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# First Selectman's Corner

Summer in Westbrook always brings heightened activity. Our Park & Rec. Department has increased its programs. Accordingly, more registrants now take part in the activities. The summer concerts on Friday nights have been well received. Seaside Avenue and the Town's public beach are an extremely popular attraction to many out of town residents and are accessed by thousands of individuals on a regular basis. Public Works continues to pave roads and increase their maintenance of town properties to maintain the aesthetic appeal of our community.

The Fire Department, with the full support of our Board of Finance, Board of Selectmen and by a vote at a Town Meeting, is the proud recipient of 3 new engines that will give it the equipment needed in the coming decades. I encourage you to read all of the many excellent reports in this Events publication including information from our Superintendent of Schools on the many projects that are being addressed to enhance the appeal of our school facilities. Your tax dollars are being well spent to ensure that Westbrook will continue to be a place to sustain the lives and livelihoods of its residents. It is clear that we have a strategic plan of action that is well thought out and funded through capital projects, with very favorable bond rates, to maintain the quality of life that we have come to expect.

The above are just some of the projects that are being addressed and as we look forward to the fall, I direct your attention to the following items:

- There is a proposed Blight Ordinance that will require either a vote at a Town Meeting or a Referendum that will have significant ramifications.
- We are reviewing "Policing" in our community; i.e., what is the proper mix of the number of full-time Troopers and our current 6 part-time Constables. Our Police Advisory/Traffic Authority will be generating a report to the Board of Selectmen on their recommendations regarding this issue.
- There are proposed new Zoning Regulations that, when adopted, will facilitate Zoning applications.
- Our Emergency Management Operations has increased their communications network so that all of us will be better informed in a timely manner in the event of an emergency.

I encourage you, on a regular basis, to access the Town's web page ([www.westbrookct.us](http://www.westbrookct.us)) for current information.

Continued on page 2



First Selectman Noel Bishop

An advertisement for vineyard vines. The top half features a photograph of a smiling man and woman sitting together on a wooden bench. The man is wearing a light blue button-down shirt and red shorts, holding a beer in a blue cup. The woman is wearing a pink floral dress and holding a drink. In the background, there is a bar area with various bottles. To the right of the photo is the vineyard vines logo, which consists of a pink whale icon above the text "vineyard vines" in a dark blue serif font. Below the photo and logo, the text "The Apparel Shop" is written in a pink cursive font, followed by "at the Saybrook Country Barn" in a bold black sans-serif font. At the bottom of the ad, there are three lines of text: "Main St., Old Saybrook", "860.388.0891", and "saybrookcountrybarn.com".

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# events

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However, we have some major challenges in the very near future.

1) The number of individuals in our community who need assistance from our Social Service Department is dramatically increasing. Many residents have “fallen behind” for different reasons and all of us in the Shoreline area, as First Selectmen, realize that this is one of the highest priorities that must be addressed if we are to maintain our obligation to be of service to these individuals.

2) We can no longer count on any significant financial support from the State of Connecticut. Fortunately, through very prudent fiscal planning, Westbrook currently relies on less than 3% of its total budget on funds from the State.

Our municipal staff and the Board of Education consistently present very conservative budgets to the Board of Selectmen and Board of Finance and ultimately to a Town Meeting for approval. I am confident that all of the individuals who are charged with developing budgets will continue this very prudent approach to minimizing any tax increases.

Finally, we have a great municipal staff, educational system, and have established a good rapport with our local businesses. Westbrook is fortunate that, unlike the State and Federal governments, we are not “dysfunctional” and with the involvement of many volunteers and committed residents, we have every reason to be confident about our future.

**Noel Bishop, First Selectman**

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# Vista Celebrates Renovations at Westbrook Campus

The first phase of renovations to the Vista Life Innovations Dormitory and Residence Hall in Westbrook, known officially as the historic Capt. Joseph W. Spencer House, were marked during a ceremonial celebration in June, attended by local and state dignitaries.

Home to more than 26 students in Vista's transitional program, the Capt. Joseph W. Spencer House is in the midst of a planned three-phase renovation project that aims to improve safety, accessibility and living space for the students living on campus.

Funding for the recently completed first phase was underwritten in part by the State Historic Preservation Office (SHPO) through Connecticut's Historic Restoration Fund and the Community Investment Act – a joint initiative of the state and Eversource Energy. "We were very pleased to be a part of this project," Mary Dunne, certified local government and grants coordinator at SHPO, said during the ceremony. "This is especially gratifying for us."

Located at 1356 Old Clinton Road, the house – built circa 1850 – was added to the State Register of Historic Places in 2014. This historic designation paved the way for Vista to apply for a \$200,000 matching grant from SHPO, which it was awarded in 2015.



Pictured back row from left are Westbrook First Selectman Noel Bishop, state Rep. Devin Carney, state Sen. Art Linares and state Rep. Jesse MacLachlan. Front row from left are Mary Dunne of the State Historic Preservation Office, Vista Life Innovations Board Chairperson Barbara Segen Gould, Tom Dorsey of Eversource, and Vista CEO Helen Bosch.

Continued on page 5



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VISTA CELEBRATES RENOVATIONS...continued from page 4

As a community partner on this project, Eversource agreed to purchase the tax credits Vista received, allowing additional revenue for renovations. "This is an example of where tax dollars are being put back into the community, and we think it's important to partner with organizations like Vista," said Tom Dorsey, Manager of Legislative Affairs for Eversource. "We look forward to working with Vista going forward and other organizations as we preserve structures and bring about new uses."

The ceremony drew more than 50 people, including Westbrook First Selectman Noel Bishop, state Sen. Art Linares, state Rep. Devin Carney, and state Rep. Jesse MacLachlan. With campuses in Westbrook, Madison and Guilford, Vista is a nationally accredited community-based program that provides services and resources for individuals with disabilities.

Vista Life Innovations is a 501©3 nonprofit organization. Vista's mission is to provide services and resources to assist individuals with disabilities achieve personal success. For more information about Vista, please visit [www.vistalifeinnovations.org](http://www.vistalifeinnovations.org).

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"I'm a Yankee Doodle Kitty"

Photo by Catie Marino



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# Westbrook Water Pollution Control Commission

The Westbrook Water Pollution Control Commission (WPCC) recently welcomed Lee McNamar as Chairman and Shirley Mickens as the Environmental Health Technician. Lee McNamar brings extensive experience and knowledge in the technology field and is a longtime Westbrook resident. Shirley worked for the Town of Clinton WPCC and managed its septic pump out program. Shirley has been working to update the Carmody database, reviewing the status of seasonal residents in the files, and reviewing past work of the WPCC. She also assists the Health and Land Use department as needed. Shirley will oversee the town's wastewater management program under the guidance of the Director of Health and the WPCC.

As part of the commission's ongoing efforts to educate themselves in the growing field of wastewater management, they traveled to the University of Rhode Island in June to tour the New England On-site Wastewater Training Center. Rhode Island is more progressive than Connecticut when it comes to using innovative and alternative technologies for on-site sewage disposal systems. The instructors at the center train installers, regulators, state and municipal employees and homeowners. They also conduct research through the



Members of the WPCC listening to David Kalen, Program Manager of the New England On-site Wastewater Training Center in Rhode Island.

University and monitor and evaluate performance of installed systems at various sites in the state. At the training center, the commission toured approximately seventeen full-scale, above-ground sewage disposal systems and learned more about Conventional, Alternative and Innovative technologies.

Continued on page 7

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Besides learning more about the newest innovations the group also came back with a lot of practical information. Servicing your septic system on a regular basis is the most important thing you can do to keep it in good working order and protect ground and surface water. A properly functioning system allows for a 2 day retention time of the liquid in the tank to properly settle out the solids, and approximately 80% of the solids are digested in the tank. Not pumping out your septic tank on a regular schedule allows solids to build up, leaving less capacity in the tank, and therefore less retention time to allow solids to properly settle out. That means your septic system may not be working properly and undigested material may work its way out to the leaching field or clog the filter. This is one of many reasons why the town requires you to service your septic system once every 5 years.

You can find more information on septic systems on the Water Pollution web page as well as a list of local septic service companies at <http://www.westbrookct.us/water-pollution-control-commission.php>. Shirley is in the Land Use office and will be happy to assist you in finding your as-built when you are ready to service your tank.

## Sales Representative

Due to expanded growth we are seeking a full time sales representative to sell advertising in our Events Town Magazines. We seek someone experienced who understands the consultative sales process. Responsibilities include maintaining ongoing relationships with existing clients, including daily contact over the phone and in person, meeting and exceeding sales goals, identifying and capturing new business through cold calling. Apply if you are an overachiever. Send resume to [print@essexprinting.com](mailto:print@essexprinting.com).

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# Westbrook Recreation Department

Fall is right around the corner and we are very busy with registrations in all our programs. From tots to seniors, we have programs that will interest everyone and all ages. These are some examples of our very popular programs. Our K-4 karate program has children practicing twice a week on Mondays and Wednesdays after school at the Daisy Elementary. Archery is another fun after school activity that has children 8 – 12 years old honing their skills on Tuesday at Wren Park. Space is limited with archery so get online soon and register.

Soccer is the sports program everyone loves during the fall. We always have a large number of children participating in our Tot and Recreational soccer program on Saturday mornings. This year we will also have the Connecticut Rush Soccer Academy doing a weekday program on Wednesday nights from 5:30-7:00 pm. Sessions will focus on individual and small group play. Children will receive more touches on the ball and develop better foot skills in a fun environment. Children must be between the ages of 6 – 13 years old.

After soccer is over we will jump right into our recreational youth badminton. Badminton starts on November 5th and will run for six weeks. Children between the ages of 5 – 13 years old are all welcome to register. Your children will love playing with their friends as we teach them how to serve, set and spike.

Our after school child care program at the Middle School is also available to busy parents who need to pick-up their children after work. Your children will be in a safe and well supervised environment where they can study, do their homework and play with their friends. The cost is less than \$10 per day if you sign-up by the month. Drop-ins and individual days will be available at a higher cost. Please call us at 860-399-3095 if you have any questions.

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

If you're interested in finding out more about all our other programs, please check us out at westbrookrec.com. We have programs available for tots, youth, teens, adults and seniors. All are programs are available to everyone (resident and nonresidents). Why pay expensive membership fees when you pay as you go and stop whenever you want.

Westbrook Recreation Board



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# An Update from the Capitol

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

First off, I want to thank all of those who came out to the legislative wrap-ups I hosted across the 23rd District. Hearing from constituents is the most important aspect of my job as your State Representative in Hartford.

This past session was especially challenging due to the massive budget shortfalls the state is facing. The House passed budget adjustments on a vote of 74-70, but I couldn't support the proposal because it did not contain the structural changes I believe the state needs in order to improve our future economic climate (the state is facing a more than \$2.5 billion deficit for 2017-19). The budget did not include necessary changes such as reform to tackle our unfunded union pension liabilities, a solid bonding cap, an unbreakable spending cap, and robust municipal mandate relief (especially after deep cuts to municipalities).

However, there were some bright spots to this legislative session that included necessary first steps in combating the state's opioid addiction epidemic, providing relief for

firefighters who develop cancer in the line of duty, requiring that Tomosynthesis (a 3-D mammogram that more accurately detects breast cancer) be covered by insurance, and allowing private businesses like AAA to do car registration renewals, which will hopefully alleviate some DMV wait times.

For more detailed information on legislation passed this year, I encourage you to read the Office of Legislative Research's non-partisan summary of the major public acts of 2016, which can be found on my website, [repcarney.com](http://repcarney.com), and or at <https://www.cga.ct.gov/olr/>.

I encourage constituents to stay in touch and sign up for my regular legislative email updates either on my web page, Facebook page ([facebook.com/repcarney](https://www.facebook.com/repcarney)), or via my email, [devin.carney@housegop.ct.gov](mailto:devin.carney@housegop.ct.gov). It has truly been an honor and a privilege representing the people of Westbrook and I hope everyone is having a wonderful summer.

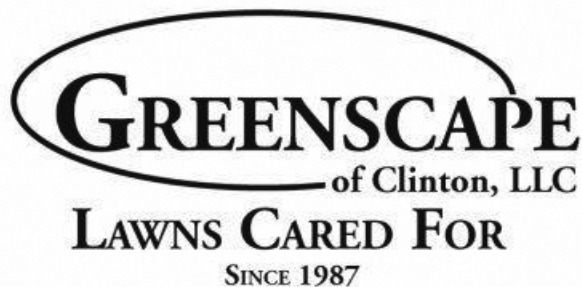


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## Registrars of Voters Office

The Registrars of Voters Office is open each Tuesday from 11:00 am to 1:00 pm and Thursday from 5:00 pm to 7:00 pm. The Registrars will also be in the Office at designated times for special registration sessions (see dates below). If you would like to speak to the Registrars, the office phone number is 860-399-3042. Any Westbrook resident may register to vote if he/she is at least 17 years of age and will be 18 on or before the next November Election, is a citizen of the United States, and is not a disfranchised felon. Applications to register are available from the Registrars Office, on the table outside the Office, or by going online (sots.ct.gov). Completed applications may be mailed to Registrars Office at 866 Boston Post Road, Westbrook, CT, 06498 or placed in the mail slot outside the Registrars of Voters' Office door. Once the application has been processed by the Registrars, the applicant will receive a confirmation of acceptance letter. A registered voter who has had a change of name, address, or would like to make a change concerning party affiliation, must update the information on a new application card.

A registered voter who would like to vote by absentee ballot for the November 8, 2016 Election, may request an Absentee Ballot application from the TOWN CLERK or from the Secretary of the State's website (sots.ct.gov). Any qualified registered voter who is in active service in the US Armed Forces, will be absent from town during the Election hours, is ill or disabled, or is unable to vote at the polls because of religious tenets is eligible to vote by absentee ballot.

### Special Registration Sessions:

October 22, 10 am - 2pm  
November 1, 9 am - 8 pm

## Westbrook Drum Corp

The Westbrook Drum Corps would like to thank the Westbrook Foundation for awarding a grant to them for the repair and refurbishing of some of their drums. As this is a rather big expense, the grant is much appreciated.

The Westbrook Drum Corps has scheduled about thirty events for this year – those drums really take a “beating.” The main event of the season is the 57th Annual Muster to be held on August 26th and 27th. Corps will attend from all of New England, New York, Delaware, New Jersey and, hopefully, Virginia. The Friday night Tattoo will start at 7:00 pm and will feature several individual corps performing while the parade will start at 11:00 am on Saturday. The muster will immediately follow on the ball field in back of the firehouse.

Dodie McGrath

## News from the Westbrook Public Library

All of us at the library hope that you are having a great summer. It is amazing how quickly the weeks fly by. With school beginning on August 31, students at every level will be concentrating on completing their summer reading requirements. We have tried to build a substantial collection of Nutmeg Award titles and have quite a few copies of the four high school titles: *The Book Thief* (Gr. 9), *Grendel* (Gr. 10), *The House on Mango Street* (Gr. 11), and *The Alchemist* (Gr. 12). Be sure to stop by or call if your student needs a particular book.

Since 1976 Connecticut residents have been able to use their hometown library card to borrow materials from any public library in Connecticut. Library materials can be returned at any public library in the state. The Connecticut State Library's delivery system, now known as DeliveritCT, made this reciprocal loan program work. In the last few years the volume of materials traveling between libraries has increased to such an extent the delivery system is having trouble keeping up with it.

In an effort to decrease the high volume of materials moving through the interlibrary delivery system, the Connecticut State Library Board issued new guidelines that Connecticut public

libraries must follow. The two that most affect library users are a limit of 5 holds placed "on materials not owned by their library" and a requirement that new materials acquired within the last 6 months not be available for interlibrary loan. So, libraries will not loan new materials to other libraries and borrowers will have a five hold limit on interlibrary loan items. These guidelines went into effect on July 1 and will be in place for the foreseeable future. It is too early to tell if these loan restrictions have had any effect yet on the interlibrary delivery volume.

On a brighter note, the Connecticut State Library has introduced its new statewide catalog called FinditCT. This allows library users to search all the public library and college collections in the state and can be found at [finditct.org](http://finditct.org).

Many people have dropped their land telephone lines in favor of cell or mobile phones. We are finding that often we no longer have a current phone number on file when we try to reach people. If you have changed your phone or address recently, please let us know.

Our assistant librarian Brittany, teen and tech whiz, recently married Adam Pearson. Brittany Pearson continues taking appointments for her popular Tech Tuesday help sessions. Visit the library or call 860 399-6422 for a session.

# ENRICH

At the Community Foundation of Middlesex County, we know that it is the little things that count, that can change a community and improve the quality of life for all. Working together, we bring the arts to life for people of all ages through exploration and engagement. We preserve our local history for generations to come. We conserve land for everyone to enjoy - now and forever. We teach young and old to read, and so much more. We do this by developing endowments, making grants that have impact, and assisting donors in meeting their philanthropic goals...all made possible by so many good people doing great things in each and every town in Middlesex County.

*We invite you to learn more about how we can help you support a passion or area of interest that matters to you and benefits our community. Call us at 860-347-0025 or visit us online at [www.middlesexcountycf.org](http://www.middlesexcountycf.org).*



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## A Five Step Plan for Younger Eyes

On your best day, your eyes are the window to your soul. On your worst, they are the window to your age. The delicate eye skin is the first to wrinkle and the first thing that people notice about you. So how can you keep your eyes looking as young as you can for as long as you can?

- Eye cream is an absolute necessity. Eye creams that contain peptides or growth factors will boost collagen production, helping fade lines and thicken the skin. Formulations with caffeine will help reduce puffiness.
- If some is good, a lot is not necessarily better. Eye creams contain high concentrations of rich moisturizers, so if you slather them on, all the extra emollients plump the skin and can actually make puffiness worse. Use a pea-size drop for each eye, and lightly pat it on with your ring finger, which has the gentlest touch.
- Don't forget the SPF! Many of us skip sunscreen around the eyes because it can get into our eyes and cause stinging. Usually if you apply sunscreen thirty minutes before leaving your house, this is not an issue. And don't forget sunglasses which add another layer of protection against UV damage.
- Don't rub or scrub! You should wash your face the same as you would wash a new baby's face - gently! If your cleanser doesn't remove your eye make-up, find one that does. Also, don't rub your eyes when you get tired. You are likely to break the capillaries under this very delicate skin which will lead to dark circles.
- When's the last time you got your eyes checked? Squinting at a computer screen is one of the fastest ways to develop wrinkles around your eyes. So while you may benefit from Botox, you may benefit from a good eye exam as well.

Dr. Susan O'Malley, owner and Medical Director of Sonas Med Spa, is dedicated to helping women look younger without surgery. To learn which non-surgical procedures are right for you, please call 203 245-2227 for a free consultation or visit [www.sonasmedspa.com](http://www.sonasmedspa.com).

Susan O'Malley, M.D.  
Sonas Med Spa

### Town Hall Hours

Mon – Wed: 9:00 am – 4:00 pm

Thursday: 9:00 am – 7:00 pm

Friday: 9:00 am – noon

## Westbrook Senior Center

The Westbrook Senior Center is pleased to announce a new program called "Wellness Wednesday." The first presentation will be on August 10. This program will be held the second Wednesday of every month. The goal of this program is to educate seniors on topics for healthy aging. Our first speaker will be Maria Tomasetti from the Alzheimer's Association CT Chapter. Lunch is served at noon and the presentation is at 1:00 pm.

The Westbrook Senior Center is working in conjunction with the Town of Westbrook's Department of Public Health, Westbrook Visiting Nurses and Public Health, and Social Services to provide a two-part series of educational presentations based on the CDC's guidelines on fall injury prevention and medication safety topics. Sally McCarthy Huysman; PT (for the Town of Westbrook) will present "Fall and Injury Prevention" on September 22nd at 1:00 pm. Also, a pharmacist will come to the Senior Center to review your medications. The date for that presentation is to be determined.

For program information and/or to RSVP for programs please call: 860-399-3048.

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

Courtney Burks, Director

### Transfer Station Hours

Mon., Wed., Sat. from 8:00 am - 3:00 pm

Phone: 860-399-6356

### Town Garage

185 Horse Hill Road, Exit 64

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# Westbrook Board of Education

Summers for students and staff of our school district go very quickly. With opening days already on everyone's radar, August 29th for staff and August 31st for students, we are making great headway on our summer projects. A careful review of the planned summer projects will give you a real sense of just how much work is being accomplished in the short summer weeks before schools resume for the 2016 – 2017 school year.

To begin, the middle school is hosting all of the Parks & Recreation summer activities this year. In addition to that, the Westbrook summer school program is also being conducted at the middle school. Just about every inch of space on the first floor and on the outside fields of the middle school is being used for children studying and working in summer school or enjoying summer play and activities. Of course, the reason for all that programming to be at the middle school is the result of major renovation projects going on at both the high school and Daisy Ingraham Elementary School.

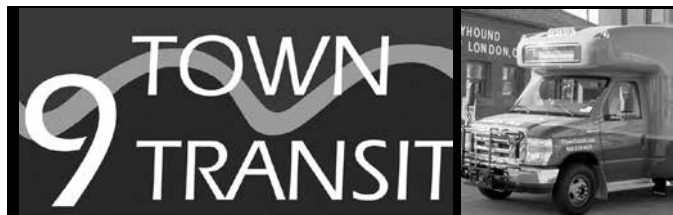
Window replacement projects planned for the high school and Daisy Ingraham are in full vigor. The window projects which come under the purview of a Town Building Committee are expected to be completed well before school resumes. At Daisy, the windows are being altered as well as replaced; effectively making the current floor to ceiling storefront windows a bit

less expansive. New heaters and covers will be installed below the windows in many classrooms as they are completed. At the high school, the wood windows that have outlived their shelf-life are being removed and metal- framed windows are replacing them. Both projects are expected to be completed before school begins – ready to greet our staff and students.

The Westbrook Public Works Dept. has been working around the window projects to address areas of the elementary and high school parking lots that have been in need of repaving. Significant work in both lots over the last school year brought about the need for some tree removal and paving. That will be completed this summer as well.

Finally, the high school track, installed in 2005, has become worn and cracked. During August 8-19, the track surface will be resurfaced with new layers of Tack Coat and relined with new event markings. In addition, high and middle school gymnasium bleachers were cleaned, inspected and repaired. This refurbishment includes seat replacement, tightening of loose or missing structural fasteners and brackets, and lubrication of all moving understructure parts. New end rails and tie straps were also installed on the high school bleachers which meet OSHA regulations.

Other renovations in both gymnasiums include the installation of new end wall padding, replacement of all cables and pulleys on basketball hoops, relocation of backboard winches, and installation of safety straps on all retractable basketball units, again meeting OSHA standards. In addition to the annual stripping and refinishing of all three gymnasium floors, the high and middle school gym floor center decals will be repainted as well.



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and CT Transit Hartford in Middletown

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9 Town Transit is Operated by the  
Estuary Transit District

## Westbrook Fire Department

The members of Westbrook Fire Department are pleased to announce that the three new Seagrave Pumpers will be put in service in the month of August. All residents are invited to a "Wet Down" on Saturday, September 17 at 11:00 am.

## Town Hall Closed

Labor Day September 5th

Columbus Day October 10th

Thanksgiving Holiday November 24th and 25th



# Estuary Council Regional Senior Center

The Estuary Council of Seniors, Inc. (ECSI) is a community center for the Estuary region's residents over 50 years old providing nutrition, transportation, health support services, education opportunities and socialization. We have been promoting healthy and active lifestyles for adults 50 and better through quality programs and services in the nine-town Estuary region for over 40 years. Please visit us at [www.ecsenior.org](http://www.ecsenior.org) for additional information or call us at 860.388.1611.

**Bingo At The Estuary.** Every Thursday evening at the Estuary! Games begin at 6:30 pm. Doors open at 5:30 pm. Admission, including game package, is \$12 per player. Cash prizes with the progressive jackpot maximum payout of \$1,000 (increases \$100 each week). Open to all ages. Snacks and food sold during the evening.

**Shoreline Chefs To Benefit Meals On Wheels. Sunday, September 25 from 3 to 6 pm at Water's Edge Resort & Spa in Westbrook.** Area restauranters, caterers, home cooks, and neighborhood notables will be cooking up their best dishes for sampling. Tickets are \$40 per person and are available for purchase at the Estuary. Admission includes your tasting of all our many chef's recipes, a silent auction, wine & beer, and entertainment.

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


## What is 2-1-1?

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

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# Westbrook Youth & Family Services

## Counseling Services

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

## Check out these fabulous FREE WYFS Programs for everyone in the family!

**School Groups:** With WPS's support, we offer structured peer groups at each of the schools. Our school groups focus on

enhancing executive functioning skills which support all students with planning, organizing, and completing tasks. Each group will be following a theme to deliver engaging activities and games. Themes Include: *Inside Out*, *Bucket Filler*, *Force Awakens*, *Super Heroes*, *Game of Life*, and *Going Viral*. Visit our website for more information and how to sign up.

**Helping Hands:** High School students find ways to give back to their community. Next Monthly Meeting October 4th.

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

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

**What Makes My Life Grand and Intergenerational Bingo will be back this Fall!** Check out wyfs.org for more information.

Like us on Facebook!

## Want to Reach Every Home & Business in Town?

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# Westbrook Garden Club – Grow with Us!

We are proud to announce that Jessica Feinman is the recipient of our annual \$1,000 college scholarship. Jessica, a 2016 graduate of Westbrook High School, will attend Eckerd College in St. Petersburg, Florida, where she will major in environmental studies with an emphasis on sustainability and conservation of endangered species. During high school, in addition to taking honors level classes, Jessica was a member of the environmental club, an avid equestrian, and a volunteer at High Hopes. Congratulations, Jessica! We wish you the very best.

As you're enjoying your garden this month, you can also be thinking about how you want it to look next year. Want to fill in a bare spot or two? One of the best sources for new plants may be right before your eyes. Dividing your mature

perennials provides new stock while it improves the health of the original plant. Convalaria (lily-of-the-valley), hosta, iris, salvia, and sedum are just a few of the plants that can be divided successfully. Fall, when conditions are cool and moist, is an ideal time for new plants to establish healthy root systems. So scout your garden for what you might like to divide, and prepare places for the new additions. For more detailed information on dividing perennials, try <http://www.finegardening.com/10-tips-dividing-perennial-plants>.

Visit us on Facebook at Westbrook Garden Club in CT. You'll find gardening tips, photos, and announcements of upcoming events like our Fall Garden Market, September 10. Facebook and other local news sources will also tell you how to order our magnificent mums.



**6th Annual  
KIDS SAFE CT**  
Exchange Club Center for the  
Prevention of Child Abuse of CT, Inc



**WHEN:** 9AM-3PM  
**August 20, 2016**  
(rain date: August 21, 2016)

**LOCATION:**  
CT Golfland, 95 Hartford  
Turnpike Vernon, CT  
06066

ALL Proceeds benefit  
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501 (c)(3) organization.  
More info: (860)872-1918

Kidsafect.org for  
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### 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](mailto: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](mailto: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

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

### Senator 33rd District

Art Linares  
Legislative Office Building, Room 2705  
300 Capitol Avenue, Hartford, CT 06106  
(860) 240-8800, 800-842-1421  
[Art.Linares@cga.ct.gov](mailto:Art.Linares@cga.ct.gov)

### Rep. 35th District

Jesse Maclachlan  
CT House Republican Office  
L.O.B. Room 4200, Hartford, CT 06106  
860-240-8700, 800-842-1423  
[jesse.maclachlan@housegop.ct.gov](mailto:jesse.maclachlan@housegop.ct.gov)

### FEDERAL

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

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

Congressman Joe Courtney  
55 Main Street, Suite 250  
Norwich, CT 06360  
(860) 886-0139  
2348 Rayburn HOB  
Washington, DC 20515  
(202) 225-2076, Fax (202) 225-4977  
[www.courtney.house.gov](http://www.courtney.house.gov)

## WESTBROOK Community Listings

### IMPORTANT TOWN HALL NUMBERS

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

### SCHOOLS

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

### HOME HEALTH CARE

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

### POLICE DEPARTMENT

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

### LIBRARY

Westbrook Public Library .....	(860) 399-6422
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### USEFUL NUMBERS

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

## Social Services

### Elderly (65+) and Totally Disabled Renters' Tax Relief Program

**Filing Dates: April 1st to October 1st**

CT General Statutes provide for a partial refund of annual rental and utility expenses to qualified elderly and disabled renters. The program is available to residents age 65 or older as of December 31, 2015, or residents at least age 18 by December 31, 2015 who have been found by a government agency to be permanently and totally disabled. Income must be no more than \$34,600 for singles or \$42,200 for married couples.

All documentation required for the Renters Program, is based on the "2015" calendar year.

Call Westbrook Social Services to arrange an appointment or with questions 860-399-3090.

## CT Agriculture Fairs

### Hamburg Fair

**August 19, 20 & 21**

2 Sterling City Road, Lyme, Connecticut  
www.hamburgfair.org, 860-908-4906

### Chester Fair

**August 26, 27 & 28**

Kirkland Terrace, Chester, Connecticut  
www.chesterfair.org, 860-526-5947

### Haddam Neck Fair

**September 2, 3, 4 & 5**

26 Quarry Hill Road, Haddam Neck, Connecticut  
www.haddamneckfair.com, 860-267-4671

### Guilford Fair

**September 16, 17 & 18**

Stone House Lane, Guilford, Connecticut  
www.guilfordfair.org, 203-453-3543

### Durham Fair

**September 22, 23, 24 & 25**

24 Town House Road, Durham, Connecticut  
www.durhamfair.com, 860-349-9495

### Berlin Fair

**September 30, October 1 & 2**

430 Beckley Road, East Berlin, Connecticut  
www.ctberlinfair.com, 860-828-0133

**For Town Updates & Information:  
www.westbrookct.us**

# Tropical Storm – Hurricane Preparedness

The Town of Westbrook and the entire southern New England region encounter the highest probability of a tropical storm or hurricane annually from August 15th through November 1st. We want to ensure you have the resources to be prepared. As noted with the past Tropical Storms (Irene and Sandy), each storm caused damage for many residents and forced wires down resulting in no power for 4-8 days. When electricity is disrupted you will lose TV, telephone and Internet services. With severe damage, cell sites can also experience disruption. Tropical storms produce sustained winds of 39-73 mph. Hurricanes' wind speeds range from 74 to over 155 mph. Along with dangerous winds, these types of storms will produce heavy, long periods of rain and storm surge damage to the coastline. Preparedness actions, before the storm on your part include:

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

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

The Emergency Management Department recommends that every family have an appropriate Disaster Plan in place that includes you leaving your residence and temporarily relocating. Storm surge and flooding is common for residents located along Boston Post Road (and all roads south) including the adjacent areas near the Menunketesuck River and Jensens / Green Acres mobile home parks. In other areas of the town, residents need to be aware of falling trees and power lines due

to the extreme winds. Emergency services (Police-Fire-Ambulance) are suspended when sustained winds are 45 mph or greater.

We recommend you have a plan in place to evacuate 12-24 hours prior to the storm's arrival; going to family, friends or consider staying at a local hotel. If you have no other option, Westbrook or other towns will open a pre-storm disaster shelter. Shelter locations are announced via news media, social media and 211 Info-Line. After the storm has passed and when it's safe, residents can return to their home. If needed, Westbrook will open a post storm disaster shelter.

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

## Town Notifications

Westbrook Emergency Management works closely with State and Federal agencies, including the National Weather Service when a storm is forecast to impact our area. We highly recommend you follow our website and social media sites on Facebook or Twitter. These sites are uploaded regularly with Westbrook preparedness, warnings and post storm restoration information.

In extreme circumstances with life and safety concerns, we can notify you



via the CT ALERT System, with brief, concise information. You can receive this information by registering your cell phone (voice/text) and/or email. Go to our website, following the link to CT ALERT. If your information has changed, please update the information at this time.

## Where Do I Get More Information?

The Westbrook Emergency Management website, [www.westbrookem.com](http://www.westbrookem.com) will provide you with complete information on disaster preparedness topics. The site also includes topics on disaster shelters, Eversource, generator and food safety, pets, elderly, special needs and more. The website is outfitted with videos and written material. Options also include viewing the web site in different languages. If you need access to a computer, please visit the Westbrook Library at 61 Goodspeed Drive, family or friends.

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

Donald Izzo  
Emergency Management Director

**Deadline for the Next Issue of Westbrook Events is October 21.**

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

# Vista Graduates Celebrate New Beginning

Smiles, laughter and tears of joy were a common sight at the Westbrook High School auditorium on July 15 as 15 students from Vista Life Innovations – a nationally accredited education program for individuals with disabilities – celebrated the start of a new life chapter during a graduation ceremony.

Graduation is a significant milestone in the lives of Vista students that acknowledges the independence and success they worked hard to achieve in the Discover Program, Vista's transitional program. More than 175 people attended this year's ceremony, including family, friends, community members and elected officials.

"I'm extremely confident in what you're going to accomplish going forward as you move into this new phase of life," state Rep. Devin Carney (23rd District) told the graduates. "There's really no end to your possibilities, so go forth into the world and do wonderful things." Joining Carney at the ceremony were state Rep. Noreen Kokoruda (101st District) and state Rep. Sean Scanlon (98th District), who was there in his capacity as Director of Community Affairs for U.S. Senator Chris Murphy.



This year's commencement speech was delivered by Keynote Speaker Joseph Comerford, executive director of the Estuary Transit District. Comerford, who began his career with the ETD in 2009, became a friend and supporter of Vista after getting to know the many students and members who utilize the 9 Town Transit buses daily. "I have the pleasure of working with Vista staff and

Continued on page 21

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VISTA GRADUATES CELEBRATE...continued from page 20

members on a regular basis,” Comerford said. “They add to our community with their strong sense of giving back and are a part of what makes the shoreline a great place to live.”

In addition to a Certificate of Graduation, each student received a letter from Westbrook First Selectman Noel Bishop; certificates from Sen. Murphy and Congressman Joe Courtney; and an official citation from the Connecticut General Assembly introduced by Sen. Ted Kennedy Jr. (12th District), Sen. Art

Linares (33rd District), Rep. Jesse MacLachlan (35th District), Rep. Kokoruda and Rep. Carney.

With campuses in Madison, Westbrook and Guilford, Vista has been providing services and resources to individuals with disabilities for over 26 years.

*Vista Life Innovations is a 501©3 nonprofit organization. Vista's mission is to provide services and resources to assist individuals with disabilities achieve personal success. For more information about Vista, please visit [www.vistalifeinnovations.org](http://www.vistalifeinnovations.org).*

## Westbrook Visiting Nurses

### Are you, or someone you know, in need of medical home care services?

WE do everything the LARGER agencies do, but WE do it BETTER...because...

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WE are told Westbrook residents feel “safe” and “comfortable” knowing the person they let into their home is a TOWN employee.

If you, or someone you know, is being discharged from the hospital or is in need of a medical home visit, be sure to ask for your hometown professionals – Westbrook VNA.

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## The Shoreline Soup Kitchens & Pantries

The Shoreline Soup Kitchens & Pantries provides food and fellowship for residents in need in the towns of Clinton, Old Saybrook, Westbrook, Chester, Killingworth, Essex, Deep River, Madison, East Lyme, Old Lyme, and Lyme. Founded in 1989, SSKP supports 8 meal sites and 5 pantries; all located and hosted by communities of faith. Last year, with a small staff and over 900 dedicated volunteers, SSKP served food for over 1 million meals to over 8,000 shoreline neighbors in need. Visit [www.shorelinesoupkitchens.org](http://www.shorelinesoupkitchens.org) for a full listing of SSKP's shoreline meal sites and pantries.



day for three days for all those in their household. Guests are reminded to bring bags. All are welcome to attend one SSKP pantry per week.

### SSKP's Westbrook Pantry

Every Tuesday from 1:30 pm -2:30 pm, at St. Mark's Roman Catholic Church, 222 McVeagh Road in Westbrook. The pantry provides fresh and non-perishable food for those who live in Westbrook, Clinton, Old Saybrook, Chester, Killingworth, Essex, Deep River, Madison, East Lyme, Old Lyme, and Lyme. Residents in need receive enough food for three meals a

### How You Can Help:

Call (860) 388-1988 or visit [www.shorelinesoupkitchens.org](http://www.shorelinesoupkitchens.org) for more information on how to plan a food drive, or become a pantry or meal site volunteer. Donations can be mailed to PO Box 804 Essex CT 06426. Donate securely online at [www.shorelinesoupkitchens.org](http://www.shorelinesoupkitchens.org). Your help makes a place at the table for all those in need in Clinton and the shoreline.

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our surgeons have the ability to customize the procedure to achieve the best visual outcomes.

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Middlesex Eye Physicians



# 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 housing. The 2016 eligibility income guidelines are: Single person=\$21,775 or Couple=\$29,471. These seniors should be participating in a program with similar means testing, verifying eligibility (heating assistance, renters rebate, SNAP etc...).

## Eligible Products:

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

## For more information or pick up - contact:

Elizabeth Carpenter, Social Services Coordinator at 860-399-3090.

## Office hours: Monday-Wednesday:

9 am - 4 pm;

Thursday: 9 am - 7 pm; Friday:

9 am - noon.



## Town Events

**Westbrook Drum Corp Muster Tattoo, Friday**

**August 26, 7:00 pm, Ted Lane Field**

**57th Annual Muster Parade, August 27, 11:00 am**



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# Chestnut Hill Concert Features Two Masterworks with Clarinet and Piano Trio by Dvorak

The second program of Chestnut Hill Concerts' 2016 season will include two great pieces of chamber music featuring the clarinet and a stunning piano trio by Antonín Dvorák. The concert will take place on Friday, August 12 at 8:00 pm at the Katharine Hepburn Cultural Arts Center (The Kate) in Old Saybrook, and will bring to the stage four internationally-renowned performing artists.

Joining artistic director and cellist Ronald Thomas for this concert will be: the celebrated Finnish conductor and clarinetist Osmo Vänskä; violinist and concertmaster of the Minnesota Orchestra, Erin Keefe; and the renowned American pianist Randall Hodgkinson.

The program begins with Johannes Brahms's extraordinarily melodious and lyrical Trio for Clarinet, Cello, and Piano, followed by *Contrasts* for Violin, Clarinet, and Piano, written in 1938 for Benny Goodman by the Hungarian composer Bela Bartók. The program concludes with Antonín Dvorák's complex, dramatic, and intensely emotional Trio in F minor for violin, cello, and piano, written in 1883.

The concert on August 12 is sponsored by Northstar Wealth Partners, and the 2016 Season of Chestnut Hill Concerts is made possible with support from the Connecticut Office of the Arts.

The remaining programs in the 2016 Chestnut Hill Concerts season take place on consecutive Friday evenings, August 19 and 26. Single tickets are \$35 for orchestra seats and \$30 for the balcony. "Kids and Teens Come Free" with an adult. To purchase tickets, contact The Kate box office at 860-510-0453, or visit [www.thekate.org](http://www.thekate.org). For complete program information, performer biographies and photos, and much more, visit [chestnuthillconcerts.org](http://chestnuthillconcerts.org).

To download previous issues of *Westbrook Events* visit [www.eventsmagazines.com](http://www.eventsmagazines.com) and download the issue you desire!

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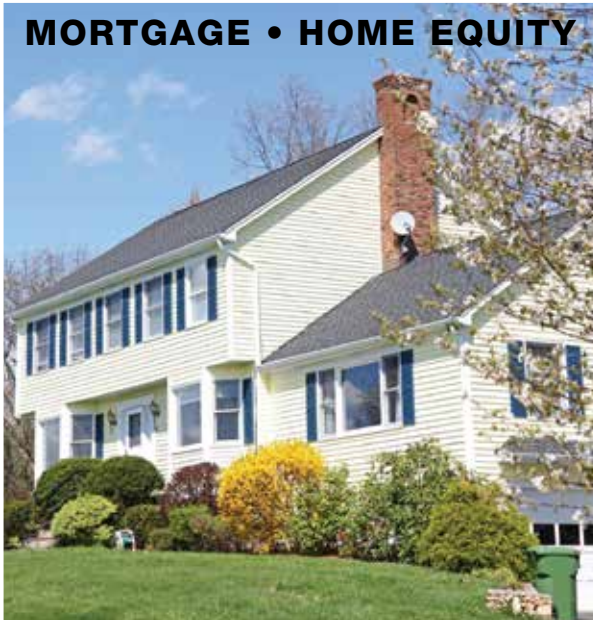


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