June Update from First Selectman Beth Heller

New Options Explored for Former Country Club Property - The Selectmen began consideration of preliminary draft proposals for this property with the intention of using the Public Opinion Survey results to help guide their review of potential options. One potential use of the property that was suggested by write-in survey responses was the possibility of a ‘Solar Farm’ installation, which we will look into further. In addition, at the May 9th Board of Selectmen’s meeting, we reviewed three preliminary draft concepts:

- **Option A** - includes an offer to purchase approximately 10 acres to build an assisted living facility.
- **Option B** - includes an offer to purchase approximately 40 acres for 55- and over, single-unit housing. The proposal also includes an 18-hole renovated public golf course, a renovation of the clubhouse to include a banquet hall and restaurant, and renovation of the pool for public use.
- **Option C** - includes an offer to purchase a portion of the parcel to build 68 age-restricted, single family homes along a 9-hole renovated golf course, with recreational space and approximately two miles of walking trails for public use, and 132 age-restricted townhomes on both sides of Woodfield Road.

No decisions have been made and we will be going back to all three entities for additional information for the Board to further consider. I will keep you informed with updates at the Town website as we continue our due diligence to determine if one of these options should move forward.

Animal Shelter Renovation - The Board of Selectmen also acted at its May 23rd Special Meeting to award the construction services contract for renovation of the Animal Shelter building at 135 Bradley Road. With funding from a state grant, this project has been in the planning stage for some time and is now moving forward thanks to a generous donation from local non-profit One Big Dog Animal Respite Fund. The Board’s action was contingent on approval by the Board of Finance on May 29th, and receipt of this donation. I am so pleased this renovation will soon begin and will share news on the project as it becomes available. Please check that you are signed up for my updates by visiting: TinyURL.com/WoodbridgeEnews — First Selectman Beth Heller

Mark your Calendars

- June is Dog License Renewal Month. Reminders will be mailed to licensed dog owners. Contact the Town Clerk’s Office with questions, 203-389-3424.
- Woodbridge Taxes are due July 1 through Aug 1. Please expect Tax Bills by the beginning of July. Questions may be directed to the Tax Office, 203-389-3425.

Grilling Fire Safety from the Fire Department

Thousands of people fire up their grills at the start of barbecuing season. Before starting the grill, there are safety precautions to keep in mind to prevent possible gas explosions or fires. Liquid propane gas and natural gas are flammable. Many accidents occur after the grill has been unused over a period of time or after a grill’s propane container has been refilled and reattached. Below are tips for safe grill use.

- Never grill indoors due to carbon monoxide and fire hazards.
- Grill at least 10 feet away from any building and never grill in a garage, breezeway, carport, porch or under a surface that will burn.
- Open your gas grill before lighting.
- Clean your grill after each use to remove grease.
- Always follow the instructions that accompany the grill.
- Don’t leave grills, fire pits and lit patio torches unattended.
- Maintain a 3-foot safe zone around the grill for children and pets to avoid burns.
- Keep a fire extinguisher nearby.
- Turn off the gas supply at the propane tank when the grill’s flame goes out. Propane gas can build up under the racks and pose an explosion hazard. Open the grill lid and wait 5-10 minutes for the gas to dissipate before restarting the grill.
- If using a grill with coals, place the coals in a metal can with a lid once they have cooled.

Stay fire safe this summer. For more information and safety tips please visit WoodbridgeFire.com and follow us at Facebook.com/WoodbridgeFire.
Eyelash artists Jussie and Shondra Weinberg recently invited First Selectman Beth Heller to a ribbon cutting for their new business, Amethyst Lounge. The sisters’ business is located in the former Red Barn store at the corner of Center and Amity Roads. Heller congratulated the sisters on growing their home-based business into a storefront. The spa offers eyelash extensions, skin treatments, eyebrow sculpting, massage, reiki, organic spray tans and aromatherapy. Both of the Weinbergs are certified eyelash professionals and each has more than 12 years of experience. They also teach the art and safety of eyelash extensions.

Amethyst Lounge is open Mon., Wed. and Fri. from 10 am - 4 pm, Tue. and Thu., 12 - 7 pm and Sat., 9 am - 3 pm. For more information visit: AmethystLounge.com

Police Chief Frank Cappiello reminds residents that the Atlantic hurricane season runs June to November, with peak season in mid-August to October. Planning ahead may reduce injury or major property damage.

Hurricanes can cause catastrophic damage to shorelines as well as several hundred miles inland. High winds, torrential rains, flash flooding and flooding of rivers and streams can persist for several days after the storm passes.

A Hurricane Watch indicates storm conditions are possible within 36 hours, and a Hurricane Warning means storm conditions are expected generally within 24 hours. To prepare for a hurricane:

• Secure outdoor property
• Clear clogged rain gutters and downspouts
• Charge cell phones and personal computers
• Have available ample food, batteries for flashlights and water for drinking, sanitary purposes and flushing toilets
• Remain indoors and stay away from glass doors and windows
• Listen to the radio or television for storm updates
• Drive only when necessary avoiding flooded areas
• Keep away from loose or dangling power lines
• Contact authorities to report police, fire or medical emergencies

The United Illuminating Company broadcasts important storm information and alerts to its customers via prerecorded phone calls, emails and text messages. Residents can register online at uinet.com to receive alerts, report power outages and to receive up-to-the-minute status reports.

Don’t become complacent. Friends and family may not be together when disaster strikes. Remember to prepare for the unexpected.
Regular Library hours are Mon. through Thu., 10 am - 8 pm and Fri. & Sat., 10 am - 5 pm.
Visit the library website 24/7 to access digital resources - www.woodbridge.lioninc.org

Farmers’ Market Returns to the Town Green

The Woodbridge Library Farmers’ Market will return to the Town Green for its fourth season this summer. Throughout July and August, the Farmers’ Market will run Tuesday evenings from 5:30-8 pm.

In July, the Farmers’ Market will coincide with the Town’s concert series so concert goers can enjoy live music while shopping for fresh produce and a variety of goods from local businesses.

This year the library will sponsor two additional concerts in August. Goza, a Latin Jazz Band, will play Aug. 7 at 6:30 pm and Belle of the Fall will perform a Simon and Garfunkel—Concert in Central Park Tribute, Aug. 14 at 6 pm.

The last two Tuesday evenings in August, the library will hold outdoor movie screenings at 8 pm. Stay tuned for more details to come!

Thursday Night Film Screenings

July 7: *A Wrinkle In Time*

July 14: *That Way Madness Lies*

June 14: *That Way Madness Lies* (Held at the Amity High School's Lecture Hall and co-sponsored with the Connecticut Psychological Association)

June 21: *Film Stars Don’t Die in Liverpool*

June 28: *Get Out*

Peeps Contest Winners Announced

Congratulations to the winners of the annual Peeps in the Library diorama contest! Thank you to all who participated this year!

Adult Category Winner: Coachman Square
Entry: “Peeps present Romeo and Juliet”

Teen Category Winner: Jack Morrison
Entry: “The Land of Stories: The Wishing Peep”

Family/Child Category Winner: The Onofrey Family
Entry: “Goldilocks and the Three Peeps”

Reminder - Summer Library Hours Begin July 1!

The library will be closed on Saturdays in July and August and will re-open on Saturdays beginning Sept. 8.
Library News

Rock Out with Summer Reading

The 2018 Summer Reading Programs kick off on June 20 with the theme “Libraries Rock!” Join us for reading fun, prizes and lots of special events for children, teens and adults. Summer reading will wrap up on Aug. 24.

Children: Animal Embassy will be visiting the library on June 20 at 2 pm. Sign up for summer reading and travel around the world with live Animal Ambassadors. More details below.

Teens (grades 7-12): Read and get a chance to win fun prizes! Stop by the library to get a reading log, and get a raffle ticket for every book you read.

Adults: Read a book, write a review, get a stamp. Prizes awarded at various levels. See the Information Desk for more details. Don’t miss our Tuesday evening live music concerts in August!

Children’s Events

Llama in the Library
June 2, noon
Meet a real live llama! Theo, from Country Quilt Llama Farm, will be in our meeting room. Learn about llamas, listen to stories and have a chance to pet Theo! Ages 3+ with an adult. Online registration required.

Llama Craft
June 2, drop in between 1-3 pm
After you meet Theo in the meeting room, join us upstairs for a fun and wooly craft! All ages. No registration.

Sneak Peek Book Club
June 7, 5:30 pm
4-6th graders can join us to discuss new books, have a snack and make a simple circuit using a battery, an LED bulb and a graphite pencil. Online registration required.

Make an Egghead
June 9, drop in between 2-3 pm
Kids in grades K-2 can turn an empty eggshell into a cheery grass seed planter. No registration.

Character Counts! With Mr. John Hutchinson
June 13, 6:30 pm
Come celebrate friendship, individuality, and making the world a little better place with an evening of heart-warming stories and six original songs. All ages. Online registration required.

Animal Embassy
June 20, 2 pm
Meet Animal Ambassadors such as South American Chinchillas, North American Spring Peepers, a Cuban Tree Frog, an African Sulcata Tortoise, an African Lovebird or Australian Eclectus Parrot, an African Savannah Monitor and a Dumeril’s Boa from Madagascar. Ages 3+ with an adult. Online registration required.

DIY Marbled Paperweight
June 21, 5:30 pm
Come make an easy marbled paperweight using only water and nail polish. For grades 5-8. Online registration required.

Reading Together Returns

Our fifth annual conversational reading program pairs children with teens in grades 9-12 to make connections with the stories they read and sharpen their reading skills during the summer.

Sessions will be held on Wed., July 11 & 18 and Aug. 1 & 15.

Required online registration for children entering grades K-3 begins June 15.

Teen volunteers may register for a training session at the library, June 27 at 6 pm or June 29 at 11 am.

Contact Mrs. Rabin with questions at 203-389-3439 or jrabin@woodbridgest.org.

Ongoing Children’s Events

Babies (0-18 months) Wednesdays, 10:30-11 am
Join us for songs and rhymes, fun for little ones.

Storycraft (Ages 3-5) Saturdays, 11-11:30 am
Join us for a literature based program and art project!

Storycraft (Grades K-3) Mondays, 6:30-7:15 pm
(excludes the last Monday of the month)
Join us for a story or two followed by a mixed media craft.

Ready to Read (18-36 months) Thursdays, 10:30-11 am
Find out how talking, singing and reading build vocabulary and a love of books!

Eager Readers Book Group (Grades K-2)
Meets last Monday of every month, 6:30 pm
Stop by the Children’s Desk to pick up a copy of this month’s book selection. Read the book at home and then stop by for a book discussion and craft.
Food for Thought

June is Brain Awareness Month to raise awareness of the challenges faced by those with cognitive impairments. The Center’s meal program is focused on foods that are brain healthy. According to Harvard Health Publishing, “What you eat directly affects the structure and function of your brain and, ultimately, your mood…Eating high-quality foods that contain lots of vitamins, minerals, and antioxidants nourishes the brain.”

Recommended foods from the Mediterranean (anti-inflammatory), DASH (heart health) and MIND diets include green leafy vegetables, nuts, berries, beans, whole grains and good proteins such as eggs, fish and poultry. Olive oil, nut butters, avocados are examples of “good” fats to have in your diet. Healthy spices include rosemary, turmeric, ginger and cinnamon.

Only limited amounts of white flour, unhealthy fats (trans fats), free sugars, fried, or fast foods are recommended.

As with any modification, lifestyle changes are better than temporary fixes. Bon Appetit!

June Lunch Menu

Lunch is served Tue. and Fri. at The Center Café at 12:15 pm. Cost is $3 for dine-in meals, $4 for take-out. Reservations are required. Meals include bread, juice, coffee/tea and dessert.

6/1 Crab cakes with coleslaw and sweet potato fries
6/5 Shrimp stir-fry with udon noodles
6/8 Lasagna and salad
6/12 Sausage and peppers with rice
6/15 Father’s Day Picnic! BBQ pulled pork & root beer floats
6/19 Coconut chicken skewers over rice
6/22 Meatloaf and potato leek soup (cold)
6/26 Eggplant ragu over whole wheat pasta
6/29 Ham or vegetable quiche with vegetable soup

Special Programming

Events are held at The Woodbridge Center unless otherwise noted. To RSVP or for questions, call 203-389-3430 or email jglicksman@woodbridgect.org

May 30: New class begins! Yoga for Healthy Aging – 10 weeks. See details next page.

June 5: Lunch entertainment with Katie Devlin at 12:30 pm. Lunch begins at 12:15 pm, reservations are requested one day prior.

June 11: Trip! DIY Herbal Perfume making at Grounded Good Wife in Woodbury, CT. Create your signature scent, mad-scientist style! Come for a tour of the 18th century farmhouse and stay for a fun-filled, educational craft. Lunch follows at the Painted Pony in Bethlehem, CT. Fee for perfume-making is $28, transportation is $3, lunch is self-paid. Reserve a spot by June 4.

June 12: Lunch program “Healthy Stress” presented by VNA Community Healthcare at 12:30 pm. Define your personal stress profile. Learn how to balance stress and discover how laughing, journaling and breathing techniques help you relax.

June 15: Father’s Day picnic! Join us for BBQ pulled pork with coleslaw and other fixings and delicious root beer floats at 12:15 pm. Reservations are required one day prior.

June 18: Lunch Bunch! Join in for lunch with friends by the water at Dockside in Branford. Transportation is provided by The Center van ($3) or meet us there. Reservations required. Self-pay at the restaurant.

June 19: Fall Risk Program sponsored by VNA Community Healthcare at 12:25 pm. From 11 am - 12:15 pm and 1-1:30 pm, blood pressure checks and balance screenings complete this program.

June 22: Mini-manicures! More than just pretty nails—come enjoy a relaxing stress reduction! By reservation only, 11 am to 1:30 pm, with Naomi Mapomyani owner of Brilliant Home Care in Naugatuck. No fee.

June 26: Lunch entertainment with Larry Batter at 12:30 pm. Lunch begins at 12:15 pm, reservations are requested one day prior.

June 24 (Sunday): Trip! The Boston Pops at Tanglewood with special guest soloist, Audra McDonald. This trip includes lunch at a Stockbridge area restaurant, seats in the covered area of the Shed and transportation for $138. The program will feature selections of Sondheim, Rodgers and Gershwin as well as recent musical theater composers.

July 3: Independence Day BBQ—join us for hamburgers and hot dogs! 12:15 pm, please RSVP.
Woodbridge Center News

Ongoing Programming

Pickleball: Meets Fridays in the Center Gym for group play, 12:30-3:30 pm. Paid annual members may arrange playing times with other players through the Doodle scheduling tool and drop in Mon. through Thu., 12:30-2:15 pm. Annual membership is $20 with a suggested $5 additional donation. Equipment is available on a first come, first served basis.

Exercise with Laurie: Workout includes a combination of strength training, cardio, flexibility and balance. Bring weights if you have them. Class is in the Center Gym, Tue. and Thu., 10-11 am. No need to sign up—just pay a drop in fee of $2 and stay for a great workout!

Book Club: The book club meets the 4th Tuesday of each month, 11 am at the Woodbridge Town Library. The next meeting is June 26. This month’s book is Love and Ruin by Paula McLain. New members are always welcome.

Tai Chi: Daytime class begins in September. Call for dates and times!

Art Class: Class meets each Wed., 10 am - 12 pm in The Center Café. The class is taught by local artist Graham Dale. Call for more information on fees and new dates.

Friday Movies: Following lunch in The Center lounge at 1 pm: 6/1 The Post, 6/8 A Wrinkle In Time, 6/15 Lost In Translation, 6/22 Film Stars Don’t Die In Liverpool, Favorite Film Friday 6/29 Cinema Paradiso

Ask the Nurse: 1st and 3rd Tuesday of the month, 11 am - 12:30 pm, blood pressure screenings, weight and conversation with a registered VNA Community Healthcare Nurse.

Duplicate Bridge: Mondays, 9:30 am, The Center Café.

Bridge: The Center’s Wednesday bridge group invites new members! Join the group for a friendly card game. No reservations necessary—just come to The Center lounge, 1 pm.

Pinochle: Mon., Wed. and/or Thu., 1-4 pm, The Center lounge. Come any day—the group is always looking for new players and is willing to bring rusty players up to speed!

New Class! Yoga for Healthy Aging: Meets Wed., May 30 - Aug.1, and Aug. 29 from 1-2:15 pm in the Center building, Rm. 16, with instructor Julie Luciani. The class fee will be pro-rated for anyone registering late. This is an alignment based yoga practice working to strengthen, add flexibility, balance and agility. Class combines seated and standing postures and is safe for all. Modifications will be suggested for individuals with limited mobility or balance issues. Reserve your spot—10 sessions for $75.

Mah-jong: Mon. & Fri., 10 am, Center building, Room 11.

Living Treasure Awards Dinner—Save the Date!

A new tradition is born! Please save the date—October 3, 2018 for a terrific night out in Woodbridge! Woodbridge Human Services will host the Living Treasure Award Ceremony and Dinner from 5:30 to 8:30 pm. Location to be announced.

The highlight of the evening will be the presentation of Woodbridge's first Living Treasure Awards to two community-minded Woodbridge residents. They will be recognized for their dedication to our community and for their years of community service. Nominations may be made until Aug.10. Nominees must demonstrate positive actions to improve the quality of life for residents and have contributed time to enhance the community as a whole. This person must have performed this work as an unpaid volunteer. Additionally, nominees must be current residents of Woodbridge, 60 years of age or older and may not be nominated by a family member.

There will be a silent auction, a program, dinner and entertainment. Tickets for this wonderful evening are just $35. Donations of silent auction items, purchase of ads in the program book and table sponsorships are available by calling The Center at 203-389-3430 or emailing jglicksman@woodbridgect.org. Nomination forms may be found at The Center, the Woodbridge Human Services office, Town Hall or can be downloaded from The Center's page at the Town website, WoodbridgeCT.org.
**Chocolate Treats for Mom**

Woodbridge Youth Services hosted a fun-filled, chocolate dipping event for middle school students in Bethany to create delicious Mother’s Day gifts. There may have been some taste testing at this class!

Residents Need Teens to Do Yard Work

Woodbridge teens, ages 12-18, can join the Job Bank to earn some cash and help residents. Jobs include yard work, child or animal care, technical assistance, etc. Build your resume and make some money. To join, call 203-389-3429 to set up an interview.

**That Way Madness Lies**

That Way Madness Lies is an award winning, feature length documentary created by Yale Professor Sandra Luckow. The film tells the powerful story about one man’s paranoid schizophrenia and his journey in the mental health system. The story is told in-part from his point-of-view with a collection of iPhone video clips he made before being committed to the Oregon State Hospital.

The film screening will take place June 14 at 7 pm in the Amity High School Lecture Hall. Following the screening, a panel discussion will be led by Professor Luckow and mental healthcare experts Tracey Sondik, Ph.D. from Connecticut Valley Hospital and Tom Styron, Ph.D. of Connecticut Mental Health Center and Yale School of Medicine.

The film is appropriate for parents, counselors, first responders and teenagers. The evening is presented in collaboration with the Connecticut Psychological Association. This event is free of charge with donations appreciated.

**Pre-School Camp**

Summer camp for children 3 1/2 - 5 years of age will begin in June. An assortment of diverse, age-appropriate activities for a fun-filled summer will be offered including: arts and crafts, swimming, water slide along with outdoor water activities, athletics, drama, ball pit and playground fun.

Campers will enjoy the weekly theme days, such as Pajama Day with a teddy bear pancake breakfast, Halloween in July and other fun surprises. There is a lineup of camp visitors such as Whitney Waterworks and a band of exotic animals, as well as visits from the Town librarian for weekly story time. Trips are planned to The Children’s Museum of New Haven and Amity Bowling where campers will have exclusive use of the facilities. A school bus ride completes the fun for first time campers, and also provides a wonderful and preparing experience for those entering kindergarten.

Pre-School Camp is staffed with certified teachers, college students majoring in early childhood development and high school students with child care experience. With an excellent counselor to camper ratio, the camps offers an environment that is nurturing and dedicated to making the camp experience fun and memorable.

Camp will be in session June 25 - Aug. 4 (except July 4), Mon.-Fri. from 9 am - noon with extended child care hours available before and after camp. Optional curb side drop-off and pick-up will be available. Snacks are provided. For information or to sign up, visit the Recreation Office or call 203-389-3446.

**Summer Camps**

- **Spartan Wrestling Camp**: Led by Amity High School Head Coach Ryan Roddy, wrestling camp will run July 9-13 (Mon.-Fri.), 1-4 pm. Camp fee is $185.

- **Massaro Farm Camp**: Led by environmental educators and special guests, campers (ages 5-10) will explore the natural world and experience a “Learning Garden” in addition to exploring woods and wetlands and natural crafts. Camp runs Mon.-Fri., 9 am - noon, and is offered: Aug. 6-10; Aug.13-17; and Aug. 20-24. Camp fee is based upon the number of weeks a camper participates.

For either camp, call the Recreation Office at 203-389-3446 for more information. Online registration is available at: WoodbridgeCT.org.

**Adult Volleyball League**

Congratulations to Jim Alber’s Bump, Set, Spike team for winning the fall/winter season Volleyball League, and Jimmy Choi’s team for winning the playoffs. For details about adult volleyball, call the Recreation Office.