

# Westbrook



# Events

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Volume 12 • Quarter 4 • 2012



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## First Selectman's Corner

We are approaching the end of our calendar year. It has been a momentous time in Westbrook. Many projects and initiatives have been launched and almost everywhere you drive you can observe the changing landscape of this community. A new train station; complete dredging of the Patchogue River all the way to the Singing Bridge; beginning construction of Middlesex Hospital's new state of the art emergency clinic on Flat Rock; a new town garage complex on Route 145; an expanded water line and re-paving on Route 1 from the Town Center to the water tower, and re-paving of Old Clinton Road.

All of these projects were funded by Federal and State money at no expense to Westbrook taxpayers.

These accomplishments are the result of many talented volunteers and staff who diligently work to make Westbrook the great place it is to live, work and educate our youth. But as we move forward, there is still much to accomplish:

- We must continue to recruit and elect volunteers to serve on our Boards, Commissions and Committees. All of the major decisions are made by our volunteers who spend countless hours at meetings making the important decisions for the continued necessary development for our municipality.

- Many of our roads need repair as well as other infrastructure projects that promote the safety and health of our residents.

- I am reminded everyday when I enter the Mulvey Center that we have a talented and dedicated staff. Several staff salaries are not competitive and we will address this issue in the next budget cycle.

- Westbrook has a very active Chamber of Commerce that meets monthly to support their concerns

and to reinforce the fact that every business, regardless of size, is one of our major assets. Consider the following: approximately 80% of taxes are from private residences and the remaining 20% from our business partners. They need our support and we should continue to shop "local".

- Education has been and will continue to be an excellent resource. In my discussions with families contemplating re-locating, they always comment that our school system is




First Selectman Noel Bishop

*continued on page 4*


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**WESTBROOK - \$749,000**

Beautiful woodland property affording privacy with rambling stream. Subdivision possibility. Ideal area for horse farm. Boundry map available. Joanne Putnam.



**CLINTON - \$235,000**

Solid home with 1538 square feet of living space. Nice lot that borders the Menunketesuck River. Finished lower level, Hardwood floors, 2 fireplaces and a screen porch. Sarah Marcinek.



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# Events

MAGAZINES



## Westbrook Events

**TM Ventures, LLC**  
dba **Essex Printing & Events Magazines**

18 Industrial Park Road, P.O.Box 205  
Centerbrook, CT 06409  
860-767-9087 Fax 860-767-0259  
www.essexprinting.com

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Cover photo by AC Proctor.

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## *From the Social Services Desk...*

The Town of Westbrook, along with the Connecticut Renewal Team (CRT), will be hosting an Energy Assistance "Blitz" at the Mulvey Municipal Center, 866 Boston Post Road Westbrook on Thursday, November 29th from 9:00 a.m. until 3:00 p.m. Applicants will be screened for eligibility to receive help in paying for their energy costs during the upcoming winter season.

For households approved under this program, CRT assists with payments for such heating sources as oil, gas, electricity, propane, kerosene, coal and wood.

Applications will be taken by appointment only. Interested Westbrook residents may call Westbrook Social Services at 860-399-3040 (ext. 154) to schedule an appointment for the Energy Blitz.

## *Westbrook Historical Society*

New members always welcome. This would be a thoughtful Christmas gift for the entire family to enjoy for many years. We are located on the Town Green. Stop by and see what we are all about. There are many things to see, and you will learn a great deal about the history of Westbrook. Our meetings are normally held on the third Tuesday of the month, with special meetings when the need arises. The building is usually open when there is a Town Green "event" and on many Saturdays. Please give a call to 860-399-7361 or 860-399-7294 for additional information. Dues start at \$10 annually for an individual. Please send your request to Westbrook Historical Society, P.O. Box 148, Westbrook, CT 06498.

• *First Selectman continued from page 1* •

the major reason to move to Westbrook. It is appropriate that approximately 2/3 of our total municipal budget of \$25 million is committed to education.

Thus we have dedicated volunteers; an infrastructure to support the safety and well being of residents; talented staff; vibrant businesses and an excellent education system. During the season of Thanksgiving, we are reminded that we live in a special place with friends, family and neighbors who care enough to make all things possible.

— *First Selectman Noel Bishop*

*For town updates & information:*

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## Westbrook Fire Department

The Westbrook Volunteer Fire Department was organized as the Westbrook Chemical Engine Company No. 1 Inc. in 1921 and has been active ever since. Headquarters is located at 18 South Main Street and Station 2 is located at 725 West Pond Meadow Road.

The Department is an all-volunteer force. Westbrook Fire Department is always looking for new volunteers. If you are up for the challenge of being a firefighter please inquire or pickup an application at Fire Department Office located in the Riggio Building or Wednesday evening at Fire Headquarters. The Department has a full-time administrative assistant. Office hours are Monday, Tuesday, Wednesday and Thursday from 8 a.m. to 4 p.m. The office telephone number is 860-399-3473.

The Department provides firefighting services, R-1 Medical Response, Heavy Rescue, Hazardous Materials Response, Year

Round Search and Rescue Marine Services. The fire department maintains 4 engines, a 3,000 gallon Engine Tanker, a 75 ft. Baker Aerial Scope, a traffic safety truck, a 27 ft. Safe Boat Fire Rescue Boat, 14 ft. Zodiac Quick Response Boat, a Wells Cargo Hazardous Spill Response Trailer, a heavy rescue, a medical response unit and two brush/medical units.

If you are interested in any of the services, we provide please contact us. The Department provides training for all members and has a Junior Division for young people between the ages of 14 and 19.

The continued support of our activities by the residents of the Town have allowed us to continue our Annual Halloween Party, Scholarships and our Smoke Detector Campaign, as well as other charitable causes in the Town of Westbrook. Again, thank you for your continued support.

Our commitment is to provide the finest in Life and Property protection to the residents of the Town of Westbrook. As part of our ongoing commitment to the residents, we are in the process of looking at replacing our aging apparatus. The Baker Aerial Scope was built in 1975; it has served us well but will be 38 years old next year. Our pumpers were built in 1977, 1982, and 1990. We are in the process and will keep the public informed as we move through this process of updating our fleet.

— Michael Jenkins, Chief

### Town Hall Hours

**Mon - Wed: 9:00 am - 4:00 pm**

**Thursday: 9:00 am - 7:00 pm**

**Friday: 9:00 am - Noon**

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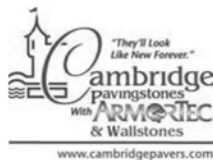
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## Board of Education

The Communications Committee of the Board of Education was established with the goal of developing strong collaborative relationships with all who contribute to and support the education of Westbrook children. We hope our contributions to **Westbrook Events** proves to be another vehicle for reaching the public with important information about our District, as well as broader education issues in the State of Connecticut.

The Communications Committee would like to establish a database of email addresses so that interested townspeople can receive important notifications regarding the District. If you would like to submit your email address to this group, please check the Westbrook Schools website [www.westbrookschools.org](http://www.westbrookschools.org) for a link to do this.

### Superintendent Search News

The Westbrook Board of Education appreciates the participation of Westbrook students, teachers, staff, administrators, parents and citizens in the recent superintendent search focus groups and online survey. These data-collecting activities produced a wealth of useful information which has been compiled into a comprehensive report. The report was reviewed by the Westbrook Board of Education and will be used as a framework for structuring the interview process for superintendent candidates. You are invited to read the final report which is available on the district website.

### Budget Timeline

At the October 9th Board of Education meeting, Carol Parmalee-Blancato, acting superintendent, brought forward guidelines for developing the 2013-14 district budget. Before the Board formally adopts a budget in March, a public budget workshop will be held. Please don't wait for the workshop, however. The Board welcomes input at any time regarding the development of the budget whether during public comment at board meetings, or through email. It is never too early to make your voices heard!

The Communications Committee meets on the second Tuesday of the month from 6:00 to 6:45 pm, just prior to the regular Board of Education meeting. We welcome not only your participation, but also your ideas. Please join us!

Myrn Keryc, Chair  
 Marti White  
 Lee Bridgewater  
 Kim Walker  
 Lisa Winch (Parent Liaison)  
 MaryJo Noonan (Teacher Liaison)

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## A HOLIDAY TOAST

Westbrook Youth & Family Services  
and The Westbrook Lions Club

Present

### A HOLIDAY TOAST

Wednesday, December 12, 2012 in the  
Grand Ballroom at Water's Edge Inn & Resort  
from 5:00 p.m. to 8:00 p.m.

Enjoy some great wines and beers with food from local merchants. For information please contact Kimberly Bratz at 860-304-1681 or Katie Kelemen at 860-202-8814.

## Westbrook Senior Center

The goal of the Westbrook Senior Center is to improve the quality of life for the Senior citizens of Westbrook and 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. Our monthly scheduled activities include yoga, card playing, exercise, line dancing, dominoes, coffee social, book chat, pool, and tai chi.

Along with our regularly scheduled activities, the center has meals, speakers, parties, entertainment, food pantry, blood pressure clinics, and a low cost foot care clinic provided by the Westbrook town nurse.

To see our exciting calendar of events, please come down to the center Monday through Friday. We look forward to seeing you.

— Courtney Burks, Director

The center is located at 866 Boston Post Road in Westbrook, 860-399-2029, [www.westbrookct.us](http://www.westbrookct.us). Hours of operation: Monday through Wednesday from 9 am- 4 pm, Thursday from 9 am-7 pm and Friday from 9 am-12 pm.

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## Groundbreaking for New Middlesex Hospital Shoreline Clinic



*Pictured above: left to right – Noel Bishop, First Selectman Westbrook, Vincent G. Capece, Jr., President & CEO, Middlesex Hospital, Harry Evert, Senior Vice President, Strategic Planning and Operations, Middlesex Hospital, R. Christopher Seaton, Chairman of the Board of Directors, Middlesex Health System, Darlene Briggs, Chairwoman, Westbrook Division, Middlesex County Chamber of Commerce, Larry McHugh, President, Middlesex County Chamber of Commerce. (Photo by John Giammatteo)*

There was a groundbreaking ceremony for a new Middlesex Hospital Shoreline Clinic in Westbrook on Wednesday, October 10, at 4:30 p.m. Several representatives from the

hospital, and Noel Bishop, First Selectman of Westbrook delivered comments to the approximately 80 assembled invited guests.

First Selectman Noel Bishop made the following comments:

*We are extremely pleased that, after careful analysis, you have chosen Westbrook as your new location. Major initiatives of this nature do not happen by accident. Months of planning, countless meetings of staff and municipal leaders and yes sometimes frustration...the list goes on. Westbrook has spent 2 years creating a master Plan of Conservation and Development. One of the key components of this document is the commitment that we made to promote exactly this kind of enterprise.*

*Take a moment and look at the unparalleled geography of this place. You are building a regional medical facility served by an excellent infrastructure of roads and communication; a medical center that can capitalize on state-of-the-art technology for present and future patient care; a state that prides itself on the delivery of all forms of medical care to its constituents.*



*The First Selectman of Westbrook, Noel Bishop, speaks to invited guests at the groundbreaking of the New Middlesex Hospital Shoreline Clinic.*

## Westbrook Garden Club

This time of year our thoughts turn towards all of the blessings of the past year and all of the promise of the next. Kind thoughts and wishes go out to those who have touched our lives and supported us through the year.

The mission of the Westbrook Garden Club is to "Promote interest, understanding and education of gardening, horticulture and floral design: beautify our community and conserve our natural resources."

To support our mission in 2012 the garden club provided free educational seminars held at the library and tours to local gardens in Westbrook and Chester. We held an art contest with the high school, participated in Westbrook Family Day and held spring and fall sales to raise funds to support our education, town beautification and conservation initiatives. We replaced the window boxes that ring the town green. In 40+ locations around town we created winter green holiday displays and in spring replaced them with lovely green and pink florals. We began renovation of the Heritage Garden at the I-95 visitors center replacing the roses with plants more appropriate for the now partially shady site. All this was accomplished with the help of our long term members and the eleven new members we added in 2012.

We have had made significant contributions and received significant support from our community including a grant for the window boxes from the Westbrook Foundation, and project assistance from Jack Keough, Lester's All Jobs and Westbrook Public Works department. Many town merchants donated goods, services and food to our raffle baskets. The Friends of the Library have supported our educational programs and The Federated Garden Club of CT provided us with subsidy for the Heritage Garden renovation. And last but not least the community turned out in droves to attend our educational seminars and sales. Thank you very much!

We hope that you will enjoy the new winter green holiday displays we have set up around town and wish you a joyous holiday season. We hope to see you in the new year as our 2013 set of programs begins in March. Watch our postings on the town website for times, speakers and locations or email us at WestbrookGardenClub@yahoo.com for information on programs and membership.

Happy Holidays!

— Members of the Westbrook Garden Club

## Would You Like Someone Else To Buy You a House?



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There are a lot of things to know to make your real estate investment a good one. Let us help you find out **if** it's right for you and then find you the right property for your investment.

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## Controlling Invasive Plants

Over the last 5 years Oxford Academy students have worked with the Conservation Commission to manage invasive plants invading the natural planting along the river bank in back of Mulvey Community Center. Starting this year students are learning about invasive plants and assisting with control efforts in the town's Salt Island Overlook Open Space behind the U.S. Post Office.

In July the Conservation Commission and Oxford Academy signed a Cooperative Agreement to work together to restore a seven-acre parcel adjacent to Oxford Academy, Salt Island Overlook, to a coastal forest habitat benefiting migratory birds and other wildlife and providing public access to view and learn about Long Island Sound and other coastal resources.

Invasive plants constitute the single largest impediment to meeting the goals for the Salt Island Overlook property. The complete eradication of invasive plants from the property is not a realistic objective; this means that a key part of the ongoing management of the property will involve the removal of new infestations before they have a chance to spread and interfere with public access and the property's educational and recreational functions.

The Conservation Commission, in partnership with the USFWL Stuart B. McKinney Fish and Wildlife Refuge, will hold annual workshops at Salt Island Overlook (SIO), and/or other sites as appropriate, for the purpose of training Oxford

Academy students and staff to recognize and remove invasive plants from Salt Island Overlook and other public and private lands, such as Oxford Academy.

The students will attend training programs for managing invasive plants and, working with Conservation Commissioners and other community volunteers, will assist in removing new infestations of invasive plants, including Oriental Bittersweet, Multi-flora Rose, Bush Honeysuckle, Autumn Olive, and Garlic Mustard.

The first workshop was held in September to introduce in-coming Oxford Academy students to invasive plants and Salt Island Overlook. 28 Students and staff members hiked the trails identifying invasive plants and hand pulling young Multi-flora Rose invaders.

A second workshop was scheduled for Thursday October 25, at the U.S. Fish and Wildlife Service's Stewart McKinney Fish and Wildlife Refuge Headquarters on Old Clinton Road. Rick Potvin, Refuge Manager, introduced students to the refuge and the invasive plant control on-going at the refuge.

The Conservation Commission encourages community volunteers to participate in the workshops and invasive plant control on Westbrook's protected Open Space. For more information and to volunteer please contact Tom ODell at todell@snet.net.

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## Pride in Westbrook Flag Program



Are you proud of our town? 2'x 3' Blue flags with the town logo and "A friendly Port" can be purchased for \$26.59. Proceeds support the Military Historians Museum. Contact Jill in the First Selectman's office 860-399-3040.

Military Historians Museum is open on Tuesday, Wednesday and Thursday from 8 a.m. to noon. For appointments please call 860-399-6571.

## Thank You for All Your Support

I would like to take this opportunity to thank everyone for all of their love and support during this difficult time that my children and I have gone through. In the past few months many of you have shown your love in many different ways and we will never forget it. We are truly blessed to have each and every one of you in our lives. Westbrook is a great community and it is amazing to us how everyone just stepped up and did what they could. Thank you will never seem to be enough to express to all of you how much your love and support has kept us going. We will always be grateful.

*With much love and appreciation,  
Kimberly, Madison and Alan Bratz*

## Town Garage:

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### Special Events

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Sat. Dec. 1, 10:00 AM to 4:00PM

Family Christmas Service  
Mon. Dec. 24 at 5:30 PM

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# Westbrook Public Schools

## Connecticut Common Core Standards

*In the 21st century, the increasingly complex needs of students require sophisticated teaching strategies. As stated in Wagner (2008)1, Wagner et al. (2006)2 and cited in Connecticut’s Plan for Secondary School Reform3, “the old ‘basics’ of reading, writing, and mathematics are still essential, but not sufficient. Today’s and tomorrow’s students must learn to locate, analyze, interpret and communicate information in a variety of media and formats, and solve problems creatively and logically. Living and competing successfully in a global society and economy will require an understanding of our interconnectedness, collaboration and leadership skills, habits of personal and social responsibility, and adaptability to change.” Teachers must help students foster the academic and social competence to become both independent and interdependent learners and workers who can successfully navigate a rapidly changing world.*

The Common Core State Standards initiative is a U.S. education initiative that seeks to bring state curricula into alignment with each other by following the principles of standard-based-education reform. The initiative is sponsored by the National Governor’s Association (NGA) and the Council of Chief State School Officers (CCSSO) 4. In July 2010, The Connecticut State Board of Education adopted the new national standards-Common Core State Standards (CCSS) in English/ Language Arts & Literacy and Mathematics that will establish what Connecticut’s public school students should know and be able to do as they progress through Grades k-12. Standards have yet been developed for science or social studies. The Common Core State Standards (CCSS) provide a consistent, clear understanding of what students are expected to learn, so teachers and parents know what they need to do to help them.

The stated goal of the English/Language Arts & Literacy in History/Social Studies, Science, and Technical Subject standards 5 is to ensure that students are college and career ready in literacy no later than the end of high school. There are five key components to the standards for English/Language Arts: Reading, Writing, Speaking and Listening, Language and Media and Technology 6.

The stated goal of the Mathematics Standards 7 is to achieve greater focus and coherence in the curriculum. The Mathematical Standards include Standards for Mathematical Practice and Standards for Mathematical Content.

Work on implementing the Common Core State Standards in Westbrook Public Schools is well underway for both English/Language Arts & Literacy and Mathematics. Two years ago, we started by looking closely at the standards; comparing the Common Core State Standards to what we were currently teaching and beginning the transition between the expectations of the old State standards and those for the Common Core. In both English/ Language Arts and mathematics, teachers have attended workshops to acquire the latest information on the Common Core Standards and to network with teachers from other districts. Last year, teachers began to incorporate the new topics/concepts into their classes and acquire the necessary resources such as more complex texts. English/Language Arts teachers are looking at their current curriculum through the lens of increased emphasis on text complexity and nonfiction, incorporating performance tasks and addressing the various types of writing students are doing, such as argumentative, informative/explanatory, and narratives.

The Mathematics standards require the most significant shift in teaching methods. Our mathematics teachers are in the process of writing and implementing a new Common Core based mathematics curriculum. The Common Core State Standards (CCSS) for mathematics include two types of standards: one for mathematical practice (how students are able to apply and extend math principles) and one for mathematical content (what students know about math). Mathematics fluency is a big part of the Common Core and the standards emphasize depth over breadth.

Teachers in the district are looking at ways to infuse literacy skills that emphasize reading, writing, and performance tasks into History/ Social Studies, Science,

*continued on page 15*

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## SAVE THE DATE:

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**Westbrook Recreation Department Treelighting Committee**

• *Public Schools continued from page 14* •

and Technical subjects. On-going professional development is scheduled at all levels to give teachers support and shifting the focus from WHAT we teach to HOW we teach it. The entire curriculum currently being written and/or revised in Westbrook will incorporate Common Core standards. This is an ongoing process that continues into the current school year and will continue until the Common Core State Standards are fully implemented in Westbrook School District.

Information on the Common Core State Standards is available on the State of Connecticut Dept. of Education website: [www.sde.ct.gov/sde/cwp/view.asp](http://www.sde.ct.gov/sde/cwp/view.asp)

— Carol Parmelee-Blancato  
Interim Superintendent of Schools

References:

1. Wagner, T. (2008). *The Global Achievement Gap*. New York, NY: Basic Books.
2. Wagner, T., Kegan, R. Lahey, L., Lemons, R., Garnier, J., Helsing, D. Howell, A., & Thurber Rasmussen, H. (2006). *Change Leadership: A Practical Guide to Transforming Our Schools*. San Francisco, CA: Jossey-Bass.
3. Connecticut State Department of Education (2009). *The Connecticut Plan for Secondary School Reform: Academic and Personnel Success for Every Middle and High School Student*. Hartford, CT: Connecticut State Department of Education
4. Wikipedia on October 2012
5. [http://www.corestandards.org/assests/CCSSI\\_ELA% 20 Standards. Pdf](http://www.corestandards.org/assests/CCSSI_ELA%20Standards.Pdf)
6. 16.00 16.01 16.03 16.04 16.05 16.06 16.07b 16.07 16.08 16.09 16.10 16.11 16.12 "Key points in English/ Language Arts (2011).<http://www.corestandards.org/about-the-standards/key-points-in-english-language-arts>
7. Mathematics Standards



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## *Westbrook Recreation Department Fall and Winter Preview*

Fall is a very busy time with registrations and attendance in all our programs. From Tots to Seniors, we have programs that will interest everyone. K-4 Karate has children doing this program twice a week after school at the Daisy Elementary. We presently have 24 boys and girls enjoying this Monday and Wednesday after school program. Archery also was full for the eleventh year in a row. Please register as soon as possible for our youth programs or you may miss out.

Soccer also has had a large number of children kept very active. We had 89 children registered between both our Tot and Recreation Soccer programs. Please register now if your child wishes to play Spring Travel Soccer, so we can establish teams! Our deadline date for Spring Soccer is December 15th. All registrations after this date will add a \$15 late fee. Our new program for this Fall is youth badminton. This program is both challenging and lots of fun! Youth Badminton starts on November 10th, at the Daisy Elementary School. Give us a call if you still wish to register for any of these programs.

Our Middle School After School Program has been growing since the start of the school year. Parents can now have their children in a safe and supervised environment while they are at work or running errands. Your child can register anytime for less than \$ 10 a day. This rate is for everyone who signs up for the whole week. Different rates apply to children doing only single days.

Our Belly Dancing, Yoga, Zumba, Aerobics and Pilates classes are still very popular with adults and seniors on the shoreline. Pilates and Aerobics are done twice a week at the Mulvey Center. You can sign up for one night or both classes and make up classes you may miss (for people only doing one a week). Our Aerobics classes are the best kept secret on the shoreline. Our two certified instructors will help you reach your fitness goals in a fun and challenging atmosphere. Come on down and register for these highly effective and affordable programs.

Our Winter Basketball programs officially start on January 5, 2013. All children from Kindergarten to 8th grade should register as soon as possible for their specific Basketball program. We use Westbrook Middle School gym along with the Daisy gym to provide quality basketball instruction for your child. Each site provides age appropriate instruction and games essential to learning basketball fundamentals. Sign up as soon as possible so we can prepare for the season!

Winter Floor Hockey will start on March 2th and run through April 13th, 2013. Floor Hockey is a fast moving, safe and fun sport for both girls and boys. This program has convinced many children to make the jump to local Youth Ice Hockey and Field Hockey teams. We have Tot Floor Hockey for children 3 to 6 years old and other Floor Hockey classes for children all the way to 12 years old. Please call for the time when your 1st – 6th grader will be playing. Don't miss out on all the fun!

We will again be helping Santa with our "Letters to Santa" program. Last year we had well over 134 children participate from four different shoreline towns. Special mailboxes will be at Daisy, the Westbrook Library and the Town Hall. Children can write to Santa and mail their letters to the North Pole (Don't forget a return address!). Santa will send back his letter responding personally to your child. Please help your child with constructing these letters. We don't wish to tell any child that they are getting a present and have them not receive it for Christmas. Call us if you have any questions?

The Westbrook Recreation Board and Staff members wish all the Westbrook residents a safe, happy and fun Holiday Season! Please register for your Winter programs as soon as possible to avoid missing out on all the fun. Call 1-860-399-3095 to receive a Winter brochure, and find out why people are saying "Westbrook Recreation has programs for everyone!"

— *The Westbrook Recreation Board*



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## *From the Nurses' Corner*



On September 27, 2012, the Westbrook VNA's physical therapist, Noreen Saunders, teamed up with the new Senior Center Director, Courtney Burks, and Caren Appleby from the town's Park & Rec Department to demonstrate fall prevention techniques to seniors.

Noreen did individual testing to see who might be at risk for falling along with giving a balance exercise class and home safety recommendations to decrease the risk of falling in the home environment. A question and answer forum followed coordinated by Courtney and Caren ended the morning with an exercise class she offers on a weekly basis in the Senior Center.

The informative session was well received by all those in attendance.

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## A New Dimension in MRI Comfort

### Middlesex Hospital Now Offers a “Wide-Open” MRI System

Are you claustrophobic? Can you tolerate having a CT scan? If so, you can now comfortably get an MRI at Middlesex Hospital, with its new “wide-open” MRI. Even for people who are not claustrophobic, the wide-open MRI provides a much more comfortable space during the exam than in the past.

#### “Open” vs. “Wide-Open” MRI

Many people believe that having an “open” MRI can eliminate the claustrophobia they feel when having the same test in a traditional MRI unit. These types of “open” MRI systems are only open on the sides, and the top of the magnet is still very close to the body. In addition, these MRIs are also usually “low-field” MRIs, and although they do give patients more room during the test, they also have a significant drawback — it takes a lot longer to obtain the same image quality as traditional, “high-field” MRI machines. To cut down on exam times, some lower-field MRI systems may not have the same image quality as a state-of-the-art, higher-field system.

Middlesex Hospital only uses high-field MRI machines, since they produce the clearest images — because the higher the field strength, the better the quality of the images produced. However, the opening in these traditional machines is considered too small by some larger or claustrophobic patients to allow them to be comfortable during the exam.



The new wide-open MRI at Middlesex Hospital — a high-field MRI that combines a much larger bore (circular opening) size and a much shorter “tunnel” (length).

All that is changing at Middlesex Hospital. The Hospital now offers a new dimension in patient comfort — in its wide-open bore, high-field MRI that combines a much larger bore (circular opening) size and a much shorter “tunnel” (length). The new MRI looks just like a CT scanner, only a foot longer. The new wide-open bore design accommodates all sizes (up to a 550-pound patient) eliminating anxiety and claustrophobia. For many exams, both the feet and head remain outside the machine. The newer technology combines an open feel with the ability to capture high-field quality diagnostic images. In addition, the new MRI is quieter and may require less time to capture the necessary images.

Why should patients care about the quality of their MRI images? When your doctor orders an MRI, he or she is looking to get as clear a picture as possible of what is going on in your body. The best way to get a clear picture is to use the type of technology that provides physicians with crisp and clear photos of the anatomy.

“This is great news for patients who may have chosen to receive a low-field, open MRI in the past,” said Laurel Patt, Middlesex Hospital Director of Radiology.

The new “wide-open” MRI system at the Hospital is currently operational. In addition, the current MRI scanner at the Outpatient Center on Saybrook Road in Middletown will be replaced with a new, “super-high-field strength” MRI. This new MRI has double the field strength and can produce even clearer, more detailed images. It will be operational at the beginning of March 2013. The new Shoreline Medical Center in Westbrook will also have a brand new, stationary MRI system operational when construction of the facility is completed in 2014.

When using the new, wide-open MRI systems at Middlesex Hospital, patients will be comfortable, experience less noise, spend less time in the machine and can still be sure that their doctors will get the highest quality medical imaging. In other words, patients now have the best of all possible worlds at Middlesex Hospital if they need to have an MRI!

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

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**ESTUARY THRIFT SHOP:** Hours are from 10 a.m. – 4 p.m. Mon. – Fri. and 9 a.m. – 1 p.m. on Saturdays. Clothes (men, women, and children), kitchen items, crafts, and more available. Donations are accepted and volunteers always needed.

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# Growing a Manufacturing Base in Connecticut

Manufacturing has always been the backbone of the economy, especially in Connecticut. Unfortunately, in recent years we've seen more and more businesses close their doors, lay off workers and either go out of business entirely or move operations to more business-friendly states with lower taxes and cheaper energy.

Certainly the national manufacturing climate has changed and as a nation we're not producing as many tangible goods as in the past. However, the policies instituted in Hartford – high taxes, unfunded mandates, onerous permitting processes and red tape – also play an important role in those losses. Connecticut has qualified men and women ready to do these jobs, from the most basic to intricate and high-tech, and we must find ways to get them back to work and reclaim our status as a manufacturing powerhouse.

That's why I am pleased the legislature created a Manufacturing Caucus charged with evaluating and assisting Connecticut manufacturers to train and educate workers. Another goal of the caucus is to help Connecticut businesses compete locally, nationally and globally for venture and start-up capital.

Recently, the Manufacturing Caucus held a meeting to discuss pressing issues for the coming legislative session. Some of the ideas included better identification and support for manufacturer's needs, developing networks to improve and discover new ideas and commercial opportunities, creating a voucher program to assist startup businesses get access to accurate and up-to-date research, and developing a research company with a focus on new technology. The caucus also intends to focus on creating a positive image of manufacturing to boost youth involvement and develop career interest by building an integrated system of high school and college programs to educate and train workers based on employer needs. While this is just an outline of some of the ideas I think it's a good first step.

Manufacturing in Connecticut accounts for more than \$25.9 billion of our state's gross product yearly. That's more than 11% of our state's total workforce, according to a report by the Connecticut Industrial Energy Consumers. Across the nation, nearly \$50 billion a month, or more than 60% of exports are linked directly to manufacturing. Those exports also account for \$1.37 in additional activity for each and every dollar spent. Investments in manufacturers clearly pay dividends back to the communities that support and sustain them.



— State Rep. Marilyn Giuliano

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

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# WESTBROOK NEWCOMERS' GUIDE

## Welcome to Westbrook!

On behalf of *Events Magazines*, welcome to Westbrook. Whether you are new to Connecticut or just new to Westbrook you will find wonderful people and places to visit in town. From the Westbrook Fire Department Carnival to the Westbrook Fife & Drum Muster Parade, Westbrook has something for everyone. Below are important phone numbers. Please tear out this page and keep it for future reference. We at *Events Magazines* and Essex Printing support local businesses.

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## *Volunteers Support Education in Westbrook on Middlesex United Way Days of Caring*

Middlesex United Way's annual Days of Caring were held the first two weeks of October, and a team of employees from Rolls-Royce Naval Marine, Inc. volunteered Oct. 11 at Daisy Ingraham School in Westbrook.

Middlesex United Way Day of Caring is an annual event that matches groups of volunteers from local companies with meaningful volunteer projects that advance the common good. Middlesex United Way's focus areas are education, income, health, and housing; this year, Day of Caring projects support education by connecting companies to local schools.

The volunteers did classroom activities with students and cleaned up a Born Learning Trail at the school, which they installed last year. A Born Learning Trail is an early learning tool featuring a series of signs on posts with fun, physical activities for parents and caregivers to do with their children. They are installed in a public setting for everyone in the community to enjoy.

Over several days, teams are volunteering at nine schools in six Middlesex County towns. Volunteers are doing storytelling, reading, and activities with children in the classroom; speaking about their careers; and improving the learning environment for children through gardening, mural, and other beautification projects.

Teams of volunteers from local companies donate their time to these volunteer projects. Participating companies include ATD Wireless Zone, Brown & Brown of CT, Carlson & Dumeer LLC, Citizen's Bank, Clean Choice Commercial Cleaning LLC, GKN Aerospace Services Structures Corp, Liberty Bank, Middlesex Hospital, Rolls-Royce Naval Marine, Inc., Russell Library, TD Bank, Tower Laboratories LTD, and Wesleyan University.

Middlesex United Way is a locally based organization dedicated to strengthening lives, helping people, and improving community conditions in the fifteen towns in Middlesex County. To learn more, visit [middlesexunitedway.org](http://middlesexunitedway.org) or [facebook.com/middlesexunitedway](https://www.facebook.com/middlesexunitedway).



*Volunteers from Rolls-Royce Naval Marine Inc. volunteered at Daisy Ingraham School in Westbrook as part of Middlesex United Way's annual Days of Caring.*

## *Stop Being Comfortable Being Uncomfortable!*

The benefits of Massage Therapy will blow your mind away, and this short article is only the tip of the iceberg. Most people feel massage is a luxury, but there is a reason why it is called "Therapy". For one hour out of 168 in the week take a deep breathe and sink into the comforting warmth of the crisp clean sheets of the massage table. You will relax, de-stress, decrease tense muscles and knots, increase circulation and range of motion, bring more oxygen and nutrients to the blood stream, aid in venous flow, break up scar tissue and adhesions, cater to the body's craving for touch, relieve headaches and other aches and pains, improve posture from today's rounded shoulders and forward head posture syndrome, educate you about your body and where you need to stretch and strengthen, ease muscles affected by the following: injury, broken

or fractured bones, strains/sprains, overuse, fibromyalgia, digestion issues, arthritis, restless leg syndrome and so on.

Massage Therapy is not so much of a luxury as it is good for you. Many people recognize the benefits of massage from the very first moment the Licensed Massage Therapist lays their hands on them. You deserve this experience and tool in bettering your health. It is not just a luxury; it is a health tool that every living mammal needs. Even insurance companies are starting to accept massage therapy as a healing process for patients of many types. So please, I beg of you, if you are comfortable being uncomfortable then Massage Therapy is not for you, it is apparently a luxury item!

— Jenna Snelgrove

Jodi Works LLC, 1856 Boston Post Road, Westbrook, [www.JodiWorks.com](http://www.JodiWorks.com)





# WARM THE CHILDREN

Providing New Winter Clothing For Needy Children

In the Valley Shore, needy children will go cold this winter without your help. The Warm the Children Fund is neighbor helping neighbor. Events Magazines and the Old Saybrook Rotary Foundation are asking readers to donate to the fund, and all proceeds will be used to buy new winter clothing for needy area children. This is the 20th Warm the Children campaign. Children who benefit from the program live in Essex, Chester, Deep River, Lyme, Old Lyme, Old Saybrook and Westbrook. Social service agencies in each town will work with coordinator Jason Smith, assisted by Dick Campbell, John Donnelly, Ken Roche, Bret Taylor, Bill O'Shaughnessy and Stephen Brinkmann. The coordinators will make arrangements with Wal-Mart in Old Saybrook and assign Volunteer Shoppers to take the families shopping for their winter clothing. Shoppers are local residents who want to help out by donating their time for this worthwhile cause.

As donations are received, volunteer shoppers are asked to call a family to set up a shopping trip to Wal-Mart. Shoppers then meet the family at the store and assist in picking out approximately \$90 worth of clothing per child. All \$90 is spent on clothing whether it be coats, hats, gloves, mittens, boots or winter clothing. There are no administrative costs of any kind.

Simply complete the coupon and send it to the address on the coupon. All donations are tax deductible. Thank you!



Enclosed is my donation to the  
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# Happy Holidays

from

## Essex Printing & Events Magazines



## Great Wines for Grilling

Although summers end is approaching there is still plenty of time for grilling out. I would like to explore a few less widely known red wines to pair with your grilled fare. Both of these wines come from Italy, however they are very different. The first of the two is Barbera. This wine has medium fruit and a light, dry, acidic finish. Barbera is one of the top 5 most widely grown red grapes in Italy. Some of the most popular are Barbera D'Alba and Barbera D'Asti. The latter part of the name represents the town in which the grapes are grown within the Piedmont region. There are representations of this wine in California which tend to have soft fruit and a little bit of spice.

The other wine that is overlooked is Valpolicella. Sometimes thought to be a light, inexpensive Italian wine, it can actually be quite full and delicious. It comes from the Veneto region and is made mostly of Corvina grapes and occasionally blended with a small amount of other varietals such as Molinara and Rondinella. Valpolicella gives way to flavors of black cherry and dark red fruits with a soft, slightly dry finish. Even more interesting is enjoying this wine when it has been produced in the "Ripasso" method. This term means "re-passed," which consists of re-fermenting the wine over un-pressed, dried skins of Amarone grapes. Many people call this style of Valpolicella a "Baby Amarone." This process develops the wine into a richer, fuller bodied wine with a raisin like characteristic that is slightly higher in alcohol.

It is easy to go to the local wine shop and pick up a Cabernet or Merlot, but sometimes it is fun to change it up and try something new. The next time you are grilling out with family and friends tantalize your palate with these exciting wines. They are sure to not only impress your guests, but keep them coming back for more!

— Art LiPuma, manager  
SeaSide Wine & Spirits

## Connecticut Cookie Platoon

**Mission:** Our mission is to get America baking homemade cookies once a month for our troops, veterans, or recovering soldiers.

**Next Platoon Event: November 17.** Our shipment/packing party will be at Whelen Engineering, located at 51 Winthrop Road in Chester. Cookies may be dropped off beginning at 9:00 a.m. We'll start packing at 9:30 am. Finished cookies must be 2 inches in diameter. They must be homemade, not store-bought. Please put your cookies in large Ziplok Bags before giving them to us for shipping. You can stay at the site for our packing party. We'd love to meet you, and we'll be happy to have your help. If you can't get to the packing site, we can pick up your cookies. Please call Debbie Schaefer at 860-526-2789 to make arrangements.

If you'd like to make a monetary contribution, please make your check out to The Connecticut Cookie Platoon, and send it to P.O. Box 635, Chester, CT, 06412-0635. If your family or your company would like to sponsor a soldier by defraying the cost of one of our shipments, please contact us at [info@cookieplatoon.com](mailto:info@cookieplatoon.com). We encourage our sponsors to send notes, photos, or gifts in their soldiers' cookie packages.

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