

Westbrook events

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Selectman's Corner

GOVERNANCE AND COMMUNICATION

I want to thank the Westbrook residents for the high turnout of citizens who exercised their right to vote on November 11. Regardless of one's political persuasion, I know that we have highly dedicated and committed elected officials and volunteers and that they will collectively commit their time and energy to address the compelling issues for Westbrook. We welcome the new volunteers who have been elected to our Boards and Commissions.

Constant communication is necessary for good governance. We will have completed our redesigned webpage by January 1st that will highlight all of the information for the general public. Agendas, minutes, dates for Town Meetings and all other activities are posted on a regular basis including vacancies for Boards and Commissions. I encourage you to take the time to access this site, www.westbrookct.us. All meetings are open to the public who wish to observe and participate in the major decisions. In the course of the year, our volunteers spend thousands of hours deliberating and implementing recommendations on all major concerns in Westbrook. Communication begins at this important level of municipal government and we could not function without their commitment and that of our municipal staff and elected officials.

We have spent considerable funds to update our emergency procedures to ensure the safety of our residents. I urge you to visit our

Emergency Management website @ www.westbrookem.com. Our school system has a very comprehensive network for communicating with families on matters pertaining to the safety and well being of students. The district website is www.westbrookctschools.org.

All of our municipal departments and our excellent staff are always available to be of service. I encourage you to utilize every opportunity to discuss and communicate your concerns to the staff.

Finally, we are committed to be constantly vigilant and responsive to our neighbors' concerns. We encourage residents to do their share to make Westbrook a special place that sustains our lives and livelihoods. Stay informed, stay engaged, and stay committed.

It is a privilege to serve as your First Selectman. Thank you.

Noel Bishop
First Selectman



Noel Bishop, First Selectman



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Westbrook Senior Center



Another eggcellent Halloween breakfast at the Westbrook Senior Center.

Are you affected by the change of season? The best way to beat the winter blues is to be active. The Westbrook Senior Center offers exercise 5 days a week, weekly Yoga, Tai Chi and sitting Tai Chi. If exercise is not for you, we have arts and crafts, line dancing, card playing, games, jigsaw puzzles and most importantly socialization. We also offer healthy meals 3 times per week and have plenty of volunteer opportunities. For more information 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 www.westbrookct.us. We look forward to seeing you.

Courtney Burks, Director

From the Desk of the Assessor

It has come to our attention that there have been inquiries regarding benefits for full-time Westbrook residents aged 65 and older. If anyone fitting those criteria has any questions, they can stop by the Assessor's Office or call and talk to either Pam or Catie at (860)-399-3016 or (860) 399-3045. We will be happy to answer any questions you may have.



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Westbrook Drum Corps



Pictured is Dodi McGrath, distinguished member and leader of the Westbrook Muster for several decades. She was honored on August 26, 2017 for her dedicated service. Congratulations to Dodi.

We moved from Branford to Westbrook in 1964. I had no knowledge of fifing and drumming and musters at all. It was exciting for me when I found the muster parade passed right by my house. I fell in love!

It wasn't until 1972 when a friend encouraged me to learn the fife. I couldn't even read music! At the time I joined The Patriots of Westbrook which disbanded in 1974 and immediately joined the Westbrook Drum Corps. After some encouragement my husband Chuck also joined in 1976.

Being a part of this organization has been a great experience. We have traveled to many places I probably would not have done. We participate in historical events

such as the Bunker Hill Parade in Boston, St. Patrick's Day parades in Boston and NYC, Valley Forge in Pennsylvania, Colonial Williamsburg and in Switzerland. We have performed in New York State and all New England states.

On the fourth Saturday in August each year our Westbrook Drum Corps hosts one of the largest and most respected musters internationally with guest corps participating from Switzerland, Ireland and England. We are also honored to frequently host the Old Guard Fife and Drum Corps which is the President's ceremonial fife and drum corps.

Dodie McGrath

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Mom has Blossomed!

"Mom's memory loss meant her way of life was changing, but we did not want her quality of life to change as well. We are so happy – and a little surprised – at how quickly she settled into her new home and routine at Safe Harbor Memory Care Neighborhood in The Saybrook at Haddam, where residents "experience the difference" and blossom. **Safe Harbor offers:**

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- Fresh air and sunshine in our secure "Walking Garden"



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



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www.thesaybrookathaddam.com

Call 860-345-3779 for information and a guided tour.

A Message From Your Town Clerk

First and most importantly; THANK YOU WESTBROOK!! You have elected me to be your Town Clerk for four more years and I am truly grateful.

Many of you inquired as to why, if running unopposed, I still put signs out. For me it comes down to this: we all have a stake in the outcome. We all need to take advantage of the opportunity that we are lucky enough to have a say in who our town's elected officials will be and we can elect those persons to some of the major boards and commissions that affect our town's budgets, education, resources and services.

It's just a reminder of the importance in coming out to vote. These decisions have an impact on all of us as citizens of Westbrook. Our town is governed by state statutes and town ordinances; and the voters of this town have the opportunity to be involved from the very beginning, by placing their trust in the people they believe will serve our town to the best of their ability.

What a privilege it is for me to be one of those people.

Joan Angelini

Winter weather is coming.

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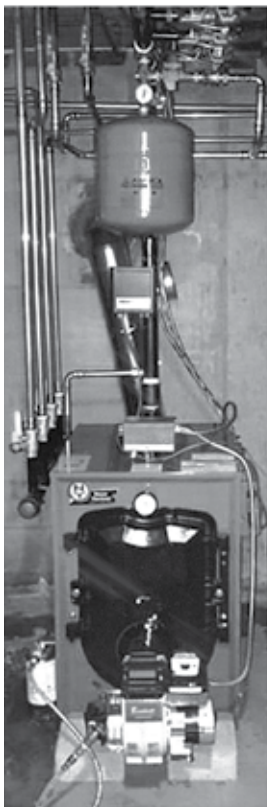
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LED Streetlights, School Solar Panels and Microgrid Project Updates

The Town's Energy Committee continues to be involved in developing ways to cut our energy bills and enhance storm preparedness. After bids were received to replace the existing streetlights with LEDs, the Committee recommended Siemens among the bidders to the Board of Selectmen. The Selectmen approved the contractor and forwarded the project to the Board of Finance, which will evaluate the financial benefits of purchasing the existing fixtures and cutting monthly bills in at least half. If this Board approves, the project will go to a Town vote on December 11th after an informational workshop for citizens is held in the Community Room of the Library at 7:00 pm on December 5th. This project will pay for itself in the first several years via lower electric bills and is estimated to save the Town several hundreds of thousands of dollars over the 20+ years of the expected life of the fixtures.

After reviewing separate competitive bids, the Committee also recommended ForeFront Power to the Board of Selectmen as

the developer to submit bids in the State's Zero Emission Renewable Energy Credits (ZREC) fall auction, and the Board approved. Fore Front submitted bids to install solar panels on the three schools (in addition to the solar systems already on the high school) and reduce electric costs, with the winners among competitive bids from other entities to be named by Eversource at year-end. The developer in turn sells Renewable Energy Credits (RECs) generated by the panels to Eversource, which aids Fore Front in offering long-term electricity contracts for lower cost power.

Finally, bids were received in November for the potential installation of a microgrid, which would enable selected buildings to operate independently of the electric grid. The Committee will subsequently be reviewing these bids for a possible project and recommendation to the appropriate Boards for their approval.

Water Pollution Control Commission



The septic system pump out program is going well. By now everyone in town should have received a post card if they were due to have their septic system serviced. Thanks to all the people who have complied with the program so far; you are truly making a

difference by protecting our groundwater and surface waters. Approximately 1,444 post cards were sent out over the course of 10 months. 825 septic systems were serviced since January. Unfortunately we still have a long way to go to make our wastewater management program a success. Approximately 1,031 systems are still due to be serviced, and 541 of those have never been serviced according to our records. Thank you to all who have called in to let me know you will be servicing your system in the next few months. I will be following up with second notice letters very soon.

If you receive a card or letter and your tank was serviced within the 5 year

period, please call your septic service company to update your information on our online tracking system called "Carmody." If you are due to have your septic system serviced, please go to the town website at <http://www.westbrookct.us/water-pollution-control-commission.php>.

To find other ways to make a positive impact to our water quality please see the town's new storm water information page at <http://www.westbrookct.us/stormwater.php>.

Thank you from Shirley Mickens, EHT and the Water Pollution Control Commission!

Public Works

Illicit discharge occurs when water which does not consist entirely of stormwater or uncontaminated ground water is discharged to the waters of the State of Connecticut.

Why is this important? Illicit discharges contribute to pollution of surface waters in the form of metals, toxic chemicals, oil, grease, solvents, and excess nutrients and pathogens.

Where do illicit discharges come from? There are many forms of illicit discharges – some obvious, some not, and some intentional,

some not. Examples include: illegal connection to the storm drain system, failing septic systems, illegal dumping of yard waste or pet waste, vehicle wash water run-off, as well as improper disposal of household cleaners, used motor oil, pesticides and fertilizers. All these have the potential to enter the municipal storm drain system, which then eventually discharges to Long Island Sound.

What role does the Town of Westbrook play with regard to illicit discharges? The Town of Westbrook is responsible under the CT DEEP MS4 (Municipal Separate Storm Sewer System)

permit to eliminate illicit discharges. An Illicit Discharge Detection and Elimination (IDDE) written program is currently under development, along with an ordinance to be adopted by Town vote in the near future.

You can help! By being aware of the potential hazards, you can make informed decisions. Small changes can have a large impact. Please refer to the brochures on this page for more information.

To report an illicit discharge: If you suspect or have knowledge of an illicit discharge, please report it by contacting Colleen

Topitzer, Administrative Assistant, Department of Public Works at ctopitzer@westbrookct.us or 860-552-4496. You must report the date and time, as well as the location. Identifying the type of discharge is helpful, but not entirely necessary. Once received, the information will be forwarded to the appropriate Town personnel for investigation.

For more information about stormwater, see <http://www.westbrookct.us/stormwater.php>.

New 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.

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 860-399-3090 for general information.

Appointments will be accepted through March 15th, 2018.

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Welcome to the Building Department

CAN THE FIRE DEPARTMENT, AMBULANCE AND POLICE FIND YOUR HOUSE AT NIGHT? NOT WITHOUT VISIBLE HOUSE NUMBERS!



Since taking the job of Building Official for the Town of Westbrook I have noticed that a number of houses either don't have house numbers or they are so faded that they are no longer visible. I've also notice that many mailboxes have been replaced without installing new letters or numbers.

The next time you are coming home after dark pretend that you are an ambulance driver enroute to your home to provide emergency medical care for a heart attack or stroke victim. If you aren't able to clearly see your street number and house number please go to your local hardware store or home center and buy minimum 3' high number and/or letters in a contrasting color and preferably with a reflective coating. Place numbers on both sides of your mailbox since the ambulance could be coming from either direction.

YOU AND YOUR FAMILY'S SAFETY DEPEND ON EMERGENCY RESPONDERS BEING ABLE TO FIND YOUR HOUSE WITHOUT DELAY! PLEASE DON'T DELAY, CHECK YOUR NUMBERS TODAY.

Westbrook Recreation

This fall has been very successful with registrations and attendance in all our programs. We have programs that will interest everyone from tots to seniors. Our K-4th Grade Karate has 21 children presently registered. We also have quite a few children registered for our After School Program in the Middle School. It's not too late to join either of these groups and enjoy the fun.

Our next fall sports activity will be badminton. Badminton officially started on November 4th for children kindergarten through sixth grade. Learn how to serve, volley and spike. It's been a very busy fall

and it looks like it will continue into the winter.

Our "Letters to Santa" program started November 10th. Mailboxes will be located at the Post Office, Daisy Elementary and the Library. Please be sure that each letter has a return address so we can send a Santa letter back to your child. Santa will personally respond back to each child.

All our adult Winter Programs officially starts right after January 1st. We have Yoga, Pilates, Aerobics, Senior Fitness and Zumba for all adults and seniors. Our new Pilates instructor has just recently started

with classes for us. This class is one of the best-kept secrets on the Shoreline. Please come and try out the class for free (one time) and you'll be hooked. The class is on Thursday nights at 5:30 pm.

Youth Basketball starts on January 6, 2018. The program runs for 7 weeks at different times on Saturday mornings depending on what grade your child is in. Youth Floor Hockey will start on March 3rd and will run 6 weeks also on Saturday mornings. Floor hockey is a fast-moving, safe and fun sport for both boys and girls. Try one of our Youth Sports programs and you'll come back each year for more.

Harbor Management Commission Requires Mooring Permits

The Harbor Management Commission has been attempting to get resident mooring owners to register their moorings on a voluntary basis over the past 3 boating seasons. Of the possible 150 moorings only 11 are registered at this point prompting the commission to make registration mandatory. In the spring of 2018 the commission will tag all non-permitted moorings instructing the owner how to go about registering his or her mooring. All moorings tagged will require registration on or before July 15th, 2018. After that date any unregistered mooring will be considered abandoned and therefore subject to removal by the Harbor Master or his designated agent or official.

The purpose of this action is to ascertain the location of each mooring, understand the size and holding strength of each mooring to assure the stability of the moored vessel, to identify abandoned moorings for removal, and to assure the proper installation and location for the safety of boaters and swimmers alike. All monies collected from the registration process will be held in a separate account and used expressly to fund this action. To accelerate this process any resident mooring owner can find the proper registration documents on the Town of Westbrook website under Town Departments and then Harbor Management. Other helpful information is there on the site.

With more beach communities beginning the process of creating swim lines the commission asks for and will support a collaborative working relationship with the communities and mooring owners. Swim lines are a great way to protect - especially young swimmers - from boat traffic. The commission does want to warn any community to contact the CT DEEP before beginning any plans for a swim line and definitely before purchasing any of

the gear because there are very specific specifications for all of the components.

Andy Calderoni Sitting Member
John Rie Chairman
Westbrook Harbor Management Commission

Westbrook Fire Department

Westbrook Chemical Engine Company No. 1 Inc. sponsored another successful Halloween Party for the children of Westbrook. The Company funded this event with the money earned at the Carnival held in July. The members look forward to this event and are already planning next year's party. Thank you for your support at the Carnival and we enjoyed seeing you at the Halloween Party.

As we are going into the winter months remember to have your chimney cleaned

and to be careful of ashes cleaned from fireplaces and wood stoves. Do not place the ashes in a cardboard or plastic container, near your home, shed or on your deck.

If you did not change your smoke detector battery when the clocks were set back change them today.

Just a reminder: Town Ordinance Article IV Numbering of Building Required.

The Town of Westbrook requires that the owner of each building attach a three (3)

inch high number to the building. The Fire Department relies on these numbers to find your home, office or business in case of an emergency. The Department wants to respond to your location as fast as possible. The volunteer firefighters live throughout town and are familiar with every road but may not know every house number; therefore, it becomes very important for the numbers on your building to be visible under all circumstances.

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Together, they are looking forward to serving existing and new patients of all ages.

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Notes from Westbrook Public Library

Westbrook Public Library is a member of the Libraries Online (LION) consortium. The thirty member libraries share a circulation system, library materials, and an online catalog. In October Libraries Online engaged a delivery service to move library materials between the LION member libraries. While the State Library service continues to collect materials going to non-LION libraries and delivers material from non-LION libraries, it is not able to handle the heavy LION traffic. We hope that the LION sponsored delivery service will speed up the transfer of library materials from library to library in LION. Within LION, the five hold limit has been eliminated. Some libraries are relaxing restrictions on interlibrary loans of new materials. Resource-sharing has long been a major benefit of our LION membership. We hope that you will begin to see substantial improvement in interlibrary loan service among the LION libraries.

The Westbrook Public Library's Teen Book Club had a strong start this fall and will be continuing until the end of the school year. Open to all students in high school, this club connects the Westbrook High School students with the students from Oxford Academy. If you are interested in joining us, all book copies are available at the circulation desk for check out. All meetings take place in the lower level conference room and start at 6:30 pm. The upcoming dates are January 25th, *The Handmaid's Tale* by Margaret Atwood, March 1st, *Hitchhiker's Guide to the Galaxy*

by Douglas Adams, April 26th, *Monster* by Walter Dean Myers, and May 24th, *End of Year Party* (Book to be determined). Snacks and fun will be provided by the library.

In addition to our Teen Book Club, the library will be starting a Next Chapter Book Club in 2018. This is a book club geared toward people with disabilities. We are currently seeking volunteers to help facilitate the meetings. Those interested do not need to have any previous experiences with people with disabilities or running book clubs. If you are interested, please contact our Assistant Librarian, Brittany Pearson, by phone at 860-399-6422 or stop by the library for more information and an application.

Three long serving members of the Westbrook Public Library Board of Trustees are stepping down at the end of their terms this fall. Norma Roman joined the Board in 2002 and served on the Board for 15 years, 10 years as treasurer. Gina Fifield was elected to the Board in 2005 and completed 12 years of service. Rosemary Einsmann was elected in 2011 and served on the Board for 6 years. These individuals were conscientious and responsible trustees and all of us connected to the library are grateful to them for their efforts on behalf of the library.

Congratulations to newly elected trustees Lynda Tragakes, Paul Winch, and Melinda Xenelis.

Westbrook Youth and Family Services

Counseling Services

WYFS provides support and therapy for individuals, families and couples. Our therapists help strengthen family functioning, and support children and families working through life's challenges, including emotional and behavioral issues, stress, anxiety, grief, depression, trauma, peer issues and life transitions. Call 860-399-9239 for an appointment.

Make Winter Blues into Program Whoo-Hoos!

School Groups: With WPS's support, we offer structured peer groups at each of the schools. Our school groups focus on enhancing executive functioning skills which support all students with planning, organizing, and completing tasks. Each

group will be following a theme to deliver engaging activities and games. Themes Include: Inside Out, Bucket Filler, Force Awakens, Super Heroes, Game of Life, and Friend Vs Foe. Visit our website for more information and how to sign up!

Globetrotters @Daisy and Middle

School: Westbrook students new to this country connect with fellow peers through games and peer-led discussions.

Helping Hands: High School students find ways to give back to their community! Meets first Wednesday of the month 6 pm.

Going Viral: After-school leadership group for Westbrook Middle School Students coming this January and February.

Cool Cats: Kids, ages 9-12, will learn to be calm, cool, and confident at this eight week agency program coming this January.

Parenting SOS: Help my kids are driving me crazy! Each WYFS Clinical Staff Member will share their tips and tricks for each age group. Come to one or all four sessions to learn how to make parenting a bit easier.

ROCK YOUR COMMUNITY: Sign up for our email blast to hear about community events! This year we are rocking our community by painting rocks and exchanging with other community members. A little reminder of how connected we are. Like us on Facebook!

Sen. Linares Votes for Bipartisan Budget that Restores Education Funding and Caps State Spending

In the early hours of October 26, State Senator Art Linares (R-33) voted to approve a bipartisan state budget bills that restores funding for municipalities and education. The budget was signed into law by Governor Malloy on October 31.

"I grew up in the 33rd Senate District and attended public schools here. I love this community and make it my home today," Sen. Linares said. "The Governor's executive cut tens of millions of dollars from local education funding for our schools. I could not allow this to continue.

"Thankfully, Republicans and Democrats came together with a two-year state budget that was veto proof. Our local towns will receive funding necessary to operate and continue to educate our students without the need for drastic property tax increases."

Sen. Linares said the budget was the result of hours of intensive negotiations between Republican and Democrat leaders in the House and Senate.

"For the first time in our state's history, this budget cemented a constitutional spending cap and a constitutional bonding cap. Our budget cut taxes on social security for senior citizens and fought off harmful income and sales tax increases. Our small towns will also see unfunded mandate relief and the flexibility to take control of their own destiny with reduced red tape and regulations," Sen. Linares said.

Sen. Linares represents the communities of Chester, Clinton, Colchester, Deep River, East Haddam, East Hampton, Essex, Haddam, Lyme, Old Saybrook, Portland and Westbrook.

TOWN HALL HOURS

Mon – Wed: 9:00 am – 4:00 pm

Thursday: 9:00 am – 7:00 pm

Friday: 9:00 am – noon

December 7, 2017 Pearl Harbor
Remembrance Day

*National Pearl Harbor Remembrance Day
remembers those who died or were injured when
Pearl Harbor in Hawaii was attacked in 1941*

TOWN HALL CLOSED

December 22nd Christmas Eve

December 25nd Christmas Day

January 1, 2018 NewYears Day

January 15th Martin Luther King Day

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Estuary Council Regional Senior Center

Estuary Council Regional Senior Center
220 Main Street, Old Saybrook
(860) 388-1611

The Estuary Council of Seniors, Inc. is a community center for the region's residents over 50 years old providing meals, transportation, health services, educational classes, exercise programs, and socialization activities. We have been promoting healthy and active lifestyles through quality programs and services in the nine-town Estuary region for over 40 years. Please visit us at www.ecsenior.org for additional information or call us at 860.388.1611.

Clinton Café now open! Please join Café Manager Lisa and her volunteers for a hot lunch every Thursday at noon in our Clinton Café. Meals are served at the

Town Hall Annex Community Room located at 48 East Main Street in Clinton. Reservations must be made by 11 am the day before by calling 860-388-1611 x216. Menus are listed in our monthly newsletter and online at www.ecsenior.org. Cost: \$3.00 for ages 60 and better. \$13.93 for under age 60. Meals are supported by Senior Resources with Title III funds available from the Older Americans Act.

ESTUARY GYM IS SILVER SNEAKERS APPROVED! If you are a member of a Silver Sneaker participating health plan in CT, the Silver Sneakers plan will pay for your gym visits. Does NOT apply to fitness classes. Check eligibility by contacting the Estuary at 860-388-1611.

THE MARSHVIEW FITNESS CENTER – Stay healthy and strong by working out in

our gym. Membership Options: \$50 for 3 months, \$90 for 6 months, \$150 for a year. Stop by the Office for a tour and learn how to become a gym member.

The Estuary Thrift Shop offers the best bargains on the shoreline! Clothing, furniture, housewares, decorations, and jewelry are just a few of the things you will find. Every day is different! All ages are welcome to come in and shop. Open Saturdays! Daily Specials!

Volunteers are always welcome at the Estuary Council Senior Center. Help pack or deliver Meals on Wheels, work in our Thrift Shop, serve on our Board of Directors, and so much more.

Please contact Judy at 860-388-1611 x213 for details.

Westbrook High School Completes Its NEASC Visit

Westbrook High School is proud to announce the completion of its decennial NEASC Accreditation Visit which occurred October 15th-October 18th. The New England Association of Schools and Colleges is a regional accrediting association that uses the peer review model

made up of educators around New England to promote and ensure continuous school improvement. Eleven NEASC Visiting Team members spent four days interviewing board of education members, administrators, central office staff, teachers, students and parents as a means to accurately determine the level of understanding and implementation of these seven standards: Core Values, Beliefs, and Learning Expectations, Curriculum, Instruction, Assessment, School Resources for Learning, and Community Resources for Learning. In addition, the visiting team toured the facility, visited each classroom, and observed every teacher to collect compliance accuracy evidence within each of the Standards.

After completing the Endicott Survey (Spring 2016), which gathered survey data from teachers, parents, and students; the WHS faculty spent the following months in the Self Study process, which engaged the entire community in structured analysis, self-reflection, and planning in response to the ratings of each standard. Teachers were required to submit student work samples accompanied by the school wide rubrics to demonstrate and measure the proficiency of student performance defined in the Learning Expectations. The student work also reflected the step by step process for student reflection and student improvement based on teacher feedback.

Although a rigorous process, the WHS faculty and staff took on this educational endeavor with a commitment of fidelity, integrity, and transparency. The Visiting Team was able to commend WHS for its positive school climate and its commitment to valuing a quality education for all students. WHS will continue to engage in school improvement and awaits the final NEASC Report due in June of 2018.



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Fax (860)524-7396
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

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

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

Attorney General

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

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Devin Carney
CT House Republican Office,
L.O.B. Room 4200, Hartford, CT 06106
860-240-8700, 800-842-1423
devin.carney@housegop.ct.gov

Senator 33rd District
Art Linares
Legislative Office Building, Room 2705
300 Capitol Avenue, Hartford, CT 06106
(860) 240-8800, 800-842-1421
Art.Lineras@cga.ct.gov

Rep. 35th District
Jesse Maclachlan
CT House Republican Office
L.O.B. Room 4200, Hartford, CT 06106
860-240-8700, 800-842-1423
jesse.maclachlan@housegop.ct.gov

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90 State House Square 10th Floor
Hartford, CT 06103
(860) 258-6940 Fax (860) 258-6958
706 Hart Senate Office
Washington, DC 20510
(202) 224-2823, Fax (202)224-9673
www.blumenthal.senate.gov

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

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Friends of Westbrook Barrier Islands

Another great summer for our barrier islands! The Friends of Westbrook Barrier Islands, an all-volunteer group, was very busy this past summer. We logged over 124 hours of volunteer time. Through the efforts of this dedicated group, residents and visitors alike were educated on the importance of the three barrier islands off our coastline, Salt Island, Menunketesuck

Island, and Duck Island. This year we saw the successful fledging of oyster catchers, terns, black backed gulls, and other long-legged wading birds. Through our Shore Bird Educator program, we taught both children and adults about the wonderful birds that share our shoreline. Want to help? Please contact Rachel McNellis at rem1949@hotmail.com for information.

Our group meets on Wednesday evenings once a month from January to October. You can also find us on Facebook at Friends of Westbrook Barrier Islands. Help protect these vital environmental resources, so we teach others how to respect the wildlife while still enjoying these unique habitats.

Middlesex Hospital Low-Dose CT

Lung Cancer Screening Program

Although lung cancer is a very serious type of cancer, if it's detected in its earliest stages and appropriate and coordinated treatment is provided, a cure is possible.

Studies have shown that low-dose CT scans have the potential to catch lung cancer in its early stages, which means that it's more likely to be cured. Since early lung cancer generally has no symptoms, lung cancer screening is very important. Middlesex Hospital offers low-dose CT scans that can detect lung cancer in its early stages (Stage 1 or 2). They're recommended for people at high risk for lung cancer (smokers and ex-smokers who are 50 years old or older). The test takes only ten minutes and there's no preparation needed beforehand. A physician order

is required for the scan and it's covered by private insurance, Medicare and Medicaid.

Middlesex Hospital's multidisciplinary teams of oncologists, radiologists, nurses, social workers and other health professionals have years of experience diagnosing and treating lung cancer patients, using all of the latest treatments and technologies at their disposal. Our comprehensive approach to treatment means that we don't just focus on the cancer, we focus on the whole person – body, mind and spirit – from the time of diagnosis through survivorship.

For more information about the low-dose CT scan for lung cancer, call Renée Frost, Lung Cancer Nurse Navigator, Middlesex Hospital Cancer Center, at(860) 358-2066.

Smoking and Eye Disease

Smoking tobacco (cigarettes, cigars, or pipes) can cause lung disease, heart disease, cancer, and many other serious health problems. But did you know that smoking can also harm your eyes?

- Cataracts - Smoking increases your risk for getting cataracts. Cataracts is the clouding of your eye's naturally clear lens that causes blurry vision and makes colors look dull, faded, or yellowish. Cataracts are removed in surgery.
- Age-related macular degeneration (AMD) - This disease happens when a part of the retina called the macula is damaged. You lose your central vision and cannot see fine details. Sometimes medicine or surgery can help certain people with AMD from getting worse, but there is no cure. Studies show that smokers and ex-smokers are more likely to get AMD than people who never smoked.
- Diabetic retinopathy - Smokers who also have diabetes risk getting diabetic retinopathy. Diabetic retinopathy is when blood vessels in the eye are damaged causing blurry or distorted vision and possibly blindness. Treatment includes medication or surgery.
- Optic nerve problems - People who smoke risk having optic nerve problems. The optic nerve connects the eye to the brain. Damage to this nerve can lead to blindness.
- Dry eye - This is when your eyes don't produce enough tears. Smoking with dry eye will make your eyes more likely to feel scratchy, sting, burn, or be red.
- Uveitis - Smoking can lead to a disease that affects part of the eye called the uvea. This is the middle layer of the eye wall. Uveitis is when this layer becomes inflamed (red and swollen). This disease causes a red eye, pain and vision problems.
- Graves' disease - This is a disease of the body's thyroid gland. One of the symptoms of Graves' disease is bulging eyes. Smokers who have Graves' disease risk having their eye condition get worse. They can also lose vision.

The good news is that after people quit smoking, their risks for these eye diseases lowers.

Middlesex Eye Physicians
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Westbrook, CT
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From the Tax Office

I would like to thank the Town of Westbrook for its continued support. It is a great pleasure to serve as your Tax Collector for another term. It was so nice to see so many people out voting on November 7th. I always look forward to seeing everyone when they visit the Town Hall. The wonderful comments that many of you shared are beautiful. Westbrook is truly a great town to live in and it would not be the same without all of you. Thank you again for all of your support.

Kimberly Bratz, CCMC
Tax Collector

WANT TO RECYCLE YOUR CHRISTMAS TREE AND SUPPORT THE BOY SCOUTS?

WHEN THE HOLIDAYS ARE OVER AND IT'S TIME TO TAKE YOUR TREE DOWN, CONTACT WESTBROOK BOY SCOUT TROOP 38!

For a donation of \$10, the Westbrook Boy Scouts will pick up your Christmas tree (2 tree max) and find a way to reuse the tree, such as turning it to mulch. Tree pickups will be done Saturday, December 30th or Saturday, January 6th between 9 am – 12 pm (pickups at other times may be arranged). The proceeds of this fundraiser will help support troop activities throughout the year.

HERE'S HOW:

1. E-mail troop38westbrook@gmail.com or call (860) 339-5433
2. Leave message stating when you'd like to have your tree picked up and where you live
3. Leave your donation (check payable to Westbrook Boy Scouts Troop 38) in mailbox or attached to tree OR give donation to the Scouts when they pick up your tree.

Westbrook Boy Scout Troop 38 appreciates your support and wishes you Safe and Happy Holidays!

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WESTBROOK Community Listings

IMPORTANT TOWN HALL NUMBERS

Accounts Payable	(860) 399-3008
Animal Control Officer	(860) 790-1075
Assessor	(860) 399-3016
Assessor Clerk	(860) 399-3045
Building Official	(860) 399-2035
Emergency Management	(860) 577-0622
Emergency Management website	www.westbrookem.com
Environmental Health	(860) 399-3018
Finance Director	(860) 399-3004
Finance Director / Assistant	(860)399-1235
Fire Department / Business calls	(860) 399-9492
Fire Marshal Office / Business calls	(860) 552-4496
Harbor Master	(860) 399-2477
Health Director	(860) 399-9869
Inland Wetland Enforcement	(860) 399-3017
Transfer Station	(860) 399-6356
Land Use - Planning/Zoning/IWWC Admin. Asst	(860) 399-3091
Land Use - Building/Health Dept. Admin. Asst	(860) 399-0339
Probate Court	(860) 510-5028
Recreation	(860) 399-3095
Registrar of Voters	(860) 399-3042
Selectman's Office	(860) 399-3040
Senior Center Director	(860) 399-3048
Social Services	(860) 399-3090
Tax Collector	(860) 399-3043
Town Clerk	(860) 399-3044
Town Garage	(860) 552-4496
Town Planner	(860) 399-3201
Town Web site	www.westbrookct.us
Treasurer	(860) 399-3040
Westbrook Senior Center	(860) 399-2029
Zoning Enforcement	(860) 399-3041

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

POLICE DEPARTMENT

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

LIBRARY

Westbrook Public Library	(860) 399-6422
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USEFUL NUMBERS

9 Town Transit	(860) 510-0429
Community Foundation of Middlesex County	(860) 347-0025
First Congregational Church of Westbrook	(860) 399-9367
Garden Club	westbrookgardenclub@yahoo.com
Historical Society	(860) 399-7473
Westbrook Youth & Family Services	(860) 399-9239
St. Mark's	(860) 399-9207
St. Paul's Episcopal Church	(860) 399-5402

Bouquets of Adopt A Spot Thanks

Thank you to all those who tend or have tended an Adopt A Spot. It is hard to believe that it has been seven years that Adopt A Spotters have been beautifying Westbrook one spot at a time. Please thank your neighbors who have been adopters during the past seven years:

- Ali Shlien
- Bonnie Lynch
- Caren Appleby
- Carolyn Fish
- Catherine Van Blaricom
- Cathie Doane
- Cathy Curt
- Ceil Cloutier
- Crawford Family
- Cub Scouts - Kristen Melnik Leader
- Deborah Morrissey
- Girls Scout Troop - Mary Banks Leader
- Greenscape of Clinton
- Jacqueline Coppes
- Jeanne Asensio
- Jeff Gordon
- Joanne Murray
- Kathie Cietanno
- Koplas Family
- Libby Waldron
- Lisa and Kevin Palm
- Marianne Winslow
- Michael Ferry
- Mindy Gordon
- Norma Mitchell
- Oxford Academy - Vivian Partridge
- Rita Trojanoski
- Robin Linares
- SARAH
- Terry Bernstein
- Tidelawn Manor
- Tracy Keough
- Vista Life Innovations
- Westbrook Family Services
- Westbrook Field Hockey - Dickey, Janet
- Westbrook Foundation
- Westbrook Frame
- Westbrook Garden Club - Beth Chipman

It is always the right time to adopt a spot and we have a few available. Call Deb at 860-399-0664; or, check out the Adopt-A-Spot link on the town website at www.westbrookct.us.

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 Photo by Catie Marino

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Winter Emergency Preparedness



Westbrook Emergency Management would like to remind our residents to remain vigilant during our winter months. Winter preparedness includes:

- Ensure your home disaster kit is ready to meet your needs, including extra dry goods and bottled water in the pantry for 5-7 days. Replace any items that are unusable or expired.
- Communicate regularly with family members or friends especially when traveling.
- Your vehicle should have its own disaster kit with your cell phone car charger, blanket, bottled water and light snacks along with a flashlight and extra batteries. Add extra items based upon your needs and travel

distance. If you become stranded, call 911 immediately.

- Keep your home adequately supplied with oil, propane or wood (heat source) on hand at all times. Regulate temperatures in your home by closing doors and using appropriate window shades. Never use generators, grills or similar devices in garages, inside or near entrances for heating the residence. The carbon monoxide given off by these devices can kill or make your family extreme sick.
- Use caution when clearing snow from driveways, walk ways and other locations. If you can't complete this task, ensure you have family, friends or hire a contractor assisting you.
- Remain patient for the clearing of snow on town and state roads. Road crews work hard clearing 16 square miles of our roads and town facilities under adverse conditions.
- Pet and livestock owners need to be alert for extreme cold temperatures and conditions.

- Ensure you have registered for our emergency notifications through CT ALERT, reverse mass notification system. We will notify you via your cell phone, text or email via cell phone or other electronic device(s) if we need to declare a state of emergency or other severe conditions affecting the town.
- Wellbeing checks are encouraged to family, friends and those with special needs are especially important this time of year.

Emergency Management continues to monitor conditions throughout the winter months relating to extreme weather conditions. Regular information is posted on our Facebook and Twitter pages and extreme notifications on our website. Visit our website www.westbrookem.com for complete winter preparedness tips and registering with CT ALERT.

Donald Izzo
Emergency Management Director

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Conserving a Spectacular Migration



"Daisy Diggers" learning how to plant milk weed seedlings.
Photo by Mary Jo Noonan

The migration of Monarch Butterflies, once a spectacular fall event has declined to, "... look there's a Monarch..." sighting. The loss of winter habitat in Mexico and summer habitat in the United States and Canada are to blame, with the decline in milkweed plants being the critical habitat ingredient.

Monarchs use milkweed as the sole food source of their larva, and also as a source of nectar for adults. Chip Taylor, Director, Monarch Watch, states that, "To assure a future for monarchs, conservation and restoration of milkweeds need to become a national priority." To back this up Monarch Watch distributes free milkweed plants to those who qualify, and we did.

Monarch Watch awarded 128 free milkweed plants (plugs) for a Monarch Habitat Restoration Project, sponsored by a cooperative agreement between the C. Richard and Olive J. Brose Hie Hill Foundation (land owner), the USFWS's Stewart B. McKinney National Wildlife Refuge, Salt Meadow Unit (Refuge) and the Westbrook Conservation Commission; the goal is to restore a former 2 acre Christmas tree field on the south side of Chittenden Hill Road overlooking Long Island Sound to a meadow habitat for Monarch Butterflies and other pollinators.

The milkweed plants were planted in 4 plant-clusters arrayed randomly across the field. The Refuge established a gravity-feed watering system at the top of slope with two 300 gallon water tanks with garden hoses attached. The Westbrook Fire Department filled the tanks.

3rd and 4th grade students (The Daisy Diggers) from Westbrook's Daisy Ingraham Elementary School's Gardening Club, their parents, and members of the Westbrook Garden Club assisted with planting on June 12, 2017. The Commission's seasonal interns maintained the plants, including watering and invasive plant control; 98% of the Monarch Watch plants were still growing on September 1st. Thank You Daisy Diggers!



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Respect and Gravestone Markers



Russel Kelsey
(Died 1859, 74 yrs.)

The Lower Cemetery, located on South Main Street, was designed in 1835, though the earliest gravestones date to 1828. A number of "markers," aka, gravestones, are in need of repair, some of which have been resting

in the soil, broken and moss-covered for decades.

So, what is the significance of marking one's life with a gravestone? It is a simple fact that our mortal flesh is finite so to give it a bit more longevity, we cast a name and date in stone that eventually, so, too, will challenge the test of time. These markers tell the story of a community, its families, veterans, disease, along with the excitement of birth to the sadness of death. Markers also speak to the business of an undertaker, the artwork of stone carvers and, throughout time, have been a great genealogical resource, an assurance of the lifetime they represent.

public help to repair three additional markers: Russel Kelsey (pictured above); Eliza (Hough) Clark; and, Deborah (Stannard) Phelps. Russel will be returned to his base that still exists between wife, Cynthia and brother, Ephraim.

We are so very fortunate to have Martin Johnson on board from Monument Conservation Collaborative, www.mcc-monument-conservation.com, to repair these markers. He is meticulous, precise, and dedicated to his craft - a true artisan. Hence, we look forward to long-lasting repairs that will foster respect for those families whose loved ones once lived here in Westbrook.



Cynthia (wife), Russel's Original Base and Ephraim (brother)

With respect for the dead and with the challenge to preserve Westbrook's unique history, the Town and Historical Society are committed to preserve our monuments. The Public Works Department has reserved funds this year to repair nine markers; the Westbrook Historical Society is seeking

Please do contact us to contribute to these restoration efforts. And, do stop by to research your ancestral ties to Westbrook.

Catherine Neidlinger Doane, President
Westbrook Historical Society, Inc.
860-399-6100

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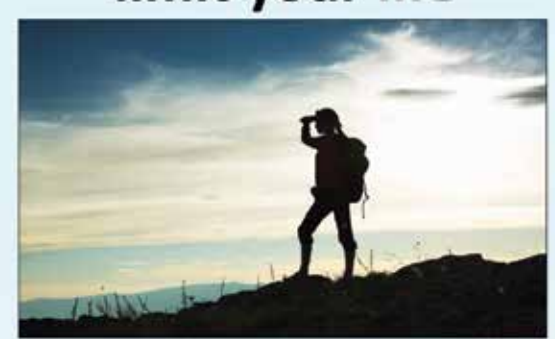
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