

Westbrook



Events

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Volume 14 • Quarter 4 • 2014




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First Selectman's Corner

Creating our Future. Westbrook has had a momentous year. New projects have been completed including many major initiatives that move us toward a promising future.

In March, our train station was dedicated at a cost of \$14.5 million; a new Department of Public Works facility was opened at a cost of \$1.5 million. Obviously, without the generous support from the State, we would not have been able to fund these major investments. The Middlesex Hospital Shoreline Medical Center Ribbon Cutting was in April at a cost of \$26 million. This state of the art facility is now open 24/7 and with the train station, has made Westbrook a regional shoreline center for vital services. Additionally, there have been renovations and upgrades in our school buildings that will further enhance our excellent educational programs for students.

A comprehensive cost-saving energy program was launched with the potential of major savings. We continue with infrastructure projects such as the re-paving of roads; tree trimming to minimize power outages during weather related activities; and installation of several miles of natural gas lines. The Town has engaged a professional consultant, with community input, to present tentative plans to revitalize our Town Center.

Equally important are the many services that are available to our residents. A partial listing would include: our expanding programs for our youth through the Park & Rec Department; increased programs for our seniors in our municipal building; a

full-time Social Services Coordinator who is addressing the compelling needs of those individuals who need our support.

We are fortunate, that unlike the State of Connecticut, we are in a fiscally, very strong position. Recent annual audits of our finances have commented favorably on our well managed finances with no material weaknesses and sufficient reserves. We also continue to pay down our bonded debt and are only dependant on approximately 3% of our \$26 million budget for funding from the State. It is because of our strong fiscal position that we have increased the number of services and programs that we provide for all segments of this community.

Accordingly, in the November 2013 issue of Connecticut Magazine, out of 39 towns that were ranked according to median home sale price, Westbrook ranked #3 as having a low crime rate; relevant community programs; excellent schools and a viable economy consisting of small and several large businesses that attract families to live in Westbrook. This survey was totally independent and all of us should take pride in the results.



First Selectman Noel Bishop


continued on page 3

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• *Selectman's Corner continued from page 1* •

Our accomplishments do not happen by accident. Each time a volunteer serves on a board or commission, each time you take the time to vote in an election, each time you donate your time, energy and talent to be involved with a project, each time you reach out to help a friend, collectively all of you make a difference. We are creating our future and we are doing it by working together. It has been said that the past is prologue to the future. Our past and present give us the confidence to look forward to 2015 with optimism and hope for even a better year. Thank you for all that you do.

First Selectman Noel Bishop

Westbrook Project Graduation

Westbrook Project Graduation is a not-for-profit fund-raising organization intended to provide every graduating senior in the Class of 2015 with an alcohol and drug free celebration on graduation night.

To learn about fun events for all ages planned to benefit Westbrook Project Graduation, visit Project Graduation's web page. From Westbrook High School homepage <http://whs.westbrookctschools.org/pd/wphs/index.html> follow Parent Resources to Parent Organizations. Or, visit Project Graduation on Facebook. If you have any questions you can contact us directly at westbrookctprojectgrad@gmail.com.

Upcoming events include: Flamingo Flocking, Umbrella Fundraiser, Bake Sales, Santa Breakfast, Polar Plunge, and Pasta Dinner/Silent Auction.

Your contributions to our not-for-profit organization are tax deductible: EIN number 45-3759430. Please make checks payable to: Westbrook Project Graduation and mail to Westbrook Project Graduation c/o Westbrook High School 156 McVeagh Road Westbrook, CT 06498.

Westbrook Senior Travel

The year is coming to a close. Our last trip is:

December 9 (Tuesday): Sturbridge Village with lunch at Oliver Wigh Tavern followed by a short walk to the theater for the Cabaret filled with holiday songs and celebration, followed by a visit to the museum and New England Book Store. \$80.

For Further Information Contact Lucile Spanilo at (860) 399-6065.

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Westbrook Town Clerk

Dear Westbrook Residents and Friends:

We were blessed with a wonderful summer. Now that it is over, I think we can all agree, "Fall" in Westbrook is the most wonderful time of the year. Just ask any of the 169 Connecticut Town Clerks, their assistants, our Secretary of the State, Denise Merrill, or any of her staff and they will tell you they love coming to Westbrook in September.

The Connecticut Town Clerk's Association State Fall Conference has been held in our town every September for the past five years. They love coming here. The conference is held at Waters Edge but there is plenty of time for shopping the outlets when we finish on Friday afternoons. For some of the vendors who come from all over the country, they enjoy the local hot spots; the food, the boating/fishing, the shopping, the beaches and the quaint town of Westbrook. I know because I have the pleasure of hearing it every year and I never get tired of agreeing with them.

After the August primary, September and October began the Election Season in the Town Clerk's Office. We are busy working with the registrars of voters and our "ballot printers" to get the Absentee Ballots ready. These are available for folks who will be leaving us for the winter. They can come in and get their ballot and vote before they leave.

November 4, 2014 is our State Election and the polls will be open from 6:00 am to 8:00 pm.

We recognize Veterans Day on November 11, 2014 for all of our servicemen and women and we thank them.

Also in November, I celebrate the beginning of my tenth year as Westbrook's Town Clerk. This position has been wonderful, challenging and sometimes frustrating; but I am always grateful for this opportunity to learn, grow and serve the residents of Westbrook.

December 7th is National Pearl Harbor Remembrance Day. Please remember and Honor all of those men and women who died during the Attack at Pearl Harbor.

On behalf of myself and my staff, we wish you all safe, happy and peaceful holidays.

Joan Angelini, Westbrook Town Clerk

Town Hall Closed

Thanksgiving Holiday: November 27 & 28

Christmas Eve Day: December 24 (offices close at noon)

Christmas: December 25

New Years Holiday: January 1 & 2

Martin Luther King Day: January 20

Westbrook Recreation Department

Winter programs are presently underway or will be starting soon with all youth, adult and senior classes. Our adult Pilates, Yoga and Zumba classes have a large number of residents staying fit during the cold winter months. Our new Senior Chair and Aerobic Fitness classes are perfect for active seniors wanting to socialize and stay healthy. Adult Volleyball and Basketball are also a great way to stay in shape and have fun at the same time. It's never too late to join any of these programs because we welcome all new participants. Pay for one session or stay and do as many as you wish.

Now is the time to sign up for Basketball, Floor Hockey and Karate before the long winter sets in. We have basketball classes for boys and girls ages 4 to 14 years old. Tot Basketball is for preschoolers and kindergarteners just learning to play the game. Our next class has 1st and 2nd grade boys and girls working on their skills. Then we have our 3rd and 4th graders playing together. Finally we have our middle school basketball league which offers an opportunity for all boys and girls to enjoy this team sport in a stress-free setting. All these classes are on Saturday mornings at convenient times.

After basketball is over we have our Youth Floor Hockey programs for children of all ages. Floor hockey is easy to learn, a great workout and lots of fun for all boys and girls. Children love to play this fast moving and challenging sport. Why stay indoors this winter when your child can be active and physically fit. As always, we will prorate programs for all latecomers



and we do accept nonresidents. Everyone is welcome to join the fun with any of our programs!

Westbrook Recreation Mission Statement. The mission of the Board of the Westbrook Recreation Department 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, youths, adults and seniors in a spirit of fellowship and community pride.

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Vista Arts Center: Celebrating the Artist Within



The Vista Arts Center is a unique, community arts program for adult artists of all abilities. Located in Madison, Connecticut, the Vista Arts Center has been offering classes in literary, performing, and visual arts since September 2012 and is now opening its classes to all adults

in the shoreline community! The Vista Arts Center is unique in that they believe that the ability lies inside everyone, and they are waiting to “celebrate the artist within” you! The Vista Arts Center’s mission is to provide quality arts programming to a diverse, adult population that promotes self-expression and learning in a nurturing, noncompetitive environment. Their programming and instructional methods encourage the inclusion of all talent and skill levels while providing a platform for the development of artistic and interpersonal skill development, self-esteem and confidence. All courses are led by arts professionals with many years of experience in their field of specialty and in individualizing instruction for a variety of students.

In almost two years of operation, the Vista Arts Center has grown exponentially in its diverse offerings, instructors and community involvement. They have participated in over 7 art showings, put on a full scale, all abilities, community theater production of “Joseph and the Amazing Technicolor Dreamcoat” in partnership with the Ivoryton Playhouse and

saw their class offering grow from 4 classes to 30 classes. Contact us for our Fall-Winter semester. We have new and exciting offerings for everyone.

For more information about how you can start celebrating your artist within at the Vista Arts Center, please contact Jeanean Cox, Arts Program Manager at 860-399-8080 or jcox@vistavocational.org. Visit Vista online at <http://www.vistavocational.org>.



Vista Arts Center’s instructor, Kelley Kapfer, leads art students Laura Quintavalla and Erin Doyle in Action Painting Class.

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Westbrook Youth & Family Services

Counseling Services

We offer affordable, quality counseling services in a warm, welcoming judgment-free zone. Life transitions and challenges are frequent and can be difficult for everyone. We can help. Services are offered on a sliding-scale fee basis or some insurance plans are accepted. Please call Macdara MacColl at 860-399-9239 ext 11 to set up an appointment.

Community Programming

In-School Structured Peer Groups continue with Sandcastles and How to be a Bucket Filler at Daisy, Going Viral and Game of Life at WMS, and High School Life and Helping Hands at WHS. Beginning in January: Banana Splits (families in transition) and an International Club for ELL students also at WMS.

Words to Live By: This year's community-wide initiative is Words to Live By (your grandma's favorite saying, a quote, or just one word that is meaningful to you). We invite you to share your special words for a community display in 2015.

Community Connections at the Senior Center, featuring conversation, community events and adventures with Gus.

Surviving to Thriving, a structured peer support group for adults with cognitive disabilities.

Transitions: peer-led divorce support group, first and third Wednesdays at 7 - 8:30 pm.

Little Tykes: a play group for children newborn -5 and their caregiver, every Tuesday 9 - 10:30.

Seasonal Giving Programs. Please consider sponsoring a family for Holiday Giving or if you are the one in need of a helping hand, please contact us.

Westbrook Elks Lodge Breakfast with Santa December 14, 2014. Is money too tight for your children's Christmas gifts this year? Westbrook Elks Lodge wants to be your family's Santa by providing toys and celebration for families who can use some extra support. Contact WYFS for details.

Sign up for our email newsletter at wyfs.org. Don't miss our fresh slate of programs throughout the year.

Transfer Station Hours:

Mon., Wed., Sat.

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

PHONE: 860-399-6356

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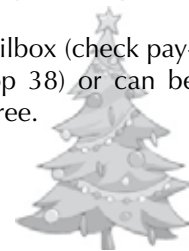
Want an easy way to recycle your Christmas Tree? When the holidays are over and you are looking to discard your tree – contact the Westbrook Boy Scouts!

The Westbrook Boy Scouts will pick up your Christmas Tree for a donation of \$10.00 (two tree max.) on Saturday, January 3rd or Saturday, January 10th between 9 am – 12 pm.

- 1) Email troop38westbrook@gmail.com or call (860) 339-5175
- 2) Need to know the date you would like your tree picked up and where you live*.
- 3) Your donation can be left in your mailbox (check payable to Westbrook Boy Scouts Troop 38) or can be given to the Scouts picking up your tree.

It is that easy!

*Westbrook locations only



Holiday Happenings Cappella Cantorum

Bach's MAGNIFICAT and Vivaldi GLORIA Concert. Cappella Cantorum MasterWorks Chorus Concert of Bach's MAGNIFICAT and Vivaldi's GLORIA is Sunday, December 7, 3 pm at St. Mark R.C. Church 222, McVeagh Rd. Westbrook, CT. Tickets online at CappellaCantorum.org or 860-577-2950. The GLORIA, Vivaldi's best known sacred work, is a joyful hymn of praise and worship. The Bach MAGNIFICAT is without a doubt, one of the greatest choral works ever written. Soloists include: soprano, Patricia Schuman and contralto, Heather Petrie. A reception follows the performance.

MESSIAH Singalong or Listen. The Annual Holiday MESSIAH Singalong or Listen, will be presented Sunday, December 21, at 4 pm in The Katharine Hepburn Cultural Art Center, 300 Main Street, Old Saybrook, CT. Singers Rehearsal is at 3:30 pm. The Singalong is sponsored by Cappella Cantorum, open to all, featuring professional soloists, conducted by Barry Asch accompanied by Deborah Lyon. Tickets for Singers and Audience may be purchased at thekate.com, the box office or 877-503-1286.

9 TOWN TRANSIT



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For town updates & information:

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School Climate Standards

In late 2013, under the leadership of Superintendent Pat Ciccone, the Westbrook Board of Education adopted the National School Climate Standards as the goals that are used for all school and district improvement. These Standards address School Climate mission/vision, policies, practices, physical, emotional and intellectual safety as well as social justice. School Climate is essentially about "the character and quality of school life," in every aspect imaginable for all school community members (students, faculty/staff and parents/guardians). Since then, Westbrook has become the first school district in the nation to adopt a School Climate Policy based upon the five Standards. As part of its District and School Improvement Planning, Westbrook has worked with the National School Climate Center to assess school community member's perceptions of: safety, quality of relationships, physical/social environment, teaching and learning and professional relationships in our schools, district and community. Recognizing that together these factors fundamentally impact an overall successful school experience, Westbrook has increased its school community member knowledge to build positive school climates. Ongoing professional development includes office, custodial and kitchen staff, paraprofessionals, parents as well as administrators and educators together to understand the importance of creating positive climates that have high quality relationships among adults, adults and

students as well as among students and to consider how to best foster them. With systematic focus on developing high quality relationships that foster physical, intellectual, and emotional development, school participants' strengths are recognized as resources that positively impact each other, and the community as a whole.

*Jackie Lyman, Westbrook Board of Ed
Communications Subcommittee and Chair*

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

Thursday: 9:00 am - 7:00 pm

Friday: 9:00 am - Noon



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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.

MEALS ON WHEELS: Hot meals for homebound seniors, delivered to your home. A donation of \$3 is requested for those aged 60+. Meals are supported by Senior Resources Agency on Aging with Title III funds available under the Older Americans Act. Call Carol at 860-388-1611.

CAFÉ MEAL SITES: Clinton, Old Lyme, Old Saybrook. Reservations required by calling 860-388-1611 by 11 am, 24 hours in advance. Lunch is served at noon. Meals are served to those with reservations first; if meals remain those without a reservation are then served.

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: Zumba Gold, Tai Chi, Board Games, Billiards, Ping Pong, Yoga, Stretch and Strength Exercise Classes, Mah Jongg, Wii, Cribbage, Writer's Group, Book Club, Quilter's Group, Needlecrafters, Hand and Foot. Instructional classes for Mah Jongg and Bridge. Check monthly Gazette for all of our programs. The Estuary Gazette is available online by following the link at www.ecsenior.org/news_gazette.php.

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, etc. Donations accepted and volunteers always needed.

THE GYM AT THE ESTUARY: Expanded hours-stop in for more information. There are seven different pieces of weight equipment and four cardio machines, including a NuStep. Member packages include a fitness assessment and three (3) training sessions on all machines (required). Gym Membership Options: Three months - \$50, Six months - \$90, Full year - \$150. To schedule an appointment with our Fitness Trainer, Skylar Miers, ATC, call 860-388-1611. The gym is available for use only after payment of membership fees and completion of the required fitness assessment and training sessions. Gym hours are posted at the Estuary.

THE MARSHVIEW GALLERY AT THE ESTUARY: Open daily 8 am - 4 pm, and Saturdays from 9 am - 1 pm. The art on exhibit changes monthly and highlights the talents of local artists from along the shoreline. Join us on the second Thursday of each month for the Artist Reception from 5 - 7 pm. Refreshments are served, and a door prize is drawn. 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.

HOLIDAY CRAFT FAIR: Saturday, November 22 from 8 am - 1 pm. Local crafters will display an array of hand crafted items including quilts, handbags, scarves, jewelry, photo cards and much more! We will also have a wonderful "Bake Shop" filled with homemade desserts and candy.

Literacy Volunteers Valley Shore

Illiteracy is a Crisis in CT

Literacy Volunteers Valley Shore, now in its 35th year, in collaboration with Pro Literacy who on September 8th marked the 47th annual International Literacy Day, is working hard to end adult illiteracy. LVVS is a non-profit organization teaching literacy through confidential, free, one-on-one tutoring services. Did you know that in Westbrook 430 adults between ages 18-64 years have academic skills below basic levels and 14,000 in the valley shore function below secondary levels? Literacy skills aid adults in the care and teaching of their children, support productive employees, provides GED prep, citizenship and promotion of life and work skills to become acclimated and active in the community-YOUR community.

We work to recruit and train new tutors, and are proactive in community outreach through event participation and partnering with other agencies/organizations to stamp out illiteracy. With a lack of available funds, maintaining our mission of providing tutoring services to all those who request it is compromised. How can you help? Consider tutoring, serving on one of our many committees, or becoming a member.



Literacy makes better families.

Share our mission of improving lives through literacy by contacting LVVS at www.vsliteracy.org, email info@vsliteracy.org or call 860-399-0280.

"Once you learn to read, you will forever be free"

–Frederick Douglass.

Westbrook Garden Club – Grow with Us!

Fall Mum Market was a success, thanks to Westbrook's enthusiastic shoppers, hardworking club members, and local merchants who contributed to our best raffle basket ever. Special thanks to Eileen & Taylor, The Turtle Café, Lenny & Joe's Fish Tale, Bliss Gourmet, Beautiful Impressions Too, Westbrook Pizza, The PaperCraft Clubhouse and Roger Charbonneau Jr. – Roger's Pix.

Soon we'll clear summer plantings from containers around town and decorate for the winter holidays, as well as create holiday centerpieces for the Senior Center.

At home, you can get ready for winter by removing dying annuals and cutting back perennials such as daylilies and hostas that are messy to clean up in spring. If you're planting bulbs, consider holding some back to force so you can enjoy the color and scent of spring indoors, even when the snow flies! Try this with hyacinths.

1. Fill a shallow (about 3" deep) pot with drainage holes with potting mix. Set bulbs side by side, points up, exposed tips even with pot rim. Water thoroughly.
2. Store in a dark, cool (not freezing) location-- basement, unheated garage or refrigerator. Keep barely moist for 12-14 weeks.
3. When shoots reach 2", remove pot from cold and place in a slightly warmer (50°F) location with low light. Increase watering, keeping soil evenly moist. Gradually move toward a sunny window. Turn the pot every day for even growth. Keep flowers in a bright location out of direct sun, staking if necessary.

For more detailed information on forcing bulbs, see

- <https://uconnladybug.wordpress.com/2010/01/>
- <http://www.extension.umn.edu/garden/yard-garden/houseplants/forcing-bulbs-for-indoor-beauty-in-winter/>

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Vigilance Without Drones



Elliott Spencer, Ground Observer.



West Beach, Westbrook, Connecticut.

Westbrook Town Beach. This patriotic, humble scene looks like a place to enjoy a pleasant day with the children bathing, sunning, and enjoying the snack bar at West Beach. But, our present tranquil, protected, safe daydream might be transformed through knowing just a wee bit more about this little shack. Constructed at the town beach by the Town of Westbrook during World War II, the building was used by an all-volunteer Ground Observer Corps, a Civil Defense program of the United States Air Force. The purpose of the

Corps was to warn of any air or ground intrusion by German or Japanese aircraft and submarines.

Heated with a potbelly stove, the shack was equipped with a telephone, fan, binoculars and chairs. Posted at the door was a sign warning volunteers to stay within 50 feet of the phone at all times. By 1943, a War Council Communications Chairman and Chief Aircraft Observer operated there twenty four hours a day. All operations were funded by a Salvage Committee. Boy Scouts assisted the effort by raising money through collecting salvage from the townspeople. Notable among expenses were: Air Raid protection; Communications; Observation Post; Service Flag; and Cigarettes for Men in Service.

Pictures are from a collection of negatives given to the Westbrook Historical Society through the Estate of Elliott Spencer. Remember to support your town's history in whatever way you can.

*Catherine Neidlinger Doane,
Westbrook Historical Society.*

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Volunteer Opportunities

To prepare for the winter and spring seasons, the Connecticut Office of Tourism is inviting industry partners to become volunteers, serving as Connecticut Ambassadors at any of five Connecticut Welcome Centers.

As a Connecticut Ambassador volunteering at a Connecticut Welcome Center, you'll have the opportunity to promote your destination to thousands of incoming visitors looking for things to see and do and places to eat and stay. Meet and greet potential customers and talk with them face-to-face! It's a great way to get up close to a promising market of potential visitors and customers. Find out which welcome center is closest to you and sign up today with Rosemary Bove at rosemary.bove@ct.gov. This could be the start of a new volunteer career for you, and a boost to your business.

Westbrook Public Library

Are you preparing for any of the following exams? ACT, SAT, AP, PSAT/NMSQT, Driver's License or GED.

No need to spend money on expensive books or courses! Practice for free from your computer at home, at school, or at your Westbrook Public Library.

Your Westbrook Public Library has subscribed to **Learning Express Library** database. Access it from the Westbrook Public Library homepage: <http://www.westbrooklibrary.lioninc.org/> (left column, first item under "News and Events").

Featured Resources include practice in exams listed above, and preparation for: Allied Health and Nursing Schools entrance tests, ASVAB, CFAT, Military Flight Aptitude and Officer Candidate Testing, College Placement Exams, various occupation exams, and CLEP. Skill building, review, and testing at all levels is available. Many practice opportunities are available in Spanish!

Contact the library with your questions, or to schedule a help session: (860) 399-6422.

A New Zoning Regulation for Donation Bins



Please be aware that there is a new Zoning Regulation for any new donation bins. Bins placed on properties for collection of clothes, shoes, etc., now require approval.


Please contact Zoning in the Land Use Office to find out the process before allowing donation boxes to be placed on your property. The new Section for this regulation is 8.26.00, effective since 9/18/2014.

ing donation boxes to be placed on your property. The new Section for this regulation is 8.26.00, effective since 9/18/2014.

What is 2-1-1?

It is Connecticut's free information and referral service. By dialing 2-1-1, a toll-free number throughout CT, callers can reach knowledgeable, multilingual staff and get information, referrals or seek help in a crisis. 2-1-1 operates 24 hours a day, every day of the year. TDD access is available.

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Westbrook Fire Department Safety Tips

Autumn has arrived and more and more people in the Town of Westbrook will be enjoying the change of the leaves and the cooler temperature. Unfortunately, some autumn-related weather activities such as hiking and camping, turning the furnace back on, and cleaning the chimney, and dryer vents, do present their share of hazards. To help ensure everyone in the community enjoys a safe autumn, the members of Westbrook Volunteer Fire Department offer the following tips and suggest you post them where they are likely to be seen by your family members and co-workers.

Hiking and Camping. As you take in the fall's beautiful scenery, think ahead, be prepared, and stay safe.

- Check the weather forecast before heading outdoors for a hike. It is not safe to hike when thunderstorms or heavy snowfall is expected.
- Carry drinking water. Don't drink from streams, springs, or lakes without first properly treating the water.
- Observe wildlife from a safe distance. Don't try and get too close to wild animals.
- Stay on the trail — if you leave it, you may get lost.
- To help prevent food poisoning, keep cold foods cold and hot foods hot. Don't store perishable foods in a hot car.
- Clean all surfaces and utensils that come into contact with raw meat or meat juices before re-using them.
- Wash hands frequently when preparing food, and before serving and eating.
- Keep kids away from grills and lighter fluid, and keep grills away from anything that can burn them.
- Be aware of tiny deer ticks that carry Lyme disease and know which symptoms to watch out for. When in a potentially infested area, apply insect repellent, wear light-colored, long sleeved-shirts, pants, and socks.
- Do not build a fire near tree trunks, fallen trees, or over hanging branches.
- When extinguishing a campfire, let it die down, then break up the coals or logs, spread the pieces, soak them with water, and then cover the area with dirt or sand.

Chimney Maintenance. Chimney maintenance is vital to your family's safety.

- Have your chimney inspected and cleaned on a regular basis.
- When possible, burn seasoned woods (dryness of the wood is more important than hard wood versus soft wood).
- Smaller, hotter fires will burn more completely and produce less smoke than larger fires.
- Do not burn cardboard boxes or trash, as they can spark a chimney fire.
- Install stovepipe thermometers, which help monitor flue temperatures where wood stoves are in use, then adjust burning practices as needed.

Pet Safety. Watch out for family pets as you prepare for the cold, festive days of fall.

- Many brands of antifreeze are highly toxic. Store new and used antifreeze in a sealed container.
- Chocolate is a special treat for nearly all humans during Halloween and Thanksgiving, but it is toxic to dogs, cats, and birds.
- Holiday meals can be hazardous to pets. Chicken and turkey bones can get stuck and pierce the digestive tract. Rich foods can cause pancreatitis or bloating.
- Indoor pets not acclimated to winter temperatures should not be outside in cold weather for long periods. Outdoor pets can withstand fairly cold temperatures, but make sure they have proper shelter from wind and rain, and provide them with good bedding. Frostbite is a winter hazard to pets.

Fall Cleanup. Yard work does not end simply because summer is over. Here are some safety tips for tackling autumn tasks around your home.

- When lifting heavy bags of mulch, use a wheelbarrow when possible, and remember to lift with your legs, not with your back.
- Be careful when pruning. Pruning from a ladder is especially dangerous.
- To avoid blisters when doing yard work, wear gloves.
- If you are doing a lot of raking, try an ergonomic rake, which can be found at most hardware stores and garden centers.

Dryer safety tips. The leading cause of home clothes dryer and washer fires is failure to clean them.

- Have your dryer installed and serviced by a professional.
- Do not use the dryer without a lint filter.
- Make sure you clean the lint filter before or after each load of laundry. Remove lint that has collected around the drum.
- Rigid or flexible metal venting material should be used to sustain proper air flow and drying time.
- Make sure the air exhaust vent pipe is not restricted and the outdoor vent flap will open when the dryer is operating. Once a year, or more often if you notice that it is taking longer than normal for your clothes to dry, clean lint out of the vent pipe or have a dryer lint removal service do it for you.
- Keep dryers in good working order. Gas dryers should be inspected by a professional to make sure that the gas line and connection are intact and free of leaks.
- Make sure the right plug and outlet are used and that the machine is connected properly.
- Follow the manufacturer's operating instructions and don't overload your dryer.
- Turn the dryer off if you leave home or when you go to bed.

What is Influenza (Also Called Flu)?

The flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. It can cause mild to severe illness, and at times can lead to death. The best way to prevent the flu is by getting a flu vaccine each year.

Signs and symptoms of flu. People who have the flu often feel some or all of these signs and symptoms:

- Fever¹ or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (very tired)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

¹*It's important to note that not everyone with flu will have a fever.*

How flu spreads. Most experts believe that flu viruses spread mainly by droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might also get flu by touching a surface or object that has flu virus on it and then touching their own mouth, eyes or possibly their nose.

Period of contagiousness. You may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick. Most healthy adults may be able to infect others beginning 1 day before symptoms develop and up to 5 to 7 days after becoming sick. Some people, especially young children and people with weakened immune systems, might be able to infect others for an even longer time.

How serious is the flu? Flu is unpredictable and how severe it is can vary widely from one season to the next depending on many things, including:

- what flu viruses are spreading,
- how much flu vaccine is available
- when vaccine is available
- how many people get vaccinated, and
- how well the flu vaccine is matched to flu viruses that are causing illness.

Certain people are at greater risk for serious complications if they get the flu. This includes older people, young children, pregnant women and people with certain health conditions (http://www.cdc.gov/flu/about/disease/high_risk.htm) (such as asthma, diabetes, or heart disease).

Flu seasons are unpredictable and can be severe. Over a period of 30 years, between 1976 and 2006, estimates of flu-associated deaths in the United States range from a low of about 3,000 to a high of about 49,000 people.

Complications of flu. Complications of flu can include bacterial pneumonia, ear infections, sinus infections, dehydration, and worsening of chronic medical conditions, such as congestive heart failure, asthma, or diabetes.

Prevent seasonal flu: Get vaccinated. The single best way to prevent the flu is to get a flu vaccine each season. There are several flu vaccine options for the 2014-2015 flu season.

Traditional flu vaccines made to protect against three different flu viruses (called "trivalent" vaccines) are available. In addition, flu vaccines made to protect against four different flu viruses (called "quadrivalent" vaccines) also are available.

Trivalent flu vaccine protects against two influenza A viruses (an H1N1 and an H3N2) and an influenza B virus. The following trivalent flu vaccines are available:

- Standard-dose trivalent shots (<http://www.cdc.gov/flu/about/qa/flushot.htm>) (IIV3) that are manufactured using virus grown in eggs. Different flu shots are approved for people of different ages, but there are flu shots that are approved for use in people as young as 6 months of age and up.
- An intradermal trivalent shot (http://www.cdc.gov/flu/protect/vaccine/qa_intradermal-vaccine.htm), which is injected into the skin instead of the muscle and uses a much smaller needle than the regular flu shot. It is approved for people 18 through 64 years of age.
- A high-dose trivalent shot (http://www.cdc.gov/flu/protect/vaccine/qa_fluzone.htm), approved for people 65 and older.
- A trivalent shot containing virus grown in cell culture (<http://www.cdc.gov/flu/protect/vaccine/cell-based.htm>), which is approved for people 18 and older.
- A recombinant trivalent shot that is egg-free (http://www.cdc.gov/flu/protect/vaccine/qa_flublok-vaccine.htm), approved for people 18 through 49 years of age.

The quadrivalent flu vaccine protects against two influenza A viruses and two influenza B viruses. The following

continued on page 16

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• *Influenza continued from page 15* •

quadrivalent flu vaccines are available:

- A quadrivalent flu shot (<http://www.cdc.gov/flu/protect/vaccine/quadrivalent.htm>).
- A quadrivalent nasal spray vaccine (<http://www.cdc.gov/flu/about/qa/nasalspray.htm>), approved for people 2 through 49 years of age (recommended preferentially for healthy* children 2 years through 8 years old (<http://www.cdc.gov/flu/about/qa/nasalspray-children.htm>) when immediately available and there are no contraindications or precautions).

(*“Healthy” in this instance refers to children 2 years through 8 years old who do not have an underlying medical condition that predisposes them to influenza complications.)

When to get vaccinated against seasonal flu. Yearly flu vaccination should begin soon after flu vaccine is available, and ideally by October. However, getting vaccinated even later can be protective, as long as flu viruses are circulating. While seasonal influenza outbreaks can happen as early as October, most of the time influenza activity peaks in January or later. Since it takes about two weeks after vaccination for antibodies to develop in the body that protect against influenza virus infection, it is best that people get vaccinated so they are protected before influenza begins spreading in their community.

Who Should Get Vaccinated This Season? Everyone 6 months of age and older should get a flu vaccine every season. This recommendation has been in place since February 24, 2010 when CDC’s Advisory Committee on Immunization Practices (ACIP) voted for “universal” flu vaccination in the United States

to expand protection against the flu to more people.

Vaccination to prevent influenza is particularly important for people who are at high risk of serious complications from influenza. See *People at High Risk of Developing Flu-Related Complications* (http://www.cdc.gov/flu/about/disease/high_risk.htm) for a full list of age and health factors that confer increased risk.

More information is available at *Who Should Get Vaccinated Against Influenza* (<http://www.cdc.gov/flu/protect/whoshouldvax.htm>).

Who should not be vaccinated against seasonal flu? Different flu vaccines are approved for use in different groups of people. Factors that can determine a person’s suitability for vaccination, or vaccination with a particular vaccine, include a person’s age, health (current and past) and any relevant allergies, including an egg allergy (<http://www.cdc.gov/flu/protect/whoshouldvax.htm#egg-allergy>).

Flu Shot:

- People who cannot get a flu shot (<http://www.cdc.gov/flu/protect/whoshouldvax.htm#flu-shot>)
- People who should talk to their doctor before getting the flu shot (<http://www.cdc.gov/flu/protect/whoshouldvax.htm#flu-shot>)

Nasal Spray Vaccine:

- People who cannot get a nasal spray vaccine (<http://www.cdc.gov/flu/protect/whoshouldvax.htm#nasal-spray>)
- People who should talk to their doctor before getting the nasal spray vaccine (<http://www.cdc.gov/flu/protect/whoshouldvax.htm#nasal-spray>)

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Recycling Information

ACCEPTABLE RECYCLING ITEMS AT TRANSFER STATION

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 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

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NO GARBAGE OR FOOD WASTE
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 NO MIRRORS OR WINDOW GLASS
 NO CERAMICS OR LIGHTBULBS
 NO USED PAPER PLATES, NAPKINS OR TOWELS
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 NO YARD WASTE OR GARDEN TOOLS
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Have You Found A Stranded Marine Mammal or Sea Turtle?

This Fall Mystic Aquarium and its Animal Rescue Program proudly released a total of eight (8) harbor seals, who were initially rescued by Marine Mammals of Maine, back into the wild. Successful work like this begins when concerned citizens take the time to report stranded animals, in Maine or right here in Westbrook.

The Mystic Aquarium invites you to help with the very important mission of its Animal Rescue Program. Residents who witness a marine mammal or sea turtle in distress, are encouraged to notify the Mystic Aquarium by calling the Stranding Hotline at 860.572.5955 ext. 107. Callers are asked to leave their name, a contact phone number and a detailed description of the location of the animal.

In the unfortunate event that a deceased marine mammal or sea turtle is discovered, a call should also be made to the Stranding Hotline.

The Aquarium's Animal Rescue Hotline is available 24-hour/7 days per week for any related marine mammal emergency. To learn more visit mysticaquarium.org and click on the Animal Rescue Program tab under Animals & Exhibits!

It is imperative that witnesses do not touch the animal. Give the animal plenty of space-a minimum of 50 yards. Crowding stresses the animal. It is also important to keep pets away from the stranded animal for the safety of all the animals.

A beached whale, dolphin or porpoise should be reported immediately and left alone pending further instruction. Do not pour water on, feed, cover, or attempt to move the animals into the water. Please note it is also normal for seals to come ashore to rest.

Be observant. Take note of the following:

- Any obvious signs of injury
- The overall body condition of the animal
- Are there any identification tags?
- Are there other animals present (especially important with dolphins)

Complete guidelines for reporting a stranded animal are available at mysticaquarium.org. Link: <http://www.mysticaquarium.org/animals-and-exhibits/animal-rescue-program>.

Mystic Aquarium is a founding member of the Northeast Region Stranding Network. The network consists of independent organizations dedicated to caring for sick and injured animals as authorized by the National Marine Fisheries Service. The efforts of the Aquarium and its volunteer "first responder" network are centered on the coasts of Connecticut, Rhode Island and Fishers Island, N.Y. To date the Aquarium



Sea turtle found off Quonset Beach in late September.
Photo by Heidi Wallace.

has responded to more than 1,100 stranded seals, whales, dolphins, porpoises and sea turtles. From 2007 to 2012, the team has responded to 376 strandings, 426 sightings and accepted 113 seals from other facilities for rehabilitation.

Mystic Aquarium's Animal Rescue Program supports animals in need, educates the public about the marine environment and its inhabitants, and works to inspire people to care about and protect our ocean planet.



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Westbrook - Community Listings

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Middlesex Community Foundation (860) 347-0025
 George Flynn Concert (860) 669-1208
 Consumer Protection (860) 566-2294
 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
 St. Mark's (860) 399-9207

IMPORTANT TOWN HALL NUMBERS

Assessor (860) 399-3045
 Building/Sanitarian (860) 399-3047
 Animal Control Officer (860) 790-1075
 Emergency Management (860) 577-0622
 Web site www.westbrookem.com
 Harbor Master (860) 399-2477
 Landfill (860) 399-6356
 Probate Court (860) 510-5028
 Recreation (860) 399-3095
 Registrar of Voters (860) 399-3042
 Selectman's Office (860) 399-3040
 Social Service (860) 399-3040
 Tax Collector (860) 399-3043
 Town Clerk (860) 399-3044
 Town Garage (860) 552-4496
 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

Thank You Michael and the Bridge Team

On Sunday, July 13th, Michael Schneider and his bridge-building team hauled in materials and constructed a 6'W x 16'L wooden bridge to span a small stream that flows into the 40 acre Chapman Mill Pond. The bridge provides safe access across the stream and prevents the erosive impact of hikers and horses slogging across the stream bed or jumping stream bank to bank loosening dirt and rocks which stabilize this wet-land habitat.

Michael approached the Conservation Commission for a project to work on and complete as part of his Eagle Scout Service commitment to demonstrate leadership of others while performing a project that would benefit his community. He selected the bridge project that was recommended in the 83 acre Chapman Mill Pond Open Space Management Plan and subsequently approved by the Conservation Commission.

Michael planned and organized the project. Tom Elliott, local architect, and Property Manager Westbrook Land Conservation Trust, assisted in site selection and designed the bridge. The Inland Wetlands and Watercourse Commission approved the project. Donation of funds and construction materials were solicited. The 6" x 8" x 16' main carriers and decking were marked and cut for on-site assembly. A crew of 16 was recruited to haul equipment and materials to the site and build the bridge (July 13th). The bridge was inspected by Westbrook's Building Official and approved for public use on July 14.



(Left photo) Bridge built over stream bed connecting trails in Chapman Mill Pond Open Space. (Right photo) Bridge frame with stone cribs on each end. Chapman Mill Pond Open Space. Photos by Tom ODell.

Congratulations Michael on becoming an Eagle Scout. The Bridge Team, under your leadership, provided the community with a safe and environmentally responsible connection to new trails and exploration. To all those connected to the bridge project – Thank You!

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help make middlesex county a bully-free community

STAND UP TO BULLYING AND MEAN-SPIRITED BEHAVIOR.

Did you know that one out of seven kindergarten through grade 12 students are either a bully or a victim of bullying? And that an estimated 160,000 children miss school every day for fear of intimidation or attack? Bullies are everywhere, on the playground, in the classroom, at the workplace and, more and more often, online. It is up to each and every one of us to put an end to mean-spirited behavior in our communities by learning more about the issue and the resources available for empowering individuals and preventing bullying. For more information call the Community Foundation of Middlesex County **860.347.0025** or go to **MiddlesexCountyCF.org**.

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"I'm over Halloween, is it Christmas yet?"

photo by Catie Marino



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