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First Selectman's Corner

Dear Friends and Neighbors:

In my last article, I stated that I'd been very busy! Then the COVID-19 pandemic arrived and things got even busier. I'll discuss the pandemic in more detail momentarily but first I want to start with some news about Town personnel changes.



**Justin
Berwick**



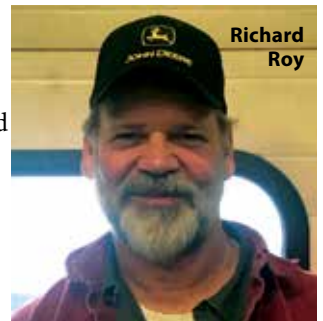
**Jamie
Shugrue**

On April 1, 2020, Justin Berwick became a permanent employee on the Public Works crew. Justin started as a temporary employee twelve months ago, filling a position temporarily vacated by a full time employee. During this past year, Justin improved his existing skills and learned many new ones, becoming proficient operating much of the public works equipment. Additionally, his personality and willingness to learn enabled him to easily integrate into the crew.

On April 1, after 33 years of dedicated service Public Works employee Jamie Shugrue retired. Among Jamie's multitude of skills was his expertise in running the road grader. So, after a week of "retirement," Jamie agreed to assist the Town for a few months by continuing to run the grader as the crew works to complete the repairs to our gravel roads damaged by the floods of September 2018. He will be training other operators on the road grader so that his retirement can continue, unimpeded.



Robert Smith
First Selectman



**Richard
Roy**

On October 31, 2019, after 25 years of dedicated service, Rick Roy retired as the mechanic for Public Works. His position was filled by Steve Pietruszka in January 2020. Steve is doing a terrific job. We thank Rick for his long service to our Town.
continued on page 5



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COVER PHOTO

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First Selectman... continued from page 3

In January of this year, we started to hear about a new coronavirus infecting the citizens of Wuhan, China. And now, less than three months later, we are combating a world-wide pandemic right here in our little town of East Haddam. The impact to the town, state and nation has been unbelievable. Our normal means of greeting, meeting and socializing in general, has been profoundly changed. We have been asked to stay home, frequently wash our hands, practice social distancing and wear a mask when out in public spaces. It feels strange, frightening and frustrating. But we must remain vigilant in our efforts to mitigate the impact of this pandemic in our community, despite the challenges.

On March 18 we closed the Town offices at the Municipal Office Complex to protect the staff and to enable us to keep many of the Town operations running. Right now no Town employees are sick. Because of that we have been able to issue building permits, conduct building inspections, record births and deaths and issue wedding licenses, among many other things. Health inspections are being done by the Chatham Health District staff. Many Park and Recreation programs are cancelled but some are still going on remotely. The Senior Center continues to distribute sustaining nourishment to our seniors while keeping them safe. The Food Bank has been getting tremendous support from the Town's corps of volunteers, so that the food can still be safely distributed. The Libraries are closed but folks are availing themselves of the online

services. It's a new way of living and governing. I know we miss the old normal but we are sticking to rules in the "new normal" and it is making a difference in keeping the virus in check in East Haddam.

By the time you read this, the budget will have been passed, not by the citizens, but by the vote of the Board of Finance. In light of the financial and social impact on the Town, the goal was a zero mill increase. Was this the way the Board of Selectmen, Board of Education or the Board of Finance wanted to pass a budget? NO! We wanted a referendum, as is normally done to pass the budget. But the Governor's Executive Order mandated it be done this way in order to avoid any transmission of COVID-19. Every citizen needs to know that the members on these three Boards wanted your input and that they did what was required to address the needs of the Town while also recognizing the impact of COVID-19.

Other unfortunate changes for this spring and summer will be the cancelling of many of the events we have all come to enjoy. The Memorial Day Parade is cancelled. Numerous other events will probably follow suit. Please go to the Town's website at: www.easthaddam.org for all of the latest information. Even though certain activities will be missed, our state parks and open space properties remain open. We have miles and miles of hiking trails, continued on page 6

Publisher's Note

As of press time, our country is still in the midst of the COVID-19 pandemic. These are, indeed, difficult times for all. Included in this issue of East Haddam Events Magazines is information regarding various programs and activities that span the upcoming quarter. Given the circumstances, some dates and times are subject to change.

Please check with the applicable organizations for any potential changes and/or cancellations.

We hope that the situation resolves as quickly as possible and that we can all get back to some sense of normalcy!

Please also take note of our The Last Word feature (on page 22). The array of pictures celebrates the strength of our community as we persevere through hard times.

Thank you to all!

We are pleased to be able to continue to provide you with East Haddam Events Magazines. Please stay safe and healthy. We look forward to celebrating better times ahead!

William McMinn,
Essex Printing and Events Magazines



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First Selectman... continued from page 5

challenging hills for a great hiking or biking workout and some terrific places to fish. As long as the appropriate social distancing is maintained, these activities are still available.

NOW, TO THE UNITED STATES CENSUS

If you haven't completed your U.S. Census form, please DO SO. Not only is it the law but completing the census is also how the number of Connecticut's delegates to the United States House of Representatives is determined. And just as importantly, it is how the amount of federal taxes get redistributed to the State and East Haddam.

In closing, I want to thank all our Town staff who continue coming to work in order to keep the Town's business running. I also wish to thank all of our volunteers and the essential workers who have provided services during this difficult time. Thank you to EMT's, firefighters, CNAs, nurses, doctors and thank you to the less obvious workers such as the restaurant employees, cleaning staff and service technicians, postal workers, pharmacists, delivery folks and all the other workers, employees and employees who continue to try to keep life as normal as is possible. Take a moment and thank these folks when you see them.

As we continue to navigate the uncharted waters of COVID-19, I want to assure the community that the Town administration is doing all we can to maintain the health and safety of our residents and businesses.

Rob Smith, First Selectman

Memorial Day Parade

The Coronavirus Disease 2019 (COVID-19) pandemic has brought many changes to our lives in recent months and it has impacted many of the pleasures we enjoy daily.

It is with great sadness that we are informing the public that the Town has made the decision to cancel the Memorial Day Parade and Services for this year. Should the COVID-19 situation improve before Memorial Day we will provide revised plans to the public via the East Haddam News and the Town website.

We encourage everyone to put out their flags in honor of Memorial Day.
If you have any questions, please call the Selectmen's Office at: 860-873-5021.

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Homeowner's Tax Credit Program

Due to the growing concerns over the spread of the COVID-19 virus, Governor Lamont has issued Executive Order No. 7S which suspends the requirement for homeowners who are already on the homeowners' tax credit program to come in and reapply this year. They will automatically get the same credit that they received last year. First time applicants must submit proof of income by May 15th, 2020. This includes the 2019 1099 Social Security statement, income tax return, or any other income for 2019. The documents can be mailed, faxed, emailed or dropped in the tax collector's drop box by the Municipal Office Complex front entrance.

Tax Collector

The Tax Office is busy preparing for the mailing of the 2019 Grand List tax bills. All bills will be in the mail June 30, 2020 with a due date of July 1, 2020, payable by October 1, 2020 without interest.

Payments by mail must be postmarked by October 1, 2020 to avoid interest. Due to the COVID-19 pandemic Governor Lamont has issued Executive Order 7S allowing municipalities to defer taxes due by three (3) months, resulting in the due date of October 1, 2020. A reminder bill will NOT be sent.

If you still owe taxes on the 2018 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. This is an additional charge.

Tax payments may be made in person, by mail or online.

OFFICE HOURS ARE

Monday, Wednesday, Thursday 9:00 am - 4:00 pm

Tuesday 9:00 am - 7:00 pm and Friday 9:00 am - 12:00 pm Noon

There is a secure lock box located to the right of the main entrance, which is available during non-business hours. Our online payment service, Point and Pay, is available to all taxpayers who wish to pay tax bills by e-check, credit or debit. **There is fee of 2.50% on credit cards and \$3.50 for debit card transactions. The fee for an e-check is \$2.00 per transaction.** Address: 1 Plains Road, P.O. Box 403, Moodus, CT 06469

To pay or inquire taxes online, go to easthaddam.org and click the link "Look Up & Pay Tax Bills."

This office is for the collection of taxes only. Any adjustments to your bill must be made by the Assessor. Please email the Assessor at: assessor@easthaddam.org or phone: 860-873-5026

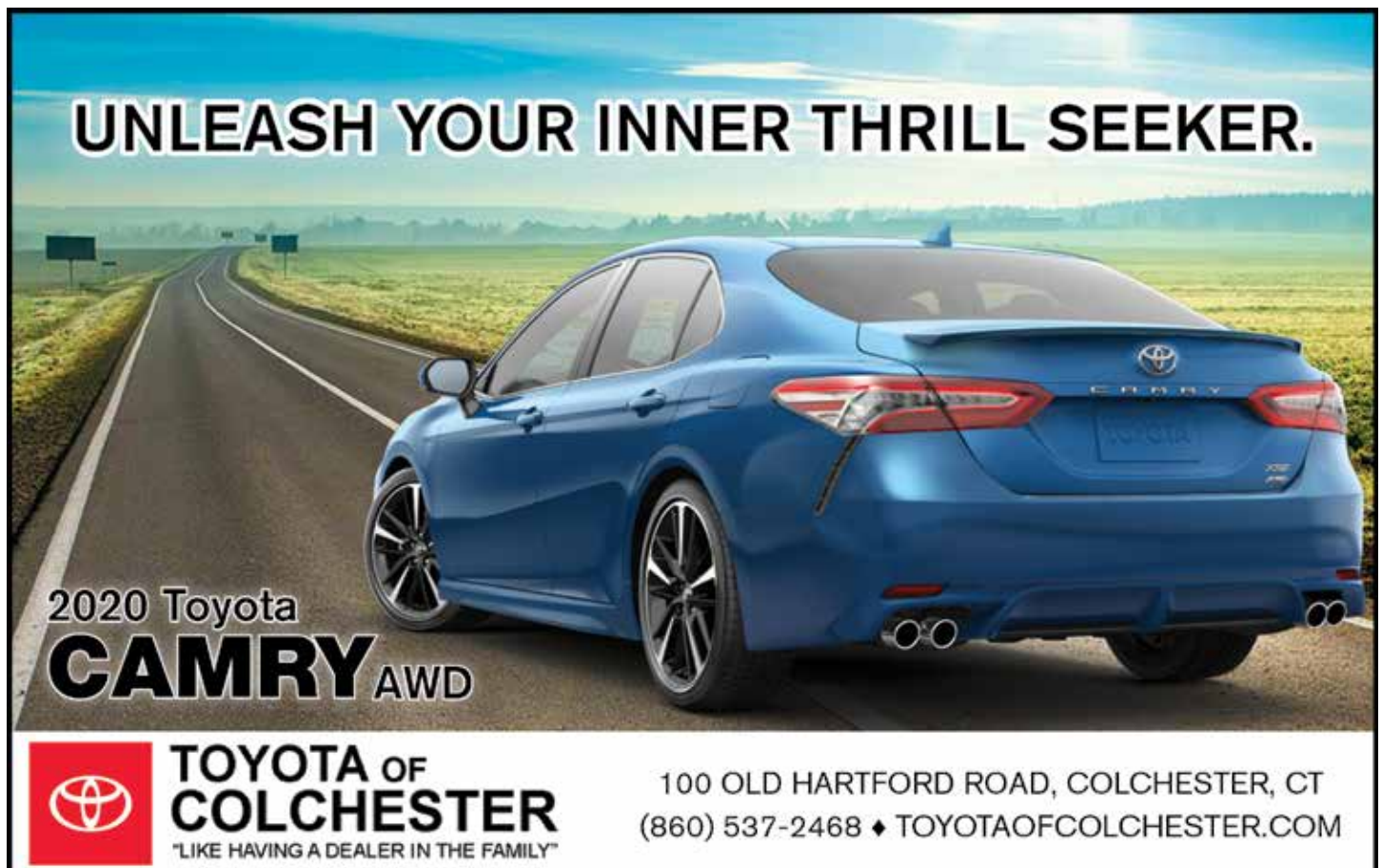
The Tax Office may be reached at: 860-873-5033 or email at: tax_collector@easthaddam.org.

Denise Dill, CCMC

Tax Collector

Visit our website at: **www.easthaddam.org**

We hope you will find our website to be a useful tool to find updated information and explore our wonderful community.

A blue 2020 Toyota Camry AWD is shown from a rear three-quarter view, driving on a winding road through a green landscape under a blue sky. The car's rear features, including the taillights, spoiler, and dual exhaust, are clearly visible.

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Town Clerk - Vital History Information

Year	Number of Births	Number of Marriages*	Number of Deaths
1998	102	69	76
1999	104	82	84
2000	115	83	82
2001	85	90	69
2002	113	75	84
2003	119	74	70
2004	105	85	66
2005	97	87	75
2006	94	80	80
2007	79	83	88
2008	85	67	68
2009	77	101	69
2010	74	91	77
2011	64	66	64
2012	65	83	77
2013	69	94	83
2014	80	58	95
2015	80	67	78
2016	56	87	75
2017	65	67	98
2018	81	98	93
2019	61	93	89
2020			

The East Haddam Town Clerk's Office produces the original birth certificate for any birth that occurs within the Town, certified copies of original birth certificates are received in the Clerk's Office when the birth occurred within the State of Connecticut and the mother is a resident of East Haddam.

The East Haddam Town Clerk's Office produces the original marriage certificate for any marriage that occurs within the Town's borders. Certified copies are received when either the bride or groom are a resident of the town; and the marriage occurs within the State of Connecticut.

Original death certificates are received in the East Haddam Town Clerk's Office for any death that is pronounced within the Town's borders. Certified copies are filed with the Town when the decedent is a resident and the death occurred within the State of Connecticut.

**includes civil unions where appropriate.*

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Independence Day - Saturday, July 4

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Town Clerk - Presidential Preference Primary

Connecticut's Presidential Preference Primary has been postponed to coincide with other State Primaries (if necessary) on August 11, 2020. Due to the Covid-19 virus processes are not following normal protocol and are changing daily.

If the primary goes forward, it is anticipated that an absentee ballot application will be forwarded to each voter entitled to receive one from the Secretary of State's Office.

Under NORMAL conditions there are only five acceptable reasons a voter may cast an absentee ballot.

They are indicated below:

- 1 the elector's absence from their town for all of the hours of voting;
- 2 illness or physical disability;
- 3 active service in the US armed forces;
- 4 religious tenets forbid secular activity on Election Day; or
- 5 service as a polling place official in a town other than their own.

It is highly anticipated that these restrictions will be expanded in accordance with social distancing requirements. Please contact the Clerk's Office for clarifications of the rules in place as the Primary date approaches.

Absentee ballots will continue to be a two-step process. The ballot may not be issued until an application for the ballot has been received. The absentee ballot application with an original signature must be on file in order for a ballot to be counted.

The elector must be enrolled in the party in order to vote in that party's primary. A party enrollment change requires 90 days to go into effect. Stay tuned.

Deb Denette,
East Haddam Town Clerk



East Haddam offers visitors the opportunity to explore history, art, and natural beauty in scenic New England. East Haddam inhabits 56.6 square miles of rolling countryside dotted with old farmsteads, lakes, handsome state parks and quaint neighborhoods.

The fortunes of East Haddam have always been tied to the Connecticut River which brought settlers and commerce to the area. Historic homes, old stone walls, post and beam barns and early American buildings are a testament to the early life of our trading and farming town. You are welcome to share the views of our undisturbed woodlands, miles of dirt roads, and numerous pastures. Take time to relax

and enjoy your "get-away" in a location that the Nature Conservancy calls "One of the last great places." Visit our website at: www.easthaddam.org to find detailed information about the many attractions East Haddam has to offer.

Community matters...*now more than ever.*

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East Haddam Libraries

There are many exciting online resources offered by the town library system - including eBooks, Digital Magazines, databases, and online events. For a full listing of what we have available please visit our website: www.EastHaddamLibrarySystem.org. Below is a quick overview of some of our online resources.

EBOOKS & AUDIO BOOKS FROM OVERDRIVE:

You can listen to & read your books on your cellphone or tablet by installing the Libby app and following the prompts. You'll need your library card barcode to register. After you are setup, you will be able to download materials right to your device. Here is a helpful tip - waitlists can be long for new releases or bestsellers.

If you are looking for something to read immediately, try using the Explore option and selecting What's Available, to see everything you can download right away. If there is something you are anxious to read, please email Library Director Michael Gilroy, MGilroy@easthaddamlibrarysystem.org with your requests or recommendations.

DIGITAL MAGAZINES FROM RB DIGITAL:

Free Digital Magazines are available through the RBDigital app. eMagazines are yours to keep with no waitlists, no holds and no loan periods. After you have logged in using your library barcode, you simply choose a magazine and down-load it. There is no limit to how many magazines you can check out. There are 150 titles including HGTV, Rolling Stone, Woman's World, Food Network, The Atlantic, and many, many more. The magazines are in full color, and some even have audio/video enhancements exclusive to the digital edition. RBDigital also has a selection of eBooks & Audio Books that can be borrowed for two weeks.

ONLINE PROGRAMS & EVENTS:

For the foreseeable future, the library will be offering online programs & events. These include book clubs, writing clubs, game nights, wildlife presentations for kids & adults and more. Please check our website for our complete listing.

East Haddam Lions Club

If you or your family require aid or assistance during these difficult times, even just someone to speak with, you may contact any member of the East Haddam

Lions Club or our President Dan Ballek at: easthaddamlions@gmail.com. If you prefer, contact the East Haddam Selectmen's or Youth & Family offices with

whom we are coordinating to best serve our community.

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graduating seniors, Class of 2020, residing in East Haddam is proceeding on schedule. Applications are available from your school's guidance counselor. Contact Lion Zac Jezek with questions at: easthaddam.lions@gmail.com.

We are evaluating our summer calendar and may make adjustments to dates and the events.

At the time this article was written, our summer auction is still scheduled for Saturday, July 11th - but that is likely to change.

Please visit our Facebook Page or our website at: www.EastHaddamLions.com for more information.

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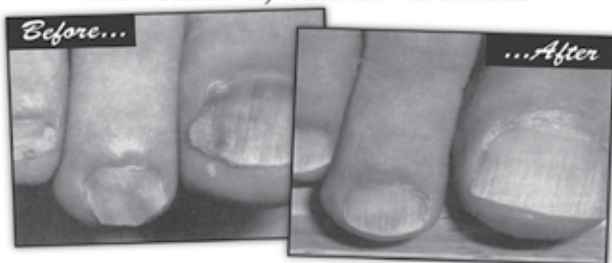
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East Haddam
Youth & Family Services, Inc.

East Haddam Youth & Family Services, Inc.

www.ehyfs.org ~ 860-873-3296 ~ youthandfamily@ehyfs.org

Thank You, Food Bank Volunteers

On behalf of the staff and Board of Directors of EHYFS, the Town of East Haddam and the community we serve, I would like to extend thanks to the group of dedicated volunteers who have been showing up every week to provide community members who have needed food assistance during this unparalleled time with the help they needed.

In particular, I want to recognize the tireless effort of our food bank manager, Lori Olson, who put in many extended hours working closely with EHYFS and town officials to ensure that the safety and well-being of both volunteers and patrons was protected at all times.

Summer Palooza

Mark your calendars!

Our 7th annual community-wide family festival is scheduled for July 18th this year.



As usual, we are inviting local groups, organizations and businesses to join us in offering East Haddam's families a free, fun-filled afternoon of games, food, ice cream, music, bouncy houses and more.

While we cannot be sure, we are hopeful that this event will come at a time when we are able to gather together as a community. Please follow us on facebook for updates.

The last several months have been a challenge for all of us. For the safety and well-being of ourselves and everyone around us, we have been forced to remain separate from one another and from the activities, services and gatherings that help to sustain us.

During this unprecedented time, the staff of EHYFS has worked to offer our community a variety of activities and information intended to inform, support, entertain and provide needed services to our youth and families. All of it has had to be done by phone, email, virtual meetings and through social media platforms and our website. Often, we had the active involvement and support of our local businesses, civic organizations and schools.

We have enjoyed and benefited from those collaborations and we thank each group for its participation and contribution.

We hope that families have been able to take advantage of some of the material and found it to be useful, helpful and even enjoyable at times.

East Haddam Local Prevention Council



The East Haddam Local Prevention Council (EHLPC) is an alliance of individuals and groups working together to create a strong, safe and substance free environment for East Haddam youth.

Building that healthy environment takes a collective voice from all parts of our community. We need the insights, skills, and participation of a wide range of local stakeholders to achieve our goals, and building community collaboration is integral to addressing our local needs. By developing opportunities and building positive relationships, we decrease the risk of youth drug and alcohol use.

The East Haddam Local Prevention Council is seeking representatives from our community to volunteer their time in the service of our youth.

What's Happening?

The Connection Between Stress and Substance Use

Mental health and substance use are often very closely related. People may turn to substances to help cope with a variety of mental health issues, and in turn, substance use can negatively impact a person's mental health. To be clear, this isn't only true of people with diagnosed mental illness. In fact, *stress* has been identified as one of the key risk factors increasing the likelihood of substance use initiation, maintenance and relapse.



We all experience stress. According to a 2017 survey by the American Psychological Association, on a stress scale of 1 through 10, Americans average a 4.8. Nearly half of us have laid awake in bed as a result of stress in the past month. A third of survey respondents reported feeling anxious or jittery. Thirty-five percent reported feelings of anger or irritability as a result of stress. With the life disrupting effects of the corona virus, it's likely that many of us have been even more stressed than usual.

Being that we can't entirely escape stress, how do we cope with it? According to the same APA survey, many of us have someone they could turn to for emotional support. About half the people surveyed used exercise as a means to deal with stress. An additional 12% used yoga or meditation. For many people it's getting lost in a hobby that helps them unwind. There are countless ways to address stress without turning to substances that might harm more than they help.

As a coalition, we continue to try to expand our wellness toolkit to ensure community members have the resources they need when they need them. If you haven't seen them yet, check out our Choose Wellness video series, or our pinpoint hiking trail map done in partnership with the East Haddam Conservation Commission.

Both can be found on our social media and our website. These are great starting points to help begin better understanding stress and addressing it in a positive way.



Congratulations Class of 2020!

Graduation is just around the corner! It's an exciting time for our graduating class and their families. The East Haddam Local Prevention Council would like to wish them all the best as they move on to exciting new adventures!

May they continue to live lives that are happy, healthy, successful, and substance abuse free!

Town of East Haddam

1 Plains Road ~ P.O. Box 385 Moodus, CT 06469

Municipal Office Complex

Main Number: 860-873-5020

Fax Numbers: (Finance/Selectmen) 860-873-5025,
(Land Use/Building/Health) 860-873-1565,

(Town Clerk/Assessor/Tax Collector) 860-873-5042

Hours: Monday, Wednesday, Thursday 9:00 am to 4:00 pm,
Tuesday 9:00 am to 7:00 pm, Friday 9:00 am to noon

Selectman's Office

Rob Smith, First Selectman	860-873-5021	admin@easthaddam.org
Linda Zemienieski, Executive Assistant		admin@easthaddam.org

Assessor's Office

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

Building Department

William Thody, Building Official	860-873-5024	building.dept@easthaddam.org
Ruth Ziobron, Administrative Assistant		

Chatham Health District

Sanitarian	860-873-5101	
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Finance Department

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

Land Use Offices

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

Tax Collector's Office

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

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

Public Works Department

fax: 860-873-6014

Town Garage	Hood Lane Hours: Monday through Friday, 7:00 am to 3:30 pm	
Transfer Station	Nichols Road Hours: Monday, Wednesday, Friday 7:00 am to 5:00 pm and Saturday 7:00 am to 4:00 pm	
Elizabeth Lunt, Public Works Director	860-873-5023	pwadmin@easthaddam.org
Steven Hedler, 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	firemarshal@easthaddam.org
Brian Auld, Fire Chief	860-891-8400	firechief@easthaddam.org
Lisa Conroy, Parks & Recreation Director	860-873-5058	parkandrec@easthaddam.org
Michael Olzacki, Animal Control Officer	860-873-5044	animalcontrol@easthaddam.org
Irene Haines, Economic Development Administrator	860-891-8503	edcadmin@easthaddam.org
Craig Mansfield, Emergency Management Director	860-873-5103	ehaddamemgmt@easthaddam.org
Vacant, Director of Operations		

Resident State Trooper - Troop K East Haddam Police

860-465-5400	police@easthaddam.org
860-873-5041	police@easthaddam.org

Probate Court

Jennifer Berkenstock, Judge of Probate	860-295-6239	
Debra Daniels, Clerk		ddaniels@ctprobate.gov

Registrars of Voters

Lucy Salicrup & Martha Hansen	860-873-5029	registrars@easthaddam.org
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Senior Services

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

Food Bank

860-891-8100

Visit our Website at www.easthaddam.org for
more information, including meeting minutes

Parks & Recreation News

It has been a challenging few months as we navigate a new world with the coronavirus. However, we have been happy to think a bit more creatively than usual in order to continue to meet the recreational needs of our residents. We have been busy transitioning to online programs when possible, planning for our traditional summer activities like camps and Music on the River concerts and upgrading our registration system and municipal gym. We are working closely with local officials and town leaders as we hope to offer our summer events in some capacity if and when it is deemed safe to do so.

As of May 1st East Haddam Parks and Recreation has a new software program. Please go to: <https://easthaddamct.myrec.com> and click on the Create New Account link to open your account and gain easier access to program registration. Be sure to add all the members of your household into the account. Don't forget to enter your cell number with the carrier so we can text you with any last-minute changes. Your new household account will provide you with registrations history, financial history and much more. We look forward to enjoying this enhanced registration experience with you.

We are happy to share that we have completed a project that has been years in the planning. All of the basketball hoops in the municipal gym have been replaced. Most of them are now



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All of the basketball hoops in the municipal gym have been replaced.

height adjustable to accommodate younger players. We're looking forward to breaking them in with some pick-up basketball as soon as we can!

We are also proud to share the online programs we have available...with more to come... including **Family Cooking Class with On the Rocks at Fox Hopyard** and their Executive Chef James and Kaydence! Visit our website for details!

My Personal Football (Soccer) Coach App is an interactive, online training platform. On the platform you will be able to access hundreds of drills, sessions, videos, and even his exclusive Dynamic Ball Mastery Program. Additionally, you can interact with coaches from East Haddam who can upload videos, answer questions, and even review your uploaded videos. For a sneak peek go to: <https://mypersonalfootballcoach.com/dynamic-ball-mastery-2/> The cost of this program is \$5.25/player per month and you can cancel whenever you want. However, refunds will not be issued if you have started a new month. If you are interested, please register at: www.easthaddamrec.com.
continued on page 16

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Parks & Recreation... continued from page 15

Our Boot Camp online sessions will focus on exercises and functional movements like push-ups, squats and sit-ups.

Tuesdays and Thursdays, 6:00 pm. We provide a great 60-minute workout that will improve your core strength and balance. Participants have used our class for weight loss and general fitness. Once registered, we will email you a Zoom link that you can use to join the class. .

Gentle Yoga classes are being offered online via Facebook

Live at 6:30 pm on Wednesdays. You will need a Facebook account to participate. Once you are admitted to the private Facebook group, you may access this class at any day/time that is convenient for you. And you will continue to have access to the class so that you can practice as many times as you like until the following Wednesday when a different "Live" class is taught.

Kidscapades Sizzling Science Online: Come fizz, pop, and boom with Sizzling Science! Ages 4-8 years old. Our classes will meet live on Thursdays, May 7, 14, 21, and 28 via Zoom, 3:00 - 3:30 pm, \$30 for 4-week session.

Each week children will discover the fun and fascinating world of science through amazing hands-on experiments, some with an eruption component. Future scientists will be engaged and inspired! The classes will be recorded and available to view at a time that is convenient for you and your family. We will share

the list of materials and link to access class upon registration.

Kickin Kids, Ages 5-6, Fridays, May 15-June 5,
5:30 pm - 6:00 pm, \$32.

Karate techniques incorporated with essential motor skills for 5-6-year-olds. The curriculum includes balance, memory, teamwork, coordination, focus, and other age-specific skills training. Often young children want to do what the big kids do, but don't have the essential motor skills. This class teaches those while building self-esteem and respect for self and others. Class is designed to have a student develop into the more structured karate program that starts at 7 years old.

Dragons, Ages 7-8, Fridays, August 17-May 8,
6:00 pm - 6:30 pm, \$32.

Dynamic karate techniques taught with an emphasis on kicks, punches, blocks, coordination, bullying prevention, and beginning karate weapons training. Situational self-defense will be taught so our youngest can avoid conflict. Class is designed to have a student develop into the more structured karate program that starts at 9 years old. Emphasis on technique and coordination without the patterns of the traditional form of movement.

Please visit our website at: www.easthaddamrec.com for the latest program information and registration.


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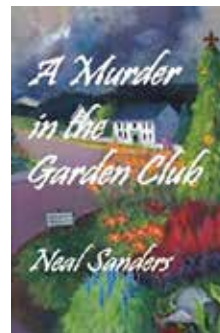
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Garden Club News

Mystery writer Neal Sanders will speak about his mystery series, *Gardening is Murder*, in a program sponsored by the East Haddam Garden Club. Set among New England gardeners and garden clubs, Sanders has created the community of Hardington, Massachusetts, a town where, as many like it, the haves and have-nots show a mutual dedication to their town's curbside appeal.

His first book, *The Garden Club Gang* introduces us to the group of women "of a certain age" who decide that it is time for some excitement in their lives.

The books are also humorous. For example, if four 'women of a certain age' are going to take a giant step outside of their comfort zone and rob the daily gate of a large New England fair (as happens in



The Garden Club Gang,) you can count on a rash of unexpected complications.

The program is scheduled for July 15, 7:00 pm, at the Senior Center and is open to the public.



Lion Deborah Barbi (who led the Premie Hat and Octopus Project) looks over the fruit of many people's loving labors. The items went to the Special Care Nursery of Middlesex Hospital.



East Haddam Community Lions
P.O. Box 328, East Haddam, CT 06423
www.ehcl.org

East Haddam Community Lions gives a thankful shout out to everyone who helped with the premie octopus and hat project (see the winter edition of EVENTS.) 90 hats and 10 octopuses were created and delivered to the Special Care Nursery of Middlesex Hospital (before COVID-19 struck our area.) 12 blankets and 3 pairs of mittens also went along. The director of the unit was very appreciative.

In addition, 20 sweaters and hats were made for older children. Thank you to all who knitted or crocheted and those who contributed materials. Your love and care will benefit many premature babies and older children.

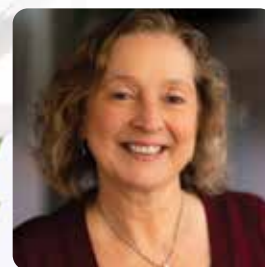
There is an ongoing need in the Special Care Nursery for small blankets and premie octopuses. Community Lions is expecting to have another project for these later in the year.

Community Lions has been providing food for seniors through the senior center. We have also been assisting the Food Bank with volunteers and food.

Two major fundraisers - the April Fools 1/2 Marathon and 5K Race/Walk and the English Tea Party - were canceled due to the Stay at Home order. As a result, financial support for some community organizations has been reduced. But we are pleased to announce that the two scholarships for graduating seniors, who are residents of East Haddam, are fully funded.

Community Lions joins with many others to offer assistance to any in our community who need support during this difficult time. Let us know and we will try to help. Please contact us by email at: info@ehcl.org or by voice or text to first vice-president Richard Gerber at: 860-759-4080.

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Fire Department Awards Dinner

On March 7, 2020 The East Haddam Fire Department held its annual awards dinner at the Moodus American Legion. Chief Brian Auld thanked all personnel, spouses and significant others who continue to support the department as well as:

THE AMERICAN LEGION & THE DEPARTMENT'S SPECIAL EVENTS COMMITTEE:

Lieutenant Nicole Dombroski, Firefighter Amber Marie Tremblay and Firefighter Lauren Billings. All food was provided by former Captain and Commissioner Dan Barry and Firefighter Ed Sikorski.

THE OFFICERS FOR THEIR CONTINUED SUPPORT:

- Deputy Chief Shawn Daigle
- Fire Commissioners Bruce Dutch, Jiffy Spencer and Howie Bogue
- Captain Ray Swol
- Captain Kyle Mosig
- Captain Neil Mosig Jr
- Career Captain John Sarnik
- Lieutenant Jerry Boynton
- Lieutenant Kevin Rutty
- Lieutenant Nicole Dombroski
- Lieutenant Daniel Wallace
- Lieutenant Austin Scrivener
- Career Lieutenant Eric Kolasinski
- Career Lieutenant Ryan Warriner
- Secretary Walter Parkus
- Treasurer Bob Bennett

- The departments auxiliary for their continued support
- Our mutual aid partners
- VinTech Operations Manager Fred Bednarczyk

2019-2020 ACCOMPLISHMENTS

- Responded to 562 calls for service
- 12 new personnel added
- 5 new part-time career staff were added
- Several personnel completed Fire 1 and 2
- The Department is proud to have eight sworn female personnel

CHIEF AULD PRESENTED THE FOLLOWING AWARDS:

Firefighter Justin Potash - 5 years
Firefighter Howie Bogie - 10 years
Fire Police Richard Collis - 40 years

Junior of the Year: Junior Firefighter Tyler Levesque
Fire Police Auxiliary of the Year: Fire Police Joseph Bonola



Clockwise from top left: **Photo 1:** Lieutenant Nicole Dombroski receiving the Firefighter of the Year Award from Chief Auld and Deputy Chief Daigle.

Photo 2: Left to right, Special award presented to Chief Auld, Firefighter Amber Tremblay, Chief Brian Auld, Lieutenant Nicole Dombroski and Firefighter Lauren Billings."

Photo 3: Left to right, Fire Commissioner Jennifer Spencer, Career Firefighter Rob Lenois, Career Lieutenant Ryan Warriner, Chief Brian Auld, Career Captain John Sarnik and Career Lieutenant Eric Kolasinski pose for a group photo.

Most Active Firefighter: Firefighter Joseph Bonola

Chief's Choice Award: Junior Firefighter Nathan Botting,

Fire Police Bruce Dutch, Career Lieutenant Eric Kolasinski

Officer of the Year: Captain Ray Swol

Probie of the Year: Firefighter Amber Tremblay

Life Saving Award: Career Captain John Sarnik, Career Lieutenant

Eric Kolasinski, Career Firefighter Robert Lenois, Fire Police

Jiffy Spencer

Firefighter of the Year: Lieutenant Nicole Dombroski



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East Haddam Stage Company

The East Haddam Stage Company hopes to open a new show, an original comedy, titled *Case Closed!* at Gillette Castle State Park on July 4th, 2020. The production will herald the company's 12th season of live theatre presented at the park. At press time, the park is not open, but we are hoping that the COVID pandemic will have passed and rehearsals will go on as scheduled in mid-June.

The 30-minute shows will run twice daily on Saturdays and Sundays only, July 4th through August 9th at 2:00 pm and again at 3:30 pm, on the outdoor stage near the Castle house. Free and open to all, this family friendly and accessible production will delight young and young-at-heart alike.

Case Closed!, written and directed by Cirque du Soleil consultant Casey Carle, is a comedy based on the most famous murder mystery solutions in the Sherlock Holmes canon. With audience participation and high energy fun, two actors portray Holmes, Watson, and Moriarty, among others... even Mrs. Hudson!



Visit the East Haddam Stage Company website at: www.EHSCO.org
Facebook page: [www.Facebook.com/EastHaddamStageCompany](https://www.facebook.com/EastHaddamStageCompany)
Instagram and Twitter: @EastHaddamStage. You can also contact us at: 860-873-3521 for up to date info.

Kandie Carle,
Producing Artistic Director,
East Haddam Stage Company

The East Haddam Leo Club

WHAT IS A LEO?

Leos are young people who are looking to make a positive impact on their community. Leadership, Experience, Opportunity,

Service - are what the Leos stand for. Any East Haddam resident in grades 7th through 12th are eligible to join. The Leos meet on the first Thursday and third Tues-

day of every month at 7:00 pm. For membership applications, meeting locations (online or in-person,) and how to join - please **continued on page 20**

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Leo Club... continued from page 19

visit the Leo website at: www.EastHaddamLeos.com.

WHY BECOME A LEO?

For the experience. Not only do you get closer to the community, but you also meet new friends and take on new challenges. You can discover if there is a leader inside of you, or express your ideas to help improve our club, and town, in a friendly environment. Becoming a Leo is also an excellent way to earn community service hours, build a resume, and impress colleges. It's a great

way to learn valuable skills while making lifelong friends and connections.

WHAT DO LEOS DO?

The Leo Club works toward making East Haddam a better place through community service projects and fundraisers. 100% of funds raised are donated to various organizations in East Haddam - including the Food Bank, Fuel Bank, Youth & Family Services, Senior Center and more. In the past, Leo activities have included: Christmas Tree Sales, Road Races, the

Annual Pumpkin Walk and many others. In the current climate of Social Distancing, the Leos are reinventing what it means to be teen volunteers. If you want to help your community, enjoy the challenge of finding and creating ways to help people, or are simply looking for a good group of friends and something productive to do - the Leo Club is for you. For more information please email the Leos at: EastHaddamLeos@gmail.com or contact Leo Advisor Michael Gilroy at: GilroyM@gmail.com.

Tips for a Clean & Healthy Lake



LAWN CARE

1. Set mowers to 2.5 to 3 inch cut and MULCH stage to automatically return cut grass and its NATURAL NUTRIENTS to soil.

2. REDUCE USE OF FERTILIZERS to minimize the chance for ALGAE BLOOMS in the water.

3. Pest control - only 5 to 15% of lawn insects are pests. Let them be CONTROLLED by LADY BUGS, TOADS and PRAYING MANTIS.

BOATERS

4. Clean all plant life from your boat before every launch and before leaving launch site. Prevent spreading invasive aquatic plants. Fines for noncompliance! For cleaning techniques visit: ct.gov/deep/boating.

COMING EVENTS

Watch the local news for details of our Music in the Summer picnic and other planned events.

HARVESTER CAMPAIGN

The Eco Harvester is the most effective and environmentally safe method for removing and controlling the invasive aquatic plants that are growing rapidly, threatening swimming, boating and fishing. Please be generous and help to raise the additional funds needed to begin operating the Harvester this summer. \$21,000 is needed to reach our \$100,000 goal.

The Moodus Reservoir Preservation Group, Inc. (MRPG) is a local non-profit, 501(c) 3, community membership organization working to improve and protect the health of Moodus Reservoir. The lake is home to the town's only public beach, two state boat launches and much wild life. Tax Deductible Donations may be made payable to "MRPG", c/o Tim Varriale, Treasurer, 76 Falls Bashan Road, Moodus, CT 06469. To donate online, go to: www.moodusreservoir.org, <https://www.facebook.com/Moodus-Reservoir-Preservation-Group-48874244530491/> or www.paypal.com.

Monthly Meetings: 2nd Tuesday at the East Haddam Sportsmen's Club, 7:00 pm. ALL ARE WELCOME. (Temporarily postponed.)

Open Spaces: There for You in these Challenging Times

Your Conservation Commission sincerely hopes that by the time you read this, the pandemic which has shaken communities like ours to their very roots will have eased its grip, at least a bit, on your lives. When facing a catastrophic situation such as COVID-19, there are many reasons to be glad we live in a kind, neighborly town. But we should also celebrate our good fortune that we have acres and acres of beautiful, accessible public open space, with miles of marked and mapped trails. Just when you need it most, you can take a safe, socially distant walk on the wild side, where sunshine and clean air will raise your spirits and clear your head. Coronavirus cannot slow down the coming of spring, with its wildflowers, vivid green, and migrating birds. When the four walls of your home feel like they're closing in, you have beautiful horizons to explore. Go to our town website, click on Boards, find the Conservation Commission page, and click on trail maps. It's all there for you. In the meantime, please take a quiet moment to read a poem that was written for times just like these.

THE PEACE OF WILD THINGS

By Wendell Berry

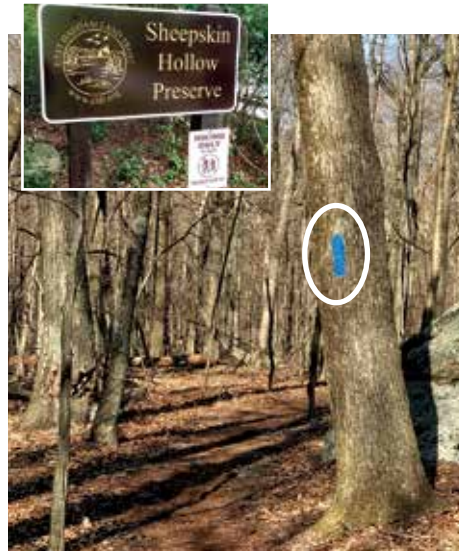
When despair for the world grows in me
and I wake in the night at the least sound
in fear of what my life and my children's lives may be,
I go and lie down where the wood drake
rests in his beauty on the water, and the great heron feeds.
I come into the peace of wild things
who do not tax their lives with forethought
of grief. I come into the presence of still water.
And I feel above me the day-blind stars
waiting with their light. For a time
I rest in the grace of the world, and am free

Tips for Enjoying Land Trust Trail Hikes

East Haddam Land Trust trails are great places for outdoor exercise or some interaction with nature. An hour-long walk surrounded by bird sounds and greenery is good for the soul. To enhance your immersion in the sights, sounds, and smells of nature follow these tips.

Clothing should include appropriate layers for the weather and footwear that provides good traction and protects your feet. Light colored clothing helps you see any ticks picked up along the way and tucking your pants into your socks protects legs from scratches and insect bites. Insect and tick repellents are useful during outdoor warm weather forays. Once returning home, always give yourself and children a full-body tick check.

Keep in mind that Mother Nature is fascinating, but not controllable.



Land Trust preserves, marked by brown signs, exist for your enjoyment. The trails are color-blazed (circled above) and maps can be downloaded at: www.ehlt.org.

With so many dead and dying trees in our area, non-windy days are best for hikes on wooded trails. Whether windy or not,

keep an eye out for dangling tree branches and other potential hazards. If you notice a safety issue such as a tree blocking a trail or a significant washout, contact: info@ehlt.org with the **preserve name** and **trail color** on which you noticed the issue.

If you encounter any of the larger mammals in our region, follow the Connecticut DEEP Wildlife Division's advice. Don't run, stand tall while backing away slowly, make lots of noise and respect that you are a visitor in their home territory.

Safeguard flora and fauna by staying on marked trails and removing your trash. Your footsteps may harm beneficial plants and wildlife living on the forest floor and creatures are often harmed when mistaking trash for food.

And remember, an hour-long walk surrounded by nature is good for the soul.

Harvest House is Ready

The goal of Harvest House has always been to create a sense of community for our patrons and for our sponsors. It is not always obvious when Harvest House is in operation. Everyone is so occupied with the activities of the day. But when Harvest House is closed, everyone feels the sense of loss. As the Harvest House Coordinator, I have received calls and texts from patrons and dinner sponsors saying how much they miss the program and they are awaiting the time when Harvest House reopens. When that signal is given, Harvest House will be ready to begin offering Sunday dinners. There are sponsors ready to offer dinners on Sundays through 2020. All of the sponsors have indicated that they are committed to preparing and serving a wonderful Sunday dinner. And we know that the sense of community will return as well as the delightful conversation.

Harvest House began as a community service project of St. Stephen's Episcopal Church. But it has grown beyond that original mission and become a community wide service offering that involves 14 community groups and organizations as well as eight individuals and families. These are the groups and people that return to host a Harvest House dinner year after year. They are the ones who make East Haddam such a wonderful place to live.

The present crisis will pass and when it is determined that the time to resume a more normal lifestyle can begin, Harvest House will be there.

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We are thankful for the health of our families, the health of our Shagbark community, the health of our town, our state and our Country!

We are especially grateful for the doctors, nurses and health care workers who risk themselves daily for our safety.

- And to all who are deemed essential please

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