



WESTWOOD

A COMMUNITY NEWSLETTER

Working to keep the ‘wood’ in Westwood

Helpful background info for Conservation responsibilities

Westwood Conservation Commission

The Westwood Conservation Commission is responsible for assuring compliance with the state Wetlands Protection Act, the Town’s Wetlands Bylaw and the Town’s Stormwater Management Bylaw. A volunteer group, the Conservation Commission also oversees hundreds of acres of conservation land in our town. Fulfilling their duties is typically simple with the regular support of the Conservation Agent, Public Works personnel, and attendance at meetings on the 2nd and 4th Wednesdays of most months. Their responsibilities can also be complex and subtle. A responsible balance of the natural resources they are working to protect can sometimes cause disturbance with the projects that property owners propose. The Commission members work always to assure compliance with the laws and regulations.

It is the Commission’s responsibility to ensure that there is no direct disturbance in wetlands, and limited disturbance in areas adjacent to wetlands. The Commission must also limit the runoff into wetlands. This is because wetlands are Resource Areas—reducing flooding, improving water quality and providing important habitat for many species. The process for assuring protection is to first confirm how close proposed work is to a wetland, which hinges upon determining the location of the wetland edge and the “buffer zone” uphill of the wetland.

For ‘minor’ residential work such as decks, landscape grading, tree cutting and small additions, this can often be as simple as checking the wetlands areas on the Town’s online GIS (Geographic Information System), and reviewing this with the Conservation

The Commission members work always to assure compliance with the laws and regulations.

Agent. Sometimes a formal filing of a Request for Determination of Applicability (RDA) is required, and if significant work is proposed within 100 feet of a wetland (or 200 feet of a River), a Notice of Intent application is required. Approval is granted via an Order of Conditions, which must be recorded on the deed of the property, along with a Certificate of Compliance when the work is completed and Conditions have been addressed.

The process usually proceeds smoothly. Recently many homeowners have requested and received permission to remove trees in a wetland buffer zone that were threatening their homes—with some conditions, including the planting of a larger number of smaller trees to compensate for the benefits that the removed trees provide. However, there have also been other recent cases of trees being cut

immediately adjacent to and in wetlands, with neither the homeowner or tree contractor checking with the Commission. This amounts to a substantial violation of the state and town laws. The Commission is working to resolve the most recent of those incidents, to identify how to better prevent violations and to improve residents’ understanding of ‘tree threat’ issues.

If you do have land-disturbing work proposed on your property, including removal of trees, it is important to consult the Conservation Agent, Karon Skinner Catrone at 781.251.2580 or the Conservation Commission before the work commences. [Online at: www.townhall.westwood.ma.us click through Land & Property/Conservation Commission/Contact Conservation Commission]

Contributed by the Conservation Commission

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Did You Know...

Westwood Board of Health Medical Reserve Corps

Did You Know... that the Annual Family Flu Clinic held on October 15, 2016 was staffed by **Medical Reserve Corps volunteers**? The Medical Reserve Corps (MRC) is a dedicated group of residents, working in both a medical and non-medical capacity to staff the town's emergency dispensing site and the Community Shelter in the event of an emergency. With the help of 30 MRC volunteers, Board of Health members and the health department staff, we **immunized 800 individuals** against the flu this season.

Communities in Massachusetts are required to have an Emergency Plan and to practice this plan periodically. The Board of Health tests its plan each year by holding a drill with our volunteers at the annual flu clinic to be sure that we would be able to administer vaccine or medication in the event of an emergency.

If you would like to become a member of the Westwood Medical Reserve Corps or if you still need flu shot, please contact the health department at mrc@townhall.westwood.ma.us.

Contributed by Linda Shea

Westwood Board of Health Rabies Clinic

Did You Know... that the **Annual Rabies Clinic**, sponsored by Carolyn Thorne, DVM, of the Veterinary Services of Westwood, the Westwood Rotary Club, the Westwood Board of Health and the Westwood Town Clerk will be held on Saturday, January 21, 2017?

The clinic will be held from 9:00 AM until 12:00 PM at the Carby Street Municipal Office Building, 50 Carby Street, in Westwood (off of Dover Road). Both dogs and cats will be vaccinated. The cost per vaccine is \$15.00. For more information about the rabies clinic please contact the Westwood Board of Health at mrc@townhall.westwood.ma.us or Dr. Thorne at 781-686-9337.

The Town Clerk's office will be licensing Westwood dogs at the clinic as dogs are required to be licensed by March 31st of each year. If you have questions about licensing your dog, please contact the Westwood Town Clerk at 781-326-3964.

Around Town Eagle Scout Project to Keep Waterways Clean

Did You Know... that Cameron Clasby's Eagle Scout Project logged over 100 service hours marking 400 Storm drains with warnings?

The goal is to increase the effectiveness of the municipal storm water management programs by eliminating unintentional dumping of toxins and other chemicals down storm drains, including antifreeze, detergents, fertilizers, gasoline, household chemicals, motor oils, paints pesticides, pet waste, road salts, solvents and yard waste. Storm water runoff is estimated to cause over half of the poison in our nation's waterways.



Westwood Department of Public Works Wintertime policy tidbits

Did You Know...

Storm Drain Cleaning

There are over 2200 catch basins (storm drains) in the Town, making it almost impossible to clear snow and debris from all of them. The staff of the DPW would appreciate your help in keeping the drain in front of your property clean, so it won't cause an ice hazard or puddle on the street.

Winter Parking Restrictions

The Superintendent of Streets or the Chief of Police, for the purpose of removing or plowing snow, or removing ice, from any way, may remove or cause to be removed any vehicle interfering with such work, and the cost of such removal and of the storage charges, shall be imposed upon the owner of such vehicle.

Snow Clearing

No person shall lay, throw, place or cause to be placed any snow or ice on any town street or sidewalk so as to create a hazardous condition or public safety concern. If after having received notice from a duly authorized agent of the Town that such a condition exists, the owner of the property from which the snow or ice was removed (or his agent having charge thereof) fails to correct the condition within a reasonable amount of time, the owner or agent shall be deemed to be in violation.

Town Layout Information

Nothing damaged by the Town that is constructed, built, or placed on the Town layout will be repaired or replaced, i.e.: mailboxes, fences, stonewalls, etc. Please remove all basketball hoops from the roadway.

Contributed by Brendan Ryan

Westwood Young Women's Club

Thank you to all Westwood residents who made the **Westwood Young Women's Club's first Town-Wide Yard Sale** a huge success! We had more than 80 homes participate. The club will be running the event again next year.

Save the Date: The Westwood Young Women's Club will host our annual **Easter Egg Hunt** on Sunday, April 9 at the high school during the Rotary Club's breakfast with the Easter Bunny!

The hunt will begin at 11 a.m. Please have your child bring their Easter Basket!

The club is also hosting our annual **Touch-A-Truck** in early June at Westwood High School. We will have a petting zoo, games, face-painting, an obstacle course and a food truck. (Date to be determined)

Details for all our events are posted on our website wywc.org. Be sure to "like" us on **Facebook!**

The club meets on the first Wednesday of each month, and we are happy to welcome any new members interested in joining!

Contributed by Jamy Pombo Sesselman





**Thank you to all our participants, sponsors, vendors, and volunteers.
It was a picture perfect Westwood Day!**



NEWS from the Town Clerk's Office

Important Dates to remember:

Dog licensing will begin for 2017, on December 1, 2016 through March 31, 2017.

- You may license your dog by mail, provided you include a copy of a current rabies certificate and a self-addressed stamped envelope. If you are licensing your dog for the first time, proof of spay or neutering is also required.
- Licenses will be valid from January 1, 2017 until December 31, 2017.
- You must license your dog on an annual basis.
- If you own more than 4 dogs this is considered a "Personal Kennel" per MGL c. 140 §136A.
- You must go through a special permit application process through the Zoning Board of Appeals to license a kennel.
- Failure to license your dog on or before March 31, 2017 may result in a fine of \$25.00, per town bylaws §184-10,B.(1)

Licensing Fees are as follows:

- *Dogs not Neutered or Spayed:* \$15.00
- *Dogs Neutered or Spayed:* \$10.00
- *Kennel fees-please contact the Town Clerk's office*
Please be sure to include the correct licensing fee. If you are unsure, Please contact the Town Clerks office at 781.326.3964.

Annual Rabies Clinic: Saturday, January 21, 2017, 9 AM–Noon;
Carby Street Municipal Office Building, 50 Carby Street,
Westwood

The Annual Town Census will be sent to each household in early December. It is extremely important that you fill this out and return it within 10 days of its receipt. Failure to return the Census may cause a voter to be designated as inactive on the voting list (M.G.L, Ch.51, § 4).

The Annual Town Election will be held on Tuesday, April 25, 2017—Nomination papers will be available on Tuesday, January 17, 2017 for those registered Westwood voters who wish to run for Town positions.

The following elected offices will appear on the Ballot:

- **Board of Assessors** - 1 Seat - 3 Year Term
- **Collector of Taxes** - 1 seat 3 year Term
- **Library Trustee** - 2 Seats - 3 Year Terms
- **Moderator** - 1 Seat - 1 Year Term
- **Planning Board** - 1 Seat - 3 Year Term
- **School Committee** - 2 Seats -3 Year Terms
- **Selectman** - 1 Seat - 3 Year Term
- **Sewer Commission** - 1 Seat - 3 Year Term

Important dates for candidates to remember:

Tuesday, January 17, 2017—Nomination papers available in the Town Clerk's office.

Friday, March 3, 2017, 5:00 p.m.—Last day to obtain nomination papers. (MGL.ch.53§.9A)

Tuesday, March 7, 2017, 5:00 p.m.—Last day to submit nomination papers to Registrars of Voters for certification.

Tuesday, March 21, 2017, 5:00 p.m.—Last day to file nomination papers with the Town Clerk

Thursday, March 23, 2017, 5:00 p.m.—Last day to object or withdraw nomination papers.

Wednesday, April 5, 2017—Last day to register voters for Town Election and Town Meeting.

Tuesday, April 25, 2017-Annual Town Election, 7:00 a.m. - 8:00 p.m.

Monday, May 1, 2017-Annual Town Meeting

Elections and Town Meeting Dates for 2017:

Tuesday, April 25, 2017—Westwood Annual Town Election

Monday, May 1, 2017—Westwood Annual Town Meeting

American Legion Post 320

Boys & Girls State

The Westwood American Legion Post 320 once again this year sponsored four students to participate in Boys State and Girls State this past June.

The students sponsored by the Post were Camille Cummings, Grace Burke, Owen Doherty, David Burke and Joe Antonellis.

American Legion Boys & Girls State is among the most respected educational programs of government instruction for high school students. Each participant becomes a part of the operation of his local, county and state government. At American Legion Boys & Girls State, participants are exposed to the rights and privileges, the duties and the responsibilities of a franchised citizen. The training is objective and practical with city, county and state governments operated by the students elected to the various offices. Activities include legislative sessions, court proceedings, law enforcement presentations, assemblies, bands, chorus and recreational programs.

The American Legion cares about America, veterans and their families and our nation's youth. The Legion is a powerful voice in Washington dedicated to preserving our rights

The Massachusetts American Legion is always there for veterans and their families – whether it is when the American Legion lobbies in Washington or at the 300+ local American Legion Posts throughout Massachusetts.

Membership in the American Legion offers many benefits that include involvement in community programs, a voice in Washington, DC, investment in children activities, education and camaraderie. Of course the main focus is for veteran's rights and their families. Which is why the Legion continues to lobby in Washington for veterans as well as current servicemen and women.

For information about joining please go to www.westwoodalpost320.com



From left to right: David Burke, Owen Doherty, Post Commander Richard Paster, Camille Cummings and Grace Burke.



Westwood Public Schools Integrated Preschool Program

Open House and Registration for 2017-2018 School Year

The Westwood Integrated Preschool will hold an Open House for the 2017-2018 School Year on January 4, 2017 at 9:30AM. Parents are welcome to visit and explore our preschool before registration begins on January 7, 2017.

Why the Westwood Integrated Preschool?

The program offers:

- High quality, developmentally appropriate practices that values play while ensuring school readiness
- Highly qualified and licensed early childhood educators with Master's Degrees
- An Integrated setting that addresses all learning styles
- A modern, high tech, environment with ample resources, accessible space and large fenced in playground
- An opportunity to become a member of the Westwood Public Schools community



Program Options:

Multi-Age Program (3 and 4 year olds) - Full Day Program

5 days per week
Monday-Friday; 9:00 AM to 2:45 PM

4 Year Olds – Full Day Program

4 days per week
Monday, Tuesday, Thursday, Friday; 9:00 AM to 2:45 PM

4 Year Olds – Half Day Program

4 days per week
Monday, Tuesday, Thursday, Friday
9:00 AM – 1:00 PM

3 Year Olds – Half Day Program

4 days per week
Monday, Tuesday, Thursday, Friday
9:00 AM – 1:00 PM

To be eligible to attend preschool, your child must be at least 3 years old, and a Westwood resident. Please contact the office for more information about the Open House or registration at 781-326-7500 x5113.

Westwood Integrated Preschool
200 Nahatan Street, Westwood, MA 02090

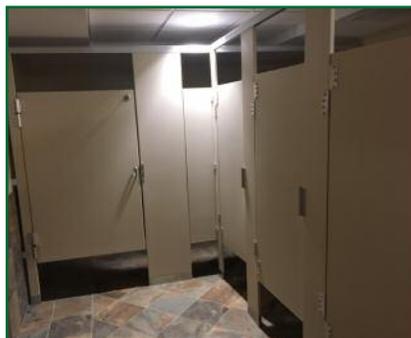
Director: Aprile E. Albertelli

Admin Assistant: Jeanne Bylsma

Westwood Public Schools does not discriminate on the basis of race, color, sex, age, religion, disability, national origin or sexual orientation.



Bright and modern, the new bathrooms at St. Margaret Mary's are compliant with accessibility laws.



St. Margaret Mary Parish

First phase of renovation showing improvements

St. Margaret Mary Parish is in the midst of a renovation of their church building that began earlier this summer. The Parish has sought to renovate and update the lower church to better accommodate their educational programs and to foster community building and develop participation. To best achieve this goal, they made a decision to approach the renewal in phases. The current phase enables the church to be compliant with the most up to date policies. The church will now be handicapped accessible on both the main and lower levels. These changes include an updated main entrance, the elimination of the front steps; a new foyer (narthex); and new, larger, handicapped accessible restrooms on both levels. It also includes an elevator that makes the lower level easily accessible. A new fire alarm system has also been installed.

The Parish plans also address the educational and gathering requirements for the parish community, as well as an updated kitchen and better storage spaces.

The renovation was made possible by the generous support of parishioners. The Parish still welcomes support from parishioners and friends of St. Margaret Mary to contribute to the renovation. If you would like to join in supporting the project, please contact Fr. Linehan, Pastor of Saint Margaret Mary Parish, at 781.326.1071 or email Helen Rombalski, Pastoral Assistant to Fr. Linehan, at h.rombalski@saintmmparish.org.

Contributed by Ken Foscaldo



The main entrance at the front of the church has undergone a facelift that eliminates steps at the front door.



PHOTOS COURTESY OF KEN FOSCALDO

Westwood Early Childhood

“Babies in the Mix” Welcomes New Group Facilitator



Do you have a baby age birth – 12 months? Westwood Early Childhood welcomes you and your baby to a monthly group designed especially for you! “Babies in the Mix” is a free, welcoming, and inclusive group for Westwood parents where baby is always in the mix. Parents and babies are invited to join our new group facilitator Debbi Shamon for a playgroup where families can share and learn together. Debbi is a Licensed Social Worker with a private therapy practice in Roslindale where she specializes in supporting parents beginning in pregnancy and as they transition to parenting one or more children. Debbi concentrates on the importance of attachment and fostering the development of healthy relationships within families. Debbi is a Westwood resident and mother of four children.



PHOTO COURTESY OF WEC

Westwood Early Childhood aims to support parents as their child’s first teacher. The goal is to strengthen families by providing support, parent education, and an opportunity for parents and children to make strong social connections with others. Come join Debbi for singing, reading, playing and exploring while discussing parenting, child development and other related topics. It is a great way to meet other parents and babies. The group meets monthly at the Islington Branch Library on Tuesday mornings from 9:30-10:30 a.m. Dates are as follows: December 20th, January 24th, March 21st, April 25th, May 23rd Registration is preferred. Register with Janet Lucey, Early Childhood Coordinator by visiting <http://tinyurl.com/wecbbmix> or calling 781.461.9548.

The Westwood Early Childhood Office is funded through the MA Department of Early Education and Care, local grants and generous donations. It is supported by the Westwood Public Schools. Through fundraising, we are able to offer monthly programs and special events free of charge to Westwood families. For questions or more information on Westwood Early Childhood contact Janet Lucey, Early Childhood Coordinator at 781.461.9548, jlucey@westwood.k12.ma.us or visit westwood.k12.ma.us/early-childhood-council/

Contributed by Janet Lucey

Temple Beth David

Installation of New Rabbis

On November 4th, 2016, members of Temple Beth David celebrated together on the occasion of the Installation of Rabbi Micah Citrin and Rabbi Karen Citrin who serve as Co-Rabbis and Co-Educators.

Pictured eft to right: Rabbi Emeritus, Rabbi Hank Zoob; Rabbi Paul Citrin of The Taos Jewish Center, Taos, New Mexico (Rabbi Micah’s father); Rabbi Micah Citrin; Rabbi Karen Citrin; and Rabbi David Wolfman, Principal of David S. Wolfman Consulting LLC.



PHOTO COURTESY OF AMY COOK

Youth & Family Services

LIMITED SPOTS AVAILABLE FOR STRUCTURED PLAY GROUP!



Westwood Youth & Family Services

Kindergarten/1st Grade

- Tuesdays, Feb 7 – April 4 at Hanlon
- Wednesdays, March 15 – May 10 at Martha Jones

2nd/3rd Grade

- Thursdays, Feb 9 – April 6 at Hanlon

These 8-week groups are designed to emphasize the development of adaptive social and conflict-resolution skills as well as self-esteem and social confidence. All groups take place 4:00 – 5:00 PM and are free of charge to Westwood residents!

Contact: Sarah Baroud, LICSW at (781) 320-1006 or sbaroud@townhall.westwood.ma.us



PHOTO COURTESY OF WY&FS



Last summer Westwood Youth & Family Services teamed up with WestCAT to film a number of short promotional videos about the wide range of services WY&FS provides to Westwood residents. Pictured is Danielle Sutton, Director of WY&FS. Check out at the final product on their website: www.townhall.westwood.ma.us/yfs

PHOTO COURTESY OF WY&FS

To stay up to date on Youth & Family Services programs, like us on Facebook at <https://www.facebook.com/westwoodyouthandfamily> and follow us on Twitter and Instagram at @westwoodyfs.



The staff of Youth & Family Services Department provides clinical services and supportive community programs to foster the healthy growth of children 4-18 years old and their families. Please visit our website at www.townhall.westwood.ma.us/yfs or call us at (781) 320-1006 for more information.

Town Hall — Press Release



PHOTO COURTESY OF TOWN HALL

Professionals furthering education in Public Administration

Massachusetts Municipal Association (MMA) Suffolk Public Administration Certificate Program successfully completed by Pam Dukeman (left) the Finance Director and Marie O’Leary (right) the Town Accountant. Both pictured here with Michael Jaillet, Town Administrator.



Looking for Mental Health Services?



Call the William James College **INTERFACE** Referral Service
888-244-6843 x1411
<http://interface.williamjames.edu/>

Who

Open to All Westwood Residents and Employees

What

Referrals to Mental Health Providers and information about local Social Services

When

Available Monday - Friday
9:00 AM - 5:00 PM

What to Expect When You Call:

Call

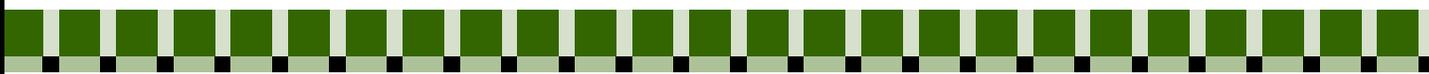
Speak with a resource and referral counselor about your needs

Connect

Receive information about potential matches within 2 weeks

Care

Follow-up call to make sure you have made a successful match



Funded by:
The Town of Westwood,
The Westwood Public Schools,
Youth & Family Services, Board of Health,
and The Council on Aging



Westwood Indian American Association

More than 300 Guests attend Diwali, a festival of lights

Diwali, a festival of lights, signifying the triumph of good over evil, is widely celebrated among members of the South Asian community. Since 2014, the Westwood Indian American Association (WIAA) has welcomed Westwood and neighboring communities to its annual Diwali celebration in Westwood High School. This year, on November 12th, 2016 more than 300 guests attended the festival and participated in the pageantry, food, fashion and colorful culture that represents Diwali.



Michael Powers, left, and Michael Jaillet, right, reveal a new stamp commemorating Diwali.

The festivities were inaugurated by Mr. Michael Jaillet, Westwood Town Administrator, who lit the ceremonial lamp (“Diya”). Jaillet made an impassioned speech about the importance of everyone being citizens of the world. This was followed by a very special unveiling of a new stamp commemorating Diwali by Mr. Michael Powers, United States Postal Service District Manager. Speeches by graduating seniors, as well as a dance and drama by Westwood elementary and middle

school children rounded out the entertainment for the evening. Guests were also invited to dress in traditional attire. As the seniors mentioned in their presentation, this event gives them the opportunity to take pride their rich cultural heritage by sharing it with the broader community that ultimately enriches everyone.



Westwood elementary and middle school girls performed a traditional dance celebrating the festival of Diwali

The evening also showcased many facets of South-Asian culture including elaborate floor decorations (“Rangoli”), art and photography exhibitions and hands-on arts and crafts activities. The evening also included a delicious Indian meal followed by a rousing performance by professional dancers that got the attendees dancing to spirited Bollywood tunes.

WIAA would like to extend a special thank you to the Westwood school district and its wonderful staff for the tremendous support and all the local businesses that generously contributed towards making this event a grand success. More pictures and details can be found at www.westwooddiwalifestival.org.

Contributed by Chandana Chopal

Foundation For Westwood Education

Foundation For Westwood Education Funds New Grants for the Town

At its November 2, 2016 meeting, the Board of Directors of the Foundation for Westwood Education voted to approve the following grant applications:



Grant Name	Beneficiaries	Purpose
Intergenerational Program Farm-to-Table at Powisset Farm	Senior citizens and students aged 5-8	To engage two generations in the joint enterprise of collecting eggs, picking farm produce, and developing meals together with a local chef
Equipment for Wellness Workshops	Westwood High School students grades 9-12	To purchase fitBits for use of students in special education classes
The Reading-Writing Connection	7th graders at the Thurston Middle School	To bring various writers into the school to conduct workshops on the craft of writing
Westwood Early Childhood Council Little Free Libraries	All Westwood residents, especially children	To build and place two little free library boxes at playgrounds in Westwood
Anything is Possible Martial Arts	Students in the Westwood High School Transition Program	To conduct karate classes for 18-22 year olds in the Westwood High School Transition Program
Westwood Cares Speaker: Marijuana Use Among Teens	Parents of Westwood middle and high school students	To invite Rick Cresta, LICSW, MSW, to talk with parents about the effects of marijuana on teens and offer strategies for dealing with the increasingly available drug
Ready to Read at the Westwood Public Library	Parents, grandparents, educators, and caretakers of young children	To fund a workshop outlining the importance of reading aloud to young children and strategies for making children reading-ready when starting school
Flexible Seating	All Martha Jones students	To purchase flexible seating options to help students sustain attention and improve classroom performance
Reagents for BioBuilder	Westwood High School BioBuilder Club	To purchase reagents that will enable students to learn how to genetically engineer cells

Your gift will make outstanding educational opportunities possible!

Over the last twenty-five years the Foundation has awarded over \$1,000,000 to support high-quality educational and cultural enrichment programs for Westwood schools and community organizations. These are programs that secure Westwood’s reputation as a peaceful yet vibrant place to live but that cannot take place without your continued generosity.

Please donate today online at www.foundationforwestwoodeducation.org

IAM Strong Foundation

Thank You From The IAM Strong Foundation



The IAM Strong Foundation, which seeks to shatter the stigma surrounding teen mental health struggles, was established in January of 2015. Since that time, because of the generosity of so many, the organization has made significant strides in the field of mental health awareness.

This past Fall, the IAM Strong Foundation sponsored singer songwriter Meg Hutchinson and her sister Tess Adams in a free presentation at The Norwood Theatre entitled “How We Got Through: A Conversation Between Sisters.” The program addressed Meg’s journey with Bipolar 1 disorder and her sister’s role on the path to acceptance, healing, and recovery. Two weeks prior to the program, IAM Strong sponsored a free local screening of the Meg Hutchinson documentary “Pack Up Your Sorrows.”

One of the primary goals of the organization is to continue to open up the conversation about adolescent mental health, and the IAM Strong Foundation grant cycles have been an important way to do that. Through the funding of grants, IAM Strong is able to partner with surrounding communities and organizations. The very first grants funded, in the Fall of 2015, included the Thurston Middle School speaker series, “The Science of Growing Up,” which was funded in conjunction with the Foundation for Westwood Education. Another grant, entitled “Building Capacity: PD for the Mental Health Team,” funded the attendance of a team of critical staff members from Thurston Middle School at the Mental Health and Education 2015 Conference.

Last Spring, grants totaling \$25,000 were awarded to four individuals and organizations, including the Boston Arts Academy High School, for mental health services for its high school age students, a grant for a local filmmaker’s multi media platform project to explore autism awareness, destigmatization, and services, a grant for the Judge Baker Children’s Center in Boston for comprehensive assessments for youth at risk, and a grant for the Norwood High School TASC program, to expand opportunities in the culinary arts, art therapy, and additional coping skills for

students participating in the Therapeutic, Academic, Supportive Classroom program.

Our Fall 2016 grant cycle funded four more grants, including funding the development of an organizational tool for all freshman at Walpole High School with an emphasis on emotional and mental health and resources,

funding mental health workshops for parents and families at the Mary Lyon School in Boston, funding the program “Unguarded: A Conversation with Chris Herren” for Westwood High School, focusing on addiction, sobriety, peer pressure, cutting, and bullying, and a grant for Families for Depression Awareness, to provide funding for the training of 50-100 teens, parents, and school staff to recognize teen depression and understand how to intervene.

In addition to the Fall 2016 grants, the IAM Strong Foundation is honored to be a key sponsor of the 2017 Massachusetts Interscholastic Athletic Association’s Partners in Prevention Wellness Summit, Teen Mental Health Summit, and Faces of Addiction Conference.

Coming up for IAM Strong is Messages of Hope at the Westwood Senior Center on February 26th, where people of all ages are invited to come and write inspirational cards and messages to teens undergoing inpatient psychiatric care. Also this Winter, the next grant cycle will open on February 1st, with a deadline of April 1st. The IAM Strong Foundation welcomes applications from all non profit organizations or affiliated individuals who have an idea for a grant in the field of adolescent mental health awareness.

All of our outreach and grant programs help to open up the conversation about adolescent mental health, and to erase the stigma associated with mental health struggles in teens. Without the generous support of the community we could not accomplish our mission, and for that, we offer our sincere gratitude.

Contributed by Antonia Nedder

SPECIAL EVENTS AT TOWN HALL ***First Annual Trick-or-Treating at Town Offices*** ***Do you recognize any of these offices or staff?***



On Monday, October 31, the Town of Westwood Employees hosted the first Annual Trick-or-Treating event. The staff decorated the municipal offices and dressed up in costumes! Kids went to each office for trick-or-treating and some offices even offered non-candy alternative goodie bags filled with pencils, erasers, stickers and other small treats! Check out the Town’s Facebook Page [www.facebook.com/TownofWestwood]

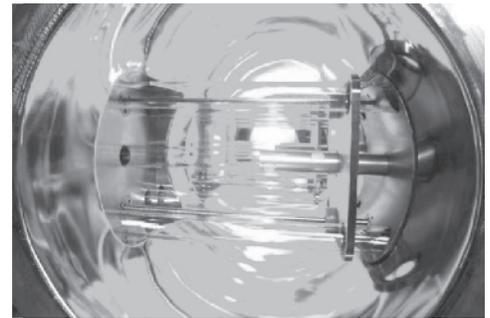
See you all next year!

PHOTOS COURTESY TOWN HALL STAFF



WHAT IS NEW AT THE WESTWOOD POOL?

With the recent addition of an ultraviolet system, the Westwood Pool provides the swimmer with the safest water quality technologically available. The ultraviolet light destroys organic matter and eliminates the formation of dangerous chlorine by-products called chloramines that commonly lead to red eyes, skin irritations, asthma and allergies. Come to the pool and see for yourself!



WINTER SWIM TEAM 2016-2017

MEMBERS ARE READY TO MAKE A SPLASH!





New Year's Eve Fireworks



Saturday, December 31

7:00 PM

Westwood High School

Special thanks to



**ROCKLAND
TRUST**

Where Each Relationship Matters®

Atlas PyroVision Entertainment Group

Westwood Fire Department

Westwood Police Department

Westwood Department of Public Works

Save the Date



Saturday, March 11, 10:00-2:00

Recreation Department

ALL AGES WELCOME – FREE

10% Discount on Summer programs paid in full

- Summer program preview
- Pool activities
- Inflatables
- Crafts

Full details this February!



Westwood Council On Aging

Fuel Assistance Information at the Westwood Senior Center

FUEL ASSISTANCE – Applications available at the Senior Center - LIHEAP is the Low Income Home Energy Assistance Program that is commonly referred to as Fuel Assistance. It is a government program that provides eligible households with help in paying a portion of winter heating bills. Eligibility is based on household size and the gross annual income of every household member, 18 years of age or older. Income cannot exceed 60% of estimated State Median Annual Income (\$34,001 for a household of 1 and \$44,463 for a household of 2). If you rent, you may receive fuel assistance even if your heat is included in the rent. The amount you receive depends on your income, your housing status, and your heating costs. You may also be eligible for free weatherization services, discount heating system repair or replacement, discount utility rates, and Citizens Energy heat assistance programs. First-time applicants must apply for fuel assistance in person. Westwood residents may call the Center to obtain the list of documents needed (list also available on town's website) and to schedule an appointment to apply. You may apply any time during the heating season, which ends April 30, 2017. Households must apply each year; applications are mailed directly to households after the first year. Households having financial difficulty who are not eligible for government energy assistance may apply for the Salvation Army's Massachusetts Good Neighbor Energy Fund. For more information about the Good Neighbor Energy Fund, please call 1-800-334-3047. Residents with any questions about fuel assistance may call the Center to talk with Karen.

Westwood Council on Aging

60 Nahatan Street

Telephone: 781-329-8799

Hours:

Mon.–Thurs.: 8:00 a.m. to 4:00 p.m.

Fri.: 8:00 a.m. to 2:00 p.m.



Programs Offered at the Westwood Senior Center

Did you recently retire? Do you finally have “free” time? Why join a gym or go to an athletic club when you can get the same workout at the Senior Center for \$3? We offer work outs that are great for older *and younger* seniors (and remember your first class is always free)!

Here are just a few regular programs that will keep you fit all winter long. Check out our newsletter for up to date programs that will keep you active, connected and healthy (Newsletter is mailed to senior homes every other month or available at several town offices, including the COA office.)

T'AI CHI with Scott

- ▶ Tuesdays, 1 p.m.
- ▶ \$3 donation

Tai Chi is often described as “mediation in motion”, but what might be a better description is “meditation in motion.” This gentle form of exercise can help maintain strength, flexibility, balance and during the the cold winter months, help with stress and anxiety. Come join us and experience this healthful activity for yourself!

CORE WORKOUT with Stephanie

- ▶ Wednesdays & Fridays, 8:30-9 a.m.
- ▶ \$2 donation

This ½ hour workout will help you strengthen and tone your back, stomach and abs. Please bring a mat and water bottle and wear comfortable clothing.

FUN FIT with Stephanie and Eileen

- ▶ Mondays, Wednesdays & Fridays, 9:00 a.m.
- ▶ \$3 donation

This high energy aerobics hour will get your heart pumping and your body moving to relieve stress and winter blues. Please wear comfortable clothing, sneakers and bring a water bottle.

ZUMBA GOLD with Christine

- ▶ Tuesdays, 9-10 a.m.
- ▶ \$3 donation

Looking for a fun way to get fit? Do you like music and dancing? Then join us for ‘exercise in disguise’. Zumba Gold is a dance fitness class designed for seniors that incorporates a variety of rhythms and dance movements for a fabulous, fun cardio, strength, and balance improving workout. No experience necessary but please wear comfortable clothing and sneakers.

YOGA with Bonnie

- ▶ Tuesdays & Thursdays
- ▶ 8-9 a.m.~ Mat/Floor Yoga; 9:30-10:30 a.m.~ Chair Yoga
- ▶ \$3 donation

Stay flexible throughout the winter with Yoga! The 8am mat class is for those students who would like to come down to a mat, move on all fours and work on standing postures. Our motto is always, do what you can and adapt any and all postures for your body. We use blocks, blankets and bolsters to help support us in class. The 9:30 chair class starts out with breath work and gentle movements seated in the chair and then we add some strengthening and balancing movements. Each class ends with guided meditation or relaxing breath work to leave you feeling more balanced and relaxed.

And if you are looking for something to stimulate your brain, then join the conversation with former Journalist Susan Sprecher.

CURRENT EVENTS with Susan

- ▶ Wednesdays (check newsletter for specific dates – meets every other week)
- ▶ \$20 donation for four meetings

We will follow all the developments as President Obama wraps up his two terms. What is his legacy? Who is our new president and who will be joining the new administration? With the election over, will Congress get down to business? Can we finally get the 9th member of the Supreme Court or funding for Zika? If you are looking to stay up-to date and interested in some thoughtful conversation, liberal, conservative or independent, all are welcome.



Rotary Club of Westwood

The Rotary Club of Westwood celebrated the Centennial Year of the Rotary Foundation with a visit from District Governors Pat and Skip Doyle. To start the celebration, Pat and Skip Doyle inducted two new Rotarians, Jaclyn Biancuzzo and Hilary Kohler, welcoming them to the Rotary family. They bid members new and old to continue the mission of the Rotary Foundation to advance world understanding, goodwill, and peace through the improvement of health, the support of education, and the alleviation of poverty. The initial idea for Rotary Foundation was planted by Former President Klumph during his term in 1916-1917 which led to an initial donation of \$26.50 in 1917. Rotary Foundation is now one of the world's leading humanitarian foundations supporting member projects at home and around the world.



District Governors with new members: (Right to Left) District Governor Pat Doyle, District Governor Skip Doyle, Hilary Kohler, and Jaclyn Biancuzzo

A top priority for Rotary is the eradication of Polio. Rotary has contributed over \$1.5 billion in resources and countless volunteer hours in its efforts to rid the world of Polio. In 2013, this effort received a huge boost from the Bill & Melinda Gates Foundation, which is now providing a 2 to 1 match for all donations, up to \$35 million a year, helping the Rotary Foundation towards its fundraising goal of \$300 million by July 2017.



Centennial cake held by (right to left) President Dottie Powers and Alicia Yeh. Cake provided by Fox Hill Village Managing Director Anthony Amico.

Since the initiative began, the incidence of polio has plummeted by more than 99.9 percent, from about 350,000 cases a year to less than 71 confirmed in 2015.

Join this global network of volunteer leaders dedicated to tackling the world's most pressing humanitarian challenges. Visit the Rotary Club of Westwood which meets at 5:30 pm on the 1st and 3rd Wednesdays of each month at the Victory Grille in Dedham, MA. For more information please visit us at www.westwoodrotary.com or on Facebook at [rotarywestwood](https://www.facebook.com/rotarywestwood).

Contributed by Alicia Yeh

Temple Beth David

Busy Temple shares joyous celebration

Congregants from Temple Beth David celebrated Simchat Torah (“Rejoicing in the Torah”), a joyous celebration during which the Torah scrolls are taken from the ark and danced around the synagogue seven times, and the consecration of new Religious School students in October. The holiday celebrated the Torah as adults carefully held the unrolled Torah in a large circle around the Religious School students and other children. In accordance with tradition, Rabbi Karen Citrin chanted the concluding section of Deuteronomy (the last book of the Torah) and continued with the beginning section of Genesis (the first book of the Torah) to show that when we finish reading in our annual cycle, we start again “in the beginning..”



Westwood residents and Temple Beth David members Rachel Preti and Wendy Berliner hold the Torah as Rachel Berliner watches.



Contributed by Amy Cook

St. Margaret Mary CYO Basketball

Westwood CYO Basketball Taps off a new season

The St. Margaret Mary (6 teams) and St. Denis (3 teams) are preparing for another season of play.

CYO Basketball started in Westwood in 1972 and several thousand Westwood youth have participated over the years. This could not happen without the volunteer efforts of scores of coaches.

CYO Basketball provides teams for youth from 5th grade thru grade 12 for both boys and girls.

Westwood teams compete against teams from throughout Norfolk County. In March the qualifying teams advance to the Archdiocesan (EMASS) Tournament. The winners for this tournament then advance to the New England CYO Tournament which will be hosted by the Diocese of Bridgeport, CT on March 31 – April 2, 2017.

Contributed by Ken Foscaldo

Notary Public Services Provided at Westwood Town Offices

The Town of Westwood offers Notary Public Services at several town offices during regular business hours. Please note that notary services are available by appointment only, and the individual who is having their signature notarized must have proper identification. All documents to be notarized have to be signed in the presence of the notary public.

Notary Public Locations

Westwood Town Clerk's Office
Westwood Council on Aging
Westwood Public Library
Islington Branch Library

Telephone

781-326-3964
781- 329-8799
781-320-1045
781-326-5914

Email Contact

townclerk@townhall.westwood.ma.us
larenaderos@townhall.westwood.ma.us
mriportella@minlib.net
cconnors@minlib.net



There is no fee charged for notary services at town offices.



Westwood Public Library

Winter 2016-2017

MAIN LIBRARY

All Library Programs are Free. Registration begins one month prior to program start date.
To register for Main Library Programs, please call 781-320-1042.

Children's Department Programming

Please check out website for up-to-date schedule adjustments.

Birth – Preschool

STORYTIMES

***Little Listeners:** For children ages 3-5. Children and their parents/caregivers are invited to come hear stories, sing songs, watch short films, and make a craft.

Tuesdays, 10:30 – 11:15 AM

January 10 – February 14

March 7 – April 11

***requires registration**

Wondrous Wednesdays: For children of all ages and a parent/caregiver. Children and their parent/caregiver are welcomed to come listen to stories, songs, and rhymes. This is a drop-in program, no registration is required.

Wednesdays, 10:30 – 11 AM

January 11 – February 15

March 8 – April 12

Read, Play, Sing: For all ages. Join us as we read, sing, and play in this storytime filled with movement, music, songs, play, and craft activities! No Registration required.

Wednesdays @ 4:00 PM

January 11 – February 15

March 8 – April 12

Babies & Books: For babies birth-24 months and a parent/caregiver. Our littlest library patrons are invited to come listen to short stories, and sing along with their parent/caregivers. Participants old and new alike will also learn new rhymes to build pre-literacy skills and develop fine motor skills. This is a drop in program, no registration is required.

Fridays, 10:30 – 10:50 AM

January 13 – February 17

March 10 – April 14

Saturday Storytime: For children of all ages. Come enjoy stories, songs, rhymes, & more at this fun, Saturday morning storytime! Perfect for working parents!

Select Saturdays, 10:30 AM

January 14, February 18, March 18, April 29

SENSORY FRIENDLY PROGRAMS

Sensory Storytime: For children with Autism Spectrum Disorders and other development delays and a parent/caregiver. We will listen to stories together, sing songs, and learn new rhymes. Storytime will last for 20 minutes, followed by 15 minutes of optional playtime. For more information about this program please contact Hannah at hgavalis@minlib.net.

Select Mondays, 4 – 4:45 PM

January 9, February 6, March 6, April 3

Second Saturdays Sensory Movies: We will be show a family-friendly movie in a sensory-friendly environment – with the lights & subtitles on and the sound down. Our large, movie-style theatre projection screen is perfect for practicing for the ‘real-thing’ or just enjoying a movie together in a friendly, understanding environment. We encourage you to bring any fidget toys or assistive devices that will make your viewing enjoyable.

Second Saturdays @ 1 PM

Kindergarten-6th Grade

Mother/Daughter Book Group: For kids in grades 3–5 with a female adult. Share your enthusiasm for reading with other book lovers and join us for lively discussion, a game of Pictionary, snacks, and fun! Check the library website for a listing of the book to be read. Books will be available at the ASK! Desk in the Children's Department. Interested in Joining? Email Lizzy at ehmcgovern@minlib.net and let her know you're coming.

Select Tuesdays, 6:30 PM

January 10, February 7, March 7, April 4

***Creative Kids:** For kids in grades kindergarten – 1st grade. Children will exercise their creative minds as they participate in creative dramatics and arts & crafts activities.

Thursdays, 4 – 4:45 PM

January 12 – February 16

March 9 – April 13

***requires registration**

***Art through Folktales:** For kids in grades 3–5. Join local author/artist Sam Valentino as he leads kids in this 4 week session where they will engage in art inspired by rarely told folktales. This program joins both story and art in a wonderful collaboration. Kids will create their own pieces of artwork each week. Tuesdays, @ 4:00 PM (Please note, registration is for all 4 weeks).

January 10, 17, 24, 31

***requires registration**

Winter Fairy Lights: For kids in grades K–3. Come create a special tea light craft to welcome winter fairies into your home! By decorating glass jars we will turn them into magical creations.

Wednesday, January 11 @ 2 PM

***requires registration**

Harry Potter Book Night: They say that the influence of a good teacher can never be erased so who better to celebrate on Harry Potter Book Night than those who taught Harry Potter and his friends many magical skills. So, make a date in your diary

continued on next page

News Items Wanted!

Please send suggestions, observations, or feedback to the editor at:
newsletter@townhall.westwood.ma.us

If you want a story to be considered for inclusion in the *Westwood Community Newsletter*, please submit your article, by February 3, 2017. The next quarterly newsletter is due to be delivered to homes on or about March 15, 2017.

Diane Thornton, *Editor*, Westwood Community Newsletter,
580 High Street, Westwood, MA 02090

Email: newsletter@townhall.westwood.ma.us

for **Thursday, the 2nd of February, 2017** when once again, fans of all ages will have the chance to celebrate J.K. Rowling's wonderful series – and pass the magic on to young readers who haven't yet discovered these unforgettable books.

Young wizards, witches, and muggles will be treated to an evening of games, activities, readings and quizzes. It all begins when the Sorting Hat decides who will be in which House, competing for house points throughout the evening's challenges! Families of all ages who enjoy the Harry Potter Books are welcomed! Come dressed as your favorite character, prizes will be given for best dressed!

Thursday, February 2 @ 6:30 PM

***Art INC:** For kids in grades 3–5. Come do an art project at the library! All supplies & basic instruction will be provided.

Wednesday, February 8 @ 2 PM ***requires registration**

Middle School Author Panel: For kids in grades 4-8. Westwood Library welcomes Middle Grade Authors Victoria J. Coe (author of *Fenway and Hattie*), Bridget Hodder (author of *The Rat Prince*), Lee Gjersten Malone (author of *The Last Boy at St. Edith's*), Erin Petti (author of *The Peculiar Haunting of Thelma Bee*), Elly Swartz (author of *Finding Perfect*), and Monica Tesler (author of the *Bounder* series. This exciting panel will talk about writing, inspiration behind their books, and so much more! There will be a Q/A and chance to get your book signed by the author. Don't miss this incredible chance to get to know some awesome authors!

Saturday, March 25 @ 2 PM

Read to Library Residents Bear, Elephant, or Unicorn: Those interested can make an appointment to read to the Children's Department's resident stuffed animals: Ollie the big stuffed bear, Peanut the elephant, or Majestic Sparkle the Unicorn for 15 minutes slots.

Sundays in January 3:00-4:00 PM

Favorite Read Alouds: For kids ages 9 and up. Come experience the magic of being read aloud to! Participants can listen with others to a good story, a chapter or so at a time. Books chosen are for kids ages 9 and older. You are never too old to get lost in a good book!

Tuesdays in March 4:00 p.m.

***requires registration**

FEBRUARY VACATION: SNOWFEST!

Faux Snow: For kids ages 2-6. Come to this sensory-filled activity as we create fake snow and other frosty crafts!

Tuesday, February 21, 3:00–4:00 PM

Snow Storytime: For kids of all ages. Come enjoy our favorite snow themed stories during this special February vacation storytime!

Wednesday, February 22 @ 10:30 AM



Snow Crafternoon: For all ages. Come to the Children's Department between 1-3 PM to enjoy a variety of winter-themed crafts!

Thursday, February 23, 1:00 – 3:00 P.M.

Let it Snow!: A Music and Movement Program: For ages 2-5. This snow-themed movement program will feature music, dancing, rhythm instruments, and organized movement activities.

Friday, February 24 @ 10:30 AM ***requires registration**

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Snow Movie: For all ages. We will be featuring a snow themed movie on this Saturday during February Vacation. Movie title TBA. Check library website for details.

Saturday, February 25 @ 1 PM

FAMILY PROGRAMS

Winter Ornament Decorating: Come decorate a winter-themed ornament to hang on your tree or simply brighten up a window in your house during this glitter-fueled family craft program. Bring photos to be photocopied for your ornament. A limited number of ornaments will be available for decoration so registration is required.

Wednesday, December 21 @ 2 PM ***requires registration**

March Mindfulness: For parents and children ages 5-8. Join Sheryl White as she leads parents and children in this 4 part mindfulness/meditation series. We will have fun engaging in the senses through play and other activities. Make your March full of Mindfulness! This program is brought to you by Westwood Public Library, Westwood Early Childhood, and Westwood Youth and Family Services.

Sundays in March, 3, 12, 19, 26 @ 3:00 P.M.

***requires registration** (Register through the library)

MAIN LIBRARY TEEN EVENTS

Just for Fun Teen Book Club: For kids in grades 5 – 8. Take a break from the stresses of class and read a book just for fun! We will do some fun activities, chat about the book, & have some yummy snacks! More information about book selections will be available online, at the Children's ASK Desk, or in the Teen Room.

1st Early-Release Wednesday @ 1:30 PM

January 11th: *Ms. Marvel* Vol 1 and 2 by G. Willow Wilson

February 1st: *The Plain Janes* by Cecil Castellucci

March 1st: TBA

April 12th: TBA

Teen Advisory Board: For tweens/teens in grades 6-12 New Members Welcome! Come sign up at the Reference Desk or email wwdtab@minlib.net

Wednesday, January 11 & March 1 @ 2:30PM

Altered Books with Tricia London: For tweens/teens and adults Have you ever wanted to dissect and transform old books into something new? Here's your chance! We'll be using old/recycled books to create brand new works of art. This program is back by popular demand!

Monday, February 6 @ 7:00PM

Casual Fridays! For tweens/teens in grades 6-12 Come hang out with your friends in a relaxed informal setting. Play video or board games, listen to music and catch up on new movies and books. We need you there to make sure something interesting is always happening!

Fridays @ 3:00 PM

Teen Knitting: 6th grade and up. Join us Monday nights for knitting in the Teen room. We are going to knit hats and blankets for preemies, which will be donated to Children's Hospital and Boston Medical. Supplies and some basic instruction will be provided.

Mondays @ 7 PM

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Library Programs**MAIN LIBRARY ADULT DEPARTMENT PROGRAMMING**

JFK—A Three Part Series with Gary Hylander: Professor Gary Hylander will present a series of historical lectures about John F. Kennedy. A professor of history at Framingham State University, Hylander earned his Ph.D. from Boston College and specializes as a Presidential Historian. He is a frequent presenter at library forums, OSHER Lifelong Learning Institute at UMass Boston, and is often featured as a commentator on local cable news and radio. No registration is required and all are welcome! This program is generously sponsored by the Friends of the Westwood Public Library.

Wednesday, February 1 @ 7:00 PM

Wednesday, March 1 @ 7:00 PM

Wednesday, April 5 @ 7:00 PM

Great Decisions with Tina McCusker: Registration for briefing books is open—please call 781-320-1045 to sign-up for Great Decisions 2017! Copies of each article are also at the Main Library Information Desk & the Islington Branch Library! Great Decisions is America's largest discussion program on world affairs. The program model involves reading an article about a particular global issue, watching the DVD and meeting in a Discussion Group to discuss the most critical global issues facing America today. All are welcome to each discussion, but registration is required to receive a Great Decisions Briefing Book. Please call 781-320-1045 to register or for more information. This program is generously sponsored by the Friends of the Westwood Public Library.

Beginning Thursday, February 9 @ 7:00 PM

Oscar Night Tailgate: Gear up for the 89th Academy Awards by attending our Oscar Celebration! Walk our red carpet, sip sparkling cider and watch clips of the nominees! Come ready to answer some trivia questions, and dress to impress to win prizes! Fun for movie lovers of all ages! No registration necessary.

Sunday, February 26 @ 2:00 PM

Irish Step Dance Concert: Celebrate St. Patrick's Day by experiencing traditional Irish Step Dancing! Local dancers will delight audiences of all ages! Maybe you'll learn a jig or two! No registration is required and all are welcome!

Wednesday, March 8 @ 7:00 PM

Women's Film Series: Get informed! Celebrate Women's History Month by watching movies and documentaries depicting noteworthy women. No registration is required and all are welcome- bring snacks and friends. Please note there will not be a film screening on March 24th.

Friday, March 3 @ 10:30 AM—*Irena Sendler: In the Name of Their Mothers* (PBS, 2011, 60 mins.)Friday, March 10 @ 10:30 AM—*Florence Foster Jenkins* (Paramount Pictures, rated PG-13, 2016)Friday, March 17 @ 10:30 AM—*Loreta Velazquez, Secret Soldier of the American Civil War* (PBS, 2013)Friday, March 31 @ 10:30 AM—*Suffragette* (Focus Features, PG-13, 2015)

Weekly Computer Help Sessions*: For all levels beginners to advanced. Get help with: the internet, e-mail, Macbooks, iPods, iPads and iPhones. 40 minute one on one sessions.

Beginning Monday, January 9

***requires registration**

Friday Morning Book Group: Join our book discussion group on Friday mornings! No sign-up necessary—read the book, join the conversation! We are looking for members, please join us! Books will be available at Main Library at the Circulation Desk. Titles for next year will be picked at the December Holiday meeting on December 16th @ 10:30 AM!

January 27 @ 10:30 AM–TBA

February 24 @ 10:30 AM–TBA

March 24 @ 10:30 AM–TBA

Monday Night Mysteries: Join our book discussion group on Monday nights at 7:00 PM! No sign-up necessary - read the book, join the conversation! We are looking for members, please join us! Books will be available at both the Main Library Circulation Desk. Titles for next year will be picked at the December Holiday meeting on December 12 @ 7:00 PM!

January 9 @ 7:00 PM–TBA

February 6 @ 7:00 PM–TBA

March 6 @ 7:00 PM–TBA

Technology Help Drop-ins: Do you have a new laptop, tablet or e-reader, and are looking for a little help getting started? Have you heard about getting free e-books, audio books, tv shows & movies from the library, and want to learn more? Or do you want to learn a new language at home & at no cost? Grab your device & come to our Technology Help Drop-In! No registration is required, but be sure to bring your device, your library card, and any passwords or other information that might help get you hooked up!

If none of the drop-ins work with your email, email mriportella@minlib.net or call 781-320-1045 to set up an appointment!

Main Library: Mondays, 6:00–8:00 PM**Islington Branch:** Thursdays, 2:00–3:30 PM

Westwood Library Quilters: Bring your hand or machine quilting projects to work on in the friendly company of other local quilters. An iron, ironing pad, cutting mat & cutting tools will be available. All are welcome!

Monday, January 30 @ 6:30 PM

Monday, February 27 @ 6:30 PM

Monday, March 27 @ 6:30 PM

Weekly e-Newsletter**The Westwood Public Library's weekly email newsletter**

Sign up online at www.westwoodlibrary.org/newsletter to see the hot titles of the week!

With our weekly email newsletter you'll see what's trending for new titles and authors, along with a preview of some upcoming library events.

ISLINGTON BRANCH LIBRARY

All Library Programs are Free. Registration begins one month prior to program start date.

To register for Islington Branch programs, please call 781-326-5914.

Children's Department Programs

Branch Storytime: For kids ages 2 & up. Children will participate in stories, songs, films, & crafts.

Thursdays, 9:30 – 10:15 AM
January 12th – February 16th
March 9th – April 13th

PJ Storytime: For kids ages 3 & up. Children can come dressed in their pajamas with a special stuffed animal and a blanket to hear stories and songs.

3rd Wednesday of the Month, 6:30 – 7:15 PM
January 18, February 15, & March 15

***LEGO-mania:** For kids in grade kindergarten & up. Come and build with library LEGOs.

Tuesdays, 3:45 – 4:30 PM
January 3 – March 28

***requires registration**

***Dewey Knit? Yes we do!:** For kids in grades 3–5.

Whether you are interested in learning to knit or already know how, come to the Islington Branch during February Vacation and learn to complete a knitting project, start to finish. Supplies are provided.

Tuesdays, Wednesday, Thursday: 3:00 – 4:30 PM
February 21, 22, 23

***requires registration**

Library Stuffed Animal Sleepover: All ages. Bring a special library stuffed animal home for a sleepover! More details to follow.

Pick Up: Wednesday, February 22, 6:30pm,
Bring Back to Library: Thursday, February 23, 10:00 a.m.

***requires registration**

Adult Programs

Islington Branch BookShare: Bring a book you have read to share with the group as you enjoy a cup of coffee with fellow readers!

Tuesday, January 17 @ 10:30 AM
Tuesday, March 21 @ 10:30 AM *DROP IN PROGRAM*

Islington Adult programs, continued

Islington Branch Book Group: Join us at the Branch to discuss some great reads!

Wednesday, January 11 @ 6:30 PM: *The Rosie Project* /
Graeme Simsion

Wednesday, February 8 @ 6:30 PM: *To Kill A Mockingbird* /
Harper Lee

Wednesday, March 8 @ 6:30 PM: *I am Malala* (YA version)
/ Malala Yousafzai *DROP IN PROGRAM*

Color Me Happy: Adult Coloring: Coloring is said to decrease stress while enhancing creativity. Join us at the library, where relaxing music & new friends await! Supplies will be provided, but feel free to bring your own. We meet the 1st Wednesday of the month! No registration required!

Wednesday, January 4 @ 6:30 PM
Wednesday, February 1 @ 6:30 PM
Wednesday, March 1 @ 6:30 PM

Sit and Knit: Join us for a morning of knitting, crocheting, needlepointing, cross stitching or hand quilting...Bring your own projects and supplies with you. Sit and knit while enjoying the comfort of the Branch and check out a new craft book or knitting mystery...

Thursdays, 10:30am-12:00pm *DROP IN PROGRAM*

All Library Programs are Free. Registration begins one month prior to program start date.

To register for Islington Branch programs, please call 781-326-5914

For additional programs and further information, please call the Main Library Children's Department at 781-320-1042, the Main Library Adult Services Department at 781-320-1045, or the Islington Branch at 781-326-5914 or visit the web site at www.westwoodlibrary.org

For additional programs and further information, please call the Main Library Children's Department at 781-320-1042, the Main Library Adult Services Department at 781-320-1045, or the Islington Branch at 781-326-5914 or visit the web site at www.westwoodlibrary.org

Westwood Public Library Welcomes New Staff!

There has been a great deal of change recently in the staff of the Westwood Public Library's Circulation Department, including the appointment of Karen Gallagher as our new Head of Circulation Services. Karen is a familiar face to many of our patrons, as she has worked in the circulation department since 2006. Born and educated in Galway, Ireland, Karen's lilting voice is immediately recognizable! Karen's enthusiastic "can do" attitude and genuine interest in promoting the library's services and collections makes every day an adventure for all who interact with her. Enhancing the quality of patron services is something that Karen is very passionate about, and she has many ideas for improvements, and we look forward to implementing some of these as we move into the new year.

Also new to our Circulation staff are our new part-time Library Assistants, Patricia Wade and Leslie Condon. Patty and Leslie will also be well-known to many of our patrons, as they are long-term residents of Westwood and have been involved in many local organizations and activities. Avid readers who truly love libraries, both Patty and Leslie look forward to sharing their enthusiasm for libraries and literature with all of our Westwood patrons.



WESTWOOD PUBLIC SCHOOLS

Honoring Tradition • Inspiring Excellence • Shaping the Future • Creating Opportunity



Dear Westwood Residents,

December 2016

As we approach the holiday season, it is a good time to reflect on the great things that are happening in the Westwood Public Schools. I am proud of our students' many accomplishments in their academic and extra-curricular endeavors; they continue to represent our community with distinction. In addition, our faculty and staff are working hard to meet the needs of all children. Our culture is one of collaboration and collegiality, and



although we certainly like to celebrate our achievements, we are constantly looking for ways to enhance our students' educational experience.

At this time of year we are in budget-development mode. Like all town departments, we have spent the fall analyzing our needs for the next school year. I expect to present my recommended FY'18 budget to the School Committee on January 19, and after that, we will work with other town officials and town boards to finalize a budget plan that is responsible and sustainable. I expect the budget planning process to go smoothly this year, and I am confident we can continue to offer the same high level of service our residents have come to expect.

Thank you for your continued support of the Westwood Public Schools. Have a wonderful holiday season!

Westwood Public Schools and SEPAC Survey

by Abby Hanscom, Director of Student Services

Did you know that there is a Parent Advisory Council in every school district in Massachusetts with the specific role of acting as a liaison between parents of students with disabilities and the School Committee and school administration? Westwood Public Schools is lucky to have an energetic and committed group of parents who are looking to increase the visibility and supportive role of Westwood's Special Education Parent Advisory Council (SEPAC). In order to do this, Westwood Public Schools and the SEPAC are asking for input from the Westwood

community about what would be most useful to parents and students. Are you looking for guest speakers? Interested in attending workshops? Maybe looking to find social connections and brainstorming

opportunities? You don't have to have a child in the schools with a disability to share your ideas.

Please consider responding to the SEPAC survey link at: www.surveymonkey.com/r/YD7KZBV. The survey is available for input until Monday, January 2, 2017.

You are also welcome to learn more about how to join and support this organization at the

Westwood Public Schools' website: www.westwood.k12.ma.us/district/superintendents-office/Student_Services/SEPAC.cfm





WESTWOOD PUBLIC SCHOOLS

Honoring Tradition • Inspiring Excellence • Shaping the Future • Creating Opportunity

Martha Jones School Gets New Sign

by *Donna Tobin, Martha Jones School Principal*

Every student and teacher in the Martha Jones School, from Kindergarten through Grade 5, made a clay sculpture which he/she then painted and fired to turn into a permanent ceramic piece. Each ceramic piece was then mounted on wooden cutouts of the letters in “Martha Jones School.”

Student and parent volunteers filled in all the empty spaces with cut tiles, sealed the letters to waterproof them, and—voilà! —a beautiful new sign to welcome all to Martha Jones! The project was funded by the Martha Jones School and led by art teacher **Maggie Pasquan**. The photos below show the project start to finish! 



Counterclockwise, from bottom left: The process began with turning clay into objects; Student and parent volunteers work to put the pieces together; Check out the detail in the letters! Center: our

enthusiastic students celebrating our successful Martha Jones schoolwide project!

Local Postal Customer



Community Mobilizes to Tackle Substance Abuse

If you or a loved one has an addiction problem, you're not alone – even in Westwood. Thus far in 2016, police officers and firefighters have responded to twelve overdose calls successfully reversing the effects of overdose on ten occasions. Sadly, there were two deaths due to overdose.

Massachusetts, like the rest of the nation, has seen a dramatic increase in drug-related deaths. These deaths are commonly the result of highly addictive opiates, heroin and fentanyl and prescription medications containing opiates such as Oxycodone, Percocet, Hydrocodone and Vicodin. These medications are prescribed for pain relief. Addiction affects men and women, rich and poor, old and young and people of all nationalities, races and ethnicities.

The police and fire departments are not alone in the fight against addiction. There are currently three groups in town – Substance Abuse Prevention Collaborative (SAPC), Westwood Cares and a Community Crisis Intervention Team, who are actively working to address issues of substance abuse.

Substance Abuse Prevention Collaborative (SAPC) is the collaborative efforts of Dedham, Needham, Norwood and Westwood funded by a state grant to confront and address the issues related to substance abuse in our communities.



Westwood Cares was formed by a group of committed parents over a decade ago and, after being suspended for several years, was re-activated in 2014 to provide the community with information and resources around substance use and abuse, and related issues. The organization consists of varied representation from the community, including parents, students, educators, and community officials and staff. Westwood Cares can be followed on Twitter @WestwoodCares and can be reached via email at westwoodcares2015@gmail.com.

Early in 2016, the Westwood Police Department formed a Community Crisis Intervention Team. The team is made up of representatives from police, fire, municipal human service departments and local human services and mental health agencies. The main purpose of the team is to offer support and resources for residents who might be struggling with addiction and/or mental health issues in a more effective and coordinated manner.

With the spike in opiate overdoses and a clear need for education, both Westwood Cares and the Community Crisis Intervention Team are working to specifically address opiate issues along with their other initiatives. Westwood Cares is in the process of forming an opioid subcommittee, to focus on provision of education and resources for families specifically focused on developing effective opioid abuse prevention and addiction support for the addict and the family.

This Opioid Subcommittee and the Community Crisis Intervention Team will also collaborate and coordinate with Norfolk County District Attorney Michael Morrissey in his efforts to confront and address the opioid abuse crisis in the county. The District Attorney's office has assembled a robust packet of information containing resources to assist local communities, individuals and families affected by substance abuse. These packets are now readily available to any Westwood resident; simply contact the Police Department, Fire Department, or Youth and Family Services.

For local events related to substance abuse in Norfolk County, check the Town's website under the Town Administrator's page – Substance Abuse Events in Norfolk County.

Another important resource that is available to all Westwood residents is the William James INTERFACE Referral Service. Free for residents of all ages, as well as municipal and school employees, this service will connect individuals and families with personalized mental health referrals, including therapists who specialize in substance abuse and addiction issues. The phone number for the INTERFACE service is 1-888-244-6843 X1411 and their website is <https://interface.williamjames.edu/community/westwood>. (See related info on page 7.)

If you need Narcan, an aerosol administered to an individual suffering from an opioid overdose, it is available *without a prescription* at most pharmacies, including CVS, Walgreens and Rite Aid in Westwood and in many surrounding communities. YouTube videos are available to assist you with administration of this life-saving medication: <http://ow.ly/ZALN306hGLv>

Personal and confidential assistance is also available through the police and fire departments.

If you or a loved one is suffering from substance abuse, please reach out to our Youth and Family Services department at 781-320-1006 to be connected to resources.