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Volume 13 • Quarter 3 • 2013



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First Selectman's Corner

CHANGING LANDSCAPE...

A casual drive around Westbrook and you will see many changes in our physical landscape. A train station that will accommodate over 200 parking spaces and a new town garage. Middlesex's new clinic that will deliver state-of-the-art emergency medical care that will serve our regional communities. These projects were all funded with non-Westbrook tax dollars. A new roof on our high school and increased security in our school system.

The Lee Company continues to expand its facilities, adding new jobs to strengthen our local economy. Westbrook is also a great place to live and work because of our marine industry and the many small but important businesses that have served us well for many decades.

But there is another "landscape" that not everyone sees but is also changing. I refer to the important role that countless volunteers contribute everyday in the governance of this

community. This is the "landscape" of commissions, boards and committees that make all the major decisions on behalf of this community. With the assistance of staff, their actions insure the quality of our lives; the rich culture of our heritage and that the environment will be preserved.

Our volunteers are comprised of individuals of all political persuasion who increasingly put aside partisan view points and strive for our greater common good as a community. Westbrook is often referred to as "the jewel of the shoreline" because our residents care and look to a future that is filled with promise and hope. We need your continued participation.



First Selectman Noel Bishop

— First Selectman Noel Bishop



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\$749,900-NEW WATERFRONT LISTING

Location! Cape Cod style home on 1.8 private acres. Patchogue River frontage and dock. 6 bedrooms, 2.5 baths, 2 fireplaces. Deck overlooks sweeping lawn down to the river.
JOANNE PUTNAM



CLINTON

\$239,500 - NEW LISTING

Great space including a family room in the lower level. Large deck for everyday living and entertaining. Efficient pellet stove heats the whole home. Owner/agent related.
SARAH MARCINEK



WESTBROOK

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Beautifully maintained Center Hall Colonial on lovely private lot adjacent to Indian River Complex. Painted, new carpets, 2nd floor office/family room. Deck opens to paver patio.
PAT REED



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Close to shopping, highway, Hammonasset Beach. Wood flooring, one bedroom on first floor. Newer windows, private backyard. With some updating this home will shine.
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13 TOWNS EVERY QUARTER

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Registrars of Voters

The Municipal Election will be held on Tuesday, November 5 at the Mulvey Municipal Center, 866 Boston Post Road, Westbrook, CT in the Multi-Purpose Room from 6:00 am to 8:00 pm. If you are not a registered voter, you may get an application at the Registrars' or Town Clerk's Office. The regularly scheduled Registrars' Office hours are each Tuesday from 11:00 am – 1:00 pm, and Thursday from 5:00 pm – 7:00 pm. You may also call to make an appointment at 860-399-3042.

A reminder to all registered voters- Please inform the Registrars if you have had any change of name, address, telephone number, or want to change your party affiliation. It is important that we have your most current information for our records so that your right to vote is not compromised.

Any registered voter on the active list, if unable to vote in person, may vote by absentee ballot for one of the following reasons: 1) absence from the town during all hours of voting, 2) illness, 3) physical disability, 4) active service in the U.S. Armed Forces, 5) religious tenets which forbid secular activity on the day of election, primary, or referendum, 6) service as an election official at a polling place other than the official's usual place of voting during all hours of voting. Absentee ballots are available only from the Town Clerk beginning on the 31st day before an election and the 21st day before a primary, upon application properly made, either in person or by mail to the Town Clerk.

— *Registrars of Voters: Mary Labbadia, Nancy R. Moore*

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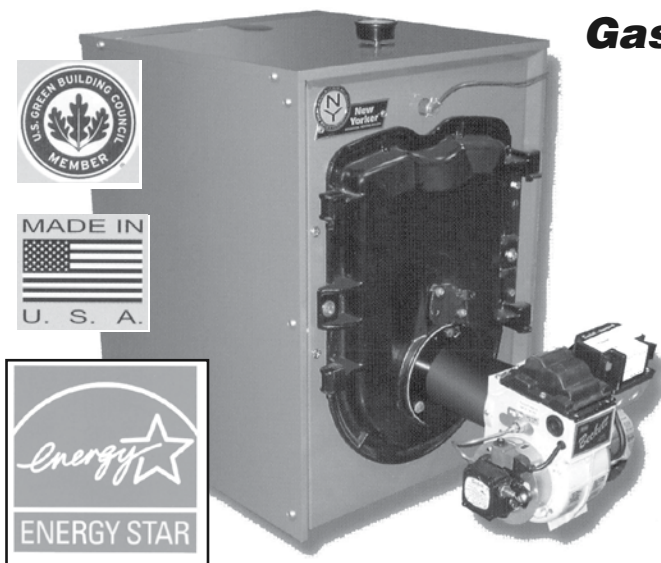
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Westbrook Recreation

Summer Westbrook Events

Westbrook is the best place to be during the summer months! Our Recreation Department has camps and programs for everyone. Field Hockey, Soccer, Baseball, Basketball, Tennis and Theatre Camps are available to every child. We do programs for children from Westbrook and for nonresidents from all over the shoreline.

It's still not too late to sign-up for "Week at the Beach" or "Hangout Week". Week at the Beach will be August 12th – 16th. Each day, parents will drop off and pick up their children right here at the Westbrook Town Beach. Drop-off will be at the Westbrook Town Hall, if it rains any of these days. Please remember that there are two field trips during this week to add to all the fun.

The week after summer camp is over has always been difficult for finding dependable childcare. Hangout week will be August 19th – 23rd, at the Westbrook Library. This week has no field trip but is a great way for children to start thinking about school. Access to library books and other materials will be available so children can catch up on their summer reading. Hours during this week are limited to 8:00 am – 4:00 pm, due to staff availability.

Fall Programs

Fall is right around the corner and the children will be back in school soon. This September we will start a new year for all

our adult programs. We have Zumba, Yoga, Aerobics, Pilates, Adult Volleyball, Adult Basketball, Belly Dancing and Senior Fitness classes. We're sure to have a fitness class to fit your schedule and desire. Why pay membership fees when you're able to take our classes whenever you wish and only pay for the ones you use?

Our new program for this fall will be our Adult Horseshoe league. Teams of two can be men, women or co-ed. All teams should register now, so we can make our schedules available for September. The league will run on Thursday nights from 5:30 – 7:00 pm. Space will be limited so please register as soon as possible.

All our fall youth sports programs will be starting September 7th. As always, we have our very popular Tot Soccer, Recreational and Travel Soccer programs. For the third year we will have the Challenger Sports staff running our 1st – 5th Grade Recreational Soccer program. Challenger teaches both our April and Summer Soccer Camps and will bring their international skills and knowledge. This program will give your child the solid foundation they will need to play soccer.

This will be the fourth year for Youth Badminton. Has your child enjoyed playing badminton this summer? Now imagine them playing indoors with all their friends. This class is limited due to the small Daisy gym. Sign up as soon as possible! K-4 Karate has been an ongoing favorite with children and parents for many years. Your child will learn to listen, follow directions, learn self-discipline and focus better. We also have our other popular youth programs, Archery and the Red Cross courses such as Babysitting and When I'm In Charge.

This will be our fourth year of doing the Before and After School program at the Westbrook Middle School. Do you need to drop off your children early in the morning? Do you want your children supervised in a fun and safe environment? Do you want your children to do their homework before they come home, under the supervision of our staff? Each session runs for four weeks (Mon.–Fri.) at a very reasonable rate. Children may also sign up for certain days each week, at a higher cost per day.

The Westbrook Recreation Board hopes that all of our residents had a happy, safe and fun summer. Now please don't delay and register for our Fall programs. If you are not a Westbrook resident and want to receive our brochure, please call us at 1-860-399-3095. Nonresidents are always welcome to join us. Find out why people everywhere are saying: "Westbrook Recreation has programs for everyone and the benefits are endless!"

— The Westbrook Recreation Board

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Westbrook Garden Club

We've been busy tending flowers all around town. We hope you're enjoying this year's lively colors.

Scholarship Awarded. In June, we awarded a \$500 scholarship to Michael Hathaway, Westbrook High School graduate who plans to major in environmental studies, sustainability, and geography at Keene State College. Our special thanks to Dr. Marjorie Corrigan, scholarship chairman and committee members Vivian Partridge and Martha Neale. Good luck Michael!

New Officers Elected. Officers were elected in June. Mindy Gordon continues as President, Penny Sisk as Treasurer, Norma Mitchell as Recording Secretary, and Nance Hahn as Corresponding Secretary. Sharon Cooke replaces Rosemary Einsmann as Vice President. The club thanks Rosemary for many years of gracious service on the executive committee.

Fall Mum Market. Our fall Mum Market is Saturday, September 14, 10:00 am to 2:00 pm on the Town Green. Rain date September 15. We offer garden mums in fall colors, a raffle basket containing goodies donated by local merchants, bulbs, members' plants, lavender sachets and garden-related items, all at excellent prices. Receive a discount by pre-ordering 9 inch mums at \$5 each. Call Carolyn Fish, 860-399-6126, or Janet Fay, 860-552-4492 to pre-order.

Centerpieces for Regional Meeting. A two-day New England Regional Garden Club meeting hosted by The



Michael Hathaway, Westbrook High School graduate, was awarded a \$500 scholarship from the Westbrook Garden Club.

Federated Garden Clubs of Connecticut is being held October 14/15 at Water's Edge Resort and Spa. Led by Dee Mozzochi, our club will create centerpieces for a dinner honoring the President of National Garden Clubs, Inc. and for the next day's award luncheon.

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Daisy's 5K Trick-or-Trot Run/Walk & Kid's Fun Run



Feel like you're being chased by ghosts, vampires, super heroes or even pumpkins? Run fast at the 1st Annual Daisy 5k Family Run/Walk & Kid's Fun Run – with costume contest! All proceeds to benefit Daisy Ingraham Elementary School PTO.

Have a blast dressing in costume, making scarecrows, sipping hot apple cider along with other post race food, family friendly activities such as kids bouncy house, and face painting. The race will feature awards for each division and costume contest. Thanks to your participation and commitment we can help provide funding for programs at Daisy Ingraham Elementary School. So start training and give yourself a gold star for signing up – you make a big difference!

Race Date: Saturday, October 26th at 10:00 am. Kid's Fun Run will begin at 9:30 am. **Entry Fee:** \$18 with free t-shirt for first 100 pre-registered, \$20 after September 26, \$25 on race day. **Location:** Start & Finish at Daisy Ingraham Elementary School, 105 Goodspeed Drive, Westbrook. Register online at www.onestoprace.com. Visit us on Facebook www.facebook.com/DaisyIngrahamTrickorTrot5K.

To Essex Printing,

Thank you so much for your strong support of the Old Saybrook Chamber of Commerce and the community! Your generosity and quality of publications is unmatched. Events magazines are read cover to cover and are full of interesting community-related articles. Working with the professionals at Essex Printing is a pleasure and everyone goes above and beyond to produce exceptional products. We are so grateful to have Essex Printing as part of our business community. Thanks for everything!

– *Judy Sullivan, Executive Director, Old Saybrook Chamber of Commerce*

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Westbrook Youth & Family Services

Thank You! Westbrook Middle School's Student Council contributed over \$400 in school supplies to our School Supply Closet. WYFS's Closet is available to Westbrook families that need assistance purchasing school supplies for their children at the start of the school year. Email Jacqueline@wyfs.org for more information.

A special thank you to the Valley Shore YMCA who gave us ten free weeks of day camp for Westbrook families. We are fortunate to have VSYMCA partnering with us in support of our community!

Westbrook's Juvenile Review Board. We are proud to announce that Westbrook has officially launched its own juvenile review board. A Juvenile Review Board offers a community-based alternative to the juvenile court system for first time juvenile offenders charged with a misdemeanor. Our board is represented by Westbrook leaders and citizens who are committed to helping the youth of Westbrook. For more information on Westbrook's JRB, please visit www.wyfs.org.

Programming. Join us for our Family Fun Nights Tuesdays in August. Bring your entire family to WYFS for games, art projects and activities that you can share as a family. Please register at wyfs.org.

In the Fall, look for us at each school's open house night. Fall programming includes Kids N Motion, Mother-Daughter Night, College Intel, Little Tykes, Parent Education and in-school programming. Sign up for our email newsletter at wyfs.org so you don't miss our fresh slate of programs throughout the year.

Counseling Services. Westbrook Youth and Family Services 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, chronic illness or disabilities, trauma, peer issues and life transitions. Services are offered on a sliding-scale fee basis or state insurance is accepted. Please call Macdara MacColl at 860-399-9239 to set up an appointment.



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WESTBROOK LIONS CLUB

DATES TO REMEMBER

FRIDAY, AUGUST 16, (Time to be determined). Wine Tasting at the Old Elk's Club. Come taste some wine and beer and enjoy good food by the Shore.

SATURDAY, OCTOBER 5. The Annual Potato Festival on the Town Green.

For further details, please contact President Katie Kelemen at 860-202-8814, follow us on Facebook or go to our Website at <http://www.e-clubhouse.org/sites/westbrookct/index.php>.

Interested in joining the Westbrook Lions Club? We are always looking for new members. If you're interested, please contact us.

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Connecticut's Mental Health Crisis



A recent assessment from the Fitch Agency revised Connecticut's bond rating outlook downward from "stable" to "negative." This negative outlook is based on delayed repayment of borrowed funds, added to already high state debt, along with unfunded pension obligations creating an unstable, vulnerable financial position for Connecticut. This warning comes on the heels of another that finds our state to be the only state in the nation without economic growth in the last two years. The message is clear - Connecticut must get serious about controlling state spending and reducing state debt.

Connecticut is currently 46th of the 50 states rated for the cost of doing business. Businesses are reluctant to invest and expand in a state where unpredictable tax policies, state mandates and high health care costs are the price of commerce. For example, the corporation tax was scheduled to expire. This is good news for businesses and consumers. However, short on operating revenue, Connecticut's majority voted to extend this tax for another two years. Is it any wonder that Sikorsky, when awarded an \$800M helicopter contract sends \$600M of this work out of state because business costs are lower and more predictable?

For as long as Connecticut delays repayment of deficit borrowing, imposes historic levels of taxation on citizens and businesses, adds to its already high debt, and spends grant money unwisely, Connecticut will remain economically vulnerable and our fiscal recovery will persist as slow and unpredictable.

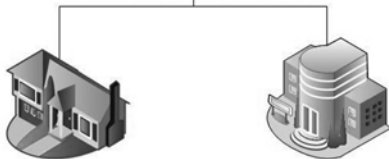
— State Representative Marilyn Giuliano

Marilyn Giuliano represents Lyme, Old Lyme, Old Saybrook and Westbrook in the Connecticut General Assembly.

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Energy Committee vets Energy Programs

Over the past year the Town's Energy Committee has reviewed a number of energy programs to help residents, businesses and town facilities reduce energy costs.

Two new programs have been implemented: Connecticut Property Assessed Clean Energy (C-PACE) was approved by a vote at a Town meeting on April 30th. C-PACE is an innovative program that helps commercial, industrial and multi-family property owners access affordable, long-term financing for energy upgrades to their buildings.

C-PACE allows building owners to finance qualifying energy efficiency and clean energy improvements by placing a voluntary assessment on their property tax bill. The Town receives a grant from Connecticut's Clean Energy Finance and Investment Authority (CEFIA) to offset the cost of the program. One multi-family property owner has initiated steps to utilize C-Pace.

The second action was the approval by the Board of Selectman to opt in to the CT Clean Energy Communities program which is offered by CEFIA and the Connecticut Energy Efficiency Fund.

Westbrook has pledged to reduce municipal building energy consumption from base levels by 2018, and has invested in LED parking lot lighting to reduce energy usage to help meet the 2018 goal. The Town also committed to purchase some of our municipal buildings' energy use from renewable sources. By achieving milestones, including participation by residents and businesses, the Town can earn cash grants of \$5,000 to \$15,000 and free solar photovoltaic panels to install on town buildings.

For additional information regarding the Energy Committee's efforts please visit our website at <http://westbrookenergy.org/>.

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Westbrook Foundation Scholarships

Celebrating the graduates of the class of 2013, The Westbrook Foundation awarded 39 graduates a total of \$59,400 in scholarships to be used toward higher education. An additional \$18,000 was given to Westbrook residents, through the Messerschmidt Scholarship Fund.

The Calderari-Hoxsie-Schubert-Steinson Veterans Memorial Scholarship was awarded to Jessica Chamberlain. The Josephine S. Crump Scholarship was awarded to Casey Abraham. Matthew Schenck and Bethany Schuster, earned the Dorothy Christopher Hoyt Scholarship. The Oscar Manstan/Richard Nolf Memorial Industrial Arts Scholarship went to Jacob Pulcini. Christina D'Amico earned the Herbert A. Muller, Jr. Memorial Scholarship and Gavin Kyrz was awarded the Ellen S. Murphy Scholarship.

Kathryn Cyr and Chloe Vincente were awarded the Henry Ortner Memorial Scholarship. The Olin E. Neidlinger Music Scholarship is going to Edward Wigglesworth.

The Elliot A. Spencer Memorial Scholarship was awarded to Caroline Davis. Juliana MacLachlan received the Raymond L. Wilson Scholarship and Michael Hathaway was awarded the Westbrook Grange #123 Scholarship.

James Porrell was awarded the Pat Mazeau & Myrtie Gareau Scholarship. Michael Hathaway received the Brandon E. Norman Memorial Scholarship and the Dan Nuhn Scholarship was given to Amber Neri.



Jacob Fernandes proudly walked to accept the first ever JoAnne Marino-Murray Scholarship.

The Marie Mazeau Memorial Scholarship is going to Bethany Schuster and the Shoreline Amateur Radio Club Scholarship was awarded to Alexander Schneider.

Jacob Fernandes was awarded the new Joanne Marino-Murray Scholarship and the new Eileen Daily Scholarship was awarded to Ayla Toussaint.

The Barbara Spencer Memorial Scholarship was given to Caroline Barton, Ayla Toussaint, and Sean Gosselin. For leadership, Karim Abdel Jalil; Good Citizenship, Gina Trasacco and Special Awards were given to; Taylor Amendola, Jerry Boccia, Morgan Campbell, Megan Doran, Kristen Fusaro, Meredith Hamm, Natalia Nardi, Julianne Panico, James Porrell, Joseph Sarr, Alexander Schneider, Julianna Senn, Jesse Tettelbach and Andrew Clark, (a non Westbrook High School Senior).

Sixteen Westbrook residents will receive scholarship funds from the Messerschmidt Fund, those receipts are; Jordan Bean, Jacob P. Collins, Meagan Cote, Christopher Cusano, Kenneth A. Cusano, Stephanie I. Cyphers, Caroline Gallagher, Tara Higgins, Matthew S. Jennett, Britney Malhotra, Christopher Marino, Scott Nicoll, Dominic Panico, Megan Pielli, Amanda Strukus, Edward Vallee.

— Karena Garrity

Q: How do I know if orthotics in my shoes will work for me??

If your heel swings too far to one side, your foot may be overpronating or flattening too much. This abnormal movement strains your foot causing the bones and soft tissue of the foot to support too much of your body weight. Over time this type of strain on the soft tissue may cause heel pain or spurs, tendinitis and pain when walking or exercising.

Many times just a look at the bottom of your shoes tells a story. If you have wear on the outside of your shoe, this might be an indication that orthoses would be an appropriate recommendation for you. Orthoses control movement, like a cradle and reduce strain on the joints eliminating many types of foot pain.

Custom made orthotics are very different from over the counter devices as they are molded to your foot by the making of a plaster impression. This allows us as your podiatrist to add modifications needed to correct your particular foot condition. We as podiatrists are educated in biomechanics and trained to determine how your specific foot functions.

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From the Nurse's Corner



Dr. Jeffrey Bernstein discussing Dementia at the luncheon seminar in the Senior Center.

On May 29, 2013, the Nurse's Department co-sponsored with the Senior Center an informative seminar on dementia. The keynote speaker was Dr. Jeffrey Bernstein who is an emergency room physician in the Middlesex Hospital system. Key issues discussed were the types of dementia, the causes of dementia and the prevention/treatment of dementia. A lively and educational Q&A followed. This is the first in a series of luncheon seminars that will be presented in the Westbrook Senior Center throughout the coming year.

The summer months are here and with it long, hot, humid days. It is very important to maintain good hydration during this period by drinking 6-8 cups of fluid each day. This fluid can be water, milk, juice, Gatorade, tea, coffee (in moderation), flavored water. If you experience signs of: thirst, fatigue, headache, dry, sticky mouth and tongue, dark urine, decreased urination, dizziness, confusion, falls, constipation or muscle cramping, you may be dehydrated.

With the flu season just around the corner, make a note on your calendar that we will be holding our flu clinic on November 5, 2013, in the Westbrook Senior Center.

Remember to ask for the Westbrook Visiting Nurses when you are in need of homecare services.

— Deborah Lovelette, RN, CHCE

Town Hall Closed

September 2nd, Labor Day

October 14th, Columbus Day



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Westbrook Drum Corps

The Westbrook Drum Corps would like to thank all of the generous people who made their recent "Fifing for Food" drive a success. Their next big event is their 54th Annual Muster to be held in August.

The Westbrook Drum Corps muster is the 2nd oldest and 2nd largest muster of fifers and drummers in the world – yes, the WORLD! The members attempt to limit the size of the muster to about 40 invited corps. Although they may not perform at the muster, other corps come just to march in the parade which can include fifty or more corps. This year, it will truly be an international muster as two corps from Switzerland will attend, the Grainfield Fife and Drum Corps and the Swiss Mariners. Other corps attending will travel from all the New England states, New York and Delaware, and New Jersey.

The muster weekend will open on Friday evening, August 23rd at 7:00 pm with the traditional "Tattoo." Members of visiting corps will place historical flags around the perimeter of the muster field. The Junior Colonials of Westbrook will then play our National Anthem followed by a medley of tunes after which each of the Swiss corps will perform. The parade on Saturday morning, August 24th starts at 11:00, proceeds through the center of town and ends at the ball field behind the fire house. The muster will begin once the parade has concluded.

At the muster, each invited corps will march onto the muster field, perform a medley of tunes and march off. The next corps will then enter the field and do the same until all corps have had the opportunity to perform. Some corps perform in full colonial military splendor and some in the dress of the period, but all remind spectators of our early history with their music.

The Boy Scout Committee will have food and beverages for sale. Vendors will have booths displaying their wares of music related items.

For further information, contact Dodie at 860 399-6436




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MILE - Middlesex Institute of Lifelong Education

MILE was established in 1993 to provide stimulating educational experiences for adults 50 and over. Sponsored by Middlesex Community College, it is an all-volunteer non-profit organization with programs on a wide range of topics. For \$60.00 members can attend 7 weeks of programs in the fall and 8 weeks in the spring. These may include field trips, and MILE also offers an annual week-long trip.

Our website is www.mileonline.org

E-mail: mileatchapman@gmail.com

– Joanne S. Rocznik, Mile Publicity Chairman

Rep. Tom Vicino Meets with Westbrook Seniors



Rep. Tom Vicino met with constituents to hear their concerns at the Westbrook Senior Center in the town hall.

The meeting was productive and seniors shared their concerns over the gasoline tax and asked questions on having more senior housing and assisted living facilities available in the area.

"I am proud that we have so many residents who care so deeply about the quality of life in our community," Rep. Tom Vicino said.

Representative Vicino invites constituents to contact his office to share their ideas and concerns. He can be reached his capitol office by calling 1-800-842-8267 or by email at: tom.vicino@cga.ct.gov.

Tom Vicino represents the 35th Assembly District of Clinton, Killingworth and Westbrook, and serves on the Commerce, Environment and Planning & Development Committees.

Summer Precautions

The hot weather can bring on a condition called "Clam Digger's/Swimmer's/Bather's Itch." After emerging from salt water, beach bathers may show symptoms of a rash resembling insect bites with a prickly or itchy sensation. The symptoms almost always subside within 12 hours only to reappear within the next 6-12 hours as an extremely itchy rash, which usually subsides by the fifth day. The skin rash is caused by certain parasites of birds, introduced into the water from the stool of infected birds and absorbed by snails. These parasites are then released from the infected snails and migrate through the water. It is during this period that if they encounter a swimming or wading person, they may penetrate human skin. Person-to-person transmission does not occur. A vigorous rubbing with a towel immediately after leaving the water will destroy many of the parasites before they penetrate the skin.

— Deborah Lovelette, RN, CHCE

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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.

NINTH ANNUAL AUTUMN ON THE DOCK AUCTION AND WINE TASTING – September 21 from 5:00 – 8:00 pm. The event is usually held at the Dock & Dine Restaurant, “on the dock”, but because of the extensive damage to their building from Hurricane Sandy, the event will be at the ECSI facility at 220 Main Street in Old Saybrook. There will not be a dock this year but there is a breathtaking view of the marsh and Connecticut River. The event will be featuring a wine tasting from the Wine Cask, great food, live music, live auction, and raffles.

ECSI is the sole provider of Meals on Wheels for the towns of Lyme, Old Lyme, Old Saybrook, Westbrook, Clinton, Killingworth, Chester, Deep River, Essex, and Madison. All proceeds from the event go toward the Meals on Wheels program.

MEALS ON WHEELS – hot meals delivered to your home. Call Peg 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. Suggested donation of \$35 for a roundtrip Doctor appointment up to 5 hours. Suggested donation of \$70 for appointments over 5 hours. Local service is now available every Wednesday from 9 am to 1 pm for a charge of \$10 per roundtrip. Call Judy at 860-388-1611.

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 - 3:45 pm, Monday - Friday; and from 9 am - 12:45 pm on Saturdays. Clothes (men, women, and children), kitchen items, crafts, and more available. Donations are accepted and volunteers always needed.

THE MARSHVIEW GALLERY AT THE ESTUARY: Open daily 8 am - 4 pm, and from 9 am - 1 pm Saturdays. The art on exhibit changes monthly and highlights the talents of local artists from along the shoreline. The artists donate a portion of their art sales to the Estuary Council of Seniors. An artist’s reception is held the second Friday of each month from 5 - 7 pm. Refreshments are served, and a door prize is drawn each month. All ages are welcome. Call 860-388-1611 for information.

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.

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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.

Adopt A Spot



New Planters on Old Clinton Road Bridge.



Tended Easement in Plymouth Road/ Acorn Drive Neighborhood.

Westbrook Adopt A Spot Adds a Bridge and a Town Road Easement to its Family of Spots. Check out the planters that are brightening the west side of the Old Clinton Road Bridge. The bridge now sports five planters that are adding a spot of color to the steel grey bridge. Help us expand to the bridge's east side and to both sides of the Wesley Avenue Bridge. The neighbors of Plymouth Road/Acorn Drive have adopted the town's easement along their streets and are keeping the grass neatly groomed. Adopt a town road easement to add to the attractiveness of your neighborhood.

Help us expand these applications to other spots. It's never too early to reserve a bridge spot or a town easement along your street. You can find an application on the Adopt A Spot web page at www.westbrookct.gov.

— Deborah Rie, Westbrook Adopt A Spot

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Social Services

Summer is here – and so is the Senior Farmer’s Market Nutrition Program!

The Connecticut Department of Agriculture provides low income seniors with checks that can be exchanged for eligible foods at farmers’ markets.

Eligibility Guidelines: All participants must be 60 years of age or older, or under 60 and permanently disabled living in subsidized senior housing. The 2013 eligibility income guidelines are: Single person=\$21,257.00 or Couple=\$28,694.00. Clients must be participating in another program with proper means verifying their eligibility – renters rebate, food stamps etc.

Eligible Products: You may purchase CT grown fruits, vegetables, fresh cut herbs and honey.

For information contact: Westbrook Social Services at 860-399-3040, ext.154. Office hours: Monday 1 pm - 4 pm Wednesday 9 am - 1 pm.

Connecticut Social Services New On Line Access. The Connecticut Department of Social Services has a new and easy web site; clients who receive SNAP (food stamps), HUSKY, Medicaid and other benefits can now set up an online account, where you can see if you are eligible for benefits, apply for benefits and access the required redetermination forms, and get answers as to the status of your applications and more.

Also available is an interactive tool that prescreens for services, known as “Am I Eligible?” The program takes about 15 minutes to complete, asking questions to determine what services you may be eligible for.

One of the new features is being able to report changes through your online account, without having to fill out paperwork and mail it in or having to reach your DSS Social Worker. You can now access the online web site at www.connect.ct.gov/access/.

Social Security New Online Services Available with a My Social Security Account. Social Security has expanded services available with a My Social Security account, a personalized online account that people can use beginning in their working years and continuing throughout the time they receive Social Security benefits.

Social Security beneficiaries and Social Security Income (SSI) recipients can access their benefit verification letter, payment history and earnings using their account. Individuals age 18 and over can sign up for an account at www.socialsecurity.gov/myaccount.

Run for Chris

The Chris Belfoure Memorial Fund at the Community Foundation of Middlesex County was established a year ago, after a tragic and fatal accident in July of 2011.

The fund will serve as a catalyst toward integrating multicultural experiences and a broader understanding of people around the world.

The 2nd Annual Run for Chris was held on Sat. June 22,2013. It was a great success thanks to all the sponsors, volunteers, runners and prizes donated to the raffle. The proceeds from this years run will continue to give others the same opportunities to expand their horizons as Chris’ did. See you next year, June 21,2014 for the 3rd Annual Run for Chris.

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– Jerry Pope Sr., Niantic, CT



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Hammonasset Festival

Friends of Hammonasset (FOH) is proud to present the Fifth celebration of Native American traditions and respect for our Environment to be held on October 5th and 6th from 10 am-5 pm at Hammonasset Beach State Park. This year's festival coincides with the 100th Anniversary of all the State Parks in Connecticut.

To start the festival off with good spirits, Allan Saunders (Mohegan) will lead a Native American Opening Blessing and Smudging ceremony both days at 10:15am in the concert area.

Featured performers are Erin Meeches Native Nations Dance Troup providing an informative variety of Native American dancing and drumming in the concert area beginning at noon, then again at 3:15, both days. Do not miss this especially joyful event. On Sunday there will be a wandering Magician/Environmental Sorcerer, Cyril May. Also featured nearby will be the World Atlatl Championships. In the Discovery Tent, A Place Called Hope will present Live Raptor Shows both days and provide day long live bird exhibits.

Additional participants in the Discovery Tent area will be the Meigs Point Nature Center, Denison Pequotsepos, Ansonia Nature Center with live creature exhibits and presentations. Other exhibits nearby will be the Yale Peabody Museum, Museum of Natural History at UCONN, the National Museum of the American Indian, the Institute of American Indian Studies, the Kellogg Environmental Center, the Shoreline

Outdoor Education Center, the Mashantucket Pequot Museum and Research Center. Also the U.S.Coast Guard Auxillary, Trout Unlimited, Friends of the Office of State Archaeology, Watershed on Wheels, Habitat for Humanity, Shoreline Greenway Trail, Primitive Technologist, Jim Dina, as well as a variety of environmental exhibitors.

The festival features authentic Native crafts. Many vendors showcasing art, jewelry, beadwork, pottery, woodcarvings, flutes, clothing and more will be available for sale. Sly Fox's Den owned by Sherry Pocknett will be here from Mashpee, Massachusetts to provide the best in authentic Native American food.

No pets are permitted on the premises. This is a rain or shine event.

The festival is presented by Friends of Hammonasset, a 501c3 organization whose purpose is to provide environmental education, preserve natural resources and be an advocate of Hammonasset Beach State Park. The event is generously sponsored by Liberty Bank and the Madison Foundation.

David and Peter Richards from the Clinton Nursery will be honored guests for their contributions to Friends of Hammonasset annual Plant Sale.

Event Admission is \$5., children under 10 are free. Free entrance to the Park,. For more information and updates, go to our website www.hammonasset.org or call 203 245-9192.

"Bach Jam" to Benefit Middlesex Hospital Breast Cancer Services

Enjoy live music all day, while supporting a great cause, at the 5th annual "Beach Jam for Breast Cancer," sponsored by the Westbrook Elks Lodge #1784. The event will take place on Saturday, August 10 from 1 pm to 9 pm at the Elks Lodge, 142 Seaside Avenue, Westbrook.

Popular Connecticut party band, Freeplay, will host the event. Other bands performing throughout the day include: Crosseyed Cat, Driven, Tomorrow Just Started, Rock Bottom, Four Barrel Billy, One Way Out. DJs Bob Giannotti, Del Perez and DJ Lion will provide music between the live sets.

Tickets are \$20 per person and children 12 and under will be admitted free of charge. Proceeds will benefit breast cancer patient care services at the Middlesex Hospital Cancer Center, and at the Smilow Cancer Hospital at Yale-New Haven.

Purchase of tickets in advance is recommended. Tickets can be purchased online at www.breastcancerbeachjam.net, at the Elks Club in Westbrook and will also be available at the door the day of the event. For more information about breast cancer services at the Middlesex Hospital Cancer Center, go to www.MHCancerCenter.org.

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Tropical Storm/Hurricane Preparedness

Westbrook Emergency Management would like to remind our residents that Tropical Storm/Hurricane Season for Connecticut is most favorable from August 15 to November 1st. Are you prepared?



Westbrook Officials on your cell phone, email, Apple or Android device? Registration is free. Our website along with Facebook and Twitter are updated regularly with general, detailed information throughout the year.

Step 1 – Review Disaster Preparedness

Information. Go to the Westbrook Emergency Management website: www.westbrookem.com. Review all the preparedness information and videos on the website.

- Food, Water, Prescription Medicine, Baby Supplies and Household Pets
- CL&P Power Outages and Restoration Response
- Generators / Gasoline Storage
- Disaster Kits and Disaster Plans

Each family should prepare to be self sufficient for 5-7 days.

Step 2 – Disaster Notification. Are you registered with CT ALERT to receive emergency, life safety notifications from

If you need to evacuate from your home, have a plan to relocate to a safe location. Everyone must have an alternate location plan to stay with family or friends, outside of the imminent danger zone. Pending on the severity of the storm, the Westbrook shelter may not be capable of supporting a public pre-storm disaster shelter. Don't wait for the last minute to evacuate. Leave 12-24 hours prior to storm landfall or as conditions change.

Step 3 – After the Storm. Use caution around your property to determine any hazards and take appropriate safety measures. Stay away from any downed wires. Do not attempt to move them with any object. Follow all safety precautions regarding perishable foods and those with well water systems. Contact your insurance and use only licensed professional contractors for repairs.

– Donald Izzo, Emergency Management Director

Recycling Information

ACCEPTABLE RECYCLING ITEMS AT TRANSFER STATION

CARDBOARD (MUST BE IN 3FT LENGTHS, FLAT & BUNDLED)
 NEWSPAPER & INSERTS
 MAGAZINES, BROCHURES, JUNK MAIL, CATALOGS
 PAPER BAGS
 PAPER BOXES (CEREAL, EGG CARTONS)
 PHONE BOOKS
 HARD & SOFT COVER BOOKS
 WHITE & COLOR PAPER ENVELOPES (WINDOW OK)

FILE FOLDERS
 SCHOOL PAPER
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 NO USED PAPER PLATES, NAPKINS OR TOWELS
 NO MOTOR OIL OR CHEMICAL CONTAINERS
 NO ELECTRONICS, BATTERIES, CD'S OR DVD'S

NO ICE CREAM CONTAINERS
 NO PLASTIC TOYS OR SPORTING GOODS
 NO WIRE OR PLASTIC HANGERS
 NO POTS OR PANS
 NO YARD WASTE OR GARDEN TOOLS
 NO CAT LITTER OR HAIR

Save the Dates

Westbrook Drum Corps Parade
August 24th, 11 am

First Congregational Church Fair
August 24th
Town Green

Westbrook Lions Club Wine Tasting
August 16th, Old Elks Club

Westbrook Garden Club Fall Sale
September 14th, Town Green

Westbrook Lions Club Potato Fest
October 5th, Town Green

Westbrook Senior Center



Dust off your grass skirts! On August 15th, the Westbrook Senior Center will host its 1st Annual Luau. The event will kick off with a Hawaiian Dance performance by "Dancin' in the City" at 3:00 pm followed by dinner, dessert, and door prizes. The cost of the event will be \$8 per person. Please RSVP by August 8th to 860-399-3048. Picnics will continue through September 18th, and then transition to Soup and Sandwich on October 2nd. The cost will remain \$3. We will resume "Dinner and a Movie" in the fall and have our Halloween Celebration on October 31st 3:00 pm-6:00 pm.

The goal of the Westbrook Senior Center is to improve the quality of life for the Senior citizens of Westbrook and our neighboring shoreline towns. The senior center welcomes citizens 60 years of age or older to participate in our many daily activities directed by staff and volunteers. The goal of these programs is to promote the physical and mental well-being of our senior community. To see our scheduled calendar of events and upcoming special events, please come down to the center Monday-Friday. Or check us out on the web@ www.westbrookct.us. We look forward to seeing you.

— Courtney Burks, Director

Avoid Fraud with New Website

Earlier this month, the Department of Consumer Protection launched a new website that encourages consumers to learn to avoid frauds and scams, and to be an informed consumer — at "Every Age, Every Stage."

"Connecticut has always been a leader in protecting consumers from unfair business practices and unsafe goods in the marketplace," Governor Dannel P. Malloy said. "We're taking this opportunity to remind Connecticut residents about the many consumer protections our state offers, and I encourage consumers young and old to visit the new website, SmartConsumer.ct.gov."

The new website, www.SmartConsumer.ct.gov, offers information that is helpful to consumers at varying stages of their lives. The site includes advice on spotting and avoiding scams such as travel fraud, rental scams, pyramid schemes and modeling scams, along with information for stopping unwanted mail, hiring home improvement contractors, and staying safe online.

Want to Advertise?

Call Ward Feirer at (914) 806-5500

Household Hazardous Waste Collection

**August 10 & 24,
September 7 & 21, October 5**

9 am - 1 pm • 5 Dump Road, Essex, Rt 9 Exit 4

MISS MULVEY



On vacation see you in a week.

SPOTLIGHT!
Our Newest Westbrook
Events Customers

*Clinton Plumbing
& Heating Supply*

Summer Fair Schedule



Shoreline Wine Festival (Bishop's Orchard, Guilford)	August 10
Hamburg Fair	August 16-18
Chester Fair	August 23-25
Haddam Neck Fair	August 30
Guilford Fair	September 20-22
Durham Fair	September 26-29
Berlin Fair	October 4-6

What's New at the State Capitol?

The busy 2013 legislative session has led into a busy summer. I want to update you on recent legislation and initiatives.

- More than 16,000 state taxpayers signed our petition to try to prevent the July gas tax hike. Though the hike went through, we will not give up our fight to repeal this tax hike. I thank the many taxpayers who came out to the Mobil Station on Essex Road on June 24 to sign the petition. You encouraged me to continue fighting against the gas tax hike and other tax hikes.

- A bill I co-sponsored in the state legislature this year which has been signed into law will provide a boost to Connecticut's marine industry. The new law extends the length of time that boats stored during the winter are exempt from sales and use tax.



- Another law I was proud to back requires the state to place signs near the Stewart B. McKinney National Wildlife Refuge in Westbrook. This is another common sense measure to let tourists and nature lovers know about the refuge.

Please contact me at Art.Linares@cga.ct.gov or at 800-842-1421. I am working for you in Hartford and trying to pass policies which improve our quality of life and make our state a better place for our children and grandchildren. It is an honor to serve you.

— Sen. Art Linares

Representing Chester, Clinton, Colchester, Deep River, East Haddam, East Hampton, Essex, Haddam, Lyme, Old Saybrook, Portland and Westbrook.

Conservation Commission

Westbrook's Student Conservation Crew

Who are they and what are they doing?

The Crew: This is Brendan Gooley's 8th working for the Conservation Commission; he has just completed his first year at UConn Law School. Brian Melly joined the crew this summer; he is a junior at UCONN majoring in biology. Marty Marx has a years experience working on town open space trails as a Community Volunteer; he joined the crew this summer; he will be in the Junior class this year at Westbrook High School. The students work part time as employees of the town under the supervision of the Conservation Commission

The Conservation Crew assists the Commission with managing and controlling invasive plants on three of Westbrook's Open Space sites; Salt Island Overlook, Chapman Mill Pond and Horse Hill Woods. Primarily they are pulling and cutting Multiflora Rose, Asiatic Bittersweet and Bush Honeysuckle to prevent crowding out native plants and production of invasive plant seed. It is a constant battle. They are also maintaining trails on those open space sites to ensure they are accessible and safe.

The Crew's most visible work has been weeding and trimming over-grown native shrubs planted 10 years ago on the river bank in back of the Mulvey Community Center. Hemlock mulch has been carefully laid down throughout the disturbed and open areas areas to control the prevalent invasive Japanese knotweed, and prevent other invasive plants from establishing. Visitors now have excellent views of the beautiful Patchoug River estuary and the shore birds that fish there.

The Crew will assist the staff of the Stewart B. McKinney National Wildlife Refuge to manage and protect the nesting sites of shore birds on Westbrook's Barrier Islands; Salt Island owned by the Town of Westbrook, Menunketesuck Island,



Hikers: Horse Hill Woods Westbrook, CT Trails Day, June 1.

Photo credit: Tom ODell.

owned by the Federal Government, and Duck Island owned by the State of Connecticut. The Islands are being managed jointly by the US Fish and Wildlife Service, CT Department of Energy and Environmental Protection, and the Westbrook Conservation Commission.

Volunteers from the recently established Friends of Westbrook's Barrier Islands will work with these agencies.

If you would like to help with any of the above natural resource tasks or learn more about our programs please contact Tom ODell, Chairman Conservation Commission; Email: todell@snet.net : Phone: 860-399-1807

How to Reach Your Elected Officials

STATE

Governor Dannel P. Malloy
 State Capitol Building, Room 200
 Hartford, CT 06106
 (860) 566-4840 – (800)406-1527
 Fax (860)524-7396
Governor.Malloy@po.state.ct.us

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

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

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

Attorney General
 George Jepsen

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

Rep. 23rd District
 Marilyn Giuliano
 Legislative Office Building, Room 4064
 Hartford, CT 06106
 (800) 842-1423
Marilyn.Giuliano@housegop.ct.gov

Senator 33rd District
 Art Linares
 Legislative Office Building, Room 3400
 Hartford, CT 06106
 (860) 240-8800
Art.Lineras@cga.ct.gov

Rep. 35th District
 Thomas Vicino
 Legislative Office Building, Room 5007
 Hartford, CT 06106
 (860) 240-8585
Thomas.Vicino@cga.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

Senator Chris Murphy
 One Constitution Plaza, 7th Floor
 Hartford, CT 06103
 (860) 549-8463 Fax (860) 524-5091
 SD-B40A Dirksen Senate Office Building
 Washington, DC 20510
 (202) 224-4041 Fax (202) 224-9750

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

Westbrook - Community Listings

USEFUL NUMBERS

Middlesex Community Foundation (860) 347-0025
 George Flynn Concert (860) 669-1208
 Consumer Protection (860) 566-2294
 9 Town Transit (860) 510-0429
 Visiting Nurses of Westbrook (860) 399-3088
 First Congregational Church
 of Westbrook (860) 399-9367
 St. Paul's Episcopal Church (860) 399-5402
 St. Mark's (860) 399-9207

IMPORTANT TOWN HALL NUMBERS

Assessor (860) 399-3045
 Building/Sanitarian (860) 399-3047
 Animal Control Officer (860) 790-1075
 Emergency Management (860) 577-0622
 Web site www.westbrookem.com
 Harbor Master (860) 399-2477
 Landfill (860) 399-6356
 Probate Court (860) 510-5028
 Recreation (860) 399-3095
 Registrar of Voters (860) 399-3042
 Selectman's Office (860) 399-3040
 Social Service (860) 399-3040
 Tax Collector (860) 399-3043
 Town Clerk (860) 399-3044
 Town Garage (860) 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

POLICE DEPARTMENT

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

LIBRARY

Westbrook Public Library (860) 399-6422



On Wednesday, June 19th the second graders from Daisy Ingraham School came to the Town Hall to learn about our municipal government.

Do you know where the cover photo was taken?



Win 250 business cards from Essex Printing!

Winner will be chosen at random from the correct responses. Business Cards include custom layout, 1 side digitally printed on our 100# white cover. Email response to print@essexprinting.com before September 5, 2013 and please reference Westbrook Events in the subject line.

CONVERSATION starter

Q: When is the best time to talk to your parents about the future?

A: There's no time like the present. Today's seniors have more options than ever for retirement living. But the longer families wait to start planning for the future, the greater the risk for a health crisis limiting those options.

Planning ahead benefits the entire family.

Chester Village West combines an active and fulfilling lifestyle now, with the assurance of on-site health services if ever needed. Now, you can explore these options with the help of a new interactive program designed to start the conversation today.

An online guide for exploring senior living options with your parents.

Call **860. 532. 0536**

or visit

www.AConversationStarter.com/CT

For a schedule of our informational events visit our website **www.ChesterVillageWestLCS.com**



317 W. Main Street • Chester, CT 06412
(860) 532-0536 • ChesterVillageWestLCS.com





SUNDAY OCTOBER 20, 2013

60, 40, 25 & 5 Mile Rides starting at the Westbrook Elks Lodge

Register online now at www.vistatourdeshore.com

For more information about Vista: www.vistavocational.org or call 860-399-8080



SUNDAY OCTOBER 27, 2013

Hammonasset Beach State Park

Register online now at: www.vistavocational.org/walkforvista
3 and 5 Mile Routes ■ Start a Team with Friends, Family and Co-Workers

For more information about Vista: www.vistavocational.org or call 860-399-8080

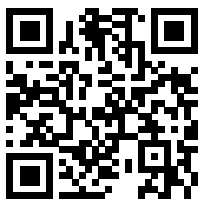


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marketing
communication



You can have brilliant ideas,
but if you can't get them
across, your ideas won't get
you anywhere.

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Essex, 9 Main Street, 860-767-8238
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Old Lyme, 101 Halls Road, 860-434-1646
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