

# Westbrook events

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# First Selectman's Corner

## Volunteers Deserve Appreciation

I am constantly aware each day when I enter the Town Hall how fortunate we are to be a part of the Westbrook community. It's almost impossible to convey how important our volunteers are who serve on our Boards and Commissions. They take their responsibilities very seriously and spend countless hours and many evenings, often away from their families and friends, to deliberate and make decisions on all significant issues that help Westbrook move forward. Along with our municipal employees, they deserve our profound respect and appreciation for their dedication and commitment to making Westbrook such a special place that sustains our lives and livelihoods.

Beginning in mid-August, I went directly to many of your homes on weekends and asked all of you the following questions: "are you pleased with our community; and if not, what suggestions do you have for all of us who are privileged to serve as elected officials?" Consistently, you indicated that you were basically satisfied with your municipal government and its volunteers and emphasized that you wanted your taxes kept low while maintaining the same level of programs

and services. There were, however, several consistent concerns including the disappointment with our state government and its out-of-control spending; the loss of jobs in our respective communities and that many individuals and families cannot afford to live in Connecticut. Also, I was asked on numerous occasions how dependent we are on state support for funding. Fortunately, less than 4% of our total budget of \$27 million is currently funded by the state.



First Selectman Noel Bishop

With the cooperation of our Board of Education and our municipal departments, we have developed very frugal, modest budget increases each year and maintain a fund balance of approximately 13%, as well as establishing funding for future capital projects. Translation: we, like many local municipalities, must continue to manage our own fiscal resources and Westbrook is fortunate that our financial house is in order and that for the past several years, our annual audits have been complimentary.

Continued on page 3



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# Eyesore No More

Changing an eyesore to an attractive spot takes team work but not necessarily a lot of money. Perking up the triangle at the intersection of RT 1 and Salt Island Road adjacent to the Dailey Grind parking area is an example of the Town Center Revitalization Committee Quick Hits Team goal to work on projects that result in a positive visual impact to the town center.

The triangle project happened due to cooperation of John Riggio and Westbrook Public Works for completing the construction including the masonry wall and new sidewalk, Shoreline Framing's owner Aida Moore for her commitment to adopt the spot for planting and maintenance, and The Daily Grind's owner Katie Rader for committing to water the new plants.

The Quick Hits team hopes to next renovate the landscaping around the Town Green's 1904 Public Library building which serves as the Historical Society Museum; and, to add an enclosure for the summer season porta-potty.

We would like to hear your suggestions for future quick hit projects for the Westbrook Town Center. Let Town Planner Meg Parulis (860-399-3047 or mparulis@westbrookct.us)



Left: before photo of triangle from street; Right: after photo of triangle from street.

know what ideas you have for more quick hits to perk up Westbrook's Town Center.

## Town Center Vision Plan

The combined Town Center Revitalization Committee and Economic Development Commission would like to thank all those who took the time to offer feedback on the recently completed Town Center Vision Plan. The committee is in the process of reviewing these comments to determine next steps in moving the plan forward and will report on what we heard in a future article. One common theme that we are seeing however, is a concern that "acceptance" of the plan would commit the Town to funding

Continued on page 3

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**SELECTMAN'S CORNER...**continued from page 1

Accordingly, we are well-poised to move forward in the coming months to be responsive to the multiple needs of this community.

I am confident that I and all of the other individuals who have the privilege of serving this community in elected or appointed capacities will make every effort to continue to earn your trust and to discharge our responsibilities for the greater common good of this community.

First Selectman Noel Bishop

**EYESORE NO MORE...**continued from page 2

and/or implementing all recommendations in the plan. Before beginning a discussion on the merits of the plan, we thought it might be helpful to first explain the nature of the plan.

A Concept or Vision Plan demonstrates feasible options. It identifies possibilities that allow everyone to consider what could happen at a certain location. It is not a complete land use plan or design. It is a general representation of the elements that should be considered in developing more detailed plans. It often includes renderings or other graphics to help visualize recommended improvements. Such a plan helps people "see" what something could look like. It is not an action plan, nor

## Town Hall Closed

November 26th, Thanksgiving Day

November 27th, Thanksgiving

December 24th, Close at noon

December 25th, Christmas Day

December 31st, Close at 4:00 pm

January 1st, New Years Day

does it make any determination as to who might be responsible for funding any future improvements. There are multiple levels of review, design, approval, and public input required before anything can happen. Learning what improvements are not desirable or feasible is just as important as confirming that a project should move to design stage.

The complexity of what we are trying to accomplish will take a coordinated effort by many entities. This plan is a first step to get us all on the same page. Not all recommendations will be followed, but with each step of the planning process, we come closer to a plan that we can all work toward.

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*Resident Doris Whitmore with daughter Beryl enjoying a cup of tea in the country kitchen.*



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**PUBLISHER**  
William E. McMinn

**DIRECTOR OF ADVERTISING/OPERATIONS**  
Suzanne Spires 860-391-5534  
suzanne@essexprinting.com

**ARTICLE COORDINATOR / ART DIRECTOR**  
Kathy Alsop 860-391-4372  
kathy@eventsmagazines.com

**FINANCE MANAGER**  
Donna Evarts

**COVER EDITOR**  
AC Proctor 860-767-9087

**SALES REPRESENTATIVES**  
**VERNON • TOLLAND**  
Tom Fortin 860-299-4568  
tom@eventsmagazines.com

**ESSEX • WESTBROOK • CLINTON • MADISON**  
Ward Feirer 914-806-5500  
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Betty Martelle 860-333-7117  
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**MONTVILLE • NEW LONDON • STONINGTON**  
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**MAGAZINE LAYOUT**  
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## Westbrook Tree Lighting Committee

Save The Date: Sunday, December 6

4:00 pm at The Westbrook Town Green

The Annual Holiday Parade and Tree Lighting Ceremony.



- Bring the Family
- Visit with Santa & Mrs. Claus
- Sing Carols
- Make Crafts
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- Ice Carving
- Watch Some Great Performances
- Take a Carriage Ride
- Enjoy Refreshments & Lots of Good Cheer



# 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 Senior Chair and Aerobic Fitness classes are also perfect for active seniors wanting to socialize and stay healthy. Adult Volleyball and Basketball are 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.

Youth Badminton starts November 14th and runs till December 19, 2015. Boys and girls that are 1st grade through 7th grade are welcome to register. There will be three different classes and age groups. Children have a great time playing each other and parents occasionally. You're in for a surprise if your child has never played a racket sport. Once you've try one session you'll keep coming back each year.

Now is the time to sign up for Basketball 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.

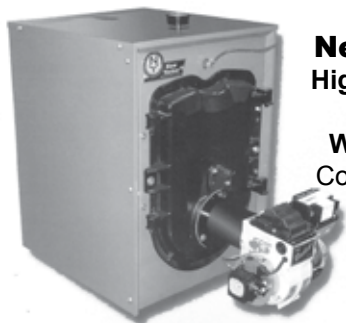
After basketball is over we have our very popular Youth Floor Hockey programs for boys and girls of all ages. Floor hockey is easy to learn, a great workout and lots of fun for all the kids. Children love to play this fast moving and challenging sport. Why stay indoors this winter when your child can be active and physically fit. This program is an excellent way for girls to be introduced to the basic make up of Field Hockey. 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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# The SAT Takes Over For the SBAC

By State Representative Devin Carney  
Lyme, Old Lyme, Old Saybrook, Westbrook

After a somewhat tumultuous rollout of the mandated Common Core curriculum and its accompanying Smarter Balanced Assessment Consortium ("SBAC"), the legislature voted this past session to remove the SBAC test and replace it with the popular SAT for high school junior assessments. Since federal approval was given in August, this change will go into effect for the current 2015-16 school year. I supported this because many high school students in the 23rd District already take the SAT (many in their junior year), so this would mean one less standardized test. The change should lead to lower student stress and more time spent learning in the classroom.

This should bring a small sigh of relief to Westbrook teachers, parents, and high school juniors. Beyond the benefits of reducing duplicative testing, students will receive a fee waiver to sit for the exam (as opposed to paying the ~ \$50 fee to take it) and the test is completed in one day as opposed to over several. According to The College Board (the company that produces the SAT), the exam will now focus on math that matters more for career readiness and move away from testing

obscure vocabulary words. The guessing penalty has also been removed.

In addition, the state has established a Mastery Examination Committee to address standardized testing in grades 3-8. This committee is studying the impact of standardized examinations on learning time, whether these exams are an appropriate assessment, the feasibility of reducing the time required to complete these exams, and the best format in which to take them (computers vs pen/paper). The legislature will be receiving reports from the Committee in February 2016 and January 2017.

As always, I welcome your thoughts and opinions on this or any other topic. I can be reached at [repdevincarney@gmail.com](mailto:repdevincarney@gmail.com) or (860) 240-8700.



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**KILLINGWORTH** - \$450,000 - A serene setting for this spacious, Contemporary Cape on 5.8 acres. A dramatic stone fireplace soars from floor to ceiling. Open floor plan: the living room and dining room open to the beautifully designed kitchen, with pantry and built-ins. A large master bedroom offers a spectacular bathroom with whirlpool bath. In-law apt. CARYL STEFANSKI 860-399-7202.



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**ESSEX** - \$374,900 - Beautifully maintained Home. Attractive formal rooms with crown molding, spacious family room with raised hearth fireplace. Heated enclosed porch off of kitchen. The walkout basement has great space for your workshop, plus additional storage. Spacious deck and hot tub. PAT REED 860-395-7412.



**CLINTON** - \$159,900 - Well maintained complex. Generous size rooms and closet space. Convenient location to town. End unit townhouse with new living room carpet, new hot water heater, attic for storage and private patio overlooking the backyard. Short walk to shoreline bus service. Low condo fee of \$200 per month. SARAH MARCINEK 860-227-1592.



**CLINTON** - \$259,000 - One of a kind - 2 houses border the Indian River. Recapture the views, Rent 1-live in the other! Main home has 2 bedrooms-ranch has 1 bedroom-individual septic systems & electric. Walk to town, train station. Convenient to town and schools. CALL SARAH MARCINEK 860-227-1592.



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**CLINTON** - \$289,900 - Great split level Home. Currently set up as 2-bedroom home but can easily be converted to a 3-bedroom. New 3-bedroom septic system installed in 2006. Attached 2-car garage and finished lower level with attached sun room. Nice level and private fenced-in rear yard with shed and deck. Call Joe Wren 860-202-0693.



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# News from Westbrook Social Services

## CRT Winter Heating Assistance Program

The Connecticut Energy Assistance Program is designed to help offset the winter heating costs of Connecticut's lower

income households, specifically those households whose incomes fall at or below the federal poverty guidelines.

## Maximum Income Eligibility – 60% of CT State Median Income Guidelines

Household Size	1	2	3	4	5	6	7	8
Annual Income	\$33,132	\$43,327	\$53,521	\$63,716	\$73,910	\$84,105	\$86,016	\$87,928

On behalf of eligible households, the winter heating assistance pays for such heating sources as oil, natural gas, electricity, propane, kerosene, coal and wood.

Homeowners and renters may apply.

Households eligible for the winter heating program may also be eligible to receive weatherization assistance. This can help conserve energy and lower heating bills.

The Connecticut Energy Assistance is administered by the Department of Social Services and coordinated by regional

Community Action Agencies, in cooperation with municipal and other non-profit human service agencies.

Applications will be taken by appointment only. Interested Westbrook residents may call Westbrook Social Services at 860-399-3040 (ext.154) for general information and/or to schedule an appointment.

Appointments will be accepted October 15th, 2015 through March 13th, 2016.

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# The Propane Tax Must Go

## Senator Art Linares

After the hurricanes we have experienced in recent years, many residents here in Westbrook and along the shoreline bought generators in order to be self-sufficient when the power fails.

Now, they are finding out that they are getting taxed for being proactive.

Many Westbrook residents have contacted me to express their concerns about the state's tax on propane.

The State of Connecticut assesses a tax whenever a propane tank connected to a generator is delivered to a customer.

This 8.81% tax is assessed on the delivery ticket even if the propane also supplies an exempt heating use (such as home, pool, hot water, cooking, etc.).

Connecticut law says that in order to be exempt from this tax, the propane "must be used exclusively for heating purposes". Because the propane to a generator produces electricity and not heat, this tax is assessed on deliveries to tanks which solely supply generators.

One area resident sent me the following email: "I am registering my complete disapproval of the recently enacted and punitive 8.81% gross receipts tax on all propane I

consume because I have elected to install a generator that is attached directly to the propane tank. It is particularly disturbing because the tax rate is so high and the tax is on all the propane I consume even though the generator will use at most only a very small percentage of it. It is a punitive and irrational tax and I respectfully request that it be eliminated."



I will be joining area legislators in proposing legislation to eliminate Connecticut's gross receipts tax on propane. I hope to generate bipartisan support for this effort. I will also be pressing for a public hearing on the issue so that propane users in Westbrook can speak out about the tax.

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Thursday: 9:00 am – 7:00 pm

Friday: 9:00 am – noon

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## Westbrook Board of Education

At its October meeting, the Westbrook Board of Education voted to begin a focused study on the effects of current Connecticut enrollment trends. Most Connecticut public school districts are experiencing enrollment decline and are forecasted to continue that trend in the next five years. While that trend has been closely monitored by the Board of Education and managed with careful approaches to budgeting and expenditures, programs and organizational structures, the Board's decision will allow it to consider the cumulative impact of declining enrollments in Westbrook going forward.

The purposeful study will engage representative stakeholders including Westbrook elected officials in a focused study of current Connecticut and Westbrook data analysis and evaluation of school district organizational and programmatic structures. The Board's decision is aligned with studies undertaken in many Connecticut school districts and is intended to provide an opportunity for the community to evaluate the structure and organization of its schools to both affirm the best design for Westbrook and to identify potential changes that would strengthen the educational experience for Westbrook students.

The study will be conducted in three facilitated study group sessions the first of which began on November 2nd. The study has been commissioned with the New England School Development Council (NESDEC) in which the Westbrook Board of Education has historically maintained a membership.

An independent NESDEC Consultant will facilitate the objective collection of Westbrook and Connecticut data for analysis. The first session focused the study group's understanding of Westbrook's data. It included thoroughly vetted enrollment data, school district expenditures, program scope, as well as student achievement and performance data. The data was compared and contrasted with other Connecticut school districts.

The second session is planned to focus on exploring small school district structures and designs. The study will include understanding the concept of scale and its relationship to programs, expenditures and other components of school district obligations. It will include a detailed review of alternative structures/designs such as grade restructuring, collaborative arrangements, regionalizing of services, tuitioning (in and out of district), etc.

The third and final session planned for late November will give the study group an opportunity to evaluate future options for the Westbrook Board of Education. It will cover an assessment of current structures versus alternatives and give representatives an opportunity to confirm areas of agreement and disagreement. As this study and the study group are not intended to be a decision-making body, the findings of the study will be documented in a full report and presented to the Board of Education. That presentation is tentatively planned for the Board of Education's December 8th Board meeting.

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# Westbrook Youth & Family Services

Single parent families, join us for Parent Exchange. Sponsored by the Valley Shore Collaborative, enjoy family fun, activities and refreshments while sharing knowledge and experience with others. Last Thursday of each month at the Valley Shore YMCA.

School Structured Peer Groups are fully launched with curriculum that focuses on helping kids develop social and emotional skills to navigate the school day. Ask about lunch bunches and Sandcastles (divorce support) at Daisy; Globetrotters, Mind Box, Girl Code and Relaxation Club at WMS; and Life's A Beach, Helping Hands and High School Life at WHS.

Not quite ready for school? First Friends is our free playgroup (birth to 5 with a caregiver) which offers fun activities for your little one and supportive conversation for the adults. Every Thursday at 9:15 - 10:30 am.

Check out a new offering with Westbrook Public Library, TELLABRATION, on November 14 at 2 pm where storytellers bring the story to life right before your eyes. Or tell us your own story for our 2016 Community Connections program "Sharing Stories". There is so much to learn from each other.

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

And all year, we offer quality Counseling by trained therapists in a warm, judgement-free zone. With the support of our generous donors who recognize that mental health support is critical to our well-being, WYFS provides counseling to Westbrook and local area residents, including those of us who may not otherwise have access to services. Contact our Clinical Director, Macdara MacColl at (860) 399-9239 ext 11 for more information.

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

## Transfer Station Hours

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## Connecticut Housing Finance Authority

CTHousingSearch.org - a FREE resource for finding and listing housing anywhere in Connecticut. Property providers across the state can post apartments and houses for rent at any time. This service is updated daily, so be sure to check back often for new listings.

### For Tenants

- Find a Place to Rent
- For People With Disabilities
- For Seniors
- Frequently Asked Questions
- How to Use This Site

### Property Providers

- List a Place to Rent
- Log In to Your Existing Account
- Frequently Asked Questions
- How to Use This Site
- For Public Housing Authorities

The housing locator service allows people to locate available housing that best fits their individual and family needs. The service can be accessed online 24 hours a day and is supported by a toll-free, bilingual call center M-F, 9:00 am - 8:00 pm EDT. Individuals can easily search for housing using a wide variety of search criteria with special mapping features and receive apartment listings that provide a multitude of important information about each unit. In addition, the site connects people to other housing resources through website links and provides helpful tools for renters such as an affordability calculator, rental checklist, and renter rights and responsibilities information.

## Rep. MacLachlan to Host 'Politics on Tap' in Clinton

State Representative Jesse MacLachlan will be hosting 'Politics on Tap,' a legislative conversation for interested residents. This event is open to the public and will take place at Scottish Dave's, 24 East Main Street in Clinton on Wednesday, November 18 at 7 pm. "I invite all interested residents to join me for a casual conversation to discuss major issues that will shape the 2016 legislative session, any new laws that may affect you or any concerns that you may want addressed," said Rep. MacLachlan. Anyone who is unable to attend, but still has questions for Rep. MacLachlan,

can contact his office at: (800) 842-1423, or email him at [Jesse.MacLachlan@housegop.ct.gov](mailto:Jesse.MacLachlan@housegop.ct.gov). To stay connected with Rep. MacLachlan please visit his website, [www.repjessemac.com](http://www.repjessemac.com), or his Facebook, [www.facebook.com/repjessemac](http://www.facebook.com/repjessemac).

**WHAT:** 'Politics on Tap'

**WHEN:** Wednesday, November 18

**WHERE:** Scottish Dave's, 24 East Main Street, Clinton

**TIME:** 7 pm

Representative MacLachlan represents the 35th District of Clinton, Killingworth and Westbrook.

### For Town Updates & Information:

[www.westbrookct.us](http://www.westbrookct.us)

# Estuary Council Regional Senior Center



The Estuary Council of Seniors, Inc. (ECSI) is a community resource for the nine-town Estuary region's residents over 50 years old providing nutrition, transportation, health support services, education opportunities and socialization. We have been serving

Seniors and promoting healthy and active lifestyles for adults 50 and better through quality programs and services in the nine-town Estuary region for over 40 year. Please visit our website at <http://www.ecsenior.org> for additional information or call us at (860) 388-1611.

A number of fundraising events are held throughout the year to support the programs of the Estuary Council and

consequently supporting Seniors along the Shoreline. In addition to special events, we hold BINGO every Thursday evening at 6:30 pm. Join with friends and family for a fun evening out and try your luck on the progressive jackpot. All ages are welcome and cash prizes are awarded. Doors open at 5:30 pm.

Our next special event is the annual HOLIDAY CRAFT FAIR on Saturday, November 21st. Each year, the Estuary Council brings together local crafters who display an incredible array of hand crafted items for sale. In addition, the wonderful "Bake Shop" is filled with homemade dessert and candy. The Fair will be open from 8 am until 1pm. Contact Judy or Mike for more information, (860) 388-1611 extension 203.

**Deadline for the Next Issue of Westbrook Events is January 15.** Contact Jill in the First Selectman's office 860-399-3040 ext 111 or E-MAIL [jbrainerd@westbrookct.us](mailto:jbrainerd@westbrookct.us) to submit an article or press release.

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## Pay Me Now, or Pay Me Later

### A Cautionary Tale for Septic Owners

Every resident of Westbrook owns (or rents) a septic system! Proper care and maintenance of that system is as important as changing the oil in your car. Here's how to avoid costly repairs to your system:

- **Pump The Tank Every 3 To 5 Years – Every 2 Years If You Have A Garbage Disposal Or An Undersized System.** Pumpouts cost about \$300 – new leaching areas cost \$5,000 to \$15,000!
- **Don't Flush Baby Or Personal Wipes, Feminine Products, Food Wastes.**
- **Use Garbage Disposals Sparingly And Pump More Often.**
- **Fix Running Toilets Or Other Leaks!**
- **Spread Water Use Throughout The Day And Week.**

The Westbrook Water Pollution Control Ordinance requires septic tank cleaning at least every five years, but pump more often if recommended above. Newer tanks have outlet filters that **MUST** be cleaned regularly, or they will clog and

cause a backup into the house. We do not recommend the use of additives; we do recommend regular maintenance of your system. Malfunctioning septic systems pollute surface and groundwaters, and can contaminate water wells on your neighbor's property or your own.

If you don't know when your system was last pumped, check our computer records at [www.SepticSearch.com](http://www.SepticSearch.com). If there is no record in the computer, come into Town Hall and ask the Land Use staff to check the property file. When you contract with pumpers to maintain your system, remind them to enter pumpouts into the Carmody system – it should be part of their service!

Brochures describing how a septic system works, and how to care for it, are available in the Land Use office at Town Hall. Please do your part to keep Westbrook's wells and waterbodies clean and safe, and prevent an expensive repair down the road.

## From the Department of Public Works

Thank you to all Westbrook residents who participated in the Household Hazardous Waste collection in Essex. By disposing properly of these items, you have helped to keep the environment safe for future generations! The collection schedule for 2015 has been completed. Look for the 2016 schedule in the spring.

Annual clean-out of catch basins continues. Please be cognizant of the Public Works crew as you are driving around Town.

As winter approaches, it is time to think about snow removal duties. You can help us by keeping the roads clear during snow events (i.e. do not park on the road and bring all garbage cans in as soon

as possible after collection). Please also be sure to move all basketball hoops at least 10 feet back from the road, so as not to interfere with this process. Finally, please be advised that the Town of Westbrook will not be responsible for mailbox repair/replacement due to snow being thrown from the plow. The Town will only be responsible if the mailbox is actually struck by the plow itself. Sand will be available to Town residents during the winter season. Please stop in at the Town Garage, 185 Horse Hill Road, with a bucket and shovel to obtain some. The container will be at the entrance.

As always, please feel free to call the office at 860-552-4496 with any concerns you may have, or stop in to see us.

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## Westbrook Senior Citizen Club

The 40th Anniversary Celebration was a great success. It was nice to see you all, as well as some of our past members. A special thanks to Courtney Burks, Senior Center Director. The food was wonderful.

We are still looking for new members. Our next meeting dates are November 11th and December 9th at 1:00 pm. The December 9th meeting is our Christmas luncheon at a local restaurant (TBD).

The first two meetings scheduled for 2016 will be January 27th and February 25th. Our meetings start at 1:00 pm followed by coffee and snacks. The meetings are held at the Westbrook Senior Center at the Town Hall 866 Boston Post Road. We hope to see some new faces at our meetings so please spread the word.

If you have any questions please call Raymond Gaudet at (860) 575-5915.

## From The Tax Office

### Kimberly Bratz, Tax Collector

Reminder that taxes are due for January. We do not rebill for the January payment. The last day to pay without penalty is February 1st. If your tax payment is received after the due date you will be charged a 1.5% interest rate on the balance due back to the original due date. If you would like to receive a receipt for your payment, please come in with your full tax bill or mail it in with a self addressed stamped envelope. Please provide the tax office with all of your tax bills when paying.

If you can't make it into the office to pay you can always mail your payment in to 866 Boston Post Road, Westbrook, CT 06498 or on line at [www.westbrookct.us](http://www.westbrookct.us). Credit cards are excepted with a fee of 3.5% charged by the credit card company.

The time to dispute your assessment is in the month of March. Applications must be received by the Board of Assessment Appeal no later than February 20th. Postmark is accepted.

If you should have any questions or concerns about your tax bills, please do not hesitate to contact the Tax office at 860-399-3043. We look forward helping in any way we can.

## Town Events

Tree Lighting Town Green  
Sunday, December 6th 4 pm

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9 Town Transit is Operated by the  
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# Health Department News

## Sonia Marino, Director of Health

The Westbrook Health Department would like to welcome two new employees Robin Donofrio and Kerensa Mansfield. Ms. Donofrio was hired in August 2015. Robin was hired as a fulltime employee as an administrative assistant to the health and building departments. Robin's experience and expertise is greatly appreciated as she is crucial in keeping the health and building departments running proficiently.

Ms. Mansfield was recently hired to spearhead the health education activities in the community and to assist Sonia Marino, Director of Health with environmental food service inspections, lead investigations and nuisance complaints. In addition to daily routine activities, the health Director has been very busy writing and obtaining grant funds to

implement the following prevention programs including: lead poisoning prevention, emergency preparedness, and a fall prevention program for seniors. Funding for these programs were secured from the Department of Public Health. They are also reviewing their current webpage and are in the process of updating the page to be very user friendly, interactive, and informative. The website will ultimately make all health department forms available for download.

The mission of the Health Department is to promote, protect and provide public health services to the residents of Westbrook. In order to do this efficiently, the department has partnered with Southern Connecticut State University's Masters of Public Health (MPH) Program to conduct a community-wide health needs assessment. The goal of the assessment is to obtain data to assist in the development of a health education plan which will evolve over the next three years. Over the next couple of months, MPH students will be visiting Westbrook to initiate the data gathering through online and paper surveys, focus groups, and phone calls.

Please tell our advertisers that you saw them in Westbrook Events!

## Advanced Cataract Surgery

Lasers have saved vision in patients with Diabetes, eliminated the need for glasses with LASIK, and now assist in Cataract Surgery. In the past, the surgeons would use blades and eye markers to create openings and guides for lens implantation; new technology shines a digital reflection onto the cornea eliminating the marking on the eye, uses a laser to break up your cataract and create near perfect openings for surgery. With this new technology, the plan starts from your visit in the office. Most patients complain of glare, halo, yellowing of colors, and blurred vision when having cataracts. Typical aging cataracts are seen in patients at approximately 50 years of age. With a dilated exam by your surgeon at Middlesex Eye Physicians, they determine if your cataract is ready for removal. Small cataracts are left alone until they "grow".

Once diagnosed with a cataract and deemed ready for surgery, our patients are sent to the surgical schedulers. The scheduler will educate the patient and make appropriate appointments. The process begins. Patients will have an ultrasound of their eye with specialized equipment. After this measurement, patients will be placed on a machine that will capture fine details on the eye for surgery such as the eyes external blood vessels and the iris composition (color part of the eye). This precise computer information is transferred to the physician to view and create a plan for cataract surgery. More precise measurements customized to the patient's own eyes means better visual outcomes.

Rose Malczynski, C.O.A.  
Roger Luskind, M.D.  
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# Westbrook Garden Club – Come Grow with Us!

## We in the Westbrook Garden Club are so very thankful for. . .

. . . Friends, neighbors and local merchants who supported our Fall Mum Market, and thus our educational programs and annual college scholarship. We sold a record number of chrysanthemums and garden treasures, and spent a delightful Saturday chatting with all who came to the green September 13.

. . . Our new containers and the garden club Spot Minders who planted and tended them and our window boxes all through the summer. The planters' new shape and color – we replaced cylindrical brown barrels with white cubes – challenged Spot Minders' design skills, while the hot, dry weather kept them watering . . . and watering!

## Influenza

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: Fever\* 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.\*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.

. . . The Westbrook Public Library, Friends of the Library, and librarian Lew Daniels and staff. The library helps support our monthly educational programs. We can't imagine a more generous, hospitable "home" for our meetings and presentations.

. . . Winter, just around the corner. We truly are thankful for the changing seasons, and for the opportunities for fun and service that the upcoming holidays bring. We're looking forward to making a tradition of our annual visit to Oxford Academy to prune evergreens. The trimmings become part of the greens we gather to grace the town's window boxes and planters, as well as the table decorations we make for the holiday party at the Westbrook Senior Center.

We wish you all a happy, healthy Thanksgiving!

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](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.

**Prevent seasonal flu: Get vaccinated.** The single best way to prevent the flu is to get a flu vaccine each season. The quadrivalent flu vaccine protects against two influenza A viruses and two influenza B viruses.

**The Shoreline Soup Kitchens & Pantries provide food and fellowship to those in need. Serving the towns of Essex, Chester, Clinton, Madison, Old Saybrook, East Lyme, Lyme, Old Lyme, Killingworth, Westbrook and Deep River.**

**Learn how you can help at:  
[www.shorelinesoupkitchens.org](http://www.shorelinesoupkitchens.org)**

# Preparing for a Hurricane

Hurricane readiness should begin long before the event occurs. If you live in a hurricane-prone area, you can prepare far in advance for the possible dangers to health and safety resulting from a hurricane by learning about your community's emergency plans, warning signals, evacuation routes, and locations of emergency shelters.

- identify potential home hazards that could develop during a hurricane, such as those involving gas, electricity, chemicals, and structural damage
- install a smoke detector
- buy a fire extinguisher and make sure your family knows where to find it and how to use it
- conduct an evacuation drill for at least two ways out of your home
- provide escape ladders for multi-story structures
- establish an assembly point where the family meets in the event of fire or if a disaster occurs when the family is not together at home
- give your relatives and friends the name of a contact person who will know where you are and how you are doing
- know the location of your important papers, such as insurance policies, wills, licenses, stocks, etc.
- instruct family members about how to shut off the gas, water, and electric mains
- post emergency phone numbers at every phone; inform local authorities about any special needs, i.e., elderly or bedridden people, or anyone with a disability
- properly dispose of all chemicals, pesticides, and solvents not being used

You should stock your home with supplies that may be needed during the emergency period. These supplies should include:

- several clean containers for water, large enough for a 3-5 day supply of water (about five gallons for each person)

## 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.

- a 3-5 day supply of non-perishable food
- a first aid kit and manual
- a battery-powered radio, flashlights, and extra batteries
- sleeping bags or extra blankets
- water-purifying supplies, such as chlorine or iodine tablets or unscented, ordinary household chlorine bleach
- prescription medicines and special medical needs
- baby food and/or prepared formula, diapers, and other baby supplies
- disposable cleaning cloths, such as "baby wipes" for the whole family to use in case bathing facilities are not available
- alternate heat and cooking sources, such as a kerosene heater and a camp stove - use these only in well-ventilated areas
- shovels and hand tools
- candles and matches
- a mop, bucket, and towels
- one or more rolls of plastic sheeting, a staple gun with staples, and duct tape
- plastic trash bags and ties
- an emergency kit for your car with food, flares, booster cables, maps, tools, a first aid kit, fire extinguisher, sleeping bags, etc.
- a citizens band radio or a cellular phone, if possible
- extra cash
- pet food
- insect repellent
- rubber boots/rubber gloves

## During the Storm

To get through the storm in the safest possible manner:

- monitor the radio or television for weather conditions, if possible
- do not go outside, even if the weather appears to have calmed – the calm "eye" of the storm can pass quickly, leaving you outside when strong winds resume
- expect the loss of electricity, gas, and water
- stay away from all windows and exterior doors, seeking shelter in a bathroom or basement.
- prepare to evacuate to a shelter or to a neighbor's home if your home is damaged
- if you should lose electrical power, eat perishable food first

[www.ct.gov](http://www.ct.gov)

# A Message from your Town Clerk

## Joan Angelini, Westbrook Town Clerk

It was a beautiful summer here in Westbrook; I hope you enjoyed it.

Do you know where to go if you need a copy of your birth certificate? How about your marriage license or a deceased relative's death record? Well, if you were married in Westbrook, you would come to our office. If your parents were living in Westbrook when you were born, you would come to our office. If your deceased loved one passed away in Westbrook, you would come see us. If you are a genealogist and you are tracing the history of your family, you would come to the Town Clerk's Office. We have all of these records which are considered to be "Vital Records." Year to date, we have issued over 140 marriage licenses; recorded 17 marriages of residents married outside of Westbrook; recorded over 75 death records this year and over 25 birth records. Certified copies can be obtained from our office by coming in or calling us. The fee is \$20.00 and a short worksheet is required to be filled out along with a copy of your photo ID.

We work together with Department of Public Health (DPH) on all vital records. You may have heard that DPH will be implementing a new electronic birth registry system for Connecticut Town Clerks. Every town clerk in Connecticut will be required to use the new "ConnVRS" System. I and my staff will need to learn this new system and we will be attending a training session in Bristol, CT during the afternoon of TUESDAY, DECEMBER 2, 2015. We will be closing early on this day.

We will be back up and running the very next day.

I hope you enjoy your holidays.

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*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 at **860-347-0025** or go to **bullyfree.MiddlesexCountyCF.org**.

**STAND TOGETHER FOR CHANGE.  
TAKE THE PLEDGE.**

# How to Reach Your Elected Officials

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 Fax (860)524-7396  
[Governor.Malloy@po.state.ct.us](mailto:Governor.Malloy@po.state.ct.us)

LT Governor Nancy Wyman  
 State Capitol Building, Room 304  
 Hartford, CT 06106  
 860-524-7384, Fax (860) 524-7304  
[ltgovernor.wyman@ct.gov](mailto:ltgovernor.wyman@ct.gov)

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  
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 George Jepsen

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Rep. 23rd District  
 Devin Carney

CT House Republican Office,  
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[devin.carney@housegov.ct.gov](mailto:devin.carney@housegov.ct.gov)

Senator 33rd District

Art Linares  
 Legislative Office Building, Room 3400  
 Hartford, CT 06106  
 (860) 240-8800  
[Art.Linares@cga.ct.gov](mailto:Art.Linares@cga.ct.gov)

Rep. 35th District

Jesse Maclachlan  
 CT House Republican Office  
 L.O.B. Room 4200, Hartford, CT 06106  
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[jesse.maclachlan@housegov.ct.gov](mailto:jesse.maclachlan@housegov.ct.gov)

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Senator Chris Murphy  
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## Westbrook - Community Listings

### 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](http://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](http://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

### USEFUL NUMBERS

Community Foundation of Middlesex County ..... (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

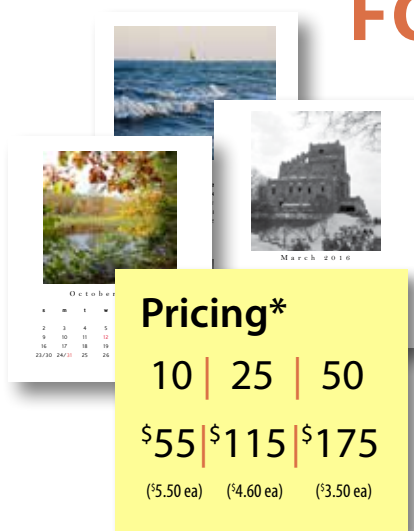
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## SALT ISLAND: Westbrook's Historic Coastal Resource Preserving the Past, Present and Future



Salt Island: East Side with "Area Closed" and "Beware of Poison Ivy" Signs. Poison Ivy signs worked best for protecting nesting habitat. Photo by Don Harger



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Salt Island, the smallest and most eastern of Westbrook's three barrier islands, is owned by the Town of Westbrook, designated as open space by the Board of Selectmen and, with Menunketesuck and Duck Island, is part of an Audubon Important Bird Area (IBA); a habitat capable of sustaining populations of birds that should be protected.

In the late 1800s, Salt Island was described as the heart of trade and commerce for the town; sailing ships loaded and unloaded here; goods were carted at low tide to and from the main land, and salt and fish oil were produced on the island. Remnants of these past industries are still attached to the Island's rocky framework, providing a "historic" incentive for protection and restoration.

Today Salt Island is an attractive destination for shore birds to forage, nest and reproduce. It is also a unique attraction for residents and visitors to

explore and discover marine creatures and their habitats. At peak vacation times, which correspond to peak nesting periods, up to 50 adult and children vacationers have been counted exploring the Island at one time.

Appointed as manager for Salt Island in 2011 the Conservation Commission has struggled with uncertainty about the best approach to balancing visitor use with resource protection, a problem compounded by easy access by foot (wading) and boat. A Visitor Use Management Plan (Plan) for Salt Island is in the works. The Plan will guide the Commission, Partners and the Community in conserving and protecting the past, present and future value of Salt Island as a site for connecting people with nature, for nesting seabirds, for coastal resource education and recreation, for conserving a town historic landmark, and for conveying harbor and coastline resilience.



# Westbrook Senior Center

## Courtney Burks, Director

Our Annual Thanksgiving luncheon will be held on November 19th at 12:00 pm. The Annual Craft Fair and bake sale will be held on December 7th-10th. Our crafters have been working hard since July. We still need donations of baked goods and crafts to be dropped off to the Senior Center by December 3rd. Our Christmas Party will be held on December 17th at noon, and we will ring in the New Year with hors d'oeuvre's and a toast at noon on December 31st. If your New Year's resolution is to get in shape, come down to the Senior Center. We have exercise programs 5 days a week, Yoga, line dancing and Tai Chi. Volunteer opportunities also available.

For program information and to RSVP for programs please call: (860) 399-3048.

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 visit us on the town website. We look forward to seeing you.

## Photo Contest Winner

Kathryn Katz, winner of the *Events Magazines* Cover Photo Award at the 2015 Chester Fair, holds the cover image of Essex Events, 4th quarter, 2015.

Kathryn Katz of Essex has been a photographer since 1985. Her photography focuses on landscapes, cityscapes, nature, architecture, and people. As a long time member of the New Haven Camera Club, Kathryn has won many awards over the years, including Best Image of the Year. The Cover Photo was taken Fall, 2014 at the foot of Main St., Essex. When not consulting with ConnectiCare, Kathryn is a Board Member of the Essex Land Trust; a choir member and Stephen Minister Leader at the Westbrook Congregational Church; a choir member of the NYC Threshold Choir; a U.S. Coast Guard Auxiliarist; and a Masonicare Hospice Volunteer.



## MISS MULVEY



**"Where's the pumpkin pie?"**

Photo by Catie Marino

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## Vista Member Turns Hobby Into Business

Selling handmade wallets, bracelets and more



Vista member Nicole Martines proudly shows off some of her handmade duct tape accessories at the YASBIZ Showcase back in July, where she made her first-ever sale.

Duct tape is more than just an adhesive tool for Vista member Nicole Martines – it's a creative art form. It's also the foundation of her newly established business, Crafty Nicole, which she launched last month with the help of Vista staff.

Nicole, who's long had a passion for crafting, recently started creating duct tape accessories after watching how-to videos on YouTube. She decided to take her hobby to the next level after Kristin Juare, Vista's manager of Quality of Life Programming, encouraged her to sell her crafty wares.

Using a variety of colored and patterned tape, Nicole creates large and small wallets, flower pens and hand-braided bracelets.

"The pens are my favorite," said Nicole, a Clinton resident. "They take longer to make, but they are the most fun."

Nicole made her first-ever sale on July 24th at the YASBIZ Showcase hosted at Vista's Madison campus. YASBIZ is a network of Young Adult Service

programs from around Connecticut that help individuals with disabilities launch their own small business ventures.

Since the YASBIZ event, Nicole has sold out of her original inventory. She's been making more pieces in her spare time – when she's not hard at work with the Ventures Business Services cleaning crew.

Aside from her duct tape creations, Nicole also makes loom bracelets for fun. She even teaches her peers how to make them. Her other hobbies include gymnastics, golf and skiing.

For more information about Nicole's products or to make a purchase, please email Sharon Grogan at [sgrogan@VistaVocational.org](mailto:sgrogan@VistaVocational.org).

Based in Madison and Westbrook, CT, Vista Vocational & Life Skills Center is a 501©3 nonprofit organization. Vista's mission is to provide services and resources to assist individuals with disabilities achieve personal success.

For more information about Vista, please visit [www.vistavocational.org](http://www.vistavocational.org).

# The resources of Yale New Haven Health now have an Old Saybrook address.

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## OLD SAYBROOK MEDICAL CENTER

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