

Haddam Events

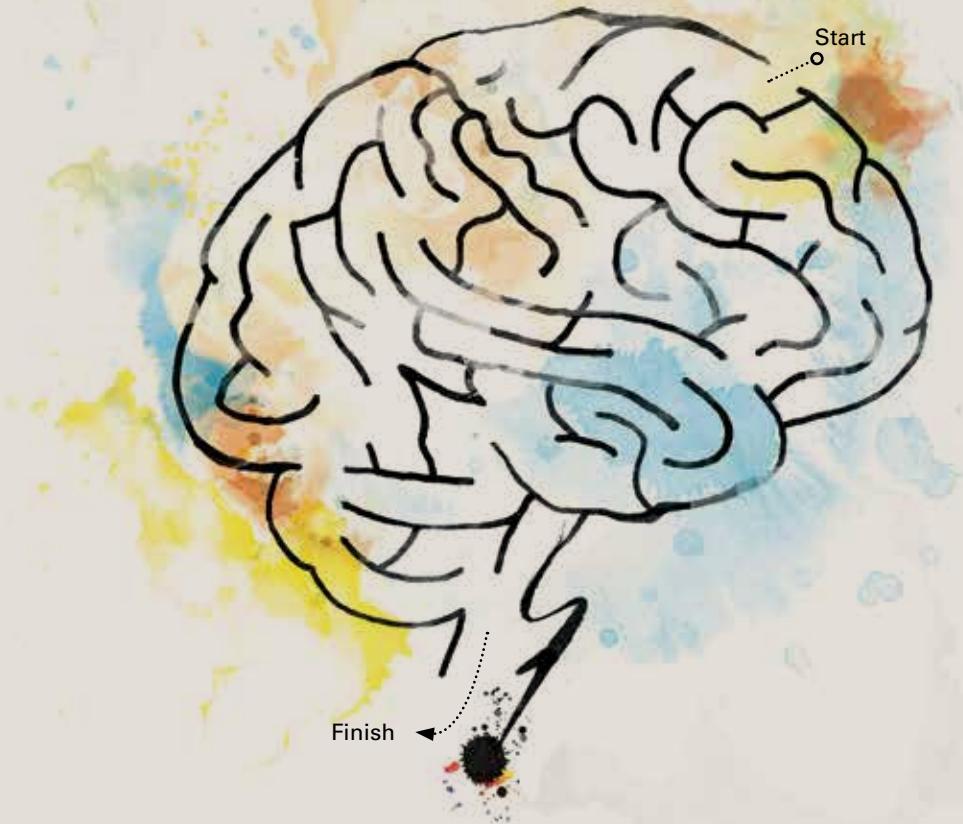
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First Selectman's Corner

I guess it's only natural to feel a twinge of resentment when a perfect sunny morning beckons you to the first tee at your favorite golf course while the clamor of an overloaded work calendar shouts threats of calamity for even considering the idea. When that happens, I try to remember the bigger picture and remind myself that taking on the challenges in Haddam was my choice, and my makeup will not allow me to do anything half-baked. Besides, deep down I know that my calendar is right and that ignoring her warnings would only contribute to the further demise of what has turned out to be just a passable effort at keeping up with golfers who play the game twice a week.

For those of you who play the game, I think most would agree that unless you are truly a fanatic about competitive performance demands or scores, the rewards of golf are most evident in the self-achievement of personal goals, the tranquility of nature's settings, and the friendship with which the game is shared. For me, it is the friendship that I miss most. It is the joking, the ribbing, the clever humorous insults that are intended to throw you off your game, the basic stuff of bonding-laughter. But there are times when words that are intended to be light in nature can weigh heavy on your mind.

A few weeks ago, an old friend invited me to play in a weekend charity golf tournament at the TPC in Cromwell. I needed a break so I took him up on it. I hadn't had a club in my hand for over a year, so despite my confidence that I could just pick up the game in stride, the rust was pretty evident. I wasn't used to missing short putts, and the friendly ribbing from my foursome suddenly felt hostile. I remember one of them saying "Typical politician...all show and no go."

In another time, I might have returned the comment with an in kind bark or graphic hand gesture, but his words stung so deeply that all I could do was shake my head in disbelief. Is that how he really saw me, I wondered. If that was so, could it be possible that others may think the same way? The thought bothered me for the next several holes, and as I found myself thinking more about whether I had done enough during my first two terms as First Selectman to let folks know that I was not that kind of stereotype politician, my golf swing continued to go south.

The ribbing I was taking got worse, but it sounded like distant thunder compared to the clamor of the thoughts in my ears.

What have I really accomplished over the past four years I asked myself.....what promises did I make that I didn't keep....is Haddam a better place today than it was four years ago.....did I give one hundred percent? The questions fired at me like the repeating sound of a concrete drill, gaining in intensity with every errant golf shot. Finally, after what seemed like the longest front nine holes of golf that I had ever played, we took a break at the turn. It was then, that the pressure mercifully broke. My partner said to me, "You must be doing something right on the job, because your game isn't worth a dime." I blurted a laugh, not because it was another rib, but moreover because he had opened

the door far enough for me to take an objective look at what I had accomplished and what still needed to be done.

When I first took office, folks in town seemed to be walking on eggs. There was a feeling of uneasiness in the air and even the smallest of issues seemed like they were stones on an albatross. There was a sense of division and a reluctance to view

many of the problems in town as "ours" rather than "theirs." There was a need for more government transparency and more public inclusion. I made cleaning the cobweb of mistrust and opening the window to communication a major priority, and I am proud to say that we have come a long way. As a result, today we are better equipped to face our challenges together as a town and focus on the best methods of conquering them.

Time has been unkind to Haddam's infrastructure, and the deterioration had really reared its ugly head when I began to piece together a solution for stabilization. Buildings, roads, bridges, equipment, energy, water, sewage and waste management were all studied and priorities assigned.

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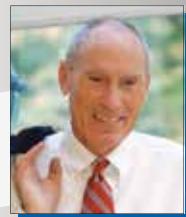
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First Selectman's Corner ... continued from page 1

Funding alternatives were then analyzed and the issues that could be immediately resolved were moved to the forefront. Because of an impending State consent order that would literally have closed down the Transfer Station and put more large vehicle stress on already weak roads, I decided to attack this issue first. I completed the task in my first term using just about every tool of persistent negotiations that I had ever learned, and today I am pleased to say that the town owns a state of the art, efficient, cost effective Transfer Station that is the envy of the region. As that thought settled in on the tenth tee, I finally hit a decent drive down the center of the fairway.

As I approached the eleventh green with a short putt in my sights, I was feeling a bit more confident, and a bit more relieved, so I continued to probe my performance. How about the two pillar issues of Tylerville water and Higganum sewage; had I done enough? I took a deep breath and let it out slowly. Yes, by God....I'm all over them. There is a development project on the cusp in Higganum that is just the catalyst we need to bring a public-private sewage issue to the table, and I have set all the pieces in motion for public consideration. I have secured substantial state funding commitments to complete the water project in Tylerville. The engineering work there is done and the final numbers are almost ready. This project too, is within a striking distance. I sunk the putt for a par.

The long walk to the next tee gave me more time to think. What about Economic Development I asked myself. The individual homeowner has been carrying the tax burden by themselves for far too long; have I helped to increase the business base to help give them some relief? I smiled to myself. With the addition of two grocery stores, two delicatessens, a pharmacy, a bakery, two restaurants, a fitness health studio, a diet center, a cleaners, a veterinary center, a specialty clothing store, and a hair salon, the number of businesses have increased dramatically... another straight drive... another short putt... another par.

By the time I got to the sixteenth tee, my stride had lengthened and I was beginning to actually enjoy the majestic setting that makes the TPC such a special course to play. With the foursome in front of us still looking for a couple of errant shots, I stood at the back of the tee box, looked out at the panoramic luster of the Amazon green landscape and silently reflected more. What about the most needy in town, I wondered... have I made a difference to them? I nodded slowly as I thought about how far our Senior and Youth programs have come. The introduction of a positive, creative atmosphere at the senior center, the expansion of the meals-on-wheels service, the acquisition of a prescription drug program to help reduce pharmacy costs, and the broadening of the elderly tax relief program have all taken a little pressure off the seniors. My active involvement with the school system to help bridge the gap between academia and the real world has made a difference in communication. I have participated in several Youth and Family Service programs and presently sit on the board of the Healthy Communities-Healthy Kids Coalition.

I have implemented a student intern program for those interested in entering the public service field, and as a board member of the State Workforce Alliance, I have arranged for student summer job opportunities. To the amazement of my foursome, I actually birdied the sixteenth hole.

I have always wondered why most of us amateur golfers grow weak at the knees when there is a body of water within striking distance. For some reason, though, on that particular day, I was more fixated on the beauty of the scene than the fear of ripples swallowing my ball. As I contemplated my shot on the seventeenth tee, I thought about the beauty of the resources in Haddam and Haddam Neck and felt proud that I have been so supportive of our conservation and land trust efforts. I thought about the extended trail facilities I have managed to assist, and about the possibility of a massive tourism effort to connect rails and trails. I didn't have to swing hard, the golf club felt like a walking stick in my hands and did all the work.

I looked at my scorecard as we approached the eighteenth tee; it was like reading the preamble to "The Tale of Two Cities." It also reminded me that hindsight is overrated. We had one more hole to play, one more hill to conquer, one more fairway to negotiate, and I wondered... have I used all the tools of negotiation that I had learned over the past thirty years to negotiate my very best for the town. I had learned at an early age that the success of any plan depends on your ability to be firm yet flexible, patient yet persistent, and persuasive yet open to the imagination and creativity of a path of solution. I took pride in knowing that I have indeed been heavily involved in several State boards and commissions, and in so doing have been able to bring our town's needs to the forefront to successfully negotiate funding and regulatory assistance. I knew deep down that my efforts had very often assisted to influence or discourage legislation that had an impact on our town.

By the time we approached our balls on the eighteenth green, I felt a sense of both gratification and gratitude. I had indeed completed a very challenging and worrisome journey, but I had come to the end unwounded and perhaps even more healthy. To my foursome, it was just a game that day; to me it was an inner statement of personal validation. As we all assessed our putts, my partner came close and whispered in my ear, "The line on your putt looks like a snake on a bathroom floor from here... got anything left in that political bag of yours?"

I took a step back, took a hard look at the path to the cup, then thought about the path I had sketched out in my mind for Haddam's future. I envisioned her unimaginable potential and the beauty, grace and charm of her accomplishments. I looked at him and grinned, "I've got enough."

*Paul DeStefano
First Selectman, Haddam*

Brainerd Memorial Library

ANNUAL ICE CREAM SOCIAL

On Tuesday July 30th 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 6:30 pm and the children immediately following their summer read closing program "Marvelous Mutts" Dog Show. 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.

UPCOMING DISPLAYS AT THE LIBRARY

JULY DISPLAY AT THE BRAINERD LIBRARY

During the month of July the Brainerd Memorial Library will have on display a Victorian Womens collection of old photos, garters, gloves, hats, powder compacts, purses, and beaded purses from the victorian era. The collection is owned by Renie Steele of Haddam. These items were given to Renie by Emily Shailer who died in 1999. Emily's husband, Russell Shailer, lived in Haddam most of his 90 plus years. The Shailer family lived in their home on Saybrook Road since 1827.

The collection will be on display in the display case located at the main entrance to the library.

AUGUST DISPLAY AT THE BRAINERD LIBRARY

During the month of August the Brainerd Memorial Library will have a Haddam Neck Fair display in their display case. The display will be created by Sue Olsen of Haddam Neck and will include a fair scene using little toy animals, fence, tractors and other fair items. Also a quilted piece and crafts will be displayed.

The display case is located at the main entrance of the library.

SEPTEMBER DISPLAY AT THE BRAINERD LIBRARY

During the month of September the Brainerd Library will have on display the 1930's doll collection owned by Donna Thomson of Haddam. Some dolls are in their original clothing. Some are cloth bodies with hard arms, legs, and head. They are the type of doll that was played with back in the 30's. The display will also include doll accessories such as a tea set, teddy bear, and other items. The display case is located at the main entrance of the library.

Bev Radziwon

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Youth and Family Services, a private non-profit agency, provides 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 on 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 Healthy Communities – Healthy Kids Coalition aims 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 engage and support their development. Our Juvenile Review Board, consisting of volunteer community members and our staff, offers an alternative to the Juvenile Justice system for first time offenders 17 and under.

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From the Assessor's Office

Motor Vehicle Questions and Answers

'Tis the Season to Pay Taxes Again... here is some helpful information regarding your motor vehicle tax bill. By the time you read this you will have received in July 2013 and may have already paid your motor vehicle tax bill for the October 1, 2012 Grand List. However, listed below are several scenarios for which we frequently have questions; perhaps they can answer yours. If not, please do not hesitate call the Assessor's office.

It may help you to know that the Department of Motor Vehicles (DMV) and the town do not communicate at all during the course of a year. The DMV compiles the list of all vehicles registered in the town of Haddam on October 1st. The information is delivered to us electronically and for the most part we have no further contact with them thereafter. Keep this in mind as you read the "Questions & Answers".

Any changes that are made after October 1st will not be reflected on the tax bills that are sent the following July. We do not get address changes throughout the year so it is important to notify us of any changes. If you do not receive your tax bill it does not negate your liability to pay.

Please note that unlike Real Estate tax bills which are payable in two installments, Motor Vehicle taxes are due in full in July.

Did you receive a bill for a car you no longer own?

Don't Ignore the Bill! If you owned the vehicle (old) on October 1, 2012 and subsequently transferred the plates to a different vehicle, that bill is due and payable in July 2013. You will receive a bill (Supplemental Bill) for the different vehicle in January 2014 giving you credit for the old vehicle. If you did not use the same plates for the new/used vehicle you purchased after October 1, 2012 and you wish to have the bill prorated or removed you must provide us with proper documentation (two forms of proof-see the "Standard Forms of Proof" below) or contact the Assessor's Office for further information.

Did you not receive a bill for a car that you own?

Don't Ignore It! Contact the DMV to determine that the proper address is listed and that the tax town code listed is correct. Another town might be trying to send you a tax bill due to incorrect information.

Please note: If the above two problems are not corrected, you will still be responsible for payment and any fees and interest accrued.

Was your motor vehicle sold?

Get in touch with the Assessor's Office for a possible adjustment on your tax bill or to determine what you need to do. Two forms of proof must be provided to remove or prorate your vehicle on the tax list-a copy of the returned plate receipt that you receive from the DMV and a copy of the bill of sale or a copy of the front and back of the title showing the new owner. Please Note: Just a copy of the plate receipt is not sufficient proof to remove or prorate your vehicle.

Continued on next page

Assessor's Office ... continued from previous page

If you do not provide the proper documentation to the Assessor's Office, you will continue to receive tax bills for which you will still be responsible.

Did you turn in your license plates?

Even though you may have returned license plates to the DMV, if you still own the vehicle it is still taxable under the Connecticut General Statutes.

Have you moved?

By law when you move you must report your change of address to the DMV. You must also be sure that the tax town code is changed. This will ensure that your vehicles will be included on the new town's tax list. Please remember a tax bill is generated to the town in which the car is registered on October 1st even though you will not receive a tax bill until the following July. It is important that when you change your address that you change both your license and motor vehicle registration.

Please note: If you lived in or your car was still registered in Haddam on October 1, 2012, your July 2013 motor vehicle tax bill must be paid to Haddam.

Did you register a vehicle after October 1, 2012?

You will receive a Supplemental Bill payable in January 2014 for any new or replacement vehicle, which was registered after October 1, 2012 and before August 1, 2013.

What proof is necessary to provide to the Assessor's Office?**MOTOR VEHICLE - Standard Forms of Proof****TWO Forms Required**

1. PLATE RECEIPT from DMV indicating that the registration has been CANCELLED, LOST OR STOLEN.

2. IN ADDITION TO # 1- Any of the following:

a.) **A copy of the Bill of Sale** - The bill of sale is now on the bottom of the vehicle owner's registration form and transfer information must be recorded on the back of the registration form before being submitted to DMV – therefore the seller's obligation is to provide a copy of the signed registration form along with a copy of the plate receipt to the Assessor.

b.) **A copy of the Transfer of Title** - The seller must provide the assessor with a copy of the signed title and a copy of the plate receipt.

c.) **A copy of the new owner's registration** – A copy of the registration from the new owner along with a copy of the plate receipt.

d.) **Out of state registration** – Proof of residency and a copy of registration showing the date the vehicle was registered outside the state of Connecticut along with a copy of the plate receipt.

e.) **Stolen or Totaled vehicle** – A statement from the insurance company indicating that the vehicle was stolen and NOT RECOVERED or totalled or a copy of the accident report. If the owner did not return the plates then he/she must file a lost or stolen plate form with the DMV and provide us with a copy of the plate receipt.

f.) **Junked vehicle** – A receipt from junkyard and a copy of the plate receipt.

g.) **Trade-in vehicle** – A copy of the purchase agreement identifying the trade-in vehicle and a copy of the plate receipt.

h.) **Donated vehicle** - A statement from the organization showing the vehicle identification number (VIN) and a copy of the plate receipt.

All information must be DATED and have the VEHICLE IDENTIFICATION NUMBER (VIN) on all documentation.

It is extremely important that you correct all necessary information with the DMV. They are responsible for making the changes on motor vehicles.

The Department of Motor Vehicles will charge a fee of \$20 for a duplicate motor vehicle plate receipt which was previously issued to you and either misplaced or lost. Please note that the plate receipt is one form of proof required by the Assessor's Office in order for us to remove or prorate any vehicle which has been sold, destroyed, donated, junked, traded in or registered in another state. We recommend that all documentation for motor vehicles be retained for at least 2 years. In addition, the front and back of the title indicating the new owner's name and address should be copied prior to surrendering it to the new owner.

If you have any questions, please call the Assessor's Office at 860-345-8531.

Please send all information to: Assessor's Office, 30 Field Park Drive, Haddam, CT 06438

*Marilyn Baumann, CCMAII, Assessor
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- Joanne S. Rocznia, Mile Publicity Chairman

From the Tax Office

Legal Notice is hereby given to the Taxpayers of the Town of Haddam. The Mill Rate for the 2012 Grand List is set at 29.48.

- Real Estate and Personal Property bills will become due and payable in two installments. The first installment will become due July 1, 2013 with a grace period to August 1, 2013, and the second installment will become due January 1, 2014 with the grace period to February 3, 2014. Any bills totalling \$100.00 or less will become due and payable in full on July 1, 2013 with a grace period to August 1, 2013.
- Motor Vehicle taxes are due in full on July 1, 2013 with a grace period to August 1, 2013.

After each grace period, if still unpaid, bills will become delinquent and are subject to interest at the rate of 1.5% a month, from the original due date. A minimum interest charge of \$2.00 will apply to all delinquent taxes.

Payments may be made on our website, Haddam.org. We accept electronic funds transfers, Discover Card, American Express, MasterCard and Visa. You can sign up to go paperless and your bills will be emailed to you as well as reminders when they are due. You do not need to pay online to receive this service. Remember you can always look up a payment

history or see a copy of your tax bill online. We have also installed a public computer at the Clerk's office for residents to use.

Checks may be made payable to the Town of Haddam and mailed to Town Office Building, Tax Office, 30 Field Park Drive, Haddam CT 06438-1196. If a receipt is desired, please include a self-addressed stamped envelope with your payment. Check or cash payments may be made in person at the Haddam Tax Office room 202. Credit card or debit cards may only be used online.

As our lives are becoming increasingly busier, more and more Haddam residents have been mailing in their payments instead of visiting the office. Please allow a few days for payments to be processed, especially towards the end of the month. As long as your payment is post marked by August 1st you will not receive a penalty.

If you have any questions about your bills or a lack of a bill please call us immediately. We do not receive information from the Department of Motor Vehicles, so if you move or no longer have a vehicle, please contact the Tax Office or the Assessor's Office. If you were previously escrowed and did not receive a bill please call us. If the bills are not addressed in a timely manner, you will be responsible for the bills including any interest or fees.

The Tax Office will be closed June 28th to close out the 2011 Grand List. We will begin collecting for the 2012 Grand List on July 1, 2013. We do not accept any pre-payments.

Our office hours are Monday through Wednesday 8:30 am to 4 pm, Thursday 8:30 am to 6:30 pm and Friday 8:30 am to noon. The office will be closed 12-1 for lunch. Our phone number is 860-345-8531 x207.

This is your only mailing for the 2012 Grand List Bills. You will not receive a bill for the second installment due January 1, 2014.

*Kristin Battistoni & Linda Walczak
Taxcollect@haddam.org
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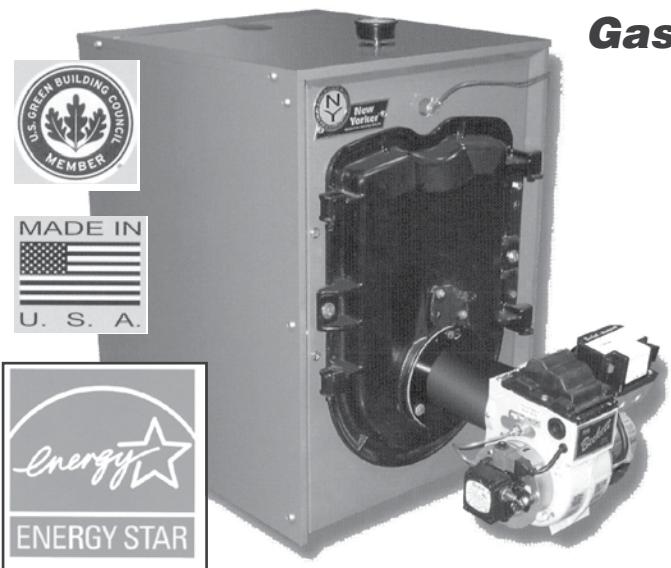
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Town Clerk's Office

Office Hours: Monday thru Wednesday 8:30 a.m. to 12 noon, 1:00 p.m. to 4:00 p.m. Thursday 8:30 a.m. to 12 noon, 1:00 p.m. to 6:30 p.m. Friday 8:30 a.m. to noon.

Phone (860)345-8531 Ann ext. 212, Ann R. ext. 211 Fax (860)345-3730

Email: Ann Huffstetler, townclerk@haddam.org - Ann Riebold, townclerkasst@haddam.org

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, please read the following rules.

1. Permit must be clearly displayed and adhered to the driver's side window shield.

2. Registration must be written on the permit itself.
3. Any vehicles without a current permit or without a sticker on vehicle will not be allowed to leave its contents at the Transfer Station.

4. 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:

1. Proof of residency.
 2. Automobile registration.
 3. \$50.00 payment. Cash or Check Only
- Persons may purchase additional stickers for their household with the following information:
1. Proof of residency.
 2. Automobile registration.
 3. \$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!

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 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.

SPORTSMEN

2013 SPORTS LICENSES are available. Additional information regarding regulations, permits, conservation education/firearms safety courses are available online 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.

Continued on next page

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Town Clerk ... continued from previous page

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#. 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.

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

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The Cougar Aquatic Team (CAT)

18 CAT Swimmers travel to VA to compete in the 2013 Speedo Sectional Championship Series

Eighteen swimmers from The Cougar Aquatic Team (CAT) qualified and competed in the 2013 Speedo Sectional Championship Series held in Virginia, on March 21-24 at the Christiansburg Aquatic Center. Over 1,200 swimmers from the Eastern Zone Region attended this highly competitive trials and finals swim meet. All CAT swimmers performed well, sending several swimmers back to finals every night.

Final finishers (top 8) were Jake Gibbons (Higganum) placing 2nd in the 200 Backstroke (1:49.87), and Mason Revis (Higganum) placing 8th in the 1000 Freestyle (9:31.63). B Final finishers were Abbey Fusco (Glastonbury) in the 200 Backstroke (2:09.00), Jake Gibbons in the 1000 Freestyle (9:32.21), and Mason Revis in the 1650 Freestyle (16:12.13). C Final finishers were Brooke Perrotta (Killingworth) in the 100 Freestyle (52.76), Abbey Fusco in the 100 Backstroke (57.48), Neal Tyson (Haddam) in the 100 Freestyle (47.95), Mason Revis in the 400 IM (4:07.37), 500 Freestyle (4:40.19), 200 Butterfly (1:54.28), and Jake Gibbons in the 500 Freestyle (4:43.22), and 100 Backstroke (52.29).

Other CAT swimmers who competed at this championship meet were John Brodeur (Old Saybrook), Collin Dunn (Litchfield), Cameron Garrelts (Killingworth), Claire Hendershot (Wallingford), Meredith Hird (Waterford), Katie Lisitsin (Clinton), Garrett Mazzotti (Killingworth), Caitlin McNary (Westbrook), Coral McNary (Westbrook), Caius Mergy (Old Lyme), Chris Myers (Essex), Maggie Purvis (Old Saybrook), and James Whaley (Deep River).

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.

*Mike Krajewski, Coach
coach.mike@yahoo.com 860-638-7327*



Left to right / back row: Coach Mike K., Maggie Purvis, Neal Tyson, Chris Myers, Garrett Mazzotti, Caitlin McNary, Coral McNary, Claire Hendershot, Caius Mergy, Jake Gibbons, Mason Revis.
Front row: Meredith Hird, John Brodeur, Katie Lisitsin, Brooke Perrotta, Collin Dunn, Abby Fusco, James Whaley, Cameron Garrelts.

Upcoming Haddam Land Trust Programs

Join the Haddam Land Trust for the following upcoming programs:

Saturday, June 29 / 1-3 pm, Bamforth Preserve on Bamforth Road in Haddam. Join Board Member and expert photographer Peter Smith for a demonstration on close-up photography of dragonflies, butterflies, and whatever insects we see in the field at Bamforth Preserve.



Photo by Peter Smith

Saturday, July 13 / 7 pm, Nedobity Preserve, Nedobity Road in Higganum. Bat populations throughout the Northeast have been adversely impacted by white-nose fungus. A healthy population of little brown bats survives in the Nedobity Barn. Bring your chairs to sit near the barn as dusk approaches and watch the bats whiz by on their way to consume insects. Last year the bats put on quite a show and we hope for similar activity this year.

Labor Day Weekend / Haddam Neck Fair, Haddam Neck. Stop by and visit our booth!

Saturday, September 28 / 9-11 am, Haddam Neck - Join Board Member Peter Smith for as he leads his most interesting tour of Haddam Neck granite quarries.

Saturday, October 19 / 5:30 pm, River Paddle, Connecticut River - Meet at the boat launch at Haddam Meadows State Park for a quick paddle to a get-together on Haddam Island to stare at the moon, share stories and roast marshmallows. All participants must wear life jackets.

For additional information, visit www.hltrust.org or email hlt_webmaster@hltrust.org.

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UConn Extension Master Gardeners Available for Garden Questions

Do you have questions about your vegetable or flower garden, about something in your yard, or what you've seen along a roadside or trail? University of Connecticut Master Gardeners are available to answer your questions!

Stop by or call the Master Gardener Office at University of Connecticut Middlesex County Extension Center on Route 154 in Haddam. Insects should be secured in containers with lids. Plant specimens can be in a plastic bag or loose. Please bring a clump of turf for lawn questions. Both healthy and damaged sections of plants help with diagnosis. Also be prepared to describe the growing conditions, fertilizer or pesticide applications, and other environmental questions to help resolve your question.

Master Gardeners also give advice and offer printed information about improving soil, good gardening practices, weed and unknown plant identification, and information about environmental threats such as emerald ash borer, Asian longhorned beetle, and mile-a-minute vine.

The Master Gardener Office at the Middlesex County Extension Center at 1066 Saybrook Road in Haddam is open Monday through Friday from 9 am to 5 pm. Stop in at the office, call 860-345-5235, or email gail.reynolds@uconn.edu.

- Gail K Reynolds

Master Gardener Coordinator, Middlesex County

Essex Printing Winner In New England Regional Awards of Excellence Competition



The announcement was made April 4 during PINE'S Industry Awards Gala with hundreds of industry professionals in attendance. PINE'S Awards of Excellence Competition attracts over 200 entries from 41 printing and imaging companies across New England competing in a variety of printing and graphic communications categories.

Essex Printing won Awards of Recognition for the printing of Essex Savings Bank's 2013 calendar. A panel of judges with extensive experience in printing and print production examined a wide range of work submitted. Each entry was judged anonymously on its own merit in a category with similar printed pieces.

"We are very proud to have won this competition because it confirms our commitment to our clients that we provide an outstanding level of quality printing," said William McMinn, President of Essex Printing and Events Magazines.

For more information please contact Essex Printing at 860-767-9087.



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Enjoy the Summer and Stay Active!

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

Stay active indoors too! Sit less while watching TV, gaming, and surfing the web; these activities are fun but inactive, so spend less time in front of the screen. When you talk on the phone don't sit, walk around instead. Try taking more stairs. Recruit others to be active with you, which will help you stay

interested and be safe. Be active with your friends to support each other and make moving fun, have a dance party. Also, consider signing up for a fun exercise class, like salsa or zumba together. Take fun fitness classes. Explore options you never thought about, and stick with what you enjoy.

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

For example, if you are comfortable walking 5 days a week, consider adding strength training twice a week. If you have successfully limited your saturated fat intake, try cutting back on added sugars too.

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

*Maryla Radziszewski, LMT, CPT
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Thank you so much for your strong support of the Old Saybrook Chamber of Commerce and the community! Your generosity and quality of publications is unmatched. Events magazines are read cover to cover and are full with interesting community-related articles.

Working with the professionals at Essex Printing is a pleasure and everyone goes above and beyond to produce exceptional products.

*We are so grateful to have Essex Printing as part of our business community.
Thanks for everything!*

*—Judy Sullivan, Executive Director,
Old Saybrook Chamber of Commerce*

Summer Programs at HK Recreation

Reliable, Affordable, Available! The Haddam-Killingworth Recreation Department is offering many fun and exciting programs this summer. The brochure is posted on www.hkrec.com. On-line registration is available - visit our website and see how you can set up your household account for easy registration.

PRE-SCHOOL PROGRAMS AND CAMPS

- **Curious Campers Pre-School Camp** (Fun on the Farm July 8 – 12 / Princess & Pirate Week July 15 – 19 / Rainforest Adventure July 22 – 26 / Under the Sea July 29 – August 2)
- **Gymnastics Camp** (August 5 - 8)
- **Curious Creatures** (July 25th from 10:00 – 11:00 am)

YOUTH / TEEN PROGRAMS

- **HK Summer Camp / Extended Care** (June 26 – August 9 (no 7/4) / weekly sessions
- **UK Summer Soccer Fun**, ages 5 – 7 (Tuesdays or Thursdays starting the week of July 9th)
- **Karate Kids** (Mondays or Wednesdays, starting July 22nd)
- **Archery** (Wednesdays starting July 10th)
- **Horseback Riding** (Mondays or Tuesdays beginning July 29th)
- **Babysitter's Training** (July 10th, 9 – 2:30 pm or July 30th & August 1st, 5:45 – 8:45 pm)
- **Family Fishing** (August 17th, 8:00 - 2:00 pm)

SPECIALTY CAMPS INCLUDE:

- **Performing Arts Camp** (July 8 - 12)
- **Introduction to Baton Twirling** (July 8 – 12, July 15 – 19, August 5 - 9)
- **Young Chefs Cooking Camp** (July 16 – 19)
- **Play-Well LEGO™ Superhero Engineering** (July 15 - 19)
- **Airplanes and More Airplanes** (July 23 – 26)
- **Make Your Own Star Wars™ Movie** (July 30 - August 2)
- **Play-Well LEGO™ Engineering** (August 5 - 9)

SPORTS CAMPS

- **Skyhawks Basketball Camps** for Gr. K – 5 (July 8 - 12)
- **Middlesex Football Camp** (July 8 – 12)
- **Skyhawks Tennis Camp** (AM: July 8 – 12; pm: July 22 – 25, AM: July 29 – August 2)
- **Skyhawks Track and Field** (July 15 - 19)
- **Cheer/Tumbling Camp** (July 15 – 18)
- **Skyhawks Flag Football** (July 22 – 26)
- **Skyhawks Mini-Hawk Multi-Sport** for ages 4 – 6 (June 22 – 26 or August 12 - 16)
- **UK International Soccer Camp** (July 29 - August 2)
- **Skyhawks Beginner Lacrosse Camp** (August 5 - 9)
- **Gymnastics Camp** (August 5 - 8)
- **Skyhawks Multi-Sport Camp** for ages 7 - 12 (August 19 – 23)
- **Academy International Field Hockey Camp** (August 19 – 23)

AQUATIC PROGRAMS

- **Children's Swim Lessons** (ages 4+) beginning June 26th – August 9th (M – F morning classes, 2-week sessions and one- week sessions)

- **Pre-School Swim for age 3** (August 5 – 9, 9:00 – 9:30 am)
- **Aqua Aerobics** (Thursdays, July 18 – August 8, 6:45 – 7:45 pm)

ADULT PROGRAMS

- **Fitness Yoga** (PM - Tuesdays , June 25 – August 20 (No 7/16); 7:00 – 8:15 pm / AM – Mondays, July 1 – August 12 (No 7/15), 8:30 – 9:45 am)
- **Zumba** (Wednesdays, June 26 – August 7, 7:00 – 8:00 pm)

SUMMER ENTERTAINMENT

- **Kids' Entertainment Extravaganza** (all shows at the HK HS Auditorium on Wednesdays at 1:00 pm; All shows are \$3 per person).
- **July 10th Tom O'Brien's Magic Show;** July 17th T-Bone Music Show;
- **July 31 - The Rope Warrior**
- **Liberty Bank Family Concert Series** (all shows are at 7 pm on Fridays at the Higganum Green)
 - July 12 - DizzyFish
 - July 19 - Skyline Drive
 - July 26 - Black & White
 - August 2 - Cobalt Rhythm Kings

Discount Tickets will be available for Six Flags New England, Lake Compounce & CT Science Center.

For more information about any of our programs, please call the Haddam-Killingworth Recreation Dept. at 860-345-8334 or visit www.hkrec.com.

Q: How do I know if orthotics in my shoes will work for me??

If your heel swings too far to one side, your foot may be overpronating or flattening too much. This abnormal movement strains your foot causing the bones and soft tissue of the foot to support too much of your body weight. Over time this type of strain on the soft tissue may cause heel pain or spurs, tendinitis and pain when walking or exercising.

Many times just a look at the bottom of your shoes tells a story. If you have wear on the outside of your shoe, this might be an indication that orthoses would be an appropriate recommendation for you. Orthoses control movement, like a cradle and reduce strain on the joints eliminating many types of foot pain.

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Helping Seniors Transition to a New Chapter

As senior citizens age, their health and lifestyle needs change, sometimes necessitating a change in their retirement living plans. They may grow tired of caring for a large home, or they may face unexpected health concerns that require more daily assistance, or they simply may want a more care-free living environment. Whatever the catalyst, real life changes may need to take place.

While some senior citizens may welcome the move into a smaller home or into an independent or assisted living community, others may be less enthusiastic. They may be hesitant to leave the home where they raised their families, enjoyed their neighbors, or tended to their gardens. They may worry about losing their independence, or about not fitting into their new community.

It is helpful to everyone involved in this transition when there is as much support as possible during this time. This can come from a network of family, friends and caregivers, or from the "welcome teams" found at most retirement and assisted living communities who help residents manage change.

The welcome team at The Saybrook at Haddam retirement and assisted living community in Haddam includes a recently hired, full-time social worker. She offers support and care for residents and their families during the move-in transition, and is able to respond immediately and personally to any other concerns. She also works to educate families and staff so they can provide the best care (and lifestyle) in their new home.

During this transitional time, experts suggest helping loved ones by focusing on the positive sides of the move. If they are going to a smaller apartment or home, remind them of how much easier caring for their home will be. If they are moving to a senior community, they no longer need to worry about shoveling snow, cutting the lawn, painting the house, or cleaning the gutters. Depending on the community, they may not even have to shop for food or cook meals each day – and they will be able to enjoy a sense of security and peace knowing someone is always nearby if there ever is an emergency.

Celebrate the things that do go well during this time and reinforce that the right living decision was made. Have a card or small "care package" arrive the day your loved one makes the move. If you can, join them for a welcome visit to share lunch or dinner right away (remember to set up a date for the next visit before you leave). Also, if they do move into an assisted living residence, try to attend one or two social events held at the community together.

You are helping them start an adventure, another chapter with new friends, group activities, daily walks and exercise, lectures and classes, and more (perhaps even a new garden).

*Kathy Ryan, Executive Director
The Saybrook at Haddam*

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**The latest Events for all our towns
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The screenshot shows the homepage of the Essex Events website. At the top, there's a navigation bar with links for "Events", "Quarterly Magazines", and other towns like Old Lyme, Old Saybrook, Westbrook, Madison, Guilford, and Woodbridge. Below the navigation is a banner with a red poppy flower. A "Did you Know?" section features a shopping bag icon and a statistic: "8 out of 10 customers will remember your name after you give them a promotional product." It includes a link to www.essexprinting.com and the phone number 860-767-8087. The main content area has sections for "GET NOTICED!" (with a link to advertisecgo.com) and "Essex Events". There's also a "Welcome to Essex Events" message and a "Click thumbnail to view larger image" link. Below these are three small images of town scenes.

**BRANFORD CHESTER CLINTON EAST HADDAM
EAST LYME ESSEX GUILFORD HADDAM
MADISON OLD LYME OLD SAYBROOK
WESTBROOK WOODBRIDGE**

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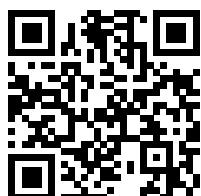
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HADDAM EVENTS

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