

# Haddam



# Events

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Volume 7 • Quarter 3 • 2014




# SMARTER CARE NOW HAS A NEW ADDRESS



## Shoreline Medical Center Is Now Open in Westbrook

At twice the size of our previous facility in Essex, our new Shoreline Medical Center in Westbrook offers expanded 24/7 emergency care and outpatient diagnostic services, including a new women's imaging center, a brand new MRI suite, CT, X-Ray, a full service lab and more. Best of all, it's conveniently located right off Exit 65 on I-95. Delivering state-of-the-art care to more of the state—that's *The Smarter Choice for Care*.

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## First Selectman's Corner

So much has happened over the past few months, they went by in a flash. A contentious budget season, an unbelievably successful SolarizeCT campaign, major road repair planning, union renegotiations, meetings with legislators, and helping to save open space property (again) - it's all in a day's work at town hall! Now that the busy budget season is over, I can finally concentrate on some more exciting projects.

As the summer progresses and I see our HK graduates planning their future, we are starting to figure out what our town wants to be when we grow up as well.

### Future Projects

I'd like to thank the Higganum Vision Group for hosting a forum on the Scovil Hoe buildings. The panel discussion and citizen participation was crucial to the future planning of this property and it was a very informative and engaging meeting. The Town will have the chance to acquire the property next spring.

I am excited to work with the DOT, apply for some large grants and state funding to tackle this project and get feedback from residents on what they'd like to do next with these beautiful pieces of our past.

### Task Forces

Both the Haddam and Killingworth Energy Task forces, along with the Clean Energy Finance and Investment Authority (CEFIA), Be-Free Solar and Smart Power, held two informational solar events in May and June. It was astounding to be in a room full of 250+ people who were actively pursuing a positive energy change. I can't wait until we start seeing solar all over Haddam! Our Transfer Station Task Force has also started their work. We will start to educate people about free recycling programs and how we can improve our transfer station and waste disposal budget.



### Kuiaski Estate Preservation

Past HKHS grad, Erin Moriarty, and her mom Tanja, are leading the charge to preserve 43 acres of land on the edge of Higganum that borders the state forest in Durham. The land, which is currently on the market, is full of caves, vernal pools, multiple species of flora and fauna, including salamanders, fairy shrimp, and the rare Netted Fern.

*Continued on page 2*



Resident Pat Darby on her way to town for a shopping trip

**“At The Saybrook at Haddam, I am able to get out often and enjoy my independence.”**

For Pat Darby, life is great at The Saybrook at Haddam, the region's premier assisted living and retirement community. Her days are filled with enjoyable activities and adventures, good friends, great service and wonderful food. Each day there are plenty of activities—including outings to shops, restaurants and cultural events in the Connecticut River Valley.

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– Paige D. –

I want to thank Polito & Quinn and staff for the amazing work. Thank you for being so understanding and caring. I am very happy with your service.  
– Erika S. –

If you need a personal injury lawyer they are the ones to call. If I had a question about anything they would give me the truth and if they didn't have the answer they would get it within days. Everyone in this office cares about the injured as well as family. They were very knowledgeable about all aspects of the wellbeing of my family and they actually made my family feel like a part of theirs.  
– Graham H. –

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Selectman's Corner ... continued from page 1



Tanja Moriarty and her daughter, Erin

I joined them on a beautiful hike they organized two weeks ago. If you want more information on how to save this beautiful property, check out Facebook page "Friends of Kuiaski Estate."

**The EcoTourism Center**

105 Bridge Road is scheduled to be transferred to the new owners sometime in August. We have begun the process of removing the beautiful murals that adorn the walls. Mark Yuknat, owner of the RiverQuest, will be taking them on loan for the new nature center at Eagle Landing State Park.

I'm also in the process of trying to salvage what we can from the building that is scheduled to be torn down: windows, doors, heat pump, etc. Mark and I tried to figure out how to move the building to Eagle Landing but before I called the state; I asked our architect, George Fellner, and he said that unfortunately it wasn't feasible. I will be looking for some volunteers to help us remove the windows, doors and heating system for possible reuse or resale. Email me if you are interested in helping - mschlag@haddam.org.

I hope you all have a great summer, and stop in any time!

Melissa Schlag  
First Selectman, Haddam



The new/old EcoTourism Center has seen better days but the murals are still beautiful and will be kept safe from destruction.



The Kuaiski Hike Gang including State Senator Art Linares, Representative Phil Miller and First Selectman Melissa Schlag.

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# CAT

Founded in 1985, CAT is a recognized USA swim team that practices at the Haddam-Killingworth High School pool and 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. Our team is open to swimmers with the desire and determination to succeed in a sport strongly dominated by outstanding student athletes.

**OUR MISSION** - The mission of the Cougar Aquatic Team is to provide a competitive swimming program to Haddam and Killingworth, and its surrounding towns, that will develop student athletes who are a credit to society. By providing high quality training for age group, senior, and elite swimmers, emphasizing physical, social, and emotional development, the Cougar Aquatic Team is committed to excellence and dedicated to empowering our student athletes to be champions in and out of the water.

For inquiries please email CATSwimLC@gmail.com.

# From the Assessor's Office

Marilyn R. Baumann, CCMail, Assessor  
Tammy Anderson, Assistant Assessor

## IMPORTANT DATES TO REMEMBER

**Active Duty Servicemen** – Active Duty Servicemen, stationed outside of Connecticut, must file a written application yearly by December 31st for the exemption of one passenger motor vehicle garaged out of state. The forms are available in the Assessor's office.

**VETERANS** are reminded to file their Honorable Discharge with the Town Clerk's office on or before September 30, 2014. Those veterans who have already submitted their DD214 need not file again.

**TOTALLY DISABLED AND BLIND** exemption forms must be filed on or before October 1, 2014.

## ADDITIONAL VETERAN'S EXEMPTION

The filing period for Additional Veteran's exemptions is February 1, 2014 to October 1, 2014. The exemptions for income qualifying applicants will be based on the income maximums as follows: the maximum income for single applicants will be \$34,100 and the maximum for married applicants will be \$41,600.

## FARM, FOREST OR OPEN SPACE UNDER PUBLIC ACT 490

New applications for property owners claiming land as Farm or Forest or Open Space must be filed with the Assessor's Office before October 31, 2014. When filing for Forest land the application must be accompanied by the certificate from the Forestry Department. The Forestry department will no longer be responsible to certify parcels as forest land. They will provide a list of state foresters who will recommend to the Assessor's Office the number of acres to be considered as forest land. The Assessor is responsible for certifying land as forest.

**ALL FORMS FOR THE ABOVE PROGRAMS** are available in the Assessor's office and on our web page at [www.haddam.org](http://www.haddam.org).

**TRADE NAME CERTIFICATES** – All new businesses in the Town of Haddam:

According to the Connecticut General State Statutes under section 35-1, no person or persons shall conduct or transact business under any name other than the real name of the person or persons conducting business in the Town of Haddam unless a Trade Name Certificate has been filed in the office of the Town Clerk.

## BUSINESS PERSONAL PROPERTY DECLARATIONS

Personal Property Declarations will be mailed from the Assessor's office sometime during the last two weeks of Sep-

tember. Notice is hereby given to all persons liable to pay Personal Property taxes in the Town of Haddam that they must return to the Assessor's office, on or before the first day of November 2014, their personal property list (declaration). Failure to declare will force the Assessor to apply an arbitrary assessment and a 25% penalty.

The personal property declaration shall include all furniture, fixtures, equipment and machinery of all commercial and industrial businesses; unregistered motor vehicles, snowmobiles, farm machinery and horses. Manufacturing Machinery Exemption Applications must also be filed at this time.

Anyone not receiving a personal property declaration should contact the Assessor's office. Even though a declaration was not received, it does not preclude you from filing.

**\*PLEASE NOTE:** if you do not receive a personal property declaration and you are a resident business in the town of Haddam it is your responsibility according to Connecticut State Statutes to file one. Failure to declare will force the Assessor to apply an arbitrary assessment and a 25% penalty.

If you have received a personal property declaration and will not be conducting any business in Haddam as of October 1, 2014 you must complete the Affidavit on the front page of the declaration and return it to the Assessor's office prior to November 1, 2014. This signed affidavit is mandatory as proof to allow the Assessor to remove you from the Grand List. If the documentation is not received it will force the Assessor to apply an arbitrary assessment and a 25% penalty.

**Commercial Vehicle Exemptions (M-65 MV)** – Certain newly registered (never registered in any state or jurisdiction prior to August 1, 2014, but must be registered in Connecticut on or after that date) commercial trucks, truck tractor and semi-trailers in excess of 26,000 pounds, gross vehicle weight rating, and used exclusively 100% of the time for the interstate or intrastate transportation of freight for hire, may be exempt as outlined in 12-81(74) of the Connecticut General statutes. Guidelines, information and applications are available in the Assessor's office. Please note that the application deadline is November 1, 2014.

If you need any assistance on any of the above deadlines or programs, we would be happy to assist you. Please call our office at 860-345-8531.

# Events

MAGAZINES



HADDAM EVENTS

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## Tax Office & Registrars of Voters

There will be a Primary Election on Tuesday, August 12, 2014. All 3 Polls will be open from 6:00 am until 8:00 pm. Don't forget to register to vote.

### LOCATION OF POLLS

#### District #001:

Haddam Firehouse Community Hall  
 439 Saybrook Rd., Higganum, CT. 06441

#### District #002:

Regional School District #17, Central Office  
 57 Little City Rd., Higganum, CT. 06441

#### District #003:

Haddam Neck Firehouse  
 50 Rock Landing Rd., Haddam Neck, CT. 06424

You may register to vote at the Haddam Registrar of Voters Office or at the Haddam Town Office Building.

The office of the Haddam Registrar of Voters Office is located at: Haddam Firehouse  
 439 Saybrook Rd., Higganum, CT. 06441

*Office hours: Wednesdays 9:00 am - 1:00 pm.*

## Board of Assessment Appeals

*Jo Ann R. Woickelman, Chairperson*  
*Lisa Lawrence, Judy Goldfarb*

In September, the Board of Assessment Appeals will hold hearings to give those of you who disagree with the town's assessment of a motor vehicle an opportunity to challenge the assessment.

### WHEN WILL THE BOARD MEET

Monday, September 15 at 6:00 pm at the old Town Hall, 23 Field Park Road, Haddam.

### HOW TO MAKE AN APPOINTMENT

Call (860-345-8531) or visit the Assessor's office in the Town Office Building, 30 Field Park Drive, Haddam.

### WHAT YOU WILL NEED TO BRING TO THE HEARING

- (1) Your tax bill;
- (2) The motor vehicle for our inspection, if possible;
- (3) If you can't bring the vehicle, bring photos that clearly show the condition of the vehicle;
- (4) Supporting evidence, such as a written estimate of value and/or retail sales price listings for similar vehicles.

### WHAT HAPPENS NEXT

An Action Letter with the Board's decision will be sent to you within 2 weeks of your hearing.



## Town Clerk's Office

Scott R. Brookes, Town Clerk  
Ann D. Riebold, Assistant Town Clerk

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

### TRANSFER STATION

The 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 the 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 Only

Persons may purchase additional stickers for their household with the following information:

Proof of residency.

Automobile registration.

\$50.00 payment. Cash or Check Only

**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.

**SWAP SHOP IS NOW OPEN!**

### SPORTSMEN

2014 SPORTS LICENSES are available. Additional information regarding regulations, permits, conservation education/fire-arms safety courses are available on line at <http://www.deep.state.ct.us>. DEP 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. 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, DEP office or other participating 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#.

*Continued on page 6*

## BALLEK'S GARDEN CENTER



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90 Maple Avenue, East Haddam, CT  
[www.BalleksGardenCenter.com](http://www.BalleksGardenCenter.com)

*Town Clerk ... continued from page 5*

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 DEP Licensing and Revenue at (860) 424-3105.

**MARRIAGE LICENSE INFORMATION**  
STATE OF CONNECTICUT

The Connecticut license must be obtained in the town in which the marriage will take place. You will be asked to show your driver's license, or other form of legal identification. There is no waiting period. The marriage may take place at the time the license is issued. The marriage must take place within 65 days of issuance of the license. The partners do not need to appear at the same time but both must come in and sign the license in person. Cost for a marriage license

is \$30.00. The cost for a certificated copy of the license is \$20.00. Applications are now available on line at Haddam.org - Town Clerk's Office.

**DOG OWNERS REMINDER**

If you have forgotten, please be sure to pay your Dog License fee 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 30 Field Park Drive, Haddam, CT 06438, along with your fee. 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.

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## Brainerd Memorial Library

### ANNUAL ICE CREAM SOCIAL

On Tuesday, August 5th join us at the Brainerd Memorial Library for our annual ice cream social under the tent. This is open to everyone and for all ages. We will start serving adults at 6:15pm and the children immediately following their summer read closing program "Animal Adventures with Nature Nick". Enjoy a dish of ice cream plain or top it with a variety of toppings that will be available. Refreshing on a warm summer night.

### PASSES AVAILABLE AT THE LIBRARY FOR A VARIETY OF MUSEUMS AND ZOOS

Summer vacation time is here. Why not take an excursion courtesy of the Brainerd Memorial Library. We are pleased to offer opportunities for our patrons to visit 19 museum and amusement sites in Connecticut and Rhode Island either free of charge or at a discounted price. You must be over 18 and have a valid library card to check out these passes. This is definitely an opportunity you can't afford to pass up. Passes available include the Connecticut's Old State House in Hartford, Connecticut Science Center in Hartford, The Connecticut River Museum in Essex, Connecticut State Parks and Forests pass, Florence Griswold Museum in Old Lyme, both Mystic Seaport and Aquarium, The Rogers Williams Park Zoo in Providence, Rhode Island and 11 more fun, exciting and educational places to visit.

Call us at 860-345-2204 or come in to the library for more information on the passes, other passes available or to reserve a pass. Making advance reservations, especially weekends, school vacations, and the summer months, are recommended.

### BRAINERD LIBRARY BOOK CLUB

Join us for the Brainerd Library Book Club! Open to all who love to read and talk. This Book Club will meet monthly. Each month a different member will have the opportunity to select the book to be read and discussed. Call 860-345-2204 for more information.

### STAFF AWARD AT THE BRAINERD LIBRARY

The Brainerd Memorial Library is proud to announce that Nancy Hunter, a member of our staff, has won her fourth CLA (Connecticut Library Association) award presented at the CLA conference held April 28, 2014 at the Crowne Plaza Hotel in Cromwell. The Honorable Mention award was for her entry in the category of Print Media - Program Flyer that she created to promote our popular Art of Henna program that was held here at the library last year. The program was for patrons ages 12 and up. Participants learn about this beautiful ancient art and the importance it holds in the cultures that practice its use. Also known as Mendhi, Henna is used to decorate the skin. Our congratulations to Nancy for, as always, a job well done.

### DISPLAYS AT THE LIBRARY

- August 2014** - Haddam Neck Fair display  
by Sue Olsen from Haddam Neck
- September 2014** - Working waterfowl decoys  
by Frank Katkauskas from Higganum
- October 2014** - Vintage camera collection  
by Olivia Drake from Middletown

### VOLUNTEERS NEEDED

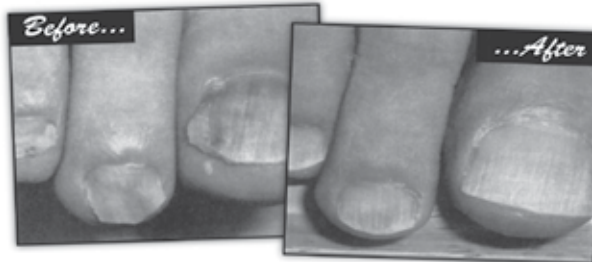
The Board of Trustees is looking for volunteers to work on special fundraising projects for the library. These include our Ice Cream Social on August 5, Touch a Truck on September 20 and the Annual Taste of Haddam on May 2, 2015. Planning for these programs start months before. If you are interested in volunteering to help out with any of these programs, please call Cindy Muhlback at the library at 860-345-2204 for more information.

### Want to Advertise?

Call Erin Colwell at 860.581.0577

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**Haddam: 860-345-3674**

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## Haddam Historical Society

The Haddam Historical Society is a nonprofit, tax-exempt organization founded in 1955. Our mission is “to preserve, collect, interpret and promote the history and heritage of Haddam for present and future generations.”

The Society operates the Thankful Arnold House Museum and the Wilhelmina Ann Arnold Barnhart Memorial Garden in the scenic lower Connecticut River Valley Village of Haddam, Connecticut. Visitors hear the story of the Widow Arnold and that of her daughter and granddaughter. Representative of their time, these three generations of women were head of the household in the home that was built between 1794 and 1810. The house is open year round. The museum is a proud member of the Connecticut Women’s Heritage Trail. Wednesday, 9 am to 3 pm; Thursday, 2 pm to 8 pm; Friday, 12 pm to 3 pm Summer Sundays, 1 pm to 4 pm.

The Society also offers a variety of educational and entertaining programs throughout the year including local history lec-

tures, walking tours, exhibits and hands-on workshops in addition to hosting the Connecticut Spring Antiques Show, one of the nation’s premiere pre-1840 Americana venues. Our School Programs make history come alive by inviting students to experience life in a 19th century home and participate in activities of the community for that period. The Society maintains the house furnishings as well as an extensive collection of items and archives relating to the history of Haddam, Higganum and Haddam Neck. Please feel free to contact us at [contact@haddamhistory.org](mailto:contact@haddamhistory.org).

Haddam Historical Society  
 P.O. Box 97, Haddam, CT 06438  
 Museum is located at  
 14 Hayden Hill Road, Haddam, CT 06438  
 Phone: 860-345-2400  
 Email: [contact@haddamhistory.org](mailto:contact@haddamhistory.org)

## Community Classes at CTMS

*“Education begins at birth” - Dr. Maria Montessori.*

The Children’s Tree Montessori School will be opening a *Toddler and Parent Infant program* this fall for children 6 weeks - 36 months old.

The first three years of life are the most fundamental in the development of human beings and their potential. The infant’s physical development is phenomenal and inspires our care and attention.

The class is set in a Nido, (meaning “nest” in Italian), and each class provides a unique opportunity to engage with your child, as they exercise their independence by exploring a specially prepared environment. Furniture and materials in the room are carefully chosen and designed to aid in the development of movement and coordination, language and cognitive development.

The Community is designed to support parents in the important role as your child’s first teacher. The role of the parent in

this class is to observe, support, and encourage the natural development of your child.

The class is facilitated by an experienced Montessori teacher who serves as a guide and model for parents and children as they explore the environment, offering practical examples of how to follow through with learning experiences at home.

This class will also deepen your understanding of Montessori philosophy and its application in the home setting. Through both interaction and observation, parents and caregivers gain valuable insight regarding their infant’s path of development. The class serves as a forum for parents to share and exchange information with each other. Each week will feature an overview and discussion of a topic pertaining to infant development and whole child parenting.

CTMS is a non-profit 501©(3). We welcome and consider all applications without regard to race, religion, ethnic, or nationality.

- Marci Martindale



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## Fire Auxiliary Elects Officers

Haddam Volunteer Fire Auxiliary members elected the following officers for the 2014-2015 year: Candy Veazie, president; Alice Strasser, vice-president; Bethany Meyer, secretary; and Donna Turnage, treasurer.

The Auxiliary was established in 1966 with the main purpose of aiding our volunteer firefighters. Members provide refreshments during major fires and they give funds periodically to the fire department to purchase items related to firefighting. Town residents, 18 years or older, are welcome to join. Meetings are held on the fourth Monday of the month, from September to June except January, at 7 p.m. at the new firehouse. The next meeting will be on September 22. Members will discuss their 35th Annual Military Whist Card Party to be held on October 28 at the firehouse. They will also make plans for their 4th Annual Holiday Vendor Fundraiser which will be on November 2 at the firehouse. Mark your calendar!

## Haddam Land Trust

Another summer has arrived, to take its' place in the Mobius of seasons. The certainty with which the calender pronounces the date of arrival provides comforting assurance of the immutable passage of time, that this summer is no different than any previous or future. But look closely and one finds that each summer (and spring and fall) varies from the last. This year, we are noticeably short of pollinators: the bees, and wasps and flies that do the yeoman work of plant propogation. The crop of dragonflies as yet lacks abundance and the butterflies are sadly all but missing. This is in sharp contrast to last year when all these transient denizens filled the air above the fields. Was the winter to cold/ wet /long? What about the spring? Are we experiencing a natural cycle? Habitat destruction? Hard to say. My observance of these phenomena is inadequate in scope to have much opinion, but it is likely a bit of each.

I do not despair the death of the Gypsy Moth caterpillars, probably from Bacillus due to the wet spring, but the lack of dragonflies and their ravenous hunger for mosquitos, not to mention their electric colors, instills reflection. All is not lost, the lightning bugs have been spectacular in numbers and display, in sharp contrast to previous years. Nature gives and takes.

What will next year bring, and the year after? I remain vigilant and hopeful that next year will be better, that the cycle of nature will prove unprovoked.

*Bill Cowan- President  
Haddam Land Trust Inc.  
president@hltrust.org*

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## Cancer Relief Fund Walk-a-Thon

Saturday, September 13th from 1:00 pm to 9:00 pm, at the Ethel Peters Recreational Complex, Glenwood Road, in Clinton.

For the sixteenth consecutive year, the Clinton Rotary Club has organized this community-based activity, which over its first fifteen years has raised over \$250,000 to help shoreline cancer victims and their families, who are determined eligible following the submission of an application to the Clinton Rotary Club's Cancer Relief Committee.

Last year, as in the past, thousands of dollars was distributed to assist with expenses not covered by insurance. In addition, the Cancer Relief Fund donated \$5,000.00 to the new Middlesex Hospital Clinic in Westbrook.

All forms are available at: the Walk-a-thon's office, at 50 East Main Street, Clinton on Mondays, Wednesdays and Fridays, from 10:00 am to noon, Shore T.V. and Appliances, 11 East Main St; and Shoreline Insurance Agency, 239 E. Main St. For information call Jim Beardsley at 860-669-7239, or Linda Beavers at 860- 669-9323, or by writing to: Clinton Rotary Cancer Relief Fund, 50 East Main Street, Clinton, CT 06413; or at [www.clintonctrotary.com](http://www.clintonctrotary.com).



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## Summer Programs at HK Recreation

The Haddam-Killingworth Recreation Department is offering many fun and exciting programs this summer. The brochure is posted on [www.hkrec.com](http://www.hkrec.com). On-line registration is available! Visit our website and see how you can set up your household account for easy registration.

### CURIOUS CAMPERS PRE-SCHOOL CAMP

#### PIRATES AND TREASURES

July 28 – Aug. 1st

#### FUN AT THE CARNIVAL

August 4 – 8

### YOUTH / TEEN PROGRAMS

#### HK SUMMER CAMP

Extended Care June 30 – August 8  
weekly sessions

#### KARATE KIDS

Mondays or Wednesdays, July 21 – August 11

#### HORSEBACK RIDING

Mondays or Tuesdays beginning July 28th

#### BABYSITTER'S TRAINING

July 29th and 31st, 5:45 – 8:45 pm

### FAMILY FISHING

August 23rd, 8:00 - 2:00 pm

### SPECIALTY CAMPS

#### INTRODUCTION TO BATON TWIRLING

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#### PLAY-WELL LEGO™

Superhero Engineering August 4 - 8

#### WOODEN STRUCTURES

July 29 – August 1

### SPORTS CAMPS

#### MIDDLESEX FOOTBALL CAMP

July 28 – 31

#### SKYHAWKS TENNIS CAMPS

AM: July 28 – August 1

*Continued on page 12*



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HK Recreation ... continued from page 11

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**UK INTERNATIONAL SOCCER CAMP**  
July 28 - August 1

**SKYHAWKS BEGINNER LACROSSE CAMP**  
August 4 - 8

**SKYHAWKS MULTI-SPORT CAMP**  
for ages 7 - 12 / August 11 – 15

**ACADEMY INTERNATIONAL FIELD HOCKEY CAMP**  
August 18 – 22

**AQUATIC PROGRAMS**

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**ADULT PROGRAMS**

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Mondays until August 4th, 6:45 – 7:45 pm

**AQUA AEROBICS**

Thursdays until August 7th, 6:45 – 7:45 pm

**KIDS' ENTERTAINMENT**

At the HK HS Auditorium at 1:30 pm; \$3 per person  
**Friday, August 1st - Wild About Balloons Show**

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**August 1 - The Nathan Ward Band**

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## MILE

MILE (Middlesex Institute for Lifelong Education) is a program for people 50 and over to attend educational sessions at Middlesex Community College. Fall orientation and registration is September 13th from 1:00 to 3:30 at the College - 100 Training Hill Road, Middletown.

The fee is \$60 and includes both fall and spring sessions. There are 15 weeks of classes (7 in the fall and 8 in the spring). Each session is 2 hours long and ranges from Blue Grass music, to photography, to World Peace, trusts, the cardiovascular system, the Beatles, gardening to attract birds and butterflies.

The brochure will be available at the end of August on our website at [www.mileonline.org](http://www.mileonline.org) or at local libraries and senior centers.

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## Illnesses Caused by Heat

Even short periods of high temperatures can cause serious health problems. During hot weather health emergencies, you can keep informed by listening to local weather and news channels or contact local health departments for health and safety updates. Doing too much on a hot day, spending too much time in the sun or staying too long in an overheated place can cause heat-related illnesses. Know the symptoms of heat disorders and overexposure to the sun, and be ready to give first aid treatment.

### HEAT STROKE

Heat stroke occurs when the body is unable to regulate its temperature. The body's temperature rises rapidly, the sweating mechanism fails, and the body is unable to cool down. Body temperature may rise to 106 F or higher within 10 to 15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not provided.

#### Recognizing Heat Stroke

Warning signs of heat stroke vary but may include the following: An extremely high body temperature (above 103 F, orally), Red, hot and dry skin (no sweating), Rapid, strong pulse, Throbbing headache, Dizziness, Nausea, Confusion or Unconsciousness.

#### What to Do

If you see any of these signs, you may be dealing with a life-

threatening emergency. Have someone call for immediate medical assistance while you begin cooling the victim. Do the following:

Get the victim to a shady area and cool the victim rapidly using whatever methods you can. For example, immerse the victim in a tub of cool water; place the person in a cool shower; spray the victim with cool water from a garden hose; sponge the person with cool water; or if the humidity is low, wrap the victim in a cool, wet sheet and fan him or her vigorously.

Monitor body temperature, and continue cooling efforts until the body temperature drops to 101-102 F. If emergency medical personnel are delayed, call the hospital emergency room for further instructions.

Do not give the victim fluids to drink and get medical assistance as soon as possible.

Sometimes a victim's muscles will begin to twitch uncontrollably as a result of heat stroke. If this happens, keep the victim from injuring himself, but do not place any object in the mouth and do not give fluids. If there is vomiting, make sure the airway remains open by turning the victim on his or her side.

### HEAT EXHAUSTION

Heat exhaustion is a milder form of heat-related illness that can develop after several days of exposure to high temperatures and inadequate or unbalanced replacement of fluids. It is the body's response to an excessive loss of the water and salt contained in sweat. Those most prone to heat exhaustion are elderly people, people with high blood pressure, and people working or exercising in a hot environment.

#### Recognizing Heat Exhaustion

Warning signs of heat exhaustion include the following:

Heavy sweating, Paleness, Muscle cramps, Tiredness, Weakness, Dizziness, Headache, Nausea or vomiting or Fainting.

The skin may be cool and moist. The victim's pulse rate will be fast and weak, and breathing will be fast and shallow. If heat exhaustion is untreated, it may progress to heat stroke.

**Seek medical attention immediately** if any of the following occurs: Symptoms are severe or the victim has heart problems or high blood pressure. Otherwise, help the victim to cool off, and seek medical attention if symptoms worsen or last longer than 1 hour.

#### What to Do

Cooling measures that may be effective include the following: Cool, nonalcoholic beverages, Rest, Cool shower, bath, or sponge bath, An air-conditioned environment, Lightweight clothing.

### HEAT CRAMPS

Heat cramps usually affect people who sweat a lot during strenuous activity. This sweating depletes the body's salt and moisture. The low salt level in the muscles may be the cause of heat cramps. Heat cramps may also be a symptom of heat exhaustion.

#### Recognizing Heat Cramps

Heat cramps are muscle pains or spasms, usually in the abdo-



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men, arms, or legs, that may occur in association with strenuous activity. If you have heart problems or are on a low-sodium diet, get medical attention for heat cramps.

**What to Do**

If medical attention is not necessary, take these steps: Stop all activity, and sit quietly in a cool place, Drink clear juice or a sports beverage. Do not return to strenuous activity for a few hours after the cramps subside, because further exertion may lead to heat exhaustion or heat stroke. Seek medical attention for heat cramps if they do not subside in 1 hour.

**HEAT RASH**

Heat rash is a skin irritation caused by excessive sweating during hot, humid weather. It can occur at any age but is most common in young children.

**Recognizing Heat Rash**


Heat rash looks like a red cluster of pimples or small blisters. It is more likely to occur on the neck and upper chest, in the groin, under the breasts, and in elbow creases.

**What to Do**


The best treatment for heat rash is to provide a cooler, less humid environment. Keep the affected area dry. Dusting powder may be used to increase comfort.

Treating heat rash is simple and usually does not require medical assistance.

[www.ct.gov](http://www.ct.gov)



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## *The Village Parks Society of Haddam - Update*



*Brigitte and Alex Battistoni, and Caden and Brodi Lawrence.*

As you visit the Town Hall this summer, take a good look around. Most of the driveway and grass area leading up to the Town Hall is owned and maintained by The Village Parks Society of Haddam. The Society was founded around 1880 with the purpose of providing "A pleasure ground for the people of Haddam". There are several small parcels around town including the Meeting House Green on Walkley Hill Road. Currently, the largest property maintained is Field Park, an approximate 9 acre parcel located behind the Haddam Town Office Building.

Unfortunately, the park does not get many visitors other than those that live in the immediate area or people walking their dogs. The Society is trying to change that. "We have been doing a lot of work to make the park more user friendly for residents," remarks Scott Brookes, the president of The Village Parks Society of Haddam.

The Society is also working on some exciting programs over the last year. A walking map has been created to identify the historic significance and diversity of some of our older trees. Maps can be found in a weather proof box in the area above the Town Hall. Extensive tree maintenance has been done to help the longevity of these trees and others throughout the park. Because of the many sugar maple trees in the park, this spring we will be tapping them and boiling the sap into maple syrup. Demonstrations will be open to the public.

The park is available for use for all Haddam residents free of charge. Plan a wedding, organize a soccer game or use the picnic tables and the outdoor grills. The goal is to make the park more of a destination for families. Stop by and have a picnic this

summer, take your dog for a walk or just come see the historic trees. Ample parking is available. If you have any questions or suggestions for the park please contact Kristin Battistoni at [Kristin.battistoni@att.net](mailto:Kristin.battistoni@att.net).

*- Kristin Battistoni and Scott Brookes*

### **Haddam Events**

We encourage community organizations, town departments and service clubs to send us your information for consideration for publication in *Haddam Events*.

As always, let us know what you'd like to see and how we can continue to be a source of important information and community involvement for you, the residents of Haddam. Please send us your comments, articles, photos, and other information that you feel is important, to [kathy@eventsmagazines.com](mailto:kathy@eventsmagazines.com). The next deadline for submission is September 26th.

*Thank you,  
The Staff at Events Magazines*



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