948 incidents. During the 48 hour period of Storm Sandy, October 29th and 30th, the Department responded to 148 incidents. The Department is all-volunteer and responds to all emergency incidents in Westbrook and responds mutual aid to surrounding towns. The 10 Junior Firefighters, 25 Retired members and 24 Auxiliary members, support the 67 volunteers that make up the Department. The Department is looking for volunteers. If you are interested, please give us a call or stop by.

The Town of Westbrook will be replacing the ageing apparatus for the Department over the next few years. We

appreciate the support of the Town leaders and the residents to accomplish this important goal.

This year will be our 42nd Carnival. The Carnival starts Wednesday, July 10th and runs to Saturday, July 13th. Wristbands will be available all four nights. Rides open at 6 pm.

Watch for our coupon the week of June 15th. We look forward to seeing you at the food booth or on the Carnival grounds. Thanks in advance for your support.

As the warm weather approaches, remember to stay safe in all your activities at the beach, on Long Island Sound, shopping at the mall or traveling on the roads. If you have an emergency, we will be there for you.

Westbrook Garden Club— Grow with Us!

If you bought annual flowers, vegetables or members' perennial plants at our May Garden Market May 11, admired the new landscaping at the I-95 Visitors' Center, or smiled at the cheerful barrels and window boxes all over town, you know just how busy the Westbrook Garden Club has been this spring.

Our behind-the-scenes news is exciting, too. As Westbrook Events goes to press, we are planning landscaping for our new Adopt-A-Spot, the gazebo on the town green, generously funded by the Westbrook Foundation. A deserving high school senior or college student who calls Westbrook home and anticipates postsecondary study in environmental science or horticulture soon will be awarded the \$500 Westbrook Garden

Club Scholarship to help make his or her dreams a reality. And we're looking forward to participating in Family Day, June 8th on the green.

Our energy and enthusiasm depends on our wonderful membership, up almost 33 percent in the past year. Old hands and new members work, learn, and grow together as we strive to make Westbrook an even more pleasant, beautiful, and environmentally healthy place to live. Won't you join us? Come sample a program and some light refreshments May 28 at 7:00 pm in the Westbrook Library community room, when Ted and Becky Jones will share their expertise on Bee Keeping. We hope we'll see you there!

CONVERSATION starter

Q: When is the best time to talk to your parents about the future?

A: There's no time like the present. Today's seniors have more options than ever for retirement living. But the longer families wait to start planning for the future, the greater the risk for a health crisis limiting those options.

Planning ahead benefits the entire family.

Chester Village West combines an active and fulfilling lifestyle now, with the assurance of on-site health services if ever needed. Now, you can explore these options with the help of a new interactive program designed to start the conversation today.

An online guide for exploring senior living options with your parents.

Call **860.532.0536**

or visit

www.AConversationStarter.com/CT

For a schedule of our informational events visit our website
www.ChesterVillageWestLCS.com



317 W. Main Street • Chester, CT 06412
(860) 532-0536 • ChesterVillageWestLCS.com



Westbrook - Community Listings

USEFUL NUMBERS

- Middlesex Community Foundation (860) 347-0025
- George Flynn Concert (860) 669-1208
- Consumer Protection (860) 566-2294
- Westbrook Garden Club (860) 399-6260
- 9 Town Transit (860) 510-0429
- Visiting Nurses of Westbrook (860) 399-3088
- First Congregational Church of Westbrook (860) 399-9367
- St. Paul's Episcopal Church (860) 399-5402

IMPORTANT TOWN HALL NUMBERS

- Assessor (860) 399-3045
- Building/Sanitarian (860) 399-3047
- Animal Control Officer (860) 399-9869
- Emergency Management (860) 577-0622
- Web site www.westbrookem.com
- Harbor Master (860) 399-9406
- Landfill (860) 399-6356
- Municipal Agent for the Elderly (860) 399-3048
- Probate Court (860) 399-5661
- Recreation (860) 399-3095
- Registrar of Voters (860) 399-3042
- Selectman's Office (860) 399-3040
- Social Service (860) 399-3048
- Tax Collector (860) 399-3043
- Town Clerk (860) 399-3044
- Town Garage (860) 399-6891

- Town Web site www.westbrookct.us
- Treasurer (860) 399-3040
- Westbrook Senior Center (860) 399-2029
- Westbrook Youth & Family Services (860) 399-9239
- Zoning/Planning/Wetlands (860) 399-3046

SCHOOLS

- Daisy Ingraham Elementary School (860) 399-7025
- Junior-Senior High School (860) 399-6214
- Middle School (860) 399-2010
- SUPERINTENDENT OF SCHOOLS (860) 399-6432

HOME HEALTH CARE

- Visiting Nurses of Westbrook (860) 399-3088
- Ambulance & Oxygen Business Calls (860) 399-7000

FIRE DEPARTMENT (860) 399-9492

FIRE MARSHAL

- Business Calls (860) 399-3047

POLICE DEPARTMENT

- Resident Trooper (860) 399-7304
- State Trooper (860) 399-2100

LIBRARY

- Westbrook Public Library (860) 399-6422

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photos and links**



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MADISON OLD LYME OLD SAYBROOK
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860-306-2812 LaurelPeters.net



Deep River **\$599,000**
Under construction & being offered 'As Is'... beautiful natural shingle exterior, overhangs, spacious patios. Sweeping distant views to West. Land is in Deep River, mailing address is Essex.
860-227-9798 PeterBonanno.com



Essex **\$2,470,000**
Spectacular North Cove waterfront estate with unspoiled CT River views offers over 4700SF of well appointed living space, gourmet kitchen, 1st floor bedroom suite, private dock, lovely gardens, stunning pool & pool house.
203-605-4770 AndreaWoolston.com



Essex **\$1,697,000**
c.1837 serene waterfront home privately located on Middle Cove. Remodeled kitchen, 2 fireplaces, 5 bedrooms, 4.5 baths. 2 suites w/private entrance for au pair or office.
860-581-3066 Joanne-Ryan.com



Essex **\$1,595,000**
Stunning views from this charming riverfront estate. Beautiful gourmet KT. 1st floor master suite w/marvelous water views. New post & beam barn/gar. Private, tranquil setting, yet minutes to town. Beautiful property. Private dock.
203-605-4770 AndreaWoolston.com



Essex **\$1,200,000**
Charming Victorian overlooking boatyard & river. Old World details yet completely updated w/open floor plan & gourmet kitchen. A wonderful blend of old & new. Three bay garage. Walk to village shops, restaurants.
860-559-0742 ConstanceO'Brien.net



Essex **\$925,000**
Captain Ambrose Post House, built c.1826 is a rare stone federal style home w/3BRs, 2.5BAs, wood floors, period details, spacious rooms, 4FPs, gardens & an extra building lot. This historic village home is in mint condition.
RogerParkman.com 203-676-1061
DianeGregory.com 860-395-8433



Essex **\$749,000**
Gorgeous Contemporary, landscaped setting. Completely renovated, gourmet KT w/granite tops, FPs in Formal LR, DR & MBR; library, den, C/A, large private deck w/river views & outdoor KT for entertaining, 3 car gar with 2BR apt.
860-227-5975 JamesLeo.com



Essex **\$695,000**
Gracious, renovated, 4BR, 2.5BA Colonial, circular drive, stone walls, formal LR w/FP & wet bar, formal DR, new KT cabinets, appliances & granite counters, library w/FP, MBR Suite inc walk-in closet, office.
860-227-5975 JamesLeo.com



Essex **\$509,000**
Spacious Sapia built Cape on approx 2 wooded acres w/charming stone walls. Interior features inc open floor plan, French doors, wide moldings, 3 fireplaces & 3 full baths. Easy walk to hiking trails.
BillRyan.com 860-510-6866
Joanne-Ryan.com 860-581-3066



Essex **\$399,000**
Gracious 3BR Colonial w/farmhouse front porch. Dramatic great room w/cathedral ceiling, skylights, fireplace, balcony. Eat-in kitchen w/granite & stainless appliances. All in mint condition. Move right in.
860-559-0742 ConstanceO'Brien.net



Old Saybrook **\$998,500**
Distinguished estate-like home in prestigious Otter Cove. New 1st flr master suite, 3FPs, great views of scenic grounds, spring fed pond, waterfall, in-ground pool & lovely arbors. 3-4 car garage.
860-304-9150 Joel-Lucas.com



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5 Main Street

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- ★ Commercial Mortgage
 - ★ Construction
 - ★ Commercial Term
 - ★ Line of Credit
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