



WESTWOOD

A COMMUNITY NEWSLETTER

Fall 2011

Volume 24 Number 1

Needs Assessment to be Conducted of Westwood's Senior Citizens

Board of Health and Council on Aging Develop Questionnaire

The Westwood Board of Health and the Westwood Council on Aging (COA) are pleased to announce that they will be conducting a needs assessment of the senior citizen population in Westwood.

"The Council on Aging is looking forward to collecting more recent information, as an assessment has not been conducted since 2001," said Pat Larkin, COA Director. "The needs of this population are ever changing, so it is important to continue to survey this group to determine their needs," she said.

In order to accomplish this, a questionnaire has been developed that aims to provide both the Board of Health and the COA with valuable health information regarding this group of residents.

"We hope to reveal where current services...are lacking and lead the way to the implementation of new services..."

Results will be tabulated and reviewed by both agencies to better understand the health needs of the current senior citizen population.

"We hope to reveal where current services provided for this age group are lacking and lead the way to the implementation of new services that improve the current health status of this population," said Linda Shea, Health Director.

The questionnaire will be mailed the end of September, along with a pre-addressed envelope for easy return, to each resident age 60 and older. The questionnaire does not ask for identifying information. Therefore, all senior citizens in Westwood are encouraged to participate by completing and returning the questionnaire.

For answers to any questions, or if a questionnaire is not received, please contact Linda Shea at the Health Department at 781.320.1026 or Pat Larkin at the Council on Aging at 781.329.8799. The questionnaire can also be returned in person to either the Senior Center on Nahatan Street or the Board of Health office at 50 Carby Street.

Where in Westwood is this?

Plenty of history and interesting items can be seen throughout our town. This photo is the first of a *Where in Westwood* series in the newsletter. A good bet is that members of our Senior population may recognize these ruins. The answer is elsewhere in this publication. The online edition will have an extra page to reveal its heyday glory. Enjoy guessing! ~ Editor



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Did You Know...

- Did you know that Saturday, October 15th is Global Hand Washing Day? The *Westwood Board of Health* would like you to know that hand washing is the single most cost effective health intervention. It costs virtually nothing. Join this campaign to raise awareness about the importance of proper hand washing. Many people think washing their hands with water is sufficient, but it is not. Soap and friction release the dirt and grease that carry most germs. Hand washing with soap can prevent diseases that claim lives. Teach your children the proper way to wash their hands, so it will become a good, lifelong habit.

From start to finish, proper hand washing takes only a minute – wet hands with water, apply soap, lather for twenty seconds, rinse well, and air dry or use a clean towel. The most important times to wash hands are before handling food, after using the toilet or diapering a child. However, other good times to wash hands are – after coughing, sneezing, or blowing your nose; after handling your pet; after being in public; or any time they are visibly soiled. Good hand washing prevents illness and the spread of disease, so please wash your hands often and do it well. For more information please contact the Health Department at 781.320.1027.

- Every three years, each town in the Commonwealth of Massachusetts is required to revalue all properties in its jurisdiction. The Town of Westwood is scheduled to establish new values for Fiscal Year 2012. The *Assessors' office* is currently reviewing all 2010 sales to determine how assessed values compare to those sales. This project should be completed by the fall of 2011. The Assessors' office will notify residents by placing an article in the local newspaper. Look for the article around October of 2011. Residents will have a short period of time to review the values before they are certified by the Commonwealth of Massachusetts. Any questions should be directed to the Assessors' office at 781.326.1904.

More Did You Know...

Construction of the *new public library* remains on schedule and within budget. During the summer months most of the utility connections were completed, the steel was erected, and the first and second floor concrete slabs were poured. The project timeline calls for the library to be occupied in late spring 2012. An opening date is expected in the summer with the exact timing depending on completion of paving and landscaping, and the move of the Colburn School. For project updates, construction pictures, and library schedules visit www.westwoodlibrary.org/.

Annual Family Flu Clinic

- Did you know that the *Westwood Health Department* will be holding the annual Family Flu Clinic on October 15, 2011? An annual flu shot is necessary for protection against flu because influenza viruses undergo frequent antigenic changes. The 2011-2012 seasonal influenza vaccine will have three different viruses and include A/California 7/2009 (H1N1 like virus), A/Perth 16/2009 (H3N2 like virus) and B Brisbane (2008 like virus).

The flu clinic will be held in the Westwood High School gymnasium on Saturday, October 15, 2011 from 9:00 a.m. to 12:00 noon. The clinic is open to all Westwood residents age five and older; residents under the age of 18 must be accompanied by an adult. Vaccine is administered on a first come/first served basis. Individuals allergic to eggs, have a history of Guillian Barré, have a history of a bad reaction to a previous vaccine, or are ill with a fever will not be able to receive the vaccine.

There is no cost to Westwood residents for the vaccine, but we do ask that you bring your insurance or Medicare card with you so that we may bill your insurance company.

Remember, the best protection from influenza and other illness is frequent hand washing. Wash hands with warm water and soap, and lather for at least 15 seconds. Avoid people you know are ill, stay home if you are ill yourself, and if you develop symptoms of flu which last greater than seven days, seek medical care.

We will be accepting monetary donations for the Westwood Food Pantry and we are looking forward to seeing you and your family at the clinic on October 15th. If you have any questions, please contact the Health Department at 781.320.1026.

Library construction continues smoothly. This photo shows steel outlining the shape of the new building and the beginning of roofing.



Westwood Human Rights Committee

SAVE THE DATE!!



WHAT:
“BRANCH OUT”
FALL FUNDRAISER FOR
WESTWOOD HUMAN RIGHTS
COMMITTEE

WHEN:
SATURDAY, NOVEMBER 5, 2011
7:00 P.M.–10:00 P.M.

WHERE:
NORFOLK GOLF CLUB – WESTWOOD, MA
Caribbean Steel Band “Branches”
Cocktail party, hors d’oeuvres, great friends....

You don’t need to travel far to branch out, and support WHRC’s mission.

Ticket details to follow.

Your Feedback, Stories, Events, Suggestions, News Items Wanted!

The next quarterly newsletters are due to be delivered to homes on or about December 15, 2011, March 15 and June 15, 2012. Please submit articles for consideration 6 weeks prior to the expected delivery dates.

Please send any submissions, suggestions, observations, or feedback of any kind to:

Diane Thornton, Editor
Westwood Community Newsletter
580 High Street, Westwood, MA 02090
or *email:* newsletter@townhall.westwood.ma.us

Information for this Where in Westwood item is from Mr. John Fritchard of the Westwood Historical Society: These ruins are the Car Barn for the Norfolk Central Railway line that ran between Dedham to Medway and later to Franklin. The facility was also used for trolleys serving the Dedham to Norwood line. The barn was built in 1896 on High Street in the Pond Plain area. It had a waiting room with telephone and soda fountain!

Long Range Financial Planning Committee

Who are we?

As you know, the Town of Westwood has an important responsibility to carefully account for public funds, to manage municipal finances wisely, and to plan and provide for the adequate funding of education, public safety, maintenance of public facilities and other services desired by the public. The public sees significant activity and information through the annual budget and Town Meeting processes. However, there are long term financial issues beyond the annual budget process, which can impact the stability of the Town's overall financial condition.

To focus on those long term financial issues, the Board of Selectmen in 2003 established the Long Range Financial Planning Committee (LRFP). The Committee is comprised of representatives from the following Committees and Boards:

- Board of Selectmen
- School Committee
- Board of Assessors
- Finance Commission
- Planning Board
- Two at-large community representatives
- Economic Development Advisory Board
- Tax Collector
- Town Treasurer
- Town Administration
- School Administration

What is the focus of our Committee?

Some of these long term issues that the LRFP considers include:

- Five year projections of revenue and expenditures
- Protection of credit rating
- Reserve accounts
- Health insurance/benefit costs
- Capital budgeting and planning policy
- Financial policies
- Debt management
- Impact – residential/commercial tax rates
- Peer community comparisons
- OPEB (post employment benefits other than pensions)

The LRFP and the Board of Selectmen strongly believe that through significant education efforts, residents will realize the importance of these long term issues and will be better prepared and supportive of implementing the steps necessary to address these issues and put the Town on a stronger financial footing.

It is a difficult task to favorably address these issues, while continuing to maintain our annual budget and

services within the Proposition 2½ environment. However, we believe our residents understand that the Town's long term financial obligations will not go away – they must be faced and incorporated into our ongoing planning and budgeting processes.

Our Committee is currently preparing a detailed report of these long term issues. Once that report is completed, it will be available on the Town's web site: www.town.westwood.ma.us/.



Westwood Young Women's Club

Stump Trivia and Silent Auction

to benefit multiple Westwood organizations!

Please join us for a night of fun, food, live trivia contest, music, prizes, raffles, and silent auction. The Westwood Young Women's Club (WYWC) annual fundraiser will be on Saturday, October 1, 2011. This spectacular event will be held at the Apollo Functions, 615 Washington Street, Norwood, starting at 7:00 p.m. Tickets will be \$65 per person, or a table of 8 can be purchased for \$450. The annual auction night is WYWC's biggest fundraising event of the year. It determines the level of assistance the WYWC can provide to the worthy organizations and charities it serves.

WYWC's 2010 casino night and auction raised over \$15,000 to support community organizations including the Early Childhood Council, Westwood Youth & Family Services, Westwood Nursery School, Westwood Sports Mentoring Program, the Sheehan Elementary School's Outdoor classroom, the Integrated Preschool, the Westwood Council on Aging, the Westwood Community Chest, Westwood Public Library, and many others.

Please visit www.wywc.org to purchase tickets and view some of the magnificent items in the silent auction! Those who can not attend may bid by proxy. If you wish to make a monetary donation instead of attending, please see the website for information. Please contact Julie Hennigan or Mary Kate Ferreira, event co-chairs, with any questions: Julie.Hennigan@verizon.net or MKferreira14@yahoo.com

Westwood Interfaith Council

Francis Bok's Dream

Piol Bol Buk (Francis Bok), a Dinka tribesman and native of Sudan was born in February 1979. On May 15, 1986, at the age of seven (along with about ten other children), he was captured and enslaved during an Arab militia raid of the village of Nymlal in South Sudan during the Second Sudanese Civil War. Francis lived in bondage for ten years before escaping imprisonment – ultimately journeying to the United States by way of Cairo, Egypt. He is now an abolitionist and author living in the United States.

Francis Bok was raised in a Catholic family of cattle herders in Southern Sudan. During his enslavement he was required to convert to Islam. Upon his third and successful attempt at escaping slavery, he was aided by a Northern Sudanese Muslim family that believed slavery to be wrong. They provided him with a ticket to Khartoum, where he was aided further by fellow Dinka tribesmen and members of the Fur People. His trip to the United States was paid for by members of the Lutheran Church. After arriving in the United States, he was helped by a refugee from Somalia who helped him settle in Fargo, ND.

Francis has testified before the United States Senate. He has told his life's story when he met with such dignitaries as President George W. Bush, Madeline Albright and Condoleezza Rice. He has been honored by the United States Olympic Committee, the Boston Celtics and colleges and universities throughout the United States and Canada. In 2002, Francis Bok was chosen to carry the Olympic Torch past Plymouth Rock prior to the Winter Olympics. He still lives in the United States working for the American Anti-Slavery Group and Sudan Sunrise.

The Westwood Interfaith Council is sponsoring a program by Francis Bok, who will recount his childhood of enslavement, his escape to freedom and his dreams for the newly independent country of the Republic of South Sudan (July 9, 2011). One dream is to return to the village of his childhood and build a school. School takes place in the shade of a tree and during the rainy season the school closes. His village is no longer like the one he remembers where there were many houses and livestock. The land is barren from years of war that forced inhabitants off their land.

Members of the Westwood community and surrounding communities are welcomed to this unique presentation – young, old and all those falling in between. The presentation will take place at 1 p.m. on Sunday, September 25, 2011 at Temple Beth David, 7 Clapboardtree Street, Westwood.

Westwood Community Chest

Neighbors Helping Neighbors

Westwood Community Chest (WCC) is a private, non-profit organization dedicated to helping Westwood residents in need through temporary financial assistance. WCC helps individuals and families facing financial difficulties by awarding funds which help with basic needs such as housing costs, medical expenses, and utility payments. WCC also grants Camperships, which are scholarships to summer camp for school-aged children. Camperships provide the opportunity for physical, social, and emotional growth to Westwood children whose families could not otherwise afford summer programs.

The continued difficult economy has increased the need for WCC's help, and local families continue to feel the stress of unemployment, unexpected expenses, and fixed incomes. Westwood Community Chest is funded entirely through donations, and the Board would like to thank those residents and businesses who have donated generously in the past, as well as those who will give during our annual appeal in October. Your generosity makes the work of the Westwood Community Chest possible.

Applications for assistance from Westwood Community Chest are available at various locations in Westwood, including the Westwood Police Station and Fire Station, the Westwood Public Libraries on High Street and on Washington Street, Westwood Senior Center, Westwood Town Hall, Westwood Post Office on High Street, Westwood Recreation Office, and Westwood Youth and Family Services. Applications can also be obtained online at our website. The application process is strictly confidential.

WCC also thanks the organizers of the Westwood Open Golf Tournament, to be held on September 26 at the Spring Valley Country Club in Sharon. For the third year in a row, Westwood Community Chest will be a recipient of proceeds from this fun event. Interested golfers can find details at <http://westwoodopen.org/default.aspx>.

For more information about Westwood Community Chest or to download an application, visit our website at www.wcc.cfsites.org. Donations are welcomed and accepted on an ongoing basis at Westwood Community Chest, P.O. Box 250, Westwood, MA 02090.

RAINBOW PROFILES: Celebrating the Cultural Diversity of Westwood

(Rainbow Profiles is a series of articles based on interviews conducted by the Westwood Human Rights Committee with Westwood residents who display the richness and cultural diversity of the Westwood community.)

There's Something About Marge

By Barbara Shea, with help from Marge Griffin

Anyone who knows Marge Griffin knows her to be a sweet, quiet, unassuming, pleasant little woman. A Westwood resident for over 34 years, we've seen her face at the main library, in the public schools, in various town-related activities and probably at the grocery store. She's also the person who brought us "Rainbow Profiles" for the last several issues of the town newsletter.

An offshoot of the mission of the Westwood Human Rights Committee, Rainbow Profiles has featured details on the lives of several of our town residents and shed light on how they enrich the diversity of our community. Marge is passing the mantle on the Profiles to me, and as we met to discuss the logistics, it seemed only fitting that she herself be our next featured resident. And with her Profile, we highlight religion as a facet of diversity.

One's appearance can be the basis of judgment, misunderstanding and fear in the minds of others when a person's skin color, dress, manner or religion is different. Standing 5'2", the younger of two daughters born in Brighton, MA to Roman Catholic parents of Irish and French Canadian descent, Marge does not appear to be a person most area residents would judge to be "different" and therefore judged or feared. In fact, her warm and

loving presence is a welcome harbor in these harried days of short attention spans and hectic lives.

A Westwood resident since 1977, when she arrived as a young mother of two, Marge and her husband Steve ended up in town after an exhaustive search for just the right home under the patient guidance of Jane Brace, who is still a local Realtor. Steve's commute to work in Waltham was their impetus for the move but finding the right home proved a challenge. They ultimately bought a piece of land that seemed "just right" on Margery Lane, where they still live in the post and beam home that they had built on the site, with Steve acting as sub-contractor.

Steve, an electrical engineer, traveled a lot in those days, so it fell to Marge, the tiny young mother of a three and four year old, to supervise the framing, by crane, of the main support structure for their soon-to-be-built home. She did something right because the home still stands!

Ted, their oldest, was enrolled in Clapboardtree Nursery School that fall. On top of helping to supervise construction and keeping track of their second born, Pam, Marge was driving back and forth from Westwood to Weymouth. Happily, a kind, new acquaintance met through the preschool, offered her home to Marge as respite. In fact, Marge credits this friend with introducing her to her current religion. Marge characterizes her religion as her "whole life," because of the committed effort to living Christianity with every thought and action.

"I had been searching for something at that time," she explains "and the Church of Christ, Scientist (often mistaken for Scientology) offered just what I had been seeking." A product of parochial schools in her childhood, Marge moved from Catholicism to embrace what is, according to Adherents.com, "one of the most original religious movements to have originated on American soil." In the words of its discoverer and founder, Mary Baker Eddy, her church was "Designed to commemorate the word and works of our Master [Christ Jesus], which should reinstate primitive [early] Christianity and its lost element of healing." (Miscellany p.46, by Mrs. Eddy)

In 1866, doctors had given up on the gravely ill Mary Baker Eddy. When reading a Bible passage about a healing performed by Jesus, she experienced an immediate, complete recovery. To understand how this

continued on page 12



Marge Griffin stands in the living room of her Margery Lane home. The rock that drew her and her husband Steve to the lot on which they eventually built their home is visible behind her.

News from the Recreation Department



Going Green



As stated in the Summer Brochure, the Recreation Department is "Going Green." The most noteworthy change that will impact Westwood residents is:

Recreation Brochures are no longer being mailed.

The Fall Brochure was posted the beginning of September. To receive the fall, and future, brochures please do one of the following:

- **Sign up for Recreation Listserv and receive it electronically.**
www.westwoodma.gov/recreation
- **Download a copy from the website**
www.westwoodma.gov/recreation
- **Pick up a copy at:**
The Recreation Department, Town Hall, Council on Aging, Main Library, Islington Library, or Islington Community Center.
- **Special order:** If you are unable to obtain a copy via one of the above options call 781-461-0070.

RECREATION LISTSERV

Sign-up Today!

www.westwoodma.gov/recreation

Sign up for Email. Next time you log onto your email, please reply to the mailing list subscription confirmation notice.

There are many advantages!

- Electronic Brochures and Flyers
- Program Updates
- Special Events
- New Programs

FALL PROGRAMS

Exciting new programs are coming your way this fall, along with some of your favorites.

Aquatics: Aqua Fitness, Lap Swim, Open Swim, Swim Team, Group and Private Swimming Lessons, Diving.

Fitness: Cardio Blast, Boot Camp, Yoga, Basic Training, Adult Kickboxing, Stroller Fitness.

Parent/Child: Stroll-A-Long, Hale Nature, Sing-A-Long, Toddler Time, Messy Messy.

Performing Arts: Joseph and the Amazing Technicolor Dream Coat, Keyboard and Guitar Lessons, Creative Kids.

Preschool: Make & Take, Outdoor Adventure, Rise and Shine, Lunch Bunch.

Sports: Karate, Tennis, Gymnastics, Sports & Games, Mini Athletes.

Workshops: Women's Self Defense, Chickens, Beginning Sewing, Knitting, Fantastic Fall, Science Center, Boys Day Out, Girls Day Out, Mommy Time.

FALL IS HERE! Register for Programs Today!

On-Line www.westwoodma.gov/recreation

Click Online Recreation Registration. Under Main Menu select: Register for Activities, then click the program category and select the program or class. It's easy!

Walk-In Office Hours

Mondays	8:30 a.m.-4:30 p.m.
Tuesdays	8:30 a.m.-7:00 p.m.
Wednesdays	8:30 a.m.-4:30 p.m.
Thursdays	8:30 a.m.-4:30 p.m.
Fridays	8:30 a.m.-1:00 p.m.

WESTWOOD DAY *planning* gets started! **You're needed!**

See page 11

THE BASEMENT 2011-2012 AFTER SCHOOL PROGRAM - GRADES 6-8 ISLINGTON COMMUNITY CENTER

Purpose: To offer a quality after school program for students in Grades 6-8 that is safe, fun, and supervised. There will be activities and a homework period daily.

Hours of Operation: After School Dismissal-6:00 p.m. Early Release Dismissal-6:00 p.m.

Days of Operation: School Days, Monday through Thursday with a two-day minimum. (September 6, 2011 through June 18, 2012). February/April Vacation Weeks and Staff Development Days are optional for an additional fee. Closed Holidays and snow days.

Staffing: Program Manager, Kristin Scoble and Recreation Staff.

Transportation: At school dismissal, participants will be transported by school bus from the Thurston Middle School to the Islington Community Center. Families who do not have a bus contract will be charged an additional fee to cover the bus.

Activities: billiards, pinball, ping pong, Wii, XBOX, movies, homework, reading, crafts, board games, computers with internet for homework, academic books, Morrison Park basketball court and field, sports & games, and walking trips.

Fees:

Day	Monthly Rate
Monday	\$85
Tuesday	\$85
Wednesday	\$120
Thursday	\$85

Questions:

Please contact Kristin Scoble at basement@townhall.westwood.ma.us or call 781.329.0632.

News from the Recreation Department

Highlights from the Fall Brochure!



POOL SCHEDULE

September 6-December 31, 2011

Closed: Oct 10, Nov 11, 24, Dec 24, 25 & 31



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-7:30 AM Lap Swim	5:30-7:30 AM Lap Swim	5:30-7:30 AM Lap Swim	5:30-7:30 AM Lap Swim	5:30-7:30 AM Lap Swim	6:30-8:00 AM Lap Swim	
11:30-1:00 Lap Swim	11:30-1:00 Lap Swim	11:30-1:00 Lap Swim	11:30-1:00 Lap Swim	11:30-1:00 Lap Swim	11:30-1:00 Lap Swim	11:30-1:00 Lap Swim
1:00-2:15 Open Swim		1:00-2:15 Open Swim		1:00-2:15 Open Swim	1:00-2:15 Open Swim	1:00-2:15 Open Swim
7:15-8:30 PM Open & Lap Swim (3)	7:15-8:30 PM Open & Lap Swim (3)	7:15-8:30 PM Open & Lap Swim (3)	7:15-8:30 PM Open & Lap Swim (3)			



FITNESS SCHEDULE

September 6-December 31, 2011

Closed: Oct 10, Nov 11, 24, Dec 24, 25 & 31

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-1:00 PM	5:30-1:00 PM	5:30-1:00 PM	6:30-1:00 PM	5:30-1:00 PM	7:00-11:00 AM
5:00-9:00 PM	5:00-9:00 PM	5:00-9:00 PM	5:00-9:00 PM		

Membership Discounts

Membership	One Month	Three Months (10% off)	Six Months (15% off)	One Year (25% off)	Daily
Pool Single	\$20	\$54	\$102	\$180	\$6
Pool Family	\$35	\$85	\$179	\$315	
Pool Westwood Senior	\$15	\$45	\$90	\$180	\$5
Fitness Single	\$20	\$54	\$102	\$180	\$6
Fitness Family	\$35	\$85	\$179	\$315	
Fitness Westwood Senior	\$15	\$45	\$90	\$180	\$5

Westwood Senior Memberships are available to residents 60 years or older for \$15 per month. Membership Forms are available at the Pool, Fitness Center, Recreation Department, and online at www.westwoodma.gov/recreation

News from the Recreation Department



Highlights from the Fall Brochure!

SWIM TEAM

Philosophy

The Recreation Swim Team is a competitive team. Emphasis is placed on personal improvement, specifically stroke technique, strength, and speed. The team promotes good sportsmanship and self-discipline. Each swimmer has the opportunity to build self-esteem, physical fitness, team spirit, and new friendships. Ribbons are awarded to swimmers for personal best throughout the season. The season ends with championship meets and an awards and recognition evening in March.

The Westwood Recreation Winter Swim Team competes against other local swim teams. Ten meets, held on weekends, occur over the season. Five meets are at home and five are away. The season concludes with a regional swim meet. The meet schedule is available in October. Practice schedules are modified around the holidays.

Swimmers will practice and compete according to their age. The age cut off date is November 1, 2011. Your swimmers' age as of this date is the age that they will practice and compete in for the entire Winter Swimming Season.

Practice Schedule November 1 – March 11, 2012

	5:00 – 6:00 PM	6:00-7:10 PM
Mon	Ages 9-10	Ages 11-12
Tue	Ages 8 and Under	Ages 13-18
Wed	Ages 9-10	Ages 11-12
Thu	Ages 8 and Under	Ages 13-18
Fri	Ages 10 and Under	Ages 11 -18

Registration Information

If you are a past member of any Westwood Recreation Summer or Winter Swim Team, you do not need to attend the skills assessment. If you are new to the team, you must first attend a skills assessment prior to registration.

Westwood Residents may register upon receipt of this brochure or completion of the skills assessment.

Non-Residents may register only if the town in which they reside does not have a team in the league. Non-resident registration begins: October 1, 2011. Any non-resident registering prior to this date will be placed on a wait list.

Fees

Resident: \$275
 Non-Resident: \$295
 High School Swimmer: \$60



Parent Involvement

The Westwood Recreation Swim Team relies upon parent volunteers for numerous positions throughout the season: timer, stroke and turn judge, place judge, and concession stand. Our parent coordinator schedules these volunteer opportunities. All volunteers receive support and training as required. Parents are required to volunteer at a minimum of one meet per season.

A Parent Meeting will be held Monday, September 19, 2011, at 7:00 PM. This meeting will be held in the Westwood High School Auditorium at which time you will learn more about the season and have an opportunity to ask specific questions.

Swimsuit and Cap

A team swimsuit is available for purchase through the Recreation Department. One cap is provided at the start of the season. Extra caps may be purchased thereafter. Goggles are strongly recommended. Swimmers are responsible for obtaining their own goggles. Sale of swim suits will begin in November.

Girls	Boys	Cap
\$50	\$38	\$5

Staff

The team will be overseen the by Aquatics Manager. There will be a recreation staff team administrator, and one head coach for each age group. Assistant coaches will be placed with age groups as needed.



What is the Skills Assessment?

All new swimmers are asked to demonstrate swimming skills according to their age. The intent of the skills assessment is to ensure the safety and comfort of the swimmers.

Skills Assessment Schedule

A skills assessment is required for all swimmers who are new to the team. The assessment must be completed prior to registration.

All ages may be assessed on any one of the following dates:

- Saturday, September 24, 2011 – 10:30-11:30 AM
- Sunday, September 25, 2011 – 4:00- 5:00 PM
- Monday, September 26, 2011 – 6:30-7:15 PM



Skills Assessment By Age

Ages 8 and Under: Swim continuously for 25 yards (one length of the pool) each of free style with rhythmic breathing, and back stroke. Swim 15 yards of dolphin kick.

Ages 9 and 10: Swim continuously 25 yards, (one length of the pool) of the following strokes: free style with rotary breathing, and back crawl. Swim 15 yards butterfly. Swim 15 yards breast stroke. Demonstrate a front dive from the side.

Ages 11 and 12: Swim continuously 50 yards, (two lengths of the pool) of the following strokes: free style, back crawl. Swim continuously 25 yards breast stroke and butterfly. Demonstrate a dive from the block.

Ages 13 and Older: Swim continuously 50 yards, (two lengths of the pool) of the following strokes: free style, back crawl, breast stroke, and butterfly. Demonstrate a dive from the block.

The swimmer, parent and evaluator will immediately review the skills assessment and discuss the recommendation.

News from the **Recreation Department**



Highlights from the Fall Brochure!

Westwood Rec Dept
Presents ...

Cirque Dreams Holidaze...

An international cast of over 30 multi-talented and brilliantly costumed artists come to life and perform astonishing feats of disbelief. Experience gingerbread men flipping mid air, toy soldiers marching on thin wires, snowmen daintily balancing, icemen powerfully sculpting, penguins spinning, puppets dancing and reindeer soaring high above a landscape of holiday wonderment. Original music, spectacular costumes in a setting of gigantic gifts, colossal candy canes and 30-foot towering soldiers. Enjoy!



December 18, 2011

(Sunday Day Trip) Complete Cost \$149 pp

YOUR DAY TRIP INCLUDES:

- Round trip deluxe motorcoach transportation.
- Morning departure —depart for home after show.
- Brunch Buffet included at Café Paragon in Providence featuring meat carving station with Prime Rib and Baked Spiral Ham; Omelet Station; French Texas Toast; baked Sausage & smoked Bacon; Home Fries; made to order Pasta Station and more! Menu subject to adjustments).
- Reserved Orchestra seating for the 1:00 pm performance of "Cirque Dreams Holidaze".
- All taxes and admissions for included features excluding customary gratuities to driver and escort.
- Celebration Tours escort throughout.



*For reservations & information contact:
Westwood Recreation Dept. (781) 461-0070*

Trip operated by Celebration Tours

500 Victory Road, North Quincy MA 02171
(617) 696-1900 * (800) 792-5208 www.celebrationtours.net

FULL PAYMENT DUE WITH RESERVATION

Cancellation Waiver...Protects in case of Cancellation, for any reason prior to departure. Amount must be included at time of reservation. Payments are non-refundable, non-transferable and valid for specified applicant/tour only

Waiver Fee, \$19 pp

Cancellation of trip without waiver protection is: No refunds for cancellations received with 30 days of departure.

RESERVATION FORM—"Cirque Dreams Holidaze"

**RETURN TO: WESTWOOD RECREATION DEPT
240 NAHATTAN STREET
WESTWOOD MA 02090**

**Providence Arts Center
DATE: December 18, 2011
Rate: \$149.00 PP
Waiver: Yes No Thanks**

Enclosed please find \$____ pp as payment in full for ____ person(s). Full payment due at time of reservation. No refunds for cancellations received within 30 days of departure. Please note any health restrictions or requirements. Please make checks payable to: **WESTWOOD RECREATION DEPARTMENT**

Name: _____ Home Phone: _____ Cell: _____
 Address: _____ City: _____ State: _____ Zip: _____
 Special Needs? _____ email: _____

WESTWOOD DAY WANTS YOU!

Westwood Day Open Meeting Set

The Recreation Department and Commission will meet at 7:00 p.m. on Monday, September 19th at the Islington Community Center to seek input and ideas from interested residents that would like to be involved in helping plan and shape the return of Westwood Day. This is a great opportunity to sign up and volunteer for one of the several committees that will make this town-wide celebration become a successful modern revival of a fondly remembered community celebration.

Westwood Day is scheduled to take place at the high school in the fall of 2012 and plans include a 5k run/walk, music, entertainment, children's activities, exhibits, games, food and beverage, information booths, and many more exciting offerings.

If you cannot attend this meeting but would like to volunteer or simply share an idea or activity, please email recreation@townhall.westwood.ma.us and a staff member will respond to your request.

Hale Reservation adds new property

Once home to Holbrook Farm, 1255 High Street has been an area of interest for many folks in town. Builders were hoping to develop the land, a move that would have greatly changed the existing neighborhood. A group led by Kevin Becker and Robin Ostrander, residents of the area, worked hard to educate people on the negative effects that would likely result.

Westwood residents, Duncan and Ellen McFarland, working in conjunction with the Westwood Land Trust, purchased that property and were granted a conservation restriction, permanently protecting the land from future development. The land was then donated to Hale Reservation.

Now known as the *Sen Ki*, a Native American term meaning Land of Stone, the property has undergone a few changes. Some trails were cleared and a small parking area added to encourage residents to come and hike and

enjoy the land. While Hale will maintain the property, the Westwood Land Trust will oversee the conservation restriction.



A craggy boulder is just a hint of what awaits visitors to Sen Ki

“This is an amazing gift to Hale and to our community. While this property feels far from Hale’s larger land holding, a trail now links the two properties and we are working with the town to find ways to link to Buckmaster Pond. This property, other protected land nearby, Hale Reservation and the Trustees of Reservation properties in Dover create an incredible natural area

invaluable to wildlife, natural resources protection and the residents of Westwood and neighboring communities.”

Guests are encouraged to follow the rules posted for this particular property, including no dogs or bikes, when visiting. To learn more about Hale Reservation, please visit www.HaleReservation.org/.

Dedham Savings

Do you have documents that need shredding? Dedham Savings will be holding a Shredding Day at its Main Office at 55 Elm Street in Dedham on Saturday, September 24th from 9:00 a.m. to 12:00 noon. Your documents will be shredded on site by Data Shredder. Each person is allowed to bring two copier size cartons of documents to be shredded. You are asked to remove the items from any folders or binders prior to being shredded.

Looking for fun events for the whole family this fall? Join Dedham Savings at Norwood Day on Saturday, September 17th in Norwood Center from 10:30 a.m. to 3:30 p.m. and Needham’s Harvest Fair on Saturday, October 1, 2011 at Needham High School’s Memorial Field in Needham from 10:00 a.m. to 3:00 p.m. We look forward to seeing you!

Rainbow Profiles – continued from page 6

could happen, she launched upon an in-depth study of the Holy Scriptures, both Christian and Hebrew, for several years, concluding that Jesus was using a divine, spiritual Science while he was healing. A Science governed by harmonious laws of God, as found in the Scriptures. In 1875 her book explaining this Science was published, *Science and Health with Key to the Scriptures*. In 1879 she founded the First Church of Christ, Scientist, in Boston.

Marge characterizes her religion as her “whole life”

A Christian sect based on the belief that man is spiritual rather than material, Christian Science acknowledges that people seem to have a material existence but ultimately that yields to a true, spiritual understanding of God and creation. The premise is that everything is possible through prayer of one who believes (Wikipedia.com). The source of this premise is Christ Jesus’ words, “...with God all things are possible” (the Bible’s book of Matthew, chapter 19).

So how did this choice impact Marge’s life? Profoundly and comprehensively. Marge describes that time as one when she found herself becoming more loving and patient as she studied and grew in a deeper understanding of Christianity. She shared an insight from Pam and Ted’s preschool years, when the children were repeatedly experiencing the typical ear infections, which medicine treated but could not prevent. Then, through prayer in Christian Science, this counsel came to her thoughts, “Harsh words hurt little ears.” From then on, relying only on prayer for treatment, she found it imperative to keep kindness and patience at the forefront of her mind in interacting with her kids, resulting in an immediate decline of ear infections and soon permanent prevention. After this came their third child, Mark, who never experienced an ear infection.

There is a mistaken belief that Christian Scientists always shun medical attention. Although it is true that Christianly scientific prayer is the preferred method of health care, there are occasions when a church member will be required to obey the law concerning use of medicine. Or, a member might temporarily choose medicine or some other form of health care. The church, lovingly, always leaves this decision up to the individual.

Mark’s birth took place at home, under the care of a Christian Science Practitioner, one whose profession is to give prayerful spiritual treatment to those who request it. Also, two Christian Science nurses were in attendance, offering practical nursing support in an atmosphere of

prayerful thought. Additionally, since Massachusetts law at that time required that a medical physician be present at a birth, there was a physician in attendance. Without the aid of medication, it was “quite a different experience” from her two conventional births. Marge admits “It was a little uncomfortable, but very beautiful and natural. I’ll always remember Ted, age 8, creeping into the room in the middle of the night shortly after the birth, and holding his new brother with wonder. And Pam, age 7, who was thrilled in the morning when she awoke to see the baby, repeatedly prancing back and forth from the bassinet to us, thanking me and her dad.”

Steve supported Marge in her religious choice. “It was not an issue” was Marge’s answer to my question of how her choice was received by him. They agreed to raise the children in her faith, but left it to the children to make their own choices in adulthood. Always encouraged to follow their hearts, they have chosen paths that feel right to them.

How was her parenting impacted by her religion? As you may recall, the two greatest commandments according to Jesus are: love God with all your heart and like unto it, love your neighbor as yourself (the book of Luke, chapter 10).

Embracing these commandments with her entire being, Marge has steadily grown in her ability to be patient and loving. Imagine if you can three rambunctious children clamoring for attention and scuffling with each other (sound familiar?) and a husband away on business and you need to get to the grocery store. Maintaining equanimity and getting through the day may sometimes seem impossible to orchestrate simultaneously. Self awareness and self discipline on steroids is how I would describe how she made it through those years. But Marge reports that “for me it was a spiritual learning process.” She credits prayer in Christian Science.

As the children grew and left home, Marge devoted more of her time to various aspects of church service, and is now working as a tour guide at The Mother Church in

To further the Human Rights Committee’s mission...Marge suggests “involving interfaith groups and individuals to do more sharing with each other and the community. Information dispels misunderstanding and contributes to increasing harmony.”

Rotary Club of Westwood

The Rotary Club of Westwood is pleased to welcome two new members, Rebecca Schofield and Robert Skloff.



Becky is the manager of the Needham Bank in Westwood.



Rob is an investment/financial advisor.

The Rotary Club will be holding an *Electronic Recycling* event on October 15th from 9:00 a.m. to 2:00 p.m. at the First Baptist Church on High Street. The *Annual Free Family Concert* will be held in December. Watch for more details in your local media!

The Rotary Club meets at the Holiday Inn on Tuesdays at 12:15 p.m. Each meeting consists of a luncheon followed by an interesting speaker. Contact Michael Razza at stxx@aol.com if you would like to attend or if you want more information about Rotary.

Westwood Fire Department

Although summer is winding down, the *Westwood Fire Department* would like you to remember to use your gas grill safely.

- Keep all LP-gas outside: 10 feet away from building openings such as doors, windows, dryer vents and 20 feet away from air intake vents and all ignition sources.
- Do not cook under decks, in garages, too close to buildings, or under soffit vents.
- All LP-gas cylinders with a capacity between 4-40 lbs must be equipped with an overfill protection device.
- LP-gas grills and spare cylinders are not permitted inside or on balconies above the first floor of any building where people live.
- LP-gas is heavier than air and sinks. A leaky grill could pose a hazard to people below. Possible ignition sources include smoking materials, air conditioners, compressors, pilot lights, pool filters, and cars.
- Make sure all connections are tight and secure.

Rainbow Profiles – continued from previous page

Boston. She loves giving tours to thousands of visitors annually who walk in to see the beautiful church, providing answers to questions about the religion, architecture, and world-renowned pipe organ, and inviting them to partake in the popular Mapparium, as well as the Mary Baker Eddy Library and Quest Gallery, all housed on the church plaza.

Marge hit the nail on the head when she said “lack of understanding is a source of prejudice.” Through her religion, she seeks to always be growing, nurturing the humility to listen carefully and avoid self will and self justification. How is this possible? “Going into the closet,” is her terminology for the technique based on a metaphor Jesus used in what is referred to as the Sermon on the Mount. She understands it to mean that you mentally shut out the noise of the material world, and just listen to what God, compassionate Love, is telling you. When faced with prejudice or conflict, or any type of problem, if you cling steadfastly to what you’re hearing from God, you can heal it. She refers to this as “deep prayer.”

Living as a Christian Scientist is clearly a lot of work but Marge says “this is my anchor. Love is the most important thing.” Easy enough to agree with but trickier to embrace in the face of misunderstanding and discord. “Never stop forgiving,” is her advice.

To further the Human Rights Committee’s mission of welcoming and embracing diversity, Marge suggests “involving interfaith groups and individuals to do more sharing with each other and the community. Information dispels misunderstanding and contributes to increasing harmony. Through newsletters and articles in the local newspapers, these religious representatives could have a broader voice in sharing spiritual perspectives on issues and offering suggestions and support. On the problem of bullying in the schools, which reportedly is persistently present, I think we all can do more to caringly embrace the victims, as well as the perpetrators, in our thoughts. Children aren’t born to be mean or to be victimized, and they deserve to be freed of this problem. How helpful and powerful might it be if town wide, parents and other adults in all sectors of the community, participated in a campaign to do more to address good thinking and behavior for the children? I’d be willing to work on such a campaign.”

Back to the understanding that we are spiritual beings, Marge’s faith that “God rests in action,” empowers her to start with herself. When it comes down to getting anything done, it really does start and end with the individual. Westwood is fortunate to have this gentle, unassuming woman quietly touch the lives she encounters with a loving presence. Next time you see Marge, give her a hug.



WESTWOOD PUBLIC SCHOOLS

September
2011

page one

Dear Westwood Residents,

The 2011-2012 school year marks my seventh as Superintendent. I am honored to continue to serve the Westwood community, and look forward to another great year. The level of support we receive from residents is matched only by our unwavering commitment to provide a first-class education to our 3,100 students. The hard work and professionalism of Westwood's faculty and staff is paying great dividends. While we are a district still on the rise, we have cemented our status as one of the elite districts in the Commonwealth. We do not take that for granted, and will continue to work tirelessly on behalf of this community. Thank you for your continued support!



John J. Atomei

Thurston Middle School Paving and Landscape Project

by Heath Petracca, Director of Business and Finance

Over the course of this past summer you may have noticed that there has been a lot of work going on at the Thurston Middle School. The work that is happening is the final phase of the **Middle School Modular Project**, which was funded by the town and administered by the Permanent Building Committee (PBC). This phase of the project entails the reconstruction of the roadway and majority of the sidewalk from Nahatan Street to High Street.

In addition to all of the roadway construction that has been completed, the landscape will be getting a face-lift of its own. Enhancements to the natural

landscape in front of the Middle School have commenced and should be finishing up in the fall. During the first part of the landscape



portion of the project, trees were removed from the hill and those that remained were pruned. The first set of new trees has already been planted,

with a second set of trees to be planted sometime in September. A landscape architect has been working closely with the PBC as well as the School Department to ensure that all plantings in this




project thrive in their new surroundings. In fact, all plantings are actually covered under warranty.

The final part of the landscaping will involve the

planting of natural grasses on the hill which should give the hill a clean but natural feel. Over the course of this fall and spring you should see a marked

improvement in the look of the landscape in front of Thurston Middle School. As the new plantings establish themselves, we will enjoy a beautiful new



look that will last for many years to come. 



WESTWOOD PUBLIC SCHOOLS

September
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page two



Homeroom and Locker Reorganization at Westwood High School

In an effort to retain the small-school feel that has always been a key strength of Westwood High School, homeroom and locker assignments for students have been reorganized this summer to create stronger bonds within each grade.

This year, for the first time, students' homerooms and lockers will be located on a hallway with the homerooms and lockers of the rest of the students in their grade:

First floor, overseen by Dr. Hogan:

Grade 9 English wing (A127-A160)

Grade 11 Social Studies wing (A103-A121, B107, B109)

Second floor, overseen by Ms. Ricard:

Grade 10 Science, Foreign Languages, Math (A227-A257)

Grade 12 Science, Foreign Languages, Math (A206-A225, A258-A262)

The changes outlined above will, hopefully, result in a greater sense of community, responsibility, and accountability in each class.



Senior Citizens! Get your Westwood Public Schools "Green Card"



The Westwood Public Schools Green Card gives seniors free admission to:

- All regular season home athletic events
- All school plays and musical performances
- All other school-sponsored cultural activities and events

To request your free Green Card, contact the Office of the Superintendent at (781) 326-7500 x1341. We look forward to seeing you at school events!

WESTWOOD PUBLIC LIBRARY

Fall/Winter 2011

PLEASE NOTE: Due to the library building project, the locations of some programs have been changed.

Main Library Programs for Preschoolers

Storytime – Ages 2 and up

Sep 14–Oct 19 Wednesdays, 11:00-11:45 a.m.

Nov 9–Dec 14

Location: Westwood's Temple Beth David
7 Clapboardtree Street

Registration is required for this program and began September 1st.

Babies & Books – 2 years and under with parent/caregiver

Sep 16–Oct 21 Fridays, 9:30-9:50 a.m.

Nov 18–Dec 16

Location: Islington Branch Library

Registration is not required for this program.

Bedtime Storytime – All ages

Sep 20, Oct 18 Tuesdays, 6:30-7:00 p.m.

Nov 22

Location: Main Library Meeting Room

Registration is not required for this program.

Storytelling Saturdays – All ages

Oct 1, Nov 5 Saturdays, 10:30 a.m.

Location: Main Library Meeting Room

Registration is required and begins 1 month prior to event.

Special Programs at the Main Library

A Series of Fortunate Library Events

Celebrating our favorite stories:

Laugh Out Loud: Lunch Lady, Baby Mouse and More!

October 4 Tuesday, 4:00-5:30 p.m.

For Readers in Grades 2-5

Location: Main Library Meeting Room

Registration is required for this program and began September 1st.

Islington Branch Programs

Storytime – Ages 3 and up

Sep 13–Oct 18 Tuesdays, 9:30-10:15 a.m.

Nov 8–Dec 13

Registration is required for this program and began September 1st.

Westwood Main Library Adult Programs

PAGETURNERS

October 18 Tuesday, 10:30 a.m.

Reading suggestions, old and new, presented by Nancy Hogan.

Registration is not required.

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

TOWN BULLETIN BOARD

Sep 19 Recreation Open Meeting for Westwood Day
7 p.m. planning
Islington Community Center: *see story page 11*

Sep 25 Interfaith Council presents Francis Bok, speaker
1 p.m. Temple Beth David: *see story page 5*

Sep 29 Rosh Hashanah: Schools closed

Oct 1 WYWC Stump Trivia Fundraising Event:
7 p.m. *see story page 4*

Oct 10 Columbus Day: Schools closed

Oct 15 Board of Health Annual Family Flu Clinic
9 a.m. Westwood High School: *see story page 2*

Nov 5 WHRC Caribbean Steel Band "Branches"
7 p.m. Norfolk Golf Club: *see story page 3*

Nov 11 Veteran's Day: Schools closed

Nov 24-25 Thanksgiving break: Schools closed

Nov 28 All Day Inservice: Students do not attend school

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WHERE IN WESTWOOD

Fall 2011

From page 1 of the Fall 2011 printed edition

Where in Westwood is this?

Plenty of history and interesting items can be seen throughout our town. This photo is the first of a *Where in Westwood* series in the newsletter. A good bet is that members of our Senior population may recognize these ruins. The answer is elsewhere in this publication. The online edition will have a picture to reveal its heyday glory. Enjoy guessing! ~ Editor



From page 3 of the Fall 2011 printed edition

Information for this Where in Westwood item is from Mr. John Pritchard of the Westwood Historical Society:

These ruins are the Car Barn for the Norfolk Central Railway line that ran between Dedham to Medway and later to Franklin. The facility was also used for trolleys serving the Dedham to Norwood line. The barn was built in 1896 on High Street in the Pond Plain area. It had a waiting room with telephone and soda fountain!

Answer to: Where in Westwood is this?

Right along the property line of the new Hale property – *Sen Ki*. (Remember, do not trespass on private land.)

The heyday of trolley lines and traveling from Dedham to Medway meant stopping in Westwood!



Photo is courtesy of Mr. John Pritchard of the Westwood Historical Society