

# Westbrook events

VOLUME 19 • QUARTER 3 • 2019



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# #1

Endometrial cancer is the most common GYN cancer we treat.

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\*American Cancer Society



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# Selectman's Corner

It has been a busy summer for many of our municipal employees and volunteers who work tirelessly to make Westbrook a vibrant community.

Park & Rec programs have had increased enrollments and Mr. Annino and his staff have done an outstanding job working with the youth and families of our community to provide the programs that are important to many of our residents. We are very pleased with the installation of the new pickleball court and we have had an enthusiastic response from the community.

- Our Nursing, Senior Center, Social Services and many other departments have expanded their activities and continue to provide much needed services.
- The Public Works Department has been very active implementing several infrastructure projects including paving and the installation of sidewalks.
- Westbrook's Planning Commission has deliberated for several years to develop a comprehensive sidewalk plan and a survey confirmed that 80% of residents support this plan. New sidewalks have been completed this summer on the Boston Post Road.
- The River Council of Government has been especially helpful in

assisting our Town in recent months with staffing and a grant application for our Sidewalk Plan.



Noel Bishop

- We are always interested in ways to minimize costs by regionalizing services. Our part-time Animal Control Officer, Sandy Bannon, who has worked in Westbrook for at least a decade is leaving the position in September. We are considering an agreement with the Town of Clinton that they would provide staffing for this position. We have a joint agreement with Madison and Clinton for the animal shelter that is located in Clinton.

### Looking forward to the fall we have several initiatives:

All of our local businesses are extremely important to the community. In September, we are convening an Economic Business Forum with a distinguished group of panelists and have invited all Westbrook businesses to attend.

### The primary purpose is:

- To emphasize our commitment as a municipal government to every business owner and find ways to further enhance their success.

continued on page 4



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# events

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- To identify financial resources at the state and national level that may be available to ensure their continued growth.
- To reinforce the importance of Westbrook businesses and their services to our community since future business growth is one of our highest priorities. The objective is to develop a specific business/economic plan for the immediate near future.
- The Connecticut Conference of Municipalities (CCM) will conduct a workshop for all Westbrook employees on September 26<sup>th</sup>. We have a very dedicated staff and this program, at no cost to the town, will further enhance our efforts to provide the very best support and service to our residents.
- On October 21, we have, at the request of Lt. Governor Bysiewicz, scheduled a ceremony for all our Vietnam veterans. There are over 200 individuals from Westbrook who served in this war. The veterans and their families will be invited to this momentous ceremony that will be held at Westbrook High School. The public is welcome to attend as we recognize their service and sacrifice.

- Our Capital Plan has included funds for an additional community room at the library; the repair of one jetty on Seaside Avenue, and a proposed two-way radio infrastructure project all to be completed in this fiscal year.

My thanks to our staff, all of our Boards/Commissions and our many volunteers for their constant efforts to make Westbrook “the jewel of the Shoreline.”

### POLICING IN WESTBROOK

Public safety is one of our highest priorities and we should be aware of the essential work that Troop F and our Constables provide to ensure that Westbrook remains a safe community in which to live and work.

The staffing in the Westbrook Police Department includes 2 Resident State Troopers (one daytime, one evening) and 8 part-time Constables.

Constables choose their shifts monthly and hours to pick from are daytime, 6:00 am to 2:00 pm or 7:00 am to 3:00 pm and evening, 4:00 pm to midnight or 5:00 pm to 1:00 am. Troop F provides overnight coverage to the Town. Thus, there is 24 hour police coverage in Westbrook.

The services of Troop F, at no additional cost to the town, are also utilized to address major crime scenes and the State’s canine unit is

available as necessary. Constables are required to be POST certified and to have 40 hours of continuing POST education every 3 years.

Additionally, Resident State Trooper Buck, a 21 year veteran of the State Police force, reported that either a Constable or a Trooper is dispatched to any and all complaints such as speeding. In addition, the police are present monitoring traffic on a daily basis when schools are in session.

Trooper Buck encourages residents to call: 860-399-7304, to report (non-emergency) illegal activity when it is happening. Westbrook is extremely fortunate that for over 20 years, we have had the full support of Troop F to assist us in policing. Trooper Buck has commented that from his perspective, we are currently addressing the needs for the safety of residents with the current staffing. We recognize that there are challenges, including speeding on several of our roads. We all have a responsibility to work cooperatively with our constables and troopers by obeying the speed limits; observing all of the crosswalks and other ordinances that have been adopted; i.e. prohibition of dogs on public beaches.

We have a great community... let’s keep it safe! If you have any further questions on any of these issues, please feel free to call me at: 860-399-3040 or email nbishop@westbrookct.us.

Noel Bishop,  
First Selectman



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# Westbrook Land Conservation Trust



The natural world provides endless possibilities for recreation and education in our town. From the beaches to estuarial rivers, preserved forests, trails, and inland lakes and watercourses, the resources I can access next door make me question traveling elsewhere for vacations!

Westbrook is unique in its high percentage and diversity of accessible preserved open space, nicely visible on our Town website with the MapGeo system - under the Open Space tab under Themes. The natural character of Westbrook has been aptly preserved, balancing development, through the action of its

voters, and initiatives of Town, State and Federal entities, and our Land Trust, often cooperatively. For example, this year the Land Trust conveyed to the US Fish and Wildlife Service a two acre parcel of salt marsh, acquired in 1994, that is contiguous to other federally protected salt marsh on the Menunketesuk River. On a hot Sunday this August, catching the tide coming in, my wife and I embarked in kayaks to find this land. The day was all about the journey through pristine, protected open space - through vistas of green, and rare wildlife, from blue crabs to egrets and the first kingfishers I've seen in years. *Why go anywhere else?*

The Westbrook Land Conservation Trust came into being in 1968 when there was concern over the development of ecologically invaluable salt marshes. With the donation of a privately held piece of salt marsh that year on Hammock Road, the Trust began its journey in preserving open space, now totaling 31 land parcels equalling over 150 acres, as well as the conservation rights to 51 acres. If you live near one of our signs, and would like to join in stewardship of its property, or simply appreciate the protected open space we preserve, please consider joining this organization. Write or email us at: WLCT, PO Box 1124, Westbrook, CT 06498. Email: [WestbrookLCT@yahoo.com](mailto:WestbrookLCT@yahoo.com).



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## Westbrook Emergency Management

### TROPICAL STORM - HURRICANE PREPAREDNESS



The Town of Westbrook and the entire southern New England region encounter the highest probability of a tropical storm or hurricane annually September through November. We want to ensure you have the resources to be prepared. As noted with the past tropical storms (Irene and Sandy), each storm caused damage for many residents and forced wires down resulting in **no power for 4-8 days**. When electricity is disrupted you will lose TV, telephone, Internet and potentially other utilities.

Tropical storms produce sustained winds of 39-73 mph. Hurricanes wind speeds range from 74 to over 155 mph. Along with dangerous winds, these types of storms will produce heavy, long periods of rain and storm surge damage to the coastline. Preparedness actions, before the storm on your part include:

#### Appropriate Disaster Plan and Disaster Kit Awareness of Westbrook Notifications

#### Appropriate Disaster Plan and Disaster Kit 5-7 Days of Supplies

The Emergency Management Department recommends every family to have an appropriate Disaster Plan in place that includes, if needed you leaving your residence and temporarily relocating.

#### Storm surge and flooding is common for residents near:

- The Menunketesuck and Patchogue Rivers
- Old Mail Trail
- Seaside Avenue
- Grove Beach North
- Hammock Road North
- Wesley Avenue
- Old Clinton Road, near Pond Meadow Road and Grove Beach Road North

All other roads that are adjacent to beaches and marsh areas Jensen's and Green Acres Mobile Home Parks (Potential flooding and wind damage.)

In other areas of the town, residents need to be aware of falling trees and power lines due to the extreme winds. Emergency 9-1-1 services (Police-Fire-Ambulance) are suspended when sustained winds are 45 mph or greater.

We recommend you have a plan in place to evacuate 12-24 hours prior to the storm's arrival; going to family, friends or consider staying at a local hotel north of Westbrook. If you

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#### Westbrook

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Westbrook, CT 06498

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have no other option, Westbrook or other towns will open a pre-storm disaster shelter. Shelter locations are announced via news media, social media and 211 Info-Line. All Connecticut disaster shelters are welcome to anyone regardless of your mailing address. After the storm has passed and when it's safe, residents can return to their home. If needed, Westbrook will open a post storm disaster shelter and notify you with local post storm services.

Disaster Kits are essential to your survival when there is no power for more than 24 hours. Everyone needs to have an appropriate kit that contains suitable food, water, along with other important items (medication, infant supplies) to last at least 5-7 days. Disaster Kits are not just for weather events throughout the year. They can be used for other disaster events that can affect Westbrook throughout the year.

#### Emergency Notifications

Westbrook Emergency Management works closely with State and Federal agencies, including the National Weather Service when a storm is forecast to impact our area. We highly recommend you follow our website and social media sites on Facebook or Twitter. These sites are updated regularly with Westbrook preparedness, warnings and post storm restoration information. In extreme circumstances with life and safety concerns, we can notify you via the CT ALERT System, commonly called 'Reverse 911' with brief, concise information. You can receive this

information by registering your cell phone. Go to our website, following the link to CT ALERT. If your information has changed, please update the information at this time. If you have a home telephone, your information is automatically uploaded into our system. After a disaster you could receive updated information from us. It's important to listen to these messages when they are broadcasted. Since most home telephones are unworkable when there is no power, we highly recommend you registering your cell phone.

#### WHERE DO I GET MORE INFORMATION?

The Westbrook Emergency Management website, [www.westbrookem.com](http://www.westbrookem.com) will provide you with complete information on disaster preparedness topics. The site also includes topics on disaster shelters, contacting Eversource, generators, food safety, pets, elderly, special needs and more. The website is outfitted with videos and written material. Options also include viewing the web site in different languages.

We don't have the power to stop a weather related event however you have resources to become resilient, which will help you and your family. By following our recommendations, you will be prepared for almost any disaster that can affect the Town of Westbrook throughout the year.

Donald Izzo, Emergency Management Director



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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

## From the Assessor's Office

### 2019 PERSONAL PROPERTY DECLARATION

This is notification that the Business Personal Property Declaration for the 2019 Grand List must be filed and received by the Assessor's Office on or before November 1, 2019. The forms will be mailed in September.

All business owners of taxable personal property are required to file declarations of personal property with the Town Assessor where the property is located on the Assessment Date of October 1, or where the property has established situs in accordance with the "three month" rule.

Property owners must file a Declaration of Personal Property regarding their taxable personal property with the Westbrook Assessor on or before November 1, 2019.

Any person who fails to file a declaration of personal property on or before the first day of November, or on or before the extended filing date as granted by the Assessor pursuant to section 12-42, shall be subject to a 25% penalty on the assessment of such property.

Motor vehicles registered in another state and unregistered motor vehicles, including campers, must be reported if they are garaged in a city or town in this state, pursuant to §12-71b(g).

If you have questions please call the Assessor's Office at: 860-399-3016 between 9:00 am and 4:00 pm Monday thru Wednesday, 9:00 am and 7:00 pm on Thursday and 9:00 am to noon on Friday.

## Board of Education

**We are pleased to introduce:**

### CAREER CONNECTIONS INITIATIVE AT WESTBROOK HIGH SCHOOL

The Career Connections initiative will provide students with opportunities to apply academic learning through authentic workplace experiences that focus on preparing students for their future careers, whether they enter the workforce after high school or choose to attend college first.

Career Connections activities will enhance student learning along a continuum, including industry and career awareness, career exploration, career preparation and career training/lifelong learning. Those activities will help students develop a realistic vision and plan for their future careers and, most importantly, connect what they are learning in high school to future careers.

## The Westbrook High School program seeks to align All Career Connections experiences to three components of its Career Connections Framework:

- **Alignment of classroom and workplace learning.** This involves bringing industry partners to school to assist teachers in integrating employability skills and All Aspects of an Industry into academic learning activities.
- **Support from Classroom or workplace mentors.** This involves bringing industry and higher education partners to classrooms so that students can begin early to build relationships with industry and higher education partners.
- **Application of academic, technical and employability skills in the work setting.** This involves student exploration of industries and careers through field trips to industry partners, job shadowing and student internships.

### CAREER CONNECTIONS PLANNED DURING 2019-20 INCLUDE:

- **Inviting guest speakers** from industry to classrooms. Providing students with opportunities to attend facilitated panel discussions of professionals who share information about their

industry and company, employment in the industry, education requirements for employment and efforts students should take in high school to be successful employees in the future. Three panels are planned - one for manufacturing, one for the health industry, and one for hospitality.

- **Year-long, credit-bearing internships** with Westbrook area employers for students in Grade 12. In 2020-21, students in Grades 11 and 12 may complete an internship.
- **Half-day structured job shadowing** events for students in Grades 9-11.
- **Workshops** on creating quality resumes and mock interviews.
- **Teacher externships** so they can investigate how content they are teaching is used in careers.

We invite the public to support Westbrook High School in building the talent pipeline and preparing students for their futures.

Please contact the school's Career/College Readiness Coordinator, Leslie Carson if you are interested in volunteering to host an internship or job shadowing event, assist teachers in aligning curriculum and workplace learning, or being a classroom mentor via email at [lcarson@westbrookctschools.org](mailto:lcarson@westbrookctschools.org).

## Harbor Management Commission

Harry Plaut (860-982-7555) has been officially appointed Westbrook Harbor-master by Governor Lamont.

Thus far 65 moorings have been registered along the Westbrook Shoreline. We are working to streamline the process and eliminate delays for next season. The mooring tackle requirements are being revised, and will be posted on the HMC section of the town website. Please note

that the state requires all mooring markers to be white balls with blue stripes, and the town requires all mooring balls to be registered and marked with the name of the owner and anchor weight.

The harbor entry channel has been dredged, and the channel markers placed appropriately. The Commission and Harbormaster are reviewing the harbor to find out whether additional markers are

needed for hazards, and will place markers where necessary by next spring.

We want to thank boaters for their courtesy in cooperating with the summer closure of Duck Island, and the year round closure of Menunketesuk Island.

There has been an upsurge in the population of several species of endangered birds as a result of your cooperation.

## Westbrook Boy Scout Troop 13



Troop 38, chartered by the First Congregational Church of Westbrook, is planning an adventure of a lifetime. In August 2020 twelve scouts and four adult leaders are heading for Philmont Scout Reservation in Cimarron, New Mexico.

It is a high adventure camp that is very physically and mentally challenging. The scouts will be required to carry all their gear in backpacks and hike between 4 and 10 miles per day. The altitude

is between 6,000 and 12,000 feet, which makes the challenge extremely difficult.

Even though it is a year away, the scouts will be preparing on a weekly basis. On Wednesday evenings they will be hiking around town carrying their backpacks to help them build their strength. If you see them please give them a thumbs-up all the moral support they receive will be greatly appreciated. Thank You!

Troop 38

### WESTBROOK TRANSFER STATION HOURS

MON., WED., SAT. FROM 8:00 AM TO 3:00 PM PHONE: 860-399-6356

# Westbrook Fire Department

The Westbrook Fire Department wants to remind you that October is National Fire Prevention Month. Fire Prevention Week is October 6<sup>th</sup> to the 12<sup>th</sup>. The campaign this year is “Not every hero wears a cape. Plan and Practice your Escape!”

This campaign is to encourage every family to Plan and Practice your escape route from your home. It is always good to be aware of your surroundings when you are away from home, know the locations of the emergency exits and remain calm if anything happens. But sometimes we don't remember to look at a place that we spend a lot of our time. Our own home. So the Westbrook Fire Department recommends that your family sits down and talks about an emergency plan. If a fire happens in your home you only have about two minutes to escape after the fire alarm goes off. So Plan and Practice your Escape!

# Westbrook Visiting Nurses

## IN NEED OF RESPITE CARE OR CARE IN HOME FOR A LOVED ONE?

**Please join us for: Respite Care 101.**

Thursday, October 10th at 1:00 pm in Meeting Room A, (across from the Senior Center.)

**LIFE LINE SCREENING RETURNING**  
Life Line Screening will be returning to the Westbrook Town Hall on October 15.

### The following non-invasive, painless screenings will be available:

- Carotid Artery/Plaque Screening
- Heart Rhythm Screening
- Abdominal Aortic Aneurysm Screening
- Peripheral Arterial Disease Screening
- Osteoporosis Risk Assessment

You must pre-register for this screening event with Life Line directly. For all questions and to pre-register, please contact Life Line at: 1-866-229-0469, or online at: [www.lifelinescreening.com/communitycircle](http://www.lifelinescreening.com/communitycircle).

## COME VOTE AND GET YOUR FLU VACCINE

The annual flu clinic will be held November 5 from 9:00 am to 1:00 pm in the Westbrook Town Hall downstairs in the senior center. Please bring your insurance card. We accept Medicare as well as Aetna, Anthem Blue Cross and ConnectiCare commercial and Medicare HMO plans. If you do not have insurance, a donation would be appreciated.

The 64<sup>th</sup> Annual Halloween Party will be held on Thursday, October 31. The Parade followed by the judging and refreshments will start at 6:00 pm. Line up for the parade is behind the Riggio Building. We look forward to seeing everyone in costume!

Westbrook Fire Department members are all volunteers. The Department provides First Responder and Fire Protection for the residents of the Town of Westbrook. We are Firefighter, Junior Firefighters and Auxiliary members. Junior Firefighters are ages 14 to 19, Firefighters and Auxiliary members are 18 and older. Training and personal protective equipment is provided.

If you are interested please contact the Office at: 860-399-3473 or come to Headquarters at: 18 South Main Street any Wednesday evening at 7:00 pm.

## “HOLIDAY GIVING TREE”

Starting the end of November, the tree in the Town Hall lobby is decorated with paper “mittens” for homebound Westbrook residents. On the back of each mitten lists the needs of a local individual who would benefit from a holiday gift. This year we will have mittens available for delivery of a hot meal to a local homebound resident for \$5. Mittens will start to go on display, Monday, November 25th. Please bring your unwrapped gift(s) with a gift bag to the Westbrook Visiting Nurses office by December 13th, so we will have time to distribute the gifts before the holiday. We rely on the kindness and generosity of others to help. Thank you for your willingness to share with others in our community!

# What You Need to Know: Endometrial Cancer

Endometrial cancer, the most common cancer of the female reproductive system, begins in the lining of the uterus. Symptoms include post-menopausal bleeding, abnormal vaginal bleeding and abdominal pain. Risk factors include being obese, the long-term use of estrogen therapy, never having given birth and post-menopausal age.

Like with any cancer, early detection is important. If you experience any symptoms of endometrial cancer, you should speak to your physician. There are several different ways they can test for this type of cancer.

One such test is a pelvic exam, which is a physical examination of the external and internal female pelvic organs. A hysteroscopy examines the cervix and the inside of the uterus, and a pelvic

ultrasound scans the organs and structures of the pelvis. There's also a biopsy, which examines tissues for abnormal and cancerous cells; the CT scan, which provides detailed images of the inside of your abdomen and pelvis; and a PET scan, which scans the entire body to determine if cancer has spread elsewhere in the body.

Middlesex Health Cancer Center takes a multidisciplinary approach to endometrial cancer care. Medical providers meet regularly to plan and discuss treatment to ensure that physical, emotional and spiritual needs are all being met. Treatment for endometrial cancer can include surgery, chemotherapy or radiation therapy.

For more information, visit [middlesexhealth.org/women](http://middlesexhealth.org/women).

## The Westbrook Garden Club

The Westbrook Garden Club has been and is continuing in full swing this summer season. We held our annual plant sale in May and had a tremendous response from the community as usual. We take pride in offering plant material to the public at very competitive prices just in time for the start of the growing season.

We are also working our usual magic with planters and window boxes beautifying the town green and surrounding businesses. This year our theme is 'Pretty in Pink' and all the containers are filled with begonias, mandevilla, impatiens, and scaevola in complementary shades of pink resulting in a cascade of bloom. Our members are doing a great job keeping them all watered and tended as we do each summer.

In addition, our Meadow Making crew

continues to be hard at work with that ongoing project. We are beginning to see some results take shape as wildflowers are now blooming and grasses are coming into their own. Pathways continue to be laid out and the boardwalk is in. Mulch has been spread to define the planting beds. We will continue planting and maintenance throughout the growing season.

We urge members of the community to come and assess our progress as this is a herculean project and will take many months to come to complete fruition. The meadow project is located between the Post Office and Oxford Academy.

In September club members will take a trip to Enders Island in Mystic to explore the extensive gardens and view the hundreds of gorgeous dahlias which come into bloom all summer.

Let's not forget the Scarecrow Contest coming up October 19<sup>th</sup> on the Town Green. It's great fun for all participants making scarecrows dressed in very imaginative attire. The club was pleased to take first prize last year with our "Mother Earth" entry crafted of all-natural materials.

We will conclude our series of public events on October 21<sup>st</sup> and November 18<sup>th</sup> respectively. Terri Smith from Smith Acres will present Succulent Pumpkin Planters in October and Nancy Balleck McKinnon from Balleck's Garden Center in Haddam will discuss house plants in November.

As you can see no grass grows under our feet so please consider joining our members and giving back to our great community. You can reach us via email at: westbrookgardenclubct@yahoo.com.

## A Round of Applause... For Supporting Our Animal Friends.



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**It takes a community to improve the quality of life for all** – neighbors and friends who give their time and resources to support a passion or area of interest. We applaud the good people who are working in partnership to protect wildlife and help provide for the basic needs of animals and their human friends.

**Together, we are making a real difference.** Thanks to our donors, our nonprofit partners, and the Animals: Respect & Friendship Fund (ARF!), our neighbors in need are able to keep their animals and benefit from their companionship. Together, we are increasing access to veterinary care, keeping pets in homes, and supporting pop-up veterinary clinics for pets owned by seniors living in fixed-income housing.

**Thanks to you, by combining our resources, we are able to make even the smallest gift have a big impact** - through charitable funds that support not only animal welfare, but also arts and culture, health and social services, education, the environment, history, civic improvements, recreation, and economic security and opportunity.

**We celebrate all of you who share the same desire to help our local community thrive today, and tomorrow.**

**We invite you to learn more by calling us or visiting us online.**



# Westbrook Dance Academy

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## Energy Committee

**ENERGY COMMITTEE MITIGATING TOWN'S ENERGY COSTS  
ONE PROJECT AT A TIME**

### LED Streetlight Replacement Project Update

The Streetlight Replacement Project lead by Committee Vice-Chair Bill Fish is near completion with a short punch list of items to complete. With the project nearly complete, Westbrook will save \$70,000 per year since purchasing the streetlights from Eversource. LED Streetlights are designed to last 20 years which over the lifetime of these fixtures the town will save \$1 million in energy costs.

**REMINDER:** If you should notice that a streetlight is not functioning properly please contact Department of Public Works' Colleen Topitzer at: 860-552-4496 or via email to: ctopitzer@westbrookct.us, Monday - Friday, 7:00 am to 3:30 pm and provide both the pole number and physical description of the location (nearest house numbers or landmark) where this issue exists.

### Virtual Net Metering Power Purchase Agreement

The Town and Board of Education have entered into a 20-year Power Purchase Agreement that will mitigate energy costs up to \$200,000/year by purchasing renewable solar energy from solar developer - Madison Solar, LLC Somers, CT project.

Madison Solar, LLC expects the project to be completed in the first half of 2020 and Westbrook will see reduced energy bills by the end of 2020. Under the Power Purchase Agreement Westbrook has secured 1 MW of solar energy to reduce costs at 5 Town facilities - our 3 schools, Mulvey Center (Town Hall) and Library.

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Community Solar - Westbrook's Energy Committee is keeping an eye on legislative happenings in Hartford around Community Solar. Community Solar gives customers who can't put solar on their own property a way to take part in a shared solar installation located somewhere else in their community and earn savings on their energy bills for their portion of the clean power produced by that community solar system. For many of us solar is not an option because of heavily wooded lots or is cost prohibitive. This measure would provide residents with another energy option.

The Energy Committee is also interested in this initiative as the Town's former landfill has the potential to be developed with a solar array for this purpose. If you would like to have your voice heard we encourage you to contact your State Senator and Representative to encourage them to support legislation that would increase Community Solar in CT.

State Senator, Norm Needleman: [www.senatedems.ct.gov/needleman](http://www.senatedems.ct.gov/needleman)  
 State Representative Jesse MacLachlan: [www.cthousegop.com/maclachlan/main/](http://www.cthousegop.com/maclachlan/main/)  
 State Representative Devin Carney: <https://www.cthousegop.com/Carney/>

The Energy Committee welcomes participation from residents and businesses at their monthly meetings the 3<sup>rd</sup> Wednesday of the month 5:00 pm at Town Hall. Volunteers are always welcome.

Chris Ehlert - Chair  
 Bill Fish - Vice-Chair



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## Legislation for Our First Responders



This past legislative session, there were several bills I cosponsored that assist our brave first responders.

**AN ACT**  
INCLUDING CERTAIN MENTAL OR EMOTIONAL IMPAIRMENTS WITHIN THE DEFINITION OF “PERSONAL INJURY” UNDER THE WORKERS’ COMPENSATION STATUTES.

This bill allows police officers, parole officers, and firefighters to receive certain workers’ compensation benefits for post-traumatic stress disorder caused by their participation in certain qualifying events. Such events include seeing, while in the line of duty, a deceased minor, someone’s death, or a traumatic physical injury that results in the loss of a vital body part. This changes current law, which generally doesn’t provide workers’ compensation benefits for an employee’s mental or emotional injury unless it arises from the employee’s physical injury or occupational disease. It is my hope that, next year, ambulance service providers and paramedics will be added and will also be able to receive workers’ compensation benefits for PTSD.

**AN ACT**  
CONCERNING ADDITIONAL COMPENSATION FOR CERTAIN RETIRED PUBLIC SAFETY EMPLOYEES.

This bill authorizes municipalities to compensate, by a two-thirds vote of their legislative bodies (board of selectmen), certain disabled public safety employees who were severely injured in the line of duty and retired from service as a result of their injuries. This resulted from a police officer who was accidentally shot and severely disabled during a training exercise.

**AN ACT**  
INCREASING THE PROPERTY TAX ABATEMENT FOR CERTAIN FIRST RESPONDERS.

This bill increases the maximum property tax abatement municipalities may, by ordinance, provide to certain active and retired volunteer emergency personnel from \$1,000 to \$1,500 for FYs 20-21, and from \$1,500 to \$2,000 for FY 22 and thereafter. As always, please let me know if you have any questions about these or any other bills by contacting me at [devin.carney@housegop.ct.gov](mailto:devin.carney@housegop.ct.gov) or 860-240-8700.

State Representative Devin Carney



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## Westbrook Youth & Family

Register for Fall Programs

**WHO MAKES ME LIFE GRAND - Coming in October!**  
Bring your sweet grandparent or favorite senior buddy for a night of dinner and crafts.

**IT TAKES A VILLAGE - Navigating Life after baby!**  
Beginning Wednesday September 25<sup>th</sup>! Every Wednesday between 11:00 am - 12:00 pm. A support group to all parents struggling with any type of postpartum distress. Feel free to bring your babies!

**FALL INTO SCHOOL GROUPS!**  
WYFS begins its peer groups within all Westbrook schools.

**SENSORY PLAY GROUP**  
Parents with children, 0-6, connection, support, and fun activities for their young children. Group meets one Wednesday once a month 3:45-4:45, September 18<sup>th</sup>, October 16<sup>th</sup>, November 13<sup>th</sup>, and December 4<sup>th</sup>.

**PARENTS AS PREVENTION**  
The message starts with you! Hosted at the Valley Shore YMCA on 10/24 @ 6-7:30.

**LIFE 2.0**  
Come join a group for retired women who are dealing with the second half of life situations. Each week will be a new topic in regards to the transitions that happen post retirement. Beginning October 19<sup>th</sup>, Thursdays at 1:30 pm.

**YOU GO GIRL!**  
A weekly group to discuss and process what it's like to identify as a girl in today's society. We will explore topics including improving self-esteem, building healthy friendships, developing independence, and tackling the pressures and barriers girls face as modern teens. Meets Tuesday's in October 6:00 - 7:00 pm.

**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.

*Check us out at [WYFS.org](http://WYFS.org) & Like Us on Facebook!*



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# Westbrook Town Clerk's Office

**MUNICIPAL ELECTIONS 2019**  
 Election Day is November 5, 2019 and this year is a Municipal Election Year. One thing that many people find confusing is how to go about getting an Absentee Ballot.

This process is in place to allow voters to have their vote counted if they are unable to be in town on the day of the election. An elector may vote by absentee ballot because of the following reasons: absence from the town during all hours of voting; illness or physical disability; active service in the U.S. armed forces; religious tenets which forbid secular activity on election, primary or referendum day; or if you serve as an election official at the polling place other than your place of polling.

**APPLICATIONS FOR ABSENTEE BALLOTS** can be obtained from our office by mail, in person, online and for

those individuals under the MOVE Act (Military and Overseas Voters). You must complete an application in order to obtain a ballot when they become available in October. A new application is required for any election you vote in. Applications for absentee ballots are not carried over from year to year.

Applications are always available. Absentee Ballots become available beginning the 31<sup>st</sup> day before the election (Friday, October 4, 2019).


Students away at college can complete an application and file it with this office so they may receive a ballot in October. They can request we send it to them at their school address. Call if you have any questions.

**PERMANENT ABSENTEE BALLOT STATUS** is only available to electors


who are permanently physically disabled and who files a certification from a primary care provider, indicating that such elector is permanently physically disabled and unable to appear in person at the designated polling location. The Registrars of Voters for the town must receive this certification and they in turn, will provide this office with a list of permanent absentee voters.

**COLLEGE STUDENTS** should consider getting an application to vote prior to leaving for college. Once your application is received, we can mail you out the absentee ballot which must be returned by the close of polls on Election Day.

If you have registered to vote, and you know you will not be here on Election Day, get your application completed and submitted to this office so you vote counts.



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# From Senator Norm Needleman

No matter who you are, there comes a time when we all need help at one point or another. Whether the issue is state-wide, local or specific to you, something may arise in the future. Maybe there's an issue with your job or property that could be improved with a new state law, or perhaps you are struggling to work with an agency to get something done. I want to let you know that my staff and I can lend a helping hand.

In addition to my work as State Senator, I have been the First Selectman of Essex for many years, and I am also a business CEO. That means I know how to solve problems, and I know how to approach problems at different levels. Problems at the state level, perhaps with a department, aren't the same as a property dispute or an issue at town hall. With my experience, I know that I'll be able to understand your issue and to help however I can. In many instances, I can play a direct role in fixing the issue; at worst, if I can't help myself, I will help point you in the right direction.

Please don't hesitate to contact my office if you have any issues or concerns. You can call at: 860-240-0428 or 1-800-842-1420. You can also access an email form at: [www.senatedems.ct.gov/needleman-contact](http://www.senatedems.ct.gov/needleman-contact). I look forward to hearing from you.



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# Margaret Buckridge Bock

## A Lighthouse Keeper's Daughter, Celebrates Her First 100 Years

Born in Essex, September 24, 1919, the daughter of Thomas Buckridge, keeper of the Montauk lighthouse from 1930-1943, later the last civilian lighthouse keeper at Old Saybrook's Outer Lighthouse from 1943-1945, and granddaughter of John NInde Buckridge, once the lighthouse keeper of Saybrook's Inner Lighthouse from 1883-1902, "Bucky" has led a life quite different from most.

From the age of ten, Bucky grew up in the Montauk Lighthouse. Each school day, Bucky would take a bus to her high school 22 miles away. When the family moved back to Connecticut, Bucky attended Nursing School in Hartford. After marriage to Robert Bock, she lived in Rocky Hill where she worked as a school nurse and later, a speech pathologist. In 1960, she and Bob moved to her Aunt Martha's house on Seaside Avenue. Bucky and Bob loved to travel the country and square dance.

With a rich Essex family history, Bucky found that she loved genealogical research, even traveling to Washington DC to the Library of Congress and to the National Archives to view original documents. She



Margaret Buckridge "Bucky" Bock, 2009, at Lay Family Ceremony at Westbrook's Old Burying Ground.

was quite in demand to trace family histories for others.

For many years, Bucky has volunteered her time at the Old Saybrook Historical Society and Westbrook Historical Society to archive documents, artifacts, and photographs. Bucky has written two pamphlets:



Montauk Lighthouse, Bucky's childhood home

"Lighthouses, A Nostalgic Era Recalled" and "Old Saybrook Lighthouses, the Inner and Outer Lights," both available to purchase at the Westbrook Historical Society.

Bucky's secret to a long life? "Live life to the fullest, never stop learning, get out and keep in touch with people - and keep doing crossword puzzles."

(Becky Coffey article, April 2014)

We celebrate Bucky's 100<sup>th</sup> year at the Old Saybrook Historical Society's Hart House on Sunday, September 22<sup>nd</sup> from 2:00 - 4:00 pm.

Catherine Neidlinger Doane, President Westbrook Historical Society, Inc.

## Vista Life Innovations Celebrates Its Five Graduates!

Vista Life Innovations, a nationally accredited post-secondary program for individuals with disabilities, held its 2019 graduation ceremony at The Kate in Old Saybrook.

This year's graduating class includes Sarah, Alex, Chris, Rob, and Connor. As graduation day quickly approached, students finished their independent living skills training in the Discover residential program and prepared to move into their own homes.

Delivering the keynote address at this year's ceremony, Lori Paton Ph.D. is the Senior Vice President of Corporate Strategy, Portfolio & Program Management at Sage Therapeutics and VP. Since 2017, Lori proudly serves as a member of Vista's Board of Directors. Lori triumphed over a life-threatening



Front row from left to right: Chris Piotrowski and Sarah Brachman. Back row from left to right: Alex Nicholson, Rob Richardson and Connor Wood.

diagnosis of Acoustic Neuroma. She persevered through months of rigorous recovery after undergoing brain surgery. Lori's story of perseverance, determination and tenacity is an inspiration to all. Much like Lori, the graduates being celebrated have overcome obstacles to achieve their goals and continue to challenge themselves. The ceremony began at 2:00 pm at The Kate in Old Saybrook. A casual reception followed the ceremony on-site. Friends, family, community members and state legislators celebrated both the ceremony and reception.

Vista Life Innovations is a 501©3 nonprofit organization with campuses in Madison and Westbrook. 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.vistalifeinnovations.org](http://www.vistalifeinnovations.org).

# Westbrook Recreation Programs

Fall is right around the corner and we are very busy with registrations in all our programs. From tots to seniors, we have programs that will interest everyone and all ages. Space is limited with many of our programs so get on line soon and register. These are some examples of our very popular programs:

Our K-4 Karate program has children practicing twice a week on Mondays and Wednesdays after school at the Daisy Elementary School. Badminton is another very special program that everyone enjoys on Saturday mornings at Daisy in November. Our Middle School / After Care program is another favorite of parents. Parents love that the staff helps their children get all their homework done before they get them home.

New this year are the pickleball courts at Ted Lane field. Pickleball is the fastest growing sport in the nation. We have two different classes doing beginner lessons during the week.

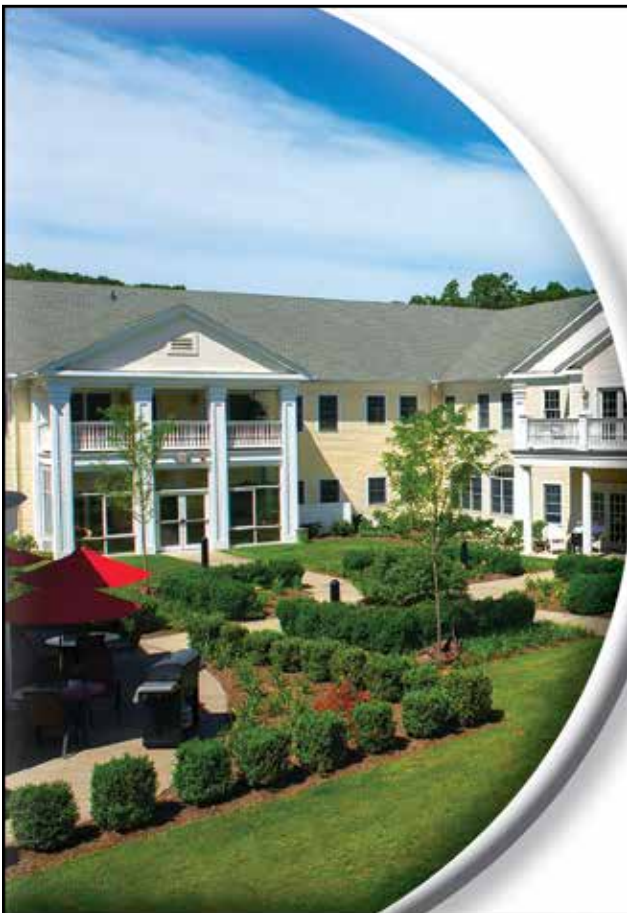
Soccer is the sport's program everyone loves doing during the fall months. We always have a large number of children participating in our Tot and Recreational soccer program on Saturday mornings. Children between the ages of 4 - 10 years of age are welcome. Sessions will focus on individual and small group play. Children will receive more touches on the ball and develop better foot skills in a fun environment. We make soccer fun and wonderful experience.

After soccer is over we will jump right into our recreational youth Badminton. Badminton starts on November 2<sup>th</sup> and will run for five weeks. Children between the ages of 5 - 12 years old are all welcome to register. Your children will love playing with their friends as we teach them how to serve, set and spike. (Sometimes we even let the parents play against their child.)

Our after/school child care program at the Middle School is also available to busy parents who can't to pick-up their children until after work. Your child will be in a safe and well supervised environment where they can study, do their homework and play with their friends. The cost is less than \$ 10.00 per day if you sign-up by the month for \$ 200.00. It will be \$ 15.00 a day if you wish to sign up for a day or two. We even give the children a snack each day. All children must be registered to participate in this program. Please call us at: 860-399-3095 if you have any questions?

Adults and seniors will find quite a few new fitness programs that are reasonably priced. We have Essentrics, Yoga, Zumba and Chair Fitness programs available. Some programs are done after 5:00 pm so people don't have to rush over from work. The senior fitness programs are done on Monday, Wednesday and Friday mornings from 8:30 - 10:30 am. You can sign up for one day, two days or all three.

**continued on page 22**



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## Recreation Programs continued from page 21

If you're interested in finding out more about all our other programs, please check us out at: [www.westbrookrec.com](http://www.westbrookrec.com). All are programs are available to everyone (resident and nonresidents.) Why pay expensive membership fees when you can pay as you go and stop whenever you want.

Westbrook Recreation Board

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## Economic Development Commission

### CONGRATULATIONS TO JULIE AND JOE CAMPBELL.

It's been one year since they opened Julie's Cup of Joe on Route 1 (between Christy's Restaurant and JoJo's Food Mart). In addition to hot, iced, cold brew and nitro brew coffee, the shop sells fresh donuts, muffins, pastries, bagels and breakfast sandwiches. You can also find coffee by the pound, t-shirts, hoodies and locally-crafted mugs, plates, greeting cards and more.

Julie's Cup of Joe maintains the same community spirit that Julie and Joe have

felt as residents - Julie as a school paraprofessional for children with special needs, and Joe as a Westbrook Middle and High School sports coach, and supporter of local Unified Sports programs.

The shop opened up with a commitment to serve the best coffee in town and employ individuals with disabilities. The shop is also a work study assessment site for school district and organizations, including Vista Life Innovations and SARAH.

Julie's Cup of Joe is located at 1283 Boston

Post Road. You can follow "juliescupofjoe" on Facebook and Instagram.



## Westbrook Economic Action Initiative (WEAI)

The Shoreline Basic Needs Task Force (SBNTF) was formed in 2013 for the purpose of examining and encouraging self-sufficiency in lower Middlesex County (essentially the area served by Shoreline Soup Kitchens and Pantries). SBNTF has helped establish food programs and housing programs and has helped educate governments and residents about ALICE (Asset Limited Income Constrained Employed), a United Way study of the bare level of income needed to live and work in each community in the U.S. The most recent ALICE study shows 32% ALICE in Middlesex County and 33% in Westbrook.

In 2017, SBNTF's Economic Action Committee began examining core economic issues that might provide quality jobs or otherwise address means of elevating households out of the ALICE category. This committee soon focused on Westbrook (then the highest ALICE population in Middlesex County, at 37%) as an example of what might be done. Following interviews of many business and community leaders, a "Roundtable" meeting of such leaders was held in September 2017 at the suggestion of First Selectman Noel Bishop. Enthusiastic support from businesses, non-profit organizations and government leaders led to further discussion and action,

which has become the Westbrook Economic Action Initiative.

The WEAI has identified twelve areas of targeted action that might directly assist ALICE (or students who might otherwise become ALICE). These include better quality business development (including use of Town Center and government services to businesses,) business-related skills (higher level job training, tech education and entrepreneurship,) impediments to employment (transportation, childcare, employee skills) and personal skills (language literacy, financial literacy, mentoring) and communicating to ALICE effectively. Committees are working on many of these areas.

WEAI raised \$60,000 to enable Westbrook Public Schools to hire a full-time Career/College Readiness Coordinator (CCRC), a critical component of the WEAI plan. Information and programs developed by the CCRC will be shared with ALICE. Further information will be shared in Events and posted on the Town Website, under Services, Westbrook Economic Action Initiative, when available.

Tony Cozza, Jim Crawford  
and Andy Schatz

### Town Garage

185 Horse Hill Road,  
I-95, Exit 64  
860-552-4496

### Town Hall Hours

Mon – Wed: 9:00 am – 4:00 pm  
Thursday: 9:00 am – 7:00 pm  
Friday: 9:00 am – noon

### Town Hall Closed

October 14th - Columbus Day  
November 11th - Veterans Day  
November 28th, 29th - Thanksgiving

**For Town Updates & Information: [www.westbrookct.us](http://www.westbrookct.us)**

# goPINK Celebrates 10th Anniversary of Supporting People with Cancer



You can support cancer patients this fall during the 10th anniversary of goPINK. Donations help cover the costs of integrative medicine therapy for all cancer survivors

served by Middlesex Health Cancer Center, including those with breast cancer.

Integrative medicine complements conventional cancer treatment. It focuses on the whole person - mind, body and spirit, and can help many patients find relief from pain, neuropathy and other cancer-related symptoms. Patients who are cared for by Middlesex Health Cancer Center in Middletown and Westbrook can choose from acupuncture, reflexology, massage therapy and more.

The local community has donated more than \$215,000 to goPINK since 2010, which has helped more than 1,200 cancer patients receive free integrative medicine therapy. To learn more about the month of activities visit: [gopinkproject.com](http://gopinkproject.com).

## Westbrook Tree Lighting Committee...

Invites One & All to the Annual Parade & Tree Lighting



SUNDAY, DECEMBER 1ST \*\* AT 4:00 PM

- On the Westbrook Town Green
- Visit Santa and Mrs. Claus
- Sing carols and songs
- Make crafts and reindeer food
- Watch entertaining performances
- Toast smores at the bonfire

Enjoy refreshments and abundant good cheer! **FREE!**

*\*\*The event will not be canceled due to weather, it will be moved to the fire department.*



*"Is it time to hibernate yet?"*

Photo by  
Catie Marino

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# Social Services

## CRT Winter Heating Assistance Program



This federally funded program is designed to help low to moderate income households offset heating costs during the winter months. Homeowners and renters may apply.



The financial eligibility is as follows:

60 % OF STATE MEDIAN INCOME GUIDELINES

2018-2019

Household Size	1	2	3	4	5	6	7	8
Annual Income	36,171	47,300	58,430	69,559	80,688	91,818	93,905	95,991
Monthly Income	3,014	3,942	4,869	5,796	6,724	7,651	7,825	7,999

### SOME ADDITIONAL ASSET LIMIT GUIDELINES ARE FOLLOWED.

Eligible households may receive help for such heating sources as oil, natural gas, electricity, propane, kerosene, coal and wood.



Households eligible for the winter heating program may also be eligible to receive weatherization assistance. This can help conserve energy and lower heating bills. Some may qualify for the furnace clean tune and test or repair and replacement programs as well.

Appointments for this winter season begin in October for deliverable fuel heated households and November for utility heated households.

**Applications will be taken by appointment only.** Please contact Social Services at: 860-399-3090 to schedule an appointment or for general information.

## How to Reach Your Elected Officials

### STATE

Governor Ned Lamont  
State Capitol  
210 Capitol Ave, Hartford, CT 06106  
800.406.1527

LT Governor Susan Bysiewicz  
State Capitol  
210 Capitol Ave, Hartford, CT 06106  
860-524-7384

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  
Shawn Wooden  
55 Elm Street, Hartford, CT 06106  
860.702.3000  
[State.treasurer@ct.gov](mailto:State.treasurer@ct.gov)

### Attorney General

William Tong  
55 Elm Street, Hartford, CT 06106  
860.808.5318 FAX 860.808.5387

### 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](mailto:devin.carney@housegop.ct.gov)

### Senator 33rd District

Norman Needleman  
Legislative Office Building, Room 3300  
Hartford, CT 06106-1591  
860.240.8600

### 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](mailto:jesse.maclachlan@housegop.ct.gov)

### FEDERAL

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

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



# Westbrook Senior Center

## UPCOMING FALL / WINTER EVENTS

- 9/25 Veteran's Burial Benefit Presentation 1:00 pm
- 10/3 Medicare 101 Workshop 10:00 am - 3:00 pm
- 10/10 Fraud Awareness presentation 1:00 pm
- 10/23 "Finishing Strong" - Estate Planning presentation 1:00 pm
- 11/5 Flu Clinic Sponsored by Westbrook Visiting Nurses 9:00 am - 1:00 pm
- 11/7 Thanksgiving Luncheon 12:00 pm (RSVP required by 11/1/19)
- 11/12 Holiday Tea - (RSVP required by 11/7/19) 1:00 pm - 3:00 pm
- 12/12 Christmas Luncheon 12:00 pm (RSVP required by 12/6/19)
- 12/18 Gingerbread House Decorating (RSVP required)

A schedule of daily activities and weekly meal menu is available

at the Senior Center or on our website at: [www.westbrookct.us](http://www.westbrookct.us).

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 our 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 at: [www.westbrookct.us](http://www.westbrookct.us). We look forward to seeing you.

Courtney Burks, Director

## Town of Westbrook Prescription Card

### IT'S NOT JUST A PRESCRIPTION CARD AT ALL!

The card is intended to be used if you don't have insurance, or if something is not covered under your current insurance.

### The card coverage includes:

#### VISION PRODUCTS & SERVICES

Participants now have access to great discounts on eye exams, frames, and contact lenses at most National and Regional optical chain locations. Lasik is covered as well.

#### PRESCRIPTION DISCOUNTS

If you or someone you know is uninsured or if you are currently insured but your current plan does not provide coverage for certain medications you are eligible to participate. All prescription medications are covered and will receive some level of discount. EVEN SOME PET MEDICATIONS ARE COVERED.

#### DENTAL NETWORK PROGRAM

**Please note:** Unlike the savings available on Prescription, Vision, LASIK and Hearing Services, the Dental Network Program has an annual enrollment fee. For only \$36.50 per year - just a Dime a Day - you can now have access to thousands of dentists throughout the country who have agreed to accept low fees as payment in full. Include your entire family along with yourself for only \$52.00 per year. That's just a Dollar a Week! The ProAct Dental Network Card Program is not insurance. It is a way for you to get the dental care you need at fees that are among the most affordable in your area.

For more information or to receive a card contact Elizabeth Carpenter in the Social Services Department at: 860-399-3090.

### Shoreline Soup Kitchens & Pantries Meal Site

The First Congregational Church every Friday evening from 6:00 - 7:00 pm / 1166 Boston Post Road / 860-399-9367



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## Jackie Robinson: An Ongoing Legacy of Impact and Achievement

by Sigrid Kun



Rendering of future Jackie Robinson Museum. Courtesy Gensler/Ralph Appelbaum Associates/Mopix Studios.

Jackie Robinson's legacy is stronger than ever. It's not just every April 15th when each Major League Baseball team celebrates Jackie Robinson Day. Through the Jackie Robinson Foundation (JRF) he and his family continue to impact lives and improve the communities in which we live.

### BREAKING BARRIERS

Born on January 31, 1919 in Cairo, Georgia, Robinson grew up in Pasadena, CA. He later attended UCLA where he became the only student to letter in four varsity sports in the same year. He was drafted into the U.S. Army in 1942 and became second lieutenant. In 1944, while riding a bus back to Camp (now Fort) Hood, he was court martialed for refusing to move to the back of the bus. This ultimately led to his honorable discharge that same year.

It was around the same time that the Brooklyn Dodgers found it important to integrate Major League Baseball. Robinson signed a contract with the Dodgers in 1945 and began his baseball career with the Montreal Royals. On April 15, 1947, the color barrier was broken. Robinson became the first African American to play Major League Baseball, playing first base for the Dodgers. He carried himself with honor and grace despite facing opposition from crowds and teammates as well as threats to himself and his family. Named Rookie of the Year in 1947, his 10-year MLB career was outstanding - including being named MVP in 1949 and a World Series win in 1955. He was inducted into the Baseball Hall of Fame in 1962.

### ADVANCING EQUALITY AND CIVIL RIGHTS

Robinson transformed more than baseball. He and his wife, Rachel, became increasingly involved in the civil rights movement in the 1950s and 1960s. It was during this time (mid-1950s) that the family home in Stamford, CT was purchased - not without adversity. "Our parents faced housing discrimination during their search for a home," recalls Jackie Robinson's daughter, Sharon, who serves as Vice Chair of the JRF Board of Directors. "Andrea Simon, a prominent resident, heard of our difficulties and intervened." As Sharon and her brothers integrated into the neighborhood and schools, they faced various levels of racism. The home offered privacy, freedom, friendship, and sports.

And there were the wonderful jazz concerts. "Our family hosted our first 'Afternoon of Jazz' on our Stamford property in June of 1963," relates Sharon. "Dad was a fundraiser for the Civil Rights Movement." Robinson was also working with Dr. Martin Luther King Jr to raise money to rebuild black churches that had been bombed. The first concert was a fundraiser for Southern Christian Leadership Conference and came on the heels of Dr. King's efforts in Birmingham, Alabama.



Family portrait left to right: Sharon Robinson, Mom Rachel and David Robinson. Courtesy Jackie Robinson Foundation.

The concert was managed by a massive volunteer force of family and friends. Musicians (like Dizzy Gillespie) volunteered their time and talents. "My brother, David and I - along with our friends - sold hot dogs and sodas. Dad and Jackie Jr. parked cars. Mom was the directress with her hands in all aspects of the concert," recalls Sharon. The second concert was shortly after the Robinson family returned from the March on Washington. "Dr. King came and spoke to the crowd. It was one of the most amazing days of our young lives." The Afternoon of Jazz became a regular fundraiser for the Civil Rights Movement during Jackie Robinson's life. After he passed in 1972, the tradition continued with proceeds to support JRF.

### A LEGACY OF IMPACT AND ACHIEVEMENT

Rachel founded JRF in 1973. JRF not only honors the memory of Jackie Robinson and his heroic achievements but also provides college and graduate student scholarships and leadership development opportunities for students of color with strong capabilities but limited financial resources. It is a two-pronged approach with four-year grants and hands-on, comprehensive support.

This year, JRF is commemorating the 100th birthday of Jackie Robinson with a year-long series of events to benefit not only the organization's programs but also the future Jackie Robinson Museum. The culminating event will be the opening of the Jackie Robinson Museum in New York City in December of 2019. "It has been our family's dream to have a physical space where my father's legacy and the values and ideals by which he lived could inspire others," says Sharon. "We are excited to shine a light on my father's life, while raising funds to continue to positively impact the lives of others."

"My parents taught me the importance of loving your world," adds Sharon - an accomplished nurse-midwife, professor, author and educational consultant within the Commissioner of Baseball's Office. "We have a favorite Jackie Robinson quote: *A life is not important except for the impact on other's lives.*"

Photo of Jackie Robinson/Getty Images.



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Westbrook, CT 06498

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