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Middlesex Hospital is bringing the front line in the fight against cancer to the shoreline. Our new Westbrook Cancer Center is home to our talented team of cancer specialists who can collaborate with the world's top cancer experts at Mayo Clinic. And it brings with it all of the same advanced cancer treatments we offer at our first Cancer Center in Middletown—all closer to home than you'd ever expect.

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#### First Selectman's Corner





Thank you for your vote of support in the management of our town. You have given me a gift which I must use wisely and carefully. We are confronted with challenging times. Our decisions and actions will set the tone for our own future and our children's futures. We must make choices which are in the best interest of our town, which are fair to all of our citizens and which are achievable.

Our countless volunteers and hardworking employees stand ready to do their part but they cannot do it alone. We all need to be part of the answer. Years of thoughtful preparation have put us in a position to fare better than many towns. Our AA+ bond rating and carefully designed reserves have given us needed flexibility. This will aid us in

dealing with any uncertainties in future state and federal economics.

This February we will be relocating our municipal offices to Moodus. We need to thank the members of our "Municipal Office Building Committee" for the exceptional job they have done. Some have served for over a decade. With the fence



Emmett J. Lyman First Selectman

finally down we can all begin to truly appreciate the wonderful results of that effort. It has been accomplished on time and within budget, a hearty "Thank You" to all who have participated. I know that all municipal office employees are all looking forward to being there and serving our community from such a beautiful and historic location. We also need to take note of renovations being completed at our firehouses. Company 2 is complete. Two new bays and an upgraded interior. Valuable equipment will now be safely stored and be readily available when needed. Company 1 is nearing completion - upgraded to be better able to safely serve our volunteers, staff and community. Once again both on time and within budget and once again a hearty "Thank You" to all involved.

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# events

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I want to welcome Keenan Humble as a new member of our Public Works/ Transfer Station Department. Keenan is a lifelong resident of the Town of East Haddam. He will be serving at our transfer station. He brings not only needed skills and an eagerness to serve but also an outgoing friendliness which makes him a pleasure to work with. He will be a great addition to an already exceptional team. Make it a point to stop by and say hello.



Our June 30, 2017 Annual Report is now available. This year's report is dedicated to six residents who gave us so much during their lives - Shirley E. Bailey, Beatrice S. Balvin, Ronald M. Brennan, Ruth M. Ciucias, James T. O'Brien, George Ryczek and Theodore E. Shumbo Sr. You can find a copy at the Town Office Building. The Annual Report is full of information about our town from July 1 of 2016 through June 30 of 2017. This is the 10th year that Cindy Varricchio, our Finance Director, has prepared a concise and readable report highlighting our Town. It describes the missions and accomplishments of our many boards, committees, commissions and departments. The achievements of our schools are detailed showing why we have every right to be endlessly proud and pleased with our students and staff. Whatever it is that you need to know about East Haddam the best place to look is our Annual Report. It describes the best little Town in Connecticut and outlines the efforts put forth by our dedicated staff and energetic volunteers all eager to keep it that way.

On October 12th, 2017 the CASHO-CIRMA Snow Plow Roadeo took place in Wallingford. Our Public Works Department was represented there. This is a competition testing driver's snow plowing skills. The course had been revamped with unanticipated challenges. In the end East Haddam came home with a new trophy. Our thanks and congratulations go out to Walter Hallowell and trophy winner Ed Sikorski.

This year we enjoyed an active holiday season with many events. Starting on December 2nd in Moodus with teas, a bake sale and caroling. On the 6th we celebrated at the Moodus Green. Santa and Mr. Claus arrived by fire engine with the Moodus Fife and Drum as escorts. Santa went on to light the Christmas tree and officially start the season. Caroling was provided by Hale-Ray choral students. Activities continued at the Methodist Church, the Little Village preschool and the East Haddam Free Public Library. Our thanks to Youth and Family Services, East Haddam Park and Recreation and Christ Community Church for their support. The season then continued with breakfast with Santa at the firehouse on the 9th, events in East Haddam Village on the 12th and finally along Town St on the 16th. Thank you to all who participated in the very special 2017 season.

I cannot close without a reminder. We live in a very special and beautiful town. We have almost endless trails and views. Winter is a great time to enjoy them. Get out, take a hike and see what I'm talking about.

Emmett J. Lyman First Selectman



#### **East Haddam Garden Club**



2017 Plant Sale Co-Chairs Helen Whatley and Dora Lyman inspect a small selection of the many plants offered for sale by the Club.

#### **Supporting Our Community...and Asking for Your Support**

At our holiday luncheon in December, in addition to enjoying a fun and festive gathering, members again showed their generosity by contributing to the East Haddam Food and Fuel Banks, as well as raising funds through our Silent Auction (all items donated by members, and purchases by members and their guests) in order to support Civic Beautification, school programs, and other civic

members, and purchases by members and their guests) in order to support Civic Beautification, school programs, and other civic

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activities. But we can't do it alone! So, please support us in our biggest fundraising effort of the year, our annual Plant and Bake Sale to be held alongside the Historical Society Tag Sale on Saturday May 19. We know you'll be pleased with the lovingly cultivated plants, shrubs and saplings from our members' gardens (we usually have a selection of houseplants, annuals and garden ornaments/pots/etc. as well). And please visit us at the "Taste of East Haddam," which showcases local businesses and organizations.

#### **Supporting Our Schools**

One key component of our Mission Statement is working with our youth to nurture their love of, and engagement in, all things horticultural and environmental. The Club is again sponsoring a photography contest (with cash prizes) for our High School students (themed "Art is Nature ~ Nature is Art"). The guidelines and details for submission (physical or digital images) are posted on our Face Book Page (The East Haddam Garden Club), or see Art Teacher Ms. Batt or Mr. Gilroy (Director at the EH libraries) for more information. The deadline for submitting photos is May 9, 2018. Photos will be displayed on the monitor at the East Haddam Free Public Library; awards are \$75, \$50, and \$25 for 1st through 3rd place winners. So, HS Students, keep your camera handy and an eye out for all the beauty around you... snowstorms, skyscapes, spring wake up, unexpected splendor... That perfect shot might be right in front of you when you least



Resident Doris Whitmore with daughter Beryl enjoying a cup of tea in the country kitchen.

#### Mom has Blossomed!

"Mom's memory loss meant her way of life was changing, but we did not want her quality of life to change as well. We are so happy at how quickly she settled into her new home and routine at Safe Harbor Memory Care Neighborhood in The Saybrook at Haddam. Safe Harbor offers:

- Stimulating and therapeutic programs that promote individual self-worth, dignity and independence
   A kind and specially trained professional staff 24 hours/day
- Personalized care and medication management A cozy, homelike setting with lovely living/community room and dining room for shared meals with family and friends • Fresh air and sunshine in our secure "Walking Garden"

Call 860-345-3779 for information and a guided tour. Visit us at www.thesaybrookathaddam.com



expect it. Note cards featuring the winning photos are available each year for purchase by the public at both libraries.

The Club is also looking forward its participation in the annual Arbor Day Program at the elementary school; offering an annual award to a graduating senior; and continuing to help out middle school students with their butterfly and vegetable gardens.

#### **Spring Program Open to the Public**

Join us Wednesday March 21 to "Sustainable Pest Management for Your Organic Vegetable Garden" presented by Joan Allen of the UConn Plan Diagnostic Laboratory. This free program begins at 7:30 pm at the Senior Center (preceded by a short business meeting for members). Refreshments will be served. The next 2 programs are for members, but if you wish to attend as a guest and/or are interested

in joining the Club, please contact any member for additional information re: times, locations, and carpooling. On April 25 at 11:30 am, "Natural Beauty" (presented by member Jane Zirlis) is a hands-on workshop creating beauty and revitalizing products from natural resources. On May 16, we will tour the Torrey Life Sciences Biodiversity Greenhouses at UConn at 10:00 am, and enjoy lunch afterwards at Dog Lane Café in Storrs.

#### **Garden Club Info**

The East Haddam Garden Club currently has over 40 members; new members are always welcome...attend one of our monthly programs or two, and get to know us. Check out our Face Book page or call Maureen Gillis (860-287-6228) or any club member for more information.

# **Annual Report**

Copies of the East Haddam Annual Town Report for fiscal year ending June 30, 2017 are available now in the Town Clerk's Office. This book is filled with valuable information regarding meeting dates, Boards and Commissions, reports from all Town Departments and 2016-2017 summary financial report. The full 2016-2017 year-end audit can be viewed online at www.easthaddam.org. Feel free to stop in for your very own copy of the Annual Town Report.

### **Park & Recreation News**

#### **Mission Statement**

The East Haddam Parks and Recreation Department seeks to create recreational opportunities for the growth and enhancement of all community members by developing diverse programs that promote citizen involvement and a strong sense of community while striving to increase the social, cultural, and physical well-being of its residents. We believe that working in cooperation with local businesses, organizations and community members we can achieve success in meeting the needs of all residents.

#### **EXCITING NEWS!**

#### Our new location:

As we move into 2018, we are also preparing to move into our new space at the new Municipal Office Complex. The renovation of the old Middle School on Plains Road in Moodus is almost complete and we are packed and ready to go!

The new space will include a gym and a program room. We are proactively planning the best way to serve the community with these wonderful new spaces. Our current instructors are excited to finally have a "home" for their programs.

Some of the exciting programs that we hope to include are birthday party rentals, after school activities, adult programs (Pickleball has been highly sought after!), trivia nights, computer programming, and "drop in" sports programs and an art show to celebrate the "Grand Opening" of our space- to name a few! Soon we will be hiring an additional program supervisor(s) to cover our extended hours and gym use.

We expect to move into the new building around the middle of February. If you are registered for a program that will be affected by the move, you will be notified. Please stay tuned for more information and exciting updates!

#### **Spring EMT Certification Class:**

Become a certified Emergency Medical Technician (or EMT bridge from EMR). The curriculum will prepare you to take the State of Connecticut and National Registry exams by providing lectures, discussions, demonstrations and hands on training. There are no prerequisites, but you must be 16 years old. The fee includes 2017 edition textbook, stethoscope, blood pressure cuff, pocket mask and AHA Healthcare Provider CPR certification. Many colleges will offer 3-4 elective credits upon certification. Register early, payment plans are available (a \$200 deposit is required to register; final payment will be due 2 weeks prior to the end of class). Please email the recreation department for the payment plan paperwork. The registration deadline is February 16th. Class dates: Thursday, March 1-Thursday, June 14, 2018; classes will be held on Tuesday and Thursday from 6:00-10:00 pm at the new Municipal Office Complex and the 2nd Saturday of each month from 8:00 am-4:00 pm (March 10, April 14 and May 12 in Middletown, June 9 in East Haddam).

Cost: \$899 per person

\*A minimum of 18 registered students are required to hold the class. To ensure the class is not cancelled due to low enrollment, register early!

continued on page 6

#### Park & Recreation News.... continued from page 5

#### **FREE CPR Certification Class:**

Through the generosity of the Evelyn Comer and Alumni Fund, the East Haddam Ambulance will offer a FREE adult CPR/AED class in conjunction with the Heartsafe Communities. Members of the community- friends, family members and co-workers- are in the best position to provide immediate lifesaving care. Your training and response can make all the difference for someone close to you. We believe that this training is vital in our community! Our instructors volunteer their time to provide the training to you, the alumni fund will provide your certification cards. Please pre-register so we know how many instructors and teaching materials will be needed. You will not be charged a fee when registering- www.easthaddamrec.com.

Saturday, February 17, 2018 at 10:00 am at the Elementary School.

#### **Adult Co-Ed Indoor Soccer**

Join us on Sunday nights for a few hours of healthy competition and a good work out. Please pre-register so we can add you to our private Facebook page and group email that we use to communicate with each other. Participants age 18 and older, only. Soccer is held at the Elementary School gym on Sunday, October 29th through April 29, 2018 from 6:30-8:30 pm.

\$20 per player/per year

#### **Gentle Yoga**

All Levels: This Gentle Yoga class is appropriate for all levels of fitness or yoga experience, and all ages 16 and up. Increase your strength and flexibility while decreasing stress. Enjoy moving your body and breathing mindfully! Sunday and Wednesday at 6:30 pm at the Senior Center (all ages are welcome). Friday 10:30 am at the Grange Hall. Wear loose comfortable clothing. Bring a yoga mat and water to drink. Call the office for financial aid.

January 3 – February 25, 2018

### From the Assessor

The Board of Assessment Appeals will meet in March 2018 to hear appeals on real estate assessments. Requests to the Board are due by February 20, 2018. Written requests should include the property owner's name, name and address of the person appealing the assessment, type of property being appealed (real estate or personal property), reason for the appeal, and opinion of value. Although any written request is accepted, forms are available at the East Haddam website: www.easthaddam. org. The mailing address for the Board of Assessment Appeals is P.O. Box K, East Haddam, CT 06423.

The Assessor's Office will begin taking applications for the Homeowners Credit

\$72-8 week session-(1 class per week); \$135-8 week session-(2 classes per week)

#### **Bootcamp Fitness**

Just showing up is the hardest part - but once you start you will love this class! This class uses short distance running, body weight exercises and free weight workouts. The class frequently gathers outdoors and during bad weather moves inside. Our fun group dynamic will help motivate and improve your cardio, core strength, agility and balance. Participants have used our class for weight loss, fitness, and race training.

New session will start February 2, 2018.

Tuesday & Thursday at 6:00 pm and Saturday at 8:30 am. 1x week-\$45, 2x week-\$69, 3x week-\$87, \$10 drop in fee

#### **Summer Job Applications:**

Applications will be available January 15 - March 15, 2018 at www.easthaddamrec.com or by calling the Recreation Office at (860) 873-5058. The open positions, job descriptions and applications will be available online or by mail.

#### Looking for a Lost Disc?

If you are looking for a lost disc from the disc golf course, please call the office. Once the box at the course has been emptied and brought to the Recreation Office, we will make these discs available to you. Please call ahead to ensure we will be in the office. We can arrange a location to leave the disc or a place to meet if that is more convenient for you. Recreation Office: (860) 873-5058

#### Winter in the Parks

The parks are closed for the winter. We do not plow or maintain the parking lots, walkways, paths or equipment during the winter months.

Program and Additional Veterans Benefits on February 1, 2018. The deadline for applications is May 15, 2018. Income limits for 2018 are \$35,300 for a single person and \$43,000 for a married couple. These include Social Security. Applications for the Homeowners' Local Option program will be accepted from February 1, 2018 to May 15, 2018. The age and proof of income requirements are the same as for the state programs but the income limit is \$50,000 per household.

Disabled veterans must submit proof of disability by March 31, 2018 to receive exemption benefits. Qualifying income for Additional Veterans Benefits is the same as the Elderly and Totally Disabled Tax Relief Program. Applications for the Additional Veterans Benefits will be accepted until October 1, 2018.

Any person or entity starting a new business in town should notify the Assessor's Office so that we can send a personal property declaration in the fall. Personal property assessments are based on the declarant's filing. The Board may decline hearing any appeal whose assessment is over \$1,000,000. These assessments can be appealed in Superior Court.

Any questions should be directed to the Assessor's Office at (860) 873-5026.

# Look for Signs of Life During Winter Hikes



Animal tracks in the snow.

Though winter is considered a time of hibernation, much of Connecticut's year-round wildlife remains active. Winter hikes on East Haddam Land Trust's trails often reveal evidence of winter wildlife activity.

Birds of prey hunt both day and night throughout our winter woods and waterways. Owls stick to night hunting in woodlands and meadows, using their sharp senses to locate small mammals in the darkness. Hawks similarly hunt the same areas during daytime hours. Eagles prefer hunting over open waters for fish, but may be seen soaring high above land looking for small mammals and carrion when waters freeze over. During winter hikes look for regurgitated pellets of bones, fur, and claws at the bases of trees; a sure sign that a bird of prey enjoyed a meal.

Freshly fallen snow exposes where deer roam, but also reveals wanderings of mice, squirrels, foxes, bobcats, coyotes, and fisher on their quests for food. Smaller mammals – mice, voles, and squirrels – must use caution while searching for nuts, seeds, and roots lest birds of prey and larger mammals turn them into a meal. Foxes may be spotted at dawn and dusk, while fishers hunt day and night, and bobcats remain nocturnal. These larger mammals hunt alone, unlike coyotes which often hunt in packs. Larger mammals feed on smaller mammals, leaving remnants of their meals as scat that can be used to determine what kind of mammal was present. Scat deposited along the trunk of a fallen tree usually indicates a fox or bobcat was there.

Winter hikers can use such hints to reveal just how active wildlife is during winter. You can find trail maps at www.ehlt. org to guide your winter hike. Please share photos of tracks you see on EHLT's Facebook page.



# **East Haddam Community Lions**



New Lions I to r: Don & Cindy Biancamano, Craig Delecke, John Cooney, Steven Roberts, Cynthia Gembel, Giovanna Watters. Front: Amber Lake, Marianna Wikarska, Barbara Schmidt and Shannon Jezek. Missing from Photo: Brenda Butterworth, Carmen & Arthur Artino.

Race into spring with a 5K Run/Walk or 1/2 Marathon! The races will be held on Saturday, April 7, 2018 with a start/finish at the East Haddam Senior Center in Moodus. Online registration fees are \$25 for the 5K Run or 5KWalk Challenge, and \$50 for the Half Marathon. Mail-in and Race Day fees are \$30 and \$55. Register early and save! T-shirts will be handed out to the first 200 who register. The race is USATF certified with chip timing, mile splits,

scenic routes, water stops and food for runners. Volunteers and police will be along both routes to direct runners and traffic. Registration begins at 8:00 am and both races start at 9:30 am. Register online at https://racewire.com/register.php?id=8115 or email ehclrace@yahoo.com for more information. See you at the races!

The fun and always delicious English Tea Party will be held on May 12, 2018 at St. Stephen's Church in East Haddam, 2:00 pm. What a wonderful way to spend a Saturday with your Mom, Sister, Aunt, Daughter or Friend! The theme this year to be announced - check our website at ehcl. org. Tickets are \$25. Call or email Lion Diane to reserve your seat at ddvp40@aol. com or 860-434-5611.

Our 'Light Up The Holidays' auction and holiday party fundraiser was held on December 8th at the Rathbun Library. Over 70 individuals/groups donated a decorated wreath, centerpiece, wall hanging or gift basket for auction. Through your contributions and

support we raised over \$2,600! This money will be divided among the Fuel Bank, Food Bank and Youth & Family Services. In addition to the auction, we held a Tech Gadget Raffle. The items won were an LG 49 Smart HDTV, Amazon Echo Bundle, Ninja Smart Coffee Bar Brewer System and a Children's Fire 7 Computer Tablet. We raised over \$2,000! All funds raised will be donated back into our community. Thanks to you, we held two successful events.

In a moving ceremony at the Community Lions October dinner meeting, District Governor Hilary Kumnick inducted 14 new Lions to add to our growing roster! These new Lions have pledged to uphold the Lions motto 'We Serve.' We are so pleased to have them join us!

For more information about our events and fundraisers, and if you are interested in becoming a Lion, contact Lion Chris at cvvalkenburg@snet.net.

Barbara Davis 860-608-0597, barbdavis73@sbcglobal.net

# **East Haddam Emergency Management Update**

East Haddam Emergency Management will be sponsoring an initial Community Emergency Response Team (CERT) training class in February 2018. The Community Emergency Response Team (CERT) program educates volunteers about disaster preparedness for the hazards that may impact our area and trains you in basic disaster response skills, such as fire safety, light search and rescue, team organization, and disaster medical operations.

The training is a total of 20 hours and will be held on the following dates/times:

Thursday, February 15th from 6:00 – 9:00 pm. Saturday, February 17th from 9:00 am – 4:00 pm. Sunday, February 18th from 9:00 am – 4:00 pm.

The training will be held at Company #1 Firehouse located at 440 Town Street, East Haddam. This training is completely FREE to those

that attend. If interested, please contact Jiffy Spencer at 860-209-7709 or jiffer1102@yahoo.com no later than Wednesday, February 7, 2018.

Additionally, residents are reminded to sign up for the town's Everbridge System. The system enables East Haddam Emergency Management to quickly provide residents with essential information during emergencies. Residents can sign up for these alerts on the town website at www.easthaddam.org. You will find the enrollment link under News and Public Information on the main page of the website. Also, residents with special needs can find information on the town website Emergency Management page on how to self-identify with the emergency management staff. For additional information on signing up for Everbridge or identifying as a person with special needs, you can call 860-873-5103 or email easthaddamalerts@easthaddam.org.

# **Holiday Closings**

The Town Office Building and Transfer Station will be closed on the following holidays:

Monday, February 19 - Presidents' Day

Friday, March 30 – Good Friday

# **Nathan Hale-Ray High School**



HR Seniors, Sophie Gable, Emily Rottino and Robert Dudchik sold raffle tickets on a snowy Saturday in December. Thanks to Staehly's Farm for providing a warm space!

#### **Project Graduation 2018**

Project Graduation is one of those traditions that makes our community special! It is only though the generosity of our community members that we are able to provide this final gift of a safe celebration to all 2018 graduates.

Join us on Friday, February 9th for the annual Trivia Night! This family-friendly, fun event is a perfect way to cure winter cabin fever! The winner names of the \$5 raffle will be drawn on February 10th. Good luck and thank you to all who purchased a ticket! Lawn signs are now available to order. Signs can be personalized with a business logo or personal message. Forms are available at the high school or by contacting Denise Gable at dv-gable@sbcglobal.net.

For more information on Project Graduation, please email us at NHRHSPG@gmail.com or follow us on Facebook @naharaprojectgrad. Sponsored by East Haddam Youth and Family Services, all donations are tax-deductible. If you'd like to make a donation, please make checks payable to: Project Graduation and mail to P.O. Box 317, Moodus, CT 06469

# Trails, Brought to You by Your Conservation Commission

There aren't many towns that can offer their citizens 21 miles of marked trails through woodlands, along rivers, to high vista points, and though world-class wild places on 28 parcels of Town protected open space land totaling 2200 acres. East Haddam is the envy of outdoor enthusiasts from all over our area, but our outdoor opportunities would not exist without some serious organization and volunteer work.

Here is a brief rundown of how our trails come to be. It all starts when the town acquires a piece of land designated as open space and targeted for passive recreation. It is the job of the Conservation Commission to take care, aka steward, these pieces, and the first step is to locate and clearly mark the boundaries with easily identifiable signs. Commission Chair Rob Smith, and hard-working Commission members Paul Sienna, Joe Zaid and Todd Gelston and others then swing into action.

Boundaries are important because part of stewardship is making sure that no one encroaches in a harmful way on your public property and that visitors don't stray onto private property. This often involves bushwhacking and orienteering with a compass. The next step is to take stock of what's on the land and scout the best route for trails. Once the trail scouts are satisfied with a route, the clearing can begin, and saws, loppers, leaf blowers all come into play to make a hikable route that takes advantage of terrain and features like vistas and sites of geological, ecological or historic interest. The trail

must then be marked with blazes and signage for easy following. Every effort is made to connect trails through adjacent properties. (For instance, you can hike for hours in the Hatch Lot and adjacent Dean easement through connected trails.)

The job of getting trails ready for you is not done at this point however. The final step is mapping the trails and creating the digital maps to be put on the Conservation Commission's website (http://www.easthaddam.org/East-Haddam-Trail-Maps/) and paper maps to be distributed at trail heads and at central town locations. Along with her dog Jack, able Commission member Marilyn Gleeson, who has taught herself GPS mapping skills, walks those trails and prepares maps that include directions to the trail head and important features of the parcel. Finally, the Conservation Commission working with our Department of Public Works, must create and maintain parking areas. Additionally, stewards erect map kiosks at trail heads, monitor trails for downed trees or other hindrances, and keep maps up to date.

Everything described here is done by volunteers. The Conservation Commission would like to spread the joy of this work by inviting you to be involved, either on the occasional weekend work party days or as a "steward," our eyes and ears on a particular parcel. Want to know more? Contact Sue Merrow at Amerrow@snet.net and learn about how you can help make our town the special place that it is.

# **East Haddam Library System**

There's nothing quite like a good book on a cold winter day. That's what makes the East Haddam Free Public Library and Rathbun Free Memorial Library the hottest places in town during the coldest days of the year. The libraries have 50,000 materials available and have access to over 2 million books, movies, TV shows, and more through the LION Consortium. The libraries are also home to many services, media, and programs that help people save money or learn new things.

One great service the libraries offer is one-on-one tech help, including how to setup and use digital library materials on your laptop, phone, or tablet. The library offers thousands of digital books, audio books, and magazines that you can borrow free. We can also help setup/access email, get on facebook, or learn to use that new device you got for Christmas.

To make an appointment, call either library or email Library Director Mike Gilroy.

If you want to borrow books or movies, but simply don't have time for a lengthy visit - the online catalog can tell you at a glance which library has the items you are looking for and if they're available. Requesting and renewing items can be done using the catalog. You can order items from over 30 LION libraries and pick them up at EHFPL or Rathbun's circulation desk during library hours. The library will call or email you when the items are ready for pickup. The items can be returned to either library at any time (each library has a book drop for after-hours returns). For convenience, mobility impaired patrons can call the library and ask the librarian to bring items out to their car, use Rathbun Library's handicap access lift, or make arrangements for home delivery.

The libraries have brand new films, TV Series, magazines and more, all available to checkout for free. Most items are available the same week they're released, there's always something new and exciting on the shelves. In addition, the libraries have free computer access and free WiFi, which are great for job-searching, facebooking, or even gaming. There's also printing, photocopies, and faxing.

Best of all, the libraries are a great place to meet with friends & neighbors. If you're looking for a welcoming atmosphere, a way to save money, and a nice place to visit – look no further than your neighborhood library system.

For more information please call EHFPL (860) 873-8248, Rathbun Library (860) 873-8210, or email library director Mike Gilroy – Mgilroy@easthaddamlibrarysystem.org.







860.873.8149 149 Sheepskin Hollow Road East Haddam, CT

Boarding & Grooming

Come visit your
"New Hosts"
at New Inn Kennels,
Debbie and Ed Voyer

#### **East Haddam Leo Club**



The East Haddam Leo Club, Apple Festival 2017 Front Row: Sarah Cassenti, Ben Deschene, Jaylen Napolitano, Arlo Matthews, Sally Riley, Francis Hasuly, Jennafaye Haentjens, Cole Rode, Matthew Cassenti, Sean Kennedy-Wonneburger

Back Row: Julia Freeman, Zoe Hale, Hannah Leibowitz, Ben Locke, Adviser Mike Gilroy, James Gilroy, Rachel Gentile, Noah Leibowitz, Justin Wordell, Daniel Riley, TJ van Valkenburg, Antonio Addario

The East Haddam Leos have had yet another busy year! This past December, the Leo Club helped the East Haddam Lions sell dozens of trees to wonderful families within our community. They spent the rest of the year hosting events like the Pumpkin Walk, Apple Festival, and Cardboard Boat Race; and doing community service projects such as decorating the Moodus Green, Tech Help Workshops, and more. Proceeds from Leo fundraisers went to

local causes such as the food bank, fuel bank, and youth & family services. Thank you to all the Leos who contributed to our success in 2017, and to all the parents who helped get them there.

The East Haddam Leo Club will be hosting their annual Valentine's Day Bake Sale on Saturday, February 10th from 10:00 am to 1:00 pm. The Leos will be at several locations across town, including the Pharmacy, Gristmill, and Two Wrasslin' Cats. There will be plenty of amazing sweets for your sweetie (or just some snacks for yourself). Simply make a kind donation of your choice, and enjoy some tasty treats!

Information will soon be available for the Annual Cardboard Boat Race. Check out our Facebook Page, Website, or stop by the Grist Mill Market for details.

The Leos are a Teen Community Service Group devoted to various good causes all around East Haddam. Any 12-17 year old interested in joining is encouraged to contact Leo Adviser Michael Gilroy at GilroyM@gmail.com or to pick up a membership form at the East Haddam Free Public Library or Grist Mill Market.

The Leos meet the 1st Thursday and 3rd Tuesday of every month from 7:00-8:00 at the East Haddam Senior Center; 15 Great Hillwood Road, Moodus.

### **Town Office Move**

# Municipal Office Complex Grand Opening/Ribbon Cutting Information

As construction of the new Municipal Office Complex nears completion, the committee would like to provide the public with an update and some important dates.

The project remains on budget and on schedule for a February opening. Downes Construction has done an excellent job of working with the committee to ensure the facility is ready for staff to make the move mid-February. The early cold weather has made completing some of the exterior work impossible but this will not stop the building from opening on schedule. All unfinished exterior work will be completed in the early spring as soon as the weather allows.

Based on the current schedule the Town offices will move beginning Friday, February 16th. It is expected that the town offices will be closed not only that Friday

but several days the following week to complete the move. Additionally, the committee would like to invite residents to the grand opening/ribbon cutting ceremony. This ceremony is being planned for Saturday, May 12, 2018.

Additional information on both the Town Office move dates and the building ribbon cutting will be posted on the town website (www.easthaddam.org) or available by calling the First Selectman's Office at 860-873-5021.

### **Moodus Sportsmen's Club Calendar**

Tri-Lake Ice Fishing Tournament Bashan Lake, Lake Hayward, Moodus Reservoir Sunday, February 11, 2018

Registration forms available at the Moodus Package Store. Pre-Registration required by 6:00 pm on Saturday, February 10, 2018 at the Moodus Sportsmen's Club.

Info at moodussportsman.blogspot.com

Earth Day Clean Up - April 7, 2018 - See additional notice on page 19.

### **East Haddam Welcomes New and Incumbent Elected Officials**

Several new faces joined some already familiar names in the town government after the November 7th elections. Emmett Lyman was reelected as First Selectman; also reelected to the Board of Selectmen was Susan Link for her second term. Rob Smith joins the board as a Selectman for his first term. These three will be principally responsible for overseeing the affairs of town government and administration of its budget.

Deb Denette retained her position as Town Clerk, as did Kathy Klinck as Treasurer and Denise Dill as Tax Collector. Tracey Gionta and Todd Gelston will join returning member William DiCristofaro on the Board of Finance. Bryan Perry and Erik Anderson were returned to the Board of Education, where they will join new members Tracy Delventhal and Jill Kelly.

The Board of Assessment Appeals returns member Justin Kennedy. Returning members James Curtin and Louis Salicrup will take their places on the Planning and Zoning Commission along with new alternate member Joseph Zaid.

William Barney, Juliana Tryon Ranaudo, Janine Broe and Jane Chisholm were elected to serve as Library Trustees.

The Town of East Haddam recognizes the service and dedication of all its citizens who put themselves forward for the demanding work of public office in our community.

# **East Haddam Elementary School PTO**

The East Haddam Elementary School (EHES) PTO had a wonderful fall! This year our fall fundraiser was held during the month of October. Our sixth annual Mixed Bag Designs fundraiser raised over \$5,800! Proceeds from our fall fundraiser funded our annual staff disbursements.

Our annual Holiday Fair was held December 5-7th and was a huge success. This fair is completely created and run by our very own PTO volunteers. This event provides an opportunity for children to shop for the special people in their lives in a safe, supervised environment, with the help of our parent volunteers. This valuable learning experience incorporates many important real-life skills - planning, money management, kindness and pride!

We have many exciting Cultural Arts events coming up this winter. The Ned Kindness Project's school wide performance will be on January 11th. Second Grade will enjoy a hands-on presentation by Mad Science on January 24th. Carol Glenn's CT Legends & Lore will visit the Third Graders on March 13th.

Scholastic's Spring BOGO Free Book Fair will be April 3-5th.

Our fourth annual Basketball Jam will take place on April 6th. Staff and parents will show off their skills on the court in a friendly competition. Come and cheer everyone on!

Lastly, the 18th annual Basket Bash will take place on Friday, May 4th. Each year, every classroom, as well as members of the EHES staff and our community, each create a basket with a different theme. Baskets are then raffled off the evening of the event. Basket Bash is our school's biggest fundraiser. All proceeds from the event fund our Cultural Arts Program, which enables us to welcome special guests for our children to enhance their learning experiences.

For any information regarding the EHES PTO, please contact PTO President Trish Hagerty at EastHaddamElementary-SchoolPTO@outlook.com. v



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# East Haddam Public Schools

Mission Statement: The mission of the East Haddam School District is to develop a community of lifelong learners who are prepared to become independent, creative and productive citizens for our diverse and ever-changing global society.

#### Welcome to the East Haddam Public Schools Event Pages!

Future medical professionals, computer programmers, engineers and many other aspirants met in the gymnasium of Nathan Hale-Ray High School on January 10<sup>th</sup>, 2018. Students shared their research on potential career paths and educational pursuits. I spoke with one senior whom indicated that his senior project topic was going to need to be a hobby for a number of reasons. He listed the different careers, respective salaries, and the pros and cons of working in the industry. His research led him to believe that a different type of career, such as HVAC, was the way to go. He shared the schools where he will be able to acquire the certificates necessary. As an educator and a leader, I am convinced that the research that helped him realize that the 'hobby or passion' was not the career he wanted is more important than the research on the career he plans to attain. As the leader of this amazing school system, I am asked, "How do you measure your students' success?" frequently. The story above and the dozens like it are the part of the answer that just doesn't fit into a sound bite or a test score. We coach our students to pursue their interests, to inquire, to plan, and to evaluate because we know that successful adults rely on these skills whether they are buying a car, getting a college degree, or pursuing a career. Directly related to this is the strategy of our Science, Technology, Engineering, and Mathematics program a.k.a. STEM. This is the design process that is a cycle of Ask, Imagine, Plan, Create, Improve... Repeat. Students thrive in this iterative process that can be ap-plied to all parts of their lives as learners.

It is a great honor to serve such a beautiful community.

Sincerely,

Brian Reas

Superintendent of Schools East Haddam Public Schools

Bran S Reca



Congratulations to Seniors Amy Wieleba and Ryan Brownell who were presented the CAPSS Superintendent Student Recognition Award at the Saybrook Point Inn on Monday, November 27. This award goes to two Hale-Ray students who demonstrate community service to others, academic prowess, and leadership ability. Both Amy and Ryan will be pre-med students in college this coming fall.

HAVE
2018-2019 BUDGET QUESTIONS?
EMAIL US AT:
BUDGET.QUESTIONS@EASTHADDAMSCHOOLS.ORG



#### **Upcoming Board of Education Meetings**

February 13th —7pm— HS Café March 13th —7 pm—HS Café April 10th—7 pm—HS Cafe

A complete listing of the Board's regular and Subcommittee meetings can be found on our website: <a href="http://www.easthaddamschools.org/">http://www.easthaddamschools.org/</a>



# **East Haddam Elementary**

#### HIGHLIGHTS FROM THIS WINTER EVENTS



Telephone: 860-873-5076

#### **COMING EVENTS**

Feb. 2 PTO Sponsored Phyllis Rose Dance Co. 2nd & 3rd Grade

> March 13 PTO Sponsored Legends & Lores 3rd Grade

March 14-16
Parent Teacher Conferences
Early Dismissal Days

March 24 Basketball Jam

March 31 PTO Sponsored Gateway to Ellis Island 2nd Grade

> May 5 Basket Bash

**PTO Meetings:** 

7:00 pm 2/15/2018 3/15/2018

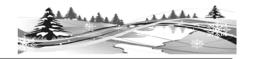


The elementary school's special winter events and highlights include a mix of entertainment, community service learning, and school spirit. Prior to winter break, families were invited to enjoy winter holiday performances presented by all students, from preschool through third grade, led by Ms. Allison Rainwater, Music Specialist. Following the concert, Ms. Rainwater and staff received compliments on the students' creative performances, the beauty of the school, and the enhanced parking accessibility. Additionally, the PTO hosted their annual Holiday Fair that effectively sparked wintry seasonal cheer, staff and students participated in a "Wear Your Plaid" school spirit day, and Girl Scout Troop 62091 sponsored a food drive to benefit the East Haddam Food Bank. Food donations and collections occurred over three weeks with Ms. Nicole Weaver and Mrs. Lindie Cambi coordinating the community service. Collection boxes were placed throughout the school and weekly, the Girl Scouts picked up classroom donations. Finally, the last donated items were packaged for the December 19<sup>th</sup> distribution of 18 large boxes to the food bank, coordinated by Mr. Walter Parkus, Mrs. Connie Kukta, Mrs. Erin Haight, and Mrs. Lindie Cambi. Throughout this winter, students will continue to benefit from the PTO's cultural arts events, including the return of The NED Show, and a variety of afterschool activities.

The East Haddam Elementary School's 2018 Fall Kindergarten Registration has begun. To reserve your child's spot in the Class of 2031, please visit school's website our www.easthaddamschools.org to complete the pre-registration form, email Annette.vaccarino@easthaddamschools.org. call the main office at 860-873-5076 between 10am-1pm. Please include a guardian's first and last name, home address, phone number, child's first and last name and date of birth. An informational packet will be mailed at the beginning of February.



# Nathan Hale-Ray Middle School



We are almost at the halfway point of the school year and I cannot believe how fast it is progressing. Middle school students are very energetic and enthusiastic, so the days go quickly. They truly make it very enjoyable to come to work every day.

Principal Jason Peacock

Assistant Principal Roy Parker

Telephone: 860-873-5081

#### **COMING EVENTS**

February 8
5th Grade Band Concert
6:00 PM
(Feb 15th—snow date)

March 10 St. Stephen's Dance 7:00 pm

March 23-24 MS Play Production 6:30 pm Gym

> March 14-16 Parent/Teacher Conferences



# Wingman at Nathan Hale-Ray Middle School

We are excited to join schools across the Northeast as we implement the Wingman Program this year. Wingman is highlighted by a yearlong cycle of experiential activities that is student-led and delivered in the classroom. The curriculum is tailored to meet the climate needs of our

WINGMAN
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Empowers community builders
Installs a moral compass
Engenders self discipline
Promotes resiliency

school. We are joining sixteen other schools in Connecticut who have already adopted the program, which was founded by the Dylan's Wings of Change project.

Expert educators trained our student leaders with selected Hale-Ray teachers acting as champions to guide and continue their development. The Wingman training focuses on identifying and countering the root causes of rejection, exclusion and isolation with increased empathy and compassion. The signature Wingman butterfly is meant to symbolize hope and change for schools and their students, who are empowered to take the lead in their school's climate. "I am looking forward to helping other students come together," one student leader stated. "The training was fun but serious at times," said another. Forty seventh and eighth graders in total were chosen.

There is a growing belief and body of research around the significant benefits of inclusive environments for the physical, behavioral and emotional development of ALL children, not just those with disabilities and special needs. Wingman creates a framework to implement the social and emotional learning needed to create a supportive environment for everyone.

Wingman is designed for all children to experience, no matter what their ability. The primary goal is for all children to feel accepted by recognizing their unique and individual strengths and boosting their self-confidence. Our first "Takeover Day," when student leaders facilitated team-building activities in classrooms throughout the school, was scheduled for Friday, January 12th.









# Nathan Hale-Ray High School NOISES NEWS



Principal Eric Spencer

Assistant Principal Christopher Eckert 860-873-5065

School Counselors Mary Little-Finnegan Laura Corbet

#### **COMING EVENTS**

February 7
Hale Ray Chamber Music
Goodspeed Opera House
6:30 & 8:00 pm
(Feb. 8th snow day)

March 14 Parent Teacher Conferences

#### NHRHS BAND & CHOIR PAR-TICIPATE IN SHORELINE CONFERENCE

Hale-Ray Concert Choir and Band students participated in the annual Shore-line Conference concert at Coginchaug High School in November with guest conductor, James Jackson, Principal Euphonium for the Coast Guard Band and Band Director at the University of Hartford.

#### FBLA - Future Business Leaders of America



On November 16<sup>th</sup>, 11 Future Business Leaders of America students embarked on a journey to New Orleans for the National Fall Leadership Conference. In addition to attending dynamic workshops and keynote presentations, students rode the trolley into the French Quarter, visited the renowned Café Du Monde for Beignets, and sampled traditional cuisine such as jambalaya, alligator and Po' boys. A memorable time was had by all.

#### STRAIGHT FROM THE HEART

The NHRHS Unified Sports Team participated in a Bowling Tournament on October 26th in Newington. Team members competed against many area high schools including, Westbrook High School, Portland High School and Bacon Academy, to name a few.

The next sport season is basketball, which will start up after the holiday break. Unified Sports is looking for student leaders to be involved in this community building program that involves friendly interscholastic and an opportunity to make new friends while being a role model for other students.





#### HALE-RAY STUDENTS PARTICIPATE IN CIAC CLASS ACT

Hale-Ray students participated in the annual CIAC Class Act conference at the Aqua Turf on Thursday, November 16, with keynote speaker and All-American, Olympic Athlete, Eddie Slowikowski. Students learned the importance of sportsmanship, being positive and characteristics of leadership, all while having a great time!



# **Budget Information**

#### **Budget Public Hearing**

Tuesday, April 10, 2018 7:00 pm Nathan Hale-Ray High School

#### **Annual Town Budget**

Tuesday, April 24, 2017 8:00 pm Town Hall

#### **Budget Referendum**

Tuesday, May 8, 2018
Time to be Determined
Location to be Determined

# Dog Grooming - Nathan Hale-Ray High School



Students grooming dog

Students in Ms. Carberry's Dog Care & Management classes at Nathan Hale-Ray High School have been grooming dogs during the months of November and December. Grooming skills being practiced include brushing out dead hair, removing mats, clipping nails, bathing and blow-drying the dogs. Students have groomed a wide variety of breeds including golden retrievers, Labrador retrievers, boxers, a black mouth cur, German pointers, a Saint Bernard and many interesting mixed breeds. Students have also practiced handling, restraint and safety techniques while grooming the dogs. Thank you to the many students, East Haddam staff and community members who have brought their dogs to us for grooming this fall! Grooming will resume in the fall of 2018.

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#### **East Haddam Lions Club**

The Lions have a number of projects planned for 2018. Perhaps the most anticipated is the annual auction & tag sale in July. The club is already collecting donations for the event. If you have any "big ticket" items that you would like to donate - especially automobiles, boats & RVs, please contact Lion Joe Busher at (860) 873-2994.

This past December, the Lions Club once again sold Christmas trees to families all

over East Haddam. In addition to selling trees, the Lions donated and prepared over 100 holiday feast baskets at the East Haddam Food Bank. They also arranged for their good friend, Santa Claus, to visit Chestelm. Special thanks to Lions Zac Jezek, Jim Prue, Dave Carpenter, and the Leo Club for helping East Haddam have a simply wonderful Christmas time.

The Lion Club 2018 Phonebook is on the horizon. If you have been left out of the

phonebook in the past, please contact Lion President Mike Gilroy.

Lions Club scholarships will soon be available for East Haddam residents graduating from High School this year. Please contact your guidance counselor for more information. If you have any questions about the Lions, upcoming events, etc. please contact Lion President Michael Gilroy at GilroyM@gmail.com.

# Middlesex Brings Cancer Services to Shoreline

Getting the best possible care close to home is essential for people fighting cancer. Middlesex Hospital recognizes this and has expanded its cancer services to better meet the needs of Connecticut shoreline residents.

In October, Middlesex Hospital Cancer Center opened a second location at the Shoreline Medical Center in Westbrook. This new, state-of-the-art facility offers the same services found at the

Cancer Center's Middletown location, including medical oncology, radiation therapy, infusion, genetic counseling, survivorship services and integrative therapy.

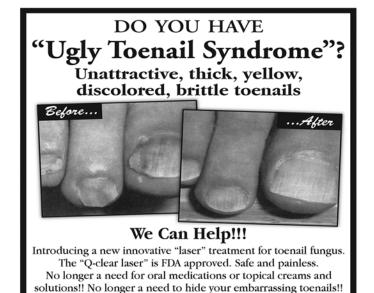
The difference: the new center means easier access to care for patients who live in Connecticut shoreline towns. Cancer treatments can sometimes make patients tired or nauseous, and it can be difficult for them to travel. The Westbrook Cancer Center location will make their lives, and the lives of those who support them, a little easier.

Middlesex Hospital is known for its expert and dedicated staff. Highly skilled medical professionals treat patients like people—not numbers. They focus on providing compassionate, personalized treatment experiences, and specially trained advance practice nurse navigators guide patients through the treatment and rehabilitation process. This is the high-quality care that patients now receive at both Middlesex Hospital Cancer Center locations.

Additionally, Middlesex Hospital is a member of the Mayo Clinic Care Network. Middlesex collaborates with Mayo Clinic and is using its resources to tackle patients' most complicated medical cases in a variety of areas, such as cancer care, pulmonary medicine and urology, among others.

Like the Cancer Center in Middletown, the Westbrook location also uses the latest technology to diagnose and treat patients and is accredited by leading organizations, including the American College of Surgeons Commission on Cancer and the National Accreditation Program for Breast Centers.

For more information, visit www.middlesexhospital.org/cancercenter, or call 860-358-2000.



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# **East Haddam's Earth Day**

Earth Day - April 7. Town Wide Clean Up, Picnic to follow!

The Moodus Sportsmen's Club and the East Haddam Scout Troops are sponsoring the Annual Town Wide Clean Up Day to be held on Saturday, April 7. The goal of these organizations is to coordinate an annual effort to pick up the streets, lakes, streams, and other public access areas in the Town of East Haddam. Would your organization or individuals in your organization be willing to participate? We are still in search of families and groups to pick up sections of the streets in which they live on. Is there a section of town that you or your group would like to take over the stewardship? Could you and your neighbors adopt a street?

We plan to start the pickup at 8:00 am. If you wish to join our groups, meet us at the East Haddam Town Hall on Town Street at 8:00 am or start from your own street. At the conclusion of this pick up day, an invitation is extended to all participating to a picnic at the Moodus Sportsmen's Club starting at 12 noon to 1:00 pm. Traditional picnic items such as hot dogs, baked beans, coffee and iced tea and lemonade will be served along with the seasonal bounty only a sportsmen's club could serve. At this time we can inventory the items collected and discuss solutions to reduce these problems. We also will have educational information about the Town's natural resources and outdoor recreational opportunities that are available to all.

# Representative Melissa Ziobron

State Representative Melissa Ziobron (R-34) has been named a 2017 Legislative Champion by the Connecticut League of Conservation Voters (CTLCV). Only 16 legislators out of 187 State Representatives and Senators were named to the 2017 Hall of Fame.

CTLCV is a statewide nonprofit group dedicated to protecting the environment and advocating for environmentally friendly legislation. Rep. Ziobron was praised for her support of specific environmental initiatives and being a leader on state park funding.

"I am honored to be recognized for my passion to find sustainable funding for our state park system, even when the CTCLV and I may disagree on other policy initiatives. Creating a dedicated funding

continued on page 20



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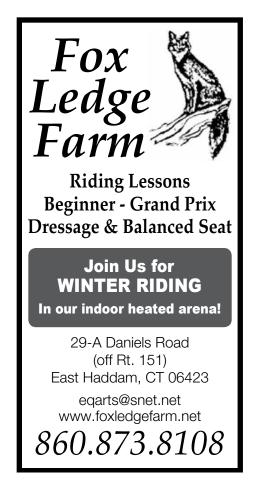
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Tel: 860-873-1449

Fax: 860-873-1113

E-mail:

mail@jezeklaw.com



#### Representative Melissa Ziobron... continued from page 19

stream which will provide residents with a park system they can use with pride is one of my proudest achievements," said Rep. Ziobron. "The 'Passport to Parks' eliminates the parking fees at all state parks for Connecticut residents and instead levies a ten dollar charge when renewing car registrations every two years. I have been assured that due to this reliable funding that

Devil's Hopyard State Park and others that have been closed will be open for camping in 2018. In addition seasonal staff will be able to begin the overdue projects left undone for years."

Rep. Ziobron remains committed to fiscal responsibility and will be monitoring the program throughout her tenure. The 2018 legislative session will begin on February 7th; lawmakers are expected to tackle the remaining budget deficit in addition to addressing other legislative issues.

Rep. Ziobron urges all residents to share their concerns or questions via email at melissa.ziobron@housegop.ct.gov, by

phone 860-240-8700, or online at www.

cthousegop.com/ziobron/contact-me/.

# **Meet the Artists at April 19 Event**



Hungarian artist Joseph Tasnadi shares his floating installation, Imaginary Past, with visitors at an I-Park Open Studios event. Photo by Nancy Pinney.

The public is invited to explore the grounds of I-Park and meet April's resident artists at a free Open Studios event Thursday, April 19, at 5:00 p.m. at I-Park, 428 Hopyard Road in East Haddam.

I-Park artists-in-residence program is situated within a bucolic 450-acre nature preserve located just north of Devil's Hopyard State

Park. The grounds are normally closed to visitors to give the resident artists undisturbed time to work on their creative endeavors. But once a month, at the conclusion of each residency, visitors are

invited to meet the artists in their studios, learn about their work, enjoy complimentary refreshments and stroll some of the trails winding through I-Park's campus.

I-Park attracts an international coterie of artists working in a variety of creative disciplines, including visual arts, creative writing, music composition, moving image, and landscape and architectural design. More than 850 artists have enjoyed fully funded residencies at I-Park since its founding in 2001.

Admission to Open Studios is free, but advance reservations are required. To reserve your space, go to i-park.org. For additional information, write events@i-park,org or call 860-873-2468.

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# East Haddam Youth & Family Services, Inc.

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

### Thank You, East Haddam!

Thank you to all who contributed to the 2017 Holiday Campaign. EHYFS assisted 42 local families by providing gifts to 89 children.

This was made possible by the generosity of our community. Gifts and monetary donations were greatly appreciated.



#### **Elementary School Family Nights**

Family nights are filled with crafts, games and snacks. Themes change based on the season, so there's always something new!

Family Nights are scheduled on Friday nights from **6:30 to 8:00 pm** in the **Elementary School Cafeteria**. All students (grades K-5) and their families are welcome!

#### **Upcoming dates:**

February 9 - Valentine's Day

March 16 - Shamrock Social

May 11 - Twister & Ice Cream

### **Youth Helping Youth**

Youth Helping Youth completed another Sticker Shock campaign just before the holidays! East Haddam teens covered almost 500 packages of beer, wine coolers, and other alcohol beverages with the sticker you see. The sticker reminds adults that buying alcohol for a minor can have serious, and costly, results. The campaign was timed to coincide with winter break, when young people are more likely to attend parties.

# STOP

Selling or providing alcohol to minors can result in up to 18 months in prison and/or a \$1500 fine

CT General Statute 30-86

### East Haddam Local Prevention Council



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

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

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

#### What's Happening?

#### **Community Needs Assessment**

The East Haddam Local Prevention Council is entering Year Six of its ten year Drug Free Communities Grant.

As the funding is awarded in five year cycles, the start of Year Six is a natural point to assess our achievements, our goals, and our implementation moving forward. The award of this new funding cycle also coincides with the hiring of a new coalition coordinator, John Fournier, who has ten years of community-based prevention experience and has facilitated three similar coalitions.

With staffing changes and a new funding cycle upon us, the coalition has begun conducting a community needs assessment. This process entails pulling together data from the police, regional medical facilities, schools, and a range of other community members to better understand the nuances of substance use in the community. It is also an opportunity to identify the

resources we have to combat use.

This process, started in December, will be completed by the end of January when a needs assessment report will be drafted. This document will help coalition members prioritize substance use issues, as well as target specific risk factors that increase the likelihood of youth substance use. This needs assessment is the first step in the Strategic Prevention Framework, the framework that drives all Drug Free Communities coalitions. It is followed by capacity building (ensuring the coalition has the ability to make an impact), planning targeted initiatives, implementing them, and evaluating how effective they are.



#### **Upcoming Drug Threats and Identification Trainings**

EHLPC is proud to bring Wayne Kowal of the Statewide Narcotics Task Force to East Haddam to provide a series of drug threats and identification trainings to school faculty and parents. Kowal is the public education coordinator for the task force, a position he has held for over eleven years. He will discuss current trends in substance use, signs of use, and will help participants identify commonly used substances.

These trainings will be held during professional development time at both Nathan Hale-Ray Middle School and High School to ensure that all staff have the opportunity to receive this important information. An additional evening session is planned for interested parents and community members at the middle school on March 5th at 7:00 p.m.

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# Town of East Haddam

7 Main Street ~ P.O. Box K East Haddam, CT 06423

#### **Administrative Office Building**

Main Number: 860-873-5020 Fax: (1st floor) 860-873-5042, (2nd floor) 860-873-5025 Hours: Monday, Wednesday, Thursday 9:00 am to 4:00 pm, Tuesday 9:00 am to 7:00 pm, Friday 9:00 am to noon

Selectman's Office	040 073 5034	Line of H
Emmett Lyman, First Selectman	860-873-5021	admin@easthaddam.org
Linda Zemienieski, Executive Assistant		admin@easthaddam.org
Assessor's Office		
Loreta Zdanys, Assessor	860-873-5026	assessor@easthaddam.org
Patty Veselak, Administrative Assistant		
Building Department		
Vincent Garofalo, Building Official	860-873-5024	building.dept@easthaddam.org
Ruth Ziobron, Administrative Assistant		
·		
Chatham Health District	040 073 5404	1. 1. 1. 2. 4. 1. 14.
Kimberly Hamley, Sanitarian	860-873-5101	kim.hamley@chathamhealth.org
Finance Department		
Cynthia Varricchio, Finance Director	860-873-5022	financeadmin@easthaddam.org
Dawn Snow, Finance Assistant	860-873-5040	finance@easthaddam.org
Kathy Klinck, Treasurer	860-891-8502	
Land Use Offices		
Jim Ventres, Administrator	860-873-5031	admin.landuse@easthaddam.org
Zoning Enforcement Officer	000 073 3031	zeo.landuse@easthaddam.org
Nancy Talbot, Administrative Assistant		landuse@easthaddam.org
•		ianasse castiladannorg
Tax Collector's Office		
Denise Dill, Tax Collector	860-873-5033	taxcollector@easthaddam.org
Town Clerk's Office		
Deb Denette, Town Clerk	860-873-5027	townclerk@easthaddamorg
Beverly Christopher, Assistant Town Clerk		
Public Works Department	fax: 860-873-6014	
Public Works Department Town Garage Hood Lane Hours: 1		7:00 am to 3:30 pm
Town Garage Hood Lane Hours: 1	Monday through Friday, 7	
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Town Garage Hood Lane Hours: <i>1</i> Transfer Station Nichols Road Hours: Monday, Wed	Monday through Friday, 7 nesday, Friday 7:00 am to	5:00 pm and Saturday 7:00 am to 4:00 pm
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Town Garage Hood Lane Hours: 1 Transfer Station Nichols Road Hours: Monday, Wed Elizabeth Lunt, Public Works Administrator Steven Hedler, Public Works Superintendent Shirley Dill, Administrative Assistant Don MacKenzie, Transfer Station Foreman	Monday through Friday, 7 nesday, Friday 7:00 am to 860-873-5023	o 5:00 pm and Saturday 7:00 am to 4:00 pm pwadmin@easthaddam.org pwsuper@easthaddam.org
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Visit our Website at www.easthaddam.org for more information, including meeting minutes

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### **Glaucoma National Awareness Month**

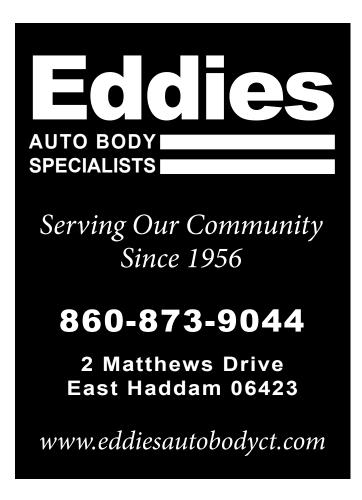
January is National Glaucoma Awareness Month. Glaucoma affects 60 million people worldwide and more than 3 million people in the United States. Glaucoma is often called the "thief of sight" since often there are no symptoms and glaucoma related vision loss is permanent. As much as 40% of vision can be lost without a person noticing. If not diagnosed and treated, 1 in 10 people go blind from glaucoma. Glaucoma affects people of all ages, even infants.

There are two main types of glaucoma: Primary Open-Angle Glaucoma and Angle-Closure Glaucoma. Open-angle glaucoma is dangerous because most of the time a person affected will not notice any symptoms until vision is severely damaged. The vision loss isn't noticed because it often starts with your peripheral vision and the brain makes up for what you don't see. The inner eye pressure (IOP- intraocular pressure) rises because the correct amount of fluid can't drain out of the eye, this occurs usually deep into the drainage

canals. Closed-angle glaucoma occurs when the drainage canals get blocked or covered. Angle-closure glaucoma is dangerous because, while there are often symptoms of pain including headaches, nausea, and eye pain they happen rapidly and without warning.

It is very important to get an annual dilated eye exam. As you age or if you have a family history of glaucoma you may have the visual field test performed. This test checks your peripheral vision and the loss of your side vision is one of the first signs of glaucoma. If you are diagnosed with glaucoma there are ways to manage it. In the early stages you might be prescribed eye drops or have laser surgery performed. Other ways to manage glaucoma are done by performing filtering surgery or a drainage implant.

Dr. Mascarenhas at Middlesex Eye Physicians is our Glaucoma Specialist. She is a Yale educated specialist and trained in Trabectome glaucoma surgery.





### **Moodus Reservoir Preservoir Group**



Ice boat on Moodus Reservoir

# Fund Raising for Lake Harvester

Moodus Reservoir Preservation Group (MRPG), with the aid of the Connecticut Agricultural Experiment Station (CAES) and the Town of East Haddam has made possible various studies and method tests to determine that the most effective and financially feasible method to control the encroaching invasive aquatic plant growth. That is "harvesting," a chemical free method, protecting the residential wells in the lake area.

The "Eco Harvester" machine will cost approximately one hundred thousand dollars (\$100,000) to put in operation. MRPG committees are established for "Operations" and for "Fund Raising." Raising the funds will require support of the community as well as outside grants and special events.

We are greatly in need of you to be active in our continuing drive to preserve this resource. Please contact us at the addresses listed below and join out group of individuals making a difference.

The Moodus Reservoir Preservation Group (MRPG), a 501c(3) non profit charity, is dedicated to preserving the lake for continuing enjoyment of our the town beach, fishing and boating. All dues and donations are tax deductible.

For more information and donations, visit our website at www.moodusreservoir.org, email us at Moodus.Reservoir@gmail.com and see us on FaceBook.

Surveys of Moodus Reservoir and Invasive Plant Information by CAES may be viewed at www.ct.gov/caes Click on "Invasive Aquatic Plant Program."



### **Middle School Principal Advisory Committee**







Nathan Hale-Ray Middle School Veterans Day Celebration

intended to generate funds to support educational activities and resources. This year students raised approximately \$9000! Top fund-raisers were 5th graders Autumn Smith, Cooper Mondelci and Cam Spurgeon.

In November, over 100 students entertained the audience with their amazing talents at our 19th annual Variety Show. We concluded our fall activities by honoring the veterans in our community. On Veterans Day, MPAC hosted a delicious breakfast to launch a day filled with meaningful activities highlighting all branches of military service.

We look forward to continuing our good work in collaboration with school staff to promote a successful and engaging school environment for our children. If you would like to make a tax deductible donation to MPAC, you may do so at any time by mailing a check to NHRMS, Attn: MPAC, 73 Clark Gates Rd, PO Box 363, Moodus, CT 06469. All donations directly support our students for field trips, yearbooks, after school activities and the 8th grade trip. Thank you to all our staff, students, families and community members for your dedication to the students at NHRMS. We could not achieve all we do without you! Much peace and joy to you and your families in the New Year.

# The Middle School's Principal Advisory Committee is proud to report a successful fall!

First Day Celebration went off without a hitch. Students were welcomed back to school by parents, staff and community members as part of a national movement to involve families in their children's education, to encourage community members to show support and to provide teachers and parents with an opportunity to build foundations for new and positive relationships beginning with the very first day of school.

On October 27th, MPAC held their 10th annual Walkathon fundraiser. Walkathon is NHRMS' only school-wide fundraiser



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### **East Haddam Ambulance Association**



East Haddam Boy Scout Troop 22 - CPR and First Aid Certification

The past few months have been busy for EHAA Emergency Medical Technicians (EMTs) and Emergency Medical Responders (EMRs) with ongoing education, training, and community events.

EHAA has a few members that recently finished an EMT Course at Middlesex Community College. Students learned about patient assessment, cardiac arrest management, airway management, patient immobilization, diabetic emergencies, respiratory emergencies and trauma. Just recently, one member passed her EMT Certification testing and will now ride as a 4th on ambulance calls until she reaches required benchmarks and becomes a full crew member.

A few weeks ago, East Haddam Boy Scout Troop 22 spent two evenings learning American Heart Association CPR and First Aid. Over 20 scouts, scout leaders and parents participated. Adult CPR/AED, Child CPR/AED and Infant CPR were covered as well as bleeding control, EPI-pen administration and splinting.

The 3rd Annual Evelyn Comer & Alumni Free CPR Clinic will be held in on Saturday,

February 17 at 10:00 am at East Haddam Elementary School. Please visit our website for more information. East Haddam is a HEARTSafe Community and by offering CPR Clinics, our town maintains our HEARTSafe Community status.

A local EMT Certification Course will be offered in East Haddam in conjunction with East Haddam Parks and Recreation. The course will run March 1, 2018 – June 16, 2018 on Tuesday & Thursday evenings 6:00 pm – 10:00 pm and second Saturday of each month 8:00 am – 4:00 pm. Visit easthaddamrec.com to register.

Please visit our new and improved website. Our website has information about the history of EHAA, how to become an EMT or EMR and a course listing of CPR/First Aid classes held monthly right here in town. Please visit www.easthaddamambulance. org. EHAA is also on Facebook. Please search East Haddam Ambulance and "Like Us."



East Haddam Boy Scout Troop 22 – Practicing chest compressions and using an AED

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East Haddam Boy Scout Troop 22 - Practicing abdominal thrust for a possible airway obstruction.

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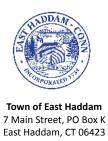
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