

Haddam



Events

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Volume 6 • Quarter 4 • 2013



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First Selectman's Corner

There is something about Autumn that can leave a bitter-sweet aroma in the air. As warm days give into cool evenings, and crisp mornings linger longer in the path of a lazy sun, life transitions itself in preparation for an inevitable evolution. As the memory of a hot summer day swim fades, and the sounds of July fireworks no longer echo in your mind, a scent of anticipation fills the void, and with it comes growth.

Growth is a peculiar phenomenon. I used to think that it was reserved for the young. As I complete my fourth year of serving Haddam as the First Selectman, I know better now. The many years of clawing through a corporate jungle had almost convinced me that the season for positive growth would never see the light of day again. The wounds of survival were too deep, the memory of battle too close, the call of arms too subdued, and the sight of the hill too great, but it was Autumn, and as the awareness of evolution took me by the hand, I took one last look at the past, fortified myself with her lessons, and plunged forward into a world of promise and need.

What I found in the world of Government was the best and the worst of the corporate coin. The basics were pretty much the same. In order to move forward I needed a well defined plan, the tools to implement it, and the leadership to motivate it into action, "heads you win." The nuances of propelling that action, however, were a completely different story. There was no straight line to follow; statutes, charters, consent

orders, studies, commissions, commitments, you name it; the party line seem to say "you just can't get there from here fella, tails, you lose."

I don't know about you, but when I am searching for a solution to a problem and feel like I am almost there, the last thing in the world I want to hear is an old philosophical barnyard phrase like "Rome wasn't built in a day." It's a cop out, an excuse for letting yourself down the old fashioned way; just excuse it. The problem I found in dealing with some of the issues in Haddam that had unfortunately been excused away was that my make-up would not allow me to look the other way, besides, there were no original excuses left. So I learned to deal with the system as quickly as I could, consulted the experts who had already cracked the seams of indifference, isolated the causes and remedies of the issues, and found the right people to propel solutions.

Now don't get me wrong; sometimes the barnyard philosophy was right, but sometimes it wasn't; that's how we got a state of the art transfer station constructed. In thinking back, perhaps I might have been a little compulsive in driving that transfer station project home.



continued on page 2

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Resident Josephine Herman with son Ralph enjoying a special occasion on one of many outdoor patios.

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First Selectman's Corner continued from page 1

You know when people try to avoid you in the halls. Thank God many of those same people felt the same way I did about resolving that long overdue issue. Without that commitment, we probably would have been looking at an overabundance of garbage trucks on the beautiful scenic roads of Haddam for quite some time to come. Thank God that they also share my concern about the health issue affecting some of our Tylerville residents and about the need to drive economic development in the Higganum center.

I have been fortunate to have served Haddam for these past four years. Together, with the openness of the people of Haddam, the diligence of my staff, and the commitment of our commissions and department heads, we have made great strides in vigorously pursuing a better way of life for our town.

We have expanded consumer services, adopted several new procedures to improve efficiency and cash flow, contained operational expenses, completed several infrastructure projects, implemented ethics guided legislation, improved our transit capabilities, created an energy savings program, re-vamped our emergency operations management, broadened our elderly tax relief program, and established a full time animal control unit, and perhaps one of the most rewarding feelings of it all comes from knowing that we did all this within our prescribed budget. Yet, there is still so much that needs to be done.

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From the Assessor's Office

IMPORTANT NOTIFICATIONS

NEW - Changes made to the Town of Haddam Elderly and Disabled Tax Relief Program - at their May 22, 2013 meeting, the Board of Selectmen voted unanimously to increase the "Maximum Qualifying Income" for the Town of Haddam Elderly and Disabled Program from \$50,000 to \$55,000 effective July 1, 2013.

This will commence with the application period of February 1, 2014 to May 15, 2014 for the October 1, 2013 Grand List. All other terms and conditions of the program remain unchanged. If you have any questions please do not hesitate to contact the Assessor's office.

Farm, Forest or Open Space

New applications for property owners claiming land as Farm, Forest or Open Space must be filed with the Assessor's Office before October 31, 2013. Please note that with Forest applications the certificate from the Certified Forester must be submitted to the Assessor's office no later than October 1st.

All forms for the above programs are available in the Assessor's office and on our web page at www.haddam.org.

Quadrennial Reports for Tax Exempt Organizations - Tax Exempt Returns of Charitable and certain other organizations as required by Sections 12-81 and 12-87 of the Connecticut General Statutes and prescribed by the State of Connecticut Office of Policy and Management must be submitted to the Assessor's office on or before November 1.

Personal Property Declarations - Personal Property Declarations were mailed from the Assessor's office in September. 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.

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 2013, 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.

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, 2013 you must complete the Affidavit on the front page of the declaration and return it to the Assessor's office prior to November 1, 2013. 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, 2013, 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, 2013.

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

*Marilyn R. Baumann, CCMAII, Assessor
Tammy Anderson, Assistant Assessor*

Haddam Volunteer Fire Auxiliary Fall Fundraisers

The annual Military Whist Card Party - will be held on Tuesday, October 29, at the new firehouse, 439 Saybrook Road. Doors open at 6:30 p.m., refreshments will be served at 7:00 p.m., and the game will start promptly at 7:30 p.m. Tickets are \$6.00 and \$5.00 for seniors and will be sold at the door on a first-come basis. If more information is needed, you may call Bette at 860-345-4709. Come join us on the 29th.

The 3rd Annual Holiday Vendor Fundraiser - will take place at the new firehouse at 439 Saybrook Road on Sunday, November 3 from noon to 3 pm. Vendors are Tastefully Simple, CT River Candles, Avon, Knives, Kim's Creations, Handmade Gifts From The Heart, Shirley's Stitches, Thirty-One Gifts - to name a few. Proceeds will benefit the Haddam Fuel Bank.

Looking for holiday gifts? Come and enjoy an afternoon of shopping close to home!
For more information, call (860) 345-7755.

Events

MAGAZINES

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Haddam Volunteer Ambulance Service

Mr. Rogers said, "When I was a boy and I would see scary things in the news, my mother would say to me, "Look for the helpers. You will always find people who are helping." To this day, especially in times of "disaster", I remember my mother's words and I am always comforted by realizing that there are still so many helpers - so many caring people in this world.

Would you like to volunteer in your community? Did you know that HVAS offers a ride along program for those interested in learning more about becoming a member of our medical team? The Haddam Volunteer Ambulance Service is also available to offer courses in CPR for interested parties.

Please contact us at (860) 345-2500 or via e-mail at info@haddamambulance.org or visit our website at www.haddamambulance.org to learn more. Thank you for the privilege of serving you.

Haddam Neck Fair

The 102nd Haddam Neck Fair, held over this past Labor Day Weekend was a moderate success in spite of less-than-ideal weather. Like all things agricultural, we get a perfect four days only so often, and over the years have dealt with practically every sort of weather condition except snow.

Thanks to a multi-skilled Board of Directors and a large group of devoted and capable volunteers, the fair ran smoothly even though the population of the fairgrounds during the fair was many times the population of Haddam Neck.

The fact that the attendance was down simply means that next year, after setting aside funds to cover the costs of maintaining the buildings and grounds and meeting the fixed expenses such as insurance and the costs of opening next year's fair, we will have less to spend on improvements. We have three pages of suggestions and ideas for improvements, and we will do what we can afford.

People ask how a community as small as Haddam Neck can put on an event which is rated as a Major Agriculture Fair in Connecticut. The answer is that Haddam Neck retains a sense of Community which is long gone in most places and draws volunteers willing to help, which is very rewarding.

The original purpose of an agricultural fair was to hold an event that taught skills which made for better living as well as to compete in those skills. Whether by growing better garden produce, baking, sewing, or animal husbandry. It was also to be a major social event with games and amusements. Those traditions continue today although our sources of food and transportation are generally very different. Conservation and Ecology are now part of the mix as are truck and tractor pulls.

This year, as happens each year at the annual meeting, there will be a vote as to whether to hold a fair next year. It is no secret that the Directors are already at work planning for the 2014 fair.

*Submitted by Dianne McHutchison
President, Haddam Neck Fair*



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Antiques Appraisal Fair

October 20
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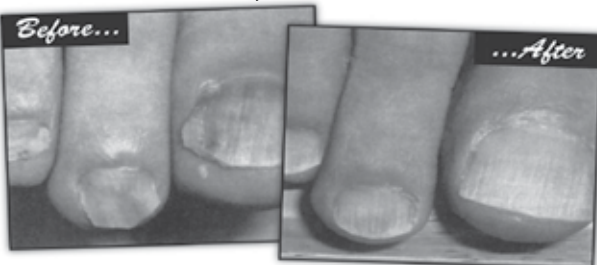
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The next deadline
for Haddam Events
is December 27

HKHS Project Graduation

As the new school year begins, the Project Graduation committee is ready to start planning another awesome party for our class of 2014! There are many ways for families to get involved. You can come to a monthly meeting, join a committee, help with decorations, chaperone the night of the party AND support our fundraisers. We are looking for community adult volunteers and parents of students in the RSD17 school system. This is our 25th year of sponsoring Project Graduation for HKHS graduating seniors. Our communities can be proud of a safe and accident free graduation night for the past 25 years.

Our meeting dates are the second Tuesday of the month and are held in the Lower Media Center at 7:00 pm. Our meeting calendar is October 8; Nov 12, Dec 10, 2013; 2014: Jan 14; Feb 11, Mar 11; April 8; May 13; June 10th.

One of our fundraisers is to : Purchase gift cards through Great Lakes Scrip (www.shopwithscrip.com). You spend \$10, you get \$10 worth of gift card. **NO EXTRA COST TO YOU!** Project Graduation gets a rebate for every dollar spent.

One of our fundraisers is to purchase gift cards through Great Lakes Scrip (www.shopwithscrip.com). You spend \$10, you get \$10 worth of gift card. No extra cost to you! Project Graduation gets a rebate for every dollar spent.

Gift cards don't have to be gifts! Use them for your regular shopping and entertainment: Grocery store, gas station, discount stores, clothing stores, movie theaters, and restaurants. And they make GREAT presents, especially for those "hard-to-buy for" teenagers! We will be accepting orders on a monthly basis beginning in October. Please have your order and your check, made payable to Project Graduation, to the High School office by the 5th of the month. Orders will be placed on the 5th and will be available for pick up around the 15th of the month. Project Graduation gets charged a minimum shipping charge of \$7.95. If there are not enough orders then we will combine with the next month. You will be notified.

To place an order, go to www.shopwithscrip.com, create a family account, and enter the Enrollment Code to identify you as a supporter of H-K Project Graduation **ENROLLMENT CODE: FL2CA1BF26374**. Follow further instructions for selecting cards.

There are 2 ways to pay for your order: you can write a check, payable to Project Graduation, and drop off at the Main Office at the High School by the 5th of the month OR, you can set up a PrestoPay account. This is especially helpful in ordering the Reload cards or the ScripNow! Cards. You will get your cards reloaded or sent to you electronically within minutes of submitting your order using PrestoPay. No need to wait for the monthly order to be submitted and processed! Information on PrestoPay is on the www.shopwithscrip.com web site.

Please check out our website at RSD17.org - Haddam Killingworth High School - under Boosters and Groups. See pictures of the class of 2013 Project Graduation Celebration. In addition, you can check us out on Facebook under HKHS Project Graduation.

Continued on page 8



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Sunday 10:00 a.m. - 5:00 p.m.


Project Graduation ... continued from page 7

HKHS Project Graduation has been a success for 25 years from all the donations of goods, services and monetary from families, community members and businesses in the Haddam, Haddam Neck, Killingworth and surrounding communities. Please continue to help make Project Graduation a huge success in the upcoming years.

HK Project Graduation is continuing with the recycling fundraiser so please look for the green bins in all of RSD 17 schools, 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, feel free to contact Kathy Strom, 860-345-3398 or KSSTROM@aol.com. Updates will be added to the Project Graduation link on the district website.

For more information, please feel free to contact myself, Elaine Jackson (Publicity), at ejackson05@snet.net or 860-345-7755, or Laura Roman (Chairperson) landdroman@gmail.com or 860-345-3583 with any questions relating to Project Graduation (joining a committee, be a chaperone, any donations).


Submitted by Elaine Jackson



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Brainerd Memorial Library - Property Purchase

The Board of Trustees of the Brainerd Memorial Library Association, Inc in Haddam, Connecticut, is pleased to announce that the Association has purchased the adjoining Vassia property at 916 Saybrook Road in Haddam. The property, formerly owned by Patti Vassia, abuts the current library property on the north side as well as the east side directly behind the library. This purchase will provide space for future library expansion as needs arise. The library will soon be asking for feedback from Haddam residents on uses and services they would like to see the library develop to take advantage of this property acquisition. The trustees and staff of the Brainerd Library are excited about this purchase as well as the possibilities it holds for expanding future library services to the residents of Haddam.

HEALTHY EXCHANGE BOOK CLUB - FIRST WEDNESDAY OF THE MONTH AT 6:30 PM AT THE LIBRARY

Do you enjoy reading about health, nutrition, fitness, and emotional wellness? Would you like to share the details of what you're reading with other like-minded individuals? If so, then please join the Healthy Exchange Book Club at the Brainerd Memorial Library, 920 Saybrook Road in Haddam.

The Healthy Exchange Book Club will meet monthly on the first Wednesday in the History Room of the Library at 6:30 pm. The role of discussion leader will rotate among mem-

bers. Book selection will be the responsibility of the current month's discussion leader.

TWO NEW YOUTH SERVICES ASSISTANTS

Marissa Jude Lehmacher of Haddam has been hired as a Youth Services Assistant. She started on Aug 28. She is in the process of getting her MLS at Southern. She has experience working with children and families as a Community Worker II in the Intensive Family Preservation Program at Child and Family Agency of Southeastern CT, a job which she'll continue while working at Brainerd.

Pat Coleman of Killingworth has also been hired as a Youth Services Assistant. Pat has been on the library staff for 3 years working in the circulation department. She has recently retired as Library Media Coordinator at the Burr School in Higganum after many years of working in the Haddam school system.

UPCOMING DISPLAYS

During the month of October the Brainerd Memorial Library will have on display Peyote and right angle weave beaded jewelry created by Mary Carrellas of Haddam. Peyote is a versatile beading stitch, change the size and shape of the beads and you have a very different piece. Mary has been working with the peyote beads for many years and her pieces on display will include bracelets and necklaces.

Continued on page 11

Let's Start A New Tank Together!

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Registrars of Voters

The Town of Haddam will have a Municipal Election on Tuesday, November 5, 2013.

The polls are open from 6:00 AM to 8:00 PM. The 3 polling places are:

***District # 001**

Haddam Firehouse Community Hall
439 Saybrook Rd. (Rte 154)
Higganum, CT 06438

***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

***Curb side voting available for "voters with a disability"**

To register to vote: The Registrars' Office is open on Wednesdays 9:00am to 1:00 pm or visit the Town Office Building, Town Clerks office and fill out a voter registration form. You may also request the Registrar of Voters or Town Clerk to send you a mail-in voter registration form and mail back to the Registrar of Voters.

Deadlines to register to vote: Registration by mail must be postmarked by October 22, 2013. In person registration cut off is October 29, 2013 by 8:00pm at the Registrars' office.

Special Voter Registration Sessions: The Registrars of Voters will hold a special voter registration session on Saturday, October 19, 2013, 10:00 am to 2:00 pm at:

Brainerd Memorial Library
920 Saybrook Rd.
Haddam, CT 06438

And Tuesday, October 29, 2013, 9:00 am to 8:00 pm at:

The Registrar of Voters Office
Haddam Firehouse Complex
439 Saybrook Rd. (Rte 154)
Higganum, CT 06441

The Municipal Offices to be voted on are:

First Selectman
Selectmen
Town Clerk
Board of Finance
Tax Collector
Zoning Board of Appeals & Alternate
Planning & Zoning & Alternate
Board of Education
Town Treasurer
Board of Assessment & Appeals

NOTE: Any unregistered Connecticut resident who is otherwise eligible to vote or any registered voter who has moved into Haddam, may register and vote in person on Election Day at the Haddam Election Day Registration location.

Location: (November 5, 2013 Election Day Hours)

Registrar of Voters Office
Haddam Firehouse Complex
439 Saybrook Rd. (Rte 154)
Higganum, CT 06441
Hours 6:00 am to 8:00 pm

Mailing Address:

Registrar of Voters Office
Haddam Firehouse Complex
439 Saybrook Rd. (Rte 154)
Higganum, CT 06441
Phone: 860-345-0979
E-mail: registrar@haddam.org

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Brainerd Memorial Library ... continued from page 9

During the month of November Carol Ricker and Peg Lewis both of Higganum will have on display a collection of antique buttons. They have been collecting them for 5-7 years. They belong to the Nutmeg Button club which is local, the Connecticut State Button Society, and the National Button Society. They have also won an award for one of their displays.

During the month of December the Brainerd Memorial Library will have on display the library's lighted winter village collection. The collection includes 6 lighted buildings including a library, church, giftshop and houses that set a country winter scene with ice skating and snowman making.

During the month of January Kathleen Ely of Haddam will display her cross stitch piece of the Ralph Ely Saw Mill. She will also have brochures, photos of the saw mill and a write up of it's history. The cross stitch of her husband's family saw mill is her own design. She has won Best of Show and Blue Ribbons in various Fairs. She has shown this cross stitch piece at the Hamburg, Chester, Haddam Neck, and Hebron fairs.

The displays are located in the display case located at the main entrance to the library.

Bev Radziwon

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Town Clerk's Office

MUNICIPAL ELECTION

The Municipal Election will be held on November 5, 2013 from 6:00am to 8:00pm. In all three voting districts, please come out and vote for your next: First Selectman, Selectman, Town Clerk, Town Treasurer, Tax Collector, Board of Finance, Board of Finance Alternate, Board of Assessment Appeals, Planning and Zoning Commission, Planning and Zoning Commission Alternate, Zoning Board of Appeals, Zoning Board of Appeals Alternate, Board of Education.

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 P.O. Box 87, 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.

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 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.

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 following information:

- Proof of residency.
- Automobile registration.
- \$50.00 payment. Cash or Check no Credit or Debit Cards

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

2013 SPORTS LICENSES are available. Information regarding regulations, permits, conservation education/firearms safety courses are available on line at <http://www.dep.state.ct.us> all "age 65 and older". Free fishing, hunting and trapping licenses obtained since October 1, 2009 must now be renewed annually. Marine Waters Fishing Licenses are required for anyone 16 years of age or older fishing from shore or from a boat in the marine district or landing marine fish or bait species in Connecticut taken from offshore waters. Licenses are issued on a calendar year basis and expire on December 31st. Please see Marine Waters Fishing License FAQ page for more information. Any active, full-time member of the armed forces may be issued a fishing and/or small game firearms license for the resident fee. Credentials indicating active full-time membership or separation subsequent to the issuance of the license and prior to its expiration date must be carried while fishing or hunting. Issuance of a free license to the blind or intellectually disabled requires proof of disability in the form of a certificate provided by any person licensed to practice medicine in this state. Any resident with the loss of a limb or the loss of the use of a limb and a doctor's certificate may be issued a free license. Qualified nonresidents who are residents of states which allow CT residents the same privileges are also eligible.

Office Hours:

Monday - Wednesday 8:30 to 4:00 - Thursday 8:30 to 6:30 - Friday 8:30 to noon. All town offices are closed from 12 noon to 1:00 pm for lunch.

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*

Higganum Village Farmer's Market



Farming on the Rise in Connecticut?

While it's true that most of Connecticut's earliest settlers had to grow their own food, our southern New England geography determined that Haddam's land was not ideal for vast tracks of produce farming, or growing the silage needed to support really large herds of dairy cattle or other stock. But Connecticut's land and soil composition did allow for smaller farms, where they fit, so farm we did - here and there dotting our rural back roads. Farms in Connecticut were once a-plenty with as many as 20,000 at the time of World War II.

Yet, these farms were in production for profit, not scenic beauty, and, as supermarkets and convenience became the norm in

the 1950's and 1960's farmers could not compete with the volume pricing, and the number of Connecticut farms slowly declined. Sadly, the unrelenting development of rural and urban lands gobbled up prized farmland with the housing boom in the 1950s. Most smaller family farmers could not compete with discounted food prices offered up as the result of industrialized mega-farming (in dairy or produce) in western states. This trend continued only until recently, but there may be some slightly good news regarding farms. Statistics placed the number of farms around 4,200 in our state in the first 10 years of the new millennium. Yet, a recent Department of Agriculture demographic (U.S. Census Bureau, Statistical Abstract of the United States: 2012, at: <http://www.census.gov/prod/2011pubs/12statab/agricult.pdf>) shows an increase to about 5,000 farms. It means one thing; farm land is in production with new CSA Farms (community supported agriculture) and rejuvenating by diversification-older traditional farming lands; becoming vineyards for example. Interest and demand for better foods is on the rise and is the driving force; and we can be "cautiously optimistic" that this trend is true. It means Connecticut citizens are paying attention to the message that fresh from the farm is the best thing for our health and well-being, on so many levels.

Towards this, one of the best ways for you to experience Connecticut farmland's diversified bounty is to support your local Higganum Village Farmers' Market where we host several hardworking local farmers and their products each week. Many of you have made this a weekly habit and we are

grateful for your continued support. Our market goes have been steady and true, braving threatening weather, or even local monsoons, plus road work and dark evening hours (when the sun sets early in October) to come to the market on Friday afternoons in Higganum - and we thank you most kindly.

This year, we are proud to announce the production of "The Farmers' Market Trail Map of the Lower Connecticut River Valley," as a result of obtaining a Connecticut Department of Agriculture Viability Grant. In it, you'll find essential market information location, day and time for all the farmers' markets in Middlesex County, plus one in New London County too - on the eastern side of the Connecticut River (which is a great place to start a leaf peeping road trip). All 11 farmers markets are showcased, from East Hampton to Old Saybrook, as we are "all in this" together; we all share the common idea that local farm fresh food has no equal. These markets and their wonderful volunteers are so serendipitously and conveniently located along both sides of the Connecticut River that you'll find visiting them makes a wonderful local-market-"stay-cation," any time of year. You'll also find information about each town which hosts the market; linking these towns and markets on a road map is a terrific way to explore great local places, too. We've included some interesting quirky facts and history about each town, highlighted on a map done by our Market Manager extraordinaire, Gail Reynolds. Maps are available at our market table, for free, of course.

So come visit your local farmers' market in Higganum, and sample the very best of autumn's finest foods from local farms, our other family of vendors, and the nicest entertainers in the whole state. We've been at this for five years in Higganum, and look to you to keep it going into the future; we welcome your suggestions and as always, your loyal patronage. On the Green, every Friday 'til the end of October from 3:30 to 6:30 pm. Watch for future announcements about our November Indoor market day and time!

Deb Umba,
Chairwoman Higganum
Village Farmers' Market

Photos by Gail Reynolds



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Youth and Family - 20th Annual Pumpkin Run



We are proud to host our 20th Annual Youth and Family Benefit, the Pumpkin Run-Walk Race for the Kids on Sunday, October 27 beginning at 11:30 a.m. The event offers fun for the whole family with contests, face painting, Halloween crafts, Kids Fun Run and more. This is one of Haddam and Killingworth's most attended events and attracts runners from all over Connecticut. We had a record attendance of 563 registered runners last year.

This certified race event benefits Youth and Family Services, a private non-profit agency, providing an assortment of services to all the residents of the Haddam and Killingworth communities. Counseling services for families, children, adolescents, couples, individuals and groups are offered a sliding fee scale so that no one is ever turned away. Licensed and graduate level Marriage and Family Therapists provide critical services for those facing challenges in their lives including: divorce, blended families, depression, anxiety, ADD/ADHD, family conflict, and phobias.

Our Prevention Services aid in the community effort utilizing the 40 Developmental Assets to raise productive, competent citizens.

The Prevention Coordinator also oversees the Healthy Communities - Healthy Kids Coalition to prevent underage drinking and keep our youth safe. There is also an Early Childhood Coordinator that works with the youngest of our communities to enhance and support their development. This is a great cause to support as well as an opportunity to connect with many of the town's residents and businesses! If you would like to form a team to walk or run the course and raise money for YFS, please contact Cheryl Chandler at 860-345-7498 to find out how you can do this.

Sponsorships will be accepted until October 15, 2013. Sponsorship levels have progressive benefits for exposure. As a sponsor, rest assured that your company's name will be professionally showcased and reach thousands! Your company name or advertisement will be listed on our web site, program, shirts, and even the Hartford Marathon's web site. There is also the opportunity for Gold and above sponsors to have a presence at the event. For more information about sponsorship call 860-345-7498 or visit www.hkyfs.org.

The Haddam Killingworth Early Childhood Council will hold its next meeting on October 10 at the RSD Central Office at 6:30 p.m. The Early Childhood Council's mission is to support the growth and development of all H-K children from birth to age 5 to ensure that they are ready for kindergarten. We believe that parents are their children's first and most important teachers. With funding from the Middlesex United Way, we provide information, resources and experiences to help parents and caregivers encourage young children's healthy physical, cognitive and social-emotional growth. The Council meets monthly to support quality early childhood education and to plan activities for parents, children and caregivers. If you would like to join the Early Childhood Council in these efforts, please email Cynthia@hkyfs.org or call 860-345-7498 and ask for Cindy.

MOMS Club News

The Haddam-Killingworth MOMS Club holds their regular monthly meeting in the Fellowship Hall of the First Congregational Church of Haddam, 905 Saybrook Road on the third Friday of every month at 10:00 a.m. They also meet at other times during the month at parks and other fun places. All mothers and their infants, toddlers and preschoolers are welcome. Come join us! For additional information or questions, email hkmomsclub@gmail.com.

The Healthy Communities - Healthy Kids Coalition will be hosting a Drug Take Back on Saturday, October 26 in the Killingworth Pharmacy Parking Lot. Turn-in unused or expired medication. Anyone who brings their medications for safe disposal will receive a 10% off coupon for in-store or non-prescription drugs at Killingworth Family Pharmacy. For more information call 860-345-7498.

The mission of the Healthy Communities-Healthy Kids Coalition is to engage Haddam and Killingworth youth and adults in efforts to educate, implement strategies, and change policy to advance the wellness of the community.

To register for the race visit http://www.hartfordmarathon.com/Events/Pumpkin_Run_Walk.htm.

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CAT Swim Team Places Third at Long Course State Championships

Forty-four swimmers from the Cougar Aquatic Team (CAT) qualified and competed in the 2013 Long Course Age Group Championship held at the Cheshire Community Pool and Wesleyan University on July 25th - 28th. CAT placed 3rd out of 40 Connecticut teams competing in this State Championship Meet. "It's been a great year for the program. Six years ago we were at the bottom of 40 teams participating at a meet like Age Groups and now we are at the top. Placing 3rd at a meet of this caliber speaks worlds for the dedication of the kids and the overall success of the team." said Head Coach Mike Krajewski.

CAT swimmers who placed in the A Final (top 8) were: For the 10/U Girls, Tahlia Crowley (Manchester) placed 6th in 100 meter Freestyle (1:13.22), 5th in the 200 meter Freestyle (2:41.91), and 8th in the 400 meter Freestyle (5:36.52); Lauren D'Amico (Killingworth) placed 4th in the 50 meter Breaststroke (43.74). For the 10/U Boys age group, Kyle Mazziotti (Killingworth) placed 5th in the 50 meter Backstroke (38.57). CAT's 10/U boys relay team placed 3rd in the 400 meter Medley Relay (5:54.87), 4th in the 200 meter Medley Relay (2:44.78), 4th in the 400 meter Freestyle Relay (5:16.08), and 5th in the 200 meter Freestyle Relay (2:23.39). Relay team members were Adam Anziano (Killingworth), Christopher Garrelts (Killingworth), Kyle Mazziotti (Killingworth) and Malone Revis (Higganum).

In the 13/14 Girls age group, Caitlin McNary (Westbrook) placed 1st in the 100 meter Freestyle (59.51), 1st in the 100 meter Backstroke (1:08.03), 2nd in the 200 meter Freestyle (2:13.03), 2nd in the 200 meter Backstroke (2:26.66), 2nd in the 200 meter IM (2:29.76), and 5th in the 400 meter Freestyle (4:41.61); Brooke Perrotta (Killingworth) placed 1st in the 50 meter Freestyle (27.49), and 4th in the 100 meter Freestyle (1:01); Caitlin VonFeldt (Killingworth) placed 3rd in the 100 meter Backstroke (1:10.93), and 4th in the 200 meter Backstroke (2:33.41), Emma Donlan (Haddam) placed 8th in the 200 meter Backstroke (2:40.29). The 13/14 Girls placed 2nd in the 400 meter Medley Relay (4:51.47) and 3rd in the 200 meter Medley Relay (2:11.76). Relay members were McNary, Perrotta, Donlan and VonFeldt. CAT placed 3rd in the 400 meter Freestyle Relay (4:17.48), and 4th in the 200 meter Freestyle Relay (1:59.37). Freestyle relay members were McNary, VonFeldt, Cassie Garrelts (Killingworth) and Jordan Clemente (Killingworth).

In the 15/18 Girl age group, Abbey Fusco (Glastonbury) placed 1st in the 100 meter Backstroke (1:05.30), 2nd in the 200 meter Backstroke (2:23.27), and 8th in the 400 meter Freestyle (4:39.45); Theresa Goehring (Essex) placed 3rd in the 100 meter Backstroke (1:08.54), 3rd in the 200 meter IM (2:28.95), 4th in the 200 meter Backstroke (2:28.58), and 8th in the 200 meter Freestyle (2:16.62); Asia Langley (Waterford) placed 4th in the 100 meter Freestyle (1:00.20), 7th in the 100 meter Butterfly (1:08.34), and 8th in the 50 meter Freestyle (28.16); Meredith Hird (Waterford) placed 5th

in the 200 meter IM (2:31.83); Maggie Purvis (Old Saybrook) placed 6th in the 200 meter Backstroke (2:31.77), Claire Hendershot (Wallingford) placed 7th in the 200 meter Backstroke (2:31.82); Kelly Dunn (Litchfield) placed 8th in the 1,500 meter Freestyle (19:09.89). CAT 15/18 relay team placed 1st in the 200 meter Medley Relay (2:07.44) and 2nd in the 400 meter Medley Relay (4:39.05). Medley Relay members were Fusco, Hird, Langley, and Goehring. The relay team of Langley, Fusco, Purvis and Goehring placed 2nd in the 200 meter Freestyle Relay (1:53.74) and the 800 meter Freestyle Relay (8:55). CAT also placed 2nd in the 400 meter Freestyle relay (4:04.45), consisting of Dunn, Goehring, Fusco and Langley.

For the 15/18 Boys age group, Mason Revis (Higganum) was the overall high point winner, placing 1st in the 400 Freestyle (4:16.19), 1st in the 1,500 meter Freestyle (16:24.83), 2nd in the 200 meter Freestyle (1:59.38), 2nd in the 100 meter Butterfly (58.94), 2nd in the 200 meter Butterfly (2:08.10), and 3rd in the 200 meter IM (2:12.84); Jake Gibbons (Higganum) placed 1st in the 100 meter Backstroke (59.26), 1st in the 200 meter Backstroke (2:07.51), 1st in the 400 meter IM (4:45.69), 2nd in the 1,500 meter Freestyle (16:56.88), and 4th in the 200 IM (2:14.19); Matt Dagenais (Middletown) placed first in the 200 meter IM (2:11.95), 2nd in the 400 meter IM (4:45.80), 3rd in the 200 meter Backstroke (2:15.01), and 4th in the 100 meter Backstroke (1:01.58); Matt Traub (Torrington) placed 2nd in the 100 meter Backstroke (1:01.09), 7th in the 200 meter Backstroke (2:22.64), and 6th in the 200 meter IM (2:16.88); Collin Dunn (Litchfield) placed 1st in the 100 meter Breaststroke (1:08.77) and 1st in the 200 meter Breaststroke (2:30.34); Garrett Mazziotti (Killingworth) placed 4th in the 200 meter Freestyle (2:04.20), and 5th in the 400 meter Freestyle (4:24.28); Caius Mergy (Old Lyme) placed 4th in the 100 meter Breaststroke (1:10.85), and 4th in the 200 meter Breaststroke (2:37.38); James Whaley (Deep River) placed 7th in the 100 meter Butterfly (1:01.30), 7th in the 200 meter Butterfly (2:16.13); Isaac Waide (East Haddam) placed 3rd in the 800 meter Freestyle (9:32.30), and 8th in the 1,500 meter Freestyle (18:11.89); Jon Brodeur (Old Saybrook) placed 3rd in the 100 meter Breaststroke (1:10.58); Chris Myers (Essex) placed 5th in the 200 meter Breaststroke (2:37.75); Cameron Garrelts (Killingworth) placed 8th in the 200 meter Breaststroke (2:42.15).

CAT's 15/18 Boys placed 1st in all five relays: 800 meter Freestyle Relay (8:07.62) consisting of Gibbons, Mazziotti, Dagenais and Revis; 400 meter Freestyle Relay (3:42.54) consisting of Revis, Traub, Mazziotti, and Dagenais; 200 meter Freestyle Relay (1:42.44), consisting of Revis Traub, Michael Iranpour, (Guilford), and Neal Tyson (Haddam); 400 meter Medley Relay (4:02.69) and the 200 meter Medley Relay (1:53.03), consisting of Gibbons, Dunn, Revis and Dagenais.

CAT swimmers who placed in the B Finals (places 9-16) were: Lauren Damico (100 BR, 200 IM), Kyle Mazziotti (100 Free, 400 free, 100 BK), Christo Garrelts (400 Free), Adam Anziano (400 Free), Malone Revis (400 Free, 50 Fly), Marissa

McNary (Westbrook) (50 BK, 100 BK, 100 Fly), Emma Donlan (200 Fly), Jake Torello (Haddam) (100 BK), Theresa Goehring (100 Free), Kelly Dunn (100 Free), Abbey Fusco (100 Free, 200 Free), Meredith Hird (200 Free, 100 BR), Asia Langley (400 Free, 100 BK), Maggie Purvis (100 BK), Claire Hendershot (100 BK, 200 IM), Coral McNary (100 BK, 200 BK, 200 IM), Katie Lisitsin (Clinton) (100 BK), Megan Belliveau (Madison)(200 BK), Matt Traub (50 Free, 100 Free), Michael Iranpour (50 Free, 100 Free), Chris Myers (100 Free, 100 BR), Matt Dagenais (200 Free), Jake Gibbons (400 Free), Garrett Mazziotti (100 Fly, 200 Fly), James Whaley (200 IM, 400 IM), Cameron Garrelts (400 IM), Collin Dunn (400 IM).

Ten of CAT's senior swimmers qualified and competed in the 2013 Speedo Super Sectional Championship in Buffalo, NY on August 1- 4, 2013. A Final finishers were Mason Revis placing 7th in the 800 meter Freestyle (8:36.32), Jake Gibbons placing 8th in the 100 meter Backstroke (59.42), and Abby Fusco placing 7th in the 100 meter Backstroke (1:06.53). Other CAT finalists were Brynne Beneke (Litchfield), Theresa Goehring, Matt Traub, Matt Dagenais, Collin Dunn, Asia Langley, and Caitlin McNary. In addition, two of CAT's 10/U girls, Lauren D'Amico and Tahlia Crowley, will be competing in the Eastern Zone Championship meet being held in Richmond, VA this month.

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.

New Head Coach for Cougar Aquatic Team



Richard "Doc" Ludemann, formerly the Head Coach for Sacred Heart University Women's Swim Team, has been hired as new Head Coach for the Cougar Aquatic Team (CAT) according to Frank J. Sparks, Director of the Haddam/Killingworth (HK) Recreation Department.

"Doc has over 30 years of competitive swim coaching experience including Age Group and Senior Coach for local USA swim teams, Head Coach at New Canaan and Stamford High Schools, Head Coach at New Canaan YMCA, Assistant Coach at UCLA and Yale, and the Head Coach

for the Sacred Heart University Women's Swim Team. He was also a former conditioning coach for the Canadian and USA National Water Polo Teams," Sparks said.

"We believe CAT now has one of the top coaches in Connecticut leading our program. The HK Recreation Department is committed to facilitating the continued success of CAT swim. The HK Recreation Department used its resources to help secure Doc as CAT's Head Coach. CAT is a vital program for this department," Sparks said.

"When you get to meet Doc, you will be impressed with his knowledge, credentials, and professionalism; but, more importantly, you will be amazed at his enthusiasm and work ethic," Sparks added.

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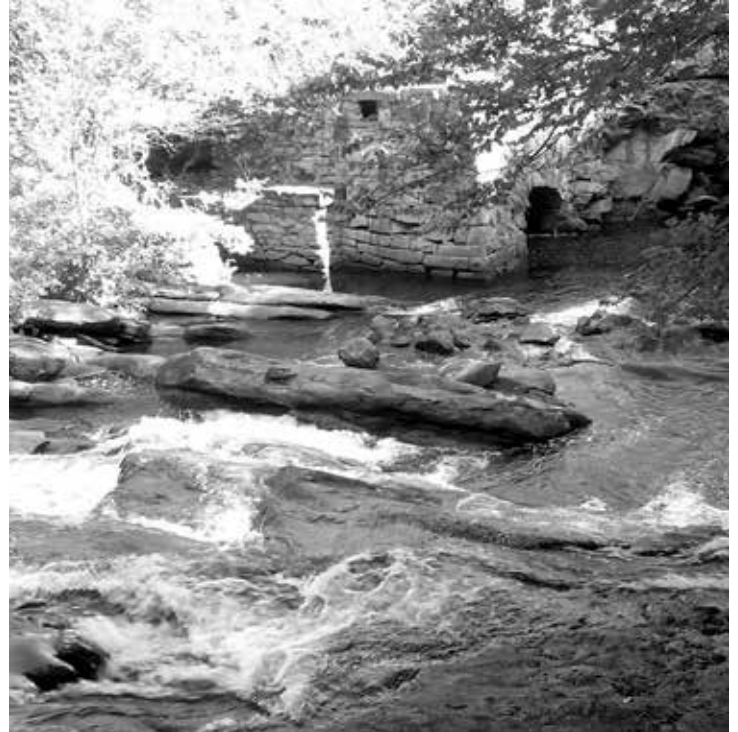
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MLS



Higganum Cove Visioning Session



COMMUNITY CENTER, CANDLEWOOD HILL ROAD

Over the past few years, the Higganum Vision Group (HVG) has held 14 visioning sessions that asked the community "What do you want Haddam to be?" Higganum Cove was mentioned again and again as a focal point. With the recent interest and opportunities that have arisen regarding the Cove, HVG has decided to conduct a public session that will focus specifically on this scenic area in order to identify the community's long-range visions for it.

The Cove's unique natural beauty and fascinating history have long captivated the people of Haddam. In November 2000, after much research, the Higganum Cove Committee submitted a detailed report on the status of the Cove at that time as well as extensive recommendations for its future use. This report can be found at www.haddam.org/documents/higganumcove.pdf.

HVG's more recent outreach has shown that our community continues to view the Cove as a treasure. They envision Haddam's abundant natural resources conserved and well utilized and hope to achieve this by developing a comprehensive natural resource plan that would include improving access and utilization of the railway trail from Higganum to Tylerville, the Cove, the Connecticut River, Higganum Reservoir and the three brooks running through Higganum.

This level of community interest prompted HVG to host two cove-related programs in June. The first featured a panel of experts who shared their unique insights on the challenges

and opportunities of Higganum Cove. A few days later, local naturalists and historians led a walking tour that explored the properties surrounding the Cove - from Higganum Creek Falls to the Connecticut River. Each event drew over 50 people.

Two recent developments may facilitate better utilization of Higganum Cove. New legislation that limits municipal responsibility for contaminants on properties they acquire could make it possible for the Town to foreclose on the tax-delinquent Frismar Factory parcel on the north side of Higganum Creek. In addition, a property on the south side is now on the market. These two properties are vital to achieving the highest and best use of Higganum Cove.

In order to develop a richer, clearer picture of what the people of Haddam visualize for the Cove, HVG is now asking them to gather once again to share their creative and diverse ideas. Through the visioning process, facilitators will help community members to home in on the visions that most resonate with the group.

If you have a vision for Higganum Cove, now is the time to be heard! Whether your interest is commercial, recreational, or natural resource-oriented, your participation is needed!. Send your ideas to higganumvg@gmail.com. For more information: visit www.HigganumVisionGroup.org or email LLCooper13@comcast.net

*Submitted by Lynne Cooper
Higganum Vision Group*

Christmas Quilt Show

The members of the First Congregational Church of Haddam will be holding their third annual YULETIDE QUILT SHOW on Saturday, December 7 from 9:30am to 4:30 pm at 905 Saybrook Rd. in Haddam, Connecticut. At least 100 remarkable works of art made by hand will be on display in the sanctuary. Christmas quilts and other Holiday quilted items will be featured. As in the past, the display should be a "feast for the eyes". There will be information available on each quilt. Some exhibitors will be selling their quilts. Admission to the show is \$6 at the door.

In the Haddam Café, in the fellowship hall, there will be a luncheon consisting of homemade soups, artisan breads and a variety of pies. Coffee, tea and hot chocolate is served throughout the day. Homemade doughnuts will be sold in the morning.

Quilt shop booths and craft vendors will also be set up in the fellowship hall.

There will be a quilt raffle of three items made by the group:

1. A large quilt—"Cardinals in the Pines"
2. A medium quilt—"Krayola Kaleidoscope"
3. An afghan—"Stained Glass Window"

Raffle tickets will be \$2.00 and are available this fall at the church office and at the Farmers' Market on Fridays from 3:30pm to 6:30pm on Higganum Green. Winners will be chosen at 2:00 pm on the day of the show, and need not be present at the drawing.

Please visit our website to view the 2012 Celebration Quilt show. Go to WWW.haddamconchurch.org.

Go to "photos" then click on Quilt Show 2012.

Applications to enter items in the show will be available from the church office in the fall. There is no entry fee.

Contact Dena Liedke, 860-989-1616 for more information.



Epilepsy Foundation of Connecticut

The Epilepsy Foundation of Connecticut is Connecticut's leading source of information for the thousands of people who have epilepsy. Founded in 1982, the Foundation works to ensure that people with epilepsy are able to participate in all life experiences through information, education, recreation, advocacy and support.

"There are approximately 60,000 people in Connecticut who have epilepsy and an estimated 50,000,000 worldwide. Epilepsy is the most common neurological disorder in the United States and is equal in prevalence to cerebral palsy, multiple sclerosis and Parkinson's disease combined", said Linda Wallace, Executive Director.

The Epilepsy Foundation of Connecticut has many programs to offer those living with epilepsy. In particular, we offer 7 support groups throughout the state. Our newest group is meeting in Guilford for adults living with epilepsy and parents of children with epilepsy. The meetings are held on the second Tuesday of each month from 7:00 p.m. to 8:30 p.m. at Guilford Parks & Recreation 32 Church Street, Guilford, Connecticut 06437. Those interested in attending meetings are asked to please RSVP, to the Epilepsy Foundation of Connecticut by calling 800-899-3745 or emailing Allison at Allison@epilepsyct.com.

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The Largest Organ in the Body

Do you know what the largest organ in the body is? It's the skin. It protects you from illnesses and infection, helps control your body's temperature and dehydration, protects and helps you feel everything from a hot kettle to a soft breeze.

The most important factors in caring for the skin are those that ensure good general health; proper nutrition and adequate circulation are vital to skin maintenance.

For your skin's health, it is essential to eat organically grown fruits and vegetables rich in antioxidants such as vitamin C (bell pepper, parsley, broccoli, strawberries, cauliflower, papaya, kiwifruit, lemon), vitamin E (sunflower seeds, swiss chard, almonds, spinach, olives), carotenoids (sweet potatoes, spinach, kale, carrots, roman lettuce, cantaloupe, bell pepper) and flavonoids (blueberries, raspberries, strawberries, plums, raisins, cranberries, celery, apples, lemon), as well as foods rich in omega 3-fatty acids including fish such as salmon, tuna, sardines and cod, in addition to flaxseeds and walnuts. Omega 3 inhibits the production of inflammatory compounds involved in the progression of skin conditions. Good hydration with high quality water is necessary for skin health.

To have beautiful, wrinkle free skin on your face avoid sugar and alcohol. Alcohol will lead your body to dehydration and dryness of your skin, eating too much sugar will lead to wrinkles and sagging. Too much sugar in your bloodstream

will start to attack your skin. All that sugar attaches to protein molecules, collagen and elastin, and it turns those beautiful supple skin cells into rigid things causing sagging and wrinkling, everything we don't want on our face.

Regular exercises and massage sessions will help with appropriate blood circulation.

The skin needs protection from continued exposure to sunlight to prevent premature aging and cancerous changes. If you can, do your outdoor activities before 10 am or after 2 pm, when the ultraviolet rays are less intense. In case of sunburn, use natural remedies to help the healing process of the skin. The fat content of milk is soothing, so milk makes a great compress for sunburn pain. To speed the process of healing, eat more foods rich in vitamin C. Keep an aloe vera plant in your house, when you get sunburn, break and open a leaf then apply the clear gel inside directly to your tender skin. Apply as often as needed for relief. Also a baking soda bath is great for soothing sunburn. Appropriate applications of sunscreen before and during time spent in the sun, especially after swimming, can prevent skin damage.

Take good care of the largest organ in your body!

*Maryla Radziszewski, LMT, CPT
Morefit LLC*

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The Library for the Blind and Physically Handicapped is a network library of the Library of Congress' National Library Service for the Blind and Physically Handicapped.

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SPOTLIGHT!

Our Newest Haddam Events Customer

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Middlesex United Way Announces \$840,000 in Funding

Middlesex United Way Board of Directors has approved fund distributions in the amount of \$840,000 for fiscal year 2013-14. This funding includes support to 49 programs in Middlesex County, including \$15,100 for United Way 2-1-1 and \$15,000 in special one-time funding.

Funding will be distributed to programs* in the following focus areas, consistent with United Way's Five Year Goals for the Common Good:

- Education - to increase children's readiness to learn by school entry: \$135,671;
- Income - to increase the economic self-sufficiency of individuals and families: \$56,200;
- Health - to reduce the rate of risky behaviors among youth and adults and improve the health and increase the safety of individuals and families: \$498,451; and
- Housing - to increase the ability of individuals and families to attain affordable housing: \$119,578.

Middlesex United Way invests in the areas of education, income, health and housing because all four are necessary for a good quality of life. Middlesex United Way helps to meet

critical needs and invest in long-term initiatives that create real, lasting change. This funding is made possible by 7,800 generous donors in Middlesex County.

In addition, Middlesex United Way invested \$15,100 in United Way 2-1-1, a 24-hour information and referral helpline that is available free of charge to anyone in Connecticut. 2-1-1 is a partnership between Connecticut United Ways and the State of Connecticut. To reach this service, simply dial 2-1-1 from any phone or visit 211ct.org.

Middlesex United Way also approved one-time grants of \$5,000 each to the Middlesex Coalition for Children, Middlesex Chamber's Youth at Work program, and NEAT's Double Dollars Program.

Middlesex United Way is a locally based organization dedicated to strengthening lives, helping people, and improving community conditions in the fifteen towns in Middlesex County. Middlesex United Way serves the towns of Chester, Clinton, Cromwell, Deep River, Durham, East Haddam, East Hampton, Essex, Haddam, Killingworth, Middlefield, Middletown, Old Saybrook, Portland, and Westbrook.

MILE Middlesex Institute of Lifelong Education

MILE was established in 1993 to provide stimulating educational experiences for adults 50 and over. Sponsored by Middlesex Community College, it is an all-volunteer non-profit organization with programs on a wide range of topics.

For \$60.00 members can attend 7 weeks
of programs in the fall and
8 weeks in the spring.

These may include field trips, and
MILE also offers an annual week-long trip.

Our website is www.mileonline.org.
E-mail: mileatchapman@gmail.com

- Joanne S. Rocznik, Mile Publicity Chairman



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Raw Milk vs. Pasteurized Milk in Cheese

Customers often come in to our shop, having just returned from a trip to Europe, looking for that great cheese they had enjoyed in their travels. My usual reply is, "That's made from raw milk and it is not allowed in this country." The disappointment is obvious as they sadly accept the best possible alternative I can find.

Raw milk cheese has been blamed for many illnesses, hence the ruling against it here in the States. According to the CDC (Center for Disease Control), between the years 1993 to 2006 over 121 outbreaks occurred, causing over 1,500 illnesses and two deaths. Older people, pregnant women, children and those with weak immune systems are the most vulnerable.

First, we need to understand the difference. Raw milk is milk straight from the animal with no processing done to it. Pasteurized milk is raw milk that has been heated to a high enough temperature to kill most of the harmful bacteria present. You might be aware of the 60-day rule, which simply states that no cheese under 60 days old is allowed to be imported. The reason is that young raw milk cheeses are associated with salmonella, E.coli, and listeria, just to name a few. So why the 60-day rule? The reason is that any harmful bacteria present in the milk or cheese does not survive past this time period. So, if a cheese is over 60 days old, it is considered safe for consumption.

As a general rule, cheeses made from raw milk taste better than those made from pasteurized milk. The issue then becomes the taste quality of raw milk cheese vs. the safety of pasteurized milk cheese. I agree that raw milk cheese has more depth in flavor, more complex aromas, and a better finish than pasteurized cheese.

Europe takes a different viewpoint on raw milk cheese. Some countries allow distribution of raw milk cheese, while others do not. Scotland bans them, while England, Wales and Northern Ireland allow them. France is the biggest proponent of raw milk cheese, considering it a sacrilege to use pasteurized milk in cheese production. There does not seem to be any issue for France when it comes to eating raw milk cheese. The thought is that they have built up immunity to the raw milk bacteria and, as a result, they don't get sick from them.

In any case, you will not find raw milk cheeses such as Brie or Camembert in the United States anytime soon. The older cheeses, beyond 60 days old, are available and considered safe. The decision is yours. I enjoy them, but as stated earlier, pregnant women, children, the elderly and those with weak immune systems might want to proceed with caution.

*Paul Partica, The Cheese Shop of Centerbrook
www.cheeseshopcenterbrook.com*

8 Tips for A Speedy Recovery from Childbirth

It's not unusual to feel really tired and a bit anxious or blue in the weeks after giving birth. With the sleepless nights, extra responsibilities, and physical changes - who wouldn't be on a bit of a roller coaster? Remember: This won't last forever. Plus, you can ease your recovery by taking steps like these:

1. Sleep when baby sleeps. Sneak a quick nap when you can. Shut the blinds and silence your phone, television, and all other electronic devices.
2. Nix household chores. Right now, your main job is to take good care of yourself and your baby. No one really cares about those lurking dust bunnies. If it really bothers you and your budget allows, then hire some temporary help. Also, remember to share parenting tasks such as diaper changes and feedings when possible.
3. Limit visitors. But ask any guests to help out. If not now, when? Swallow your pride and ask for a hand with the dishes, laundry, or shopping. Or take advantage of a visitor to watch your baby while you nap.
4. Eat healthy. Healthy food choices can give you more energy. But planning and cooking meals may be a challenge right now. Ask friends and family to help with this. Don't forget to drink at least 8 to 10 glasses of water a day. But avoid caffeine and sugary drinks.
5. Be active - within limits. Exercise can also increase your energy and reduce constipation. Get clearance from your doctor before you:
 - Take the stairs or lift objects.
 - Drive, although this is usually okay when you can wear a seat belt comfortably and are able to make sudden movements.
 - Hit the gym or become really active.
 - Have sex. Your doctor may ask you to wait several weeks after birth.
6. Get emotional support. You might be surprised by feeling irritable, sad, or anxious right now. But many new moms experience a wide range of feelings in the days following delivery. Part of this is related to changing hormones or fatigue and part of it is simply a response to a major life transition. These baby blues will subside soon.

If you have extreme feelings that really last, seek professional help, especially if you have a history of depression. You may be experiencing postpartum depression. Up to one in seven new moms go through this - but no one should go through it alone. Some women need therapy or medication.

Continued on next page

Haddam River Days Fireworks

We would like to thank everyone who attended and supported the fireworks event. It was a successful event with a beautiful display above the skies of Haddam Meadows State Park. Dawn Tarbetsky and Alice Zanelli, Haddam River Days Committee Members, are currently in the beginning stages of reconstructing the weekend events and hope that next year we will have a wonderful weekend of family fun. The overwhelming response from organizations, participants and residents brought us together with other volunteers to discuss the combination of a new weekend event for everyone of all ages to enjoy. Thank you for 16 years of support to all who volunteered and attended.

*Submitted by:
Dawn Tarbetsky and Alice Zanelli*



Childbirth ... contined from previous page

7. Set aside time to relax. Chances are no one will put this on the calendar for you, so you'll need to do it for yourself. Listen to some relaxing music, read a book, or meditate. Even just a few minutes can make a difference. And try to carve out a few minutes each day to touch base with your partner or husband.

8. Seek out other new moms. There's nothing like sharing tips and support with people who are going through similar life changes. Maybe you can even start up an informal support group in your neighborhood or among your friends.

Your doctor and I are good resources for answering your questions. Some say it takes a village to raise a child - just think of us as your well-informed neighbors.

Nothing herein constitutes medical advice, diagnosis or treatment, or is a substitute for professional advice. You should always seek the advice of your physician or other medical professional if you have questions or concerns about a medical condition.

*Keith Lyke, Registered Pharmacist
Killingworth Family Pharmacy*

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Middlesex Hospital and *Events Magazines* Partner to Support Breast Cancer

This October, Essex Printing and Events Magazines will go pink. In conjunction with the goPINK project and The Middlesex Hospital Comprehensive Breast Center, Events Magazine will help increase awareness about breast cancer and proudly participate in goPINK by contributing a portion of the advertising sold during the month of October to the Middlesex Hospital Comprehensive Breast Center.

The Middlesex Hospital Comprehensive Breast Center (CBC) promotes strategies for screening and prevention of breast disease and works hand-in-hand with the Middlesex Hospital Cancer Center to coordinate treatment for women with breast cancer. The program provides clinical, diagnostic and support services to patients before, during and after their diagnosis and treatment. The Center is accredited by the American College of Surgeons National Accreditation Program for Breast Centers.

A sampling of the services provided includes radiological tests such as mammography, ultrasound and MRI; breast surgery, including reconstruction; radiation therapy and other treatments for breast cancer; nurse navigators who coordinate patient care; hereditary risk assessment; integrative therapies and a survivorship program; support services, including a social worker, dietitian and rehabilitation professionals.

For more information about the Middlesex Hospital Comprehensive Breast Center, call (860) 358-2082 or go to www.MHCancerCenter.org.
To learn how you can support goPINK, go to www.gopinkproject.com.

THINK PINK!



GO PINK!



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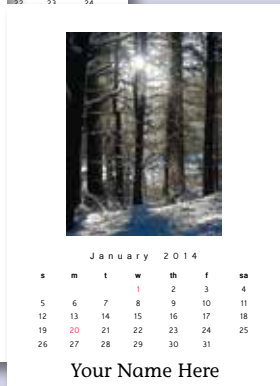
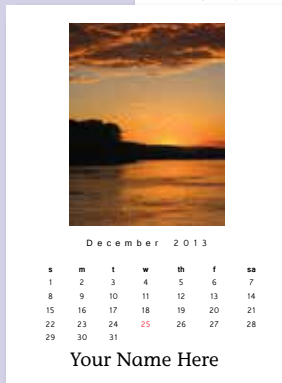


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