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Events

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Volume 13 • Quarter 1 • 2013



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TECHNOLOGY WITH A HUMAN TOUCHSM

First Selectman's Corner

I wish to comment on several issues of significance. Our new Superintendent of Schools Patricia Ciccone established, as one of her highest priorities, a review of all security measures in our public schools. An Ad Hoc Security Committee, chaired jointly by us, will conduct an "audit" of all security measures for not only the schools but all our public facilities and implement any and all measures to ensure that the safety and well being of students, parents and residents are addressed. We will have at least one public hearing on this high priority and any results and recommendations will be widely disseminated. Both the Superintendent and I know that every appropriate measure must be taken to insure that Westbrook has been, and continues to be a safe community for everyone. Westbrook is fortunate that Superintendent Ciccone comes to us with a very distinguished background in school security.

This is the time of the year that we are fully engaged in a review of all requested budgets for the next fiscal year, beginning July 1, 2013. Preliminary budgets were presented in early January and on a weekly basis the Board of Selectmen has been meeting with all municipal departments and together, in

a public forum, we scrutinize each line item to insure that we maintain our conservative and prudent fiscal management.

Our departments are to be commended for "holding the line" on their requests and we will continue to provide essential services to our constituents. In fact, no major program has been "cut" in recent years while at the same time maintaining modest tax increases.

Once the Board of Selectmen finishes our review, we will present our recommendations to the Board of Finance. They will conduct a second round of meetings with each department. The following important dates should be noted: April 1, 2013 Joint BOS/BOF meeting to discuss the Capital Improvement Plan, April 10, 2013 the BOF approval of the Town Budget, April 25, 2013, Annual Town Budget Hearing and May 9, 2013, Annual Town Budget Meeting. You are encouraged to attend these meetings since



First Selectman Noel Bishop

continued on page 4

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Save the Dates

Town Hall Closed

February 18th Presidents Day

March 29th Good Friday

• *First Selectman continued from page 1* •

this is the only opportunity, prior to the referendum, for public comment.

Last year's audit of our finances was excellent and, in fact, no material weakness or significant recommendations for improvement were noted. Our reserves continue to grow and we have established a major Capital Plan for much needed infrastructure projects for the next 3 to 5 years.

For those of us who have the privilege of serving as First Selectman, I observe on a weekly basis how much all of our volunteers, elected and appointed individuals, do to make Westbrook the "jewel of the Shoreline". We have many similarities with other surrounding municipalities and I spend several hours each week communicating with other elected CEOs addressing mutual concerns and collaborating on regional projects. For example, working with Clinton, we will have, at the end of April, a regional animal control shelter. This has saved Westbrook residents considerable tax dollars.

We all know that with Connecticut's state budget deficit increasing, our local municipalities must find ways to work together on regional issues to minimize local tax increases and at the same time to maintain and support necessary services. We are all in this together, governing and advocating on behalf of the best interest of our communities.

— *First Selectman Noel Bishop*

Cover Photo:

Photo by First Selectman Noel Bishop. Organized by: Katie Kelemen, President, Westbrook Lion's Club; Kimberly Bratz, Member, Local Prevention Council. Some of the flags were purchased and donated by the Westbrook Elks Club (Tony Palermo). Also Helped: Eileen Hagan, Westbrook Lion; Heidi Wallace, Westbrook Lion; Rich Annino, Westbrook Lion and Chairman of the Local Prevention Council; Jill Brainerd, Human Resources, Westbrook Town Hall.



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Enjoy the serene setting in this 3 bedroom, 2 bath Home! Sliders off the living room and dining area open to the oversize deck. First floor master bedroom with a full bath. Laundry on the main level. Outbuildings with power. Call Sarah Marcinek.



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HIGGANUM \$409,900

Beautiful new construction highlighted with high end details. Family rooms on 1st and 2nd floor. Great MBR with his and hers closets, tiled soaking tub large shower w/glass doors & double vanities. 4 bedrooms total. Kitchen features painted maple cabinets, center isle with granite and range, dishwasher & microwave. PAT REED 860-395-7412.



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From the Nurse's Corner...

If you happen to see Wendy Andrews around town, rest assured that she is providing excellent care to the many homecare clients of the Westbrook Visiting Nurses. Wendy has worked for our agency for over three years now and is a certified nursing assistant (CNA). She has worked in a variety of healthcare environments. Her background has been in skilled nursing and assisted living facilities as well as being a residential care manager of a group home. She really enjoys working in the homecare environment where she gets to know her clients, learning their history and life stories. She has a sincere way of helping to make them comfortable which enables them to stay in their homes safely.

Wendy is a Connecticut native, lives in Clinton with her husband and three daughters. In her spare time, she is a Girl Scout leader and greatly enjoys learning new craft projects.

Thanks Wendy for all the good work you do. You are a definite asset to our agency.

— Deborah Lovelette, RN, CHCE, Administrator



Westbrook Senior Travel

Our first trip is March 5th at the Aqua Turf to see Tony Kenney, Dancers, Comedian and Family Style Lunch \$82.00

April 2nd – Visit Parkers Maple Barn with Breakfast, Butterfly Barn ending up at Nashoba Winery \$74.00.

Two Big Trips This Year Are: June 4-6 Lancaster, PA. To see "Noah" – Hershey Park \$375.00 – (\$75.00 deposit due at sign up).

September 2-7 Cruise from NYC to St. Johns and Halifax, NB. Canada-Inside Cabin \$889.00 (\$300.00 Deposit due at sign up - balance due June 6.

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Westbrook Public Library

While the community continues to use and value traditional library materials like books, magazines, newspapers, and a variety of audiovisual materials, the uses of computer, wifi, and online resources are on the rise. Downloadable audio-books and e-books are available through the Overdrive service provided by Libraries Online (LION). The library also offers access to Job Now, a free online resume and employment resource, World Book Encyclopedia Online, and Ancestry.com. Users can monitor their accounts to see what they have out, renew books, and place holds from home or other remote locations. Just visit the LION online catalog at lioninc.org or click on the LION catalog on the library website at westbrooklibrary.lioninc.org. If the library has your e-mail address you can be notified at home about holds and borrowed items needing renewal.

The Westbrook Readers meet on the fourth Tuesday of the month at 10 am for book discussions. The book for February 26 is *The Shoemaker's Wife* by Adriana Trigiani; March 26 is *The Street* by Ann Petry; and April 23 is *Galway Bay* by Mary Pat Kelly. Everyone is welcome to join these lively and interesting get-togethers.

Shoreline Community Women are hosting a free valentine craft workshop for school age children on Saturday, February 9, at 10 am. Call or visit the library to sign up.

The Potapaug Audubon Society and the Friends of the Library are co-sponsoring the following live animal programs:

- Saturday, February 16, at 1 pm. New Canaan Nature Center brings Birds of Prey.
- Saturday, March 23, at 1pm. New Canaan Nature Center brings Amazing Animals.
- Saturday, April 6, at 1 pm. Beardsley Park Zoo visits with the Zoomobile.

The Westbrook Garden Club has scheduled three terrific programs for the spring:

- Tuesday, March 26, at 7 pm. The Succession of Bloom with Nancy DuBrule Clemente.
- Tuesday, April 26, at 7 pm. Hydroponic/Aeroponic Gardening with Peggy Van Antwerp.
- Tuesday, May 28, at 7 pm. Beekeeping with Ted and Becky Jones.

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Social Services Department

What is SNAP?

The Supplemental Nutrition Assistance Program (SNAP), formerly known as Food Stamps, is an income and expense-based food assistance program that helps limited-income individuals and families afford the cost of food at grocery stores and farmers' markets. The maximum monthly benefit for a single person household is \$200; the minimum benefit is \$16. You can apply for these benefits by completing a state application form. This form can be mailed, faxed, or dropped off at a local DSS Regional Office. Go online to www.endhungerct.org for eligibility requirements.

Recently, the implementation of SNAP to make food stamps a healthier program, has demonstrated the successful efforts of the entire country to improve the quality of life for struggling Americans.

If you or someone you know could use food assistance, and have questions or need help with forms contact: Elizabeth Carpenter, Social Services Coordinator at 860-399-3040 ext. 154. Hours: Monday from 1:30 pm to 4:00 pm and Wednesday from 9:00 am to 1:00 pm.

Westbrook Social Services
 First Selectman's Office
 Mulvey Municipal Center, 2nd floor
 866 Boston Post Road
 Westbrook, CT 06498

Westbrook Senior Center

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. In 2012, the center supported 7,336 seniors.

Our monthly scheduled activities include yoga, card playing, exercise, line dancing, dominoes, coffee social, book chat, pool, and Tai Chi. Along with our regularly scheduled activities, the center has meals, speakers, parties, entertainment, "Dinner and a Movie" the second and fourth Thursday of every month, blood pressure clinics, and a low cost foot care clinic provided by the Westbrook town nurse.

The center will swing into spring with a Western Ho Down on March 20th. Our picnics will begin May 15th and are scheduled for the first and third Wednesday of every month through Labor Day. To see our scheduled calendar of events and upcoming special events, please come down to the center Monday-Friday. Or check us out on the web@ www.westbrookct.us. We look forward to seeing you.

— Courtney Burks, Director

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 Dave Cahill, Sr Warden
 Gary Nolf, Jr. Warden
 Heather Soroko, Coordinator

What makes the congregation special

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We are committed to serve others in Westbrook and the shoreline and work for justice and healing around us.

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860-399-6440 (Church Phone)

www.stpaulswestbrook.org

Westbrook Recreation Department

Winter programs are presently underway with all the Youth, Adult and Senior Classes! Senior Aerobics, Pilates, Yoga and Zumba classes have a large number of residents staying fit in the New Year. Belly Dancing and Zumba classes are the hot, new fitness programs for this year. If you are interested, it's not too late to join any of our winter or spring classes and programs.

Children are enjoying Basketball, Floor Hockey and Karate during this long winter season. We have basketball classes for boys and girls ages 4 to 14 years old. Our Middle School Basketball league offers an opportunity for all boys and girls to enjoy a team sport in a stress free setting. Westbrook Recreation also has Youth Floor Hockey programs for children of all ages. Floor Hockey is easy to learn, a great workout and lots of fun for all boys and girls. Parents also enjoy playing floor hockey, with the older children, making it a real family experience. As always, we will prorate programs for all late-comers and we do accept nonresidents.

Days are getting longer and warmer, so spring is just around the corner. That means it must be time to register for our Teen and Summer Day Camps! Open registration starts on February 1st and is done on a first come basis. Don't let your children miss out on all the Summer Camp Fun! Spaces in both camps are limited so please register as soon as possible! Please call our office with any questions.



continued on page 11

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• *Westbrook Recreation continued from page 10* •

Our Tot T-Ball program has children 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 the baseball season!

The Bunny Breakfast will be held at 8:00 am - 11:30 am on March 23rd at the Westbrook Fire House. This is an important fundraiser for providing monies to the Westbrook High School Senior class trip and insures that our seniors will have a fun, memorable and safe graduation night. Our own Westbrook Recreation Easter Egg Hunt will also be held on March 23rd. Our Egg Hunt will be at the Teresa Mulvey Center and will start promptly at 12:30 pm. We have a rain or snow make-up date of March 30th for this event. This event is totally free to the public.

We are still doing bus trips to popular destinations all around New England. Enjoy one of our bus trips instead of stressing out fighting the traffic. Our first spring trip is on April 13th at the New York, Bronx Zoo. See the world flagship of metropolitan zoos with over 4,000 animals and award-winning exhibits. April 27th is the date for our Intrepid Sea, Air & Space Museums trip. Witness, photograph and explore a real aircraft carrier, submarine, supersonic jet and the Enterprise Space Shuttle. This trip also includes a brief stop at the famous Chelsea Market. Red Sox fans are invited to Fenway Park on April 28th for a spring baseball game against the Houston Astros. This is the perfect family trip for Red Sox fans. Please register as soon as possible because space is very limited.

Our Eleventh Annual Westbrook Family Day will be held on June 8 (rain date June 9th), 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 the funny clowns. This event is also brought to you through the generous donations of many businesses from our community and is totally free to the public. Not one cent of taxpayer dollars will pay for this event. Please call Rich at n 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, accessible facilities, programs and services. Our mission will be met by offering passive and active recreational opportunities that are desired, educational and diverse. Our programs will benefit tots, youths, adults and seniors in a spirit of fellowship and community pride.

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The Blizzard of 1978: 35 Years Ago

February 6, 2013 will mark the 35th anniversary of 'Storm Larry,' whose name is more remembered as "The Blizzard of '78." Every town and city in Connecticut along with the North East was affected by the storm. Weather forecasting in 1978 can not be compared to the equipment available today. Looking back, forecasters feel the forecast was off by 5-6 hours and did not take in the account of the possibility of the storm hindering over Connecticut. On that morning, when residents didn't see the forecasted snow they went on with their business; going to work and school. However by afternoon, it changed dramatically with snow falling 1-2 inches per hour or more. Winds increased and a blizzard was in full force for many hours, as it stalled over our area.

The end of the storm brought 15-30 inches of snow, three days without automobile, air or rail service, wind gusts recorded at 70 mph and snowdrifts were as high as 16 feet in many areas. Governor Ella Grasso called in the National Guard and closed all roads to non-emergency traffic. Records show about 5,000 people were trapped in Connecticut from their attempts to travel on roadways or the airport. They would be forced to take refuge in make shift shelters. Over 1,200 vehicles were towed from state highways and secondary roads. Some areas of the states lost power for 1-5 days. Businesses and schools were closed for many days.

continued on page 13



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• *Blizzard of 1978 continued from page 12* •

Most will have a story about the storm. Some stories are heartwarming and humorous while others depict heroic acts of kindness in very dangerous situations. As a 13 year old paper-boy at the time, it was important to provide the afternoon newspaper to my customers. Remember, we had no Internet and limited TV channels and programming back in 1978. The route was long and treacherous and I scared my mother because it took me longer than usual to deliver my papers, coming home very late.

A disaster, regardless of its nature shows the importance of having a disaster plan and a disaster kit. Every family needs have a plan that allows them to be self supporting for 5-7 days. The town of Westbrook is favorable for tropical storms, hurricanes, flooding and nor'easters. The end result is the potential of disrupted services; no power which includes no TV, Internet and possibly no telephone/cellular services. Without commercial power all businesses are closed; food, gas and other supplies.

The Westbrook Emergency Management website provides you with resource information for all types of disasters. Please visit our site at www.westbrookem.com for important information for you and your family.

– Donald Izzo, Emergency Management Director

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IN THIS CASE ~ DON'T D.I.Y.

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Brian Jermaine, ABR, ASR, CRS, ePRO, GRI, SRES, SRS
Broker/Owner
Brian@TeamJermaine.com

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Flood Proofing Your Home Permanently



Before.



Lifted.



After.

If you live along the immediate shore south of Route 1, you are seeing houses being lifted and reinforced. In the past two years we have had record setting flood waters caused by two major storm events. Shoreline town officials (and insurance companies) are encouraging homeowners in flood prone areas to consider raising their homes before destructive flood waters cause expensive and frustrating damages.

Unfortunately, it is not easy or cheap to raise a house out of harm's way. There are some grants and loans available through FEMA, but they come with strings attached and rules to follow. Below are the five major steps that are involved in raising your house:

Permits: Depending on your location, you may need permits from DEEP, Zoning, Building, Wetlands, & Zoning Boards of Appeal. Each of these permits may require specialized information and documentation that must be prepared by engineers, surveyors, & professional contractors.

Engineering: The type of foundation that is required depends on your proximity to the water, soils under your house; depth of water table, type & construction of your house, and other variables.

Lifting the house: This is actually the easy part of the job; easy, not cheap. The house can be raised as high as needed to get construction equipment under the house, and then lowered onto its new foundation. Some people want their houses high enough to park cars underneath.

Foundation: Engineering will tell you what kind of support you need; options include pile driven wood piers, helicoils, cement piers, or a more traditional concrete foundation.

Access: Now that your house is several FEET higher off the ground than it was, how do you get into the house with those groceries, and where does the grille go? This part of the project may require some real lifestyle planning and special permissions from your town.

Many homeowners will go through this process in the coming years, whether they want to or not. Prudent planning and retaining competent, experienced professionals will make this a more palatable experience.

— Mark J. Reeves, Mark Reeves, Builder

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Embrace Good Health in 2013

As an RN for over 30 years, a certified personal trainer for over 10 and a member of the American Diabetes Educators Association, I know first-hand about the alarming disease rate stemming from obesity and inactivity. We are finding that obesity is often at the root of Heart Disease, Stroke, High Cholesterol, High Blood Pressure, Type II Diabetes, Osteoporosis and a myriad of other serious health issues.

Of particular concern is the increase of adult onset Diabetes. The American Diabetes Association tells us that 95% of new diabetes cases have been classified as Type II Diabetes. Roughly 8.5% of Americans have Diabetes and that number almost triples in the 65+ age group. Even our children are not immune to this disease. Increased consumption of fast foods high in saturated fats are plaguing our youth at an alarming rate. While heredity does play a factor in some cases, there are other controllable symptoms to the onset of Type II Diabetes. They include high blood pressure, low HDL cholesterol or high Triglyceride levels, obesity and inactivity.

I know that Type II Diabetes can be reversed or even sent into remission with proper nutrition and exercise. It sounds like a no brainer, doesn't it? Watch what you eat and exercise, yet millions of individuals struggle with this concept.

Studies have shown that have a regular exercise routine and making proper nutrition a lifestyle choice, not a chore

can mitigate and even reverse the effects of Type II Diabetes, High Blood Pressure, High Cholesterol, Heart Disease and Osteoporosis. At Jodiworks, clients have the opportunity to delve into the 'whys' and 'hows' that certain foods wreak havoc with our bodies. They learn about the many healthy options that do promote balance and are non-inflammatory and disease causing.

If you suffer from any of the conditions mentioned above or think you might have symptoms... give yourself the gift of good health. Consult your physician to identify them and start the year off with a game plan to be the whole you. Find a qualified trainer and a comfortable, non-threatening exercise setting and start moving.

Your life may depend on it and once started you will begin to enjoy life like never before!



— Jodi Iaccarino
Jodiworks Fitness and Health Club

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New Effort Under Way to Manage Westbrook Islands

Westbrook residents and summer visitors who frequent the beaches and marinas of the town probably know that there are three barrier islands directly off our coast. Each of these islands has a rich cultural and natural history worthy of our attention.

Menunketesuck Island, managed by the US Fish and Wildlife Service as a part of the Stewart B. McKinney National Wildlife Refuge, is a long sand and rock spit located at the mouth of the Menunketesuck River. It was named for the Native Americans who lived in the area at the time English settlers came here in the 1630s. One of the more interesting episodes in its history happened in 1893 when the townspeople found a pirate camp there and put an end to the looting of harborside houses that had occurred that year. Today this island is important habitat for a variety of birds including some interesting species such as black-crowned and yellow-crowned night herons.

Duck Island, which was named because of the large number of waterfowl frequently seen near there, once served as a hospital for smallpox victims. Today a chimney from a long-abandoned building and a set of stairs are all that remain of a human existence on the island. In season, the island hosts a major colony of long legged waders including egrets, herons and ibises. In the summer, the bird population is quite evident and people often observe the white plumage of great egrets and snowy egrets nesting in the treetops. The Wildlife Division of Connecticut's Department of Energy and Environmental Protection owns Duck Island.

Salt Island, managed as open space by the Town of Westbrook, is the smallest of the three. It can be viewed and be accessed at the end of Salt Island Road. In days gone by, when shipping was so important to Westbrook, Salt Island was described as the heart of trade and commerce for the town. Today the lumber, vegetables and fruit people once bought there are long gone; but some important wildlife including protected sea birds still live on the island. In the summer, terns, gulls and the colorful oystercatcher can be seen there. Some species of waterfowl, such as mallard ducks, also nest there.

Part of the Westbrook waterfront, these islands provide local citizens and visitors a picturesque view of Long Island Sound. Opportunities to boat and fish in the water surrounding them, and the opportunity to view bird life and sea life - such an important commodity on LI Sound - is tremendous. The shoals around these islands, and the mudflats of the shore,



also provide rich foraging grounds for birds and sport fishermen alike.

Now a new partnership has been formed that seeks to better manage the islands as a system, rather than three disparate parts, with the best practices in conservation and management in mind. The three levels of government responsible for each island - Town, State and Federal - have agreed that working together to manage the islands for both biological and recreational resources makes a great deal of sense - and it would give the most benefit to the community and to wildlife.

However, these three entities truly need the support of the public who enjoy and appreciate these islands if they are to be successful. The Town of Westbrook's Conservation Commission would like to form a Friends Group to assist the new partnership to conserve these valuable natural resources. If you would like to join the new Friends Group - or if you simply would like to hear more information about this new conservation initiative - please consider attending the public meeting at Westbrook Town Hall on Thursday March 21st at 6pm. All three agencies will have representatives there to share information and to answer questions.

*- Shaun Roche, Visitor Services Manager,
Stewart B. McKinney National Wildlife Refuge*

Town Hall Hours

Mon - Wed: 9:00 am - 4:00 pm
Thursday: 9:00 am - 7:00 pm
Friday: 9:00 am - Noon

Town Clerk

Happy New Year Westbrook! I am happy to list the following individuals who have been nominated and appointed to assume the office of Justice of the Peace in the town of Westbrook for a term of four years, beginning January 7, 2013 to January 2, 2017 and are qualified to act as Justice of the Peace.

Colin D. Bennett
 Nancy S. Carlson
 Paul J. Connelly
 Brenda K. Constantino
 Joel Demers
 Sidney J. Holbrook
 Joshua A. Katz
 Preston C. Pope

Mary Nitti Labbadia
 Pat Labbadia III
 Tanya D. Lane
 Barbara G. Lupa
 Anthony Marino
 Tony A. Palermo
 John D. Philbin

Current lists are available in the Town Clerk's Office as well as on the Town Clerk's home page at Westbrookct.us. Congratulations to all.

— Joan Angelini, Westbrook Town Clerk

Meigs Point Nature Center

No registration required for our public programs.

Campfire Stories: March 9th at 7:00 pm; meet at the Meigs Point Nature Center. Gather round as Ranger Russ tells fables and Native American stories around a campfire on the beach. Bring blankets, chairs and marshmallow sticks. Marshmallows will be provided.

Docent Training: Meigs Point Nature Center offers an opportunity for you to get involved and help your community. If you enjoy the outdoors and nature, like to talk to the public, or to work with children, then this is the opportunity you have been waiting for. Docent duties include feeding animals, cleaning cages, public program presentations, exhibit design and greeting the public. Docents must be at least 18 years old. Thirteen- to 17-year-olds may volunteer by inquiring at the Nature Center. If you have already been trained as a docent and would like a refresher, or if you are a newcomer to the Meigs Point Nature Center, please register by calling 203-245-8743. Additional training sessions will be scheduled at a later date.

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Six Ways to Add Good Years to Your Life

You might not be able to stop the clock but why not choose a healthy lifestyle to make your senior years all about living life to its fullest potential. Here are a few suggestions.

Stay Sharp: Turn off the TV and pull out the crossword puzzle. Giving your brain a workout can ward off dementia and cognitive decline. Stimulate your mind by learning to play a musical instrument, a new language or taking up a new hobby. Stay engaged with your community and up-to-date with current events in order to have meaningful conversations with others.

Get Moving: Remaining physically active helps you ward off chronic illness, decrease the chances of obesity and remain independent. This does not mean you exercise as strenuously as a professional athlete, but most everyone can exercise at their own level. Most experts recommend that adults get at least 30 minutes of physical activity 5 days each week. This can be in the form of group exercise classes such as aerobics, yoga or a swimming class. Or take a walk around the block or in the woods. Just keep moving. One can move arms and legs quite vigorously from the safety of a chair.

See the Doctor and Dentist: Regular visits to your doctor can help manage any chronic problems and catch some potential issues before they arise. Develop a good relationship and do not be afraid to ask questions. Dental hygiene is also very important. See your dentist regularly.

Mix and Mingle: Social interaction can be as important as exercise and medical appointments. Stay connected with your friends. Entertaining can be as easy as picking up a prepared meal and adding your own fresh salad. Social interaction can promote a healthier diet, exercise and sleep habits. Isolation can lead to cognitive decline and depression.

Eat to Live: “We are a wonder being. To be alive is a gift. Don’t miss out by partaking in foods that are subpar. Keep a watchful eye on eating a moderate diet that balances the food groups. Think in terms of fresh foods with fewer processed foods. Experiment with grains, legumes and nuts to create whole proteins. The same holds true with generous amounts of fresh fish and vegetables. With the diet above, fewer meats will be consumed. Above all, enjoy the ritual of eating with joy in mind. Again, it is a gift to be able to do it.” – Chris Pardue, Executive Chef, Chester Village West.

Relax: Take time to reflect on the world around you. Take some deep breaths during the busy day. According the Mayo Clinic, the benefits of relaxation can lower blood pressure, reduce muscle tension and increase energy levels and concentration. Try yoga, tai chi or meditation. Or set aside some time each day to simply curl up in a favorite chair and read a book.

All these recommendations are a part of our Healthy Life™ Services program at Chester Village West.

– Marian Bairstow, Chester Village West



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April 12 - Deadline for the next issue of

WESTBROOK EVENTS

Contact Jill in the First Selectman’s office 860-399-3040 or e-mail jbrainerd@westbrookct.us to submit an article or press release.

MISS MULVEY



"I think I ate too many treats!"

Registrar of Voters

CANVASS - The Registrars will be conducting the yearly Canvass during the months of January through May. Not all registered voters will receive a "Confirmation of Voting Residence" letter. Again this year, 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. Those electors whose names are on this list will receive a notice from the Registrars asking them to confirm their present voting residence, mailing address, or to verify any 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 taken off the Official Voter list and put on the Inactive list which will require you to fill out a new registration form to be reinstated before voting.** Anyone whose name is on the Registry list, but did not vote in the November 6, 2012 election will also receive a notice to confirm their residency in Westbrook. 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, please 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. Please note that Registration application forms are available in the Registrars' and Town Clerk's Offices and on a table outside the Registrars' Office. When you have made a change to your voting resident address or name, please remember to also notify the Department of Motor Vehicles. Be sure to have your name on the Registry List so that you can vote.



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Westbrook Garden Club

The Westbrook Garden Club was busy this fall. Club members re-landscaped the garden at the I-95 Visitor's Center with plants donated by Clinton Nurseries, arranged seasonal greens in window boxes and barrels all over town, planned and planted for our annual May sale, and enjoyed good food and good company at a holiday luncheon.

We're looking forward to a spring of exciting programs, and we hope you'll join us for one—or more! On March 26 Nancy DuBrule-Clemente will share her knowledge of succession of bloom in the garden; April 23 Peggy Van Antwerp will demonstrate hydroponic and aeroponic gardening, and May 21 Ted and Becky Jones will introduce us to the art of beekeeping. Programs, which last about an hour, are held at 7:00 pm in the community room of the Westbrook Public Library. All are free and open to the public. And while you've got your calendar handy, be sure to circle May 11, the club's annual May Sale on the Westbrook Green. This year's sale will feature annuals and vegetables as well as members' plants, all at very reasonable prices, along with Mother's Day gifts, raffles and activities for children. Come celebrate Spring with us May 11 on the Green!

Coastal Storm Sandy Permit Requirements

In view of the most recent 'Super Storm Sandy' and previous 'Storm Irene', there are many residents who desire to raise their residential structures.

Please note that while we encourage the raising of houses, there are procedures and requirements that have to be met. There are different procedures, depending on whether the house had "substantial damage" (cost of restoration would equal or exceed 50% of the market value of the structure before damage), or whether a property owner wishes to raise their not damaged house to prevent the possibility of future flooding in the structure.

If you are considering this type of improvement to your home, it is recommended that you contact the Land Use Office early in the planning process to avoid delays when seeking a building permit. The town's website offers GIS mapping that will indicate the flood elevation for specific properties. <http://www.mapgeo.com/WestbrookCT/>. Go to "search properties" and type in the address of the property. On the "Maps" menu, go to the pull-down menu for thematic overlay and click "New FEMA Flood Maps" to find out your flood zone and base flood elevation. These flood maps were recently updated and became effective on 2/6/2013.

Also, for review of flood construction requirements, see Section 5.00.00 of the Zoning Regulations <http://www.westbrookct.us/Docs/zoningregs2011.pdf>. As you will read in the Regulations, licensed professionals will need to be obtained for design drawings.

— Nancy J. Rudek, CZEO Zoning Official-Land Use Dept

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New Beginnings for Economic Recovery

The 2013 session of the General Assembly has begun. As state residents continue to struggle with job losses, smaller household budgets and increased costs for fuel, groceries and school tuition, it is the work of government to create a plan for reform, recovery and a reinvention of how our state government works so that our prosperity is restored. Government has an important role to play in our economic recovery by promoting policies that support prosperity.

- Keep spending aligned with revenues. Reduce spending to what we can reasonably anticipate in revenue without assessing new taxes.
- Maintain state funding commitments to towns in the areas of education, public safety, transportation, and public health. Cuts in state spending should shrink the size of government, not shrink government's commitments to its core functions.
- Fund projects by competitive grants that are awarded based upon return on investment, i.e., job creation and economic development.

Long-term solutions and planning are necessary to cut state spending and to support a robust business climate for job creation. As citizens, you deserve a lean, agile government that can tackle problems head-on before they spiral out of control.

In this new legislative session, I plan to form partnerships with Connecticut residents and business leaders to pursue common sense solutions to government spending.

When job losses signal a sharp downturn in many family and personal finances, increasing taxes would hurt more than help our already weak economy. It is critical to reduce the size and cost of government. Government expenditures need to focus on the core functions of public health and safety, transportation and public education. Cuts in state spending should shrink the size and cost of government, not shrink government's commitment to its core functions. Towns should be relieved of excessive state mandates. Municipal mandate relief would save on property taxes and allow towns to find better, more cost effective local solutions.

Any initiative to shape and direct Connecticut's economic performance depends upon government and business policies



and partnerships that create skilled jobs, incentivize entrepreneurs, and retain our pool of talented young workers. Historically, Connecticut is rich with innovation in manufacturing, aerospace engineering, and the insurance and financial services industries. But the high cost of doing business in Connecticut significantly diminishes our competitiveness. Any vision for improving Connecticut's economic performance must include targeted attention to strategic transportation investments, the age and education of our workforce, and taxation and regulation renovations that create a business supportive economic climate. While Connecticut is a leader in life sciences, biodiesel and alternative energy initiatives, we must focus on how to facilitate and encourage the movement of scientific and technological advances from the research laboratory to the marketplace.

Connecticut has the assets and creativity to actively reshape our state's economic performance, and it is essential that we do so. Nothing less than our economic vitality is at stake.

– State Representative Marilyn Giuliano

State Representative Marilyn Giuliano represents the towns of Lyme, Old Lyme, Old Saybrook and coastal Westbrook in the Connecticut General Assembly.

Westbrook Historical Society

At our meeting held on January 15th, newly elected officers:
 Nile Barrett, President
 Catherine Doane, Vice President
 Alberta Wininger, Secretary
 Barbara Kelsey, Treasurer
 Margaret Bock, Archivist
 Jessica Demers, Program Chairman
 Marcia Hollister, Publicity

Plans have been set for the Annual Day on The Green festivities for July 13th. This will be held on the Town Green, with

arts and crafts for sale, along with antiques by various dealers. Formal plans have not been made as to our special display inside the Westbrook Historical Museum, or other activities which will take place on the green. There will be more to see and do.

We are still looking for new members to join in the fun of discovering Westbrook history. Please give a call to 860-399-7294 or 860-399-6445 for any information regarding membership. Our building is normally open on Wednesdays from 9-12 if you have any questions.

Now Santa Has a House in Westbrook

The brand new "Santa House" made its debut appearance at this year's Annual Tree Lighting Ceremony and it was very well received by all. The 8x12 foot shed kit, appropriately painted in holiday reds and greens, was purchased by the Tree Lighting Committee, with grant of \$2400 from the Westbrook Foundation. It was constructed as part of Ryan Chapman's Eagle Scout Project for Troop 38. The décor of the cozy home was designed and decorated by Westbrook High School art students and the Westbrook community as a whole, greatly enjoyed the new addition to the annual town event.

"In past years we had put Santa and Mrs. Claus in a tent, having this new permanent structure really made a big difference and everyone loved it," praised Dennis Allen, Chairman of the Tree Lighting Committee. "It really turned out great and we are so grateful to the Westbrook Foundation for the grant to make this possible."

Agreeing with Allen, Darlene Briggs, a member of the Tree Lighting Committee said, "We really appreciate the grant. The "Santa House" looked fantastic inside and out and it was such a great community project that involved so many."

Chairman of the Westbrook Foundation, Jim Crawford added, "The Foundation has a long record of supporting the Westbrook Tree Lighting Committee and is proud to add "Santa's House" to this holiday tradition. Ryan Chapman's Eagle Scout work, and his enlistment of other young folks to further beautify the structure, speaks to the community enthusiasm we all share in celebrating the season in Westbrook."

Each year the Tree Lighting Ceremony is held on the first Sunday in December. The entire event embodies what the community of Westbrook stands for and each year the Tree Lighting Committee works tirelessly to ensure that there are fun, exciting activities on hand for everyone to enjoy free of charge. The cozy, inviting, little "Santa House" is the perfect addition to the Ceremony, which already includes the parade, horse drawn wagon rides, the bonfire, (complete with donated



The Santa House was constructed as part of Ryan Chapman's Eagle Scout Project for Troop 38.

homemade smores,) musical performances, hot chocolate, readings from the "Night Before Christmas", Wild Bill Taylor caricatures and more.

Eleven months out of the year the "Santa House" is kept at the town garage serving its second purpose as the storage space for the Tree Lighting equipment and materials.

"I think Barbara Spencer would be very proud to see how the Westbrook Foundation has contributed to the town in so many wonderful ways," added Allen. "We are so lucky to have this Foundation in Westbrook as well as so many willing volunteers, young and old, to make our events memorable and enjoyable for everyone."

— Karena Garrity

Three Cheers for *Events* Magazines!

*"Town specific, each **Events** does something good for the town it serves; it's local on a closer level. With every issue, we hear from our Selectman/woman, and read articles about town officials and town offices. Also, we read about those other organizations in town which are not always on the forefront; it's nice to see them in the spotlight. The colorful cover gets your attention. The magazine is well-formatted and easy to read."*

**— Deb Umba, Haddam Resident and
Chairwoman, Higganum Village Farmers' Market**

Subaru Share the Love and Meals on Wheels Holiday Campaign Celebrates Shoreline Seniors with Christmas Gifts

After four weeks of participation by the ten shoreline first selectmen, local rotary clubs, VISTA volunteers and Reynolds Subaru family and staff delivering meals to seniors, area students took their turn at bringing holiday cheer to shoreline seniors on December 19th.

Area Boy Scout and Girl Scout troops along with Old Saybrook and Westbrook Interact Club students gathered at the Estuary Council of Seniors in Old Saybrook to prepare for their distribution of holiday gifts. The students delivered meals to 250 Meals on Wheels Shoreline seniors along with holiday cards made by them. They also presented the residents with poinsettias and other holiday plants donated by Grove Gardens and Clinton Nurseries of Clinton, VanWilgens of North Branford, Riggio's of Essex and the Old Saybrook Walmart store.

Estuary volunteers and staff, including Executive Director, Paula Ferrara, Bill McLaughlin from the Old Saybrook Rotary Club, VISTA volunteers and Westbrook First Selectman Noel Bishop were on hand to serve hot chocolate and donuts to the students and to thank them for their time and effort in making the holidays a little brighter for shoreline seniors.



Names L to R: standing Hudson Roarick; Connie Cliffe; Bill McLaughlin; Mike Neville; Brad Morrison; Lydia Murphy. Kneeling: Morgan Wilderman; Mahlah Givehand; Sophia D'Ambrosi

It's Always the Right Time to Adopt A Spot

Join our volunteers to "Beautify Westbrook One Spot at a Time." There are 13 spots waiting to be adopted. Go to the town web site at www.westbrookct.us, click on our link listed on the left, and learn how the program works, find an application, and see the list of available spots; or, call Debby Rie at 860-628-1160. It's a great time to adopt so that you are ready for spring planting and tending.

Thank you to all our adopters for taking such good care of the spots throughout 2012. You are making a difference to Westbrook as you beautify one spot at a time. By one spot at a time we have 38 adopted spots. It seems hard to believe that we now have 51 spots on our master list with the recent addition of future Eagle Scout Andrew Clark's attractive planter that he built around the firehouse announcement sign. We hope someone will adopt this spot come spring.

We thank the Westbrook Foundation for awarding us another grant which enables us to continue purchase of recognition signs. We thank The Town of Westbrook for supporting us with the purchase of supplies for a special project to spruce up the ladies room at the town beach, purchasing planters for the town beach, and hosting a recognition luncheon.

Our goal for 2013 is to have all 51 spots adopted. 13 more to go in 2013!

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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 2 event a festive and happy town party.

The committee is grateful to the Westbrook Foundation for providing a grant to build the new Santa house, Ryan Chapman and his mom and dad- David and Diane, the construction crew and helpers- Dana Brainerd, Barney Clark, Bill Cusson, Rick Hardy, George Hollister, and Gary Trasacco, and the interior decorators- Mrs. Toth and the Westbrook High School Art Club.

Thanks to Jim and Mary Brewster at the Captain Stannard House, St. Paul's Episcopal Church, Westbrook Drum Corps, and Westbrook Historical Society for their open houses; Essex Savings Bank for sponsoring the carriage rides and Foxglove Farms for providing them.

The committee thanks the businesses and organizations around the green for decorations and goodies: Beautiful Impressions, Don Balint of Christmas Décor, Nautical Needles, and Westbrook Pizza. Other organizations and businesses made significant contributions as well. Thank you Beach Donut Shop, Envirotech, Jodi Works, Lighthouse Signs, Sail Repair, Saybrook Lanes, Shop Rite, Stork Exchange, Susan McManus and the Westbrook High School Future Business Leaders, Tanger Outlets, Westbrook Ambulance,

Westbrook Board of Selectmen, Westbrook Deli, Westbrook Fire Department, Westbrook Garden Club, Westbrook Lions Club, Westbrook Police, Westbrook Public Works, Westbrook Youth & Family, and Wilcox Energy.

Many individuals and organizations participated in the parade, performed, and entertained those gathered around the green. Cub and Boy Scouts, Daisy, Brownie, and Girl Scouts, the Board of Selectmen, Mr. John Du with Ed and Ginny White, Jen Capano and friends (the bonfire & smores!), Mary Ella Luft and Darlene Tempesta and their Girl Scout Troops (reindeer food booth), Oxford Academy, VISTA students and staff- especially singers Brian Ruty and Sharon Goldberg, Westbrook Dance Academy, Westbrook High School principal Bob Hale (Night Before Christmas), Olivia Tempesta and Gretchen Pierpont (saxophone duet), Westbrook High School band and chamber choir, Westbrook Junior Colonials, Westbrook Drum Corps, and the Friends of the Library.

The committee owes a special thanks to the Westbrook Boy Scouts for help setting up and taking down around the Green, sound and music maestro Bob Mathis, caricaturist extraordinaire Wild Bill Taylor, bicycle contest judges Dave Kittle and Jill and Dana Brainerd, and last, but not least, Randy and Ann Bell (the spirits of Christmas).

This year's committee members were Dennis Allen, Loren Baker, Jill and Dana Brainerd, Jim and Mary Brewster, Darlene Briggs, Jennifer Capano, Lew Daniels, Melissa Ehlert, Kim Esposito, Bernadette Jones, Bob Mathis, and Yeva Pierpont.

Estuary Council

ESTUARY COUNCIL OF SENIORS, INC. has been serving seniors in the nine-town Estuary region for 38 years. Call us to receive our *Gazette Newsletter* or go to www.ecsenior.org for our online newsletter, events calendar, menu, and more.

SAVE THE DATE - APRIL 27. PAINTED CHAIR AUCTION: THE SECOND SEATING. Artists and sturdy, wooden chairs and small benches and tables wanted. The finished furniture will be auctioned at our event to benefit Meals on Wheels in 10 towns along the shoreline. Call Rhonda at 860-876-7340 if you are interested in donating a small, sturdy furniture piece, or, if you have an interest in turning a wooden piece of furniture into a piece of art to be auctioned.

"BUY A WHEEL" for \$1 MEALS ON WHEELS FUNDRAISER During March, National Nutrition Month, local businesses will sell paper "Wheels" for \$1. 100% of the monies raised from the "Buy A Wheel" program will go to our local Meals On Wheels program to feed homebound seniors. Please buy a wheel to provide a meal for a senior citizen in your town.

MEALS ON WHEELS – hot meals delivered to your home. Call Diane at 860-388-1611. A \$3.00 donation request for those aged 60+. Meals are supported by Senior Resources Agency on Aging with Title III funds available under the Older Americans Act.

CAFÉ MEAL SITES - Clinton, Old Lyme, Old Saybrook, Westbrook (Thursdays). Reservations required by calling 860-388-1611 by 11 am, 24 hours in advance.

STAN GREIMANN ESTUARY MEDICAL OUTPATIENT TRANSPORTATION For medical appointments, to any medical location beyond the nine-town estuary region. Call Judy at 860-388-1611. Suggested donation of \$35.

CLASSES AND ACTIVITIES: Board Games, Billiards, Ping Pong, Yoga, Exercise Classes, Mah Jongg, Wii, Cribbage, Writer's Group, Book Club, Quilter's Group, Needlecrafters, Hand and Foot, and more! Check the Gazette for all of our programs.

ESTUARY THRIFT SHOP: Open 10 am - 4 pm, Monday - Friday; 9 am - 1 pm on Saturdays. Clothes (men, women, and children), kitchen items, crafts, and more available. Donations are accepted and volunteers always needed.

DONATE YOUR CAR OR BOAT TO THE ESTUARY COUNCIL - Turn your car or boat into a tax deduction by calling: 1-800-716-5868. Proceeds benefit the vital services we provide for seniors in the nine-town Estuary Region.

VOLUNTEER OPPORTUNITIES: Call Judy at 860-388-1611.

Middlesex Hospital Total Lung Care

Complete Care for Lung Cancer Patients - According to the national Centers for Disease Control (CDC), more than 350,000 people alive today in the United States have been diagnosed with lung cancer. Although lung cancer is a very serious type of cancer, if it is detected in its earliest stages and appropriate and coordinated treatment is provided, a cure is possible.

The Middlesex Hospital Total Lung Care Center, offers a coordinated approach to providing everything patients with lung cancer need – including the one-to-one services of a specially trained nurse navigator, Gean Brown, R.N., O.C.N., increased surveillance improved screening, and appropriate treatment options, including surgery, chemotherapy and radiation therapy.

Surveillance – When Brown first arrived at the Cancer Center in 2009, she realized there wasn't a coordinated system to help patients suspected of having lung cancer “navigate” the steps from diagnosis through treatment, and on to potential recovery. Since then, Brown and a number of physicians have worked hard to change that. The first step in developing the Center, according to Brown, was to begin a quality assurance (QA) program to ensure that any abnormal lung testing done through the Radiology Department would automatically be sent to her. From there, Brown takes the results and makes sure to always inform the patient's primary care physician if the finding looks serious, and then recommends a consultation with a pulmonary physician or thoracic surgeon to review the findings further. The clinicians then refer to what is called the “Fleishner Society” guidelines to assess the lung nodules. The Fleishner Society comprises a group of thoracic surgeons who developed standard guidelines to follow for appropriate actions to take based on the differences in lung tumors, i.e.,

size, whether or not the person is a smoker, has a history of lung disease, etc.

Screening – The Total Lung Care Center offers screening for lung cancer using low-dose CT scanning. Studies have shown that these low-dose CT scans have the potential to catch lung cancer in its early stages, which means that it is more likely to be cured (Stage 1 or 2). They are recommended for people at high risk for lung cancer. The test takes ten minutes and there is no preparation needed. In addition, Hospital pulmonologists utilize an endobronchial ultrasound (EBUS) machine, which employs sound waves to detect cancerous tumors in the lungs.

Treatment Options – In addition to the services offered by the Cancer Center's medical and radiation oncologists, thoracic surgeons now work in concert with other Middlesex Hospital surgeons to treat lung cancer, using minimally invasive techniques.

The Total Lung Care Center is a coordinated and comprehensive one, which includes radiologists, oncologists, pulmonologists, surgeons, radiation oncologists and Brown, the Lung Nurse Navigator. In fact, different doctors may consult on a patient, so he or she can feel confident that the entire team is working for their benefit at all times.”

The cost for the low-dose CT scan is \$125 and is not covered by insurance. A physician order is also required for the scan. If you do not have a physician, Brown can assist you in getting a referral. She can be reached at (860) 358-2066.

Middlesex Hospital also offers a smoking cessation program that provides information and counseling to motivate smokers to quit tobacco use. Call (860) 358-3003 for more information.

Winter Weather: Frostbite

Frostbite

Frostbite is an injury to the body that is caused by freezing. Frostbite causes a loss of feeling and color in affected areas. It most often affects the nose, ears, cheeks, chin, fingers, or toes. Frostbite can permanently damage the body, and severe cases can lead to amputation. The risk of frostbite is increased in people with reduced blood circulation and among people who are not dressed properly for extremely cold temperatures.

Recognizing Frostbite

At the first signs of redness or pain in any skin area, get out of the cold or protect any exposed skin—frostbite may be beginning. Any of the following signs may indicate frostbite:

- a white or grayish-yellow skin area
- skin that feels unusually firm or waxy
- numbness

A victim is often unaware of frostbite until someone else points it out because the frozen tissues are numb.

What to Do

If you detect symptoms of frostbite, seek medical care. Because frostbite and hypothermia both result from exposure, first determine whether the victim also shows signs of hypothermia, as described previously. Hypothermia is a more serious medical condition and requires emergency medical assistance.

If (1) there is frostbite but no sign of hypothermia and (2) immediate medical care is not available, proceed as follows:

- Get into a warm room as soon as possible.
- Unless absolutely necessary, do not walk on frostbitten feet or toes—this increases the damage.
- Immerse the affected area in warm—not hot—water (the temperature should be comfortable to the touch for unaffected parts of the body).

— www.ct.gov

Children's Tree Montessori

Area families are invited to discover the love of learning at The Children's Tree Montessori School in Old Saybrook. The school is now interviewing students ages three to 12 for the upcoming 2013-2014 school year. Explore the possibilities of a classic Montessori education by attending an upcoming open house: March 9th from 9:30 am until 1 pm, or February 28th from 5 to 8 p.m. Call (860) 388-3536 today, or for more information about the school, log onto ChildrensTree.org.

Contact: Marci Martindale, Children's Tree Montessori School, 96 Essex Rd., Old Saybrook.

The Shoreline Soup Kitchens & Pantries provides 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



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Westbrook - Community Listings

USEFUL NUMBERS

Middlesex Community Foundation	(860) 347-0025
George Flynn Concert	(860) 669-1208
Consumer Protection	(860) 566-2294
Westbrook Garden Club	(860) 399-6260
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

IMPORTANT TOWN HALL NUMBERS

Assessor	(860) 399-3045
Building/Sanitarian	(860) 399-3047
Animal Control Officer	(860) 399-9869
Emergency Management	(860) 577-0622
Web site	www.westbrookem.com
Harbor Master	(860) 399-9406
Landfill	(860) 399-6356
Municipal Agent for the Elderly	(860) 399-3048
Probate Court	(860) 399-5661
Recreation	(860) 399-3095
Registrar of Voters	(860) 399-3042
Selectman's Office	(860) 399-3040
Social Service	(860) 399-3048
Tax Collector	(860) 399-3043
Town Clerk	(860) 399-3044
Town Garage	(860) 399-6891

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
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POLICE DEPARTMENT

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

LIBRARY

Westbrook Public Library	(860) 399-6422
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Free Income Tax Assistance

Department of Revenue Services

State Income Tax Assistance: Free assistance in completing Connecticut returns is available from the Connecticut Department of Revenue Services (DRS) by telephone or in person at any of our Field Offices. If you come to our offices for help in preparing your Connecticut income tax return you must arrive by 4 pm and you must bring all of the following items:

- Your completed federal income tax return;*
- Your social security card (and your spouse's social security card if you are filing a joint return);
- State copies of all W-2 forms and any other forms showing Connecticut tax withheld;
- Property tax payment information if you paid property tax in Connecticut on your home or motor vehicle;
- Photo Identification (driver's license, passport, or other government issued photo id);

NOTE: Both spouses must be present if you are filing a joint return.

DRS does not provide assistance in completing your federal return. You may be eligible for free assistance from the Internal Revenue Service (1-800-829-1040) or from one of the organizations listed below.

Those who cannot come to any of our offices can still receive tax help by calling (800)382-9463 (Connecticut callers outside the Greater Hartford calling area only), or (860)297-5962 from anywhere Monday - Friday (8:30 am to 4:30 pm).

AARP

Federal and State Tax Assistance: AARP's Tax-Aide Program, a partnership between the AARP Foundation and the Internal Revenue Service, provides free tax counseling and preparation services to middle-and low-income taxpayers, with special attention to people age 60 and older. Click on the "Tax-Aide Site Locator" which will take you to the AARP site for information on locations and hours. Many sites will e-file your federal and Connecticut returns at no cost to you. The Connecticut Department of Revenue Services is proud to provide training and materials to volunteers from the Tax-Aide Program.

VITA

Federal and State Tax Assistance: The Volunteer Income Tax Assistance (VITA) Program offers free tax help for low-to moderate-income (under \$50,000) people who cannot prepare their own tax returns. Volunteers, sponsored by various organizations, receive training to help prepare basic tax returns in communities across the country. VITA sites are generally located at community and neighborhood centers, libraries, schools, shopping malls, and other convenient locations. Many or Some locations also offer free electronic filing. Some locations also offer free electronic filing.

If you need assistance from VITA, see the list of Connecticut VITA Sites. The Connecticut Department of Revenue Services is proud to provide training and materials to volunteers from the VITA Program.

— www.ct.gov



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Sen. Art Linares takes the oath of office on the first day of the 2013 session of the Connecticut General Assembly. The 24 year old Westbrook resident represents the 33rd Senate District, which encompasses Chester, Clinton, Colchester, Deep River, East Haddam, East Hampton, Essex, Haddam, Lyme, Old Saybrook, Portland, and Westbrook. Linares has been named Ranking Member of the Connecticut General Assembly's Banks Committee and Ranking Member of the Select Committee on Children. Linares will also serve on the Commerce and Education Committees. His website is www.senatorlinares.com and he can be reached at 800-842-1421.



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