

East Haddam Events



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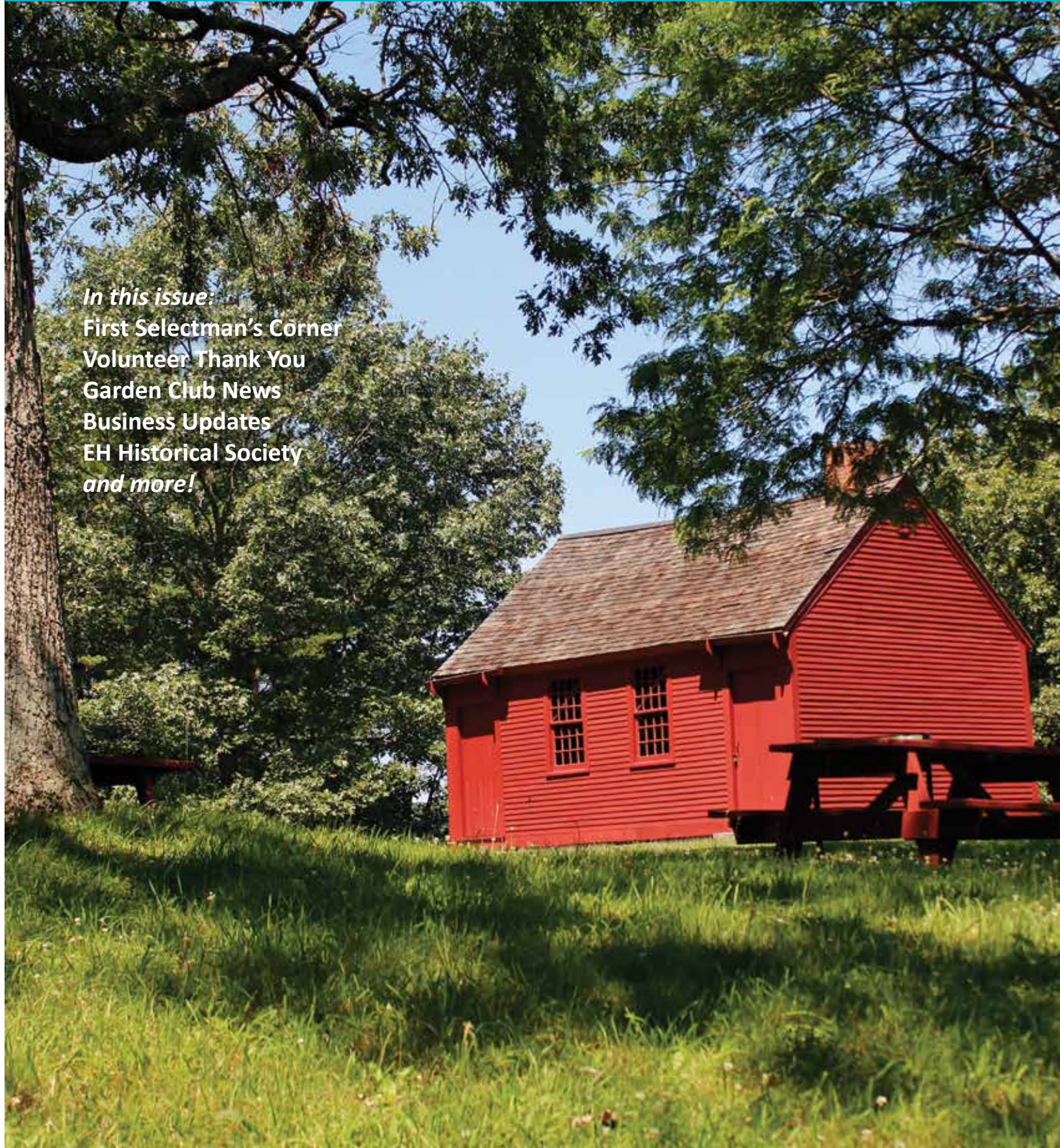
Volunteer Thank You

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EH Historical Society

and more!



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TECHNOLOGY WITH A HUMAN TOUCH

First Selectman's Corner

For the last six years I have focused on professionalizing our town services and sharing costs with neighboring towns and local departments. We have been very successful and I am proud of the innovative ideas that our employees, boards and unions have come up with to share costs and employee responsibilities. To date we share an Assessor with Chester, a Zoning Enforcement Officer with Haddam, and we did not replace our retired Assistant Tax Collector. Our clerical employees cover for each other by cross training in their departments. Our Finance Director is combined with the Board of Education to share the costs of running our business offices. Finally, we created a regional Animal Control Department that has three more towns interested in joining.

This push to share and reduce costs has been driven by an economy that is short on revenue. Without these innovative ideas the only solution would have been large tax increases. To further develop our regional team work we just created a Council of Governments of the 17 towns from Old Saybrook to Middletown that all share the same focus of protecting our Lower River Valley. We will work as a team to protect this incredible resource, while at the same time promote and develop a tourism identity that will help drive future revenues to our towns.

Within the next couple months I will be holding a public hearing to layout our plans and options of how we can

capitalize on our East Haddam Village and options for improving town agencies and departments, highlighted by how our old middle school fits into our long range goals. Watch our website for notification!

Thank you to all the community organizations, town departments, school groups and the American Legion that came together to honor our service



special day of reconciliation.

We also marked the passing of a true town hero by dedicating our new Polaris Ultra Terrain Vehicle in the name of Robert Masci.



men and women who have given their lives. We will never forget the sacrifices made for our freedoms. Our town has the best Memorial Day celebration. East Haddam always comes together on this

Continued on page 2



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Polaris Ultra Terrain Vehicle, dedicated in the name of Robert Masci

Selectman ... continued from page 1

Bob was one of our founding members of our ambulance association. Bob's family still continues as a key anchor of our fire department with his son Mike helping us since 1988 and wife Marcy leading our volunteer CERT team through our emergency management group.

This purchase was made possible due to the very generous donations from our residents and Consumers Union of United States, Inc.

Finally, a special thank you goes out to all of our tremendous volunteers. We recently held a joint reception for the many people who made all our Irene and Alfred storm disasters safe and comfortable, plus the volunteers that make our lives more fulfilling with their contributions to our town.

Everyone have a safe and enjoyable summer. Always remember, my door is open to all citizens.

Mark B. Walter, First Selectman

Business Updates

The East Haddam Economic Development Commission (EDC) is pleased to announce the following:

Swing Bridge Wine & Spirits, formerly Hayden Wine & Spirits, is East Haddam's newest place for fine wines, beer and liquors. New owners Matthew and Tracy Carroll have completely renovated the package store in East Haddam Village at 5 Norwich Road. Visit the new wine room to view the extensive selection or request your favorites. Microbrews, mag wines and assorted mixers and sodas are also available. Call 860-873-9822 or "swing by the little guy" Monday through Saturday, 11:00 a.m. to 9:00 p.m., and Sunday, noon to 5:00 p.m.

Jack's Place Café is now open at 10 Banner Road next to the Pro Shop at Banner Country Club. Chef Andrea Bogue's fifty seat restaurant offers a farm to table lunch and café menu, featuring signature sandwiches, grass fed black Angus beef burgers, organic salads, tasty appetizers and decadent desserts. Breakfast is served on the weekends. Seasonal outdoor dining is available overlooking the rolling hills of the golf course. Everything is house-made of the freshest ingredients available, locally sourced and organic, whenever possible. Vegetarian and gluten free options are available. The menu and specials change frequently to capture the best produce in season, prepared and brought to your table. Wine dinners and other events are in the planning stages for summer and beyond. The hours are: Monday 11:00

a.m. to 8:00 p.m.; Tuesday to Friday, 11:00 a.m. - 9:00 p.m.; Saturday, 7:00 a.m. to 9:00 p.m.; and Sunday, 7:00 a.m. to 8:00 p.m. Call the Cafe at 860-891-8152 or www.bannercountryclub.com/jacks-place-cafe. "Like" Jack's Place on Facebook to keep up on all the specials and upcoming events.

East Haddam Farmers' Market is held every Wednesday from 4:00 p.m. to 7:00 p.m. at the Grange Hall, 488 Town Street (Route 151) during the summer and from 3:00 p.m. to 6:00 p.m. during the fall season through October 31st. The priority of the market is to showcase East Haddam growers, producers and artisans and to bring exposure to the town's agricultural-related businesses. The market also strives to offer a variety of products, by supplementing with additional quality vendors from throughout Connecticut. A full list of vendors and participation information may be found on www.easthaddammarket.org.

Please visit the Business Directory on the homepage of the municipal website www.easthaddam.org for a complete listing of East Haddam businesses. Also, check the Community Calendar section for upcoming local business events.

Contact the EDC at mrcdm@snet.net or P.O. Box K, East Haddam, to have your business listed here. Businesses, send us your request to be added to our drawing for a FREE ad in the next *East Haddam Events Magazine* or listing on one of the Directory signboards.

Events

MAGAZINES



East Haddam Events
EAST HADDAM TOWN HALL
7 Main Street, P.O. Box K
East Haddam, CT 06423

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East Haddam's Top Dog



Congratulations to Bruschi, a yellow English Labrador Retriever owned by the Stricker family for being this year's top dog. Bruschi proudly sports the #1 tag.

Shadow, an Alaskan Malamute was runner up and earned the #2 spot.

The students at Nathan Hale Ray Middle School viewed the entries submitted and conducted an election during lunch. The students really enjoyed the opportunity to elect this year's #1 dog. Next year, it could be your canine companion, so have those cameras ready.

Score In The "Paper Bowl"

Help the Moodus United Methodist score in the annual Fall "Paper Bowl" on Sunday, October 28. The church can always use 8 x 11" copy paper (especially color), to publish the monthly newsletter and the weekly bulletin; we are also seeking donations of paper towels, napkins, postage stamps, facial tissue, all sizes of paper plates, cups, and bowls – any and ALL paper products.

Donations are tax deductible, accepted anytime and are always greatly appreciated and immediately put to use. Thank you for your past donations. If you have any questions, please call Beth 860 873-9772.

Holiday Closings

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

Monday, September 3 - Labor Day

Monday, October 8 – Columbus Day

Regular hours will resume on the next business day.

East Haddam Thanks Their Volunteers

East Haddam could not function without its volunteers. Our volunteers come to us with a wide range of interests and knowledge. Some are students, some are seniors, and some enjoy working with the youth of our community, while others believe in helping the less fortunate. Our volunteer group also includes our fire, ambulance and emergency management volunteers who give countless hours to training and emergency response calls. Every community large and small generally depends on the efforts of volunteers who make many things happen. On Sunday April 29th, Mark Walter, East Haddam's First Selectman, Craig Mansfield, Emergency Management Director and the Town of East Haddam saluted the Volunteers of the Month and Emergency Services Volunteers for their valuable contributions to the Town at a combined reception. Mark Walter spoke about the value of volunteerism and its positive effect on the community and thanked each recipient for their time and efforts.

Robert Bradway, David Denette and Ronald Caminati received the May, June & July 2011 awards for their commitment to Teen Jam Nights and being advocates for youth musicians. Dean Delloiacono was recognized for the month of August for his services given as a coach for Little League Girls Softball. September and October went to Drew Daniels and Allison Purdue, respectively, for their services during Tropical Storm Irene. Chloe Vigue received the November award for her efforts to collect food and other donations during Tropical Storm Irene. Janet Soboleski wrapped up the year 2011 in December for her involvement in the Elementary and Middle School Libraries and as the box top coordinator. Monica Pitney was recognized as the volunteer for January for her involvement and leadership at the East Haddam Food Bank. February and March went to Priscilla Hoover and Kenneth Grohbrugge for their dedication to the maintenance and education of the East Haddam Dog Park. April was awarded to two very special and energetic high school seniors, Ashley Hobbs and Nicole Govert for their contributions to the school and the community. The



Group photo of all volunteers



Emmett Lyman, Nicole Govert, Ashley Hobbs and Mark Walter

ceremony was concluded with the town honoring all the Emergency Services Volunteers who participated in our storm and search activities this past year.

We as a community should praise our volunteers so join us in congratulating this year's recipients and don't hesitate contact us to nominate someone you feel is deserving of this award. Without this volunteer spirit, the Town would not function as it does. The tribute was concluded with refreshments and socializing with past volunteers and the families of this year's recipients.

The next deadline
for
East Haddam Events
is
September 18

Volunteer of the Month

Please join us in congratulating
our most recent volunteers
of the month:

Trudy Rottino and Michael Gionta.

If you would like to nominate someone,
please do so in a letter to the
First Selectman.

East Haddam Free Public Library

What can your friendly neighborhood library do for you? That's the question we librarians ask every day. The kind of service you can expect every time you walk through our door is for us to bend over backwards to give you the library experience you deserve. The library is happy to provide free books, dvds, video games, and more. We stock the latest bestsellers and blockbusters - and anything that we don't have, we'll get. At EHFPL we have access to every library in Connecticut through inter-library loan, meaning you have your choice of just about any book (or movie) owned by any library in the state. We also get a sizeable discount on all books which we can extend to you - if there's something you need ASAP or want to read really really badly, you can purchase it through EHFPL for 50% off the cover price. It'll be in your hands a few days later - no wait list, no late fines. All you have to do is promise to donate it when you're done.

If books aren't your thing, we also have free internet, Wi-Fi, and public access computers. We update our PCs and our software annually, so you'll always have the most up-to-date tech. For a nominal fee you can print, make copies, or fax. Coming soon to EHFPL - iPads, Nooks, and Kindles for you to play with (ask a librarian for details).

There are also free summer reading programs for all ages. Tots & Kids get weekly prizes, while Teens & Adults can earn tickets for our summer prize drawing. Stop in, register, and start earning free stuff today!

One of our goals at the library is to showcase all the fantastic things there are to do in East Haddam. As a member of our community, the library is constantly looking to work with any organization in town. We regularly host meetings for the East Haddam Leos, Artist League, and Quilt Club, in addition to working with fantastic businesses and organizations like Every Body Can Hoop, the Historical Society, or our friends at the Rathbun Library. Recently, we've teamed with the fabulous people at East Haddam Youth & Family Services to create a calendar for Kids & Teens, highlighting all the events available in town this summer. Pick one up at either library or log onto <http://ehfpl.blogspot.com> to download a copy. It's loaded with great events - including 40+ programs offered at EHFPL this summer!

Let us know what we can do for you, your favorite organization/business, your family, or your neighbors - call us at (860) 873-8248, email us at Staff@ehfpl.org, or leave us a message on Facebook, Twitter, or the Library Blog.

The Friends of the East Haddam Free Public Library

The Friends of the East Haddam Free Public Library are offering a new, free service to people who are unable to get to the library due to illness or other problems. Just call with your request for the book of your choice (audio books, as well) and a volunteer will get it to you. Some magazines are available also.

Books, or books on tape are not due back for three weeks, so you have plenty of time to read them, in addition they may be renewed by phone, if you need

more time.

If you prefer them in large print, that can also be arranged. Many are available right here in East Haddam or can be borrowed for you from other libraries (inter-library loans, it usually takes a week or two).

Never be without reading material, call your friendly neighborhood library today at (860) 873-8248, and arrange for a book delivery.



Thomas D. Comer, CPA
Comer and Company, LLC

61 Main Street, Middletown, Connecticut 06457
860 346-2100 • 860 873-1040

The Law Office of
SCOTT W. JEZEK



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Terrance D. Lomme, of Counsel

31 W.F. Palmer Road
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Resident State Trooper Jeffrey Rhoades and student troopers Callie Burke, Mollie Apgar, Joseph Nichols and Amy Wieleba



Finance Administrator Cindy Varricchio and student Finance Administrators Joseph Sikorski and Katie Barbi.



Maintenance Supervisor Walter Parkus and student Maintenance Supervisors Shawn Greenlaw and Emily Lavoie



First Selectman Mark Walter and student Selectmen Serena Sevigny and Savannah Jelm, reviewing construction of the skate park.

Every year town and school officials welcome the arrival of members of our sixth grade class for Government Day. The program was held on May 2nd.

Students are selected for their positions on the basis of a letter they prepare explaining which position they would like to hold for the day and their reasons for that choice.

The program encourages student participation in the daily workings of municipal government and education with a first-hand experience of what is expected. The students are exposed to a variety of opportunities to learn

about road projects, building, sanitation and fire codes, law enforcement, land use regulations and vernal pools, government finance, tax collection, records maintenance, voter requirements, property values, economic development, animal care and enforcement, senior services, youth and family services, probate court, parks and recreation, library services, and educational administration.

Students and staff both enjoy the experience. The day concludes with lunch for all participants at the middle school.

The First 1,000 Days

The first 1,000 days of a child's life - 9 months of pregnancy until age 2 - are vital to his/her future health. Current research shows that there is a connection between nutrition and the pregnancy environment to later health in ways that are direct and breathtaking. The first 1,000 days contain a series of critical periods that require certain conditions for optimal development. If these are not met, a stage is set that may not be revealed for years to come. Research by David Parker shows that problems such as heart disease, diabetes, and weight issues can be tied back to those first 1,000 days. Additionally, according to a new study by the Davis MIND Institute, a mother's obesity can increase the likelihood that her child will have autism or other developmental delays. What to do? Good nutrition for the mother throughout her life as well as avoiding smoking, stress, drugs and alcohol are key to providing a healthy environment in utero. Healthy eating for the child during the first two years is also important. Learn what the East Haddam Early Childhood Council is doing to support school readiness and good health for children ages birth to 5 at http://www.ehyfs.org/Early_Childhood_Council.html.

East Haddam Preschool Open House and Registration

The East Haddam Preschool will be holding an open house on Wednesday, August 13th at 6:30 p.m. This will be an informal time to learn about our 4 year-old Kindergarten readiness program, our school, our teaching philosophies, meet our teachers and ask questions. We will also be taking registrations for the 2012-2013 school year. The Preschool is located in a picturesque white house at 14 Plains Road in Moodus. For additional information, please call us at (860) 873-8250 or visit www.ehpreschool.org. Come Learn Under the Apple Tree with Us!

*Congratulations
to the
Class of 2012!*

Town of East Haddam

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

Administrative Office Building

Fax: (1st floor) 860-873-5042, (2nd floor) 860-873-5025
Hours: Monday, Wednesday, Thursday 9:00 a.m. to 4:00 p.m.,
Tuesday 9:00 a.m. to 7:00 p.m., Friday 9:00 a.m. to Noon

Selectman's Office

Mark B. Walter, First Selectman 860-873-5020 admin@easthaddam.org
Linda Zemienieski, Administrative Assistant 860-873-5020 admin@easthaddam.org

Assessor's Office

Loreta Zdany, Assessor 860-873-5026 assessor@easthaddam.org
Patty Veselak, Administrative Assistant 860-873-5026 assessor@easthaddam.org

Building Department

Keith Darin, Building Official 860-873-5024 building.dept@easthaddam.org
Carolyn Hart, Administrative Assistant 860-873-5024 building.dept@easthaddam.org

Chatham Health District

Liz Davidson, Sanitarian 860-873-5101 liz.davidson@chathamhealth.org

Finance Department

Cynthia Varricchio, Finance Administrator 860-873-5022 financeadmin@easthaddam.org
Dawn Snow, Administrative Assistant 860-873-5020 finance@easthaddam.org
Kathy Klinck, Treasurer 860-873-5022 finance@easthaddam.org

Land Use Offices

Jim Ventres, Administrator 860-873-5031 admin.landuse@easthaddam.org
Jim Puska, Zoning Enforcement Officer 860-873-5031 zeo.landuse@easthaddam.org
Janet Lombardo, Administrative Assistant 860-873-5031 landuse@easthaddam.org

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@easthaddam.org
Beverly Christopher, Assistant Town Clerk 860-873-5027 townclerk@easthaddam.org

Public Works Department

Fax: 860-873-6014

Town Garage - Hood Lane Hours: Monday through Friday, 7:00 a.m. to 3:30 p.m.

Transfer Station - Nichols Road Hours: Monday, Wednesday, Friday 7:00 a.m. to 5:00 p.m.
and Saturday 7:00 a.m. to 4:00 p.m.

Elizabeth Lunt, Public Works Administrator 860-873-5023 pwadmin@easthaddam.org
Richard Toolan, Public Works Superintendent 860-873-5023 pwsuper@easthaddam.org
Shirley Dill, Administrative Assistant 860-873-5023 publicworks@easthaddam.org
Don MacKenzie, Transfer Station Foreman 860-873-5030 publicworks@easthaddam.org

Other Departments

Don Angersola, Fire Marshal 860-873-5004 admin@easthaddam.org
Tiffany Quinn, Parks & Recreation Director 860-873-5058 parkandrec@easthaddam.org
Michael Olzacki, Animal Control Officer 860-873-5044 animalcontrol@easthaddam.org
Peter Simmons 860-873-5044 animalcontrol@easthaddam.org
Economic Development Coordinator 860-262-0347 edevcoordinator@easthaddam.org
Craig Mansfield, Emergency Management Director 860-873-5103 ehaddamemgmt@easthaddam.org

Resident State Troopers

Jeff Rhoades and Ian Hawes 860-873-1226 police@easthaddam.org

Probate Court

Jennifer Berkenstock, Judge of Probate 860-295-6239 inea@ctprobate.gov
Linda Neal, Clerk 860-295-6239 inea@ctprobate.gov

Registrars of Voters

Holly Cummings & Laurie Alt 860-873-5029 registrars@easthaddam.org

Senior Services - 15 Great Hillwood Road

Joanne Rocznik, Municipal Agent 860-873-5034 seniors@easthaddam.org

Visit our Website at www.easthaddam.org for more information,
including meeting minutes

Master Gardener's Corner

By the time you read this article, June 20th, the 'first day of summer,' will have passed. Once again, the summer is upon us with its fragrances of flowers blooming, evergreens glistening, barbeque picnics, family outings, and festivities occurring all over town. The joys of summer, too numerous to list, will embrace our daily lives and bring a reprieve to the winter grind.

This year there is something new afoot starting June 20th in East Haddam; a festivity to add to your 'must do' activity list. As a Master Gardener, I must admit it is exciting. Members of the East Haddam Agriculture and Economic Development Commissions teamed up and coordinated East Haddam's Farmers' Market. For months the committee has been working diligently in preparation for a dynamite town Farmers' Market in which the whole community benefits.

There is something for everyone whether shopper or vendor. The mission of the Farmers' Market is to provide the community with all kinds of goods, such as vegetables, fruits, chocolate, breads, roasted coffee, cheese, meats, eggs, along with plants and flowers, quality arts and crafts, hay, firewood, lotions and soaps, alpaca and sheep wools, jewelry and so much more in food stuffs and hard goods. These items are a sampling of the many vendor products available for your shopping needs. For the hungry and curious at heart, there will be food munchies from local restaurants; educational vendors sharing their services

freely; and a community business table offering ample information about our town's businesses. Our young folks will be entertained with various activities scheduled throughout the summer. This is truly a family event. Furthermore, this is just the beginning. As time passes the Farmers' Market will add new vendors increasing East Haddam's Farmers' Market unique 'one stop and shop' flair that makes a weekly visit to the Market a wonderful summer experience. Write it in red on your calendar: East Haddam's Farmers' Market, 4:00 pm to 7:00 pm, every Wednesday at the Grange on Town Street. A summer activity not to be missed. This endeavor is for the community, by the community, and a perfect opportunity to support our fantastic East Haddam farmers and businesses.

As East Haddam moves ahead to fulfill a larger Farmers' Market need, hats off to the Rathbun Library for a job well done with their part in starting and building a Farmers' Market in past years.

General information and vendor contact is manager Jeff Savitsky at 860.786.8866; or E-mail easthaddamfarmersmarket@gmail.com. You can gather more information at easthaddammarket.org on the net and facebook for photos and updates under East Haddam Farmer Market. See you at the Farmers' Market.

Linda Stuhlman, Certified Master Gardener



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Relay For Life

The American Cancer Society's 5th "Relay For Life" in East Haddam/Moodus will take place this year from Saturday, September 15th at 12 p.m. through Sunday, September 16th at 9 a.m. on the East Haddam Elementary School grounds. During this fundraising walk there will be a Survivor luncheon, bands, clowns, food, Luminary Ceremony, raffles, performances, games, themed laps, Relay For Life logowear sales and more.

All teams, participants, and survivors can register at www.relayforlife.org/easthaddamct.

Upcoming Meetings are July 23rd, August 15th, September 5th and 10th. All meetings are held at the East Haddam Elementary School in Room 202. Each night the Planning Meeting starts at 6 p.m. with the Team Captains Meeting following at 7 p.m. Please come to lend a hand in any way that you are able.

A new addition to "Relay For Life" this year was a "Bark For Life" to raise awareness for the prevalence of cancer in dogs. It was held on the Colchester Green on Saturday, July 7th.

Please direct your questions and donations to Melissa Michalski at 860-873-2992 or melissamichalski@hotmail.com.

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Rathbun Memorial Library

Summer is upon us - don't forget to come by the Rathbun to check out our numerous passes. We have the Connecticut State Parks Pass, Florence Griswold Museum, Mystic Aquarium, Wadsworth Atheneum, Yale Peabody Museum, Connecticut Old State House, and the Custom House Maritime Museum. Give us a call if you would like to reserve one of the passes, or for more information. Connecticut has a lot to see and things to do.

Our Summer Reading programs have started. Come join us and have some fun. They are as follows: July 19, 11:00 a.m.: "Make a Star!" (all ages); July 25, 3:00 p.m.: "Hoots and Owls" with the Department of Energy and Environmental Protection (all ages); August 2, 6:30 p.m.: PJ Movie Night; and August 7, 11:00 a.m.: Make a Sheep Magnet (ages 5 and up). Please pre-register for these events to ensure plenty of supplies for all (860-873-8210).

The Friends of the Rathbun Library continue with their Fridays at 5:30. The scheduled speakers are: July 20th, Craig Hotchkiss: "Adventures of Huckleberry Finn: An American Story". He is the Education Manager at the Mark Twain House & Museum in Hartford; August 17th, F. Wade Russo: "History of Carousel": Wade is back for an encore! He is a director, musical director and conductor. Carousel will mark his 18th production at Goodspeed. Come join us at the Rathbun Library to meet our distinguished guests and be enlightened by their talks. There will plenty of food and drinks served in our beautiful reading garden. All that we ask is a \$5 donation per person. Hope to see you here for a most enjoyable evening. Help support the Rathbun Friends of the Library. They do so much to enhance our library.

The Children's Department will start up with story times the week of September 10th; for babies and toddlers (Wednesdays at 10:30 a.m.), for preschoolers ages 3-5 (Mondays and Thursdays at 10:30 a.m.). American Girl Club will be held on the first Wednesday of each month starting October 3rd (3:30-4:30 p. m.)

While you're enjoying the lazy days of summer, stop by at the Rathbun to check us out and see what's new!



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Tax Collector's Office

After the budget passed at referendum on May 22, the Mill Rate for the 2011 Grand List was set at 21.52 (an increase of .42). Tax bills for the 2011 Grand List were mailed on June 30, 2012. Payment is due on July 1, 2012 and must be paid on or before August 1, 2012 to avoid interest. If you recently purchased property and did not receive a tax bill, please contact the Tax Office immediately.

Tax payments may be made in person, by mail or on-line. There is a secure lock box in the front alcove, which is available 24 hours. Payments may be dropped there after hours. If you choose to pay your taxes on-line, you may do so by going to easthaddam.org and clicking the "PAY TAXES" button. This will bring you to Point & Pay, a firm that enables East Haddam to accept electronic payments at no cost to the town. There is a transaction fee of 2.95% on all credit/debit payments and a \$2.95 flat fee for e-checks.

This office is for the collection of taxes only. Any adjustments to your bill must be made by the Assessor (860-873-5026). The Tax Office can be reached at 860-873-5033 or by e-mail: tax-collector@easthaddam.org.

Attention to Those Who Have Gone to Hale-Ray

I have been very concerned about the future of the murals in the hallway of the old Nathan Hale-Ray building. Recently Mark Walter, Brian Perry, Chris Saltus, Paul Varkla, Irv Chmura, Charlie Farrow and I inspected the Langdon Kihn "Nathan Hale" murals in the library. They depict major events in Nathan Hale's life and are oil on canvas, affixed directly to the plaster and lathe walls. They appear to be in good condition at this time.

The group's present plan is first to continue to monitor the murals. Second, using Brian Perry's contacts, solicit bids from professional photographers to have the murals preserved digitally.

If we can secure the funding, we will print a full-size copy of the murals on canvas to be installed at the East Haddam Historical Society. After that we will attempt to have the originals removed and taken to the EHHS.

The entire cost is projected to be about \$10,000. A fund is being set up for this purpose. All those of you who went to Hale-Ray, have children who went to Hale-Ray or would be interested in preserving a piece of East Haddam history can send donations to the Mural Fund. Checks should be made out to the Town of East Haddam Mural Fund and can be sent to P.O. Box 623, Moodus, CT 06469.

Anyone with suggestions for fund raisers can contact me at home at 860 873-1747 or at work at 860 873-5034. Thanks in advance for consideration of this project.

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East Haddam Community Lions

As my year's term as club president comes to a close (July '11-June '12) I look back with a deep sense of pride at the club's achievements, the 20th year since our charter.

Thanks to the support and generosity of the town's businesses and residents, the East Haddam Community Lions (EHCL) raised \$22k+ this year through our annual fundraisers ... Military Whist, Ladies Night Out, Light up the Holidays, April Fools road races, Tea Party, Golf Tournament, Fashion Show, Journey for Sight to name a few! 100% of the money that we raise goes back to our community (Senior Center, Food Bank, Fuel Bank, Youth and Family Services, Music on the River Rathbun and East Haddam Libraries, Oak Grove Community, High School scholarships etc.) and Lions sponsored charities such as the Connecticut Lions Eye Research Foundation, funding research leading the fight to end all forms of preventable blindness; Lions Club International Foundation, the charitable arm of Lions Clubs International, who assist with global disaster relief, youth and humanitarian projects worldwide; Eastern CT Lions Low Vision Center, which provides visual aids, at no cost, to visually impaired clients to help improve their day to day lives and maintain their independence. Seeing Eye dog Foundations, C.R.I.S. radio, a service that keeps the visually impaired in touch with day to day life in their communities/towns. We also fund camperships for children suffering with cancer and diabetes; provision and recycling of hearing aids through our district Hearing and Speech facilitator not to mention recycling eyeglasses (that the majority of people associate with Lions.)



EHCL at a Leadership Forum

As well as fundraisers, the EHCL is also involved with a number of projects where our services and support are provided for the benefit of the town and our community. These include annually, an ice cream social and pediatric eye screening of preschool age children using the latest non invasive screening technology that digitally records the vision as quickly as taking a photograph. Of the 69 children screened earlier this year, 5 were referred to ophthalmologists for further diagnosis/treatment. We participate in project Safe Halloween and this year planted trees on public land as part of the international President's Tree planting campaign (Lions planted more than 9.7 million trees

around the world this year). We provided Easter baskets through the Food Bank to over 75 East Haddam residents. The International Peace Poster contest for children around the world this year had 78 participants from the middle school. Bethany Powell was our winning entry and our District winner; she and her family were honored at the Lions Multiple District Conference luncheon where she gained second place. The (non-Lion) Humanitarian of the Year banquet is a District event honoring non Lion Humanitarians from all towns in Eastern Connecticut. This year, EHCL unanimously recognized Craig Mansfield for his services to the Town during "Irene" and beyond. We were pleased to award two \$1500. scholarships to graduating seniors at Hale-Ray High School; Nichole Govert and Hannah Palmer. We wish them continued success in their future endeavors.



Eight of our remaining 13 original Charter members with Guiding Lions PDG Eric and PDG Art

Our members are active volunteers within the community (and beyond), providing thousands of hours of service in support of Food Bank, Meals on Wheels, EH Ambulance, EH Emergency Management, transportation of patients to/from hospitals in the region and Senior service committees to name but a few. Recently 7 members of the club assisted with "opening eyes" at the Special Olympics at SCSU. This program, thanks to a grant from Lions Clubs International Foundation and support of lens manufacturers, allows the athletes to go through an 8 stage eye screening, and if prescribed, leave at the end of the day with a new pair of eye glasses at no cost: an extremely rewarding and heartwarming event to help out with.

The two Lion clubs within East Haddam collaborated to form the East Haddam Leos Club, open to young people aged 12-18, who want to get involved with their own fundraising projects and get recognition for their Community Service, building confidence, leadership skills, camaraderie and the satisfaction of "giving back", that are so vital in nurturing well-rounded individuals. We were proud to Charter nineteen Leos at a charter celebration back in April and are confident that they will leave a positive mark on this community.

Continued on page 15



East Haddam Leos at Charter Night Celebration



Lions Sherry, Frank and Rosalie filling Easter Baskets

Community Lions ... continued from previous page

As the world changes, so too does Lions Club International www.lionsclubs.org, the largest humanitarian organization in the world, with over 1.35 million members in 207 countries and geographic areas. "The global leaders in humanitarian service," voted #1 Non Governmental Organization in the world by international businesses in polls by the Financial Times. To meet the ever changing needs, both at home and overseas, the focus of clubs and membership also needs to change to meet new challenges. EHCL is a shining example. Unlike other clubs and organizations that are losing members. We continue to grow, and more importantly, retain our members. We are (embracing our International President Tam's theme of "Believe") encouraging and utilizing our member's diversity, supporting new ideas while embracing the traditions of Lionism. Each club is autonomous; you need to find the one that fits your needs. Get involved; you only get out what you put in, and if you're lucky, like me, you'll get much, much more...friendship, camaraderie, self-worth and a great feeling of achievement, all while SERVING OTHERS.

My best wishes to the incoming slate of officers: President, Arnie Davis; V.P. Marci Masci; 2nd VP Pat Thomas; Reporting Secretary, Maryjane Malavasi, Recording Secretary, Margi Roberts, Treasurer, Barbara Davis, Membership Chair, Debbie Ryczak, (Cynthia Valentino and Karon Conover); Taitwister,

Jenifer Spencer; Lion Tamer, Frank & Trish Miner; Directors, Deb Warden, Delphy Irvin, Janice Nowik, Helen Adams, Chris Parkus and myself, Past President John Bradshaw.

In closing, I extend my sincere thanks to each and every member of the EHCL for their support and enthusiasm during "my year". It was a privilege, an honor and a pleasure to lead such an auspicious group.

If you are interested in becoming a member or want to know more details, check out our website, www.ehcl.org.

*Lion John Bradshaw
President EHCL 2011/12*

St. Stephen's Church

St. Stephen's Episcopal Church, 33 Main Street, will be holding Vacation Bible School from Monday, August 20th to Friday, August 24th from 6:00 p.m. - 8:00 p.m. Open to children ages 4 - 10 years old. Snacks will be served. This is a FREE program, and a great way for children to learn about faith while having fun. Each evening will consist of a lesson, craft, snack, music, & games. For registration forms, please visit St. Stephen's website at www.ststeves.org or call Lynda Hickey at 860-873-9547.

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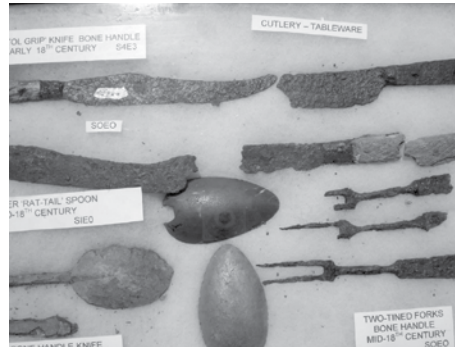
Anita Sherman Memorial Display

Anita Sherman, Millington resident and amateur archaeologist extraordinaire, is remembered with a show at the East Haddam Historical Society Museum, commemorating her years of excavating at the General Joseph Spencer homestead on Tater Hill Road. Visitors can see

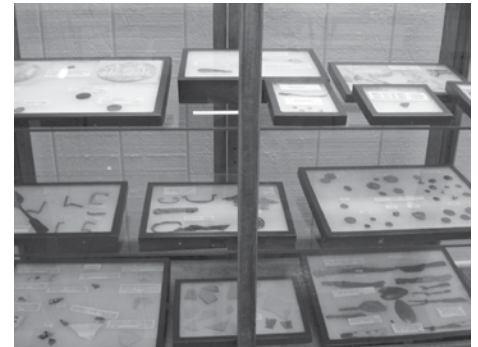
some of the 100s of coins, pipes, spoons, ceramics, and beads that she and other archaeologists have found. Anita's show is free with admission to the Museum, Friday through Sunday, 10 a.m. to 4 p.m., and by appointment - 860-873-3944.



English Kaolin (clay) pipes found at General Joseph Spencer homestead

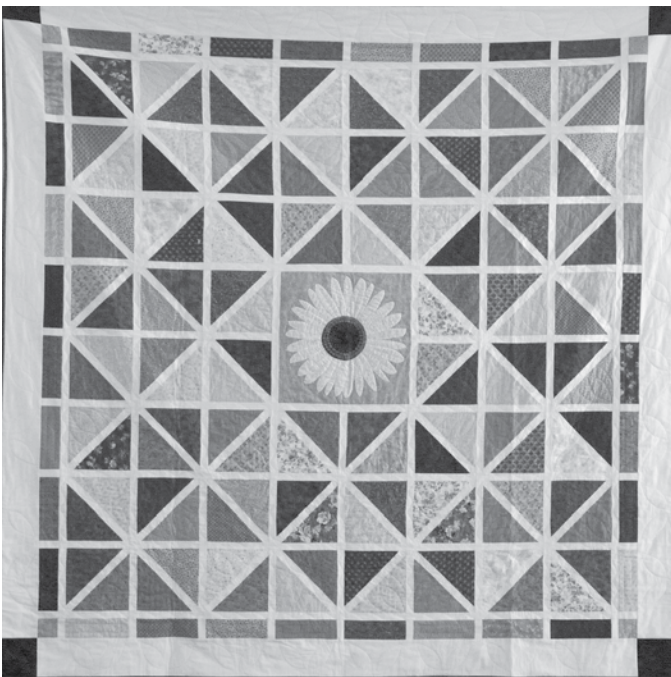


Cutlery tray assembled by Anita Sherman from Spencer dig



Part of the Anita Sherman Memorial display at the East Haddam Historical Society Museum

The First Church of Christ Congregational 17th Annual Quilt Show



The First Church of Christ Congregational, East Haddam will host its 17th Annual Quilt Show during Columbus Day weekend on October 6, and 7. More than 100 exhibitors will feature quilts, quilted items or needle art items. Some of the items will be available for purchase.

This year the quilt that will be raffled off is machine pieced, hand appliqued with hand embroidery and hand quilted by Betty Haines, a member of First Church. The quilt is called "Sunflower" and is an original design by Betty Haines. The quilt will fit a queen/king size bed. Quilt raffle tickets remain at \$1.00 and the raffle will be on Sunday afternoon. The winner need not be present.

The show which is open from 10:00 a.m. to 5:00 p.m. on Saturday and 1:00 p.m. to 5:00 p.m. on Sunday at the church which is located at 499 Town Street in East Haddam. In addition to the show, there will be a craft and quilt supply boutique with many vendors displaying their items and sharing information with all. The church members will have homemade soups, desserts and beverages that may be purchased. All proceeds from the quilt show will benefit First Church.

The show draws hundreds of visitors to First Church and its 1794 meeting house designed by famed architect Lavius Filmore. The light-filled sanctuary, with its flying pulpit, blown-glass window panes and star-spangled, domed ceiling show off the colorful quilts to stunning advantage.

There is a large amount of talent on display and every year the show is different. Many people across New England look forward to our show and return year after year.

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Business Directory—over 250 town businesses,
browse general categories, website links

Community Calendar—find or suggest
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Municipal pages—Town Departments/Staff,
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FFA Members Shine at Annual Banquet!



Hannah Palmer was the recipient of the 2012 Outstanding Senior Award. Hannah has served her FFA Chapter as their President for the past two years.

The 2012 Ray FFA Chapter Awards banquet was held on May 10th at the American Legion. The following people were recognized for their efforts:

Outstanding Senior Award - Hannah Palmer; Hannah Corbeil Memorial Award - Jake Rocznik; Cory Conservation Award - Kevin Sarrazin; Most Improved Award - Holly Pokrinchak; Honorary FFA Member - Mr. Carl Aresco; East Haddam Conservation Commission Award - Dan Mather; and the Star Greenhand Award - Brianna Pach.

Medical Emergencies in the Wilderness

Six EMTs from the East Haddam Ambulance Association recently received wilderness emergency medical training. Kevin Cavallo reported the experience to be extremely interesting for everyone. It included eight hours of training for three weeks plus one and one-half days in the field. They learned how to make use of the environment to survive and provide medical assistance without access to supplies or civilization. Other participants included Dean Anderson, Rachel Denny, Ken and Tracy Purdue, and Paul Michael Ross.

Some unexpected practice took place two weeks after the training was completed. While mountain biking in Cockaponsett state forest with a companion, far from ambulance-accessible roads, one of the participants suffered a broken leg. Knowledgeable rescuers splinted the leg with a sturdy branch, and the injured cyclist was safely and properly extricated.

The East Haddam community should feel well-protected knowing that our EMTs are now able to provide medical help - whether it be an injury, heat exhaustion, poisoning, animal bite, or any other kind of health emergency - no matter where you may be in our town. But, there is a lesson here too: never travel into the wilderness without a companion or a cell phone.

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East Haddam Newcomers' Guide

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 St. Stephen's Episcopal860-873-9547
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www.eheducationfoundation.org
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860-526-2336 (434-2603 Judy)
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P.O. Box 328 Hadlyme CT 06439
 Middlesex County Community Foundation347-0025
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News from the Assessor's Office

Our October 1, 2012 revaluation is well underway. Data verification forms were sent out in April for homeowners to return to the Assessor's office with any changes. Representatives of Vision Government Solutions have been visiting properties of recent sales and building or remodeling activity. They are also updating photos for the property record cards. Assessment notices will be mailed in November, 2012 and informal hearings with representatives from the revaluation company will follow in December.

The Assessor's office began accepting applications for the Elderly and Totally Disabled Renters Rebate Program on May 15, 2012. Applicant's total income must not exceed \$32,300 for a single person, \$39,500 for a couple (joint income), including Social Security and Medicare. Applicants must be 65 or older or totally disabled and bring all income, rent, and utility information from 2011. The deadline for filing is September 14, 2012.

Residents whose motor vehicles have been sold, stolen, totaled, or who have moved out-of-state may be eligible for a pro-ration of their car taxes.

Two forms of proof are necessary to pro-rate or remove a vehicle from the grand list. Residents must bring a copy of the plate receipt issued by the Department of Motor Vehicles at the time of cancellation of registration, and a copy of one of

the following; bill of sale, transfer of title, receipt from junkyard, notification of total loss, trade-in papers, or some other document showing the date on which the vehicle was disposed.

The Assessor's office has its own web page on the town website. Included is information on real estate, personal property, and motor vehicle assessments; property tax relief for seniors, veterans, and the disabled; renters' rebate; information on revaluation; access to applications and forms pertaining to the Assessor's office.

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News from the Lakes Association



Lakes Association Parade Photo

Launch Monitors

Get trained by the DEEP to help protect your favorite lake from aquatic invasives. Call Wendy Flynn 860-447-4339 or email: gwendolynn.flynn@ct.gov.

Clean, Drain, Dry

Your boat, trailer, and fishing equipment can carry invasive aquatic plants and animals between all water courses. Consult the DEEP Boater's Guide. "Stop the Spread!"

LakeSmart Home Pledge

The Connecticut Federation of Lakes (ctlakes.org) invites you to join, take the pledge and receive two attractive plaques for outside display to show you have a LakeSmart Home and property.

Get Pumped!

Every home served by a septic system needs to be cleaned, inspected and improved (if needed) in order to receive a Permit to Discharge (good for up to 5 years). Compliance will protect public health and the health of our environment. Contact the Chatham Health District with questions 860-365-0884 or call Liz Davidson at 860-873-5101.

Fertilizer Without Phosphorus

A new Connecticut law going into effect in January 2013 bans the use of fertilizer with phosphorus for established lawns. This nutrient which runs off into lakes, ponds, streams and rivers promotes the growth of excessive and harmful algae and aquatic plants. If you must fertilize, start this season by choosing a zero phosphorus fertilizer.

On The Water - Safety First!

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Registrars of Voters

The Registrars of Voters were pleased to join with other East Haddam government agencies for the annual Education in Government Day, on May 2. Hannah Denette and Robbie Heil, 6th graders at Nathan Hale Ray Middle School, did a wonderful job working for the registrars. They discovered the many files and cabinets used to keep our records and supplies. A trip was made to the Town Hall to practice setting up booths and tabulators for a referendum. They also learned how to input voter registration information into the CT voter registration system. NHRMS should be proud of the Government Day ambassadors.

We are in the process of completing the annual voter canvas. Returns from voters who have changed their addresses or moved

were due June 8th. We appreciate all those citizens who promptly returned their canvass letters. To date, the total number of registered voters in East Haddam is 5,783. This includes 1804 Democrats, 1245 Republicans, 2671 Unaffiliated, and 63 voters in other parties. This is a total decrease in registered voters from last year of 124 voters; 62 fewer Democrats, 19 fewer Republicans, and 43 fewer Unaffiliated.

In our most recent budget referendum, on May 22, 340 voters cast ballots. This equals a voter turnout rate of little less than 6%. We are hoping that the small turnout indicated general approval of the Board of Finance's efforts, rather than voter apathy.

Please don't forget to vote in the Democrat and Republican primaries on August 14, at the Nathan Hale-Ray High School. The polls will be open from 6 a.m. to 8 p.m. If you have been a registered Republican or Democrat for at least 3 months prior to the primary (May 14, 2012) then you are eligible to vote. If you have been listed as an unaffiliated voter, at least three months prior to the primary, you may switch to a party affiliation by mail up to August 9, and in person up to noon on August 13. New voter registrations are also accepted, in person, up to noon on August 13.

If you have any questions, you may email registrars at registrar@easthaddam.org or call at 860-873-5029, and we will be happy to help you.

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Whether you graduated from Hale-Ray or attended for a few years, please join us for a weekend of friendship, fun, music & food PLUS an opportunity to raise some scholarship money for the kids!

Friday August 17th - Cook-out at the Moodus Sportsman's Club with entertainment by our own Tom Sander's Band - \$20 pp / \$10 for kids. BYOB. 6 p.m.

Saturday August 18th - Casual dinner dance at the American Legion. Catered appetizers, dinner, & dessert. Cash bar, DJ spinning ALL our favorite tunes - \$40 pp. 6 p.m.

There is limited seating for both events. Don't miss this rare opportunity to see ALL of your classmates. We hope you can come both nights.

For more information contact:

Melissa Engel at 860-267-9738

David Berwick at 860-886-3852 dberwick1@rcn.com

Ed Gubbins at ejgubbins@yahoo.com

Maryjane Malavasi at mjmalavasi@hotmail.com

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Friday, Aug. 17th \$20 X ____ = \$ _____

Saturday, Aug. 18th \$40 X ____ = \$ _____

I can't make it but I want to help the kids.
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*East Haddam
Historical Society*



Barbara Stone, 1928-1995, is 10 years old in this portrait painted by Margaret Reed. Barbara, an international traveler and artist, was famous for her carvings, sculpture, photographs, and whimsical ornaments and cards. East Haddam was her adopted home. Her show is up at the Museum until Columbus Day.

Welcome to the East Haddam Historical Society Museum, where there's something for every age group.

Hurrah! For the next two seasons we're participating in a special rewards' program funded by CT Humanities. Visit the Museum or ctriverheritage.org to learn more. Prizes!

8/8, 7:30 p.m. - Kandie Carle presents "Fashion in Fiction, Clothing Speaks Volumes in Jane Austen's Fiction".

9/8, 5-8 p.m. - "President's Birthday Celebration," Grist Mill Market Buffet Dinner and Silent Auction. Cash wine and beer bar. \$25/ticket. Call 860-873-3944 for reservations

9/12, 7:30 p.m. - Author/Builder Fred Frese discusses the re-creation of America's first submarine, the Turtle, signed books available.

10/10, 7:30 p.m. - Scott and Shea Jezek present treasures from their antique postcard collection.

A social hour follows all events.

New this year: "Barbara Stone's Carvings, Paintings, Drawings, and Photographs" - This cross-section of a prolific artist, now gone almost 20 years, will delight viewers.

"Anita Sherman, East Haddam Archaeologist" - This memorial show features photographs and artifacts from the dig she led at the General Joseph Spencer site, in her front yard on Tater Hill Road.

The EHSM incorporates nine rooms of lower CT River Valley history. Think paintings, artifacts, newspapers, letters, ceramics, models, books, tools, textiles, etc. George Drenga manages a wonderful gift shop. Outside are gardens and picnic benches.

The Museum is open Friday - Sunday until Columbus Day, 10 a.m. - 4 p.m., other times by appointment. Children free, donation appreciated from non-members. Facility available for rent. 264 Town St. 873-3944. Email: museum@easthaddamhistory.org. www.ctriverheritage.org. Facebook: East Haddam Historical Society Museum.

Music at the Meetinghouse Concert Series



The Music at the Meetinghouse Concert Series will begin on Saturday, July 21st when Grayson Hugh, renowned composer, singer, and pianist will perform at the First Church of Christ, Congregational, at 499 Town Street. The concert is scheduled to begin at 7:30 p.m., with a reception following. Grayson Hugh, a native of West Hartford, released his debut album in 1980, and after years of work in New York, was signed on to a major label in 1987. He achieved fame with a pair of songs on the soundtrack of "Thelma and Louise" in 1991 and a best-selling album, "Road to Freedom", in 1992. In 2010 he released "An American Record", and is currently working on another album for release. Polly Messer and Grayson married in 2008 and they perform together. Their music is energetic, a mixture of bluegrass to soul and jazz. "Once again, Grayson Hugh rocked *the Kate* leaving our audience begging for more. A lot of people play our piano, but nobody whips it into a frenzy like Grayson." said Chuck Still, the Executive Director of the Katherine Hepburn Cultural Arts Center in Old Saybrook.

The Fall Concert Series begins on Sunday, September 9th, when the Cappella Cantorum Men's Chorus returns at 3 p.m. for the third year in a row. This well-known group enchants with shanties, songs from Broadway musicals, the classics, solo performances and numbers by the barber-shop quartet. They have a following, and people return each year to see them perform.

On Saturday, October 13th, *Parker's Tangent*, a blues and roots-based original art rock band out of New Haven, will perform. They are comprised of a female lead singer, a female drummer, a rhythm guitarist, a rhythm and lead guitarist, a bass player, and a violinist. They have played extensively throughout Connecticut and on radio and television. Their work is appealing to all ages and has been called "amazing and inspiring... the songs/lyrics are still in my head!" (David Schwartz, WPKN).

Tickets for all three concerts are \$15 at the door, or \$12 in advance by calling 860-537-2052 or visiting Wild Geese in Colchester, Goodspeed's Station in Haddam, or Celebrations in Deep River. A reception is included in each event with a chance to meet the artists. All children are admitted free of charge.

On Sunday, November 18, at 3 p.m. we plan to coordinate with local organizations to host a Thanksgiving Community Concert to benefit one of East Haddam's non-profit funds. A free-will offering will be collected, and we hope to have a local group perform.

Since the MATM Concert Series was started in January of 2011 it has hosted twelve events in the Sanctuary, which has nearly perfect acoustics. Although the series was started as a fundraiser for the Music Program, it has grown into a forum for bringing a variety of musical talent to the community at affordable prices, and showcasing local talent. All are welcome!

Senior News

At the June meeting of the Senior Club Suzanne Bostelman was elected president, Alice Sabo Vice President, Barbara Boluck Treasurer and Linda Shea Secretary. The club meets at 1:00 p.m. on the second Monday of each month. New members are always welcome. The club hosts social events, conducts fundraisers and sponsors trips.

July 23rd will be our annual pot luck barbecue starting at noon. Participants are asked to sign up to bring appetizers, salads, veggies and desserts. The center will

supply the meat and beverages.

August 26th will be the Lion's annual barbecue. Tickets will be available two weeks before the event. This is a free event but you must have a ticket.

The Center will be closed on September 3rd for Labor Day and on October 8th for Columbus Day.

October 20th will be the 2nd annual Oktoberfest. Tickets to this popular event will go on sale at the end of September.



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East Haddam Garden Club News

Memorial Day Parade

For the first time in its 80-plus year history, the East Haddam Garden Club participated in the May 28 Memorial Day Parade! The club was honored to have long-time member Anita Ballek join the festivities.



EHGC members Anita Ballek and Ginny Turner participate in the parade.



EHGC members are ready to march: 1 to r, Andrea Skwarek, Lyn Cavanagh, Nancy Borge, Joan Osalza, LeNoir Roberge, Helen Whatley, Bette Lomme.

Civic Projects

The club has planted colorful annuals at Gillette Castle, the Goodspeed green, and Shagbark triangle. Throughout the warm months, club members maintain both the green and triangle. Other recent projects included participation in the Arbor Day (April 27) and Flag Day (June 14) ceremonies at East Haddam Elementary School.

October Featured Speaker

Lorraine Calegari will present "Beyond Flower Pots" at a meeting of the EHGC on Wednesday, October 17, at 7:30 p.m. (preceded by a members-only business meeting at 7 p.m.), at the East Haddam Senior Center, 15 Great Hillwood Road, Moodus. Ms. Calegari will demonstrate interesting ways to alter, re-purpose and display old flower pots, watering cans, hoses and other garden paraphernalia. Her presentation also will include easy ways to preserve and display souvenirs and collectables. This program will be free and open to the public. Refreshments will be served, and information about garden club membership will be available.

The EHGC currently has 43 members. New members are always welcome. Club programs and projects offer something for anyone interested in gardening and civic beautification. For more information, contact Betty Gross, 860-873-8732.



The EHGC "float," driven by Ginny Turner: 1 to r, Betty Gross, Ellen Friedman, Rita Fiala, Berry Honore.

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East Haddam Green Committee

CT Recycles Day is November 15, and in anticipation, the Green Committee is evaluating the amount of recycling in East Haddam.

According to the Public Works Department, East Haddam recycled about 26% of its general waste in 2011. This figure compares single stream recycling and scrap metal amount against solid waste, bulky waste, and construction debris. It does not include tires, batteries, leaves, waste oil, or electronics. Although these items are recycled, they are not weighed, so exact information on the amount is difficult to determine. We are very interested in how our schools handle recycling. A third grade student contacted us with concerns about the amount of waste generated by the disposal of styrofoam trays in the school cafeteria.

The 34' x 28' Food Bank Garden is in its fourth season of providing organically grown produce to the East Haddam Food Bank. This year we are growing potatoes, tomatoes, cucumbers, beans, bell peppers, corn, and snow peas.

Once again, we are grateful to the Daisy Scouts and volunteers who helped in preparing and planting the garden and to Ray of Light and Mitchell Farms for their donations of manure. Volunteers are always needed. Please contact Nancy Pincus at 860-873-9171, or email us at easthaddamgreencommittee@gmail.com if you would like to help in the garden, join the committee (we have a few vacancies), or have any suggestions on helping to promote a more eco-friendly town.

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Summer Greetings from Ray of Light Farm

Smiling faces, young and old, seem to gravitate toward the farm when warm weather approaches. As always, we appreciate the support of our community and are thankful for the support that comes to us from both near and far.

Recent Events

In addition to our ongoing programs, Tiny Trotters, Riding Instruction and Community Events, we were again fortunate to host the Reach Out to Horses Certification Course in May with world-renowned horse whisperer Anna Twinney. Anna has become a dedicated ally for our farm in her mission to help raise funding and public awareness for the plight of Premarin foals. We look forward to her return next July as she partners with Melissa Pearse, in what should prove to be a one of a kind horse adventure.

Upcoming Events

Summer Basics in Training (BIT) Camps (ages 11 & up):
July 16-20; Aug 6-10th.

Annual Silent Auction & Fundraiser: Sept 29th

Not-So-Scary Hayrides: Oct 19, 20, 26, 27th

Halloween Stall Party: October 20th

"Secure the Light" Campaign

We will soon be launching a campaign to help secure our future in East Haddam. Please stay in tune with our website and facebook pages as we strive to continue our growth in spirit, strength, and stability as a positive presence in our town.

Visitors are always welcome! Please stop by to visit and log on to our website to find out about upcoming events and programs: www.rayoflightfarm.org. Farm Hours: 10 am - 3 pm ~ Weekdays & Weekends (Closed on Wednesdays).

The Art of Hands-On Skills

"The most competent clinical therapist is the one who marries the science of knowledge with the art of hands-on skills." Joseph E. Muscolino

The profession of massage therapy has grown tremendously in recent years as the value of therapeutic

touch has become increasingly recognized. Therapeutic touch can bring general emotional, psychological and physical relaxation to clients, as well as improve local fluid circulation. In this regard, massage is always clinical in nature. However, the term "clinical massage" is often applied only when massage is done with intent toward healing a specific condition. Clinical massage can generally be divided into medical massage-primarily geared toward treating visceral/metabolic problems in hospital settings-and orthopedic massage, primarily oriented toward the treatment of musculoskeletal condition.

When working clinically, the massage therapist requires a greater "set of tools" than when working with the general application of touch. Certainly, knowledge of anatomy, physiology, kinesiology and pathology is always appropriate and helpful for all massage therapy. However, with clinical orthopedic massage, it's essential to accurately assess and treat a client who presents with a specific musculoskeletal condition. Of all assessment tools available to the massage therapist, palpation of the musculature is the most important. Muscle palpation is so integral to the field of massage therapy that it's likely that the massage therapy profession leads all other health fields in muscle palpation skills. Muscular palpation has two major objectives. The first is to locate the target muscle that is being palpated. The second objective is to assess its health by feeling for its tone and texture: trigger points, inflammation, fascial adhesion.

Assessing the health of the muscle is the most important aspect of palpation because the integrity of the tissues is what informs our decisions regarding treatment.

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The Middlesex Hospital Total Lung Care Center

Complete, Local, Convenient Care - According to the national Centers for Disease Control (CDC), more than 350,000 people alive today in the United States have been diagnosed with lung cancer at some point. Although lung cancer is a very serious type of cancer, if it is detected in its earliest stages and appropriate and coordinated treatment is provided, a cure is possible.

If you ask Gean Brown why this is the case, she will probably say it's because of improved screening, increased surveillance and follow-through treatment for lung cancer patients. Brown is the Lung Nurse Navigator at the Middlesex Hospital Cancer Center and was instrumental in developing the Total Lung Care Center at Middlesex Hospital, a "virtual" center that provides everything a lung cancer patient needs.

When Gean first arrived at the Cancer Center in 2009, she realized that, although Middlesex Hospital had all the elements for comprehensive treatment of lung cancer in place, there wasn't a coordinated system to help patients "navigate" the steps from diagnosis, through treatment and on to potential recovery. Since that time, Gean and a number of physicians in various Hospital departments have worked hard to change that.

The first step in developing the Center, according to Brown, was to begin a quality assurance (QA) program to ensure that any abnormal lung testing done through the Radiology Department would automatically be sent to her. From there, Brown takes the results and makes sure to always inform the patient's primary care physician if the finding looks serious and then recommends a consultation with a pulmonary physician or thoracic surgeon to review the findings further. The clinicians then refer to what is called the "Fleishner Society" guidelines to assess the lung nodules. The Fleishner Society comprises a group of thoracic surgeons who developed standard guidelines to follow for appropriate actions to take based on the differences in lung tumors, i.e., size, whether or not the person is a smoker, has a history of lung disease, etc.

A total of 500 patients came through that initial QA program, which made it clear that the Hospital needed to enhance its array of services and treatments for patients with abnormal lung findings. As a result, the Hospital recruited two thoracic surgeons, John Federico, M.D. and Mario Katigbak, M.D. who now work in concert with other Middlesex Hospital surgeons to treat lung abnormalities. In addition, a special "endobronchial ultrasound" (EBUS) system will soon be in use. Pulmonologists utilize the EBUS system to perform a procedure that uses sound waves to detect cancerous tumors in the lungs. Last, but not least, the Hospital's new da Vinci® Si robot provides an additional high-tech tool for specific types of lung surgeries as well.

Most recently, Middlesex Hospital has begun to offer CT screenings for lung cancer. Studies have shown that these low-dose CT scans have the potential to catch lung cancer in its early stages, which means that it is more likely to be cured.



Low-dose CT scans can detect lung cancer in its early stages (Stage 1 or 2). They are recommended for people at high risk for lung cancer (those who have smoked at least one pack a day for 20 years or more AND have a history of lung cancer or are between the ages of 50 and 74 years old). The test takes only ten minutes and there is no preparation needed beforehand. The cost is \$250 and is not covered by insurance. A physician order is required for the scan. If you do not have a physician, Brown can assist you in getting a referral. She can be reached at (860) 358-2066.

As mentioned before, the Total Lung Care Center is a virtual one, but one that is very comprehensive. It includes radiologists, oncologists, pulmonologists, surgeons, radiation oncologists and Brown, the Lung Nurse Navigator. She explains that although "not all the doctors are involved at every stage, everyone is at the ready to do their part. In fact, different doctors may consult on a patient, but the patient may never see them. But even if the patient does not see every member of the team, he or she can feel confident that the entire team is working for their benefit at all times."

Patients who do not currently have a physician can call 1-855-MHDOCS1 (1-855-643-6271) and one can be recommended. Middlesex Hospital also offers a smoking cessation program that provides information and counseling to motivate smokers to quit tobacco use. Call (860) 358-3003 for more information.

Department of Public Health

With nice weather upon us, the Department of Public Health (DPH) is asking the public to keep safety in mind.

“The spring and summer in Connecticut bring longer sunny days, warm weather and opportunities for outdoor fun and exercise,” stated DPH Commissioner Dr. Jewel Mullen. “Unfortunately, outdoor activities can also increase the risk of injury, so it is important to take some simple steps to stay safe and make this great time of year enjoyable for everyone.”

DPH recommends the following safety tips:

Safety in and around water - An adult should always supervise children in or near water. Drowning can occur in minutes and in just a few inches of water. Whenever an infant or toddler is in or near water an adult should always be within an arm’s length providing “touch” supervision.

When boating, everyone should wear US Coast Guard approved life jackets. Consider taking a boating safety course, and remember, just as with drinking and driving, alcohol and swimming or boating don’t mix.

Be ready for emergencies by learning CPR and first aid and keep a phone with you.

Bike Safety

Wear a bicycle helmet every time you get on a bike. Helmets can reduce your risk of head injury by up to 85% in a bicycle crash.

Wear appropriate multi-sport helmets and safety gear to prevent injuries while skate boarding, inline skating or riding a scooter.

Supervise younger children and assure that they ride with supervision in safe areas away from traffic.

Safe Walking

Teach your children to look left, right and left again when crossing the street.

Walk on sidewalks whenever possible, and cross safely using traffic signals and crosswalks. If there are no sidewalks, always walk facing traffic as far to the left as possible.

Watch for cars that are turning or are backing up, especially in driveways and parking lots.

Wear clothing with reflective materials and carry a turned on flashlight at dusk and dark.

Safe at Play

Check playground equipment, whether it’s in the backyard or at the park, to make sure it is in good repair.

Playgrounds should have protective surfacing under and around the equipment to protect against falls. This can include sand, mulch, wood chips, shredded tires, or rubber mats.

If you or your family plays team sports, be sure to use all the appropriate safety gear. Learn to recognize the signs of a concussion and seek medical treatment immediately.

Safety around the Home

Falls from windows increase during the summer months and screens will not protect children from falling out.

Safeguard children by installing window guards or stops, opening windows from the top whenever possible and moving furniture away from windows to discourage climbing.

Safety on the Road

Buckle up on every trip in the car, even if it’s just a short ride around town.

Younger children should ride in size and age-appropriate car safety seats.

Do not leave children or pets in a parked car - interior temperatures can reach deadly levels in minutes even during moderate temperatures.

Protect Your Skin from the Sun

In summer, the risk for ultraviolet (UV) damage of the skin increases. While outside enjoying the nice weather, it is important to take simple steps like putting on sunscreen and wearing protective clothing to protect your skin from the sun’s harmful rays. Protecting your skin not only helps prevent skin damage, it also helps prevent skin cancer.”

[For more information, please visit www.ct.gov/dph/injury. The Connecticut Department of Public Health is the state’s leader in public health policy and advocacy with a mission to protect and promote the health and safety of the people of our state. To contact the department, please visit its website at www.ct.gov/dph or call (860) 509-7270.]



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East Haddam Stage Company



The East Haddam Stage Company, with sponsorship from Liberty Bank, will present their fourth season of live theater at Gillette Castle State Park. This summer's show is *Sherlock Holmes and the Adventure of the Speckled Band*. 4 actors portray all characters in this live-action radio mystery. EHSCO will be using the actual 1930 script that William Gillette used for the very first Sherlock Holmes radio broadcast ever. Dates are Saturdays and Sundays July 7th- August 12th at 1:30 and again at 3:00 pm. www.EHSCO.org or call 860-873-3521.

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Bring Our Music Back, Inc. presents
2012 Summer Concert Series

August Nights at Harkness

Music the way it was!

Thursday, August 2

The Temptations Revue

with Nate Evans

Opening performance by The Modern Riffs Youth Band

Thursday, August 9

The Legendary

Preservation Hall Jazz Band

50th Anniversary Tour

Opening performance by The Sugarfoot Youth Jazz Band

Wednesday, August 15

Don McLean 40th Anniversary Tour

Opening performance by Christine Ohlman & Rebel Montez

Thursday, August 23

World Famous 17-time Grammy Award Winner

The Count Basie Orchestra

Opening performance: The Music of Frank Sinatra with Ron Zappulla and his Orchestra

Harkness Memorial State Park Waterford, CT

Gates open 4pm for traditional picnicking - Music begins at 5:30pm

Best picnic awards sponsored by The Bee and Thistle Inn

Back-up Rain Site: The Garde Arts Center

Tickets on sale NOW!

Single ticket: \$24 per concert in advance | \$30 at the door

Subscription package: \$89 in advance before June 1

Group sales: \$20/ticket (groups of 10 or more)

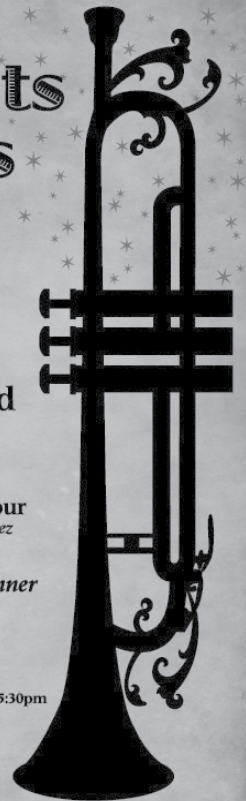
VIP \$125 (VIP parking, catered hospitality tent, umbrella seating)

Kids under 12 free with an adult | Active military free with ID

MUSIC WITH PURPOSE

Bring Our Music Back, Inc. is a non-profit organization dedicated to the enrichment of life and healing through music. Our mission is to support burgeoning musical talent, programs and services in our communities by fostering the artistic development of youth preserving music as a viable art form.

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