

Westbrook events

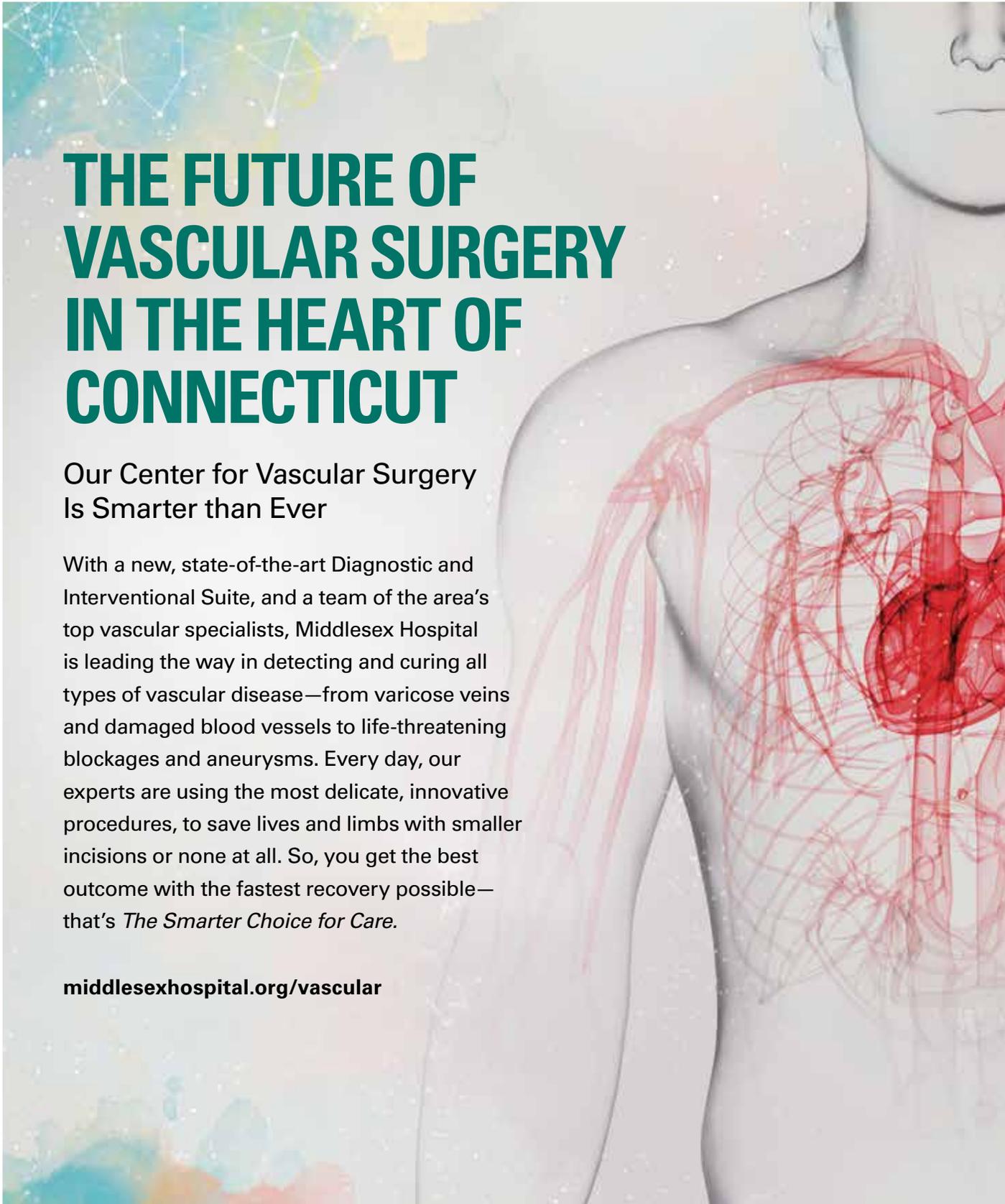
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First Selectman's Corner

Westbrook is a community that consistently reaches out to provide support for families and friends in need of assistance. It is always encouraging to note that one of the many advantages of living in a small community is how many of our residents come forward and take the initiative to organize events that mobilize efforts to respond to a compelling need.

Sometimes it is a young person who finds a way to support a great cause. As an elementary student, Matthew Scotella, with his younger brothers, started raising money for a cause. His courage and optimism has inspired others. I urge you to participate in this initiative and thank you in advance for your willingness to support this noble cause.

I direct your attention to the following communication written by Jennifer Waldron. Ms. Waldron is the parent of a Westbrook student and currently President of the Middle School PTA.

"I am so proud to announce the first annual Bottle It Up! Community Bottle Drive! Bottle It Up! is a local charitable organization founded by fourteen-year-old Matthew Scotella. When Matthew was 9 years old he lost his beloved 4th grade teacher Joanne Murray to cancer, he found it difficult to understand and grieve. Matthew's mom, Jennifer Curley, suggested he have something positive come from something so sad and together founded Bottle It Up!

The organization collects .05 CT redeemable bottles and cans and then donates all proceeds to the Yale Cancer Center and Smilow Cancer Hospital Closer to Free Fund.

In the past five years Matthew, along with his brothers Andrew and James, have brought their cause to the Westbrook Schools, as well as High Hopes Therapeutic Riding Center Old Lyme and Anthem Insurance Company, to join in raising awareness and help collect bottles for a great cause. Together they have raised over \$5,500, all of which was donated to the Closer to Free Fund.

Now the cause is even closer to all our hearts as Matthew himself was diagnosed with cancer. It is now our turn to help grow his foundation and continue the battle to put a cap on cancer and find a cure for all who battle!

The Community Bottle Drive will be held from April 23rd through April 29th at the Westbrook Town Hall.

continued on page 2



Noel Bishop, First Selectman

An advertisement for Saybrook Country Barn. The background is a photograph of a modern living room with a white sofa, patterned pillows, and a yellow lamp. The text is overlaid on the image.

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FIRST SELECTMAN'S CORNER... continued from page 1

There will be dumpsters placed on property for people to drop off their bottles and cans. On Saturday April 29th, we will have volunteers on-site to take the bottles and redeem them, as well as raffles and free food. We will have t-shirts made up and are looking for local businesses to offer sponsorship. Anyone interested in volunteering or being a sponsor of this event should contact Jennifer Waldron at ice_jen@yahoo.com or 203-640-0741.

Please visit the website at www.bottleitup.org for more information and follow us on Twitter@caaponcancer. Please start saving your bottles today or collecting your redemption slips to donate to Bottle It Up! Together we can work to put a cap on cancer once and for all!

Noel Bishop, First Selectman

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From the Assessor's Office

Homeowners and Totally Disabled Tax Relief Program

The following is a summary of the benefits currently available to certain Westbrook homeowners. The details of the programs are set forth in the Connecticut State Elderly and Totally Disabled Program (Connecticut General Statutes Section 12-170aa) and the Municipal Tax Relief Program (Connecticut General Statutes Section 12-129n and the ordinance of the Town of Westbrook entitled Amended Resolution for Providing Tax Relief for Elderly Homeowners) and is subject to the provisions of those statutes and ordinance.

Westbrook homeowners may apply for the Elderly/Disabled Homeowner Program between February 1 and May 15, 2017. The applicant must be 65 years of age to apply or any age if they are permanently and totally disabled and qualify with the state income limits. Please bring a copy of your form 1040 and/or form SSA-1099 when applying, and, if under age 62, a Benefit Verification Letter. This program is also called the Circuit Breaker Program. This form must be filed every two years.

Along with the homeowner's age or disability requirements, the qualifying income limits for the Grand List 2016 applications are \$35,200 for single and \$42,900 for married. If you are unsure if you qualify for the upcoming year, please call the Assessor's Office at 860-399-3016 or 860-399-3045.

The town of Westbrook also has a Senior Tax Freeze Program wherein your taxes can be frozen the first year you qualify. From then on, as long as your income criteria does not exceed the state income limits and you do not increase the value of your home by way of additions or outbuildings, your taxes will not increase. If a homeowner is on the Elderly Homeowner Program (Circuit Breaker), their taxes can be frozen and the forgiven taxes do not have to be repaid when they sell their home. There are certain limitations, however, based upon the total tax forgiven annually; this is determined on an individual basis with the taxpayer at the time of application.

If the homeowner does not qualify for the circuit breaker program, the homeowner may still qualify for the freeze program. However, in that event a lien will be placed on the property in the amount of the taxes not paid, and when the property is sold, the lien amount must be repaid to the town.

The total income is calculated from the IRS 1040 form line 20A Social Security Benefits, and line 37 Adjusted Gross Income. If the applicant does not file an income tax return and has social security as their only yearly income then a copy of the form SSA-1099 – social security benefit statement will be required.

Owners of mobile homes may apply for either the elderly Homeowners Program or the Renters Program.



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You cannot apply for both programs.

Additional Veterans Program

You must be a town of Westbrook resident on the assessment date of October 1st to receive a veteran's exemption.

Regular Veteran's Exemption: to qualify for a Regular Veteran's Exemption, the Veteran must have served at least 90 days during wartime and received an honorable discharge. Original discharge papers (DD-214) or separation papers must be filed with the town clerk's office prior to October 1st. There is no income criteria for this exemption. If you have questions about qualifying, please stop by the Assessor's Office.

Disabled Veteran's: disabled veterans who receive eligibility letters directly from the U.S. Department of Veteran's Affairs may be entitled to increased property tax exemptions for service related disabilities. In order to receive this exemption, the Veteran must file the disability letter with the Assessor's Office.

Additional Veteran's Exemptions: an additional benefit is available for Veterans with incomes lower than \$35,200 for a single person and \$42,900 for a married couple. The filing period is February 1st through October 1st. Qualifying income includes your form 1040 tax return if filed or SSA 1099 – social security statement. Additional Veteran's Benefits double the regular Veterans Benefits.

Qualifying income for 100% V.A. Disabled Veterans is \$18,000 for a single person and \$21,000 for a married couple. Social Security income is not considered.

A widow/widower is entitled to keep 100% of their spouse's Veteran's benefit.

QUALIFYING INCOME - PROGRAM YEAR 2016 **The following tables show the levels of qualifying income for the Elderly and Totally Disabled Tax Relief Program applications to be filed in the year 2017.**

These levels are to be used for the 2016 Grand List Homeowner and Renter Rebate applications, 2017 Grand List Additional Veteran's applications and may be used for any local option programs.

PLEASE NOTE: Homeowner applications that were taken for the 2015 G/L (RENEWALS) are calculated for the 2016 G/L using the 2015 qualifying income schedule, NOT the following schedule.

continued on page 6



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Homeowners

Income and Grant Information - 2016 Benefit Year Filing period February 1-May 15, 2017

Income		Tax Credit%		Tax Credit Maximum		Tax Credit Minimum	
<u>Over</u>	<u>To</u>	<u>Married</u>	<u>Unmarried</u>	<u>Married</u>	<u>Unmarried</u>	<u>Married</u>	<u>Unmarried</u>
\$-0-	\$17,600	50%	40%	\$1,250	\$1,000	\$400	\$350
17,600	23,600	40	30	1,000	750	350	250
23,600	29,500	30	20	750	500	250	150
29,500	35,200	20	10	500	250	150	150
35,200	42,900	10	-0-	250	-0-	150	-0-

Renters

**Income and Grant Information- 2016 Benefit Year
Filing period April 1-October 1,2017**

Income		Maximum Credit		Minimum Credit	
<u>Over</u>	<u>To</u>	<u>Married/Single</u>		<u>Married/Single</u>	
\$-0-	\$17,600	\$900	\$700	\$400	\$300
17,600	23,600	700	500	300	200
23,600	29,500	500	250	200	100
29,500	35,200	250	150	100	50
35,200	42,900	150	-0-	50	-0-

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Registrars of Voters

The Registrars of Voters are conducting their 2017 canvass from January through the end of May. Those registered voters who have received a "Confirmation of Voting Residence" form to fill out and did not respond by the date indicated on the form, will have their name put on the "Inactive List" as mandated by the State Statutes. Only those registered voters who have made some type of change through the Postal Service will receive a notice.

It is important for us to maintain accurate voter registration records. Please help

by reporting to the Registrars whenever you have made a change to your resident address, mailing address, name or wish to change your party affiliation.

You may call the Registrars' Office at 860-399-3042 if you have questions. The office is open on Tuesdays from 11:00 am – 1:00 pm and Thursdays from 5:00 pm – 7:00 pm, or you can make an appointment.

Registration forms are available on the table outside the Registrars' Office.

You may fill one out and mail it in or place the completed form in the mail slot near the Registrars' Office door. You may also register "Online" by going to the Westbrook website (www.westbrookct.us) and click on the Link – register to vote on-line. View the Registrar of Voters Department section for more information.

Registrars - Nancy Moore , Teri Gavigan and Colin Bennett.

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Westbrook Town Clerk

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These town residents/registered voters have qualified to take office effective January 3, 2017 and will fulfill a four year term which will end on January 4, 2021. Connecticut General Statutes Section 9-183a, 9-183b, and 9-183c prescribe the manner in which Justices are selected here in Connecticut. Under the current system, the total number of Justices a town is entitled to select are allocated first among major political parties (five Democrats and five Republicans) and the five remaining seats are filled by unaffiliated voters and minor party members. Justices are selected during the year of the Presidential election and serve for a four year term.

The Town Clerk's office begins preparing for the renewal appointments in early spring of the election year and works

directly with the major parties and Elections Enforcement of SOTS (Office of Secretary of the State). The unaffiliated seats are filled by the Town Clerk based on the requests to fulfill any vacancies that come in to this office during that period. If you have thought about becoming a Justice of the Peace and you are affiliated with a major party, let your party chair know in case any vacancies become available. If you are an unaffiliated voter and wish to be considered for any vacancies that may occur, submit your information to the Town Clerk's Office at jangelini@westbrookct.us.

Speaking of Elections - Municipal Elections will be on Tuesday, November 7, 2017.

Contact your party chairs if you are interested in fulfilling a seat this coming November.

Happy winter, stay warm,
Joan Angelini, CMC
Town Clerk

How to Reach Your Elected Officials

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Governor Dannel P. Malloy
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Hartford, CT 06106
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Fax (860)524-7396
Governor.Malloy@po.state.ct.us

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

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

State Treasurer
Denise Nappier
55 Elm Street, Hartford, CT 06106
(800) 618-3404 Fax (860)-702-3043
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Attorney General

George Jepsen
55 Elm Street, Hartford, CT 06106
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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

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

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

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Senator Chris Murphy
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(860) 549-8463 Fax (860) 524-5091
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Washington, DC 20510
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Congressman Joe Courtney
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Westbrook Tree Lighting Committee

The Tree Lighting Committee, chaired by Dennis Allen, would like to especially recognize the many individuals, organizations, and businesses who helped make the December 2016 Tree Lighting event a festive and happy town party.

The committee would like to thank the Westbrook Foundation for their grant to purchase the wonderful sound system and Dana Brainerd, Ralph DePonte, Don Harger and Dennis Allen for setting up the equipment. Thanks to Jim and Mary Brewster at the Captain Stannard House for hosting and organizing the parade participants and to the Westbrook Drum Corps and Westbrook Historical Society for their open houses. Once again, a special thank you goes to Essex Savings Bank for sponsoring the wagon rides and Foxglove Farms for providing them.

The committee thanks the following businesses and organizations for their important contributions to this year's event: Don Balint of Christmas Décor, Canvas Company, Envirotech, Friends of the Westbrook Public Library, Lighthouse Signs, Riggio Garden Center, Shop Rite, Susan McManus and the Westbrook High School Future Business Leaders of America, Westbrook Ambulance, Westbrook Board of Selectmen, Westbrook Elks Lodge (sponsored the ice sculpture), Westbrook Emergency Management, Westbrook Fire Department, Westbrook Garden Club, Westbrook and State Police, Westbrook Public Works, and Westbrook Youth & Family. This year Big Y, Leon's, Sal's, and Westbrook Pizza donated free pizza slices and Marquee Cinema donated a gift card for a contest prize.

Thanks to this year's parade participants: Westbrook Selectmen - Noel Bishop, John Hall, and Mary Labbadia; State Senator Art Linares; State Representatives Devin Carney and Jesse Maclachlan; Reverend Jan Gregory-Charpentier; the Connecticut Volkswagen Association; the Cub Scouts, Boy Scouts, Brownie and Junior Girl Scouts; Lighthouse Community Church; Oxford Academy; Rita Trojanowski and her Bernese Mountain Dog and Patty Linck and her Blue Tick Coon Hound; VISTA Life Innovations; Westbrook Ambulance Association; Westbrook Dance Academy; Westbrook Fire Department; Westbrook High School band led by Eric Gerhardt; Westbrook High School cheerleaders; Westbrook High School State and Shoreline Conference Champion Field Hockey team; Westbrook Junior Colonials; and Westbrook Drum Corps.

Thanks to our performers on stage: Jan Mazeau and the Congregational Church's children's choir; singer Brian Ruddy; former Westbrook high School principal Bob Hale reciting 'Twas the night before Christmas; Westbrook High School's Kina Mama choir under the direction of Rachael Allen; and Sunny Train featuring Anastasia and Chris Jankowski, Emily Marcello, Jay McKay, Eric Nelson, and Sharif Okasha.

continued on page 10

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Tree Lighting Committee... continued from page 9

Thanks to ice sculptor Dan Medeiros and to Wild Bill Taylor for drawing caricatures again this year.

The committee would like to thank Lester Scott and his friends and family for lighting the tree. Thanks also go to Santa's elves under the direction of Melissa Ehlert-Isabelle Esposito, Kayla Arevalo, Riley Metcalfe - and a special thank you to our Christmas spirits Randy and Ann Bell.

Around the green were many craft and refreshment tables and we want to thank the following people and organizations for participating this year: Jen Capano and friends around the bonfire with smores; Girl Scout Troops 62180 and 67893 for crafts; the Harger and DePonte families for conducting the candy counting contest; Andrea Jacobs and Liz Miller for running the reindeer food booth; Lighthouse Church for refreshments; The Stork Exchange for cookies and cider; Vista for cookies; Westbrook Boy Scouts for hot chocolate and cookies; Westbrook Ambulance Association for donut holes; Westbrook Congregational Church for serving pizza and crafts; and Westbrook Emergency Management for popcorn.

As always the committee owes a special thanks to Bill Cusson, Barry Clark, Chris Ehlert, Scoutmaster Doug Thomas, Assistant Scout master Richard Lianos, and the Westbrook Boy Scouts for help setting up and taking down around the green. This year's committee members were Dennis Allen, Bill Arute, Jill and Dana Brainerd, Jim and Mary Brewster, Darlene Briggs, Jennifer Capano, Lew Daniels, Ralph and Nancy DePonte, Melissa Ehlert, Kim Esposito, Don and Chicki Harger, Don Izzo, Chris and Anastasia Jankowski, Bernadette Jones, and Mary Reilly.

Westbrook's Energy Committee Seeks Additional Members

The Town's Ad Hoc Energy Committee, composed of Town employees and citizen volunteers, has been active in pursuing initiatives to conserve energy and save money for both the Town and its residents over the past several years. In 2015 and 2016 it sponsored a series of workshops featuring both the Home Energy Solutions program and the Solarize CT program.

The Home Energy Solutions program involves a team of contractors evaluating one's home or apartment to identify and implement means of conserving energy (such as installing door sweeps, sealing heating and air conditioning vents, caulking around windows) and providing rebates for the installation of more energy-efficient heating systems, hot water heaters, attic insulation and appliances. Over 400 residents have participated in these residential programs, helping earn the Town a \$5,000 grant from Energize CT, which was used to purchase LED light bulbs provided free to hundreds of residents at three bulb swaps.

Energy costs are the Town's second highest area of annual expenditures after personnel costs, and the Energy Committee is involved in evaluating new initiatives to reduce these costs, such as conservation measures at the Riggio building, LED streetlights and the potential to add a field of solar panels on Town property, reducing purchases of electricity from Eversource.

Interested residents of Westbrook who would like to participate in the Committee's monthly meetings should contact Chairman Chris Ehlert at cehlert01@comcast.net.

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The Westbrook Historical Society

GRANT LEADS TO NEW LOOK AT WESTBROOK HISTORY

The Westbrook Historical Society closed its doors for the winter but inside has been a hive of activity as volunteers moved, rearranged, and refurbished the Society's collections. With a grant from the Westbrook Foundation, Society volunteers are working with Museum Consultant, Brenda Milkofsky, to present visitors with a meaningful and updated take on Westbrook history. Plans are to re-open in early spring



Ca. 1908 – Westbrook's Old Town Hall



1907 – West Beach/Quotonset Races

Westbrook Stories: Tales of Land & Sea updates its focus within the walls of the original 1904 library building with a reorganized museum gallery and research center. Here residents, school groups and visitors will find our targeted local stories in a variety of objects, photographs, historic clothing, and collected histories. As part of the research for the exhibit, volunteer, Sandy Forest, has created a database of the vessels built in Westbrook. In working on the project, Brenda Milkofsky noticed the absence of shipbuilding tools in the collection, particularly those associated with caulking, a Westbrook craft that employed many. Objects are also needed that relate to our beaches such as brochures for cottage developments, small size "Cottage for Rent" signs, and other associated materials. Member, Gail Colby, is

developing the story of West Beach through interviews with past and present residents. We need the public's assistance in donations of additional Westbrook objects from Native Americans and founding farmers to 19th century mariners. Our research unites us with the Westbrook Town Hall and the Westbrook Library as we pool resources to assist residents to discover the rich history of Westbrook's unique historic buildings, beaches, rivers, farmers, ship captains, fishing industry, schools, churches, businesses, and people and more. The next chapter in Westbrook Historical Society's history is about to open!

Catherine Neidlinger Doane, President
Westbrook Historical Society

Westbrook Senior Center

UPCOMING SPEAKERS

3/23 "Swing into Spring" Westbrook Garden Club presentation at 1:00 pm.

3/30 Alzheimer's Association and Artis Senior Living presents: "**Know the 10 Signs**" Early Detection Matters at 1:00 pm.

4/6 Colin Morris RPT from Westbrook Visiting Nurses and Public Health presents **Spine Health** at 1:00 pm.

UPCOMING PROGRAMS

3/16 St. Patrick's Day Corned Beef and Cabbage luncheon at 12:00 pm (RSVP by 3/9/17).

5/4 Cinco De Mayo Taco Bar luncheon 12:00 pm (RSVP by 4/27/17). Please join us for lunch every Wednesday and Thursday at 12:00 pm. Please give 24 hour notice of reservation. Menu posted online and in our monthly newsletter. For program information and 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 www.westbrookct.com. We look forward to seeing you.
Courtney Burks, Director

Trees and Wires Down... "Who do I call?"



Regardless of the weather event or time of year, you could come across a tree or electrical wires hanging or down on the ground. Who do you call in Westbrook to notify them of the situation?

Tree Down Only - Across the Road

Notify the CT State Police at (860) 399-2100, available 24/7. They will dispatch a trooper or Westbrook Constable to determine if there is a hazard as well as notify the appropriate agency to remove it.

Electrical Wires Down or Leaning on Trees

Dial 911 immediately. Advise the dispatcher if you witness any

fire or smoke. Stay at least 50 feet or two telephone pole lengths away from all wires. Keep children and pets away from the area. If an electrical wire falls on your car and you are inside; stay inside the vehicle and dial 911. Follow all instructions when the fire department arrives.

Regardless of the scenarios described, do not attempt to drive under any fallen tree or wire. Turn around and use an alternative route.

Loss of Power to Your Residence

Call Eversource immediately at 1-800-286-2000. Many times they can't confirm if you have lost power. Its best if you notify them. Eversource can provide you with restoration times and other related information.

Westbrook Emergency Management recommends every resident to have an appropriate disaster supplies and a plan for all four seasons of the year relating to power loss. During a power loss, Emergency Management will post information on its website, Facebook and Twitter pages.

For more information, go to www.westbrookem.com.

Donald Izzo

Emergency Management Director

Water Pollution



SHOULD I USE A SEPTIC TANK ADDITIVE?

Your septic tank is a biologically active system that performs well with little outside assistance. Bacteria naturally present in human waste are all that is needed to decompose solids in the septic tank and keep it working well. Consumers may be led to believe that additives such as

enzymes, bacteria, or chemicals will keep your septic system functioning properly; eliminate the need for pumping; or repair a failing or malfunctioning system. In fact some additives may contain chemicals that can harm or cause failure by carrying solids out to the leaching field. Biological additives are touted to accelerate decomposition and break down solids more effectively rendering regular pump outs unnecessary. These may create excessive methane gas and cause failure by carrying solids out to the leach field. Enzymatic products are used to reduce the scum layer. The scum layer holds grease, fats and floatables on top of the liquid layer in the tank, so breaking up this layer may cause particles to move out to the leaching field. Chemical additives may be harmful if not used properly. They are used to break up clogs in pipes, but are caustic or acidic and can kill bacteria in the tank and destroy microorganisms in the leach field.

Approximately 11 grams of drain cleaner has been shown to cause bacterial die off in a septic tank. The only time a biological additive may be warranted is when the home owner is using antibiotics or certain medications (Small flows quarterly, winter 2002, Vol 3, No. 1).

The use of these additives is not recommended by the DEEP or DPH and is considered unnecessary. They suggest you hire a licensed service company to pump out your tank every three to five years. The EPA's septic smart brochure explains the effectiveness of additives has not been determined and many studies show additives have no significant effects on a tank's bacterial population. Don't skip regular maintenance if you choose to use additives. Regular maintenance is the only way to ensure that your septic system works properly.



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!

Spring Time Means After-School Groups:

Check out **Relaxation Club Wednesdays** in March, **CARE Mentor Program**, and **Stepping-Up**, our Daisy leadership program all on our website.

Helping Hands: High School students find ways to give back to their community! Email Shannon@wyfs.org for more info.

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!

Like us on Facebook!

TRANSFER STATION HOURS
Mon., Wed., Sat. from 8:00 am to 3:00 pm
Phone: 860-399-6356

TOWN GARAGE:
185 Horse Hill Road, Exit 64 / 860-552-4496

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

TOWN HALL CLOSED
April 14th Good Friday
May 29th Memorial Day
July 4th Independence Day

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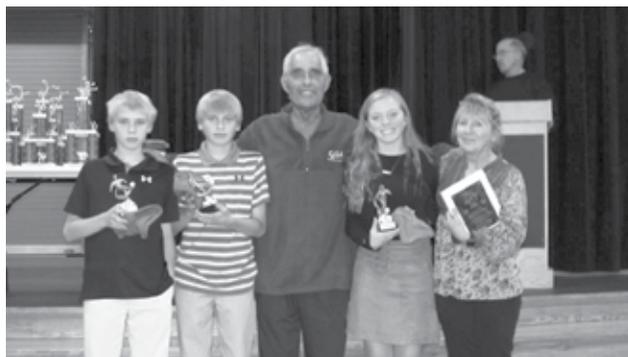
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Westbrook Recreation Spring Programs

Days are getting longer and all the snow is melting, so spring should be here soon. That means it must be time to register for all our spring programs, travel soccer and seasonal sports camps. Open registrations have already started and many programs are filling up. Register on-line soon so your children won't miss out on all the spring/summer fun. Please call our office with any and all questions.

We have so many fantastic sports and theater camps. They include Slamma Jamma Basketball, Challenger Soccer, Between the Lines Baseball, Children's Theater and Broadway Bound Theatre camps. We also have Tennis, Youth and Teen Field Hockey camps rounding out the rest. The best way for a student to improve in any sport, is to register for a camp teaching that individual sport. All of our other sports camps information will be posted in our spring brochure.

Floor Hockey will start on March 4th at the Daisy Elementary School. Boys and girls of all ages are welcome to participate. We will prorate Floor Hockey if you sign up late. Our Tot T-Ball program will be the next program that starts on April 22th. It has children from all over the shoreline participating in this springtime favorite. We introduce baseball to children as young as 3 years old, for their first big league experience. We teach your child how to properly throw, catch and hit a ball while having a fun time doing it. It's an interactive program that's fun for parents and children alike. Parents should oil their old baseball



Soccer Awards Given To Westbrook Residents

gloves and get ready for the new upcoming baseball season!

We are still running bus trips to popular destinations all around New England. Instead of stressing out with all the traffic, you can enjoy one our trips and relax during the drive. Please contact our office and we can give you a list of all the upcoming trips. There are only 50 seats per bus so please sign up soon.

Our Fifteenth annual Westbrook Family Day will be held on June 10th (rain date June 11th), at the Town Green. Westbrook Family Day has also become known to many friends and families as the annual Westbrook Town Picnic. Be sure to mark this date on your calendars for a fun-filled day of rides, entertainment, food and most of all, for all the funny clowns. This event is brought to you through the generous donations of many businesses from our shoreline and is totally free to the public. Please call Rich at 860-399-3095, if you wish to make a donation or volunteer the day of the event.

News from the Westbrook Public Library

Thanks to a grant from the Westbrook Foundation to the Friends of the Westbrook Public Library, library cardholders and users have free access to Mango Languages, an online foreign language study service. Mango offers online instruction in over 70 languages. In addition, it offers English language instruction in 20 foreign languages such as Arabic, Chinese, Haitian Creole, Hmong, Brazilian Portuguese, Latin American Spanish, and Turkish to name a few. You can use it online at the library or at home. At home, click on the link on the library website, westbrooklibrary.lioninc.org. In the library, click on the Mango icon on the computer's desktop. You will need your library card barcode number to set up your account. We are excited to be able to offer this excellent language learning

resource and are grateful to the Westbrook Foundation for their generous grant. Mango joins the library's other online resources: Ancestry, Job Now, Learning Express, and World Book Online. The library also offers free access to e-books and audiobooks through Overdrive and e-magazines through Zinio. Call the library if you need help or more information.

This year the library is applying to the town for a capital expenditure to finish a multi-purpose room in a portion of the basement under the children's room. We plan an 885 square foot space for technology training and activities for patrons of all ages. In addition, it could provide an after school supervised safe space for teens to do homework and meet up. The room

could also be used as municipal office space in case of emergency. The library will be requesting \$250,000 in this year's capital plan for the project.

Elaine Beals was a beloved retired Westbrook Elementary School teacher and reading specialist. She also served on the library board for over 10 years. After her passing in 2015, the library received over \$2,300 in donations in Elaine's memory. The Library has used the money to purchase new custom-built and conventional shelving to better shelve and display our collection of puzzles and early learning toys and a new collection of picture books with accompanying compact discs for our learning readers.

Harbor Commission

The 2017 boating season is closer than you think!

The Westbrook Harbor Management Commission has moorings available on the Patchogue River. Moorings are available for boats up to 31 feet long.

Please contact: Harbor Master Bruce Lawrence at 860-388-8820 for application and details. The harbormaster will keep a wait list if no moorings are available.

The Harbor Management Commission and Harbormaster are working to complete the regulations for shoreline moorings. Applications for beach residents may be acquired at the Town Clerk's office after May 1. Information also available at the Town website under the Harbor Management Commission starting May 1.

A safe and happy boating season to all!
Westbrook Harbor Management Commission

Health Department

MAY IS NATIONAL PHYSICAL FITNESS AND SPORTS MONTH

Did You Know? • Only one in three children are physically active every day • Children now spend more than seven and a half hours a day in front of a screen (TV, video games, computer, etc.) • Overweight adolescents have a 70% chance of becoming overweight or obese adults • For children with disabilities, obesity rates are approximately 38% higher than for children without disabilities.

A comparison of statistics between the early 1970's and 2007/2008 show that not only has obesity increased in children, but it has doubled for children ages 2 to 5 (from 5% to 10%), quadrupled for ages 6-11 (4% to 20%), and tripled for ages 12 to 19 (6% to 18%).

For children and adolescents, physical activity can improve muscular fitness, bone health, and heart health. For adults, it can lower the risk of heart disease, type 2 diabetes, and some types of cancer, and for older adults, it can lower the risk of falls and improve cognitive functioning.

American Heart Association reports that increased physical activity has been associated with an increased life expectancy and decreased risk of cardiovascular disease. In general, physical activity produces overall physical, psychological, and social benefits, including:

- controlling weight • reducing blood pressure • raising HDL "good" cholesterol • reducing the risk of diabetes and some kinds of cancer • improved psychological well-being, including gaining more self-confidence and higher self-esteem.

continued on page 16

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

Health Department... continued from page 15

The Centers for Disease Control recommends that children and adolescents do 60 minutes or more of physical activity each day, made up of aerobic activity such as brisk walking or running, muscle strengthening such as gymnastics or push ups, and bone

strengthening such as jumping rope or running. With spring just around the corner, there's no better time to start a healthy, active lifestyle for you and your family!

Westbrook Board of Education

At time of the Westbrook Events publication, the Board of Education (BOE) will have received the superintendent's recommended budget during a public budget workshop held at its regularly scheduled BOE meeting in February. This session is designed to provide an opportunity for input or comments from all attendees prior to formal adoption of the budget by the BOE. The BOE will again take up the budget for a vote of approval at its regularly scheduled March meeting (March 14th). We take the timing of this article as an opportunity to encourage everyone to attend the Board of Education meeting to hear the BOE follow through on the budget protocol with discussion and an approval vote.

While the budget process continues through April and May, it is appropriate to highlight a few efforts by the superintendent's office that will also have a bearing on the budget itself. Since the completion of the Board of Education enrollment study in December of 2015 and the unanimous decision to pursue a number of collaborative efforts with other

districts, the superintendent has been leading the efforts to partner with other shoreline and Middlesex County school districts to combine school operational functions where appropriate. The upcoming BOE budget will reflect that work in the filling of two positions that are slated to be shared with Old Saybrook Public School District. Further, the budget will reflect shared services for special needs transition programming and transportation. Westbrook residents are invited to consider the value-added impact of the aforementioned examples of collaboration that are clearly having a positive effect on the development of the 17-18 BOE budget while continuing to provide full education programming and support for students and families in our community.

Another example of the collaborative spirit that exists will not be found as a budget expense. As has been reported in many Town and Community meetings, there is a need to respond to the numbers of children who do not have enough to eat when they are not in school. The school district has long recognized that during

the summer in particular, many children are simply unable to eat balanced and nutritious meals. Understanding that this is a town issue, the BOE has supported our investigation of what may be possible within our school-feeding program. Toward that end, the BOE's representatives are working closely with other school districts to support summer time feeding. In fact, the superintendent has joined the Westbrook Public School district with neighboring private school, Oxford Academy, in a fundraising effort. Approached by Oxford Academy to share in promoting "Lights on Westbrook" photography competition; it is our hope that all proceeds from this community event will put our schools in a position to begin a summer-meals program that will ultimately sustain itself. At present the commitment to the development of the summer meals program has been wonderful with organizations such as the Council of Beaches, pledging support as well. Please check out our Westbrook Public Schools website for more information on the Oxford/Westbrook event at www.westbrookctschools.org.

Westbrook Garden Club - Grow With Us!

The Westbrook Garden Club kicks off 2017 with some wonderful programs to usher in Spring. On March 28th, John Franke, horticultural specialist from Van Wilgens will present "Gardening by the Sea." On April 13th Nancy DeBrule-Clemente, owner of Nature Works, will present "Superior Plants for Connecticut Gardens." Both programs begin at 7:00 pm in the Community Room at the Westbrook Library and are free and open to the public. Light refreshments will also be served. We hope you will join us.

Our annual May Garden Market will be held the Saturday before Mother's Day - May 13th on the town green from 9:00 am to 2:00 pm. Beautiful annuals will be offered including geraniums, petunias, marigolds and many more. We will also have vegetable plants. A wide variety of perennials will be offered from club

members' gardens. In addition, herb baskets, seashell wreaths and mirrors, and gifts for Mother's Day will be for sale.

Did you know that as long as you soil is workable and not very wet you can plant peas in your garden starting on St. Patrick's Day? They are tough and can withstand the cold. You may be most successful if you soak the peas in water for a few hours prior to planting or by coating them with inoculant which is available at local garden centers. Keep them well watered and soon they will germinate. It won't be long before you can harvest your yummy spring crop.

The Garden Club is always looking for new members. If you are interested in gardening and community service, please join. You can contact us at Westbrookgardenclub@yahoo.com.



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EXPIRES 3/31/14

Want a Summer Island Experience?

Submitted by
Friends of Westbrook Barrier Islands

This summer the Friends of Westbrook Barrier Islands (FWBI) will partner with the Stewart B. McKinney National Wildlife Refuge (NWR) and the Conservation Commission to support an Islandkeeper on Salt Island to assist in protecting shorebird nesting habitats, fragile island vegetation and cultural artifacts. The position will be supported with grant funds from Audubon CT. The Islandkeeper needs your assistance to encourage visitor stewardship. Please volunteer.

Salt Island is an attractive destination for shore birds to forage, nest and reproduce. It is also a unique attraction for residents and visitors to explore and discover marine

creatures and their habitats. At peak vacation times, which correspond to peak nesting periods, Salt Island is easily accessible from nearby beaches by small boats or by wading during the 4 hour low tide wading-window, making it a very attractive near-shore tourist destination to explore. The challenge is to maintain the island as a destination for birds and people.

In 2016 during peak tourist season, Islandkeeper Interns conducted a two hour Visitor Count during a wading-window between 8 am and 5 pm, one per day for 18 days; every week day was sampled at least once: They recorded 776 visitors (418 adults, 125 teens and 233 children). That is a potential 1552 feet exploring the islands fragile vegetated shore bird habitat

during those 36 sample hours. Salt Island is a Westbrook destination.

The next challenge is to restore successful nesting by American oystercatcher and other shore birds. After 3 seasons of successful nesting (fledged chicks) AOC was not successful in 2016. The addition of an on-site Islandkeeper charged with protecting the island's natural resources and encouraging visitor stewardship we hope to restore shore bird nesting while maintaining visitor island experience.

Wanted: Volunteer Islandkeepers and Outboard Operators. Please email Tom ODell, todell@snet.net for more details.

From the Office of Social Services

OPERATION FUEL WINTER PROGRAM

Applicants may qualify for up to a one time heating grant of \$500.00 if the household has income below 60% of the state median income, has exhausted their CRT benefit and has not received an Operation Fuel grant during the previous 12 months. The Program runs through Wednesday May 31, 2017.

EVERSOURCE LOW BUDGET AND MATCHING PAYMENT PLANS

Westbrook Eversource/Northeast Utilities customers, who heat with electric or gas, qualify for heating assistance and are having a hard time paying their electric bills may apply for additional assistance in keeping up with their payments.

ELDERLY (65+) AND TOTALLY DISABLED RENTERS' TAX RELIEF PROGRAM.

Filing Dates: April 1st 2017 to October 1st 2017. All documentation required for the Renters Program, is based on the "2016"

calendar year. CT General Statutes provide for a partial refund of annual rental and utility expenses to qualified elderly and disabled renters.

ELIGIBILITY

The program is available to residents 65 years of age or older, as of December 31, 2016 or 50 years of age or older and the surviving spouse of a renter who at the time of the renter's death had qualified and was entitled to tax relief provided such spouse was domiciled with such renter at the time of the renters' death, or 18 years of age or older by December 31, 2016, who have been found by a government agency to be permanently and totally disabled and eligible to receive Social Security Disability benefits. Must meet a one year state residency requirement. Income must be no more than \$35,200 for singles or \$42,900 for married couples.

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

Westbrook Fire Department

Westbrook Chemical Engine Company No. 1 Inc. annual Carnival will start Wednesday, July 12 and run through Saturday, July 15, 2017. Rides, games, food and more. Wristbands will be available all four nights.

If you have a hydrant near your home, please, clean out any snow or vegetation five feet around the hydrant and a path to the road. This will make our job much easier. Thank you in advance.

Please take a moment to check your smoke detectors. We suggest changing the batteries when you change your clock in the spring and fall.

The Westbrook Visiting Nurses

The Westbrook Visiting Nurses Association would like to introduce Dacia Marszalek as our new Administrative/Billing Specialist.

Dacia comes to us with 10 plus years administrative experience in the healthcare industry and she is looking forward to many more years here with the VNA. Her previous employers were Aetna/USHC and Backus Hospital. Dacia lives in Clinton with her husband and two children. The next time you're at the town hall stop in to say hello.



Estuary Council Regional Senior Center

Estuary Council Regional Senior Center
220 Main Street, Old Saybrook
(860) 388-1611

The Estuary Council of Seniors, Inc. is a community center for the region's residents over 50 years old providing meals, transportation, health services, educational classes, exercise programs, and socialization activities. We have been promoting healthy and active lifestyles through quality programs and services in the nine-town Estuary region for over 40 years. Please visit us at www.ecsenior.org for additional information or call us at 860.388.1611.

ESTUARY GYM IS SILVER SNEAKERS APPROVED!

The Estuary Gym is a Silver Sneakers wellbeing fitness location. If you are a member of a Silver Sneaker participating health plan in CT, the Silver Sneakers plan will pay for your gym visits. Does NOT apply to fitness classes. Check eligibility by contacting the Estuary at 860-388-1611.

THE MARSHVIEW FITNESS CENTER

The Estuary has a gym – and it's affordable! Stay healthy and strong by working out in our gym. Membership Options: \$50 for 3 months, \$90 for 6 months, \$150 for a year.

Includes: Mandatory fitness assessment, three training sessions on each piece of equipment, and a one-hour individualized program consultation with our certified fitness trainer. Stop by the Office for a tour and learn how to become a gym member.

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! Daily Specials!

Age Related Vision Loss

Age-Related Macular Degeneration (AMD) is the leading cause of severe vision loss in adults over the age of 50. This eye disease occurs when there are changes to the macula, a small portion of the retina that's located on the inside back layer of the eye. Commonly, older people develop macular degeneration as a natural part of the aging process. AMD causes loss of central vision and it can occur in two forms: wet and dry.

With macular degeneration, you may experience symptoms such as blurriness, dark areas or distortion of your central vision, or permanent loss of your central vision. It usually does not affect your peripheral vision. For example, with advanced macular degeneration you could be able to see the outline of a clock, yet you may not be able to see the hands of the clock to tell what time it is.

The majority of people with macular degeneration experience the dry form, which does not have a known treatment, but many people benefit from a vitamin regimen. Unfortunately, vision loss cannot be reversed. The less common wet form may respond to lasers and medical injections if caught and treated early. Smoking and high blood pressure are often associated with the wet form of macular degeneration.

If you have been diagnosed with dry macular degeneration, you should use a chart called an Amsler grid every day to monitor your vision. Dry macular degeneration can quickly change into the more damaging wet form. If you notice any change of vision, you should contact your ophthalmologist immediately.

Middlesex Eye Physicians
860-347-7466

Fair Rent Commission

Census data shows that almost 20% of all Westbrook housing is rental. The Westbrook Fair Rent Commission provides a no expense information and mediation service for Westbrook tenants and landlords. If a resolution cannot be obtained, with the exception of seasonal rentals, the commission, upon formal application by the tenant, will hold a hearing with both the tenant and landlord and determine, if appropriate, temporary or permanent rental adjustments under the following 14 factors the Fair Rent Commission can legally consider.

1. The health and safety conditions of your rental.
2. The rents charged for similar apartments in the area.
3. The number of bathtubs or showers, toilets, kitchen sinks and bathroom sinks in your apartment;
4. Services (such as utilities, furniture, furnishings and equipment) supplied by the landlord;
5. The size and number of bedrooms in your apartment;
6. The repairs needed to make your apartment livable;
7. The amount of taxes and other expenses of the landlord;
8. Whether your apartment complies with the housing code and State statutes relating to health and safety;
9. Your income and whether there are other apartments you can afford;
10. What utilities you have in your apartment and whether you or your landlord pays for them;

11. Damages, other than ordinary wear and tear, which you have caused to the apartment;
12. How much the landlord has raised your rent in the past;
13. How much of the rent increase will be used to improve your apartment and the building
14. Extra fees and charges are also covered.

Manufactured home complexes, trailer parks and town operated rentals are included. Note - Fair Rent has nothing to do with Rent Control - which does not exist in Connecticut. Fair Rent Commissions consider individual cases only. Lawyers are not required however Commission decisions are appealable to the court system by either side. Tenants or landlords may choose a spokesperson for the hearing.

No one wants a hearing. The focus of the Westbrook Fair Rent Commission is to resolve the issue to the satisfaction of both the tenant and landlord and insure the comfort, health and safety of Westbrook residents.

If the Commission determines, after a separate hearing, that a landlord has retaliated in any manner against a tenant because the tenant has complained to the commission, the commission may order the landlord to cease and desist from such conduct which is enforceable by the court if necessary.

New Technology at Middlesex Hospital

NEW TECHNOLOGY AT MIDDLESEX HOSPITAL ADVANCES CARDIAC AND VASCULAR CARE

Middlesex Hospital added a new Diagnostic and Interventional Suite into its existing cardiac catheterization laboratory in Middletown. The Suite is a "hybrid" mix of state-of-the-art equipment which performs delicate cardiac catheterizations, a variety of vascular imaging and interventional radiology procedures.

Diagnostic cardiac catheterization is the "gold standard" procedure for the diagnosis of coronary artery disease. Using new technology, the D&I Suite will diagnose and treat disease in various types of blood vessels, in a singular location. The addition of the Suite's Intravascular

Ultrasound (IVUS) technology will be of particular note. Intravascular ultrasound uses sound waves to see inside blood vessels. By placing a tiny ultrasound wand on the top of a catheter, physicians can view inside blood vessels in real time to identify blockages and ruptures. IVUS images can reveal buildup of cholesterol or fat deposits (plaques) which are known to increase the risk of a heart attack or stroke. IVUS has many clinical advantages, including reduced exposure to radiation; reduced use of contrast agents; superior placement of stents to keep blocked vessels open or to repair damaged vessels. In September, during the ribbon-cutting

ceremony for the new suite, Middlesex Hospital President and CEO, Vincent G. Capece, Jr. told those gathered, "I am proud to say that...the new Diagnostic and Interventional Suite is the direct result of the collaboration, hard work and guidance of many individuals here at the Hospital, who are dedicated to providing the safest, highest-quality health care, and best experience possible for our patients.

For more information about Middlesex Hospital, go to www.middlesexhospital.org.

TOWN EVENTS

- April 15th - WCEC #1 Auxiliary Easter Bake Sale
- May 13th - Garden Club May Market Sale
- June 4th - WDTA Craft Fair
- June 10th - Westbrook Family Day

DEADLINE FOR THE NEXT ISSUE OF WESTBROOK EVENTS May 12th

Contact Jill in the First Selectman's office 860-399-3040 ext 1111 OR E-MAIL jbrainerd@westbrookct.us to submit an article or press release.

Welcome to the Building Department

David W Maiden, Building Official / dmaiden@westbrookct.us

Spring is right around the corner and as with every spring time we look forward to renewed life and fresh beginnings. The building department is currently in a similar transformation.

By early summer the Town of Westbrook will be going live with the Municipality Land Use software package. This is an exciting time for the department and for our customers. This permitting module will be the first to go live followed by the Public Works and the Health Department. Spring is the busiest time for building permit applications and this software will help to expedite the process. The Building Department will be happy to assist our residents and contractors in getting through the new electronic permitting process.

The following are some of the features available with the new software:

1. This is a cloud based service allowing access from any location with an internet connection.
2. A citizen portal will be available for the contractors and homeowners.
3. Permits can be applied for at any time and from any location.
4. After the live roll-out we will set up a credit card payment option to accompany the citizen portal.
5. Drawings will be submitted as electronic attachments with your application, thus allowing for more timely reviews by all departments.
6. You will be able to ask questions electronically and communicate with the Land Use staff via the citizen portal. You will also be able to track the status of your application just by logging in.
7. Inspections can also be requested through the permitting software.
8. The software mapping program will allow the inspectors to see an overlay map of the town with inspection locators showing the daily inspections schedule.
9. After an inspection is completed the permit holder will get a notification in real-time via email showing the results and accompanied by photos if additional work is required.
10. You will always be able to review your inspections and results online from the first inspections until final closeout of your permit.

The internal implementation will take place throughout the months of March and April with staff training and final programming to customize the software for our specific needs. After a final testing of the system we hope to be live by May. For those of you who may not have internet access or who still want to come to Town Hall we will have a computer kiosk set-up in the Landuse office for your use and staff to assist if needed.

We look forward to introducing this software and hope you all will use the system and let us know what you think. If you are a frequent customer of the other shoreline towns you will be happy to know that some of our neighbors will be using the same software for their permitting. If you have questions regarding the

new software or whether a permit is required or not, please don't hesitate to contact my office (860)-399-2035 or through email at dmaiden@westbrookct.us. (email will get the fastest response since I receive emails on my phone throughout the day.)

Last spring I devoted almost the entire article to private swimming pools and with good reason will refer to it again this spring! How big is the problem?

- From 2005-2014, there were an average of 3,536 fatal unintentional drownings (non-boating related) annually in the United States - about ten deaths per day. An additional 332 people died each year from drowning in boating-related incidents.
- About one in five people who die from drowning are children 14 and younger.

For every child who dies from drowning, another five receive emergency department care for nonfatal submersion injuries.

- More than 50% of drowning victims treated in emergency departments (EDs) require hospitalization or transfer for further care (compared with a hospitalization rate of about 6% for all unintentional injuries). These nonfatal drowning injuries can cause severe brain damage that may result in long-term disabilities such as memory problems, learning disabilities, and permanent loss of basic functioning (e.g., permanent vegetative state).

<http://www.cdc.gov/injury/wisqars> / <http://wonder.cdc.gov>

If you are considering installing a pool, please follow apply for a permit and we'll work together to insure all safety requirements are in place to avoid a possible and preventable drowning death of a child. The drowning victim is not always a family member. If you leave a pool unprotected, you risk having a neighbor's child enter your property with tragic consequences or maybe a visiting child.

The following is being reprinted from last spring's edition:

Since this is the season some of us are considering installing a private swimming pool I want to use this article to address the requirements and safe guards mandated by the State Building Code and the CT General Statutes. The safety of our children has empowered the State and International Building Code committees to expand on the safeguards required for all private swimming pools. The theory of providing an approved barrier or fence is simple; however, the construction of a code compliant barrier with proper gates and automatic failsafe latching is a complex task.

Are any pools exempt from requiring a building permit?

Yes, a prefabricated pool that is less than 24". All other pools require a Zoning, Health Department and possibly an Island Wetlands approval. All non-exempt pools (24" deep or greater) require a building permit and possibly an electrical permit.

All pools must be protected by a 48" high fence or barrier with a self-closing, self-latching gate at the point of entry.

Can the wall of the above ground pool serve as the required barrier?

continued on page 22

**Do you know if you have
GLAUCOMA?**



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860-347-7466
middlesexeye.com



Building Department... continued from page 21

Yes, if the wall of the pool is 48" above the grade surrounding the pool. If the pool is less than 48" above grade, an approved 48" high barrier is required to enclose the entire pool. **Please note that the inflatable pools, which have become popular over the last few years, range in depth from 24" to 48" with many of them being 36" deep. A 36" pool will require a 48" high fence with a self-closing self-latching gate.**

If my pool is 48" high and I have a removal ladder do I still need a self-closing self-latch gate?

Yes, the point of entry into the pool must be protected by a 48" enclosure with a self-closing self-latching gate. A removal ladder is not a substitute for the required enclosure.

Is a pool alarm required for an above ground and an in-ground pool?

Yes, both require a pool alarm which will emit a sound of at least 50 decibels when a person or object

weighing 15 pounds or more enters the water. This alarm must be onsite and ready to install before water is placed in the pool.

In-ground pools have additional requirements which will be covered during your application review process.

All pools must receive a certificate of approval from the Building Official prior to anyone being allowed to use the pool.

Please don't hesitate to contact this office if you would like to discuss these requirements. Many above ground pool retailers offer a prefabricated ladder and self-closing gate assembly which may be a better option than trying to build your own.

I again want to express my appreciation to the Town of Westbrook in allowing me to serve as your Building Official. I have met many wonderful people in my

"Experience the Difference" at The Saybrook at Haddam.

Mom has Blossomed!

"Mom's memory loss meant her way of life was changing, but we did not want her quality of life to change as well. We are so happy – and a little surprised – at how quickly she settled into her new home and routine at Safe Harbor Memory Care Neighborhood in The Saybrook at Haddam, where residents "experience the difference" and blossom. **Safe Harbor offers:**

- Stimulating and therapeutic programs that promote individual self-worth, dignity and independence
- A kind and specially trained professional staff 24 hours/day
- Personalized care and medication management
- A cozy, homelike setting with lovely living/ community room and dining room for shared meals with family and friends
- Fresh air and sunshine in our secure "Walking Garden"



Resident Doris Whitmore with daughter Beryl enjoying a cup of tea in the country kitchen.



A Memory Care Neighborhood
1556 Saybrook Road, Haddam, CT 06438
www.thesaybrookathaddam.com

Call 860-345-3779 for information and a guided tour.

first year and look forward to working with many more of you over the summer months. I get to work where others vacation and for that I'm grateful.

Have a wonderful summer!

Adopt a Westbrook Spot

*Are your thoughts turning to spring
and your green thumb is itching to get started?*

If so, it is a good time to turn those thoughts into action and volunteer to tend a Westbrook spot.

There are several spots available for adoption such as:

- ~ The town owned property at the corner of Norton Road and Rte. 153, across from the train station, is begging for your care.
- ~ The new plantings around the Old Library on the Westbrook Green need watering during their first year.
- ~ Any road or street that that needs litter control.

To apply for a spot or learn more, call Deb at 860-399-0664; or, check out the Adopt-A-Spot link on the town web site at www.westbrookct.us.

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on their recent accomplishments!**



Winterfest 2016 featured our amazing performing artists in the Harkness Chapel at Connecticut College.



The Student Service Committee helped a plethora of families in need.



All students conquered a distinctive array of end-of-term assessment models.

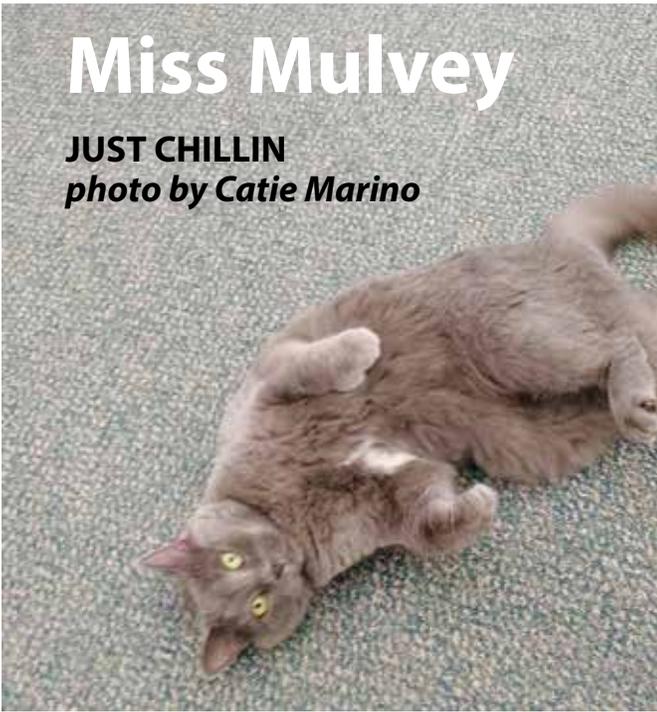
**Read about these students and
more at williamsschool.org**

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On the campus of Connecticut College • New London, CT

Miss Mulvey

JUST CHILLIN

photo by Catie Marino



What's Your Best Side?

Nobody's face is perfectly symmetrical but when we look at each other it is very difficult for us to see the difference. In pictures, however, we all know that one side is better than the other.

What is your good side?

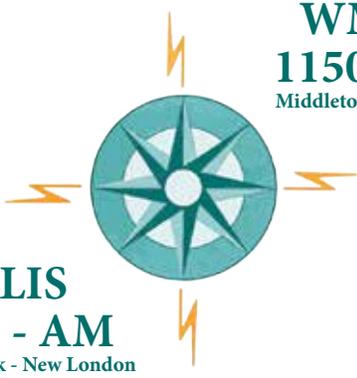
If you said your left, there is now science to back you up. According to a study from Wake Forest University, images of the left side of the face are perceived as more pleasant than pictures of the right. According to the researchers, the love of the left side is probably due to the fact that left cheeks usually display "a greater intensity of emotion." The thinking is that the left side of the face is controlled by the right side of the brain, which controls feelings. How ironic then that the left side of the face ages faster than the right because we now get the bulk of our sun exposure in the car sitting next to a left sided window.

UVA rays go through the glass of your car, the glass of your home, your clothing and penetrate your skin to destroy your DNA and collagen. This is why wearing a separate sunscreen for your face every day is so important.

The choice of sunscreens can be overwhelming and most of us seek out the highest SPF number we can find. Unfortunately, SPF measures your protection against UVB but not against UVA.

Your best defense against left sided aging is wearing a sunscreen that contains zinc or titanium dioxide. Both of these minerals protect you against UVA. Now, call the photographer!

Susan O'Malley, M.D.
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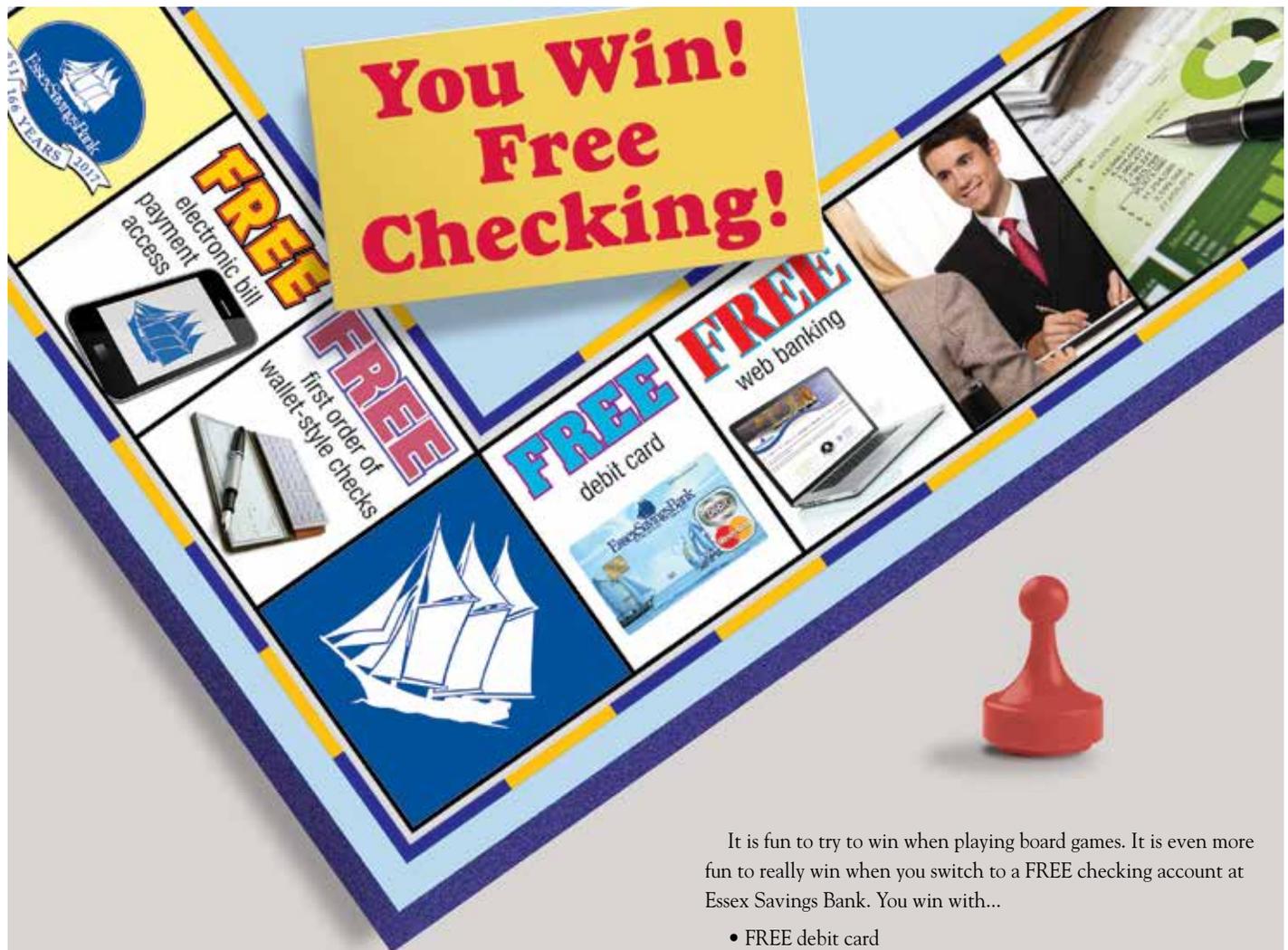
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