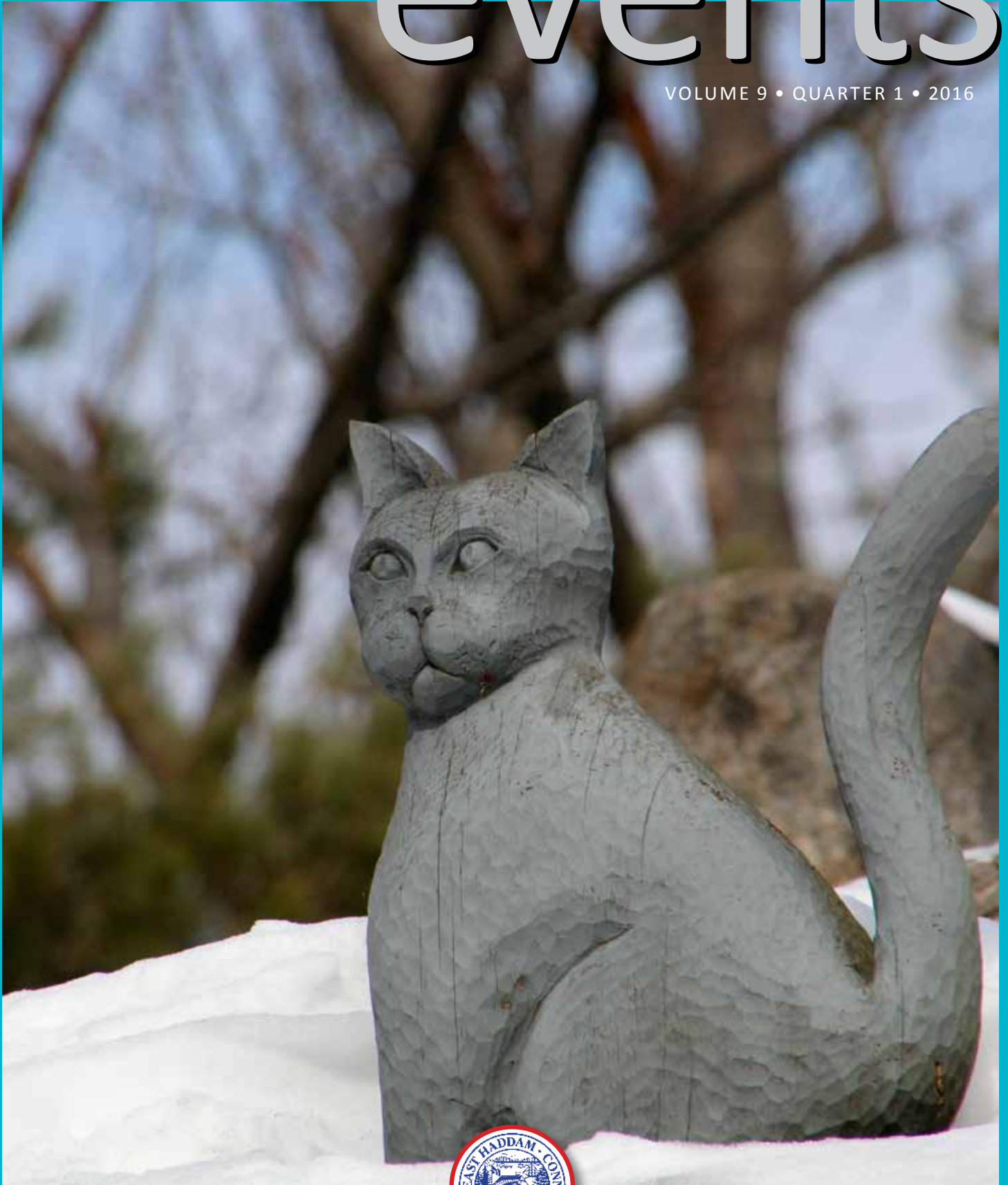


East Haddam

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First Selectman's Corner

Thank you residents of East Haddam for trusting in my leadership for a fifth term, we have an incredible opportunity with four capital projects now in the works giving the opportunity for economic growth to the historic East Haddam village.

I am hoping for a mild winter. The last two were trying for our public works crew and our citizens. Please make sure that you keep your sidewalks open and never plow your snow into or across the streets, thanks.



An update on two new hires: First we just hired our fourth full time officer. We now have a resident trooper, four full time officers and three part time officers. OFC James Smith started as a state trooper at Troop D in Danielson before taking a position in the Criminal Intelligence Unit. He was instrumental in assisting with the creation of the

State Police Computer Crimes Unit where he worked for 12 years doing Computer Crime Investigations and Computer Forensics, the last 5 years was with the Computer Crimes Unit. He also managed the Internet Crimes Against Children (ICAC) Task Force and was responsible for managing 2.5 million in federal grant funds.



Donald Flis, Public Works Superintendent, joins our Publics Works department as our new Superintendent after owning and operating GBC Builders LLC since 1997. Prior to this career Don was the supervisor for New England Carpentry and a carpenter for United Carpentry both out of Hartford, Connecticut. Don brings over 35 years of

experience managing crews for both residential and commercial property owners.

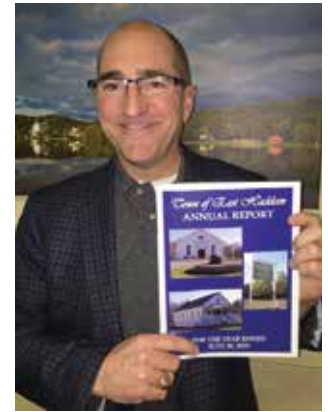
We look forward to getting to know these two new employees and learning what their backgrounds and experience will bring to our town.



On behalf of the Lower Connecticut River Council of Government (RiverCOG), the Coastal Region Land Trust Exchange, and the conservation community of Connecticut, Margot Burns an environmental planner with the RiverCOG, was honored to accept the award for planner of the year from the

Connecticut Chapter of the American Planning Association. Our communities depend on the State's 137 volunteer land trusts and conservation commissions, to obtain and steward the lands that protect our communities character, provide recreational access and great economic benefits, an abundance and diversity of wildlife, beautiful vistas, and clean water and air.

A quote Margot loves is from her friend Tom Curren, "In saving the land we are saving ourselves." Margot encourages planners to work together across geographic and political boundaries to ensure that open lands are conserved through fee or easement in the right place, for the right reason; provide tools to private woodland owners to properly manage their lands; to talk with neighboring towns and their Council of Governments about planning for conservation; and to not only lend a hand to their land trusts but include them in the local land use planning process.



**Mark B. Walter
First Selectman**

We have embarked on an Economic Growth Strategy for the Lower Connecticut River Valley called "GrowSMART". This project is funded by a grant from the Connecticut Office of Policy and Management (CT OPM). The GrowSMART project encompasses all 17 towns in our region, from Middletown to Clinton on both sides of the river. The purpose of this project is to not duplicate efforts of municipal Economic Development Commissions and Chamber of Commerce, or eliminate the unique identity of each community.

Continued on page 3



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CONTENTS

First Selectman's Corner.....	1
Budget Information.....	3
Holiday Closings.....	3
From the Assessor.....	4
The Davison Walking Park; A Moodus Treasure.....	5
Earth Day Town Wide Clean Up.....	6
Harvest House Community Dinners.....	6
East Haddam Garden Club.....	7
East Haddam Community Lions.....	8
Sales Representative Wanted.....	8
East Haddam Registrars of Voters.....	9
Town Clerk.....	10
From the Tax Collector.....	10
Annual Report.....	10
Board of Education Insert.....	11 - 14
Early Childhood Council.....	15
Fire Safety in the Home.....	15
East Haddam Parks & Recreation Gentle Yoga Classes.....	16
Middlesex Hospital Joins Mayo Clinic Care Network.....	16
East Haddam Lions Club.....	17
East Haddam Youth and Family Services.....	17
East Haddam Libraries.....	18
New and Incumbent Elected Officials.....	18
Land Trust - Eight Mile River Footbridge Project.....	20
MPAC Middle School Principal's Advisory Committee.....	21
East Haddam Elementary School.....	21
I-Park News.....	22
Calling All Businesses!.....	22
SmartER Appointments Available at Shoreline Medical Center.....	23
Beat Parkinson's Today.....	23
East Haddam Leo Club.....	24

Selectman's Corner ... continued from page 1

Rather, we are attempting to capitalize on existing distinctive assets and develop a regional vision for future growth. Visit the website, growsmartregion.org for more information!

By the time this magazine publishes, the Economic Development Commissions of Haddam and East Haddam will have already met for a brainstorming joint meeting to plan the future development

from Tylerville to the Eagle State Park and East Haddam's Village, including the businesses that are the anchors to this important hub of one of the most beautiful and interesting locations in our Connecticut River Valley.

Please remember to thank all of our local businesses by supporting them as much as possible so that they can remain a key driver of our local economy.

Our new Annual Report is available in our Town Clerk's Office. Thanks go out to all our boards and commissions, employees and especially our Finance Director and staff for creating this very informative document. Please stop in or call anytime to discuss the great progress our town is making.

Mark B. Walter, First Selectman

Budget Information

DATE/LOCATION	DESCRIPTION
Tuesday, April 19, 2016 / 7:00 p.m. Nathan Hale-Ray High School	Budget Public Hearing
Tuesday, May 3, 2016 / 8:00 p.m. Town Hall	Annual Town Budget Meeting
Tuesday, May 17, 2016 Time to be determined Town Hall	Budget Referendum

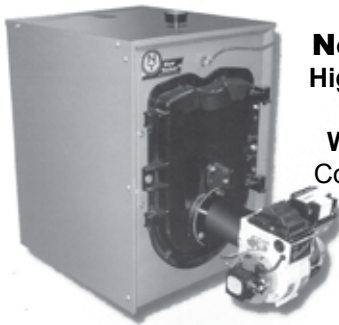
Holiday Closings

The Town Office Building and Transfer Station will be closed on the following holidays:

- Monday, February 15**
Presidents' Day
- Friday, March 25**
Good Friday

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From the Assessor

The Board of Assessment Appeals will meet in March 2016 to hear appeals on real estate assessments. Requests to the Board are due by February 20, 2016. Written requests should include the property owner's name, name and address of the person appealing the assessment, type of property being appealed (real estate or personal property), reason for the appeal, and opinion of value. Although any written request is accepted, forms are available at the East Haddam web site: www.easthaddam.org. The mailing address for the Board of Assessment Appeals is P.O. Box K, East Haddam, CT 06423.

The Assessor's Office began taking applications for the Homeowners Credit

Program and Additional Veterans Benefits on February 1, 2016. The deadline for applications is May 15, 2016.

Applications for the Homeowners' Local Option Program are accepted from February 1, 2016 until May 15, 2016. Income limits for 2016 are \$35,200 for a single person and \$42,900 for a married couple. These include Social Security. The age and proof of income requirements are the same as for the state programs but the income limit is \$50,000 per household.

Disabled veterans must submit proof of disability by March 31, 2016 to receive exemption benefits. Qualifying income for Additional Veterans Benefits is the same as the Elderly and Totally Disabled

Tax Relief Program. Applications for the Additional Veterans Benefits will be accepted until October 1, 2016.

Any person or entity starting a new business in town should notify the Assessor's Office so that we can send a personal property declaration in the fall. Personal property assessments are based on the declarant's filing. The Board may decline hearing any appeal whose assessment is over \$1,000,000. These assessments can be appealed in Superior Court.

Any questions should be directed to the Assessor's Office at (860) 873-5026.

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The Davison Walking Park; A Moodus Treasure

East Haddam is the envy of its neighbors for its spectacular open spaces and outdoor recreation opportunities. You may be surprised to learn, however, that you don't have to drive miles from the town's center to have a great outdoor experience. The Davison Walking Park is a 14 acre gem right near the center of Moodus. It boasts off-street parking, just under a mile of marked loop trail, a beautiful westward view, and an interesting history. You can find it at the end of Davison Road, which is a right turn just a quarter mile past St. Bridget's Church on Moodus-Leesville Road. Your Conservation Commission is working to bring this park back to life.

How did our town come to have this treasure, you might ask. It was the gift of a woman named Edith Davison. She was a life-long town resident and teacher in East Haddam schools, who married Frank Davison in the mid-forties and moved into a handsome very early nineteenth century house at the end of Davison Road. Frank was an antiques dealer, and Edith was active in the young organization we know today as the East Haddam Historical Society. Edith's book, "Yesteryear" about her early life and a book of East Haddam history with chapters written by Edith about the Moodus noises and the Moodus Drum and Fife Corps are in the collection of the East Haddam Historical Society. Also in the Society's collection is reputed to be a portrait of Edith's sister Eva, who met, married, and later divorced a member of British nobility and assumed the title of Lady Durant. There is even a rumor that the Davisons were related somehow to the Rockefellers. (There is after all, John D. Rockefeller's middle initial.) Be that as it may, she lived quietly in the town she loved and, toward the end of her long life, gave this charming small park to be enjoyed by people like you.

The East Haddam Community Lions has recently undertaken the assignment of park stewards for the Davison Walking Park, and as such will keep an eye on the condition of the trails.

Please visit this little treasure. Enjoy the loop trail, search for the geodetic survey marker placed here many years ago at the top of the loop trail, and think of Edith, who is reputed to have walked to this high point to scan the skies for suspicious airplanes during the cold war.

If you would like information about this or other parks, about how you or your organization can become park stewards, or how to get involved in trail work, contact Commission member Sue Mellow at amerrow@snet.net.



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Earth Day Town Wide Clean Up

APRIL 2nd / Picnic to follow!

The Moodus Sportsmen's Club and the East Haddam Scout Troops are sponsoring the Annual Town Wide Clean Up Day to be held on Saturday, April 2. The goal of these organizations is to coordinate an annual effort to pick up the streets, lakes, streams, and other public access areas in the Town of East Haddam. Would your organization or individuals in your organization be willing to participate? We are still in search of families and groups to pick up sections of the streets in which they live on. Is there a section of town that you or your group would like to take over the stewardship? Could you and your neighbors adopt a street?

We plan to start the pickup at 8:00 a.m. If you wish to join our groups, meet us at the East Haddam Town Hall on Town Street at 8:00 a.m. or start from your own street. At the conclusion of this pickup day, an invitation is extended to all participating to a picnic at the Moodus Sportsmen's Club starting at 12 noon to 1 p.m. Traditional picnic items such as hot dogs, baked beans, coffee and iced tea and lemonade will be served along with the seasonal bounty only a sportsmen's club could serve. At this time we can inventory the items collected and discuss solutions to reduce these problems. We also will have educational information about the Town's natural resources and outdoor recreational opportunities that are available to all.

Harvest House Community Dinners

Harvest House was begun in 2009 by a consortium of East Haddam civic groups dedicated to providing a fresh, home cooked dinner for East Haddam residents to be enjoyed in an atmosphere of fellowship, companionship, and community. The Harvest House dinner is served every Sunday at St. Stephen's Episcopal Church, 31 Main Street, in the East Haddam Village from 5:00 – 6:00 p.m.

Over the years, the number of East Haddam civic organizations that support Harvest House has grown. Presently over a dozen organizations have created teams of four to eight members that select a Sunday to prepare a Harvest House dinner. Many of these organizations have formed several teams and may host three or four meals a year. Each team selects a menu for the dinner, prepares it in the kitchen at St. Stephen's and serves it to the guests. While the entrees will vary, each dinner consists of an entrée, a salad or vegetable, potato or other side, dessert as well as beverages. The cost of each dinner is borne by the sponsoring organization with assistance from St. Stephen's Church as needed. There is never a charge for patrons. To date, Harvest House has served over 10,500 meals.

Harvest House is coordinated by Diana and Craig Delecke (ddelecke@yahoo.com) and Bill Barney (william_barney@sbcglobal.net). Harvest House offers an opportunity for community organizations to provide a special service to our community. The Harvest House coordinators welcome inquiries from organizations looking for volunteer opportunities.

Submitted by Bill Barney
Harvest House Coordinator

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East Haddam Garden Club

Let's Welcome Spring!

Join the East Haddam Garden Club in welcoming spring with a special program! "Spring Wake Up" will be the topic of a presentation by Carol Quish, a horticulturalist with the UConn Home & Garden Education Center, on Wednesday, March 30, at 7:30 p.m. at the East Haddam Historical Society, 264 Town St., East Haddam (preceded by a club business meeting at 7:00 p.m.). The Home & Garden Education Center offers useful information about many gardening topics. Their horticultural programs focus on growing great plants and healthy lawns and controlling pest problems, all with minimal environmental impact. This presentation will be free and open to the public. Refreshments will be served.

Mark Your Calendar Now!

The annual Plant & Bake Sale of the East Haddam Garden Club will be Saturday, May 14, 8:00 a.m. - 2:00 p.m., at the East Haddam Historical Society. The annual Tag Sale of the EHHS will be held the same day. The garden club sale features member-grown perennials and annuals and a wide variety of baked goods. Don't miss this great community event!

More Spring Events

Club members are looking forward to their annual April Arbor Day program with the third graders at East Haddam Elementary School (time and date TBA) as well as helping out middle school students with their butterfly and vegetable gardens (cultivated by Shaleen Thody's science students with the sponsorship and assistance of the EHGC).

Also eagerly awaited is the arrival of the restored urn at the Goodspeed Green, which is planted and maintained year-round by club members. The EHGC thanks the Town of East Haddam for its help with this much-needed restoration! In addition to its work at the green, members will be planting annuals at Gillette Castle and at the Shagbark triangle.

The EHGC ...

was founded 87 years ago and currently has 43 members, including several master gardeners. New members are always welcome. We enjoy hands-on civic planting projects, programs featuring knowledgeable speakers (such as the one in March), visits to notable gardens, etc. We'll be visiting White Flower Farm in Litchfield in May. Please join us for one or more programs and get to know us! Call Betty Gross at 860-873-8732 for more information, check out our Facebook page ("East Haddam Garden Club") or drop us a note at East Haddam Garden Club, PO Box 193, East Haddam CT 06423. We look forward to meeting you!



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East Haddam Community Lions



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The Annual April Fools 5K Walk/Run & ½ Marathon Race, April 2nd, begins at 9:30 a.m. at the East Haddam Senior Center, 15 Great Hillwood Road, Moodus. Registration begins at 8:00 a.m. This annual race draws runners from Connecticut and beyond! Register online at my.racewire.com/events or email questions to ehclrace@yahoo.com. Registration for ½ Marathon is \$45 online and \$50 by mail/day of race. The cost for the 5K Run or Walk is \$20 online and \$25 by mail/day of race. The first 100 to register get a free race T-shirt.

Calling all Fashionistas! Our annual Fashion Show will be held at the Gelston House on Sunday, March 13th at 11:00 a.m. Check our website for more details.

The always fun and delicious English Tea Party will be held on May 7th at St. Stephen's Church, 2 pm. What a wonderful way to spend a Saturday with your Mom, Sister, Aunt, Daughter or Friend! Tickets are \$25. Call or email Lion Diane to reserve your seat. ddvp40@aol.com or 860-434-5611. More info to come!

Our 'Light Up The Holidays' auction and holiday party fundraiser was held on Dec. 4th at the Rathbun Library. Over 50 individuals/groups donated a decorated holiday tree, wreath, centerpiece, wall hanging or gift basket for auction. Through your contributions and support we raised over \$2,200! This money will be equally divided among the Fuel Bank, Food Bank and Youth & Family Services. Thank you again for another successful event!

The Community Lions recently announced Julia Freeman the winner

of the 2015-16 Peace Poster contest in East Haddam. Julia also placed second at the District level. The Peace Poster Contest is sponsored annually both locally and internationally to emphasize the importance of world peace to young people everywhere. This year's theme was 'Share Peace'. The contest is open to children ages 11-13 in our middle school. There were 58 entries. Alyssa Carta placed second, Kayla Bartolotta placed third and Cailey Fay received honorable mention. The East Haddam Community Lions thank Nathan Hale-Ray Middle School art teacher, Ms. Beverly Ventres, for directing the contest at the middle school and Lions Patricia Thomas and Debi Ryczek for coordinating the contest. View international grand prize and merit award winners at www.lionsclubs.org. For information on events, dates and much more, check out our website at www.ehcl.org and 'Like' us on Facebook!

Photo: Cailey Fay, Alyssa Carta, Art Teacher Beverly Ventres, Community Lions President Maryjane Malavasi, 1st place winner Julia Freeman, Lion Patricia Thomas, Kayla Bartolotta. Not shown: Lion Debi Ryczek.

Sales Representative Wanted

Due to expanded growth we are seeking a full time sales representative to sell advertising in our publication. We seek someone experienced that understands the consultative sales process. Responsibilities include maintaining ongoing relationships with existing clients including daily contact over the phone and in person, meeting and exceeding sales goals, and identifying and capturing new business through cold calling.

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East Haddam Registrars of Voters

On November 3rd, 2015; 2,699 electors of the 5,800 East Haddam registered voters, or about 46%, participated in electing municipal candidates. In an unusual situation, three candidates ran for 1st Selectman, and since one was a "write in" candidate, all of the ballots with a write in vote, had to be counted separately. The large number of citizens who waited at the polls for the results, were extremely patient and respectful. Congratulations to Mark Walter on his re-election.

We believe it is important to note, and thus to thank them all; that everyone who steps up to run as a candidate for office is contributing to the maintenance of our democratic process. Not everyone in our world has the opportunities that we, in the United States of America, have to run our government as the majority of our people see fit. Running for any office takes time, energy, and caring.

That being acknowledged, it is also important, in our view, for all citizens to respect and take seriously, the obligation of voting. There is an important opportunity to voice one's preference in the upcoming Presidential Primaries... both Republican and Democrat. These will be held on April 26, 2016, in the gymnasium of the Nathan Hale-Ray High School.

Only registered Republicans may vote in the Republican primary, and only registered Democrats may vote in the Democratic primary. The last date for electors to change their party enrollment was January 26th, 2016. However persons who are not registered at all, may register either by mail, DMV, or Secretary of State's web site, no later than 4/21/16, or in person during registrar's or town clerk's hours, by noon on 4/25/16. Also, electors who are unaffiliated, may enroll in either party, according to the same deadline dates. If you have questions, please call our office at 860-873-5029.

There will also be opportunities for East Haddam citizens to participate in democracy at a Town meeting regarding the Budget on May 5th, and at a referendum on the Budget, May 17th. (Since these dates must be made official by the selectmen, stay tuned to the town web site, at www.easthaddam.org.) All East Haddam residents, who are U. S. citizens, owners of property worth \$1,000.00 or more, which was on the most recently published Grand List, may vote in the budget referendum.

We look forward to seeing you at the polls!
Laurie Alt, Lucy Yacovino, Registrars
Laurie Bennett, Martha Hansen, Deputies

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- (2) illness or physical disability;
- (3) active service in the US armed forces;
- (4) religious tenets forbid secular activity on Election Day; or
- (5) service as a polling place official in a town other than their own.

Beginning April 5, 2016, absentee ballots are available from the Office of the Town Clerk for the April 26th Presidential Preference Primaries. Absentee balloting is a two step process.

The ballot may not be issued until an application for the ballot has been received. Applications may be filed in advance of the ballot becoming available. The elector must be enrolled in the party in order to vote in that party's primary.

To obtain the application for an absentee ballot, call 860-873-5027 or come into the Town Clerk's Office. Forms may also be downloaded from the town's website www.easthaddam.org (see elections under Town Clerk) or www.sots.ct.gov (click on elections & voting, voter resources, absentee ballot and procedures, application for ballot). The absentee ballot application with an original signature must be on file in order for a ballot to be counted.

Deb Denette
East Haddam Town Clerk

From the Tax Collector

The Tax Office would like to remind everyone that the second payment on Real Estate and Personal Property taxes was due January 1, 2016. The last day to pay without interest or penalty was February 1, 2016. Motor Vehicle Supplemental bills were mailed December 23, 2015 and were also due January 1, 2016, payable by February 1, 2016. If you cannot pay your taxes in

full, please call the tax office to set up a payment arrangement. Payments may be made in person, by mail or on-line. To pay by mail, send to: Tax Collector, P.O. Box 376, East Haddam, CT 06423-0376. To pay or look up taxes on-line, go to easthaddam.org and click the link; "Pay Taxes Online". There is a fee for all credit/debit payments. This office is for the collection of taxes only.

Any adjustments to your bill must be made by the Assessor. The Assessor may be reached at 860-873-5026 or assessor@easthaddam.org.

You may contact the Tax Office at 860-873-5033 or taxcollector@easthaddam.org.

Denise Dill, Tax Collector

Annual Report

Copies of the East Haddam Annual Town Report for fiscal year ending June 30, 2015 are available now in the Town Clerk's Office. This book is filled with valuable information regarding meeting dates, Boards and Commissions, reports from all

Town Departments and 2014-2015 summary financial report. The full 2014-2015 year-end audit can be viewed online at www.easthaddam.org. Feel free to stop in for your very own copy of the Annual Town Report.



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East Haddam Public Schools

Mission Statement: The mission of the East Haddam School District is to develop a community of lifelong learners who are prepared to become independent, creative and productive citizens for our diverse and ever-changing global society.

Welcome to the East Haddam Public Schools pages!

Last year at this time, we were notified by the State Department of Education that compared to students in other towns, our students not only went to college, but completed college at a rate that placed us in the top 6% of districts in our state. As the 2015 calendar year came to a close, we received notice that our Nathan Hale Ray High School has been recognized on the College Board Advanced Placement Honor Roll. Out of tens of thousands of schools, Hale-Ray's improved AP test results and increased enrollment in AP classes placed us in the top 425 high schools in the United States and Canada. We are extremely proud of our students and our staff members for these accomplishments. Adding to this is the fact that for two years in a row we have had students acknowledged by the National Merit scholarship program, three in 2014-2015 and two in 2015-2016. There are many variables that contribute to these accolades and I do not have the space to list them all here. I would highlight one that I think makes a difference for us. When you attend Hale Ray, you enter a small school with a relatively small staff. Students know their staff and the staff know their students. I firmly believe that there is an inherent accountability that result from these relationships. This accountability is more authentic and powerful than the test scores we hear and read about. As I wrote this article I attended the Senior Project Night at the high school. A student shared with me that her project required her to use computer aided drafting skills that she learned as a freshman. She then expressed her gratitude for the support she received from the same freshman class teacher to complete her high-tech senior project. This was just one example of how our students strive in our schools and benefit from learning community that our students and staff create.

It is a pleasure and an honor to serve this amazing community!

Brian Reas, Superintendent of Schools

AP Honor Roll



6TH ANNUAL AP HONOR ROLL RECIPIENT

EAST HADDAM SCHOOL SPORTS PROGRAMS ARE IN FULL SWING!

The Noises spirit can be best felt when attending any of the school sporting events.

This fall our HS Girls Volleyball team won the Shoreline Conference and advanced to the semi-finals in states.

Winter sports include boys and girls basketball, cheerleading, indoor track, and fencing.

Check out the school websites for dates and times of games.



HAVE
2016-2017 BUDGET QUESTIONS?
EMAIL US AT:

BUDGET.QUESTIONS@EASTHADDAMSCHOOLS.ORG

Upcoming Board of Education Meetings

February 9th —7p.m.— HS Café

March 8th —7 p.m.—HS Café

April 12th—7 p.m.—HS Cafe

A complete listing of the Board's regular and Subcommittee meetings can be found on our website: <http://www.easthaddamschools.org/>



East Haddam Elementary



**Principal
Joanne Collins**

Telephone: 860-873-5076

COMING EVENTS

February 9

PTO Sponsored
Living Abe Lincoln
2nd Grade

March 16-17

Parent Teacher Conferences
Early Dismissal Days

March 29

Connecting w/ kindergarten
3:45 p.m.
3/30 ~ Snow Day

March 30

PTO Sponsored
Gateway to Ellis Island
2nd Grade

April 8

Arts for Learning Event
All day

April 27

Incoming Kindergarten Parent
Orientation
6-7 p.m.

May 2-5

Kindergarten Experience

PTO Meetings:

7:00 p.m. Room 304
2/18/2016
3/17/2016
4/14/2016



We are having a very productive year here at the elementary school. In addition to their daily learning, our students enjoyed a full fall with cultural arts presentations, Veterans Day recognitions, concerts, and the Holiday Fair.

As a school community, we proudly participated in a community service-learning Food Drive to benefit the East Haddam Food Bank and donated used books to benefit Project Graduation!

The November professional development session for teachers was devoted to our *Responsive Classroom/PBIS* (positive behavior intervention support) approach to teaching our students social and emotional learning. Paraprofessionals and teachers are involved in this learning throughout the year. Our staff is engaged in a curriculum review/ professional development sessions. Our staff will be routinely involved in the curriculum review process as we continue to develop curriculum throughout the winter and spring.

Students are learning with the new iPads in the media center! Students conduct basic research using our new program Pebble Go that helps emergent readers focus on rudimentary research skills in areas that include animals, science, biographies, dinosaurs, and social studies. When students log in, they access pictures, videos and spoken word audio related to topics found within the databases. This is a safe and exciting way for students to begin to conduct research!

While our preschool students created the lovely felt snowmen in our school lobby, Mrs. Herold creatively worked with Balleks Garden Center and our PTO to beautify the entrance of our building with two sharp planters.

Coming Soon!

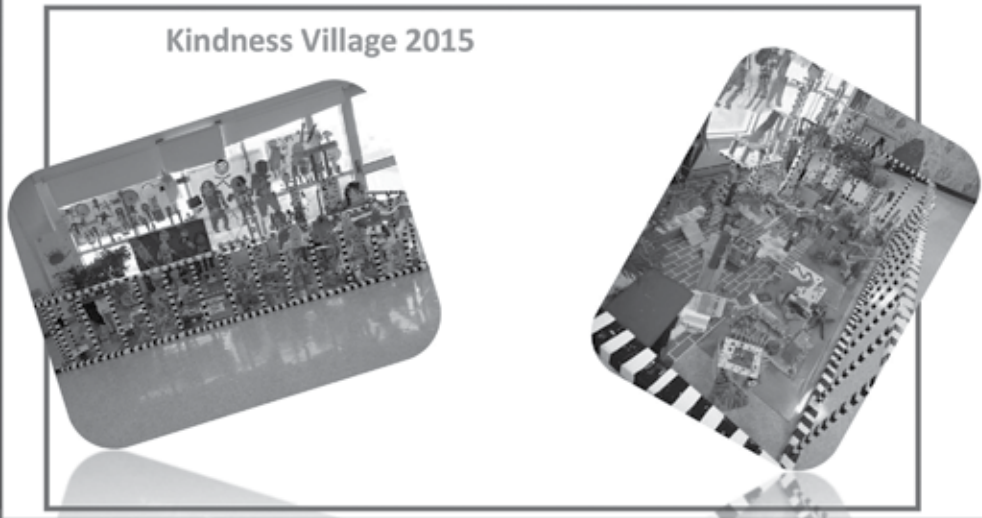
We are looking forward to a visit from author Rachele Burk in February. Some of her books include: Tree House in a Storm, Don't Turn the Page, and The Tooth Fairy Trap.

We are a very fortunate school community to have the constant flow of support from our PTO, families, and community.

- ◆ Safety Reminder: If you have a question about transportation, please call our school office at (860) 873-5076. Only students are allowed on the bus. Drivers are expected to not allow anyone else on the bus. Thank you for helping us keep our students safe.
- ◆ Guest Veterans enjoyed a complimentary Aramark lunch as they were invited to join our students on Veterans Day. They were honored by students and staff during an all-school assembly where all students sang the songs representing each branch of service. We appreciated this recognition, as our guests stood during the song related to their specific branch of service!
- ◆ This year's Student Council will be coordinated by our Lead Teacher, Ms. Liana Lilburn in January!
- ◆ Our Kids Korner afterschool program is accepting new registrations!
- ◆ Many of the summer programs traditionally held at the elementary school will be moved to the middle school this summer as a result of our roof, ceiling abatement, and driveway/parking lot construction projects.

We begin this New Year with the warmth of happy children and wonderful learning, with lots of supporting adults working together!

Kindness Village 2015



Nathan Hale-Ray Middle School



Principal
Jason Peacock

Assistant Principal
Roy Parker

Telephone: 860-873-5081

COMING EVENTS

March 12
St. Stephen's Dance

March 18-19
MS Play Production
7:30 p.m. Gym

March 28
4th grade trip
State Capitol

April 4
Blood Drive



We are almost at the halfway point of the school year and I cannot believe how fast it is progressing. Middle school students are very energetic and enthusiastic, so the days go quickly. They truly make it very enjoyable to come to work every day.



Poster Contest Winners: The East Haddam Community Lions recently announced Julia Freeman the winner of this year's Peace Poster Contest. Alyssa Carta received second place; Kayla Bartolotta received third, and Cailey Fay received honorable mention.

We are proud to recognize Elizabeth Olander, Isabella Fitzpatrick, Vicky Wang, and Alex Malone as our Connecticut Fire Prevention Poster Winners. Thank you to the East Haddam Fire Department for sponsoring this opportunity.



School Play

Mark your calendars for our school play, North Woods Nonsense, which will be performed on March 18th and 19th in the NHRMS gymnasium. North Woods Nonsense is a wacky story involving a custodian of the Lost Loon Lodge near Moose Bottom Lake (the other end of Moosehead Lake) who writes for an outlandish tabloid, the "National Divulger." When he writes about a Bigfoot sighting near the beloved lodge, all sorts of characters come out of the woodwork to catch a glimpse of the great beast. Meanwhile, the worst congressman in the history of congress, Thurston Oakley, attempts to pass a bill to flood the Grand Canyon, cap Old Faithful, and bulldoze the Great Smoky Mountains. His associates attempt to hide his idiocy from the press, but when he gets wind that Bigfoot is on the loose, he heads up to the Lost Loon Lodge to investigate.

Winter Concerts

Our band ensembles performed at the high school auditorium in front of a full house. The audience was treated to a wonderful collection of songs played by our jazz band, 7th and 8th grade band, 6th grade band, and the percussion ensemble. Congratulations students and Mr. Blain for another great concert! Our middle school choruses delighted us with a wonderful winter concert on Monday

12/21 directed by Ms. Alfano. It was a great selection of winter classics that got us ready for the holidays. A select group of middle school choral members also performed for the Senior Center and Chesthelm.





Nathan Hale-Ray High School

NOISES NEWS



Principal
Eric Spencer

Assistant Principal
Michael Regan
860-873-5065

School Counselors
Mary Little-Finnegan
Laura Corbet

COMING EVENTS

February 5
Youth & Family Service
Internet Presentation
7 p.m.—HS Auditorium

February 9&10
Hale Ray Chamber Music
Goodspeed Opera House
7 p.m.
(2/11—Snow Day)

March 6
Hale-Ray Alumni
Basketball Game
4 p.m.—HS Gymnasium

April 24&25
Spring Drama
Production
7 p.m.—HS Auditorium

May 9
Prom Night

IT'S A HOLIDAY TRADITION



Members of The Little Noises Spirit Club & Straight from the Heart made 18 Thanksgiving dinners for Senior Citizens in the East Haddam community. The faculty and staff at Hale-Ray donated the food, the students and their families donated the salad fixings, and they prepared the meals, together, in the Culinary room. Students created tags for the bags and wrote personalized letters to each Senior Citizen which included well-wishes and blessings for this Thanksgiving season. At the end, students packaged up the turkey, gravy, stuffing, potatoes, salad, banana & pumpkin bread, apples, clementines, apple sauce, peaches, and cranberry sauce and hand delivered the meals to our community members at their homes. This has been a long-standing annual tradition at Hale-Ray that goes back almost 20 years.

The LNSC/SFTH team would like to send a special thank you to Mr. Ray Flaherty who donated his time and his fantastic turkey-cooking skills, and who always puts the East Haddam community, and the kids at Hale-Ray, first.

Thank you to Mr. Brad Parker who always supports the LNSC/SFTH and facilitates inter-generational relationships between the high school and the Senior Citizens' Center of East Haddam.



Meghan Quinn and Matthew Tung were honored in December as the recipients of this year's Connecticut Association of Public Schools Superintendent's Student Recognition Award. This award is based on community service and service to others, academic prowess and leadership service to the school community.

2015-16 Accepted Colleges List, As of 1/1/2016

BLOOMSBURG UNIV.	CASTLETON UNIV.
CENTRAL CONNECTICUT	COLBY SAWYER
DUQUESNE UNIV.	EASTERN CT. STATE
EMERSON COLLEGE	EMMANUEL COL.
FAIRLIEGH DICKINSON	HALLMARK INTS. OF PHOTOGRAPHY
HARTWICK COLLEGE	HOFSTRA UNIV.
JOHNSON & WALES	KEENE STATE
KEUKA COLLEGE	LOYOLA UNIV.
LYNDON STATE	MITCHELL COLL.
MOUNT IDA COLLEGE	NEW ENGLAND COL.
UNIV. OF NEW ENGLAND	UNIV. OF NEW HAMPSHIRE
UNIV. OF NEW HAVEN	NORTHEASTERN UN.
NORWICH UNIV.	QUINNIPIAC UNIV.
COLL. OF REDWOODS	ROWAN UNIV.
SETON HALL UNIV.	COLL. OF SISKIYOU
SOUTHER CT. STATE	UNIV. OF S. MAINE
SPRINGFIELD COLLEGE	STONEHILL COLL.
TREASURE VALLEY	WASHINGTON COLL.
WELLS COLLEGE	WENTWORTH TECH
WESTERN NEW ENGLAND	WORCESTER STATE

Early Childhood Council

Early Learning Play Group going on now! Children ages birth to age 5 can gather with their parents/caregivers to learn, sing, hear stories and create with others in a play based setting, meets on Mondays and Fridays from 10:00-11:00 a.m.

This a no-cost program and does not require registration. Email or call Early Childhood Coordinator, Lauren Kasperowski at lauren.kasperowski@yahoo.com or 860-873-3296 with any questions.

The Family Resource Center is located in the East Haddam Elementary School, 45 Joe Williams Road, Moodus.



Fire Education Class - Fire Safety in the Home

The East Haddam Fire Marshal's Office is happy to announce the 2nd annual fire education class. The class being offered is for parents, grandparents, teachers, caregivers or any person involved with the care of children. Open to all. Come learn how to protect your kids, through fire prevention techniques, fire drills, burn treatment, firesetting behavior and much more. The class will be held on Saturday, February 27, 2016 at 9:30 a.m. at the Company 1 firehouse, 440 Town Street. It will run approximately 2-3 hours with slides and movies. Coffee will be available. Please contact by email Ehaddamfiremarshal@gmail.com or by calling 860-705-0439 if interested.

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East Haddam Parks & Recreation / Gentle Yoga Classes

As a personal trainer, yoga and pilates teacher with over 20 years of experience working in the field of fitness and wellness, I'm often asked by clients and students how they can lead healthier, more vibrant lives. My answer is this: "Move your body! Choose a form of movement, activity or exercise that you enjoy and just keep doing it."

East Haddam Parks and Recreation offers a wonderful array of activities and exercise programs to our community. Among these are All Levels Gentle Yoga Classes offered on Sunday and Wednesday evenings and Friday mornings. I began teaching Wednesday evening Gentle Yoga for East Haddam P&R in 2011 and we've since added two more classes as the interest in and demand for yoga classes has grown. These P&R Yoga classes are unique in a number of ways. The cost is very fair; some of the most affordable yoga classes in the area. There is even scholarship aid available to those in financial crisis. The classes are available to residents and non-residents for the same fees. Registered students who miss classes may make up those classes at the alternate locations. Drop-ins and beginners are welcome at all three locations. Because these classes are on-going with very few breaks, students may register at any time during the session.

The benefits of a regular yoga practice are many. Here's what one student says about her practice: "Sunday night yoga with Anne

starts my week out right! We all have such hectic lives, it's great to relax, unwind and focus on ourselves on Sunday night. I feel so much more ready to take on my busy week after yoga." Yoga practice can increase your strength and flexibility while decreasing stress. Other benefits are improved circulation, posture, balance and better breathing. After just one hour of yoga practice you may feel relaxed, but not sluggish; vibrant, but not wired; balanced and at peace from the inside out.

Over the years, when I have spoken with people about the health benefits of yoga, I've heard countless times "I'd love to try yoga, but I'm not very flexible." If this describes you, then All Levels Gentle Yoga is the perfect place to begin! Each student practices gently in a way that suits his or her body. There is no competition or pressure. Gentle Yoga will help you slowly stretch tight muscles and loosen stiff joints. More experienced yoga students can grow their practice in a safe, supportive, non-judgmental environment.

For more information or to register for any Parks & Rec classes go to www.easthaddamrec.com or call Tiffany Quinn at 860-873-5058.

Respectfully Submitted by
Anne Beauregard CPT, E-RYT-200
East Haddam P&R Yoga Teacher

Middlesex Hospital Joins Mayo Clinic Care Network

Middlesex Hospital is the first health care organization from Connecticut to join the Mayo Clinic Care Network. Through the network, Mayo and Middlesex physicians will collaborate so more patients can get answers to complex medical questions and gain additional peace of mind, all while staying close to home. Network members remain independent, but share a common philosophy, commitment and mission to improve the quality and delivery of health care.

As a member of Mayo Clinic Care Network, Middlesex will have access to the latest Mayo knowledge. Network tools and services include:

- eConsults that enable Middlesex physicians to connect electronically with

Mayo specialists when they want additional input on a patient's care.

- AskMayoExpert that provides Middlesex physicians with point-of-care, Mayo-vetted information on disease management, care guidelines, treatment recommendations and reference materials for medical conditions.

- eTumor Board Conferences that enable Middlesex physicians to present and discuss management of complex cancer cases with a multidisciplinary panel of Mayo Clinic specialists and other network members.

Through network resources, Middlesex providers also will be able to consult with Mayo Clinic on operational and business

processes such as patient engagement; quality, safety and accreditation; nursing leadership; and physician engagement. Providers also will have access to Mayo's extensive library of educational materials for use with their patients and grand rounds presentations that feature Mayo physicians and scientists.

Since its inception in 1904, Middlesex Hospital has continuously maintained the highest standards in medical care while focusing on delivering the very best patient experience possible. It does this through state-of-the-art medical technology and innovative approaches to care, along with a highly experienced staff that embraces the mission and culture of the organization.

East Haddam Lions Club

The Lions have a number of projects planned for 2016. Perhaps the most anticipated is the annual auction & tag sale in July. The club is already collecting donations for the event. If you have any "big ticket" items that you would like to donate - especially automobiles, boats & RVs, please contact Lion Joe Busher at (860) 873-2994.

This past December, the Lions Club again sold Christmas trees to families all over East Haddam. In addition to selling trees, the Lions donated and prepared over 100

holiday feast baskets at the East Haddam Food Bank. They also arranged for their good friend, Santa Claus, to visit Chestelm with the East Haddam Leos. Special thanks to Lions Zac Jezek, Jim Prue, Tim Cahill, Mike Gilroy and the Leo Club for helping East Haddam have a simply wonderful Christmas time.

The Lion Club 2016 Phonebook is on the horizon. If you have been left out of the phonebook in the past, please contact Lion President Mike Gilroy.

Lions Club scholarships will soon be available for East Haddam residents graduating from High School this year. Please contact your guidance counselor for more information.

If you have any questions about the Lions, upcoming events, etc. please contact Lion President Michael Gilroy at GilroyM@gmail.com

East Haddam Youth and Family Services Upcoming Events



Additional program details can be found at www.ehyfs.org

February

9 - Community Coffee Talk

March

- 1 - Alicia Farrell Workshop
- 8 - Community Coffee Talk
- 11 - Elementary Family Night
- 16 - Kick Butts Day

April

- 8 - Elementary Family Night
- 12 - Community Coffee Talk

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Attorney Barbi is a graduate of Nathan Hale-Ray High School, 2008, Gordon College, 2011 and Quinnipiac University School of Law, 2015.”

Scott W. Jezeck, Esq.
Terrance D. Lomme, of Counsel

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P.O. Box 376
Moodus, CT 06469

Tel: (860) 873-1449
Fax: (860) 873-1113

E-mail:
mail@jezeklaw.com

East Haddam Libraries

Good books make long winters go faster. That’s why the East Haddam Free Public Library and Rathbun Free Memorial Library are the hottest places in town during the coldest days of the year. The libraries have over 50,000 materials available and have access to over 2 million books, movies, TV shows, and more through the LION Consortium. The libraries are also proud to offer three monthly book clubs to meet new people and discuss good literature.

The Rathbun Library Book Club meets on the third Thursday of every month at 2:00 p.m. It focuses on a wide range of topics, including many that tie into current events. The EHFPL Library Book Club meets on the second Wednesday of every month at 7:00 p.m. This book club also reads a variety of materials including popular fiction. And the Library System Book Club meets at the Town Tavern on the third Wednesday of every month at 6:30 p.m. This club focuses on books with movie tie-ins, including many classics such as *Tarzan*, *The Jungle Book*, and *TekWar*. With three different times and locations to choose from, we’re sure there’s something for everyone to enjoy.

If reading isn’t your thing, we’d love to change your mind. However, the libraries offer many materials and services in addition to books. The libraries have brand new films, TV Series, magazines and more, all available to checkout for free. Most items are available the same week they’re released. The libraries also have free computer access and free WiFi, which are great for job-searching, facebooking, or even gaming. There’s also printing, photocopies, and faxing. Best of all, the libraries are a great place to meet with friends & neighbors. If you’re looking for a welcoming atmosphere, a way to save money, and a nice place to visit – look no further than your friendly neighborhood library system. Check out our website – <http://EastHaddamLibrarySystem.org> for information about our hours, digital materials (ebooks, audiobooks, and magazines), and online catalog. See you at the library!

New and Incumbent Elected Officials

Several new faces joined some already familiar names in the town government after the November 3rd elections. Mark Walter was reelected as First Selectman; also reelected to the Board of Selectmen was Ernest Malavasi for his second term. Susan Link joins the board as a Selectman for her first term. These three will be principally responsible for overseeing the affairs of town government and administration of its budget.

Deb Denette retained her position as Town Clerk, as did Kathy Klinck as Treasurer and Denise Dill as Tax Collector. Greg Lauria will join returning members Bruce Dutch and Harvey Thomas on the Board of Finance. Michael Werner was returned to the Board of Education, where he will join new members Nicole Hendry, Karin Blaschik and Erik Anderson.

The Board of Assessment Appeals returns member Michael Gross. Returning members Bernie Gillis and Crary Brownell will take their places on the Planning and Zoning Commission.

John Bielot, Victoria Riley-Pach and Joanne Rocznik were elected to serve as Library Trustees.

The Town of East Haddam recognizes the service and dedication of all its citizens who put themselves forward for the demanding work of public office in our community.

campaign for bully-free communities

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- ❖ Direct Energy
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- ❖ Interfaith Golf Open Tournament
*St. Mary's Church, Portland and
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Did you know that one out of seven kindergarten through grade 12 students are either a bully or a victim of bullying? And that an estimated 160,000 children miss school every day for fear of intimidation or attack? Bullies are everywhere, on the playground, in the classroom, at the workplace and, more and more often, online. It is up to each and every one of us to put an end to mean-spirited behavior in our communities by learning more about the issue and the resources available for empowering individuals and preventing bullying. For more information call the Community Foundation of Middlesex County at 860-347-0025 or go to bullyfree.MiddlesexCountyCF.org.

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Land Trust - Eight Mile River Footbridge Project

Vision, Collaboration, and Volunteerism Builds New Footbridge



The first decking secured into place, late December 2015

How is a footbridge rebuilt? Vision, collaboration, and volunteerism came into play long before concrete, steel, and wood joined together to form a new footbridge connecting trails on either bank of the Eightmile River in East Haddam's Chapal Farm open space.

The footbridge is one of the last steps in realizing a dream of the late Dr. Richard H. Goodwin (1910-2007). The former Connecticut College botany professor and a founder and past president of both The Nature Conservancy (TNC) and East Haddam Land Trust (EHLT) envisioned large protected open



Volunteers place beams for Eightmile River footbridge, late December 2015

space wildlife corridors where people could have a deep-woods experience.

When EHLT director Rob Smith recognized such spaces existed through adjoining towns, he and the Eightmile Wild and Scenic Study Group went to work planning a trail in Dr. Goodwin's memory.

Volunteers blazed a 10+ mile trail from Chapal Farm- Boot Rock Preserve, through the Eightmile Wildlife Management Area, Salem Land Trust's Darling Road Preserve, a TNC easement on Salem Valley Farm property, Lyme's Hartman Park and Nehantic State Forest, and ending in East Lyme's Darrow Pond open space.

The new footbridge replaces one washed away in the Flood of 1982. Replacement costs were covered by a National Park Service grant, East Haddam municipal funds, and East Haddam Land Trust donations (partially from its August 2015 Musical Bridges concert). Through late 2015 and early 2016, East Haddam Land Trust and Conservation Commission and other volunteers paired with local contractors to repair the concrete work, install steel beams, and build wooden decking and railings.

Those who knew Dr. Goodwin think he would be proud that local groups collaborated to complete the footbridge and trail. The Richard H. Goodwin Trail will be dedicated in 2016. See more footbridge construction photos at www.ehlt.org.

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017-18-11

MPAC Middle School Principal's Advisory Committee



MPAC wishes a Happy New Year to everyone! Nathan Hale-Ray Middle School MPAC is happy to announce that we were able to make grade level and United Arts disbursement of \$1,500.00 to each group. These funds are used for field trips, class programs and school enrichment. We have in the past provided funds for Authors' visits and school wide assemblies. We are proud that we can provide these funds for the students. It is no small feat that we can raise over \$9,000.00. Thank you to everyone who helps us supports our great school. We are looking forward to providing more programs for our students. Please let us know if you have a talent that you would like to share. MPAC meetings are the first Monday of the month at 7:00 p.m. in the library. We are happy to address school topics and have an opportunity for open discussion.

East Haddam Elementary School

Pre-School Peer/Role Model Screening Deadline March 14.

The East Haddam Public School Preschool special education program is now taking applications for the September enrollment of non-disabled 3 year old children. Children accepted into the program will be peer models for children who have disabilities and/or developmental delays. To be considered as peer models for the program, children must be toilet trained and exhibit age-appropriate language, behavior and play skills. Children who will be 3 years old by September 1st will be considered for the morning program.

Preschool classes follow the East Haddam Elementary School Preschool time schedule. Role models will attend two morning classes weekly. Parents interested in enrolling their children as preschool role models can call Tammy Nye at (860) 873-5076 ext. 224.

Appointments for a development screening and interview will be scheduled in the spring. All children need to follow this process before being considered for the preschool program. Eligible children will be chosen by the lottery method. Deadline for contacting the above named person is March 14th.

Town of East Haddam

7 Main Street ~ P.O. Box K East Haddam, CT 06423

Administrative Office Building

Main Number: 860-873-5020

Fax: (1st floor) 860-873-5042, (2nd floor) 860-873-5025

Hours: Monday, Wednesday, Thursday 9:00 a.m. to 4:00 p.m.,
Tuesday 9:00 a.m. to 7:00 p.m., Friday 9:00 a.m. to Noon

Selectman's Office

Mark B. Walter, First Selectman	860-873-5021	admin@easthaddam.org
Linda Zemienieski, Executive Assistant		admin@easthaddam.org

Assessor's Office

Loreta Zdany, Assessor	860-873-5026	assessor@easthaddam.org
Patty Veselak, Administrative Assistant		

Building Department

Gerald Russ, Building Official	860-873-5024	building.dept@easthaddam.org
Kamey Cavanaugh, Administrative Assistant		

Chatham Health District

Liz Davidson, Sanitarian	860-873-5101	liz.davidson@chathamhealth.org
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Finance Department

Cynthia Varricchio, Finance Director	860-873-5022	financeadmin@easthaddam.org
Dawn Snow, Finance Assistant	860-873-5040	finance@easthaddam.org
Kathy Klinck, Treasurer	860-891-8502	

Land Use Offices

Jim Ventres, Administrator	860-873-5031	admin.landuse@easthaddam.org
Zoning Enforcement Officer		zeo.landuse@easthaddam.org
Nancy Talbot, Administrative Assistant		landuse@easthaddam.org

Tax Collector's Office

Denise Dill, Tax Collector	860-873-5033	taxcollector@easthaddam.org
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Town Clerk's Office

Deb Denette, Town Clerk	860-873-5027	townclerk@easthaddam.org
Beverly Christopher, Assistant Town Clerk		

Public Works Department

fax: 860-873-6014

Town Garage Hood Lane Hours: Monday through Friday, 7:00 a.m. to 3:30 p.m.
Transfer Station Nichols Road Hours: Monday, Wednesday, Friday 7:00 a.m. to 5:00 p.m.
and Saturday 7:00 a.m. to 4:00 p.m.

Elizabeth Lunt, Public Works Administrator	860-873-5023	pwadmin@easthaddam.org
Donald Flis, Public Works Superintendent		pwsuper@easthaddam.org
Shirley Dill, Administrative Assistant		publicworks@easthaddam.org
Don MacKenzie, Transfer Station Foreman	860-873-5030	

Other Departments

Don Angersola, Fire Marshal	860-873-5004	admin@easthaddam.org
Brian Auld, Fire Chief	860-891-8400	firechief@easthaddam.org
Tiffany Quinn, Parks & Recreation Director	860-873-5058	parkandrec@easthaddam.org
Michael Olzacki, Animal Control Officer	860-873-5044	animalcontrol@easthaddam.org
Economic Development Coordinator	860-891-8503	edevcoordinator@easthaddam.org
Craig Mansfield, Emergency Management Director	860-873-5103	ehaddamemgmt@easthaddam.org
Kevin Reich, Interim Facilities Director	860-873-5090	kevinreich@easthaddamschools.org

Resident State Trooper East Haddam Police

	860-873-1226	police@easthaddam.org
	860-873-5041	police@easthaddam.org

Probate Court

Jennifer Berkenstock, Judge of Probate	860-295-6239	
Linda Neal, Clerk		lneal@ctprobate.gov

Registrars of Voters

Lucy Yacovino & Laurie Alt	860-873-5029	registrars@easthaddam.org
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Senior Services - 15 Great Hillwood Road

Brad Parker, Municipal Agent	860-873-5034	seniors@easthaddam.org
Patricia Puia, Program Assistant	860-873-5034	

Food Bank

	860-891-8100	
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Visit our Website at www.easthaddam.org for more information, including meeting minutes

I-Park News



OPEN Studios Event, Visual Artist, David Madasci

This year, I-Park (www.i-park.org) will be celebrating its 15th year anniversary of supporting artists and the creative process through their international artists-in-residence program. In 2016, along with hosting seven residency sessions beginning this March and ending in November, it will also host a new experimental Family Friendly Residency, a 2-week summer

August session allowing artists to be in residence with their children.

I-Park is also especially proud of, and celebrating its award of a \$110,000 grant by the State of Connecticut, Department of Economic and Community Development (DECD) to fund a new handicap-accessible trail to run deep into

the 450-acre nature preserve, architectural/acoustical design services for a new music sound studio and the expansion of its existing building to create a community space that will enhance the visitors experience. I-Park's Executive Director, Joanne Paradis, says, "We are very grateful to receive this significant award by the DECD. We consider it an important milestone in our lifecycle and in our commitment to continue supporting the creation of world class art in Connecticut and sharing it with 'everyone' in our community. In its continuing commitment to community engagement, I-Park invites you to attend its first public OPEN Studios event of the 2016 season on Sunday, April 24.

I-Park is looking for volunteers to give artists assistance with their projects, prepare a meal, work in the office on its database and mailers, be docents at events, work in gardens, serve on fundraising/event committees and general sprucing up projects of the campus and trails. Anyone interested in volunteering for the new season and to learn more about I-Park, please contact the office by calling 860-873-2468 or emailing info@i-park.org.

Calling All Businesses!

MARC Community Resources (MARC) has advocated for the rights of people with disabilities since 1955. Since that time MARC Community Resources has grown into a multi-service agency with nearly 100 paid staff and over 100 volunteers. Today we serve more than 200 people with disabilities throughout Middlesex County and the Greater Hartford area by providing choices for housing, employment, advocacy and social/recreational life.

MARC's largest program is its Group Supported Employment Program. Small Group Supported Employment crews provide a vast array of companies with eager and enthusiastic employees capable of a multitude of tasks. We provide a low cost work force while improving productivity. "The Crew from MARC has been an integral part of our Connecticut operation since 1996, and has contributed to our company's growth here during this period. They are a pleasure to work with; they have become family.

There is no Greenwald without MARC," said Helmut Henry, Traffic Supervisor, Greenwald Industries (Chester). Hiring a work crew from MARC provides companies with many benefits including increased profitability, employees who happily accept repetitive tasks without complaint, lower insurance risks, and a richer work environment for their own employees. "The MARC crews are a valuable part of our stores, not only do they keep our stores clean and safe, they brighten the experience of our staff and guests. They bring inspiration, cheer and good work ethic everyday they are here," said Gino Pacitto, Facilities Maintenance Manager, Shop Rite East Hartford/Manchester.

No job is too big or too small for MARC's work crews. Work crews are available Monday through Friday from 10am - 1pm. If you are interested in receiving more information on hiring a MARC work crew, contact Erin Gasparini, Vice President of Vocational & Leisure Services at (860) 635-5151.

SmartER Appointments Available at Shoreline Medical Center

Why spend your time in the ER waiting room when you could be waiting in the comfort of your own home instead? The new, innovative SmartER appointment system provides easier access to the Shoreline Medical Center Emergency Department - letting you schedule your ER visit for non-life threatening emergencies up to eight hours in advance.

According to Michael Saxe, M.D., Chair of the Department of Emergency Medicine at Middlesex Hospital, "With people's often hectic schedules, making an appointment on the SmartER website can improve convenience, help reduce waiting time in the

Emergency Department, and allow patients quicker access to medical care for non-emergency injuries or illnesses, once they arrive." Some examples of non-life threatening emergencies include sore throat, earaches, minor cuts, minor strains or sprains, mild diarrhea, or sports injuries. For any medical problem that is life threatening, dial 911 immediately.

To schedule a SmartER appointment, go to www.middlesexhospital.org/smartER. The Middlesex Hospital Shoreline Medical Center Emergency Department is located at 250 Flat Rock Place in Westbrook and provides care 24 hours a day, seven days a week.

Beat Parkinson's Today

East Shore Region Adult & Continuing Education is hosting classes by Beat Parkinson's Today, an exercise program designed specifically to improve Parkinson's symptoms. There are presently 12 classes per week in 4 locations in CT with almost 50 Parkinson's clients participating. Results have been astounding. Clients have improved gait, balance, fine motor control, explosive movement, attitude, self-image, and fatigue. Some have lowered their dosage of their medications. Beat PD Today has classes for people of all ages and all stages of the disease. BeatPD Today is a program developed through personal trial and error by Michelle Hespeler, who said: "these classes were born out of the desire to offer People with Parkinson's a way to feel better – both physically, and emotionally. We've found that, in addition to the endorphins that are generated, the results are incredibly positive. As a person with Parkinson's, I can attest to that personally. Exercise has made a huge difference for me"

The Beat PD Today program focuses on full functional body movements that we use in everyday life. Our sessions use a variety of basic equipment such as ropes, TRX, kettle bells, BOSUs, weights and medicine balls. We create work-outs in each session specific to the group's needs. The classes will encourage brain stimulation, challenge balance and stability and teach proper technique and form – all in an encouraging group setting.

Please register by phone/text: 860.463.3747, email at info@beatpdtoday.com, or web-site www.beatpdtoday.com.

Connecting with Kindergarten



March 29, 2016 (snow date: 3/30/16)

3:45-4:30p

East Haddam Elementary School, Cafeteria

45 Joe Williams Rd. Moodus, CT

All Children, turning 5 on or before 1/1/17, and beginning Kindergarten in the Fall, 2016 are invited!

Activities include:

- *Kindergarten teachers reading a story and doing an activity with children
- *Parents gain information and have questions answered by school administration along with our Reading and Math Specialists
- *Children and parents have the opportunity to meet other family members of incoming Kindergarten children.

A parent or guardian must accompany children.

Please RSVP by calling the school office at
860-873-5076

East Haddam Leo Club



Happy Valentine's Day From the East Haddam LEOs! Pictured (L-R): Adviser Mike Gilroy, Libby Ryan, Owen McLean, Gillian Hoover, Sarah Gieseler, Amber Lake, TJ van Valkenburg, Sammy van Valkenburg, Donovan Boynton, Kara Izzo, Lion Chris van Valkenburg, Adviser Debi Ryczek

The East Haddam LEOs have had yet another busy month! This past December, the LEO Club helped the East Haddam Lions sell dozens of trees to wonderful families within our community. They also accompanied Santa Claus and the East Haddam Lions to Chestem to deliver gifts, volunteered at St. Stephen's Harvest House, and decorated the Moodus Green. Thank you to all the Leos who participated, and to all the parents who helped get them there.

The East Haddam LEO Club will be hosting their annual Valentine's Day Bake Sale on Saturday, February 13th from 10:00 a.m. to 1:00 p.m. The LEOs will be at several locations across town, including the Pharmacy, Gristmill, and Two Wrasslin' Cats. There will be plenty of amazing sweets for your sweetie (or just some snacks for yourself). Simply make a kind donation of your choice, and enjoy some tasty treats!

The LEOs will be implementing a new and exciting outreach program for the older members of our community! Once a month seniors will have a chance to go to the East Haddam Free Public Library and take themed technology classes taught by LEO members.

The first class date will be on Wednesday, February 24th at 4:00 p.m. and it will cover everything anyone will need to know about e-mail! On March 23rd Facebook will be the topic of choice, and on April 20th the ins and outs of tablets and smartphones will be gone over. The LEO club is very excited to start this new and innovative program within our town!

The LEOs will be hosting an exciting Saint Patrick's Day party for possible new members on March 18th from 7:00 to 9:00 p.m. It will be held at the Rathbun Library and there will be great food and snacks the whole night!

An Epic Game Night will be hosted by the East Haddam LEOs on Friday, April 8th! This event will be held at the East Haddam Free Public Library from 6:00 to 8:00 p.m. and will be jam packed with amazing videogames and board games. The highlight of the night will be a spectacular Super Smash Brothers Tournament.

by Leo Sarah Gieseler



Joseph Addison

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