

# Haddam



# Events

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Volume 6 • Quarter 2 • 2013



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## First Selectman's Corner

At the risk of losing votes from those who are overly superstitious, this last winter storm resulted in the fifth time I had to open the town Emergency Operations Center during my tenure as First Selectman to date. I think that it was wonderful that we were prepared, but honestly, enough is enough! Now, as I cautiously look past the residual mountains of spent snow at the emerging growth as it struggles to proclaim a new season, I am so grateful for daylight savings time.

Unfortunately, the funny thing about daylight savings time is that all too often it really doesn't seem to save any real time; it just moves the agenda around a bit. I think we like to consider the extra hour as an extension to the day, but in reality, we frequently either lose it in a change in our sleep habits or in an extra hour of work and daily chores. With our society being what it is, however, the extra hour of daylight has become an important if not vital asset to our recreational opportunities and needs, and that's a good thing. What is not a good thing is waste, so most of us, tired or overworked as we may be, try very hard to squeeze the last drop of sunlight that we can out of the day.

I say most of us, but in reality, the numbers are dwindling. The pressure of our economy, over-committed work schedules, and the absence of new ideas in other than structured recreational events and programs leaves a wide gap of underutilized saved

daylight, which unfortunately gets eaten up by sitting in front of a computer screen asking unimportant questions from a billion bit storehouse of information, or by tapping texts on an overused smart phone that wouldn't be so smart if we all decided to talk to each other for a change.

We, as town administrators, try very hard to provide as many opportunities for leisure time as we can, but in reality, we can only do so much. We can expand the trail routes, open the parks, enhance the sports programs, sponsor tourism activities, and encourage our recreational authority to be as encompassing as it can be to facilitate a wide swath of our residential community, but in the end, it's the old story... "You can lead a horse to water."...and when the horse doesn't drink, it becomes very frustrating; watering holes are expensive these days. Now don't get me wrong, in Haddam we have a very strong, positive participation in almost all our organized sports and recreation programs, and we have great directors, managers, boards and committees.



Paul DeStephano

*Continued on page 2*

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Resident May Gaudio with Allie Jiane, R.N.

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

They maximize the opportunities as best as they can, hold fund raisers and budget their needs very well... and they work their tails off to be as inclusive as possible... but yet, as I write to you, I can assure you that somewhere in a dimmed bedroom or parlor, someone is wasting healthy time by peering at a computer screen, dozing off to the sounds of an old cops and robbers re-run, or pounding out a text message just to keep busy. To me, the scariest part of that assurance is that someone just might be a pre-teen who is trying to sort out his or her identity in a very frightening world, an unemployed father or mother who is the sole support mechanism to a young family, or an elderly senior who is trying to cope in a runaway society that shouts a message that anyone over sixty-five is either useless or a burden on society. It is not the recreational structure that concerns me, it is the manner in which it is being perceived by some of those that are out of the mainstream.

Okay, so the fast answer is to identify those people, work with them to take part in established programs....or....pray to the budget gods to create new programs to facilitate their needs or interests. I wish that it was really that easy. There is always room for new programs, adventurous enterprises that can lead to a better quality of leisure time life, even trendy gimmicks to lure the overweight or lazy from their couches, but in the end, it will all be short lasting and fruitless if the underlying causes of resistance and indifference cannot be conquered.

We are really fortunate here in Haddam; we communicate. Over the past few years, we have pulled ourselves up by our boot strings, stopped pointing fingers at those with opposing views, and collectively pitched in to provide an inclusive atmosphere to raise our families and care for those we love. The communication I speak of is not a formal jousting of ideas or opinions, though the nature of our government provides us with that alternative, but rather it is a subtle understanding that by honestly identifying our mutual problems and needs, we can evolve to a place where reasonable alternatives can be reached.

So then, what are a few reasonable alternatives to maximizing the daylight hours of our lives so that when darkness falls we can truly say that we have done everything we wanted to do in a manner that makes us feel healthy and complete?

I think first we need to look inward and ask ourselves why this little hamlet called Haddam is so important to us. After all, we have chosen this unique gem that shines on two shores as our home, the place where all our hopes and dreams begin and end. Some of us have lived here our entire lives and truly understand the history that defines our heritage, while others have migrated here with the hope of finding a missing piece in our lives. Some are settled and comfortable, while others are frozen in circumstance, yet still others continue to roam in their hearts without conviction enough to toss in the towel while so much hope still prevails on the horizon.

*Continued on next page*



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## Haddam Shad Museum

The Haddam Shad Museum will be open on Sundays from 10 a.m. to 3 p.m. through June 9th. The museum, the only one of it's kind in the United States, displays the history of shad fishing on the Connecticut River since colonial days.

We will be glad to open it by appointment at other times for any groups interested. The museum directors are familiar with both commercial and sport shad fishing.

The museum is located at 212 Saybrook Road behind the American Oil Gas Station in Higganum.  
 For information call 860-267-0388.

Dr. Joseph Zaiantz

*Selectman's Corner ... continued from page 2*

Regardless of the cause or reason, we are all united in a brotherhood of purpose that causes us to care about each other whether we want to or not, and I suppose, that is as good of a place to start than any other when considering the alternatives for fully appreciating our time here.

Although we would like to think otherwise, the truth is that we have absolutely no control over the outside influences that affect our everyday lives. We can say that we do; we plan and save if we can, and we work hard. We wish... we dream... we even go out of our way to encourage others to do the same, but the self serving interests that try to navigate our lives like pawns on a chess set have really taken their toll on our society, and our lives. Recreation, then, can be an escape, a gate to a place where we don't have to think; no politics, no economic pressures, no family hassles, no peer pressure, no frightening news headlines. An hour or two at a gym punishing a treadmill or struggling with weights generally make us feel better when the workout is over (mercifully in some cases). A hike through the woods can stimulate our minds in addition to our leg muscles. Chasing a golf ball down a fairway keeps us humble. Handling a tennis serve keeps us alert. Almost any physical recreational activity has some redeeming effects, but most are not long lasting in nature unless the activity is repeated frequently, which unfortunately can sometimes turn out to be more work than work itself. Fortunately, for those with less ambitious physical intentions, there are other alternatives for leisure time that can produce long lasting effects, and also fortunately for those folks, plenty of them are available in Haddam.

Consider for a moment that life as we know it is basically three dimensional; to one degree or another, we all strive to achieve a level of wholeness in our body, mind, and spirit. If this concept is easily defined by the occupations we choose, then why isn't it as easily recognizable in the choices we make for our leisure time? Well, the answer to that is a topic for another time, but for the purposes of this discussion, let's just say that most of us are the victims of sensory overload and subtle mind control. If we can break the hold these influences have on us then we can indeed truly maximize what we like to call 'free time.' Here are a few examples:

Instead of watching a television show that you have already seen, an hour in our beautiful Brainard Memorial Library may be just what is needed to stimulate the mind after a boring, tedious day on the road.

Instead of forcing yourself to read the morning paper twice, think about driving down to Eagle Landing to breathe in the beauty of the Connecticut River.....bring binoculars.

Instead of running in place on a basement treadmill, get out in the sunlight and take a brisk walk through Haddam's magnificent historical district.

We probably have a dozen churches in Haddam; pick one out, visit when it's quiet or empty, sit in a pew and listen to your mind rather than having that beer with a once-and-a-while friend and listening to him complain about his day.

Our Farmers Market has the best produce and vegetables in

the area. Instead of sitting at a bar with a burger and a beer, pick up some good stuff at the market, get creative and prepare a meal....call a friend who likes wine.

When you've had it up to your gills with traffic and noise, find one of Haddam's numerous trails, either join a group or go solo, and enjoy the best natural scenery in the county. It's a lot better than being cooped up in the house talking on the phone.

Volunteer instead of wasting two hours at the mall shopping for merchandise that you know you don't need. It's a lot more fulfilling, and a lot cheaper.

Go to a town meeting and share your thoughts and opinions openly; it's much better than watching others on the public access channels.

For many, this particular long uncomfortable winter has taken its toll on our psyche and body. I hope this writing helps some to think about a few creative ways to shake off the cobwebs and jump start a truly healthy and fulfilling Spring. As for me, I have my mind set on the beginning of the Haddam Little League season; can't wait to see the citizens of tomorrow experiencing the support and dedication of a network of caring adults as they forge their way into what we all hope will be productive and happy lives; just watching a couple of innings regenerates my energy and reminds me of the reason why I have chosen to try to help make Haddam a place where these young hopefuls can proudly call home.

*Paul DeStefano, First Selectman*



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## *Haddam Little League*

**Minor League Baseball Spring Training Day**

Saturday, April 13th - 9:00 am

Great Hill Athletic Complex

**2013 Spring Season Opening Days**

at Great Hill Athletic Complex:

April 20th - 9:00 am

Major League Baseball & Softball

**Saturday, April 20th - 1:00 pm**

Minor League Baseball & Softball

Sunday, April 21st - 9:00 am

Tee-Ball

**Sunday, April 21st - 1:00 pm**

Instructional Baseball & Softball

All team and individual photos will be taken on opening day. Times and dates are subject to change due to inclement weather.

**Softball Clinic with HKHS Softball**

**Coach Jeff Talbott**

Sunday April 28th - Time To Be Announced

HKHS Field House

Open to all Haddam Major and Minor League Softball players.

See the Haddam Little League website [haddamlittleleague.org](http://haddamlittleleague.org) for more information.

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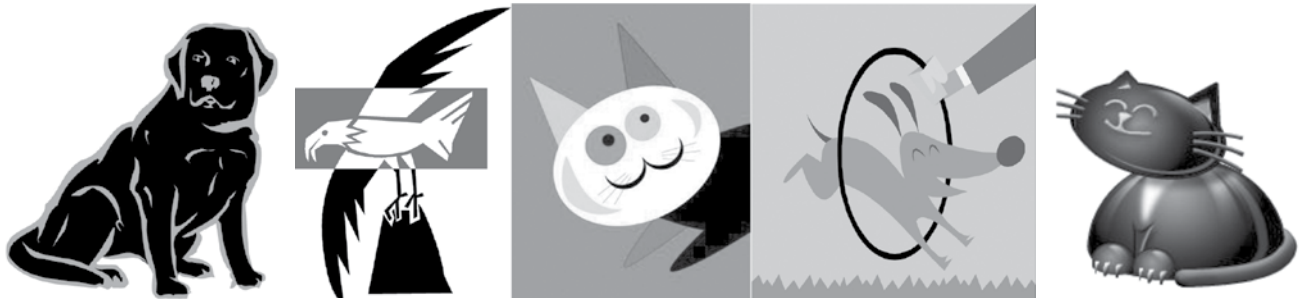
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The Higganum Veterinary Clinic presents

## ***FEATHERS and FUR***

A pet expo to benefit local animal rescue organizations  
and wildlife rehabilitation facilities.

Sunday April 21 / 10:00 a.m to 2 p.m.



### ***“Ten Feet for Ten Dollars Tag Sale”***

Sign up for your spot at our tag sale. The money from the sale of space  
will be evenly divided between the rescue groups.

10:00 a.m. Obedience Demonstration by Lil Clark

11:00 a.m. Agility Demonstration by Lil Clark

12:00 noon Raptor Demonstration by Grace Krick of A Place Called Hope

1:00 p.m. Pet First Aid Demo by the Staff of H.V.C.

\$10.00 Pedicures Available

There will be adoptable cats from C.A.T.A.L.E.S. in Middletown  
and adoptable dogs from LABS 4 Rescue in Killingworth.  
The expo is being held outside at the Higganum Veterinary Clinic.

**92 Saybrook Road, Higganum, CT 06441**

For information and to reserve tag sale space please call

# **860-345-3366**

# Events

MAGAZINES



## Haddam Events

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## Haddam Volunteer Ambulance Service

### Working in the Community

Members of the Haddam Volunteer Ambulance Service, Inc., (HVAS), work with a number of organizations within our Town. Recently, some of our medical volunteers participated at a medical career day, held at Valley Bible Church, located on Turkey Hill Road. The purpose of this event, which was sponsored by Haddam's local Cub Scout pack, was to showcase various careers in the medical field. Volunteers went on site with the ambulance and offered tours of the ambulance, as well as, explaining what an EMT does. Those in attendance had many questions for our volunteers, who also explained and demonstrated various types of equipment. For example, do you know what a sphygmomanometer is? (Answer at the end of the article).

HVAS volunteers have also worked to prepare a group of Webelos Scouts for their Readyman Activity Badge and plans are in the making for upcoming visits to Haddam Cooperative Nursery School and Haddam Elementary School as well. If you are interested in having HVAS provide information to your organization please let us know.

We at The Haddam Volunteer Ambulance Service, Inc., are you're "Friends for Life" and we are always looking for volunteers interested in serving the residents of our Town. For additional information, please contact us at (860) 345-2500 or visit us at our website at [www.haddamambulance.org](http://www.haddamambulance.org).

In case you were wondering, another name for a sphygmomanometer is blood pressure meter, or BP cuff.

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at

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## *Brainerd Memorial Library*

### **Sixth Annual Brainerd Library Taste of Haddam**

The Brainerd Memorial Library will hold its sixth annual Taste of Haddam on Saturday April 27 from 6:00 pm - 9:00 pm. So once again come and experience a great evening of food and wine, a silent auction, local restaurants offering samples of their fare, and local liquor stores offering wine tastings. Other beverages will be available. Donations are \$25.00 per person if purchased in advance and \$30.00 if purchased at the door. If there are any local businesses that would like to participate they can call Bruce Ricker at 860 345-8450 or Cindy Muhlbach at the library 860 345-2204. Stop by the library for more information or to purchase tickets. Proceeds will benefit programs at the library.

### **Looking for Legos**

Do you have some Legos sitting in your basement needing a new home? We are in the process of starting a Legos play group and would love to have them at the library. Please consider donating them. Give us a call at 860-345-2204.

### **Upcoming Displays at the Library**

The following will be in our display case located at the front entrance of the library:

#### **APRIL**

Display of silent auction items pertaining to the 5th Annual Taste of Haddam.

#### **MAY**

Display of southwestern pottery belonging to Barbara Gish of Haddam.

#### **JULY**

Display of victorian women's collection of hats, gloves, purses, and more belonging to Serene Steele of Haddam.

#### **AUGUST**

Display for the Haddam Neck Fair done by Sue Olsen from Haddam Neck. She will set up a fair scene using little toy animals, trucks, tractors and more.

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## *HKHS Project Graduation*

Project Graduation is a non-profit, volunteer group that has been in existence for 24 years. Our mission is to provide Haddam-Killingworth High School's Senior Class an all-night, substance- and alcohol-free, activity-packed graduation party on the night of graduation. High school graduation night typically has one of the highest rates of alcohol and substance-related accidents nationwide. Over the past twenty-four years, Project Graduation has hosted over two thousand Haddam-Killingworth High School graduates and our communities have not experienced a single graduation night tragedy.

Community members volunteer their time to Project Graduation and to our various committees: from fundraising to publicity, entertainment to clean up. These volunteers chaperone, decorate, shop, plan and organize the event. Community members and businesses also donate goods, food items, beverages and funds.

Although both H-KHS and the Board of Education support this event, they do not provide any financing. Our funding comes entirely from fundraising activities and generous donations from our communities.

**The Decorations Committee:** We need volunteers to help make the decorations. You can take a project home to work on for our committee. The Decorations committee meets in the HKHS Art. Room Rm B116. Decorations will be Tues. & Thurs. evenings at 6:30 pm until graduation. If you can help us for 1/2 to 1 hour it would be greatly appreciated. Please contact

KCCallahan@uks.com if you can help. We are also looking for one co-chairperson.

**Chaperones needed:** If you are interested in chaperoning in June, contact Sue Craffey at jcruffey@snet.net or 860-345-3908 or Marianna LaRosa at malarosa@comcast.net.

**Food volunteers:** Please contact Stacey Grimaldi ssgimaldi@comcast.net if you are able to help with food and/or food donations.

**Clean up Volunteers:** Contact Laura Roman at landroman@gmail.com or 860-345-3583 to volunteer.

Please contact Kaycee Blancaflor if you're interested in joining HKHS Project Graduation at KCCallahan@uks.com

Our meetings are the 2nd Tuesday of each month at 7 pm in the Lower Media Center. Please check the HKHS Project Graduation website. The dates for 2013 are as follows: 04/09, 05/14, 06/11. Come and join the fun! You don't have to be a High School parent to join this committee.

HK Project Graduation is continuing with the recycling fundraiser so please look for the green bins in all of RSD 17 schools, Haddam Town Hall Brainerd Library, Killingworth Town Hall, Killingworth transfer station & Killingworth Library. Please consider donating used cell phones, ink jet cartridges, digital cameras, laptops, etc. Any questions, contact Kathy Strom, 860-345-3398 or KSSTROM@aol.com.

Updates will be added to the Project Graduation link on the district website.

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## *Thank You*

In December of 2011, our son Jake was injured while snowboarding. He was wearing a helmet but the blow to his head caused is brain to swell very quickly. He went to multiple hospitals, and four months later, was able to come home. He continues to slowly make progress. Fundraisers and donations to The Jake Shumbo Fund at Liberty Bank have allowed us to keep him going to the therapy that he so desperately needs. We thank everyone from the bottom of our hearts, as does Jake.

Donations can be made to any Liberty Bank in CT. The original account is set up at the Liberty Bank in Moodus - 29 William F. Palmer Road, Moodus, CT 06469.

*Tom, Dawn, Ashley and Jake Shumbo*

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## Land Use Update

The Planning and Zoning Commission has been working hard over the winter to continue to update the Zoning Regulations. Presently, the revisions to the Zoning Code include changes to the Site Plan and Special Permit Sections of the Regulations. Regulations that are clear, concise and that outline a direct process for obtaining local approvals is critical for attracting new business. In addition to the Regulations, the PZC and Town Planner have been investigating ways to develop mixed-income housing. To this end, the Town will be applying for a Home Economic Grant through DECD to review where this type of housing would best fit in Haddam and at what density. Ideally, a mixed-income development would occur in an area where residents could walk to services and take advantage of the 9-town transit bus service. Diverse housing types are needed to retain college grads, young families and empty nesters who want to live in Haddam.

The Land Use Department and Planning and Zoning Commission anticipate several site plans and special permit applications to be submitted in 2013. Most of these will be commercial additions, new businesses and site remodeling.

The Economic Development Commission and the Conservation Commission with the Planning and Zoning Commission are reviewing the 2007 Plan of Conservation and Development. Suggestions from these Commissions will hopefully result in an update insert to the POCD. It is that changes be made to it to keep it fresh and to offer direction to the various elected Commissions that serve the town.

## St. James Church Relay for Life

Come join St. James Church Relay for Life team for a Pulled Pork Dinner on Saturday, 4/13/13 from 5 - 7pm at St. James Parish Hall, 501 Killingworth Road, Higganum. Dinner, desserts & drinks included.

Cost: Adults \$12, Seniors \$8, Children \$5. Children 2 & under free. Take outs Available.

Proceeds to Benefit HK Relay for Life. For more info & tickets, contact Jere Adametz 860-685-0688 or Elaine Jackson 860-345-7755.

## CAT Swim Team finishes Season Strong

Thirty-one swimmers from The Cougar Aquatic Team (CAT) qualified and competed in the 2013 Short Course Age Group Championship held at Wesleyan University on March 7-10, 2013. This highly competitive swim meet consisted of trials in the morning sessions, with the top 18 fastest swimmers in CT returning in the evening for finals. All swimmers had fantastic swims and 20 team records were broken. "The kids had an amazing Age Group meet competing against the best swimmers in Connecticut. CAT raced well, bringing almost all of its swimmers back to finals. We had a couple kids just miss out on the National top 10 ranking. Our older swimmers will be swimming at the Sectional meet in Virginia from March 21st-24th and we look forward to results similar to that of the Age Group meet," said Head Coach Mike Krajewski.



This year CAT had three State Champions. Brooke Perrotta (Killingworth) placed first in the 13/14 year old girls 50 Freestyle (52.63) and Caitlin McNary (Westbrook) placed first in the 200 Freestyle (1:55.08). Jake Gibbons (Higganum) placed first in the 15/18 year old boys 200 Backstroke (1:52.89).

Other A Final finishers (top 9) were: 10 & Under Boys: Christopher Garrelts (Killingworth) in the 200 Freestyle, 500 Freestyle; The 400 Medley Relay team of Kyle Mazziotti (Killingworth), Garrelts, Malone Revis (Higganum), and Adam Anziano (Killingworth).

13/14 Girls: Caitlin McNary (Westbrook) in the 100 Freestyle, 200 Freestyle, 500 Freestyle, 100 Backstroke, 200 Backstroke, 200 IM; Brooke Perrotta (Killingworth) in the 50 Freestyle, 100 Freestyle, 100 Butterfly, 200 Butterfly, 200 IM; The relay team of Cassie Garrelts (Killingworth), McNary, Perrotta, and Caitlin VonFeldt (Killingworth) in the 200 and 400 Medley Relay; Relay team of Kelly Dunn (Litchfield), McNary, Perrotta, VonFeldt in the 200 and 400 Freestyle Relay.

15/18 Girls: Meredith Hird (Waterford) in the 200 IM and 400 IM; Claire Hendershot (Wallingford), Katie Lisitsin (Clinton), and Maggie Purvis (Old Saybrook) in the 100 Backstroke;

Coral McNary (Westbrook) in the 200 Backstroke. 15/18 Boys: John Brodeur (Old Saybrook) in the 50 Freestyle; Matt Dagenais (Middletown) in the 200 Freestyle, 200 Breaststroke; Collin Dunn (Litchfield) in the 100 Breaststroke, 200 Breaststroke; Cameron Garrelts (Killingworth) in the 100 Breaststroke, 400 IM; Jake Gibbons in the 1,650 Freestyle, 200 Backstroke; Garrett Mazziotti (Killingworth) in the 100 Butterfly, 200 Butterfly; Neal Tyson (Haddam) in the 50 Freestyle, 200 IM; James Whaley (Deep River) in the 100 Butterfly, 200 Butterfly; Isaac Waide (East Haddam) in the 1,650 Freestyle.

Nineteen CAT swimmers qualified for the 2013 Speedo Sectional Championship Series Meet being held in Virginia on March 21 -24 at the Christiansburg Aquatic Center. The CAT swimmers traveling to Virginia are John Brodeur, Collin Dunn, Matt Dagenais, Abbey Fusco, Cameron Garrelts, Jake Gibbons, Claire Hendershot, Meredith Hird, Katie Lisitsin, Garrett Mazziotti, Caitlin McNary, Coral McNary, Caius Mergy, Chris Myers, Brooke Perrotta, Maggie Purvis, Mason Revis, Neal Tyson, and James Whaley.

The Cougar Aquatic Team (CAT), founded in 1985, is a recognized USA swim team that practices at the Haddam-Killingworth High School pool. CAT competes at several locations and colleges around Connecticut and New England. Under the sponsorship of the Haddam-Killingworth Recreation Department, CAT provides competitive training programs where individual needs and goals are given careful consideration. Swimmers are grouped based on ability, age, and objectives. Practices are available seven days a week with incorporated dry land training (strength training and exercises outside of the water), as well as periodic specialized clinics. CAT is open to swimmers with the desire and determination to succeed in a sport strongly dominated by outstanding student athletes. For more information go to [www.catswim.com](http://www.catswim.com).



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## Hands-On Innovators

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

*Continued on next page*

# Eddies

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*Innovators ... continued from previous page*

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, water-borne 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 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 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



*Eddie and Carol Lupinek*

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 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. 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. "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** - 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 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*

## *Prescription Drug Discount Program*

The Town of Haddam, through its association with the Connecticut Conference of Municipalities (CCM), the statewide association of towns and cities, is now providing a new prescription discount card that will provide uninsured and underinsured residents steep savings on prescription medicines. Haddam is a member of CCM and this new program is only available to CCM member communities.

In Connecticut, over 10 percent of Connecticut residents, nearly 360,000 people, currently lack health insurance and prescription plans and another 800,000 residents are underinsured. There are over 50 million uninsured individuals living in the United States.

The "Town of Haddam Prescription Drug Discount Card" helps residents save money on their prescription medications any time their prescription is not covered by insurance. This new prescription discount card will provide immediate fiscal relief at the pharmacy counter for uninsured and underinsured residents and offers the following features and benefits:

Anyone can participate regardless of age or income; All prescription medications are covered including pet prescriptions that can be filled at a pharmacy; There is no cost to the municipality or to participating residents; Cost savings average 45%; There are over 63,000 participating pharmacies nationwide, including CVS, Rite-Aid, Walgreens, Wal-Mart, Stop and Shop,

and Big Y, and many independent pharmacies; Discounts are also offered on other medical services including vision, hearing and Lasik services.

"This issue - and CCM's solution - impacts residents across Haddam," said Paul DeStefano, First Selectman of Haddam. "We can now easily ensure that our uninsured and underinsured residents have better prescription coverage."

"CCM is pleased to offer this valuable community service to Haddam," said CCM Executive Director and CEO Jim Finley. "Many families are struggling and even some families with health insurance may not have all their prescriptions covered. This program will help them save money on any medicines not covered by their insurance."

Each residence in Haddam will receive a "Town of Haddam Prescription Discount Card" by direct mail which they may use at any participating retail pharmacy. Cards may be used by all town residents regardless of age, income or existing health coverage. There are no enrollment forms, membership fees, restrictions or limits on frequency of use for residents. Cardholders and their family members are encouraged to use the cards any time their prescriptions are not covered by insurance. Cards will also be printed by visiting [www.CTRxDiscountCard.com](http://www.CTRxDiscountCard.com) and selecting Haddam from the drop-down menu.

## *Haddam Garden Club Spring News*

Members of the club, as well as most everyone else, are impatiently awaiting the first sweet signs of spring. Last November on a chilly, grey fall day, members hopefully planted dozens of daffodil bulbs along the front of the newly renovated Haddam Green and now are eagerly anticipating those first golden harbingers of warmer weather. Other years, members have planted daffodils at the Town Office Building, both elementary schools and at other public buildings around town. Most have survived our unpredictable, and sometimes harsh, Connecticut winters and have provided a much needed touch of spring for us all when they have bloomed each April.

As soon as possible, club members are planning to choose and plant an ornamental tree to further beautify the Haddam Green. Although much time and effort was spent last spring and summer on the green, it takes time to realize the full impact of that effort and our work is not done. Each year, we hope that there will be a marked improvement in the appearance of the Green as the plants continue to grow and mature and future improvements are made to that space.

Club members are also still working on erecting new signs welcoming people to Haddam and directing them to key

places around town and then planning landscaping around the signs as well. Several craftsmen from the Senior Center are working with club members to hand carve a sign with our town symbol, the Connecticut River shad. That work is proceeding on schedule and the sign should be ready to be placed sometime in the spring when town officials and club members agree upon the placement and maintenance.

Another major event that is still in the planning stage, is an upcoming House and Garden Tour to be held in May of 2014. Club members are busy figuring out the wonderful houses and their gardens that will be featured in the upcoming tour. Club members know that they will have to work hard to exceed expectations after their successful tour of 2011. We will not disappoint! We are thinking of naming our 2014 tour, "Haddam's Best Kept Secrets" Keep watch for more information.

The Haddam Garden Club is always looking to welcome new members. If you are interested in joining, please talk to any club member. The club holds monthly meetings September through June, taking the summer off to work in our own gardens! Please watch for more club news in the Haddam Bulletin as well as the local papers.

## Town of Haddam School Budget Referendum

The annual school budget referendum for the Haddam/Killingworth School District #17 will be held on Tuesday, May 7 from 6:00 a.m. to 8:00 p.m. (subject to change). All polling locations will be open for this voting session. Remember, all property owners (who own Haddam taxable property of \$1000 or more) are eligible to vote. \*Curbside voting available for "voters with a disability" Please come out and vote. Visit our website for your voting location. 860-345-0979 / registrar@haddam.org

### Polling locations

#### \*District #001

Haddam Firehouse Community Hall  
439 Saybrook Rd., Higganum

#### \*District #002

Regional School District #17, Central Office  
57 Little City Rd., Higganum

#### \*District #003

Haddam Neck Firehouse  
50 Rock Landing Rd., Haddam Neck

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# Town Clerk's Office

**DOG LICENSE** renewal is due in June. Please come in and register your dog so that you have the current tag. Our Animal Control Officer will be contacting you, if you are delinquent.

Fees: A neutered or spayed dog \$8.00 - An unneutered or unspayed dog \$19.00 Kennel License is \$51.00 - Beginning July 1, a penalty fee will be charged for every month a resident is late in registering a dog. Licenses can be mailed once proof of current rabies vaccination and a spaying/neutered certificate are mailed to the Town Clerk at P.O. Box 87, Haddam, CT 06438, along with your fee, and a self addressed stamped envelope. If you no longer have your dog, please let us know so that we may update our records. If you have any questions or concerns regarding licensing your dog(s) please call or email our office.

**TRANSFER STATION** is located on Route 154, just north of the Haddam Meadows State Park. If you do not have a private trash collection service, trash and recyclables should be brought separated to the Transfer Station. To assure that only Haddam residents use the Transfer Station, a current Haddam sticker must be displayed in order to use the facility. Stickers are good for the fiscal year (July through June) and may be purchased for a \$50 fee from the Town Clerk at the

Town Office building. The operators of the Transfer Station are licensed by the State and will assist residents to assure compliance with the recycling law.

Hours: Wednesday, 8:00 am - 3:45 pm, Saturday, 8:00 am - 3:45 pm, Sunday, 8:00 am- 11:45 am. All Transfer Station permits expire July 1st. To insure that there is a clear understanding of the rules, please read below:

- Permit must be clearly displayed and adhered to the driver's side window shield.
- Registration must be written on the permit itself.
- Any vehicles without a current permit or without a sticker on vehicle will not be allowed to leave its contents at the Transfer Station.
- Loose permit stickers will be required to be applied to the vehicle before dumping or vehicle will be turned away.

In order to purchase a Transfer Station Permit, please come to the Town Clerk's Office and have the following available:

- Proof of residency
  - Automobile registration
  - \$50.00 payment. Cash or Check no Credit or Debit Cards
- Persons may purchase additional stickers for their household with the same information as above.

**CLEAN RECYCLABLES ARE IMPORTANT** - Dirty materials can't be recycled and can attract nuisance insects and animals. Please take care in what you recycle so as not to contaminate the load. *What to Recycle:* Newspapers, magazines & catalogs, cardboard, mixed office paper, food and drink containers, telephone books, leaves, brush, motor oil, antifreeze, tires, scrap metal, Electronics and some bulky waste.

**CONTRACTOR BULKY WASTE VOUCHERS** - You must have a Transfer station permit plus the bulky waste voucher. Bulky waste vouchers are available in the Town Clerk's Office at a cost of \$10/each or a book of 12 for \$100.00 - Limit two loads per day. In order to purchase bulky waste vouchers please come to the Town Clerk's Office and have the following available:


- Proof of residency
- Automobile registration

Transfer Station Permit and voucher payment. Cash or Check no Credit or Debit Cards

**SPORTSMEN** - 2013 SPORTS LICENSES are available. Additional information regarding regulations, permits, conservation education/firearms safety courses are available on line at: <http://www.ct.gov/dep> DEEP reminds anglers age 65 and older that the free resident "lifetime" inland fishing, hunting and trapping licenses for individuals age 65 and older became "annual" licenses effective October 1, 2009. All "age 65 and older" free inland fishing, hunting and trapping licenses obtained since October 1, 2009 must now be renewed annually.

Continued on bottom next page


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## 24th Annual Quilt Show

The 24th annual Quilt Show at the scenic 19th century Haddam Neck Congregational Church will be held on Saturday April 13 and Sunday April 14. The show opens on Saturday at 10:00 am and closes at 5:00 pm, and on Sunday the show opens at 11:00 a.m. and closes at 5:00 pm. Over 130 quilts and quilted items will be on display in the Church and in the adjacent Sunday School building, which was formerly the area's one-room school-house. In the Sunday School building the Tea Room will offer various refreshments, including our famous selection of pies. In addition the Ladies Aid Society will be selling crafts and raffle tickets and a local quilt shop will offer cloth and other quilting supplies.

The quilt show is a fundraiser for the Haddam Neck Congregational Church and proceeds from donation received at the door will benefit the Church Restoration Fund. Suggested donation for adults is \$6.00 and children are welcome. Parking is free and adjacent to the church.

The Haddam Neck Congregational Church is located at 408 Quarry Hill Road in Haddam Neck.

For additional information please call Sue Olsen at 860-267-2848, Frances Dallas at 860-267-4513 or email:nancy.smith@trincollege.edu.

### Town Clerk's Office ... continued from previous page

Additionally, all "age 65 and older" free marine fishing licenses must be renewed annually. Holders of age 65 and older "lifetime" Connecticut inland fishing licenses obtained prior to October 1, 2009 are not required to reregister for a new license. However, should one lose this "lifetime" license, they will need to obtain a free replacement by accessing the licensing system from their home computer, or by visiting a town hall, DEEP office or other anticipating vendor. All individuals with "lifetime" hunting or combination hunting & fishing licenses will need to register themselves in the Automated Licensing System to obtain the appropriate permits and tags along with their unique Conservation ID#. In subsequent license years, this Conservation ID# will be re-used and the free hunting license will need to be selected annually prior to obtaining permits and tags. For assistance in renewing these licenses, contact DEEP Licensing and Revenue at (860) 424-3105.

Office Hours: Monday thru Wednesday 8:30 a.m. to 4:00 p.m. Thursday 8:30am to 6:30pm Friday 8:30am to noon. Phone (860)345-8531 Ann ext.212, Ann R. ext.211. Fax (860) 345-3730. Email: Ann Huffstetler townclerk@haddam.org. Ann Riebold townclerkasst@haddam.org.

*Ann P. Huffstetler, CMC, CCMC, Town Clerk  
Ann D. Riebold, Assistant Town Clerk*

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## A 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](http://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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# Haddam-Killingworth Recreation Department

## Chris Corkum's Baseball Clinic

The Haddam-Killingworth Recreation Department is offering a Baseball Clinic for boys and girls ages 8 - 12 years old on Thursday and Friday, April 18 and 19 from 9:00 - 12:00 p.m. at the HK High School Fieldhouse/Softball Field. The fee is \$67 (non-residents add \$10). The Camp is run by Chris Corkum's Baseball Inc. Participants will have the opportunity to start the season learning proper fundamentals. Program will consist of a series of drills and instructional games which will educate, train, and bring out the best in all ability levels. Throwing, hitting, and team play are the major areas of concentration.

Please call the HK Recreation Dept. at 860-345-8334 for more information or visit [www.hkrec.com](http://www.hkrec.com) to register on-line.

## Gem Mining

The Haddam-Killingworth Recreation Department is offering a new program this spring. Gem Mining will be held on Monday, April 29th (rain date 4/30) from 4:15 - 5:00 pm or 5:00 - 5:45 pm at the HK Old MS courtyard area. The fee is \$28 (non-residents add \$5). Participants will find real gemstones from around the world. Kids will mine for gems and receive their very own book to identify and categorize the gems. Each kid will take home their gems, an ID book, and a gem case. Class will be held outdoors, so please dress appropriately.

Please call the HK Recreation Department at 860-345-8334 or visit [www.hkrec.com](http://www.hkrec.com) to register on-line.

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 Haddam Neck Cong Church .....860-267-4255  
 Haddam Neck Covenant Church .....860-267-2336  
 Higganum Cong. Church .....860-345-4304  
 Higganum United Methodist Church .....860-345-4622  
 St. James Episcopal Church .....860-345-2445  
 St. Peter's Catholic Church .....860-345-8018  
 Valley Bible Church .....860-345-8932

### CLUBS AND ORGANIZATIONS

American Legion Post 75 .....347-9575  
 Haddam Junior Womens Club .....860-345-1002  
 HK Recreation Department .....860-345-8334  
 Middlesex County Community Foundation .....347-0025

### LIBRARIES

Brainerd Memorial Library .....860-345-2204

### MUSEUMS/ATTRACTIONS

Shad Museum .....860-267-0388  
 Thankful Arnold House .....860-345-2500  
 Veterans Museum .....860-345-5105

### POST OFFICES

Haddam Post Office .....860-345-4770  
 Higganum Post Office .....860-345-2703  
 East Hampton Post Office .....860-267-2094

### SCHOOLS

Burr Elementary .....860-345-4584  
 Haddam Co-op Nursery School .....407-230-8749  
 Haddam Elementary .....860-345-4551  
 H-K Middle School .....860-663-1241  
 H-K High School .....860-345-8541

### STATE PARKS

George Dudley Seymour State Park .....860-295-9523  
 Haddam Meadows State Park .....860-424-3000  
 Haddam Island State Park .....860-424-3000

### USEFUL NUMBERS

Consumer Protection .....860-566-2294  
 East Haddam Senior Center .....860-345-2480  
 Superintendent District 17 .....860-345-4534  
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