

East Haddam Events



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Volume 6 • Quarter 2 • 2013



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East Haddam Swing Bridge

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First Selectman's Corner

East Haddam is alive with activity!

We continue to work cooperatively with one another and our neighbors to adapt to the realities of the current economic situation. The following is a list of amazing accomplishments by the Town and Board of Education employees, our boards and commissions and volunteers!

- **Shared Services:** In order to identify and implement cost savings, and ensure the best use of our resources we have initiated a town-wide plan to allow the Town of East Haddam and the Board of Education to share technology, building maintenance, purchasing and operations. With the help of our auditors Blum, Shapiro we are working on a comprehensive analysis of all areas where we can save money and provide better services to the taxpayer.

- **Public Safety:** We have significantly improved public safety at no additional cost to taxpayers by a fundamental reorganization of police services. The Town has hired its first two full-time officers who, with the Resident State Trooper and our four part-time officers, will be able to significantly expand patrol and police services.

- **Town Library System:** In order to expand services, realize operating efficiencies, and provide a stable benefit structure for the employees, the Rathbun Library and the East Haddam Free Public have embarked upon an ambitious plan to merge the two

organizations into a unified town library system. While maintaining two physical locations, they are already sharing a professional library director. This new structure will allow for the long term financial viability of the libraries, and insure the proper maintenance of the historic buildings in which they reside.

- **Regional Initiatives:** In order to have a stronger regional voice in State and Federal funding and regional planning the Lower Connecticut River Valley Council of Governments (RiverCOG) the Town of East Haddam, along with 16 other towns (Chester, Clinton, Cromwell, Deep River, Durham, East Hampton, Essex, Haddam, Killingworth, Lyme, Middlefield, Middletown, Old Lyme, Old Saybrook, Portland and Westbrook). The formation of the RiverCOG also included the merger of two regional planning agencies (Midstate Regional Planning Agency and Connecticut River Estuary Metropolitan Planning Organization); a merger that is believed to be one of if not the first in the United States.



Continued on page 2

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First Selectman's Corner ... continued from page 1

• **Animal Control:** In an effort to share costs and improve the professional operations of our Animal Control services we have created a regional animal control facility. East Hampton is utilizing our facility for an annual fee. We are negotiating to open up to other towns in the near future with a goal of continuing to improve the services offered to our residents while reducing the cost to East Haddam's taxpayers.

We continue to seek out grants for infrastructure improvements as well as economic opportunities. These grants are a critical boost to our community and not funded thru local taxes. The Town has been awarded the following grants:

• **State of Connecticut Small Town Economic Assistance Program (STEAP) grants:** The Town currently is recipient of three STEAP grants totaling \$730,678 as follows:

• \$99,478 to rehabilitate, repair and improve the operations of the sewer treatment plant.

• \$200,000 for improvements to the Town and Grange Halls including historical restorations, lighting, paving, window replacement and improved handicapped access.

• \$431,200 to develop an agricultural business incubator and community farm (Center for Community Agriculture) for area residents located at the old Harris farm off of Mt. Parnassus.

• **State of Connecticut, Department of Agriculture Farmland Restoration Grant** in the amount of \$20,000 for the purpose of installing fencing around the cultivated parcels.

• **Consumers Union of United States (dba Consumer Reports)** gift in the amount of \$16,000 for the Center for Community Agriculture for a timber-framed garden shed and a gift in the amount of \$9,000 for batting cages for the boys baseball and girls softball teams.

• **State of Connecticut, Department of Energy and Environmental Protection, BOR-Boating Division Grant** in the amount of \$45,000 to design and install floating docks for transient dockage for transient boaters on the Connecticut River.

• **Federal Emergency Management Administration:** The Town is in the process of applying for grant funds for Storm Sandy and the February 2013 blizzard to help offset the costs incurred for these weather events.

The Financial Needs Roundtable Committee has completed its' review of the Town's short and long-term capital needs. Key recommendations were conversion of the old middle school to municipal offices, creation of an emergency operations center, evaluation of company one and company two firehouses and renovations to the elementary school. The Town has contracted with O & G Industries to provide preliminary feasibility, program-

Continued on page 3

East Haddam Business Association
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First Selectman's Corner ... continued from page 2

ming, conceptual planning, referendum, support and site design. These professionals will help our committee's evaluate the true costs and pull these complicated options together. Informational public hearings will be scheduled once they have completed their analysis.

The budget is complete with under a 1% increase in expenses thanks to the dedicated work of all our employees, boards, commissions; especially the Boards of Education and Finance and our joint Finance Director Cindy Varricchio. The town budget public hearing will be held Tuesday, April 23rd at 7 pm at Town Hall.

We also completed our state mandated Grand List revaluation. Our Grand List has dropped by an average of 15% from the previous year. This will require the mill rate to adjust up

to generate the same tax revenue as last year. Finally we continue to find creative ways to make your town records available to you on-line. This effort will save you the effort and time of coming to the town office to review your public records. We are launching a new link to your building office records, land use records and assessor property cards. You can also now sign up for Parks and Recreation activities and pay for them on-line. The Town Clerk has launched on-line access and payment for land records.

Please stop by or call to discuss any of these important changes to our healthy town!

*Mark B. Walter
First Selectman*

Business Association

The East Haddam Business Association was formed in January 2011. A group of dedicated business owners got together the essentials for forming a non-profit entity. The EHBA has since then grown steadily with substantial help from the East Haddam Economic Development Committee in our early stages and ongoing support. The EHBA has become a strong and vital group for local businesses.

In the past three years we have established yearly events such as the EHBA Business Expo in conjunction with the East Haddam Chowder Cook-off (March), EHBA marches in the Memorial Day Parade (May); an annual \$250 scholarship (June) is awarded to a graduating senior from the Hale-Ray High School who plans to pursue a business career; EHBA prepares a Harvest House Supper (June & December) for St. Stephen's Church; and the EHBA Community Faire and Tag Sale (October) where we accept many donations for the East Haddam Clothing and Food Bank. We are proud to sponsor a Relay for Life Team (September) and donate proceeds to help raise cancer awareness. In August and December we hold dinner meetings at a local restaurant. This year, we are very excited to be a part of the East Haddam Swing Bridge Celebration.

This kind of participation is a way of getting you business exposure, bringing new people to our doors and supporting a community that supports us. As business owners know, advertising can be expensive. The events that we hold and participate in are relatively inexpensive advertising. The businesses are very much alive here in East Haddam and we would like to invite local business owners to join our association.

We are also very excited to see more and more businesses choose to make East Haddam their home. EHBA members fully support new and existing business for shopping locally.

At our membership meetings, we have guest speakers to inform and educate our members on things such as what technology can do for business; marketing strategies and what our local opportunities are for networking and much more. Members of the EHBA enjoy unique benefits which can help promote their businesses or organization within the community.

The fifty dollar yearly membership fee supports its members by way of increasing their visibility through local events and contests, community involvement, business-to-business networking and advertising opportunities. Membership gives you support and inclusion in business development as well as representation during town events.

We serve as a liaison between the business community and the local municipal government, its boards, agencies and commissions. We foster cooperation and encourage an exchange of ideas among and between local businesses. The EHBA fosters good relations between town and the business community.

Applications are available online! Check us out on the Web: www.ehbact.com

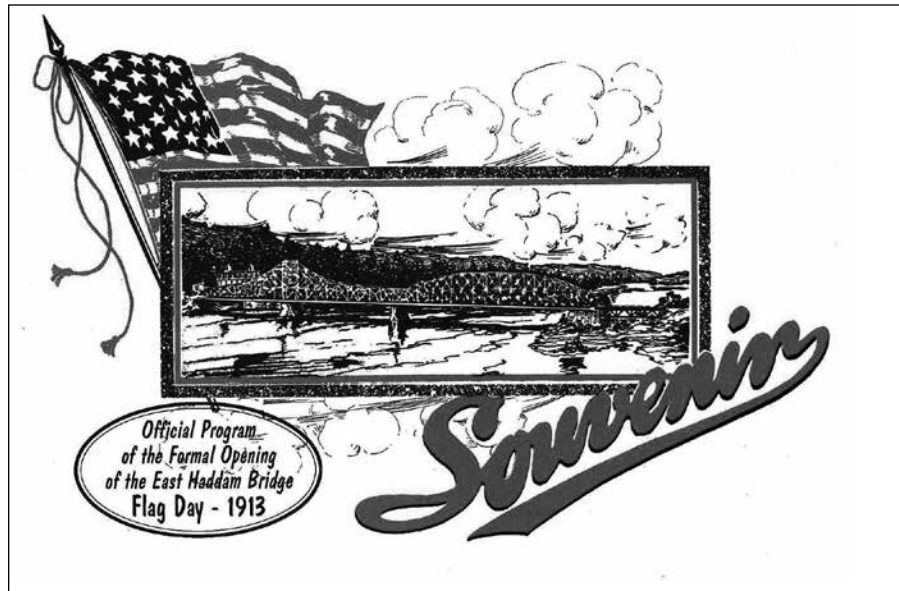
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*Respectively,
Susan Pagnano, EHBA President*

**The Next Deadline for
East Haddam Events is June 28th**

Happy Birthday

East Haddam Swing Bridge



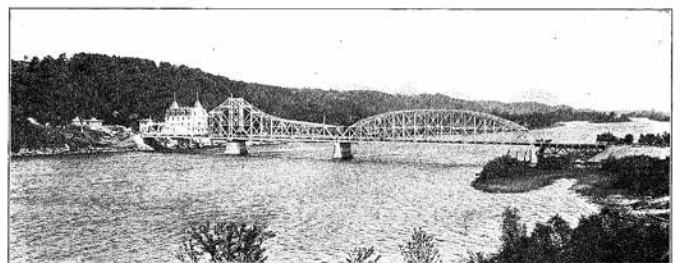
Town officials from East Haddam are planning an historic bridge crossing and special commemoration ceremony on Saturday, June 15, to celebrate the "Swing Bridge Centennial." The East Haddam Swing Bridge was officially opened on Flag Day, June 14, 1913, with a community celebration that included, a band concert, an automobile parade, addresses by Governor Baldwin and others commemorating the life of Nathan Hale. A century later, similar community-themed festivities will include participation from Goodspeed Musicals, Moodus Drum & Fife Corps, businesses and community groups on both sides of the Connecticut River.

A detailed list of related events will be available as the event draws near, however various activities have already been confirmed. A season-long exhibit on the history and construction of the bridge, considered an engineering marvel in its time, will take place at the East Haddam Historical Society Museum. An Art Exhibit featuring the Swing Bridge theme is also planned at the Museum. The Haddam Historical Society will be preparing a traveling exhibit titled "Crossing the River," about the ferries and the bridge.

Antique cars will participate in a ceremonial drive across the decorated bridge beginning at 9:00 a.m. on June 15th and car clubs will hold a car show at Haddam's Eagle Landing State Park. The governor and other dignitaries have been invited to

attend. Goodspeed Musicals, celebrating their 50th Anniversary, will hold a "Family Lawn Party," outside the Goodspeed Opera House from approximately 10:00 a.m. until 12:30 p.m. Stations of hand-on activities will showcase various facets of musical theater, such as tap dance instruction, stage makeup, and set design. A Children's Carnival with old-fashioned games and prizes will be sponsored by the East Haddam Business Association.

Visit the calendar section of www.easthaddam.org for updates and more details on the Swing Bridge Centennial. Contact the First Selectman's office for more information or questions.



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Publisher
William E. McMinn

CFO / Manager
Suzanne Spires

Editor / Art Director
Kathy Alsop
kathy.events@comcast.net
860-391-4372

Cover Editor
AC Proctor
860-767-9087

Advertising Sales
Ward Feirer
wfeirer@gmail.com
914-806-5500

Betty Martelle
betty@eventsmagazines.com
860-333-7117

John Vento
jvento@eventsmagazines.com
203-907-8689

Magazine Layout
Amy Bransfield
Patricia Stenbeck

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Volunteer of the Month

Please join us in congratulating our most recent volunteers of the month: Robin Zachariewicz and Scot Mackinnon. If you would like to nominate someone, please do so in a letter to the First Selectman.

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Middlesex Hospital Now Offers 3T MRI

The Radiology Department at Middlesex Hospital has a strong tradition of keeping current with the latest, most advanced technology. The 3-Tesla (3T) MRI is just the latest example of how the Hospital is staying ahead of the curve in the level of technology it provides to patients. This diagnostic marvel provides the most up-to-date technology currently available for MRI imaging. The strength of the MRI magnet itself (measured in “teslas” and 3 teslas being the most powerful magnet currently available on the market) allows the machine to provide sharp, detailed pictures of the entire body. It is especially useful for getting unparalleled image clarity, leading to definitive diagnoses, of the breasts, prostate, head and small joints such as the knees, ankles, shoulder, elbows, wrists, hands and feet.

This super-powerful, wide-open bore, high-field MRI also offers a new dimension in patient comfort. It combines a much larger bore (circular opening) size and a much shorter “tunnel” (length). The new MRI looks just like a CT scanner, only a foot longer. The new wide-open bore design accommodates patients of all sizes, eliminating anxiety and claustrophobia. For many exams, both the feet and head remain outside the machine. The newer technology combines an open feel with the ability to capture high-field quality diagnostic images. In



addition, the new MRI is quieter and may require less time to capture the necessary images.

When using the new, 3T MRI at Middlesex Hospital, patients can be sure that their doctors will get the highest quality medical imaging possible. They will also be comfortable, experience less noise and likely spend less time in the machine. In other words, patients can now make a smarter choice at Middlesex Hospital if they need to have an MRI!

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Lions Club

Mark Your Calendars - It's Time for the Annual Lions Club Auction!

The East Haddam Lions Club will be hosting its annual auction & tag sale on Saturday, July 13th. The tag sale begins at 8:00 a.m., the auction begins at 10:00 a.m., good food & good times will be had all day.

Currently, the lions are seeking donations of all sizes. Cars, boats, trailers, furniture, and other large items are in special demand. The Lions Club relies on your kind donations to make the auction a success, all donations are tax-deductible.

There are few feelings more satisfying than knowing you helped your hometown, all earnings from the auction go directly to good causes all over East Haddam. In the past, proceeds

from the annual auction have helped to fund emergency vehicles for the fire department, holiday food baskets, lighting for Legion Field, little league field equipment, aid to the local food & fuel banks, and much more.

If you would like to make a donation (or for more information) please contact Lion Auction Chairman Joe Busher at (860) 873-2994 or email Lion Secretary Michael Gilroy at GilroyM@gmail.com.



Free Eye Screening

The East Haddam Community Lions Club recently announced that it now has the capability of performing pediatric eye screenings of pre-school children, ages 2 through 5. Members of our Lions Club have been trained in the use of the new Pedia Vision Spot VS100 vision scanner and will be available to perform screenings at local nursery schools the week of May 6th. Town youngsters not attending a nursery school/day care can call for an appointment and be scanned also.

The vision scanner we use is capable of screening for astigmatism, nearsightedness, farsightedness, lazy eye, misalignment of the eyes. Nearly 20% of children between the ages of 2-5 are found to have a problem and need to be referred for treatment. The earlier the child's problem is diagnosed the chance to return to normal or near normal vision by age 7 is possible.

The individual screening takes just a few seconds and is performed from a distance of three feet. There is no physical contact with the child and no eye drops are administered. Our equipment provides a print-out of the results for each individual tested.

This service is offered free of charge by the Community Lions under the Lions Eye Health Program administered by the Connecticut Lions Eye Research Foundation. Lions work world wide to help the visually impaired and to eliminate preventable blindness by diagnosing and treating eye disease and diabetes. Local Clubs statewide schedule eye screenings, collect old eyeglasses, sponsor diabetes clinics and do what ever they can to serve their communities.

For further information or appointments, please contact Sherry at sllangan@comcast.net. or call 860-873-9282.

Representative Ziobron: Let's Keep in Touch

Greetings East Haddam Residents! Since taking office as your new State Representative, I have learned a lot, including how much I enjoy being your voice in Hartford. I have been told by other long time legislators that this is the hardest session they have ever seen, since the inception of the income tax and I believe it. But, regardless of how difficult upcoming decisions are, rest assured I am working hard on your behalf - listening and contemplating those important issues.

Examples of some of those topics include: the aftermath of Sandy Hook-specifically gun violence and mental health issues. These two topics were heavily discussed at the three town hall meetings I held in district in March. In addition, I coordinated a mental health video to provide resources within my community. We have also discussed: state park funding; including Sunrise State Park, GMO labeling, right to die legislation, pesticides, budget deficit mitigation, regionalization ... the list could go on and on. These are all important issues and

I look forward to the upcoming budget debate in earnest. This will all take place before the close of session on June 5th.

One of the things I am most proud of is my communication with you. Toward that effort, I keep a well maintained website www.repziobron.com, answer constituent mail and phone calls promptly - Melissa.ziobron@cthouse.gop.com or 800-842-1423, keep a timely blog www.melissaziobron.blogspot.com and update DAILY to www.facebook.com/cthouse34 and Twitter @melissaziobron. In addition, I write semi-weekly letters to the editor to local outlets including HTNP and Patch, as well as area newspapers. I do this all to help keep my promise, *not* to spend your tax dollars on legislative mailings.

Please contact me! Your input is critically important, so contact me with any questions or simply sign up for my e-newsletters on my website. Thank you!

Melissa Ziobron
State Representative, 34th District

Town of East Haddam

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

Administrative Office Building

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 860-873-5020 admin@easthaddam.org
 Linda Zemienieski, Administrative Assistant admin@easthaddam.org

Assessor's Office

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

Building Department

Keith Darin, Building Official 860-873-5024 building.dept@easthaddam.org
 Carolyn Hart, Administrative Assistant

Chatham Health District

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

Finance Department

Cynthia Varricchio, Finance Administrator 860-873-5022 financeadmin@easthaddam.org
 Dawn Snow, Administrative Assistant 860-873-5020 finance@easthaddam.org
 Kathy Klinck, Treasurer 860-873-5022

Land Use Offices

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

Tax Collector's Office

Denise Dill, Tax Collector 860-873-5033 taxcollector@easthaddam.org

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
 Richard Toolan, 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
 Tiffany Quinn, Parks & Recreation Director 860-873-5058 parkandrec@easthaddam.org
 Michael Olzacki, Animal Control Officer 860-873-5044 animalcontrol@easthaddam.org
 Peter Simmons
 Economic Development Coordinator 860-262-0347 edevcoordinator@easthaddam.org
 Craig Mansfield,
 Emergency Management Director 860-873-5103 ehaddamemgmt@easthaddam.org

Resident State Troopers

Jeff Rhoades and Ian Hawes 860-873-1226 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

Senior Services - 15 Great Hillwood Road

Joanne Rocznik, Municipal Agent 860-873-5034 seniors@easthaddam.org

Visit our Website at www.easthaddam.org for more information,
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Sophie Soja Retires

On March 24, Sophie Soja retired as Manager of the East Haddam Food Bank after thirteen years of dedicated service. The Food Bank began in 1996 when Linda Cherry, then Principal of the East Haddam Elementary School, came to Audrey Martin, a member of the East Haddam Community Lions, with the concern that “children were coming to school hungry”. The Community Lions made the first donation to the food bank with a check for \$1500 and a community institution was born. Several members of the Community Lions came forward to volunteer their services at the Food Bank as did staff from East Haddam Youth & Family Services.



Space was provided at the “old” middle school, refrigerators and freezers were donated by community residents and shelves were donated by the East Haddam Public Library.

The Boy Scouts held the first community-wide food drive and volunteers made regular trips to Connecticut Food Bank in order to stock the shelves.

In 2000, when Audrey Martin had to step down as manager of the food bank, Sophie Soja came on board. She joined Mary Halish as co-manager and never looked back. In 1998, East Haddam Youth & Family Services became the sponsoring agency for the food bank, supporting increased fundraising by providing the group with non-profit status. And, in 2008/2009, the town renovated the first floor of the Grange Hall so that the food bank could move out of the middle school basement.

Sophie Soja expressed that her passion for feeding her

friends and neighbors was born from the time as a little girl that she and her sister with a little red wagon would go to their local food bank to supplement their own family’s needs. This background drove her to tirelessly build the food bank into an organization of which East Haddam can be very proud. She made it her sole mission to raise funds to support the food bank and continually sought donations from East Haddam residents, businesses, civic groups, and churches. She went door to door, bringing a personal touch to her fundraising efforts. She made it difficult to say no. Sophie used the same personal approach

with area food markets; she went every day, cultivating partnerships that allowed her to get the best prices and even regular donations of bread and other baked goods. Store managers knew her by name and were happy to be part of such an important cause.

Because of Sophie’s efforts and the commitment of so many dedicated volunteers who have spent countless hours picking up food at the Connecticut Food Bank, sorting and stocking shelves, and distributing food every week, the East Haddam Food Bank grew to serve more than 100 East Haddam families. Because of them and the never ending generosity of East Haddam community organizations and residents, youth and adults alike, who donate money and food and organize food drives, the Food Bank continues to offer a much needed service. Because of them, fewer children are going to school hungry.

The Friends of the East Haddam Free Public Library

The Friends of EHFPL are busy planning for the library’s big 125th Anniversary in October. Leading up to the big event, the Friends will be hosting an Art Contest open to all ages. There will be separate competitions for Little Ones (ages 6 & under), Kids (ages 7-12), Teens (ages 13-17), and Adults (ages 18+) with prizes at each level. Since the Friends hope that Your Friendly Neighborhood Library is your favorite place in town where all your favorite books live, the categories for



Friends of the East Haddam Free Public Library

the contest are “Favorite Places in Town” and “Favorite Literary Work.” Entry forms will be available beginning in May at the East Haddam Library, 18 Plains Rd, Moodus. For more information, please contact the library at (860) 873-8248 or Staff@ehfpl.org (since we’re their friends, they’ll pass the word along to us!). Stay tuned for more information regarding EHFPL’s 125th Birthday Celebration and good luck in the art contest. See you at the Library!

Help Wanted - Bookkeeper

Full time. Must have experience with QuickBooks, record daily transactions, A/R & A/P, customer invoicing, sales tax and payroll, month end close, reconciliation, filing and other tasks as needed. Hours 9-5. Please forward resume to wmcminn@essexprinting.com.

Historical Society

The East Haddam Historical Society Museum opens Monday, May 27, for its 53rd season. "The Swing Bridge Centennial" is the featured exhibit. Eagle Scout Josh Hughes gathered and curated a range of bridge history - copies of the plans, early photographs, and original artifacts. In addition, he wrote a comprehensive history and made a working scale model.

Complimenting this exhibit, area artists have drawn, painted, photographed, and interpreted the bridge today. Their work will be for sale, profits benefiting the Museum.

There will be a major surprise for everyone who visits the New Wing.

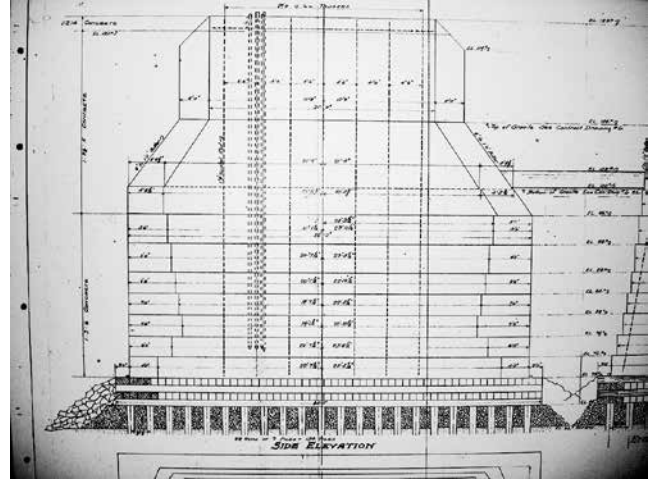
The education/social program offers three dates:

Wednesday, May 8, 7:30 p.m., Mike Miller, aka "Dr. Choochoo," will discuss Lionel O-scale trains.

Wednesday, June 12, 7:30 p.m., Matt Bickford will present, "Antique Planes and their Furniture Applications." Copies of his book will be available for signing.

Wednesday, July 10, 6:00 p.m., "The Summer Potluck Picnic." Incredible food, cash bar, genuine East Haddam socializing. Last year's crowd spilled out into the gardens.

Events are at 264 Town Steet, all ages welcome, free to members, and a donation appreciated from non-members. Consult www.easthaddamhistory.org, Facebook - East Haddam Historical Society Museum, or call 860-873-3944 for information.



This is a digital copy of the original hand-drawn plan for the pilings, built in 1912-1913, which support the East Haddam Swing Bridge. At the Museum, viewers will find more copies of the original plans, as well as photographs of the construction.

The entire Museum complex rents for a reasonable fee and has hosted wedding events, family banquets, birthday parties, Eagle Scout installations, charity fundraisers, etc.

The regular season is Memorial Day through Columbus Day, Friday through Sunday, 10 a.m. - 4 p.m., and year-round by appointment. Volunteers and donations are always welcome.

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Community Lions

Come and join us for our 8th Annual English Tea Party on Saturday May 4 at 2:00 p.m. at St. Stephen's Parish Hall, East Haddam. Tickets are \$20. This year's theme is: 'Flavor of SPRING'. Our inspired table settings seat eight apiece, so if you can get a 'Gaggle of Girls' together, it will be a great treat to just sit, be waited upon and have time to talk, laugh and share a lovely Tea together. Or you can come alone and meet many new Friends. There is entertainment, fun and lots of indulgent goodies to eat. You won't be disappointed! Each person will also receive a favor. For information and tickets please call Linda at 860-873-8933 or visit our website: www.ehcl.org. Tickets go quickly, don't delay book early ... an ideal treat for the 'Girls' in your life.

We appreciate and thank everyone - from our local businesses, townspeople and our Lions who support us in many ways - with gift certificates, donations of gift basket items and most of all, their time. The EHCL work as a team and things come together seamlessly - it makes the event a FUNdraiser and enjoyed by all!

Our annual Fashion Show 'A Rainbow of Fashions' and delicious buffet Brunch was held on March 17 at the Gelston House. We were treated to beautiful spring fashions by Echo Trading, CAbi, Puerto Rico Shoe Connection Designs by Dru



Lion Deb Warden in red coat, white jeans, and striped top from CAbi, and Lion Cynthia Deming-Valentino in dressy black pants, red, black and gray chiffon top, stunning black and red necklace from Trendz on Main



and Trendz on Main. Many thanks to our vendors for up-to-the-minute fashions, shoes and accessories, and to our models for a great show and treating us to a peek at the latest in spring and summer fashions. A great time was had by all!

Don't forget to look for us in the Memorial Day Parade!

The East Haddam Community Lions Club, chartered in May 1992, now boasts 59 men and women, and meets twice monthly. The first is a Board and Business meeting dedicated to Club projects and business matters. The second, our

monthly dinner meeting, features invited guests to speak about Lionism, Lion-related topics or community issues.

The Lions motto is *We Serve*. To the individual member, it is not only a motto, but a definition and philosophy. The secret to our success? Camaraderie, new and old friendships and a desire within that encourages us to help our community - locally, statewide and worldwide.

For more information on any of our events, or to become involved with the East Haddam Community Lions Club, please contact President Arnie Davis at 860-873-1082 or Membership Chair Debi Ryczek at 860-873-9281 or visit our website at www.ehcl.org. East Haddam Community, P.O. Box 328, East Haddam, CT 06423, www.ehcl.org.

Take a Hike



*Sheepskin Hollow Preserve Bridge
Photo by Lynn Wilkinson*

Spring is a great season for walking off extra winter weight on one of East Haddam Land Trust's many trails just

right for casual or vigorous hikes through mature old forest and open meadows, up and down steep or gentle slopes, or along pristine streams, open water and beaver-colonized wetlands. Spring birds provide the music and other native wildlife just might add to the show of opening leaves and emerging ferns and flowers. Hike on your own, with a friend, or join Land Trust guided monthly hikes, usually the last Sunday of September through June.

As a non-profit, volunteer natural resource preservation organization, East Haddam Land Trust continues its mission through maintenance of current preserves and projects including the creation of a greenway, and trails along the Moodus River. The EHLT, in collaboration with neighboring land trusts and other conservation organizations, continues to work on connecting hiking trails and protected open space from the Connecticut River in East Haddam to Long Island Sound.

Information on preserving natural habitats, scheduled hikes, trail maintenance, and ongoing projects is regularly updated at www.ehlt.org. For more information contact East Haddam Land Trust President, Rob Smith at 860-873-2189.

The Law Office of
SCOTT W. JEZEK



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

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Dog Licenses

Dog licenses are renewable each year in the month of June. Licenses are required for every dog over 6 months of age.

The cost for a dog license is \$8.00 for a spayed/neutered dog and \$19.00 for a dog that has not been altered. Current law assesses a \$1.00 late penalty per month. In addition to it being the law, a license serves as a ticket home should your pet become lost.

Reminder notices will be mailed to licensed dog owners at the end of May. If sending in your payment via the mail, please include any updated paperwork; it will be returned to you with the license.

If you have any questions regarding licensing your dog, please contact:

Deb Denette, East Haddam Town Clerk 860-873-5027
or Mike Olzacki, East Haddam Animal Control Officer
860-873-5044

Thank you.

License #1 and #2 will be reserved for the winner and runner up chosen by the students at the Nathan Hale Ray Middle School in the Number One Dog Tag Contest.

Number One Dog Tag Contest

Please submit a 4 x 6 photo of your dog, along with the following information by May 17th:

1. Owner's name, address, phone number, and email address
2. Pet's name, age, and breed

Submit entry to: Town Clerk, PO Box K, 7 Main Street, East Haddam, CT 06423

Photos will be compiled and forwarded to the Nathan Hale Ray Middle School for voting.

The contest is designed to promote the importance of

licensing your dog; the students have a lot of fun judging the contest. Licenses are required pursuant to Connecticut law for all dogs over 6 months of age.

The winner and the runner up will receive the #1 and #2 tag (rabies vaccine must be up to date); license fees will be paid by the Town Clerk's Office.

Photos will not be returned, so please retain a copy if it's a favorite photo.

School District

Bridging rich tradition with an innovative future

The East Haddam School District has enjoyed a very busy and productive winter season, in spite of the petulant weather that extended the school year and shorted April vacation. With that noted (and as the saying goes), "...neither rain, nor sleet nor gloom of night..." will keep our teachers, administrators and staff from doing their very best to meet the needs of our students. Accordingly, our relentless charge is to adhere to the principles addressed within the framework of our District Improvement Plan (DIP), which provides a clear focus on Teaching and Learning. Within the structure of our DIP is a great deal of attention relative to the Common Core State Standards.

What are the Common Core State Standards? Adopted by 45 states, including Connecticut (2010), the Common Core State Standards for English-Language Arts, Mathematics, and Literacy in History, Social Studies, Science, & Technical Subjects ("the Standards") are the culmination of an extended, broad-based effort to fulfill the charge issued by the states to create the next generation of K-12 standards in order to help ensure that all students are college and career ready by the end of high school.

Why are academic standards important? As a natural outgrowth of meeting the charge to define college and career readiness, the Standards also lay out a vision of

what it means to be a literate person in the twenty-first century. Indeed, the skills and understandings students are expected to demonstrate have wide applicability outside the classroom or workplace. Students who meet the Standards readily undertake the close, attentive reading that is at the heart of understanding and enjoying complex works of literature. They habitually perform the critical reading necessary to pick carefully through the staggering amount of information available today in print and digitally. They actively seek the wide, deep, and thoughtful engagement with high-quality literary and informational texts that builds knowledge, enlarges experience, and broadens worldviews. They reflexively demonstrate the cogent reasoning and use of evidence that is essential to both private deliberation and responsible citizenship in a democratic republic. In short, students who meet the Standards develop the skills in reading, writing, speaking, and listening that are the foundation for any creative and purposeful expression in language. Additionally, the Standards define what students should understand and be able to do in their study of mathematics.

Of course, high standards are not the only thing needed for our children's success, but they are a necessary first step!

Mary Beth Iacobelli, Superintendent of Schools

Music on the River

Dust off your lawn chairs and picnic baskets - Music on the river is back!

- July 8 – Roomful of Blues
- July 15 – Chris MacKay and the Toneshifters
- July 22 – Bob Button's Big Band
- July 29 – Hot Club of Cowtown
- August 5 – Tom Sanders
- August 12 – Quimbombo

All concerts are held on Monday nights from 6:30 - 8:30 p.m. at the green of the Goodspeed Opera House. If it rains, the concerts will be moved to the High School Auditorium (please call the Recreation Office or check our website or Facebook page if weather is questionable). Great food and drinks are available to purchase at the Gelston House. Parking is available in the Goodspeed Opera House parking lot behind the Gelston House. The Music on the River site is made possible through the generous support of Goodspeed Musicals.

Donations to Music on the River

(Please clip out and mail in with your check)

Please remember that all concerts are funded completely by your donations. No tax dollars are used to support the concert series. Please be generous, the donations that we receive before the concerts will allow us to book the bands, pay the band deposits and advertise.

Name as it should appear in the Program:

Name: _____

Mailing Address: _____

Email: _____

Amount of Donation: _____

Concert you wish to Sponsor: _____

Please make your checks payable to "Town of East Haddam-Music on the River" and mail them with this completed form to: East Haddam Parks and Recreation, P.O. Box 278, East Haddam, CT 06423. Like us on Facebook!

<http://musicontheriver.blogspot.com/>

The Rotary Club

The Rotary Club of East Haddam was founded in 1944 and has been active every year since its inception. The overarching motto is "Service above Self". With 34,000 clubs and 1.2 million Rotarians world- wide" Rotary seeks to make a difference in the lives of others here and around the world. Our areas of focus are: Literacy, Water and Sanitation, Disease Prevention, Peace and Conflict Resolution, Maternal and Child Health, and Economic and Community Development.

The Club is proud to list some of the activities participated in and/or sponsored, and supported during this 2012-2013 Year.

- Charter Holder and Sponsor of Boy Scouts of America Troop 22
- Thunder in the Valley
- Project Safe Halloween for Middle School students
- Thanksgiving Drive to benefit the Food Bank - raised and donated funds to the Food Bank in East Haddam and Haddam
- Toy Drive at Nathan Hale Ray Middle School
- Financial contributor to the Fuel Bank
- Book Donations to the Rathbun Free Memorial and East Haddam Libraries
- Sandy Hook School Fundraiser - Monies raised were sent to the Newtown Rotary Sandy Hook School Fund, to support the families and first responders in this tragic event.
- Dictionaries - 83 Dictionaries distributed to the 3rd graders of the East Haddam Elementary School
- CAPT Breakfast - Honoring those 11th grade students and their families for performing at or above the State

Goal Level on the Connecticut Academic Performance Test (CAPT), given in their sophomore year.

- Service above Self Award - Nathan Hale Ray Middle School - Given to two eighth graders who exemplify Community Service
- RYLA - Rotary Youth Leadership Award - A youth leadership training program for girls and boys from Nathan Hale Ray High School
- Memorial Day Services
- Mugs for the Chowder Fest - Partner with the Economic Development Committee
- Scholarships - 4 year and 2 year Scholarships for graduating Nathan Hale Ray High School Seniors, with over \$6,000 worth of scholarship monies
- Project Safe Graduation
- East Haddam Little League
- Annual Car Raffle - Community Gathering at the Gelston House

East Haddam Rotary would love to speak to you about becoming a member. We feel we have much to offer the community and the community at large. We also believe that our actions speak louder than our words.

So, feel free to contact the Rotary regarding membership. That contact can change not only your life, but the lives of others. Our meetings are on the second and fourth Thursday of the month at the Gelston House at 8 Main Street in East Haddam, CT.

For more information about the Rotary Club of East Haddam contact Kate O'Boyle at kate@empoweringabilities.org or Deb Denette at debdenette@yahoo.com.

Emergency Management



Cert Team Photo #1 - Left to Right: (Rear Row) Instructor Bill Dexter, Dana Moss, John Bradshaw, Tom Daniels, Jan Lochowski, Andrea Valenti, Marcy Masci, Ginger Rutledge, Douglas Swan. (Middle Row) Robert Bennett, Ruth Masci, Lauren Bennett, Jenn Yuris, Donna Swan, Linda Bradshaw, Instructor Jennifer Spencer. (Front Row) Donna DeNino, Francis Miner



Cert Team Photo #2 - Left to Right: (Rear Row) Steve Dorfman, Adam Mosig, Ted Tedford, Bruce Wallace, Daniel Wallace. (Middle Row) Tracy Perdue, Teri Altomaro, Cynthia Deming, Katbryn Cazassa, Kyle Mosig. (Front Row) Leslee Weiss, Rosalie Irvin, Joe Irvin

Graduates Two Cert Classes

East Haddam Emergency Management recently sponsored two Citizens Emergency Response Team (CERT) classes and welcomes 30 new members to our CERT Group. The classes were taught by Jennifer Spencer, John Blaschik and Bill Dexter and held in January and February of 2013. With the addition of these new members the East Haddam CERT team is now 60+ members strong.

The CERT program educates people about disaster preparedness with particular emphasis on hazards that may impact our area. During a major incident, emergency service personnel may not be able to reach everyone right away. By getting trained in CERT, you will have the basic skills to help emergency responders save lives and protect property. Using the training learned in the classroom and during exercises, CERT members can assist others in their neighborhood or workplace during an emergency. East Haddam Cert Team members have been very active and a great asset during

recent large scale emergencies such as Storms Irene and Sandy that have affected our community.

The program, which is supported by funds from the Department of Emergency Management and Homeland Security, includes training sessions in: Disaster Preparedness, Fire Safety, Medical, Light Search and Rescue Operations, CERT Organization, Disaster Psychology and Terrorism. Additionally, those taking the training must complete a course review, final exam and hands on practical stations.

All graduates were equipped with safety equipment such as gloves, goggles, helmets, CERT vests and other supplies.

East Haddam will be hosting additional CERT classes. Anyone interested should contact Jennifer Spencer at 860-209-7709 or email easthaddamemgmt@easthaddam.org.

*Craig Mansfield
Director of Emergency Management*

Moodus Reservoir Preservation Group

Providing education, volunteerism and oversight to protect and improve the 486 acre lake for the enjoyment of the town citizens and visitors. With the town beach and two state boat launches located here, the lake provides swimming, fishing (including ice fishing), skating and water skiing and tubing.

The Connecticut Agricultural Experiment Station has completed a study of invasive and intrusive plants in the lake. We will develop a program of treatment to complement our provision of public information to help property

owners and visitors contribute to the health and enjoyment of the lake. This year's challenge will be to raise matching funds for use with Town budgeted funds provided for all three lakes. We will continue with water monitoring and the State's boat launch invasive species education program.

Information inquiries may be sent to MRPG, 58 Thompson St., Hamden, CT 06518. To get on our info distribution list e-mail sam.guy@snet.net.

Moodus Sportsmen's Club

Fishing Derby: May 5, 8:00 a.m. - Noon - Shad Bake: June 23, Noon - 3 :00 p.m.



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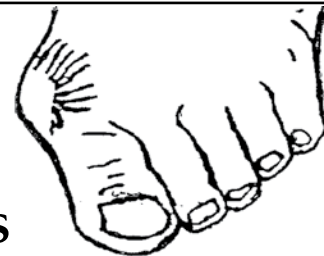
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- Fungus Nails
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- Plantar Fasciitis

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East Haddam Free Public Library

Check out these amazing events coming soon to EHFPL!

Cinco de Mayo Extravaganza

Your Friendly Neighborhood Library is hosting a Family Friendly Fiesta for the whole town: it's the return of the library's Annual Cinco de Mayo Extravaganza! Join us for an evening of games, music, and activities. Get your face painted, learn to hula-hoop, smash a piñata, meet live animals, or just enjoy an evening with your friends & neighbors - there's mucho to do at this grande event! Friday, May 3 at 6:00 p.m.



Duck Day

Learn all about EHFPL's loveable mascots, ducks! Local author, wildlife expert, and Assistant Library Director Maureen Heidtmann will be sharing her duck-knowledge with kid-friendly stories, games, and crafts. Celebrate our web-footed friends, and visit EHFPL on Saturday, May 4th at 11:00 a.m.

Teen Library Lock-In

It's the ultimate teen event! Spend a night at the library, and experience all of EHFPL's epic teen programs in one awesome (and long) night. Eat pizza and participate in super-fun writing games from Teen Write Club, eat junk food and watch YouTube clips from Teen Night/Awesome Hour, Play Anime-Inspired

Video Games from Anime Club, Watch a Terrible Movie from Terrible Thursday/Bad Movie Night, and meet teen members of the East Haddam Leo Club to learn about planning fun events (like this one) while helping your community. Call EHFPL or email Library Director Michael Gilroy at MGilroy@ehfpl.org for details. Friday, May 17th at 9:00 p.m. - Saturday, May 18th at 7:30 a.m.

Meet Young Adult Author Estevan Vega

Author Estevan Vega will read excerpts from his critically acclaimed Arson series and discuss his writing career - including how he published his first book when he was 15 years old! Aspiring authors, young writers, and readers of all ages are sure to have a great time. Friday, June 14 at 6:30 p.m.

Teddy Bear Picnic

Want a Free Teddy Bear? Kids 10 and under are invited to the library's annual Teddy Bear Picnic, where they will receive a free furry friend they can take home. Kids will also hear teddy-bear themed stories, eat teddy-bear themed snacks, and make a teddy-bear themed craft. Bears are limited, so please register. Wednesday, June 26 at 12:00 p.m.

Nature Program: The Disappearing Faces of America's Bats

A dangerous plague is affecting bats all over the world, and is having dramatic effects on our ecosystem. Learn about the importance of bats around the world and in our backyards. Experience the dangers they are facing and what we can do to help. White-Nose Syndrome is affecting everyone's lives. Learn how and why at this thought-provoking event, brought to you in cooperation with Bat Conservationists International. Friday, June 29th at 6:30 p.m.

But wait, there's more! Stop by <http://ehfpl.blogspot.com> and find out what else is going on or call EHFPL at (860) 873-8248 or better yet, stop in and visit us at 18 Plains Rd, Moodus.

Looking for Summer Reading Programs and Info? Check out the Summer Events Calendar brought to you by (both) the East Haddam Libraries and Youth & Family Services, coming soon!

Volunteer Ambulance - EMT Course

The East Haddam Volunteer Ambulance Association is sponsoring an Emergency Medical Technician class this summer to be held in town. The class will be 13 weeks in length and involve 180 hours of training. This exciting and demanding course covers human anatomy and physiology, treatment of sick and injured individuals, and transportation of these patients to the hospital. The course curriculum involves interactive lectures, hands-on practical training, and 20 hours of clinical observation time in a variety of settings including on board ambulances and in hospital emergency departments. Students must be 16 years of age or older by the end of the course in order to become certified in Connecticut.

This course is offered to those wanting to perform as volunteers with our service. Members of the Ambulance Association receive multiple financial incentives as well as the rewards of community service. Course cost is \$850 which includes textbook and all training materials. Students wanting to join East Haddam Volunteer Ambulance will have special tuition considerations. The class will start June 3 and end August 28, meeting on every Monday and Wednesday night and on alternating Saturdays. For more information please contact Steve Dorfman at (316) 640-0817 or Tracy Purdue at (860) 885-9384.

Registrars of Voters

The next chance for East Haddam voters to participate in the democratic process is proposed for May 21 (subject to town meeting authorization on the 8th of May), when they may vote aye or nay, on the Town Budget request. This vote, as are all referenda, will be held at the old Town Meeting Hall, on Town Street, next to the Grange. For voting hours, and other updates, please check the town of East Haddam's web site, (www.easthaddam.org).

The East Haddam Registrars have presented their Emergency Plan for Elections to the Board of Selectman for approval. It will then be sent to the Connecticut Secretary of States Office, which has requested that all towns have an emergency plan on file.

There are some changes on the horizon for Connecticut voters. Beginning in November of this year, voters may register and vote on Election Day. On line voter registration, and no excuse absentee ballots will be considered in 2014. Registrars in some cities and towns are trying out electronic check-in of voters during elections. More about these options in the next Events.

We are also looking forward to hosting 6th graders on May 1 for "Students in Government" Day! We have always enjoyed the enthusiasm and intelligence of the students assigned to us.

*Laurie Alt, Lucy Yacovino,
Laurie Bennett, Martha Hansen*

NHRMS Student Council

The Nathan Hale Ray Middle School Student Council rolls into spring by collecting shoes for SOLES4SOULS, the shoe charity. The organization redistributes the shoes, through the charity's international and domestic partners, to millions of children and adults around the world.

There will be collection boxes for gently worn shoes at the Nathan Hale-Ray Elementary, Middle and High schools from

March 25th - May 31st. We will also be raising funds to cover the cost of shipping as this is not covered by the charity. To donate, please visit www.soles4soulsfundraising.org/lisa_plante. We are very excited to do our part to help others in the world! Thank you for supporting us in this effort.

For more information about SOLES4SOULS, visit www.souls4soles.org.

Nathan Hale-Ray High School



Congratulations to Grace McLean and Ali Schwenzfeier for their artwork being juried into the Shoreline Arts Alliance: Future Choices Art Show.

Ali Schwenzfeier will be awarded the Wall Street Gallery Award for her pastel drawing "Pound Cake."

Grace McLean had two pieces accepted into the show - her graphite drawing: "Self-Portrait, Vol. 15" and a pastel drawing, titled "Caramel Apple."

The student art show was displayed at the Sill House Gallery at Lyme Academy College of Fine Arts for a few weeks.

As well these students were recognized at the Artists' Reception and Awards ceremony at Lyme Academy on March 24.

Coming Events

Senior Project Expo - April 11 from 6:00 - 8:00 p.m. in the High School Gym

Drama Club Musical - 13 - The Musical - April 26 & 27 at 7:00 p.m.

Jazz Concert - April 30 at 7:00 p.m. in the High School Auditorium

Band Concert - May 6 at 7:00 p.m. in the High School Auditorium

Choir Concert - May 15 at 7:00 p.m. in the High School Auditorium

Underclassmen Awards - May 30 at 7:00 p.m. in the High School Auditorium

For sports schedules - go to our edline page-LINKS page

Master Gardener's Corner

This is the year; you have decided to plant a floral garden. But, you don't have enough of sun to supply your garden. Typically, a garden needs six to eight hours of sun daily. Too much shade is a big problem for gardener aspirants. Don't be quick to bail out of your plan because you can plant a stunning 'shade garden.' Yes, you can have your trees and garden too!

Shade gardening has been increasing in the past few years and more garden enthusiasts are learning to adapt their unique landscape rather than reconstruct their property to fit the common plans of sun gardens.

So where do you start? Pick a location in a shady area where your new garden will add beauty in your yard. Visit the Middlesex County Extension Center in Haddam on Saybrook Road and request a kit for soil testing. The results will help you understand what your soil needs for the perfect loam for shady gardens. Then you are ready to prepare your section. You can start small and expend each year.

I find the *Taylor's Guide to Shade Gardening* offered by Houghton Mifflin Company to be an excellent reference book for starting your project giving all the simple details you need. Plus, it list over 350 trees, shrubs, and flowers that thrive

under difficult conditions, illustrated with color photographs and detailed drawings. Another great book is *Shade Perennials*, by W. George Schmid. More than 1000 plants and 310 photographs will assist you on what to plant and how to care for your garden. If you need any assistance, stop by the Master Gardener's office at Middlesex Extension Center and chat with a volunteer. Also, your local garden centers are pleased to guide you with planting specimens that will thrive under your shade conditions.

Shade gardening is an exciting opportunity if you haven't ventured into this arena. Make it a family project where everyone is involved in designing your shade plot, picking out your plants and creating a unique view for all to enjoy. The benefits are plentiful.

My final recommendation is the *New Encyclopedia of Gardening Techniques*, offered by the American Horticultural Society; it is an indispensable illustrated practical guide that will assist you in every aspect of your garden projects. Happy planting!

Linda Stuhlman

Certified Master Gardener, Certified Tree Warden

Town Employee News



Karl Karabeinikoff



Jeff Rhoades



Craig Mansfield



Jay Moreau

Our town government has recently welcomed four new members to its work force. Some of these faces will be familiar to residents.

On April 1, Karl Karabeinikoff assumed duties as a full-time East Haddam police officer. Karl most recently served as a part-time East Haddam police officer and former East Haddam Animal Control Officer. He is a retired law enforcement officer with over 24 years of experience with the Department of Mental Health and Addiction Services, a division of the State Police, retiring with the rank of Sergeant.

Jeff Rhoades, one of East Haddam's current Resident Troopers, will be retiring from the State Police and joining the East Haddam Police Department as a full-time police officer on June 1. Jeff will be retiring as a Trooper First Class from the State of Connecticut, Department of Public Safety, Division of the State Police after 20 years of service. He will bring many

years of experience and wealth of knowledge to our East Haddam Police Department.

Craig Mansfield began as the town's first Facilities, Operations and Emergency Services Director on April 15. For the last 26 years Craig was the Director of Asset Protection for Bob Stores Inc. Craig wears many hats for the Town of East Haddam as he also serves as a part-time East Haddam police officer and our towns Emergency Management Director. Craig will be an asset to our building infrastructure.

Jay Moreau joined the Town of East Haddam as a part-time Firefighter/EMT. Jay is a retired West Hartford firefighter and came to East Haddam with 21 years of experience in emergency services. He is a welcome addition to current Firefighter/EMT's Wick Haylon, Joel Zis and Ryan Scholes.

Please join us in welcoming Karl, Jeff, Craig & Jay in their new capacities to the family of East Haddam town employees.

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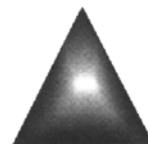
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Memorial Day Parade

The Memorial Day Parade will step off at 10 a.m. from the old Middle School parking lot on Monday, May 27. All community groups are encouraged to join the parade. If you have any questions, please call the Selectmen's Office at 860-873-5020. If you aren't a marcher, please join us on the sidelines. It is a great community event!

Annual Car Raffle

Save the date.

The Rotary Club's Annual car raffle will be held on Monday, June 24th at the Gelston House Restaurant. For ticket information please contact Deb Denette at 860-873-2284 or Charley Hnilicka at 860-873-8973.

Holiday Closings

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

Monday, May 27, Memorial Day

Thursday, July 4 - Independence Day

Regular hours will resume on the next business day.

Land Records

Access to East Haddam Land Records is now available online. www.uslandrecords.com or link from the Town's website.

First Annual Spokes 4 Sports Bike Ride & Cookout

Proceeds to benefit Nathan Hale Ray Athletes
26.5 mile and 10.5 mile course
RAIN OR SHINE

Date: May 4, 2013

Place: Town Beach, 291 East Haddam
Colchester Tpke, Moodus, CT 06469

Start Time: 9:30 a.m. 26.5 mile
10:00 a.m. 10.5 mile ride

Registration

Begins: 8:30 a.m.

Register By: April 21 (to guarantee shirt)

Ride and Dri-Fit Event Shirt \$35

Ride Only \$25

Shirts Only \$15

Non Rider Cookout Ticket \$5

Late Registration after May 1st or

Day of Ride Registration \$30

Register at www.spokes4sports.com

Questions: spokes4sports@gmail.com

Keep the Light Shinning at Ray of Light Farm!

Ray of Light Farm, Inc. is a non-profit farm in East Haddam, Connecticut devoted to animal rescue and animal-assisted therapy. One of the only farms of its kind in Connecticut, we offer a wealth of community programs designed to help people connect with animals in meaningful ways.

Ray of Light is safe and secure in our current location, but our lease is set to expire in February of 2015. It is probable that the place we all hold so dear will be offered for sale. To this end, we have launched a fundraising campaign, "Keep the Light Shining," to raise the \$1.5 million dollars necessary for realty and endowment in order to remain in our current location.

For the past decade, we have seen our animal residents touch the hearts and minds of children of all ages. We have rescued over 50 animals, primarily horses, donkeys and goats, and have been the proud recipient of heritage breed animals on the verge of extinction. All of these accomplishments were made possible through the efforts of dedicated staff and volunteers, and the generosity of patrons, local businesses and

donors. Today, we call upon your generosity again, to support our largest fundraising effort to date.

How can you help?

- Make a donation of \$10 or more. Donations can be made by mail (232 Town Street, East Haddam, CT 06423) or via paypal on our website, www.rayoflightfarm.org.
- Spread the word amongst all of your friends, business associates and relatives.
- Like us on facebook, forward a link to our facebook page or website to people that you know.
- Include us in your employer's matching funds options.
- Notify us of any Foundations that might be willing to help us in our mission.

Please help us keep the light shining for years to come.

Ray of Light Farm, Inc.
232 Town Street/East Haddam, CT 06423
860-873-1895/www.rayoflightfarm.org

Open Mic Night

Open Mic Night at Nathan Hale-Ray Middle School is all about providing an opportunity for kids to express themselves musically in a casual, relaxed setting, on home turf that is already well-known as a mecca of musical activity. Open Mic is just that - "open" to all grade 4-8 NHRMS kids who want to sing, socialize, maybe play guitar, keyboards, or drums, regardless of experience. The equipment is provided, all the kids need to do is bring a backing track on an iPod - then make music!

The enthusiasm of the kids themselves is the driving force behind Open Mic Night. A sign-up sheet keeps things fair and flowing, and the performances range from solos to small groups, a cappella, guitarists, drummers, keyboard players, and every conceivable combination of all these genres. The abundant musical talent and ambition, coupled with the enthusiastic support freely given to their musical peers, makes this a very engaging and positive 2? hour experience every month.

Open Mic Night is run by a small group of dedicated parent volunteers, led by Rob Bradway, with equipment graciously provided by a senior from the Nathan Hale-Ray High School music program.



Brier, Lenora, and Briana sing for the audience



Middle school students celebrate another awesome open mic night

Neighborhood Crime Watch Program

On February 26 the East Haddam Police/Resident Troopers Office in Conjunction with the East Haddam Local Prevention Council sponsored a meeting for residents interested in starting a Crime Watch Program in their neighborhood. The meeting was attended by over 30 residents representing several neighborhoods throughout East Haddam and Moodus.

The Neighborhood Watch Program is one of the oldest and most effective crime prevention programs in the country, bringing citizens together with law enforcement to deter crime and make the community safer.

The purpose of the Neighborhood Watch Program is to make residents aware of the steps they can take to make their homes more secure against crime. The program shows neighbors how they can help each other protect their entire neighborhood, and to make local law enforcement more effective in the fight against crime through involvement and participation of the residents.

Residents and police work together to achieve one common goal - "Making Their Neighborhoods Safe." Residents are taught

how to protect their property and report suspicious activities to the police. Additionally, residents get to meet their neighbors and work together towards a common goal. They watch out for each other and report suspicious activities to the police.

Trooper Jeff Rhoades and Officer Craig Mansfield presented an overview of the East Haddam Neighborhood Crime Watch program and discussed the next steps for starting up programs in their own neighborhoods. Residents were asked to go back to their neighborhoods and coordinate a time and place for a first meeting. Once a meeting date is set, police will attend the meeting to listen to resident's concerns specific to their neighborhood and provide specific training that will assist residents in securing their homes and neighborhoods.

Anyone who was unable to attend the meeting and is interested in setting up a program in their neighborhood can contact Trooper Rhoades or Officer Mansfield via email at police@easthaddam.org or by calling 860-873-1226.

Update on Route 82 Road Closure

The Connecticut Department of Transportation informed the Town in March that they will be delaying the start of construction for the replacement of the two bridges over Succor Brook on Norwich Road (Route 82 in the vicinity of Ray Hill Road and the East Haddam Village).

The revised schedule is as follows:

1. Receive bids on May 1st.,
2. Relocation of sewer line
3. Begin construction of the bridge replacements in Spring 2014

The town will continue to coordinate and share your concerns with the DOT and provide you with updates on the project as new information becomes available. CONNDOT has agreed to hold a final information meeting for Town businesses and residents. These updates will be posted on our website, in the Events Magazine and via future correspondence.

As always you can contact the Selectmen's Office with any questions or concerns.

Basket Bash

The East Haddam Elementary School PTO is proud to announce that the 13th Annual "Basket Bash" fundraiser will be held on Friday, May 3 from 6-9:00 p.m. in the Elementary School Gymnasium. Basket Bash is our school's biggest fundraiser. Students, faculty and members of the community create baskets based on a chosen theme. The baskets are raffled off the evening of the event. There will also be a grand prize raffle, 50/50 raffle and silent auction.

All members of the community are welcome to attend. You do not need to be present to win a basket or grand

prize raffle. It is an exciting evening for all who attend. All proceeds benefit our school's cultural arts program. This program enables us to host educational events for our children at each grade level. Programs scheduled for this school year include CT Science Center, Mad Science, Living Abe Lincoln, Project Oceanography and many more.

Come join u for a wonderful evening to support the young children in our community!

For more information, please call Tammy Spurgeon at 860-873-9492.

The East Haddam Leo Club

On Sunday, April 21st the East Haddam Leos held their second annual Leo Club Induction Ceremony. This annual event initiates the Leos who have joined in the past year, and serves as a celebration in recognition of all the hard work and community service the club has done over the course of the year. This year the Leos have much to be proud of. Highlights include their First Annual Apple Festival, the Valentine's Day Big Bake Sale, collecting thousands of can tabs for the Shriners, and their involvement in the upcoming Tres de Mayo Festival at EHFPL (Friday, May 3 at 6:00!). Other proud achievements include working side by side with local Lions Clubs at the Annual Auction, EH Road Race, Christmas Tree Sales, Sight Savers Day, and the Hebron Fair. The Leo Club currently consists of 30 of East Haddam's finest young citizens.

The Leos would like to formally welcome and congratulate their newest 2013 inductees (ceremony pictures will be in the next issue): Donovan Boynton, Alex Carbo, Zach Corey, Sarah Gieseler, Lizzie Houle, Emilia Mitchell, Will Meyers, Walker Perreault, Alyson Pliska, Jaret Pliska, Mojo Pont, Alexis Rogers, Will Sanders, Gabe Stumpfol, and Allyn Sweet.

Any East Haddam Teen (ages 12-18), is welcome to join the Leos. The Leos meet the First Thursday of the Month and the Third Tuesday of the Month from 7:00-8:00 p.m. at the East Haddam Free Public Library (18 Plains Rd, Moodus).

Potential members are invited to stop by and see what the club is all about. For more details please contact Leo Adviser Michael Gilroy at GilroyM@gmail.



Leo Club, Valentine's Day Bake Sale - Gristmill Crew

From L-R: Patrick Quinn, Owen McLean, Will Sanders, Kara Prichard, Grace McLean, Will Meyers, Leo Adviser Mike Gilroy, Emilia Mitchell, Samantha VanValkenberg



The East Haddam Leo Club, February Meeting at EHFPL

From L-R: Jaret Pliska, Kate Soboleski, Gillian Hoover, Sarah Gieseler, Samantha VanValkenberg, Kara Izzo, Ariana Prichard, Donovan Boynton, Owen McLean, Grace McLean, Jack Feeley, Mojo Pont, Kara Prichard, Patrick Quinn, Will Sanders, Jordan D'Addeo, Will Meyers, Brended Lucas

A Brief Look at Alzheimer's Disease

More than 5.4 million Americans suffer from Alzheimer's disease, the most common form of memory illness known as dementia. This means millions of spouses, adult children, friends and other family members are suffering alongside the Alzheimer's patient as they progress through the different stages of the disease. It also means no one travels through dementia alone, and family and friends are needed now more than ever.

Spouses or other relatives may be the first to notice warning signs of memory loss beyond what is considered normal, such as a change in someone's ability to concentrate or work with numbers, taking much longer to do things than before, confusion of time and place, or even complications having a conversation. (Visit the Alzheimer's Association at www.alz.org for more information on early signs and symptoms of memory loss that may help determine if there should be concern).

These signs may not necessarily mean someone has dementia. There can be medical reasons for them, such as depression, or the result of an infection, or even dehydration. If there ever is any doubt about changes in memory, all families are encouraged to seek a proper diagnosis from a qualified geriatrician or physician with specific geriatric experience.

If the diagnosis is indeed a memory illness, you can work together as a team to prepare a care plan that works for everyone.

It is ideal for those suffering from memory-related illnesses to be in a safe environment that also offers stimulation and engagement throughout the day. Sometimes that can be done in a home setting if they don't wander, or at an adult day care center, or at an assisted living community with a memory care specialty.


Regardless of where a person with dementia lives, it is very beneficial for them to have interaction with those who know and love them. For family and/or friends who may be uncomfortable around people with Alzheimer's, it is important to realize that although these memory-impaired folks don't recall your name or relationship, they often sense that you are a significant person to them. By talking about people and places from their past, you not only act as their memory, you validate their sense of self.

Life with dementia is a challenging one, but does not have to mean the end of a relationship with your loved one. Families dealing with this illness are encouraged to seek out educational events as well as educational reading material, to join a support group, and to view your relatives as your care partners during this journey. You may be surprised by how many special moments you will continue to enjoy and treasure with your loved one.

Kathy Ryan

Executive Director, The Saybrook at Haddam

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Look on the Municipal Website

Business Directory—over 250 town businesses,
browse general categories, website links

Community Calendar—*find or suggest
upcoming special events at town businesses*

Municipal pages—*Town Departments/Staff,
Boards/Commissions, Agendas & Minutes*

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Tax Collector

The Tax Office is in the process of preparing for the mailing of tax bills for the 2012 Grand List. All bills will be in the mail by June 30, 2013 with a due date of July 1, 2013, payable by August 1, 2013 without interest.

If you still owe taxes on the 2011 Grand List, an attempt should be made to clear up the back taxes before the new bills come out. Liens will be placed on all outstanding Real Estate balances in June 2013. This is an additional charge.

Tax payments may be made in person, by mail or on-line. Office hours are; Monday, Wednesday, Thursday 9:00 a.m. - 4:00 p.m., Tuesday 9:00 a.m. - 7:00 p.m. and Friday 9:00 a.m. - Noon. *The Tax Office will be open late on Thursday August 1st, 2013 9:00 a.m. - 6:00 p.m.* There is a secure Lock Box in the front alcove, which is open 24 hours per day, seven days a week. Payments may be dropped there after hours. Our on-line payment service provided by Point and Pay, a firm that enables public and private sector clients across the country to accept electronic payments for taxes using credit/debit cards or e-checks. The service is available to all taxpayers

who wish to pay tax bills for Real Estate, Motor Vehicle, Motor Vehicle Supplement, Personal Property and Sewer Usage. Point and Pay will process the tax bills paid by credit/debit cards at no cost to the town but will charge the taxpayer a fee of 2.95% on the amount charged. The fee for e-check is \$2.95 per transaction. The Town will receive the tax money, less the fee, by direct deposit in one to two business days. This service is provided at the counter, over the phone or on the Town's Web page, www.easthaddam.org.

To inquire about taxes owed, go to www.easthaddam.org. Under town departments select Tax Collector. Click link for "Online Tax Information"

To pay taxes online, go to www.easthaddam.org and click the link "Pay Taxes".

This office is for the collection of taxes only. Any adjustments to your bill must be made by the Assessor. Email: assessor041@easthaddam.org Phone: (860) 873-5026

The Tax office can be reached at (860) 873-5033 or email: taxcollector@easthaddam.org.

Grilling Tips and Fire Safety Classes

The warm weather is right around the corner along with all of the fun outside activities and family barbecues. Barbecues are great summer fun but they also come with fire and safety hazards.

The following list of items should be checked prior to the first use:

- *Shut the gas off first*
- Check all tubes that lead into the burner for any blockage from insects, spiders, or food grease. If blocked check the owners manual for a solution.
- Check all hoses for cracking, brittleness, holes or leaks. Make sure hoses/tubing do not have sharp bends. Replace all hoses that appear damaged or have unit serviced.
- Move gas hoses away from hot surfaces and dripping hot grease. If you can't move the hoses, install a heat shield/pan to catch the grease.
- Replace damaged hose connectors.
- If a gas leak is detected, immediately shut off the bottle and do not attempt to light. Contact your gas company for repairs.
- Keep all lighted cigarettes, matches, candles or open flame away from a leaking grill.
- Never use a grill inside (house, garage, shed, carport, breezeway, basement) and always keep away from any structure a minimum of 10 feet unless the owners manual requires a greater distances.
- Do not attempt to repair leaking tanks CALL 911
- Always follow the manufacturer's instructions.
- Turn gas off after each use.
- Do not store tanks inside any structure or open sided structure.

To avoid accidents while transporting LP gas containers, always keep containers secured in the upright position. Never keep a filled container in a hot car, trunk or in the direct sunlight. The increased heat will cause the gas pressure to increase, which may open the relief valve and allow gas to escape.

Never attempt to extinguish fires, repair gas containers, or secure tanks that the relief valve has opened or ventilate escaped gasses from your home. CALL 911

The East Haddam Fire Marshal's Office is also happy to announce the start of (3) public education seminars that will be starting late summer or early fall. These classes are designed for adults but kids are also welcome. Listed are the classes coming.

1. Baby to Toddler: Come and learn the hazards to this age group along with how to make your home safe and the fun ways to teach fire prevention. Target audience is parents, grandparents, teachers, caregivers and babysitters but all are welcome.
2. Toddler to 18: This group has its own unique hazards and safety concerns. Target audience is to all.
3. 18 to Senior's: This group covers the widest range of age and has some of the highest hazards. Target audience is adults, adults that care for seniors and seniors that live alone.

Please check the East Haddam home page for exact dates, times and locations.

You can also like us on Facebook @ [Ehaddamfiremarshal](https://www.facebook.com/Ehaddamfiremarshal) for updates.

*Don Angersola
East Haddam Fire Marshal*

Assessor's News

I would like all residents to be aware that there has been a change in the filing period for the Elderly and Totally Disabled Renters Rebate Program. The Assessor's Office will be taking applications from April 1 to October 1. Applicant's total income must not exceed \$33,500 for a single person, \$40,900 for a couple (joint income), including Social Security and Medicare. Applicants must be 65 or older or totally disabled and bring all income, rent, and utility information from 2012.

In addition, the deadline for filing for the Elderly and Totally Disabled Homeowners Program is May 15. Qualifying income and age requirements for the Homeowners Program and Additional Veterans Benefits is the same as the Elderly and Totally Disabled Renters Rebate Program. It should be noted that the town of East Haddam has adopted by local option an additional tax credit to homeowners 65 and older whose income does not exceed \$50,000 (including Social Security). Applicants must bring proof of income including Social Security for 2012. Applications for the Additional Veterans Benefits will be accepted until October 1.

As the Tax Collector's Office prepares the July tax bills, those residents whose motor vehicles have been sold, stolen, totaled, or who have moved out-of-state may be eligible for a pro-ration of their car taxes.

Two forms of proof are necessary to pro-rate or remove a vehicle from the grand list. Residents must bring a copy of the plate receipt issued by the Department of Motor Vehicles at the time of cancellation of registration, and a copy of one of the following; bill of sale, transfer of title, receipt from junkyard, notification of total loss, trade-in papers, or some other document showing the date on which the vehicle was disposed.

The Assessor's Office has its own web page on the town website. Included is information on real estate, personal property, and motor vehicle assessments; property tax relief for seniors, veterans, and the disabled; renters' rebate; information on revaluation; access to applications and forms pertaining to the Assessor's Office. Also, the new assessments as a result of the October 1 revaluation are available on the website.

10th Annual Chowder Cook-Off



La Vita Gustosa owners Lorenzo and Jacqueline Cacace with head chef, Jim Wilder, win 1st place soup ladle trophy with First Selectman, Mark Walter



St. Stephen's fishermen served up the over 2000 year old chowder recipe to the hungry crowd



Hillside Sweet Shoppe owner, Mary Milewski, with helpers presenting the "World's First All - Candy Chowder"

A great success!

The East Haddam Economic Development Commission (EDC) is pleased to announce the winners of the 10th Annual East Haddam Chowder Cook-off held on March 23. The over 350 attendees enjoyed samples of the eight delicious chowders all from East Haddam restaurants or organizations. The first place "People's Choice - Best Chowder" silver ladle trophy was awarded to La Vita Gustosa, whose blue crab and corn chowder was made by new head chef, Jim Wilder. Second place was the offering of 32 Main, a new café coming soon next door to the East Haddam Post Office, and third place, was co-host, Gelston House. Defending champion, On the Rocks at Fox Hopyard, placed fourth.

Hillside Sweet Shoppe offered "make your own candy chowder," bringing along over 30 lbs. of sweet ingredients and winning the EDC "Table Décor" prize, best displaying the spirit of the annual community event. Cook-off newcomers from Franklin Academy, East Haddam Business Association and St. Stephen's Church head back to the kitchen to tweak their recipes for next year.

Special thanks go out to all of the chefs, businesses and organizations for donating their time and chowder. Also thank you to all the community attendees for their donations to support local causes. The EDC will decide which charities and non-profit organizations will receive the proceeds at their April 4th meeting.

Rathbun Free Memorial Library

Presenting Fridays at 5:30: Spring/Summer 2013

A delightful time will be had by all when you attend the Fridays at 5:30 program at the Rathbun Free Memorial Library in splendid downtown East Haddam. Fridays at 5:30 is a much beloved series of programs in East Haddam, and should not be missed by any lover of the arts. A modest donation of \$5 is requested to join in the festivities, with all funds directly benefitting the library.

The Friends of Rathbun have gathered together a multitude of guest speakers sure to please a wide variety of tastes. Patrons of all ages are invited to enjoy delectable light refreshments in the lush beauty of the Rathbun Library Garden or the elegant splendor of the library building. This social aspect of the evening's program provides an excellent opportunity to meet and socialize with like-minded citizens about the upcoming presentation or day-to-day life and experiences. Afterwards, the guest of honor will give a thought provoking presentation about his or her subject of expertise. Upon completion of the presentation, patrons will be invited to ask the speaker questions related to the presenter's craft.

This year, the library is proud to host the following speakers at the corresponding times and dates:

- May 24th: Meet Local Author & Sailor, Judith Silva, as she reads excerpts and discusses her latest book, *Voyage of a Yankee Lady* about her adventures travelling New England via Sailboat.
- June 21st: Meet Local Author & Adventurer, Matthew Goldman, as he discusses his kayak writings and experiences.
- July (Date TBD): Meet Assistant Musical Director at the Goodspeed Opera House, Wade Russo, as he discusses the latest hit production from our local world-famous stage company.
- August (Date TBD): Meet UConn Professor, Naturalist and Author, Robert Thorson, as he discusses the surprising and fascinating history behind Connecticut's stone walls.
- September (Date TBD): Meet Historical Expert Jim Clark as he discusses the history of New England's Fife & Drum Corps.

These delightful programs will certainly entertain, inform, and enliven the library's adult patrons but what of our younger patrons? Fear not loyal reader, the Rathbun Library has many educational and enjoyable events for them as well.



- Every Monday & Thursday at 10:30: Story Time - Preschoolers will delight in the timeless tales told by the library's resident master storyteller, Ms. Karen and will create charming crafts that their families are sure to treasure as they grow older.
- Every Wednesday at 10:30: Baby Time - Our youngest patrons, those beneath the age of 3, are invited to join in the revelry of songs, stories, and games that is sure to bring a smile to their young faces.
- Tuesday, April 3 & May 1 at 3:30: American Girl Club - Young ladies are invited to bring their favorite doll and enjoy finger foods, while making crafts and accessories for their American Girl companion.
- Tuesday, April 10 & May 8 at 3:30: FETCH Science Club - For our young patrons interested in the sciences, we cordially invite them to this meeting of the minds where they will create clever contraptions such as marshmallow catapults, pinball machines, and candy slingshots. It is truly an enlightening event not to be missed.

For more information, please visit <http://rathbunlibrary.blogspot.com> and view our full listing of events. To register, please call the Rathbun Free Memorial Library at (860) 873-8210 or visit the library at 36 Main St, East Haddam. If you have any questions, please contact Library Director Michael Gilroy at MGilroy@rathbun.lioninc.org

If you are looking for Summer Reading Programs and information, please acquire a copy of the Summer Events Calendar brought to you by (both) the East Haddam Libraries and Youth & Family Services (coming soon), or peruse the next issue of this fine publication.

Friends of Rathbun Free Library - Annual Plant Sale

Save the Date! Rain or Shine!

The annual plant sale is scheduled for Saturday, May 18, from 9:00 a.m. to 11:00 a.m. Perennials, annuals and shrubs from local gardens will be for sale. Master gardeners will be present to answer your gardening and composting questions.

No plants will be sold before 9:00 a.m., but you are welcome to come and preview the plants before 9:00 a.m., as plants do sell quickly. Baked goods and books from the Book Nook will also be available for sale. All sales are to benefit the Rathbun Free Library, 36 Main St., Route 149.

Garden Club News

Annual Spring Sale

The East Haddam Garden Club's Annual Plant and Bake Sale will be Saturday, May 11, 9:00 a.m. to noon, at the East Haddam Grange, 488 Town St., East Haddam. Featured will be plants from members' gardens and delectable treats from their kitchens! Gardening questions? Just ask! The club's master gardeners and other experienced members will try to help!

Club Projects

Members have been nurturing geranium and begonia seedlings to be planted at Gillette Castle. The beds of annuals at the Castle are designed every year by club member Anita Ballek. EHGC members gather in late May at the Castle to plant and fulfill Anita's vision.

Members will also be at work this spring at the Goodspeed green and Shagbark triangle, preparing both for a colorful

summer display. Throughout the warm months, members take turns watering, weeding, and keeping everything well maintained for the enjoyment of residents and visitors.

New Officers

The following are newly-elected officers of the EHGC, voted into office in March: Helen Whatley and Bonnie Zwernemann (Co-Presidents); Nancy Borge (Vice-President); Connie Anderson (Recording Secretary); Nancy Seaman (Corresponding Secretary); and Rita Fiala (Treasurer).

Check out "East Haddam Garden Club" on Facebook!

New members are always welcome! For more information about the EHGC, call Betty Gross, 860-873-8732. For more details about becoming a member, call membership chairperson Joan Osalza, 860-873-9556.

News from the United Methodist Church

Car Donation Program

Donation Angel is the exclusive car donation company for all of the United Methodist Churches in New England. Donate your unwanted vehicle to the Moodus UMC.

Here's How It Works:

Donate any type of vehicle: cars, boats, etc. running or not. Donation Angel runs a donation program that raises funds to support our church through car donations. For info or free quick removal of your unwanted vehicle and receive a tax deduction call Ray at: 866-434-1131 or go to www.donationangel.org

Score

Scoring is easy in the "Paper Bowl" at the Moodus United Methodist Church on April 28. Donate any of the paper items listed below.

The church can always use 8 1/2 x 11" copy paper

(especially color), to publish the monthly newsletter as well as the weekly bulletin and is also seeking donations of paper towels, napkins, postage stamps, facial tissue, all sizes of paper plates, cups, and bowls - any and all paper products.

Donations are tax deductible and are accepted anytime and are always greatly appreciated and immediately put to use.

If you have any questions, please call Beth (860) 873-9772.

Vendors Wanted

The Moodus United Methodist Church is proud to announce the 16th annual Flea Market, Tag & Bake Sale, Saturday, June 1, from 9 a.m. until 3 p.m. on the grounds of the church.

If you would like to sign up for a space 10 x 15 - table *not* included (\$15), please call Beth at 860 873-9772.

Business Updates

The East Haddam Economic Development Commission (EDC) is pleased to announce the following:

Quiet Kayak offers guided river tours as a new way to experience the tranquil waters of the Salmon and Connecticut Rivers. Safe, easy, and fun, this affordable kayak rental and tour adventure is sure to please outdoor enthusiasts of every age and skill level. Ed Gubbins is the owner/guide and a life-long resident of East Haddam. With over 25 years of kayaking experience, he will help you become comfortable with the boat, give tips on proper kayaking safety, and fill you in on the local folklore, while you enjoy the stunning natural beauty during the trip. Tour capacity is limited to ensure safety and individual attention. Beginners are welcome. Tours typically run 3 hours, and cost \$40 per person (include kayak, paddles,

life jacket and binoculars). Quiet Kayak's season runs May 1 through October 31, weather permitting. Contact Ed at 860-608-9384, or at quietkayak@att.net. Check out the Quiet Kayak Facebook page.

Please visit the Business Directory on the homepage of the municipal website www.easthaddam.org for a complete listing of East Haddam businesses. Also, check the Community Calendar section for upcoming local business events.

Contact the EDC at mrcdm@snet.net or P.O. Box K, East Haddam, to have your business listed here. Businesses, send us your request to be added to our drawing for a FREE ad in the next East Haddam Events Magazine or listing on one of the Directory signboards.



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Nathan Hale-Ray Alumni Association

Notice to all former students of Nathan Hale-Ray High School. Join the NEW Nathan Hale-Ray Alumni Association (NHRAA)! This Association is open to all past students of the school (it is not necessary to be a graduate), all staff, and their family members. The purpose of this association is to foster a spirit of camaraderie among alumni and promote the success of the Hale-Ray family. Our goals are ambitious, but with your help and ideas we can be successful.

Some of our initial goals include:

- Provide mentoring/job shadowing experiences for Hale-Ray students
- Provide career networking opportunities for alumni
- Community Outreach
- Provide scholarship funds to graduating seniors
- Coordinate an annual (all classes) school reunion, and assist with individual class reunions
- Coordinate local alumni activities and events
- Homecoming Weekend
- Purchase needed equipment for the school

- Update and improve on current website www.haleray-alumni.com
- With your help and ideas the possibilities are endless

Upcoming events

May 25th

Pasta Dinner at the Moodus Sportsmen's Club - come and have a great dinner and socialize with other alumni and friends. Tickets are \$10 pp and are available East Haddam Sr. Center, Hale-Ray Middle School and High School and New Image Salon.

August 17th

All School Reunion at the Moodus Sportsmen's Club - look for upcoming info!

Want to catch up with other alumni? Interested in attending some upcoming activities? Need a registration form? How about seeing some great pictures and news articles from days gone by? Check out the following: www.halerayalumni.com or if you have a Facebook account, you can also check out Past Students of Nathan Hale-Ray which currently has over 1000 members!

Be Active to Feel Better

Be active to feel better this spring and look great for the upcoming summer!

Many people have a hard time staying motivated to be active for reasons thinking they have to do it. If you are one of them, try to slowly change your mentality. Don't become active because you have to, don't do it because you're "supposed to", be active to ... get better control of your weight, have a more toned look, and build stronger muscles. Be active to have more energy for fun times such as hanging out with your friends. Be active to make friends who share similar interests like dancing, sports, or other activities. Be active to improve your mood and ability to focus. When you focus on the positive outcomes of a physically active lifestyle and the benefits of it, you will have more motivation to exercise, eat healthy and do body work. You don't have to do boring exercise routines to be energetic. Fun activities can be good for you too! Just get up and move! Be active for 60 minutes a day (You don't have to do it all at once) enjoy the outdoors with activities like hiking, walking, jogging, and gardening. Start a walking group, find a school track, or go to a local park. Pitch in to help keep our beautiful parks clean and usable. Park your car farther away from the entry to the building. Walk around the mall during off-peak hours.

Stay active indoors too! Sit less while watching TV, gaming, and surfing the web; these activities are fun but inactive, so spend less time in front of the screen. When you talk on the phone don't sit, walk around instead. Try taking more stairs. Recruit others to be active with you, which will help you stay interested and be safe. Be active with your friends to support each other and make moving fun, have a dance party. Also,

consider signing up for a fun exercise class, like salsa or zumba together. Take fun fitness classes. Explore options you never thought about, and stick with what you enjoy.

When healthy eating or physical activity has become part of your routine, you need to keep things interesting to avoid slip-ups and find ways to cope with what life throws at you. Add variety which will keep you motivated; mix up your routine with new activities, physical activity buddies, foods, recipes, and rewards and remember to plan ahead to avoid setbacks. For example, find other ways to be active in case of bad weather, injury, or other unusual situations. If you do have a setback, do not give up! Setbacks happen to everyone, regroup and focus on meeting your goal as soon as you can. Challenge yourself! Revisit your goals every four weeks and think of ways to expand them. For example, if you are comfortable walking 5 days a week, consider adding strength training twice a week. If you have successfully limited your saturated fat intake, try cutting back on added sugars too.

Change is always possible and a person is never too out-of-shape, overweight, or old to make healthy changes. Make your new healthy habit a priority. Pick one health goal you want to accomplish and practice that. Practice will make you a master, just remember to practice it perfectly and you will feel better and look great this spring and summer season.

Enjoy your active and healthy spring everyone!

*Maryla Radziszewski, LMT, CPT
moreFIT LLC Proactive Health Care*

Fondue Season is Still Upon Us

It really doesn't need to be winter with a huge snow storm to enjoy fondue, but that's usually the time when people think about it the most. A picture is conjured up of a warm fireplace, a bubbling pot of fondue, a great glass of wine or your favorite beer, and friends and family to enjoy it all. It's fun, fresh, and elegant to serve. Fondue is the party, at least in my home. When's the last time you had real Swiss fondue?

The name fondue actually comes from the French verb "fondre" which means to melt. Like so many great meals today it began as a simple, peasant food. It was a great way to use up day old bread, opened wine, and leftover, dry cheese. Once heated and mixed together, a great feast was created.

Although there are many variations of fondues available today, I still like the classic Swiss recipe which you can find on our website. It's tried and true and I've been using it for over 40 years. Many will disagree as to the best combinations of Swiss cheeses that should be used but most agree to start



with a good, aged Gruyere, Emmentaler, Appenzeller, Challerhocker, and Vacherin Fribourgeois are readily available and should be considered as additions to the mix. These are all very flavorful cheeses from

Switzerland which are also great eating cheeses. If you can, try them before you buy and see which ones suit your palate. The fact that most of the meal is prepared in advance allows you to actually enjoy your own party; you can sit and relax with your guests. The only reason to get up from the table would be to retrieve another bottle of wine. I hear many ask, "Oh, fondue is back?" My answer, "it never left." www.cheeseshopcenterbrook.com

Paul Partica

The Cheese Shop Of Centerbrook

Senior Center Events

Events

April 24 at 12:30 p.m. - Safe Driving

April 30 at 6:00 p.m. - Meeting of non-profits to plan "Make a Difference Day". All the non-profits in town are invited to send a representative to this meeting to plan a combined event for "Make a Difference Day" October 26. Call the Center at 860 873-5034 to reserve space.

May 1 - Government Day at the center.

May 15 at 1:00 p.m. - Volunteer reception to thank everyone who keeps the center humming. The Middletuners will entertain.

June 1 - Annual intergenerational pot luck barbeque with the high school students.

June 12 - Annual Golden Anniversary Party celebrating couples married 50 or more years. If you know someone married in 1963 or before please call us so they can be invited.

The senior center is starting a list of people who are interested in an occasional job as an "adult sitter." If you are interested, please call the center at 860-873-5034 for particulars.

High Quality Programs Improve Outcomes

The evidence is overwhelming- high quality early childhood programs provide both long and short term positive outcomes for children, our economy, and our society. In early care and education, the effectiveness factors which have been shown by multiple studies to improve outcomes for children include:

- Qualified and appropriately compensated personnel
- Small group sizes and high adult-child ratios
- Language-rich environment
- Developmentally appropriate "curriculum"
- Safe physical setting
- Warm and responsive adult-child interactions¹

Short term returns for programs involving pregnant mothers and infants include: reduction in low birth weight babies, less

child abuse and neglect, fewer emergency room visits, more employment time for parents, and less obesity in toddlers. Quality pre-kindergarten programs reduce costly grade retention, special education services, and abuse and neglect.² Long term outcomes for quality programs for the individual include improved academic achievement, increased wages, delayed birth of first child, and increased home ownership. Returns to society are a reduction in special education costs, decreased welfare costs, less crime, and an increase in income tax collected.¹ The Council works to ensure that all our children are healthy and successful and are living in nurturing families within a supportive community. For more information, go to www.ehecrc.wordpress.com.

Hands-On Innovators

Eddie Lupinek is a skeptic. It's in his nature to question, analyze and think through everything. Especially when it comes to equipment for Eddie's Auto Body, his shop in the small town of East Haddam, Conn.

"I don't necessarily take everything as it's presented," says Lupinek, the second-generation owner of the family business, founded by his father in 1956. "I think about things a lot and I'm always jotting down ideas. I have all of these sketches everywhere."

Lupinek and his wife, Carol Lupinek, who together run the 3,300-square-foot shop, are firm believers in the ability of ingenuity and old-fashioned hard work to drive success - it has at their facility, especially in the paint department. When they were unable to find a paint booth that met their needs, they built their own, one that is turning heads in their market, drastically reducing energy costs and helping the shop complete vehicles faster.

It's a reflection of the progressive thinking that has helped the little repair center breach \$1 million in annual sales without a single direct repair relationship.

Building a Better Booth

In recent years, Eddie's Auto Body had grown to the point where it could no longer handle the volume of traffic coming through its doors. About a year ago, the shop was repairing 50-60 vehicles a month, but it had the potential to repair closer to 70.

The shop's biggest bottleneck was its paint booth, Eddie Lupinek says.

"We had an old cross-flow booth, which 30 years ago was fine," Lupinek says. "But it was getting outdated."

He had known for years that the booth should be updated, but until Carol Lupinek joined the shop as office manager about five years ago, he hadn't been able to free up enough time to solve the problem. Knowing he wanted a downdraft booth, he researched his options, but none of them quite matched the vision he had spent years developing in his head.

"I looked at everything that has come out, and what I wanted, certain things that I was looking for - economical to use and creating a safe work environment and all of this kind of stuff - I was not seeing them come in the same package," Eddie Lupinek says. "So when I couldn't get what I wanted, I decided to make it."



Eddie and Carol Lupinek, center, and their staff inside the paint booth that they designed and built. Photo by Damon Catavero

But before the booth was built, Eddie Lupinek discovered what he called the "missing ingredient."

At a trade show last year, he came across a Canadian-built infrared catalytic drying unit from a company called Sun-Spot. Though he was highly skeptical as always, he decided to purchase a couple of units and test them in the shop. What he found was that the product, similar to those used to reduce dry times in the U.K., was able to dry primer in a few minutes, waterborne paint in as little as 6 minutes - and it could cure clearcoats in 10 minutes.

The new booth would be built around this technology, he decided.

The Fruits of Hard Labor

The Lupineks close their shop for a two-week period every year for a "vacation," that for the last three years has been spent making improvements to the shop. Their vacation last year was dedicated to building the new paint booth.

"From my perspective, we always want to make things better," Carol Lupinek says of the couple's drive to constantly improve. "How can we make things better or more efficient? How can we do things that are more efficient and save money? And we feed off of each other in that we both are not afraid to pick up a shovel."

For two weeks in late June and early July, the Lupineks and a few other employees worked around the clock replacing their cross-flow booth with a custom-made downdraft booth that would incorporate the Sun-Spot units. The result is a booth that has allowed them to repair an additional three cars per week, bringing monthly sales from around \$70,000 to upwards of \$90,000. The booth uses a mere five gallons of propane each month running five cycles a day, resulting in a cost of just 30 cents a cycle. That produces a monthly expense that is thousands of dollars less than conventional downdraft booths.

Some of the booth's most notable features:

- Two adjustable HT-200 Sun-Spot infrared drying units that each have a drying footprint of 4 feet by 8 feet.
- Three portable Sun-Spot infrared units with a drying footprint of 22 inches.
- A clean room above the booth filters room-temperature shop air three times. First, air passes through a 20-foot-wide by 8-foot-high row of household furnace filters positioned at a 30-degree angle to prevent dust accumulation. Then the air

Continued on page 35

Hands-On Innovators ... continued from page 34

moves through two sets of booth filters. Eddie Lupinek says the air toward the ceiling is several degrees warmer than the air at ground level (he figures a degree of temperature is gained for each foot of elevation), so the booth is naturally being fed a steady flow of warm air. Fresh air is still fed to the shop floor through mechanical dampers in a compressor room, so the booth is creating negative pressure, acting as a big filter of shop air. The Lupineks believe it's a health benefit for employees.

- The booth has no burners. An air makeup unit is unnecessary because the Sun-Spot units, which dry paint from the inside out, do the curing.

"We do spot repair. We're often not painting an entire car," Carol Lupinek says. "So to heat the whole booth to 160 [degrees] and exhaust out 160 [degrees] doesn't make sense to us."

Vision to Reality

Eddie Lupinek designed this booth after thinking about it for years. The Sun-Spot infrared dryers, top left, allow the booth to remain at room temperature. A giant clean room, bottom right, filters shop air. Top left photo by Damon Catavero, top right and bottom two photos courtesy Eddie's Auto Body

The Lupineks invested \$70,000 in the new booth, including the Sun-Spot units, and expect to recoup the cost in less than two years. They were so enthusiastic about the differences the booth and the Sun-Spot technology made that they hosted an open house last year to share it with other shop owners.

The Lupineks say their techs no longer have to work on several cars at once because down time is all but eliminated. When drying primer, for instance, a car will be done by the time a technician gets his sandpaper.

"It's increased our turnover time considerably," says the shop's painter, Rob Cromeenes. "The jobs are cleaner and the fumes in the booth are sucked out twice as fast as they used to be."

Aiming to Improve

Eddie Lupinek is always looking forward. Other recent innovations include a bumper rack attached to a garage door lift that hoists bumper covers to the ceiling to clear valuable shop space, and a bright, portable light that utilizes paint booth bulbs to improve technician views of vehicle damage.

Next up for the Lupineks is a shop expansion, planned for their next summer vacation. It will include an expanded customer waiting area, a wash bay, an estimating bay with a lift and a parts room. The goal, the Lupineks say, is not to get bigger, but to work smarter and be better at what they do.

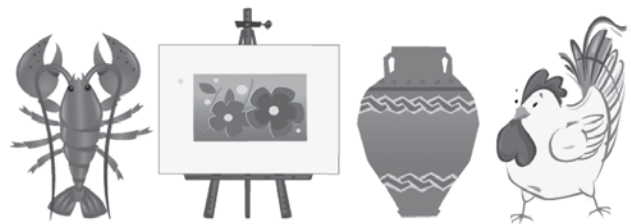
"I love the industry and I love what I do," Eddie Lupinek says. "If I can do everything I can to build an environment that is safe for the employees and it's something I can grow old doing, that'd be the goal."

*Eddie's Auto Body, East Haddam
by Jake Weyer, January issue of FenderBender*

Niantic Lions Club 53rd Arts & Craft Show

35th Lobsterfest

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Summer Beauties

Long blooming and very showy, hydrangeas are often on the "favorites list" for many Connecticut gardeners. They are also the topic on our garden centers "most frequently asked questions" list.

Most common question: My plants are gorgeous and full, but no blooms. Why? It helps to know what kind of hydrangea you have and when it sets its buds. The iconic "Nikko Blue" hydrangea usually begins blooming in mid to late June, depending on how warm the spring has been. It is one of the H. macrophylla hybrids that set their buds on last year's old wood. When it first emerges in the spring, the tender new foliage at the base of the plant appears up to a month before the foliage and buds swell on the old twigs. So, often, people will see the old naked woody twigs above all the green foliage, think they are dead, and prune those stems down to the ground. They just cut off all this year's flowers! *Don't prune until June* on macrophylla hybrids!

Several years ago, Hydrangea All Summer Beauty arrived on the scene. This new macrophylla hybrid flowers on both old and new wood., so it blooms even longer into the fall. It created a sensation in the horticultural world. A whole series of longer blooming hybrids in a range of colors of pinks, blues and whites have appeared on the market in both double ball and flat "lace cap" varieties.

Hydrangea flower color is determined not only by variety, but also by soil conditions as well. Generally, hydrangea macrophylla will be more blue in acid soils and more pink in alkaline soils. The intensity of colors is also influenced by micronutrients in the soils, so soil amendments like good rich

compost, sea kelp, and green sand will make hydrangea colors more vivid.

Cold and drying winter winds can sometimes desiccate the dormant flower buds, so it is good to plant in areas protected from extreme winter wind, and to choose varieties listed for your zones' winter temperatures. Some folks wrap their hydrangea with burlap or fabric in the fall to protect them from the ravages of winter. This has the added bonus of protecting the buds from winter deer browse. The fat buds are deer candy! If you have severe deer problems in your summer garden, you will need to protect the plants by either fencing or application of deer repellent.

Fall blooming Pee Gee Hydrangeas (H. paniculata grandiflora) are less prone to deer damage or winter burn, since they flower on strictly new wood. The buds open in early August first as a cluster of green flowers that open to white, then turn to blush pink or mauve in the fall. They are beautiful cut and make great dried flowers.

Oakleaf Hydrangea (H. quercifolia) is a native shrub blooming in July and August with huge plumes of white flowers up to 12" long. The toothed dark green leaves turn bright burgundy in the fall. And the cinnamon colored bark adds interest to the winter landscape.

This is just a sampling of the riches of the hydrangea world. We invite you to explore the huge array of this diverse and well-loved genus.

Nancy Ballek Mackinnon
Ballek's Garden

First Church Family Fun Day

The First Church of Christ, Congregational, 499 Town Street, East Haddam, will be hosting its annual Round up on May 18, from 8 a.m. to 2 p.m., rain or shine. It's a tag sale, bake sale, silent auction with a tea cup raffle, games, pony rides, face painting, a moon bounce with hot dogs and hamburgers for lunch. Come join us for fun or rent your own space. The spots are generous and cost \$25 per space. If you have used but not abused items that you could donate or if you would like to rent a space please contact Karan Conover at karancon@yahoo.com. It's a Great Family Day!



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Middlesex Habitat for Humanity of CT, Inc.

Middlesex Habitat for Humanity of CT, Inc. is both delighted and grateful to announce that its "A Brush with Kindness" repair program received a grant of \$5,000 from the Community Foundation of Middlesex County. This grant was made possible thanks to the generosity of the Ann T. D'Addario Family Foundation Fund, Jean and Biff Shaw Fund, Susan and William Wasch Fund, and other unrestricted funds.

"A Brush with Kindness" is a Middlesex Habitat for Humanity program that helps preserve local homeownership by partnering with existing homeowners struggling to restore and maintain a safe and decent place to live. When basic expenses exceed income month after month, home maintenance is the usual casualty. Years of deferred maintenance can cause a downward spiral in home deterioration leading to unsafe living conditions.

With ten projects completed in 2012 and an additional six expected to be completed by June 2013, Middlesex Habitat has been extremely successful in translating the priorities and objectives set for the A Brush with Kindness initiative to a plan of action that has worked. The program that began in November 2011 and funded in part through Middlesex United Way, has been successful in completing critical

renovations and repairs to the homes of ten eligible families in Middlesex County.

Community Foundation of Middlesex County is a nonprofit organization dedicated to improving the quality of life in Middlesex County. Its mission is to work with charitably-minded individuals and organizations to build permanent endowments and other charitable funds and to support local non-profit organizations through effective grant making to address community needs. Since its founding in 1997, the Community Foundation has provided 907 grants totaling more than \$2.8 million to non-profit organizations for the arts; cultural and heritage programs; educational activities; environmental improvements; and for health and human services.

Founded in 1996, Middlesex Habitat for Humanity of CT, Inc. is an independently operated affiliate of Habitat for Humanity International, a non-profit 501(c)3, Christian, ecumenical housing ministry. Our sole mission is to build, renovate or repair simple, decent, affordable houses in partnership with eligible families. Our objective is to eliminate substandard housing in Middlesex County, CT, one house, one family at a time. We seek to make decent housing a matter of conscience and action.

Protect Your Skin from the Sun

As summer approaches, the Department of Public Health reminds the public of the dangers of skin cancer and to protect their skin while enjoying the outdoors. DPH joins the National Council on Skin Cancer Prevention and other health organizations in recognizing the Friday before Memorial Day as "Don't Fry Day" to highlight sun safety.

"As warm weather approaches and more people enjoy the outdoors, the risk for ultraviolet (UV) damage of the skin increases," said DPH Commissioner Dr. Jewel Mullen. "While outside enjoying the nice weather, it is important to take simple steps like putting on sunscreen and wearing protective clothing to protect your skin from the sun's harmful rays. Protecting your skin not only helps prevent skin damage, it also helps prevent skin cancer."

According to federal health officials, skin cancer is the most common form of cancer in the United States and the most common cancer among 20 to 30 year-olds. It's estimated that one American dies every hour from melanoma, the deadliest form of skin cancer. In Connecticut, there were 930 cases of malignant melanoma diagnosed in 2009, and 100 deaths from the disease. State health officials encourage Connecticut residents to protect their skin to help reduce rates of skin cancer from overexposure to the sun's UV rays. Because no single step can fully protect you and your family from overexposure to UV radiation, DPH suggests following the tips below as possible:

- Avoid sun burning, intentional tanning, and using indoor tanning. Use sunless self-tanning products instead.

- Apply sunscreen generously (SPF 15 or higher and containing both UVA and UVB protection is recommended)
- Wear sun-protective clothing, a wide-brimmed hat, and sunglasses
- Seek shade, especially during midday hours
- Use extra caution near water, snow, and sand due to reflection
- Get vitamin D safely through food and vitamin D supplements

Individuals with lighter-toned skin are more susceptible to UV damage, although people of all races and ethnicities can be at risk for skin cancer. Those who have a family history of skin cancer, plenty of moles or freckles, or a history of severe sunburns early in life are at a higher risk of skin cancer. To minimize the harmful effects of excessive and unprotected sun exposure, protection from intense UV radiation should be a life-long practice for everyone. Fortunately, skin cancer can be prevented and is highly curable if found early. The best way to detect skin cancer early is to examine your skin regularly and recognize changes in moles and skin growths.

For more information, visit the National Council on Skin Cancer Prevention website at www.skincancerprevention.org or call (301) 801-4422.

The Connecticut Department of Public Health is the state's leader in public health policy and advocacy with a mission to protect and promote the health and safety of the people of our state. To contact the department, please visit its website at www.ct.gov/dph or call (860) 509-7270.

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