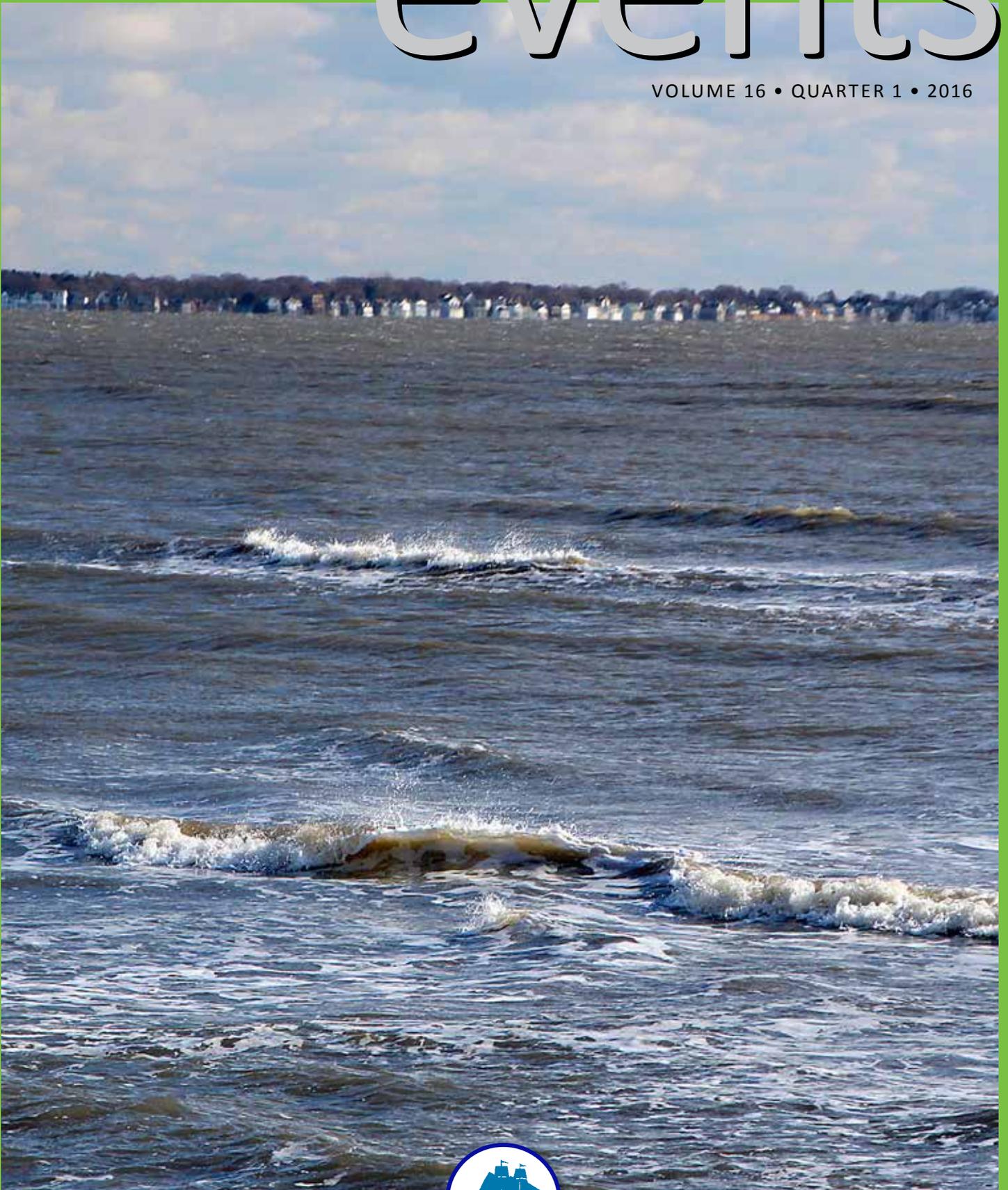


Westbrook events

VOLUME 16 • QUARTER 1 • 2016



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First Selectman's Corner

It's About Communication

Our municipal government functions best when we are informed and participate. There are a variety of ways that we mutually communicate to ensure that the issues that are important to all of us are addressed and implemented. Let me be specific:

- Communication begins at each election cycle when, as voters, we take the time to cast our ballot for those individuals that serve as volunteers on our boards/commissions. Collectively, they meet weekly and consist of dozens of dedicated individuals who, in the course of the year, 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.
- Our municipal webpage is updated daily with minutes and agendas of all meetings; information on all of the departments and the current status of events in our community.

- For seasonal residents, if we have their e-mail address, information is forwarded to them during the budget hearings with dates for the annual budget referendum that is held in late May to provide them with an opportunity to vote.
- The library is available and utilized extensively on an annual basis.
- Our school system has a very comprehensive network of communicating with families and their children on matters pertaining to the safety and well being of students.
- All of our Boards, Commission and Committee meetings are open to the public who wish to observe and participate in the major decisions made by our elected and appointed officials.
- The Valley Shore Community TV studio is yet another means of bringing information to the public. Some meetings and community events will be taped and available to the public.



First Selectman Noel Bishop

Continued on page 2

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- 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.
- This edition of *Westbrook Events* is filled with many articles from our staff and volunteers that provide information on their respective areas of responsibility.

In our continuing efforts to reach out to our community, our departments of

Nursing, Senior Center, Social Services and Public Health will be sending out questionnaires in February assessing the compelling needs of our Seniors and related groups to determine how we can better serve their needs.

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

assistance is our new Building Official, Mr. David Maiden. Please read his article in this *Events* publication, his article entitled "Welcome to the Building Department."

Finally, we are fortunate to live in a community that is constantly vigilant; responsive to our neighbors concerns and always a willingness for residents to do their share to make Westbrook a special place that sustains our lives and livelihoods. It is a privilege to serve as your First Selectman. Thank you.

Noel Bishop

Deadline for the Next Issue of Westbrook Events is April 22.

Contact Jill in the First Selectman's office 860-399-3040 ext 111 or E-MAIL jbrainerd@westbrookct.us to submit an article or press release.

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The Safe Harbor Memory Care team includes (left to right): Shannon Bengston, LPN; Brooke Conley, LCSW, staff social worker; Mary Goldsmith, RN, director of wellness; Ann Bertini, director of recreation for Safe Harbor; Meredith Inkel, personal care assistant.

Call (860) 345-3779 today for a tour!



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1556 Saybrook Road, Haddam, CT 06438
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Welcome to the Building Department

David W Maiden, Building Official

As the newly appointed Building Official I am excited for the opportunity to join the Westbrook town staff. I plan to be active in the community and want to provide unparalleled service to our residents, business owners and contractors. Since starting with the town I have attended the local Chamber of Commerce breakfast and have met with the principles of the Lee Company. I look forward to meeting with other business leaders in our community to offer my assistance in the preconstruction planning discussion for their future projects.

I want to list my initial goals to accomplish within my first year as your Building Official:

- Update the Building Department web page and provide code update information as it's received from the Office of the State Building Inspector.
- Include useful links for resources such as the where to purchase or download building codes, the NFPA (National Fire Protection Association) informational page on residential sprinkler systems, etc.
- Work with the other Land Use departments to create a single permit application form to help streamline the permit process.

- Improve communications with the Building Official. Since the inspector is in the field most of the day, a cell phone contact for the inspector will be made available after the start of construction.
- Perform concurrent plan reviews during the Zoning application process in order to expedite the issuance of building permits.
- Meet with those who use our services most and get feedback on ways we can improve.

While the safety of our residents is and will be my first priority, accidents do happen and I have responded to a number of house fires during my 16 years as a Building Official. What I have done in other towns, and will immediately implement in Westbrook, is being the family's point of contact in working with your insurance company and assisting in rebuilding your home. Please test your smoke detectors and carbon monoxide detectors and replace the batteries if needed. If anyone has questions regarding the required/recommended location of these devices please call me at (860)-399-3047 x127 or through email at dmaiden@westbrookct.us.

I again want to express my appreciation to the Town of Westbrook in allowing me to serve as your Building Official. I look forward to opening communications, expediting the permit process and providing the most accurate and updated building code information on the Westbrookct.us web page.

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Westbrook Drum Corp

In December the Westbrook Drum Corps concluded a very active season starting with St. Patrick's Day in Hartford and ending with three Christmas parades including the Westbrook Tree Lighting and the Old Saybrook Torchlight parade. The corps performed in parades, musters and concerts in Connecticut, Massachusetts, Rhode Island and New York including such historic sites as Lexington and Bunker Hill in Massachusetts. At our 56th Annual Muster in August we hosted the St. Mary's Band from Limerick, Ireland.

The 2016 season will again start with St. Patrick's Day in Hartford and we are

scheduled to appear throughout New England and New York as in previous years. In July the corps will travel to Switzerland where we will appear in four events in the basel area.

The Westbrook Drum Corps was organized in 1910 and holds rehearsals in the lower level of the Historical Society Building on the town green. We meet Tuesday nights at 7:00 p.m. While the Westbrook Drum Corps is an adult corps, children are accepted as long as a parent or guardian is a member of the corps. For further information please call any member or Dodie at 860-399-6436.

Web site westbrookdrumcorps.org.

Westbrook Board of Education

There are never any quiet times on the school district calendar, but the next few months promise to be very fast-paced and chock full of important progress around major initiatives. To begin, following its customary timeline, the Board of Education has been deeply engaged in responsible budget-building and analysis since October 2015. The Board of Education received its first look at the structure of the proposed budget draft for 2016-17. At its February 9th Board of Education meeting, Board members provided their questions and analytical input for the proposed budget. The Board meeting adjourned for one hour so that the Board of Education could conduct its annual budget workshop. Both the Board meeting and the budget workshop are open to the public. Despite all of the work done in January and February to refine and hone the budget draft proposal, the Board of Education will have yet another opportunity at its March 8th Board of Education meeting to have an impact on the budget proposal. The March 8th meeting will culminate in the Board of Education's final approval of their budget. The education budget will be presented by the Superintendent and the Board of Education to the Westbrook Board of Finance later in March. In April, the School Board budget will be presented as part of the full Town budget at a budget public hearing. In May, the Board of Education budget will again be a part of the Annual Town Meeting.

This year, of course, careful budget analysis and planning is aligned with the Board of Education's transparent commitment to managing the effects of the State of Connecticut's declining enrollment statistics. Readers will recall that the Board of Education undertook a public enrollment study in December and received the full report of the study at the December Board meeting. The Board has formed a subcommittee for the purpose of regularly working with the superintendent on enrollment study options/recommendations. As the budget process moves along, Westbrook residents should expect to hear short and long-term planning steps emanating from the enrollment study throughout the budget process.

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Westbrook Fire Department Safety Tips

To help ensure everyone in the community stays safe, the members of Westbrook Volunteer Fire Department offer the following tips and suggest you post them where they are likely to be seen by your family members and co-workers.

Chimney Maintenance

Chimney maintenance is vital to your family's safety.

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

Dryer safety tips

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

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

Smoke & CO Detectors

A reminder to change your batteries and check your detectors.

- Change the battery in your smoke and CO detectors.
- Make sure you check the operation of your detector.
- Make sure your detectors are clean.
- Smoke detectors should be in every bedroom and outside the bedrooms in the hallway.
- CO Detectors should be on each floor of your home.

Pet Safety

Watch out for family pets as you prepare for the cold, days of winter.

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

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Health Department

I am very pleased to announce that Natalie Guisto has joined the Westbrook Health Department as our new Environmental Health Inspector/Public Health Educator. She started her journey with us on January 4, 2016.

As an Environmental Health Inspector some of Natalie's responsibilities will include the inspection of food service establishments, pools, daycare centers, and cosmetology salons. She will also follow-up on public health nuisance complaints.

As a Public Health Educator she will continue to gather information to complete the Community Health Assessment that the students of Southern CT State University created and initiated. After the assessment is complete she will work with the rest of the health department to complete a community health action plan.

You can reach Natalie at:

Mulvey Municipal Center, 866 Boston Post Road
Westbrook CT 06498
(860) 399-9869, nguisto@westbrookct.us

Thank you,
Sonia Marino, Director of Health

From the Nurse's Corner

The Westbrook Visiting Nurses are proud to announce that we have been identified as one of the nation's "HomeCare Elite" by the Centers for Medicare & Medicaid Services (CMS). The HomeCare Elite List represents 25% of agencies based on five domains of performance: quality of care, quality improvement and consistency, patient experience (HHCAHPS), process

measure implementation and financial performance.

Just a reminder, we still have flu vaccine available. Give us a call at 860-399-3088 or stop by the office if you need one.

Deborah Lovelette, RN, CHCE,
Administrator





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Assessor's Office

Homeowners and Totally Disabled Tax Relief Program

Westbrook homeowners may apply for the Elderly/Disabled Homeowner Program between February 1 and May 15, 2016. The applicant must be 65 years of age to apply or any age if they are permanently and totally disabled and qualify with the state income limits. Please bring a copy of your form 1040 or form SSA-1099 when applying. This program is also called the Circuit Breaker Program. This form must be filed every two years.

Along with the homeowner's age or disability requirements, the qualifying income limits for the 2016 applications are \$35,200 for single and \$42,900 for married. If you are unsure if you qualify for the upcoming year, please call the Assessor's Office 860-399-3016 or 860-399-3045.

The town of Westbrook also has a Senior Tax Freeze Program wherein your taxes can be frozen the first year you qualify. From then on, as long as your income criteria does not exceed the state income limits and you do not increase the value of your home by way of additions or outbuildings, your taxes will not increase. If a homeowner is on the Elderly Homeowner Program (Circuit Breaker), their taxes can be frozen and the forgiven taxes **do not have to be repaid** when they sell their home.

If the homeowner's income is **over** the state income limit and their income is \$58,000 or less, we can freeze their taxes but **a lien will be placed on the property** and when the property is sold, the lien amount must be repaid to the town.

The total income is calculated from the IRS 1040 form line 20A Social Security Benefits, and line 37 Adjusted Gross Income. If the applicant does not file an income tax return and has social security as their only yearly income then a copy of the form SSA-1099 – social security benefit statement will be required.

Owners of mobile homes may apply for either the elderly Homeowners Program or the Renters Program. You **cannot** apply for both programs.

Additional Veterans Program

You must be a town of Westbrook resident on the assessment date of October 1st to receive a veteran's exemption.

Regular Veteran's Exemption: to qualify for a Regular Veteran's Exemption, the Veteran must have served at least 90 days during wartime and received an honorable discharge. Original discharge papers (DD-214) or separation papers must be filed with the town clerk's office prior to October 1st. There is no income criteria for this exemption. If you have questions about qualifying, please stop by the Assessor's Office.

Disabled Veteran's: disabled veterans who receive eligibility letters directly from the U.S. Department of Veteran's Affairs may be entitled to increased property tax exemptions for service related disabilities. In order to receive this exemption, the Veteran must file the disability letter with the Assessor's Office.

Additional Veteran's Exemptions: an additional benefit is available for Veterans with incomes lower than \$35,200 for a single person and \$42,900 for a married couple. The filing period is February 1st thru October 1st. Qualifying income includes your form 1040 tax return if filed or SSA 1099 – social security statement. Additional Veteran's Benefits double the regular Veterans Benefits.

Qualifying income for 100% V.A. Disabled Veterans is \$18,000 for a single person and \$21,000 for a married couple. Social Security income is not considered.

A widow/widower is entitled to keep 100% of their spouse's Veteran's benefit.

Westbrook Tree Lighting Committee

The Tree Lighting Committee, chaired by Dennis Allen and working as a sub-committee of the Recreation Department (thank you Rich Annino and Recreation Board), would like to especially recognize a few of the many individuals, organizations, and businesses who helped to make the December 6 Treelighting event a festive and happy town party.

The committee would like to thank the Westbrook Foundation for their grant to purchase a new sound system and Dana Brainerd, Ralph DePonte, Don Harger and Dennis Allen for all their efforts to obtain and set up the new equipment. The sound quality was the best ever!

Thanks to Jim and Mary Brewster at the Captain Stannard House for hosting and organizing the parade participants and to the Westbrook Drum Corps and Westbrook Historical Society for their open houses. A special thank you to Essex Savings Bank for sponsoring the wagon rides and Foxglove Farms for providing them.

The committee thanks the businesses and organizations near the green for decorations and goodies: Don Balint of Christmas Décor, The Daily Grind, The Stork Exchange, and Westbrook Pizza. Other organizations and businesses also made significant contributions as well. Thank you Envirotech, Friends of the Westbrook Public Library, Lighthouse Signs, Riggio Garden Center, Sail Repair Company, Shop Rite, Susan McManus and the Westbrook High School Future Business Leaders of America, Westbrook Ambulance, Westbrook Board of Selectmen, Westbrook Elks Lodge (sponsored the ice sculpture), Westbrook Emergency Management, Westbrook Fire Department, Westbrook Garden Club, Westbrook Police, Westbrook Public Works, and Westbrook Youth & Family.

Many individuals and organizations participated in the parade, performed, and entertained those gathered around the green including the Cub and Boy Scouts; Daisy, Brownie, and Girl Scouts (craft booth); the Board of Selectmen; State Senator Art Linares; State Representatives Devin Carney and Jesse Maclachlan; Reverend Jan Gregory-Charpentier; Jan Mazeau and the Congregational Church's children's choir; Cheryl Dimenstein and the preschool choir; the Connecticut Volkswagen Association; ice sculptor Dan Medeiros; Jen Capano and friends (the bonfire & smores!); Lighthouse Church; Anastasia and Chris Jankowski (Mr. & Mrs. Falala Jingle); Old Lyme Band's Tubadores; Old Saybrook/Westbrook Youth Football and Cheerleaders (reindeer food booth); Oxford Academy; Rita Trojanowski and her Bernese Mountain Dog; Santa's elves- Lexi Koplak, Alex Young, and Kendall Orłowski; VISTA students, especially singer Brian Ruddy, and staff; Dick Wade and his antique tractor; Westbrook Dance Academy; former Westbrook High School principal Bob Hale (Night Before Christmas); Westbrook High School band led

by Eric Gerhardt and the Kina Mama choir led by Rachael Allen; Westbrook Junior Colonials; Westbrook Drum Corps; and Wild Bill Taylor (caricatures). Thanks to the Daniels family for lighting the tree, which they donated to the Town in 1991.

As always the committee owes a special thanks to Barry Clark and Scoutmaster Doug Thomas and the Westbrook Boy Scouts for help setting up and taking down around the Green. And last, but not least, thank you Randy and Ann Bell (the spirits of Christmas).

This year's committee members were Dennis Allen, Bill Arute, Jill and Dana Brainerd, Jim and Mary Brewster, Darlene Briggs, Jennifer Capano, Lew Daniels, Ralph and Nancy DePonte, Melissa Ehlert, Kim Esposito, Don and Chicki Harger, Don Izzo, Bernadette Jones, and Mary Reilly.

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Westbrook Historical Society Bids Farewell to Its First President

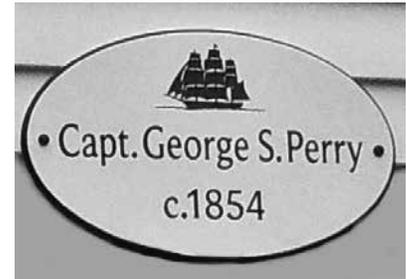
We are saddened at the passing on November 5, 2015, of one of the original founders and first president of the Westbrook Historical Society, John H. Wilson. In 1964, John Wilson, with Joseph Spencer, Grace Stevens, Mary Pritchett, Heloise Darnstaedt, Roger Goodspeed, John & Jane Hall, Jordan & Anna Bushnell, Dorothy Sparling Thomas, Tom Calderari and others, set out to preserve the heritage of their community. The Westbrook Historical Society was born. Meetings were first in private homes, then in the Hall of Records. The Academy and Methodist church were considered for meetings but were too costly to repair and maintain. Donated artifacts were stored in the vault of the Town Hall, member's attics and basements. When the vault was no longer available, John Wilson offered to store them at his house. By December 30, 1977, the Society was granted use of the first floor of the Library on the Green. John



John H. Wilson, First Westbrook Historical Society President

remained devoted to Westbrook's history and Stannard Norton became president.

In 2014, to honor our 50th anniversary, we invited John to reminisce about the Society's founding years. In October, 2015, he came to speak about Horace Stannard boats. One month later, we learned that he passed away at sea. We shall miss him very much.



Westbrook's Historic House Plaques For Sale

Carrying on with our love of Westbrook's history, we have designed an historic house plaque, now available for sale. Atop is the "David Crockett," next the name of the original owner, followed by the date the house was built. If your house is 100 years or older, we hope that you will help us visually target Westbrook's heritage with a house plaque. Applications are at the building and the Library. Or, email me at cnd5000q@aol.com for details.

Catherine Neidlinger Doane, President,
Westbrook Historical Society

Middlesex Hospital Joins Mayo Clinic Care Network

Middlesex Hospital is the first health care organization from Connecticut to join the Mayo Clinic Care Network. Through the network, Mayo and Middlesex physicians will collaborate so more patients can get answers to complex medical questions and gain additional peace of mind, all while staying close to home. Network members remain independent, but share a common philosophy, commitment and mission to improve the quality and delivery of health care.

As a member of Mayo Clinic Care Network, Middlesex will have access to the latest Mayo knowledge. Network tools and services include:

- eConsults that enable Middlesex physicians to connect electronically with Mayo specialists when they want additional input on a patient's care.
- AskMayoExpert that provides Middlesex physicians with point-of-care, Mayo-vetted information on disease management, care guidelines, treatment recommendations and reference materials for medical conditions.

- eTumor Board Conferences that enable Middlesex physicians to present and discuss management of complex cancer cases with a multidisciplinary panel of Mayo Clinic specialists and other network members.

Through network resources, Middlesex providers also will be able to consult with Mayo Clinic on operational and business processes such as patient engagement; quality, safety and accreditation; nursing leadership; and physician engagement. Providers also will have access to Mayo's extensive library of educational materials for use with their patients and grand rounds presentations that feature Mayo physicians and scientists.

Since its inception in 1904, Middlesex Hospital has continuously maintained the highest standards in medical care while focusing on delivering the very best patient experience possible. It does this through state-of-the-art medical technology and innovative approaches to care, along with a highly experienced staff that embraces the mission and culture of the organization.

Bikes For Kids Receives Non-Profit of the Year Award

The Old Saybrook Chamber of Commerce recently awarded Bikes For Kids as the 2015 Non-Profit Organization. The award was presented at the Chamber's Annual Meeting. The award was accepted by Dave Fowler, President of Bikes For Kids. This award is presented to the organization which has had a major impact on the lives of individuals within the last year. Founded in 1989, Bikes For Kids has given away more than 18,000 bikes. During the past year, Bikes For Kids has had an impact on more than 1400 individuals in need by giving away refurbished bikes and new helmets.

Ninety percent of donated bikes are given to young people living right here in Connecticut. The organization is contacted by churches, schools, local and state social service agencies and individuals who have identified people in need and the bikes are distributed.

BFK's generosity enables people to play, get to work and school and have a better chance at finding employment. They enable individuals to step up, be social and build their self esteem. Bikes For Kids prides itself on supplying bikes to those in need and putting smiles on the faces of individuals one bike at a



The award was presented to Dave Fowler by Judy Sullivan, Executive Director and Lori Woll, Board of Directors, Old Saybrook Chamber of Commerce. Photo by Kelley Fryer/Harbor News.

time. Volunteers and donations are always welcomed! Visit the website at bikesforkidsct.org or call 860-388-bike (2453).

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Be A Part of The Arts This Spring and Summer at Community Music School

For those eager to make plans for the summer, Kate's Camp for Kids, Broadway Bound Musical Theater Experience, and other summer favorites will begin registering participants on March 2nd. Kate's Camp, for ages 5 to 10, runs July 11th through August 5th and offers four weeks of performing and visual arts activities in partnership with The Kate in Old Saybrook.

Now in its 16th year, Broadway Bound presents musical theater programs for ages 8 to 15 in Essex (July 11 – 22) and Westbrook (July 25 – August 5).

Updates for these and other summer programs are posted on the School's website at www.community-music-school.org.

A CMS concert, the Sinfonia and String Ensemble, will be directed by Martha Herrle at Valley Regional High School on May 3rd.

The spring gala to benefit scholarships and outreach is April 16th at the Lace Factory in Deep River. "When Swing Was King" will feature swing era music and dancing and student performances.



For information about these and other activities, please call 860-767-0026 or visit www.community-music-school.org.

Glaucoma National Awareness Month

January is National Glaucoma Awareness Month. Glaucoma affects 60 million people worldwide and more than 3 million people in the United States. Glaucoma is often called the "thief of sight" since often there are no symptoms and glaucoma related vision loss is permanent. As much as 40% of vision can be lost without a person noticing.

If not diagnosed and treated, 1 in 10 people go blind from glaucoma. Glaucoma affects people of all ages, even infants.

There are two main types of glaucoma: Primary Open-Angle Glaucoma and Angle-Closure Glaucoma. Open-angle glaucoma is dangerous because most of the time a person affected will not notice any symptoms until vision is severely damaged. The vision loss isn't noticed because it often starts with your peripheral vision and the brain makes up for what

you don't see. The inner eye pressure (IOP- intraocular pressure) rises because the correct amount of fluid can't drain out of the eye, this occurs usually deep into the drainage canals.

Closed-angle glaucoma occurs when the drainage canals get blocked or covered. Angle-closure glaucoma is dangerous because, while there are often symptoms of pain including headaches, nausea, and eye pain they happen rapidly and without warning.

It is very important to get an annual dilated eye exam. As you age or if you have a family history of glaucoma you may have the visual field test performed. This test checks your peripheral vision and the loss of your side vision is one of the first signs of glaucoma.

If you are diagnosed with glaucoma there are ways to manage it. In the early stages you might be prescribed eye drops or have laser surgery performed. Other ways to manage glaucoma are done by performing filtering surgery or a drainage implant.

Dr. Mascarenhas at Middlesex Eye Physicians is our Glaucoma Specialist. She is a Yale educated specialist and trained in Trabectome glaucoma surgery.

Middlesex Eye Physicians
Offices in Westbrook and Middletown

Want to Advertise?

Call Ward Feirer at 914.806.5500

Westbrook Recreation

Spring Programs

Days are getting longer and all the snow is melting, so spring should be here soon. That means it must be time to register for all our spring programs and seasonal camps. Open registrations have started and many programs are filling up. Register on line soon so your children won't miss out on all the spring fun. Please call our office with any and all questions.

We have so many fantastic sports camps. They include Slammas Jamma Basketball, Challenger Soccer, Between the Lines Baseball and Broadway Bound Theatre camps. We also have Tennis, Youth and Teen Field Hockey camps rounding out the rest. The best way for a student to improve in any sport, is to register for a camp teaching that sport. All other camps will be posted in our spring brochure.

Floor Hockey will start on March 5th at the Daisy Elementary School. Boys and girls of all ages are welcome to participate. Our Tot T-Ball program will be the next program that starts on April 30th. It has boys and girls from all over the shoreline participating in this springtime favorite. We introduce baseball to children as young as 3 years old, for their first big league experience. We teach your child how to properly throw, catch and hit a ball while having a fun time doing it. It's an interactive program that's fun for parents and children alike. Parents should oil their old baseball gloves and get ready for this baseball season!

We are still running bus trips to popular destinations all around New England. Instead of stressing out with all the traffic, you can enjoy one of our bus trips and relax during the drive. Please contact our office and we can give you a list of all the upcoming trips. There are only 50 seats per bus so please sign up soon.

Our fourteenth annual Westbrook Family Day will be held on June 11th (rain date June 12th), at the Town Green. Westbrook Family Day has also become known to many friends and families as the annual Westbrook Town Picnic. Be sure to mark this date on your calendars for a fun-filled day of rides, entertainment, food and most of all, for all the funny clowns. This event is brought to you through the generous donations of many businesses from our shoreline and is totally free to the public. Please call Rich at 860-399-3095, if you wish to make a donation or volunteer the day of the event.



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, accessibility of 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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Annual Report of the Westbrook Public Library

This past year was an eventful, busy time at the library. While the overall number of items borrowed was down 3% from the previous year, the circulation of certain types of materials rose significantly. DVD use increased 10% and use of e-books jumped 31%.

Circulation of e-magazines from a service called Zinio surpassed the circulation of print magazines. Reference activity went up 5% and computer use moved up 4%.

There was the usual mix of author talks, book discussions, concerts, craft programs, gardening demonstrations, magic shows, nature programs, puppet shows, and story hours. Tech help, technology seminars, and a writing workshop were introduced. Over all, the library sponsored or hosted 657 programs or events with a total attendance of 8,745. The Angelo Della Rocco Community Room was booked 393 times and the library conference rooms were reserved 81 times.

There were significant changes in the library staff last year. Having secured Town approval, the library began a search for an additional professional assistant librarian with technology skills and a background as a teen/young adult librarian. After sorting through over 50 applications and interviews with top candidates, the Board and Library Director selected Brittany

Mullen to fill the position. Brittany began work last January and immediately reorganized the young adult collection and space. Along with SCSU library student intern Nick Westbrook, she set up a series of tech classes on using social media, Microsoft Office, and online job search sites. She and Nick also instituted the popular Tech Tuesday technology assistance appointment program. She has been working with the high school assets committee and Youth and Family Services. Brittany set up and maintains the library Facebook page and redesigned the library webpage.

While we added a new staff member, two valuable members of the staff announced plans to leave the library. Library Technical Assistant II Sandra Brinckerhoff retired after 17 years of excellent service at the end of March. Library Technical Assistant Sherrica Moore announced her plans to leave the library in mid-July. The Library Director and the Library Board consolidated the two positions, which totaled 50 hours/week, into one Library Technical Assistant II position at 30 hours/week. The position attracted over 60 applicants and after reviewing applications and interviews with top candidates, Kaley DeGoursey was selected to fill the position. Kaley started work in July 2015.

Julie Campbell resigned from the Board of Trustees in March 2015. Megan Ruppenicker was appointed to fill her position on the Board.

Lewis Daniels, Library Director

Library Statistics 2014/2015

	2014/2015	2013/2014
Adult Circulation	24,631	26,188
Children's Circulation	11,413	11,572
Interlibrary Loan	4,593	4,975
Downloadable audiobooks	550	520
E-books	1,031	789
Zinio (e-magazines)	645	173
Total Circulation	42,863	44,217
Reference	11,949	11,401
Computer/Internet	9,232	8,999
New Borrowers	295	268

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Vista Members Publish Memoirs

And find their voice through writing



Four members of Vista Vocational & Life Skills Center have accomplished a feat many have only dreamed about – publishing a book.

Evan Brookman, Matt Christiaan, Devery Morgan and Dana Rupley recall memories, life experiences and even look to the future in memoirs they wrote and published during a seven-week Vista Arts Center class taught by writer Jocelyn Ruggiero. These newly published authors shared passages from their books on Nov. 12th during a reading held at CREATE Art Studio in Madison.

“I liked telling my story to my family, friends and Vista staff,” said Dana. Her memoir, *Pieces of My Life*, recounts her early years at Vista and includes anecdotes about loved ones. “I feel a sense of accomplishment.”

In his memoir, *My Life at Vista and Beyond*, Evan, too, focuses on his time at Vista. He chronicles his journey through the program – from the nerves he experienced his first week, to the confidence and friendships he has developed over the years. His book also serves as a tribute to his late grandmother, of whom he shares fond memories.

“I thought making part of [the book] about her would be a perfect way to honor her,” Evan said.

Matt took a different approach in his memoir, *My Life*. Instead of recalling a memory, he imagines what the future may hold and details his aspirations of moving to Los Angeles to become an actor and singer.

Devery, who Jocelyn called a prolific writer, centered her memoir on a more emotional topic – the cause of her disability. In *I Fought My Way in Life*, she tells the story of how her life



(From left are Evan Brookman, Devery Morgan, Jocelyn Ruggiero, Dana Rupley and Matt Christiaan during the memoir reading at CREATE Art Studio. Credit: Vanessa Pereira)

was forever changed after being involved in a car accident at age two.

Although a painful story, Devery enjoyed the writing process. She said writing gives her a voice and allows her to express things she wouldn't otherwise be able to.

“For me, writing is like a painting where you have nothing on paper, but in time, you will get a beautiful picture and writing is the picture,” Devery said. “If I could write for a living, I would be in heaven!”

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.

Registrars of Voters

The Registrars' of Voters will be conducting their yearly Canvass during the months of January through May. Not all registered voters will receive a “Confirmation of Voting Residence” letter. The Registrars will be using the National Change of Address (NCOA) system to update the Registry list. This program works with the State of CT Registry lists and the U.S. Post Office to process names and addresses of electors who show some change in their mailing address or a difference between their resident address and mailing address. Only those electors whose name is on this list will receive a notice from the Registrars asking them to confirm their present voting residence, mailing address, or to verify any other changes.

If you receive a “Confirmation of Voting Residence” form to fill out and do not respond by the date indicated on the form, your

name will be put on the “Inactive List.” If you have made a recent change in your resident address, mailing address or name, and you are not sure if the Registrars are aware of this change, you may check the Registry book kept on the table outside of the Registrars' Office. You may also call our office (860-399-3042), send a note, or stop by the Office on Tuesdays from 11:00 am -1:00 pm or Thursdays from 5:00 pm – 7:00 pm. Please call if you would like to make an appointment. If you need to make a change on your voter registration information or would like to register to vote, registration forms are available on a desk outside of the Registrars' Office, Town Clerk's Office and at the Westbrook Public Library. Completed applications may be mailed (866 Boston Post Road) or placed in the mail slot outside the Registrar's Office.

Registrars of Voters – Pat Moran and Nancy Moore

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. 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.
- When going outside, dress appropriately and in layers. Use caution when walking on walk paths, sidewalks and driveways for the potential of slippery conditions.

- Use caution when clearing 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

From The Department Of Public Works

Although we have had a (thankfully!) slow start, rest assured the Public Works Department and crew are ready for winter weather. Trucks and plows have been prepped, supplies of salt and sand have been stockpiled. A few reminders are in order at this time:

- Be sure all basketball hoops and other items are moved back from the Town right-of-way. This is where the Town stockpiles snow during plowing, and equipment which overhangs the road may cause damage to Town trucks.
- Please observe the Town parking ban during snow events and keep cars off of roads until they have been cleared.
- Snow from driveways shall not be pushed into the street. If a driveway is cleared before the Town crew plows the road, you may expect the head of the driveway to re-accumulate snow
- Be sure to check with your refuse hauler to verify pickup will be completed as regularly scheduled before putting

trash cans out. And please try to bring them back in as soon as possible to clear the road for snow removal efforts.

- Mailboxes struck directly by Town equipment are eligible for replacement. Mailboxes or posts which fail, due to snow thrust from the plows, are not. The Town crew makes every attempt to clear snow to provide for mail delivery, but mailboxes may need to be cleared further by homeowners.
- Sand is available for Westbrook residents at the Town Garage, 185 Horse Hill Road. Please bring a (not more than 5 lb) pail and shovel. The receptacle is located just outside the entrance gate.

On another note, we are happy to let you know that the Town of Westbrook now participates in a voluntary mattress recycling program. Mattresses and box springs can now be brought to the Transfer Station free of charge. They will be taken apart at another location where recovered materials will be recycled.

From The Tax Office

Kimberly Bratz, Tax Collector

The Westbrook Tax office would like to remind you of several important issues.

Tax bills are due in July and January. You have the whole month to pay without penalty. 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. You will not be re-billed for the January installment. 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.

You can mail your payment in to 866 Boston Post Road, Westbrook or on line at www.westbrookct.us. Credit cards are excepted with a fee charged by the credit card company. This fee has been reduced from 3.5% to 3%.

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.

When using the beach or transfer station please provide a copy of your tax bill, driver's license or registration if it has a Westbrook address to prove you own property in Westbrook.

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.

Smarter Appointments Now Available at Shoreline Medical Center

Why spend your time in the ER waiting room when you could be waiting in the comfort of your own home instead?

The new, innovative SmartER appointment system provides easier access to the Shoreline Medical Center Emergency Department – letting you schedule your ER visit for non-life threatening emergencies up to eight hours in advance.

According to Michael Saxe, M.D., Chair of the Department of Emergency

Medicine at Middlesex Hospital, “With people’s often hectic schedules, making an appointment on the SmartER website can improve convenience, help reduce waiting time in the Emergency Department, and allow patients quicker access to medical care for non-emergency injuries or illnesses, once they arrive.”

Some examples of non-life threatening emergencies include sore throat, earaches, minor cuts, minor strains or sprains,

mild diarrhea, or sports injuries. For any medical problem that is life threatening, dial 911 immediately.

To schedule a SmartER appointment, go to www.middlesexhospital.org/smartER.

The Middlesex Hospital Shoreline Medical Center Emergency Department is located at 250 Flat Rock Place in Westbrook and provides care 24 hours a day, seven days a week.

Westbrook Senior Center

Courtney Burks, Director

The Westbrook Senior Center will host a Valentine’s Day luncheon on February 11th. On February 18th the Alzheimer’s Association will present “Know the 10 Signs and Understanding Dementia at 1:00 pm. Spring is right around the corner and we have a lot to celebrate. Join us on St. Patrick’s Day (March 17th) for Corned Beef and Cabbage, Baseball Opening Day lunch (hot dogs, burgers, and Cracker Jacks) on April 4th, and our Cookouts will begin May 4th. All meals are served at noon and require 24 hour notice of reservation. To make a reservation, call 860-399-2029.

If your New Year’s resolution is to get in shape, we have exercise programs 5 days a week, Yoga, Tai Chi and line dancing. Volunteer opportunities are also available.

For program information and/or 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.

Town Hall Closed

Presidents Day, February 15th

Good Friday, March 25th



Connecticut's Aging & Disability Resource Centers are known as "Community Choices"

Who we are.

Community Choices is a powerful information hub linking older adults, persons living with disabilities, and caregivers in Connecticut to the services and supports they seek. Our dedicated staff can connect you to everything from a name and phone number to more detailed information regarding community services through activities such as benefit screening, options counseling, and care transitions.

Who we can support.

- Older adults
- Persons aged 18 & over living with disabilities
- Caregivers
- Persons who want help communicating their needs

- Persons planning for future long term care needs
- Persons who want help navigating a complex system of federal, state, and local programs.

How we can support.

Our dedicated staff and information specialists have experience in a number of different areas. Community Choices offers:

- Options Counseling
- Short Term Care Management
- Care Transitions
- Application Assistance
- Decision Support
- Follow-up
- Long Term Care Planning
- Benefits Screening
- Information & Assistance

We can also connect you with services such as:

- Adult Day Care
- Disability Services
- Elder Abuse Prevention
- Employment, Financial, Housing and Equipment assistance
- In-home Services
- Legal Services
- Mental Health / Substance Abuse Services
- Transportation
- Nutrition

Ask us about these services to learn more! Contact Community Choices by calling 1-800-994-9422.

State Department on Aging / www.ct.gov

campaign for bully-free communities

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help make middlesex county a bully-free community

STAND UP TO BULLYING AND MEAN-SPIRITED BEHAVIOR.

Did you know that one out of seven kindergarten through grade 12 students are either a bully or a victim of bullying? And that an estimated 160,000 children miss school every day for fear of intimidation or attack? Bullies are everywhere, on the playground, in the classroom, at the workplace and, more and more often, online. It is up to each and every one of us to put an end to mean-spirited behavior in our communities by learning more about the issue and the resources available for empowering individuals and preventing bullying. For more information call the Community Foundation of Middlesex County at **860-347-0025** or go to bullyfree.MiddlesexCountyCF.org.

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

State of Connecticut

Qualifying Income-Program Year 2015

The following tables show the levels of qualifying income for the Elderly and Totally Disabled Tax Relief Program applications to be filed in the year 2016. These levels are to be used for the 2015 Grand List Homeowner and Renter applications, 2016 Grand List Additional Veteran's applications and may be used for any local option programs.

PLEASE NOTE: Homeowner applications that were taken for the 2014 G/L (RENEWALS) are calculated for the 2015 G/L using the 2014 qualifying income schedule, NOT the schedule below. Also please be aware that the Renters Rebate application period has been expanded to April 1st through October 1st.

Homeowners

Income and Grant Information – 2015 Benefit Year
Filing period February 1-May 15, 2016

Income		Tax Credit%		Tax Credit Maximum		Tax Credit Minimum	
Over	To	Married	Unmarried	Married	Unmarried	Married	Unmarried
\$-0	\$17,600	50%	40%	\$1,250	\$1,000	\$400	\$350
17,600	23,600	40	30	1,000	750	350	250
23,600	29,500	30	20	750	500	250	150
29,500	35,200	20	10	500	250	150	150
35,200	42,900	10	-0-	250	-0-	150	-0-

Renters

Income and Grant Information – 2015 Benefit Year
Filing period April 1-October 1, 2016

Income		Maximum Credit		Minimum Credit	
Over	To	Married/Single		Married/Single	
\$-0-	\$17,600	\$900	\$700	\$400	\$300
17,600	23,600	700	500	300	200
23,600	29,500	500	250	200	100
29,500	35,200	250	150	100	50
35,200	42,900	150	-0-	50	-0-

Patrick Sullivan, Fiscal Administrative Officer, IGP
State of Connecticut

Cappella Cantorum Performs Mozart's Requiem

The Cappella Cantorum Masterworks Chorus will perform Mozart's moving *Requiem* on Sunday, April 10, 3 pm at John Winthrop Middle School, 1 Winthrop Road, Deep River (just off exit 5 of Route 9). Come and hear the

heavenly harmonies and intense drama of a Mozart who was convinced he was on his deathbed. The chorus will also perform Mozart's *Regina Coeli* and *Ave Verum* at the concert. Soloists will be soprano Patricia Schuman, contralto

Heather Petrie, tenor Brian Cheney and baritone Christopher Grundy. A reception will follow. Tickets may be purchased online at www.cappellacantorum.org or at the door. For more information call Barry Asch at 860-388-2871.

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Rep. 23rd District
 Devin Carney

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

Senator 33rd District
 Art Linares

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

Rep. 35th District
 Jesse Maclachlan

CT House Republican Office
 L.O.B. Room 4200, Hartford, CT 06106
 860-240-8700, 800-842-1423 Toll Free
jesse.maclachlan@housegop.ct.gov

FEDERAL

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 702 Hart Senate Office
 Washington, DC 20510
 (202) 224-2823, Fax (202)224-9673

Senator Chris Murphy
 One Constitution Plaza, 7th Floor
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 (860) 549-8463 Fax (860) 524-5091
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 101 Water Street Suite 301
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 215 Cannon House Office
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www.courtney.house.gov

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
Harbor Master	(860) 399-2477
Landfill	(860) 399-6356
Probate Court	(860) 510-5028
Recreation	(860) 399-3095
Registrar of Voters	(860) 399-3042
Selectman's Office	(860) 399-3040
Social Service	(860) 399-3040
Tax Collector	(860) 399-3043
Town Clerk	(860) 399-3044
Town Garage	(860) 552-4496
Town Web site	www.westbrookct.us
Treasurer	(860) 399-3040
Westbrook Senior Center	(860) 399-2029
Westbrook Youth & Family Services	(860) 399-9239
Zoning/Planning/Wetlands	(860) 399-3046

SCHOOLS

Daisy Ingraham Elementary School	(860) 399-7025
Junior-Senior High School	(860) 399-6214
Middle School	(860) 399-2010
Superintendent of Schools	(860) 399-6432

HOME HEALTH CARE

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

FIRE DEPARTMENT

(860) 399-9492

FIRE MARSHAL

Business Calls

(860) 399-3047

POLICE DEPARTMENT

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

LIBRARY

Westbrook Public Library

(860) 399-6422

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

The Upcoming Legislative Session

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

I hope everyone had a wonderful holiday season! The next legislative session begins on February 3, 2016 and ends May 4, 2016. In this 'short' session, the General Assembly shall consider no business other than budgetary, revenue and financial matters, bills and resolutions raised by committees (virtually anything, but up to the committee chairs), and matters certified in writing by the Speaker of the House of Representatives and President Pro Tempore of the Senate to be of an emergency nature.

Much of the focus of the upcoming session will be on the state's ongoing budget deficit. The projected deficit for the next fiscal year 2017 (beginning July 2016) is already well over \$500 million according to nonpartisan analysts, so there is a lot of work to be done. In addition, the deficit in the out years (FY 2018-19) is already estimated as high as \$2.5 billion, so it is important that real structural changes are made. Proposals

should include pension reform for new state employees, cutting taxes that encourage the exodus of people, business, and wealth (i.e. the estate tax), and reducing spending to align with what we can reasonably anticipate in revenue without raising taxes.

Transportation funding will also be up for discussion and there may be proposals for tolls and additional taxes (such as a mileage tax, which I would not support) to pay for the governor's 30-year, \$100 billion plan. It is crucial that our infrastructure be repaired, but the state should be hesitant to move forward until there is a guarantee that special transportation funds will be protected in a Constitutional lockbox.

I encourage your participation and partnership in the upcoming session, so please contact me with your thoughts, concerns, and questions. I can be reached by phone at (860) 240-8700 and e-mail at devin.carney@housegop.ct.gov.



Westbrook Youth & 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.

Look for these upcoming programs and more on our website at WYFS.org:

Lights on Westbrook, March 19: 6:30 to 8:30 pm: The Oxford Academy hosts this Photography Exhibition and Prize Drawing featuring art, refreshments and prizes. Amateur and professional photographers are invited to submit their work.

School Groups: With WPS's support, we offer structured peer groups at each school, including Sandcastles at Daisy; Globetrotters, Peer Groups at WMS, and High School Life at WHS and these after school offerings:

Relaxation Club: Every Wednesday in March from 2:30-3:30 pm, WMS kids learn to unwind and relax.

Girl Code: A leadership group for Middle School girls to boost self-confidence! Every Wednesday from 2:30-3:30 pm.

Life's A Beach: High School Hangout meeting every other Tuesday at WYFS from 4-5 pm.

Helping Hands: High School students find ways to give back to their community.

Parent Exchange: On the Last Thursday of every month, 6-7:30 pm, @Valley Shore YMCA single parents have an opportunity to build a network of support. We provide dinner and YMCA provides FREE Childcare.

Surviving into Thriving, Six week session starts April 7th. We will discuss how to manage conflict in our relationships.

Senior Center Round Up: Join WYFS's Susan Scott for coffee and conversation at Westbrook's senior center with visits from canine celebrity Gus 3rd Wednesday of the month at 9.

Share Your Story: a WYFS Community Connection program. We invite each of you to share YOUR story that may inspire, heal or encourage with your neighbor and with us Visit displays at WYFS, town hall, schools and library for inspiration.

CT Shoreline Early Childhood Community Forum, with Dr. Alicia Farrell March 16, 5pm at Daisy offered by Westbrook Early Childhood Council.

Conservation Commission

We're excited to start 2016 by reflecting on some of our biggest accomplishments from 2015.

Saving a Threatened Forest, Protecting a Tidal River

In December 2015 the Town acquired a 84 acre forest which had been approved for subdivision development. This forest habitat links with other Town owned protected forest creating a north/south corridor of approximately 273 acres of contiguous forest filtering storm water before entering McVeagh Brook and the Patchoug River. Community access with parking areas and trails are planned for 2016.

Encouraging a Walk in the Woods

A safe parking area for Chapman Mill Pond Open Space is being constructed; west side of Route 145 just north of the state's salt shed. Funded by a \$57,000 grant from CT DEEP's National Recreational Trails Program, should be available for spring hiking.

The Menunketesuck Greenway's missing link, a seven acre parcel, north side of Breakneck Hill Road, was acquired by the Town in December 2015. This wooded parcel is now part of the 230 acre Horsehill Woods. Parking area is planned for 2016.

Working with the CT River Coastal Conservation District new trail maps were developed for Horse Hill Woods, Chapman Mill Pond and Salt Island Overlook. Available in Land Use Department, plan is to make available on-line in 2016.

Protecting Salt Island for Birds and People

Natural and cultural resources are being overwhelmed by the number of summer visitors exploring this 0.9 acre barrier island. Working with the USFWS Stewart McKinney National Wildlife Refuge, Friends of Westbrook Barrier Islands and Audubon we plan to develop and implement a Visitor Use Management Plan for Salt Island, by increasing Coastal Resource and Barrier Island Awareness, Knowledge and Advocacy among Local Residents and Visitors through an Integrated Program of Conservation Education.

Westbrook Garden Club – Grow with Us

We are proud to report winning a Federated Garden Clubs of Connecticut Award of Excellence in recognition of our replacing and maintaining 17 planters around town with new white, weather-resistant containers. The Federation commended the project and the design of the new containers, chosen in collaboration with the Town Center Revitalization committee and UConn consultants. The engraved silver bowl award and a poster explaining the project were displayed in the library during December. We thank the Westbrook Foundation for the grant supporting this project.

Our March 22 program is for everyone who wants to be healthier and more comfortable gardening this spring. Dr. Keith Mirante of Coastal Chiropractic and Wellness will offer strategies for gardening ergonomically to gain maximum exercise benefit while protecting joints and muscles. We welcome you to join us at 7:00 pm in the community room of the public library for this free talk and light refreshments.

For Valentine's Day search your cupboards or buy a small bud vase at Goodwill or the dollar store. Tie a red ribbon around it, and buy a single red flower at the supermarket. If the clerk doesn't give you some greens, you can find a bit of pine or arborvitae in your yard. Cut hearts from red construction paper and write on them – "three kisses," "a backrub," "dinner at your favorite spot," are some ideas. Be inventive! Pierce the hearts with wooden skewers, tuck them into the bud vase, add water, and give to your Valentine. He or she will love you forever!

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**

What is 2-1-1?

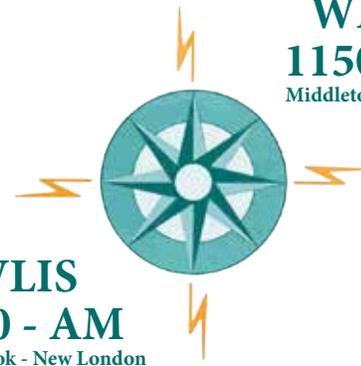
It is Connecticut's free information and referral service. By dialing 2-1-1, a toll-free number throughout CT, callers can reach knowledgeable, multilingual staff and get information, referrals or seek help in a crisis. 2-1-1 operates 24 hours a day, every day of the year. TDD access is available.

MISS MULVEY



"Okay I'm ready for winter"

Photo by Catie Marino



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OUR CENTENNIAL YEAR

The Old Lyme Country Club is celebrating 100 years of sport, family & friendship! Special membership opportunities will be available throughout 2016 which will allow full use of all our amenities: golf, tennis, pool, paddle tennis, fine dining and much more.

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Westbrook:
4 Grove Beach Road, North, Suite B
Westbrook, CT 06498
860.669.5305- Office & Scheduling
860.664.8089-Optical Department

www.middlesexeye.com or visit:




Estuary Council Regional Senior Center

The Estuary Council of Seniors, Inc. (ECSI) is a community resource for the nine-town Estuary region's residents (including Essex) 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 years.

New Year Fitness Resolution? Keep Moving! Join the Marshview Fitness Center at the Estuary Council. State of the art equipment designed for older adults, open Monday – Saturday, access to a Certified Fitness Trainer. Contact us for more information.

The Estuary Council offers social & educational programs, health screenings, exercise classes for many levels, a variety of trips, and much more. View our

newsletter on our website or sign up to receive it monthly.

Newly retired or looking to help your community? The Estuary Council has volunteer opportunities to fit your busy schedule. The time and talents of our many volunteers are an integral part of our organization. Find out how you can make a difference.

Have any shopping needs? Our Thrift Shop offers the best bargains on the shoreline. Clothing, 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.

The Estuary Council relies on donations and fundraisers throughout the year to raise the funds needed to provide the vital services such as Meals on Wheels and medical transportation. Thank you to everyone who continue to support us with a donation or attend a fundraiser.

TWO TEAMS – TOGETHER IN OUR NEW LOCATION – FOR YOUR FAMILY'S BETTER HEALTH!



**WE'RE NOW ACCEPTING
NEW PATIENTS, TOO.**

Pictured left to right: Shane Ridge, DO; Valerie Small, MD;
David Walker, MD; Edward Winokur, MD; Dana Harden, APRN;
Colleen Chappell, PA-C; Laura Wing, APRN

At Middlesex Hospital Primary Care Westbrook, we are proud to team up with the providers at MHPC Clinton in our new location at 250 Flat Rock Place in Westbrook – at the new Middlesex Hospital Shoreline Medical Center.

Our new home offers patients a more comfortable, convenient and state-of-the-art experience. We are excited about our move and can't wait to see you at your next appointment!



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