

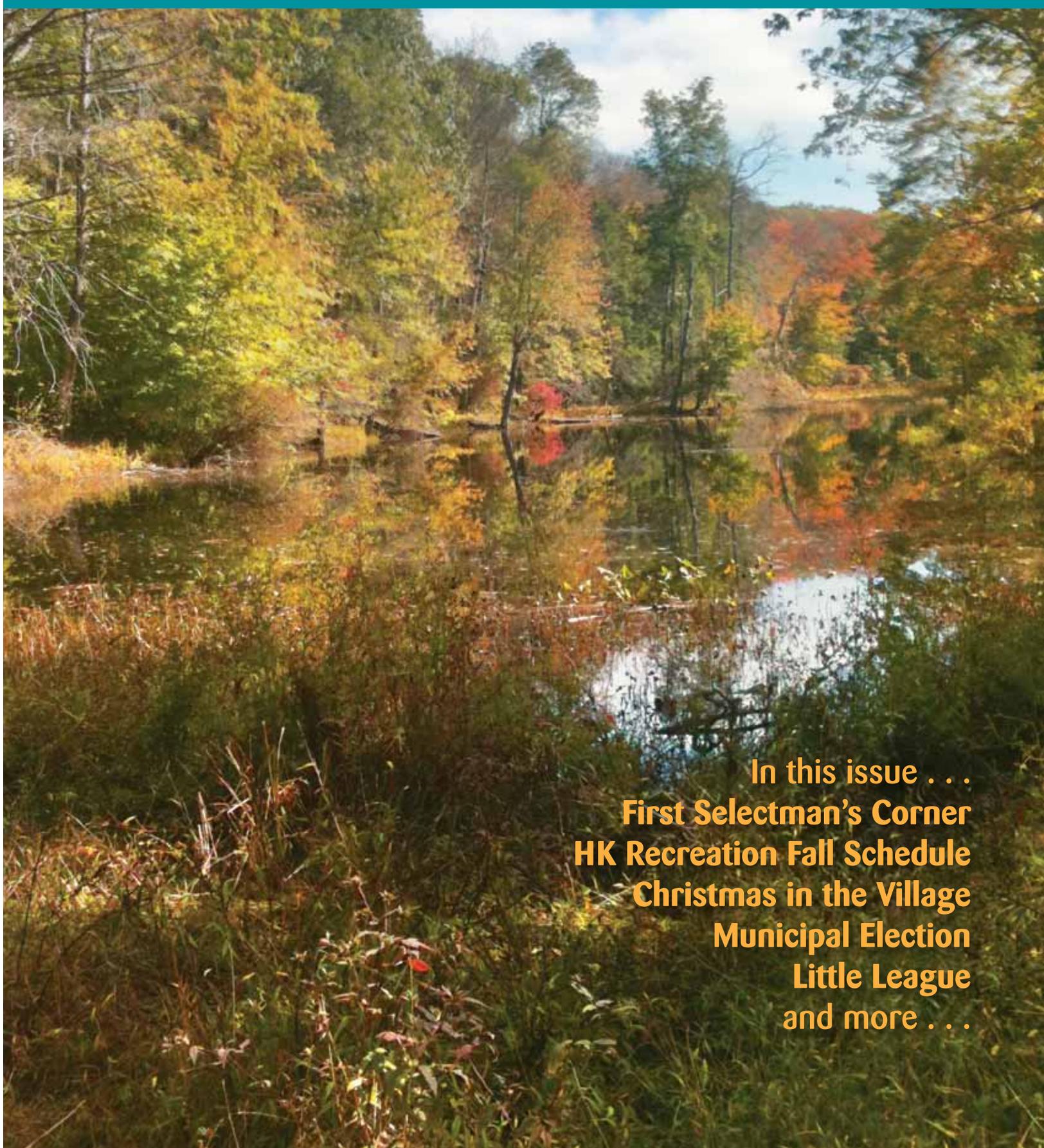
Haddam



Events

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Volume 4 • Quarter 4 • 2011



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Little League
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First Selectman's Corner

On May 20, 1662, a legislatively appointed committee representing a company of twenty-eight young men from several townships to our north concluded negotiations with the leaders of various Indian tribes and formally purchased the first lands that would eventually become Haddam.

In March, 1884, The Industrial Revolution came to Haddam with the founding of the D&H Scovill Hoe Company in Higganum, changing the face of the town and paving the way to future growth and prosperity.

On May 20, 2012, the Town of Haddam will be formally recognizing its 350th anniversary.

These three dates are significant because they represent the beginning, the middle, and the present time frames of our existence as a town, but they pale by comparison to those dates that lie ahead of us like a ripened fruit that has reached its time to be fully enjoyed.

Technology has sped up our world in a manner that no rational predecessor would have ever expected, and yet, after just having experienced one of the worst weather disasters our town has ever seen, and watching all that state-of-the-art technology fall apart like a rotten onion in a flooded field makes me wonder if we have really measurably evolved at all.

During the long week of darkness that shocked our senses and tested our will, many of us reacted with agitation and impatience. Many of us were simply not ready to be stripped of the conveniences and toy-tools that dominate our lives. We simply did not recognize the temporary nature of our plight and gave in to the demands of immediacy and the fears that accompany the loss of possession and control.

In the dark, it becomes difficult not to look inward to gain perspective and restore a sense of balance. Some would call those moments of self-intimacy "taking stock" while others may call them "spiritual awareness." Whatever the label, those moments provide a place in time that is like no other, a break in the consciousness of circumstance, and a flight to a safe place of hope.

We are not unlike our ancestors in that regard. Despite the differences in our grit over the years, our ability to pull ourselves together from within is now and always has been one of the basic requirements if you want to call yourself a resident of Haddam. For over three hundred and fifty years, we have squarely faced the challenges of time, the losses and gains of physical and social evolutions, the tides of aggression, the apathy of frozen minds, and the fears of change. What contrasts us today are not the challenges themselves, but rather the intensity in which they fire through our lives.

At first blush, that thought is frightening; but when I consider the commitment our citizens have made to our town, I am buoyed by the enormity of their will. Consider

for a moment, at any time in our history, would we have been able to conquer this recent weather disaster with the vigor and resourcefulness that we did today.

Would we have had the tenacious will, dedication and uncompromising strength of a Phil Goff to lead our public works rescue?

Would we have had a tireless volunteer emergency management director like Allen Alonzo to help coordinate our disaster plan?

Would we have been fortunate enough to have a town resident CL&P representative like Jack DiMauro to watch our back and demand that our needs be met efficiently?

Would we have had the foresight and leadership of our fire chiefs Gary Klare and Bob McGarry to coordinate a successful safety response?

Would we have ever been able to provide emergency shelter and services without the selfless efforts of a Mike Distefano or would we be able to staff those services



Continued on page 3

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Selectman's Corner ... continued from page 1

without the help of District 17 school employees, the Lions Club, the Knights of St Patrick's and the League of Woman Voters.

Would we have been able to monitor the needs of our shut-ins without the help of Scott Stoppa and his Haddam Ambulance and EMR staff?

Would we have been able to insure that our seniors were safe without the vigilance of Louise Chambers and Mark Lundgren?

Would we have been able to coordinate the communications with all these services in the face of a total town hall phone outage without the creativity and tireless efforts of my assistant Alice Zanelli?

The answer to those questions is "I think not."

Haddam has truly evolved to a special place in time, with or without the technological advances that we hold so dear and that dominate the foreground of our lives. We have evolved to a place where kinship and caring binds our strengths and diminishes our differences. For a short time after the Twin Towers and Pentagon attacks ten years ago, the country was caught up in a moment of unity. Much has happened over the past decade to erode the fragments of concrete and chunks of steel that served as a call-to-arms and reminded folks that life was a fleeting

journey for us all. I guess you can rationalize it as human nature; that certainly would be appropriate entry for a face book page or a blog, but is it acceptable in the wake of this recent disaster that reminds us again how important it is to heed the lessons of our past and to prepare for a unified future?

At the brink of our 350th anniversary, I pray that we as a town will truly understand the motivation of our ancestors in dealing with their differences while forging a positive path for us to follow. I pray that we will follow that path with dignity and civility, armed with the knowledge that the foundation of our laws requires a free dialogue and mutual discourse, not forced intimidation and personal demands. Our world is far too angry today and its influences cloud our vision. We have to find a way to help each other see what our ancestors saw, the hope for a better life. I would like to take a moment to thank the *Haddam Events Magazine* for giving me the opportunity to share my thoughts about Haddam over the past two years. I have enjoyed reaching out to our citizens in a forum that is both provocative and informing. I hope that circumstances will allow me to continue to do so ... there is still so much to say and so much to do ... but whichever way the wind blows, I have truly enjoyed the journey.

Paul DeStefano, First Selectman

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Seniors Getting Fit at the Saybrook at Haddam

Walking, lifting weights, stretching, rowing, biking... the list of fun things seniors do today to stay physically fit keeps growing. In fact, "working out" is becoming a bigger part of daily life for today's senior citizen, and the benefits are piling up.



Residents at The Saybrook at Haddam (l-r: Bill Wassell, Harry Archambault, and Marian Marston) enjoy the new gym, where they use exercise machines to stay physically fit.

Seniors who work some level of physical fitness into their routines are taking positive, proactive steps to maintain (or even improve) their quality of life. Regular exercise builds muscle - which can be accomplished at every stage of life. Stronger muscles allow seniors to be more self-sufficient and manage daily tasks on their own.

Regular exercise helps keep seniors "in balance" and flexible,



Residents at The Saybrook at Haddam, Bill Wassell (L) and Harry Archambault (R) work out at the new gym.

which, in turn, helps them avoid falls and injuries that can lead to greater complications. It also increases endorphins, improves cardiovascular health, and helps lower blood pressure - which all contribute to improved overall wellbeing. Senior often find themselves socializing more by taking group exercise or workout classes, or by simply going on walks with friends. Daily exercise does not have to be a formal process. Many seniors find themselves getting a lot of exercise simply by their circum-

stance. For instance, if they live in a community such as The Saybrook at Haddam, they walk back and forth to their dining room three times a day, and they walk to activities, to the in-house hair dresser, to meet up with friends, and for many other purposes throughout each day. They always have the option to take stairs instead of the elevator, giving them even more of a

workout. In nice weather, many residents and their guests enjoy walking outdoors.

The Saybrook at Haddam recently added a new gym so residents can really build muscle and tone their bodies. Those who would like to use the gym receive individualized training on each of the different pieces of equipment - which include weight machines, rowing machines, and self-propelled treadmills. The walls of our gym are lined with mirrors so residents can watch their posture and be sure they are using the machines correctly. We placed treadmills facing our large windows that overlook the courtyard so everyone can take in the roses in the summer, the foliage in the fall, and the picturesque snow in the winter (while staying warm inside!). The gym is open all day long, so residents are able to create their own exercise regime into any time of day - in addition to enjoying our daily morning stretch and exercise classes.

Our residents are surprised to find themselves in better shape than they were before moving into our community. They don't realize the level of physical activity they take on each day, but they certainly notice how great they feel. That is why we encourage as much movement and engagement as possible.



Marian Marston uses the rowing machine while Bill Wassell and Harry Archambault make use of weight machines.

Their families, too, are happy to see their loved ones getting exercise and staying active.

Most important to us, we want residents to enjoy their hobbies and interests, do more with their children and grandchildren, and have the best quality of life possible. We know physically fit seniors have a more positive outlook on life, as they are able to be more independent longer. To put it simply, they are having more fun with their lives. And that is our hope for every senior!

*- By Kathy Ryan, Executive Director
The Saybrook at Haddam*

Haddam Little League

Haddam Player is Rock Cats Contest Champ!



2011 Rock Cats Hit, Run, and Throw Champion Kyle Crandall, front and center, accepts a \$1,000 donation to the Haddam Little League. League Directors looking on in the back row, left to right are: Mike Foley, Pam Scully, Ralph Rand, Bill Bowles and Scott Kovach.

Haddam Little League player Kyle Crandall “went the distance” in the 2011 New Britain Rock Cats Hit, Run, and Throw contest. Kyle’s baseball skills carried him through three rounds of competition against other talented players from throughout the state. At a Rock Cats pre-game ceremony held August 26th in front of a sell-out crowd, Kyle and several members of Haddam Little League’s Board of Directors proudly accepted a \$1,000 donation to benefit the league. More information about Kyle’s exciting win and other Little League news can be found at www.haddamlittleleague.org.

Submitted by Haddam Little League



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MAGAZINES



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14th Annual Haddam River Days

The Haddam River Days Committee would like to thank all those who donated, volunteered, participated, and attended our events. We had a nice turnout for the Concert on the Green on Friday night. Saturday was a beautiful late summer day, and those who came to the Haddam Meadows enjoyed food from local organizations and businesses and witnessed a wonderful fireworks display at dusk. We as a committee ask you to support your local businesses and organizations. Next year the Town of Haddam will celebrate its 350th year anniversary. The committee looks forward to working with the town, organizations, businesses, local eateries, and maybe a few surprises to make this a special event for all. If you have any suggestions or ideas, you may contact committee chairperson Dawn Tarbetsky or the Town Hall. A special thanks to all the community service volunteers for all their hard work, especially Connor Monroe. From set-up to clean-up these young volunteers gave our limited volunteer committee much needed and appreciated help. We should all be proud to have such fine young adults in our community. That said – we look forward to next year – the 350th anniversary of Haddam and the 15th Annual Haddam River Days, and you should too!

For the Committee - Lori Marica Daniels

Land Use News

The Planning and Zoning Commission is reviewing revisions to the Zoning Regulations. This is part of a multi-year process that also included a review of the subdivision regulations and the regulations for Public Improvement. These proposed changes will update and clarify the existing regulations and bring them into compliance with State Statutes. Revisions are proposed to most of the sections of the Regulations, but the most significant changes can be found in the following Sections: Definitions, Residential, Commercial, Parking, Tag Sales, Signs, Non-Conforming Buildings and uses, collection of junk Material, Abandoned Materials and Debris, and Administration and Enforcement.

The Draft Regulation Revisions are posted on the town website haddam.org. Copies have been sent to adjacent towns, and to a number of State Organizations. Copies are also available for purchase at the Land Use Office. These are draft revisions and there will be several opportunities to voice questions or concerns. A public hearing was scheduled for the Planning and Zoning Commission meeting, held on October 17, 2011. Citizens may provide written comments to the Town Planner, townplanner@haddam.org, or testify at the Public Hearings.



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Information from the Assessor's Office

IMPORTANT DATES TO REMEMBER

Active Duty Servicemen stationed outside of Connecticut, must file written application yearly for the exemption of one passenger motor vehicle. The forms are available in the Assessor's office.

Farm, Forest or Open Space - new applications for property owners claiming land as farm, forest or open space must be filed with the Assessor's Office **before October 31 2011**. The certificate from the Forestry Department **must be dated on or before October 1, 2011**. The Forestry department will no longer be responsible to classify parcels as forest land. They will provide a list of state foresters who will recommend to the Assessor's Office the number of acres to be considered as forest land. The Assessor is now responsible for classifying land as forest.

Homeowner's (Circuit Breaker) and Local Homeowner's - The application period for these exemptions is February 1, 2012 to May 15, 2012.

Senior Abatement and Tax Deferral - Town of Haddam - The Application period is February 1, 2012 to May 15, 2012.

Additional Veteran's Exemption - The filing period for Additional Veteran's exemptions is February 1, 2011 to October 1, 2011. **Proof of income** is required when filing for the Homeowner's, Additional Veteran's and Local programs. The income requirements will be determined by the Office of Policy and Management in the near future. Income includes all taxable, non-tax-

able income as well as social security income. Persons who file **must be 65 years of age or totally disabled**. If you are planning to file an income tax return the Assessor's Office will require a copy. Please call the Assessor's Office at 860-345-8531 to make an appointment or discuss your qualifications for any of the above programs. All forms for the above programs are available in our office.

Business Personal Property Declarations - Notice is hereby given to all persons liable to pay Personal Property taxes in the Town of Haddam that they must return to the Assessor's office, on or before the first day of November 2011, their personal property list (declaration). **Failure to declare will force the Assessor to apply an arbitrary assessment and a 25% penalty.**

Personal Property Declarations were mailed from the Assessor's office in September. Anyone not receiving a personal property declaration should contact the Assessor's office. **Even though a declaration was not received, it does not preclude you from filing.** The personal property declaration shall include all furniture, fixtures, equipment and machinery of all commercial and industrial businesses; **unregistered motor vehicles**, snowmobiles, farm machinery and horses. Manufacturing Machinery Exemption Applications must also be filed at this time. PLEASE NOTE: if you do not receive a personal property declaration and you are a resident business in the town of Haddam it is your responsibility according to Connecticut State Statutes to file one. Failure to declare will force the Assessor to apply an arbitrary assessment and a 25% penalty.

Please DO NOT IGNORE THE DECLARATION! If you have received a personal property declaration and will not be conducting any business in Haddam as of October 1, 2011 you must complete the Affidavit on the front page of the declaration and return it to the Assessor's office prior to November 1, 2011. This signed affidavit is mandatory as proof to allow the Assessor to remove you from the Grand List. If the documentation is not received it will force the Assessor to apply an arbitrary assessment and a 25% penalty.

Commercial Vehicle Exemptions (M-65 MV) - Certain newly registered (never registered in any state or jurisdiction prior to August 1, 2010, but must be registered in Connecticut on or after that date) commercial trucks, truck tractor and semi-trailers in excess of 26,000 pounds, gross vehicle weight rating, and used exclusively 100% of the time for the interstate or intrastate transportation of freight for hire, may be exempt as outlined in 12-81(74) of the Connecticut General statutes. Guidelines, information and applications are available in the Assessor's office. Please note that the **application deadline is November 1, 2011.**

If you need any assistance we would be happy to assist you. Please call our office at 860-345-8531.

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

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Town of Haddam Municipal Election

November 8, 2011 - 6:00 a.m. to 8:00 p.m.

In order to vote in the Municipal Election on Nov. 8:

1. Voter Registration Card must be postmarked by Tuesday, October 25, 2011.

2. In Person registration (by applicant only), and also to change your name, address, or party affiliation needs to be completed by Tuesday, November 1, 2011 from 9:00 a.m. to 8:00 p.m. in the Registrars Office, Town Hall, Rm. #109.

3. A 17-year old resident may register to vote if they will be 18-years old on or before Election Day, November 8, 2011.

Until 12:00 noon on November 7th, you will be able to register to vote if any of the following changes have occurred: If you move into town, OR if you turn 18, OR if you become a US citizen.

Absentee ballots may not be issued on Election Day, except electors who suddenly become ill within six days immediately preceding the close of the polls at the election or who are patients in a hospital within such six-day period, may apply for and be issued an absentee ballot up to the close of the polls.

Polling Locations: District #001 - Haddam Firehouse, 439 Saybrook Road, Higganum.

District #002 - Central Office, 57 Little City Road, Higganum.

District #003 - Haddam Neck Firehouse, 50 Rock Landing Road, Haddam Neck.

Remember - to register to vote, please call or stop by the Registrars' or the Town Clerk's office. In addition, we will gladly mail a voter registration card to you. Any questions, please call 860-345-8531. The Registrars of Voters Office is open every Wednesday from 9:00 a.m. until 1:00 p.m. Also the office will be open Tuesday, November 1 from 9:00 a.m. to 8:00 p.m. and Monday, November 7 from 9:00 a.m. to 12:00 noon.

*by Raymond Skarsten and Saralyn Twomey
Registrars of Voters*

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Town Clerk's Office

REMINDER - DOG LICENSE - If you have forgotten, please be sure to pay your Dog License fee so that you have the current tag. Our Animal Control Officer will be contacting you, if you are delinquent. Fees: A neutered or spayed dog \$8.00, an unneutered or unspayed dog \$19.00 Kennel License is \$51.00, beginning July 1, a penalty fee will be charged for every month a resident is late in registering a dog. Licenses can be mailed once proof of current rabies vaccination and a spaying/neutered certificate are mailed to the Town Clerk at P.O. Box 87, Haddam, CT 06438, along with your fee. If you no longer have your dog, please let us know so that we may update our records. If you have any questions or concerns regarding licensing your dog(s) please call or email our office.

TRANSFER STATION - Hours: Wednesday, 8:00 a.m. - 3:45 p.m. Saturday, 8:00 a.m. - 3:45 p.m. Sunday, 8:00 a.m. - 11:45 a.m.

Transfer Station permits must be renewed by July 1st of the New Year. Later in July, the Resident State Trooper will be at the Transfer Station checking for permits. To insure that there is a clear understanding of the rules, please read below: permit must be clearly displayed and adhered to the driver's side window shield. Registration must be written on the permit itself. Any vehicles without a current permit or without a sticker on vehicle will not be allowed to leave its contents at the Transfer Station. Loose permit stickers will be required to be applied to the vehicle before dumping or vehicle will be turned away. In order to begin or resume use of the Transfer Station, please come to the Town Clerk's Office and have the following available:

Proof of residency, automobile registration and a \$30 payment. Persons requesting additional stickers must have vehicle registration certificate for each vehicle.

The Transfer Station is located on Route 154, just north of the Haddam Meadows State Park.

If you do not have a private trash collection service, trash and all recyclables should be brought separated to the Transfer Station. To assure that only Haddam residents use the Transfer Station, a current Haddam sticker must be displayed in order to use the facility. Stickers are good for the fiscal year (July through June) and may be purchased for a \$30 fee from the Town Clerk at the Town Office building. Containers are designated for each category of waste, which must be separated before disposal. The operators of the Transfer Station are licensed by the State and will assist residents to assure compliance with the recycling law. Unsorted trash will be rejected.

CLEAN RECYCLABLES ARE IMPORTANT! - Dirty materials can't be recycled and can attract nuisance insects and animals. Please take care in what you recycle so as not to contaminate the load.

What to Recycle: Newspapers, magazines & catalogs,

cardboard, mixed office paper, food and drink containers, telephone books, leaves, brush, motor oil, antifreeze, tires, scrap metal, and some bulky waste. Mixed Office Paper can now be recycled with the newspaper. There is no longer a separate container. Electronics recycling now accepted during regular hours.

SPORTSMEN - 2011 Sports Licenses are available. Information regarding regulations, permits, conservation education/firearms safety courses are available on line at <http://www.dep.state.ct.us> all "age 65 and older" Free fishing, hunting and trapping licenses obtained since October 1, 2009 must now be renewed annually.

Marine Waters Fishing Licenses are required for anyone 16 years of age or older fishing from shore or from a boat in the marine district or landing marine fish or bait species in Connecticut taken from offshore waters. Licenses are issued on a calendar year basis and expire on December 31st. Please see Marine Waters Fishing License FAQ page for more information.

Any active, full-time member of the armed forces may be issued a fishing and/or small game firearms license for the resident fee. Credentials indicating active full-time membership or separation subsequent to the issuance of the license and prior to its expiration date must be carried while fishing or hunting. Issuance of a free license to the blind or intellectually disabled requires proof of disability in the form of a certificate provided by any person licensed to practice medicine in this state. Any resident with the loss of a limb or the loss of the use of a limb and a doctor's certificate may be issued a free license. Qualified nonresidents who are residents of states which allow CT residents the same privileges are also eligible.

MARRIAGE LICENSE INFORMATION / STATE OF CONNECTICUT - The Connecticut license must be obtained in the town which the marriage will take place. You will be asked to show your driver's license, or other form of legal identification. There is no waiting period the marriage may take place at the time the license is issued. The marriage must take place within 65 days of issuance of the license. The partners do not need to appear at the same time but both must come in and sign the license in person. Cost for a marriage license is \$30.00. The cost for a certificated copy of the license is \$20.00.

OFFICE HOURS:

Monday - Wednesday 8:30 to 4:00, Thursday 8:30 to 6:30 and Friday 8:30 to noon. Phone (860)345-8531 Ann ext. 212, Ann R. ext. 211. Fax (860)345-3730.

Email [Ann Huffstetler, townclerk@haddam.org](mailto:Ann.Huffstetler@haddam.org)
[Ann Riebold, townclerkasst@haddam.org](mailto:Ann.Riebold@haddam.org)

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

Board of Assessment Appeals

Before the crush of the holiday season is upon us, it's a good time for all homeowners to review the assessment of their property. If you disagree with the town's assessment, you will have an opportunity to challenge it before the Board of Assessment Appeals. Here's what you need to know.

When you will need to apply: applications will be available at the Assessor's office beginning in mid-January. Completed applications must be returned to the Assessor's office no later than the February 20, 2012 deadline.

When the hearings will be held: The Board of Assessment Appeals normally holds its hearings in March of each year. You will be notified of the date and time of your appointment via letter. If the appointment is inconvenient, the Board will try its best to accommodate your schedule.

What you will need to bring to the hearing: you should bring any evidence that supports your position, i.e. a recent appraisal, invoices, contracts, photographs, maps, letters, etc. In addition, the Board may need to schedule a site visit to see the property first hand.

What happens next: an Action Letter with the Board's decision will be sent to you within 2 weeks of your hearing.

- Diane Clowes, Jo Ann Woickelman, Lisa Lawrence



Garrett Birdsey
Assistant Branch Manager

Higganum Office
26 Killingworth Road
P.O. Box 345
Higganum, CT 06441-0345

860-345-4605
fax 860-345-4599
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The Next Deadline for Haddam Events
is January 10th



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How 9-11 Affected the Fire Service

Most everyone can remember where they were and what they were doing when the first reports of a plane crash occurred on the morning of September 11, 2001. At 8:46 a.m. when American Airlines Flight 11 crashed into the North Tower, news reports of an accident began to circulate. Many journalists wondered on the air how such a sophisticated plane on a clear morning with hardly a cloud in the sky, could inadvertently crash into one of the tallest buildings in the world.

Things got a bit clearer at 9:02 am when United Air Flight 175 crashed into the South Tower, that this was not a single isolated accident, but a well planned attack on the foundation of our country's belief that we are secure from terrorism. After American Airlines Flight 77 crashed into the Pentagon at 9:37 and United Airlines Flight 93 crashed into a field in Pennsylvania at 10:03, everyone wondered what was next. There were no more attacks that day, but the death toll continued to rise as the structures in New York fell, and others perished from injuries throughout the day.

For the FDNY, the largest Fire Department in the United States and second only to the Tokyo Fire Department, the morning of September 11th started as any other. Shift change was about to take place. Two foreign documentary film makers, Jules and Gedeon Naudet were following rookie FDNY Firefighter Tony Benetatos during one of his first days on the job. While filming his company's

response to a gas leak, those on scene heard jet engines much louder and closer than normal. While the camera was rolling, Flight 11 crashed into the North Tower. This set off one of the worst and best days in FDNY history.

When the total capacity of the World Trade Towers and related buildings was considered, the FDNY was largely credited with performing one of the world's biggest evacuations, saving without question thousands of lives that day. It truly was one of the finest hours of performance in FDNY history.

After the towers had fallen, and after they were sure that no more of their brothers and sisters could possibly be found alive, members of the FDNY stayed on site digging, often by hand, for anything that would give families comfort. They knew that just as in any tragic small building fire, they could not rest until all of their members were accounted for – alive or dead. In the end, 343 of New York's Bravest were listed as having lost their lives at the World Trade Towers site.

Thousands of people have their individual stories of contact with loved ones that either were lost, or made it through that terrible day. The Haddam Volunteer Fire Co. is no different – one of our own was, and still is, a Firefighter in the FDNY. There were several tense hours that morning when there was no word if he was working, if he had responded to his station, if he had gone to the towers, if he was in the towers as they fell. He had recently transferred from a station that was located across the street from the South Street Seaport, in lower Manhattan. That house suffered significant losses. When early afternoon came and word was spreading among us that the kid who had been in the Haddam Junior Volunteer Fire Co. and then as a full Firefighter, who's father was and still is an active Firefighter, was safe, many of us breathed a great sigh of relief. That joy was met with a dull pain in knowing the numbers of Firefighters that had no doubt perished.

When a Firefighter is lost in the line of duty, the fire service comes together as one for the family and those closest to them. With 343 deaths on one day, and the massive rescue/recovery effort still active, many funerals were performed as best as they possibly could – just not to the level of an incident involving smaller numbers. Many firefighters were assigned to assist families of those lost in the funeral details, and in coping with life without their loved one.

In the years that followed, many more Firefighters left the department due to permanent physical disabilities as a result of the toxins they were exposed to. Many have left due to psychological reasons. Many studies have been conducted to secure funding for health care and research into the well being of rescuers at the World Trade Tower site. A number have taken their own lives due to post traumatic stress issues. The New York Daily News recently reported on Lieutenant John Garcia, who after responding to the World Trade Towers on September 11th, was at the Deutsche Bank building when two of this crew died in 2007, took his own life. Friends said he felt powerless during these two incidents - "he was a Firefighter and he couldn't help them."

Roses for Autism

Roses for Autism is the first business endeavor for Growing Possibilities - a nonprofit social enterprise founded by Ability Beyond Disability that is dedicated to growing independence in the business world for individuals with autism and other disabilities. Jim Lyman's dream was to improve the quality of life for his son Eli, through meaningful work and continued opportunities to grow as an individual. Jim's search brought him together with Pinchbeck's Rose Farm, Connecticut Autism Spectrum Resource Center, and then to Ability Beyond Disability. Collectively, they planted the seed that would bloom into Growing Possibilities. Adults on the Autism Spectrum hold many talents, yet today only 12% of adults with ASD are employed. Our Mission is to grow independence in the business world.

Call us today to plan for your next recognition event. We deliver to CT, NY, NJ, MA and we ship anywhere in the United States! We supply for Anniversaries, birthdays, special accomplishments, recognition events, etc.

We are a local farm planting the seeds of possibilities for the autism community. Your rose purchase supports the development of inclusive work-place opportunities for adults on the autism spectrum. We grow amazing fragrant roses with amazing people!

We are Pinchbeck's Rose Farm, 929 Boston Post Road
Guilford, CT 06437. 203.453.2186.
www.rosesforautism.com or www.rosesforautism.com.

Continued on next page

9-11 ... continued from previous page

Operationally, the FDNY and the fire service in general, has studied the events of 911 and changed the way it does some things. Hazardous materials programs now include weapons of mass destruction modules in all training and planning sessions. Funding in the form of grants have been made available to prepare for similar incidents should they occur in any municipality throughout the country. The words "coordination" and "interoperability" have become second nature in planning documents.

Beyond the funding from grants, beyond the studies and reports, and beyond the political debate of various memorials around the country, the Fire Service remains largely unchanged. The challenges of funding, manpower, resources, expanding service requests are all things that continue. The rewards of helping a neighbor in time of need, or going the extra to help someone when they are in a very bad way, are but a couple of the reasons why Volunteer Firefighters volunteer, and career Firefighters do what they do. The primary reason the Fire Service exists, being well trained and ready to respond to save lives and protect property, is alive and strong. The proud traditions remain in tact, ready for future generations of Firefighters to go forth. We will never forget the 343 members of our extended family who made the ultimate sacrifice on September 11, 2001, so that so many others could live.

Additional information may be obtained by contacting Bob Norton, Haddam Volunteer Fire Co. Public Information Liaison at 860-638-8082.

Activities of the Haddam Volunteer Fire Co., and ways you can get involved are on our website: www.HaddamFire.com.

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Austin-Healey ... Extraordinary Then, and Now



Luncheon stop in East Haddam

While sitting in the publisher's office of *Events Magazines* one day this past July, it was announced that there was a phone call for the "Motorsports Editor". I was soon chatting with George Greider, a member of the Austin-Healey Club of North America. George informed me that he and a large contingent of club members were having a summer rally, which included a luncheon stop at the Gelston House in East Haddam. Would I like to come up, meet some of the folks and check out the cars, he asked. You bet, what's the date? I'll be there.

These cars have always been on my short list of favorite sports cars; I even owned one for a while back in the

"long ago". You may recall a story I wrote about it for *Events Magazines*, but I digress. Let's take a quick look at some of what made these cars so special when introduced in 1953 and sought after as collector cars today.

Built in Great Britain, the Austin-Healey 100 was initially just a two-seat roadster. A 90" wheelbase chassis underpinned the car. Power was provided by a 2,660 cc inline four cylinder engine.

Torquey and rugged this power plant was rated a 90 horsepower which seems puny today, but when coupled with a car weighing just over 2,100 pounds, provided good performance for the era, good enough to propel the car to 100 mph, hence the model designation. The Austin Company also provided the three speed transmission with overdrive and drum brakes. All this fairly standard fare for the time.

So what made the car so special then and now? In a word: "looks". Road and Track Magazine in a March 1956 review of a 100M model suggested the car's popularity was due to being a "genuine" sports car and also trouble free. I submit a third reason, colored without question by nostalgia. They were drop dead gorgeous. Low slung and curvaceous, long hood with short rear deck and a two seat cockpit all riding on wire wheels with bright chrome knock off hubs. Wow! This was a "sports car".

The cars evolved over the next decade and a half. Six cylinder engine, four speed transmission, disc brakes, all welcome advances. Also four seats in some models, roll up windows, increased weight and in the opinion of at least a few, an overly chromed front end. But, nit pickers aside, the big Healey's endure as icons of the British sports car era.

In the late fifties A-H introduced an entry level sports car called the Sprite. Affectionately known as the "Bug Eye" in the states, because of its bulging upright headlights, it too is a sports car icon. A low cost, entertaining street sports car, Sprites also enjoyed considerable success in sports car racing competition.

All this 'wonderfulness' came to a screeching halt following the 1967 introduction of the Federal Safety and Emissions Standards. Austin-Healey withdrew from our market. It was the end of an era.

We should all thank George Greider and his fellow Healey enthusiasts for keeping this very special sports car part of our modern car culture. It's especially gratifying to see and hear them on our public highways and byways. Thanks all you guys and gals, and kudos for a job well done.

Keep the shiny side up and I'll see you next time
- Dana Hill

Youth Services at Brainerd Library

There have been many changes this year in the Brainerd Memorial Library Youth Services department.

Diane Therrien, our beloved Youth Library Services Coordinator has retired after nine years of service. Diane established programs such as Terrific Twos, Story Times, a Teen Volunteer Club and the very busy Summer Reading Programs. Her last day at the library was August 2. The library invited the attendees at the Ice Cream Social to partake of cake, as well as ice cream, in honor of Ms. Diane's retirement. We wish Ms. Diane well and hope she enjoys herself after years of tireless service to the community.

The new Youth Services Librarian, Diane Deedy, received her Master of Science from Simmons College and undergraduate degree from Connecticut College. Her experience includes 12 years of public library service. She also serves on the Board of Directors of United Cerebral Palsy of Eastern Connecticut.

Seasonal programs at the Library include Story Time for 3-5 year olds on Tuesdays and Fridays from 10:30 to 11:15 and Terrific Twos on Wednesdays from 10:30 to 11:00. Music with Margie will also return to the Library on alternate Thursdays from 10:30 to 11:00. Registration is required for these programs. Our Pajama Story Time offered on alternate Wednesday evenings from 6:30 to 7:15 does not require registration (but participants are encouraged to wear their PJs!)

The Children's Department will also offer several new programs for the very young and their caregivers. Starting in October, the library will offer a Story Time for one year olds, One-To-One, on Thursdays from 11:30 to 12:00 am. Registration will be required for this program. Pop-In Playtime will be offered on Saturdays from 10:30 to 11:30 for babies, toddlers, and their caregivers. This program is open to all and registration is not required.

A new science program for children in grade 3-5 was offered on Tuesday, October 18 from 4:00 to 5:00. Based on the popular PBS series Fetch! this class encouraged students to solve science challenges through cooperative brainstorming and teamwork.

Sarah Gannon has just completed her first year as our Youth Librarian Assistant here at Brainerd Memorial Library. Sarah is currently pursuing her Master's in Library Science at Southern Connecticut State University, where she is studying to become a School Library Media Specialist. Sarah, an HK alumna, is excited to be serving in the community where she grew up and that she loves.

This fall look for more exciting children's and teen programs, such as YA- teen advisory and henna and jewelry making to be offered by the Youth Services department. Please call the library (860-345-2204) or "like" the library on Facebook to find out about the programs that will be offered each month.

Middlesex United Way Announces Funding

Middlesex County, CT – Middlesex United Way Board of Directors approved fund distributions in the amount of \$964,304 for fiscal year 2011-12. This amount is \$45,000 more than was allocated in 2010-11.

This funding includes support to 49 programs in Middlesex County, the installation of multiple Born Learning Trails on Day of Caring on September 7, two future requests for proposal in Education and Housing, and \$30,000 for new opportunities this fall that will help United Way reach its Five Year Goals for the Common Good.

The breakdown of fund distributions by focus area is: \$148,156 for education; \$141,350 for income; \$498,080 for health; and \$130,433 for housing.

One of United Way's partners in the School Readiness and Healthy Communities Healthy Youth initiatives is **Youth & Family Services of Haddam-Killingworth**. Cheryl Chandler, Executive Director, touched upon the impact of United Way's support "In addition to financial support, the Middlesex United Way provides technical assistance to the communities throughout Middlesex County which has contributed to successful outcomes. In Haddam and Killingworth we have seen an increase in developmental assets and a decrease in risky behaviors among our youth. The Developmental Asset Framework has also strengthened collaborations among the Youth Service Bureaus in Middlesex County. The school readiness grant from United Way has allowed the Haddam-Killingworth Early Childhood Council to continue to bring together parents, childcare providers, educators, social services, and healthcare providers to help children in Haddam and

Killingworth succeed in their early years (birth to age 5)."

In addition to these distributions and included in the overall amount, United Way 2-1-1 was allocated \$16,285. 2-1-1 is a 24-hour information and referral helpline that is available free of charge to anyone in Connecticut. 2-1-1 is a partnership between Connecticut United Ways and the State of Connecticut.

Leading the program review and fund distribution each year are Community Impact volunteers who bring experience and expertise in health and human services. Four volunteer teams, based on the four focus areas meet regularly throughout the year, evaluate program performance and financial health, and analyze program results. United Way's Community Impact Council then makes funding recommendations to the full board of directors for final approval.

Kevin Wilhelm, Middlesex United Way Executive Director, notes "This hard work is done by dedicated individuals who volunteer their time to make important decisions. They have a passion for giving back and strengthening our community."

If you are interested in becoming a Community Impact volunteer or would like to volunteer on Day of Caring on September 7, please contact Middlesex United Way at (860) 346-8695 or visit www.middlesexunitedway.org and click on 'Volunteer.'

Middlesex United Way serves the towns of Chester, Clinton, Cromwell, Deep River, Durham, East Haddam, East Hampton, Essex, Haddam, Killingworth, Middlefield, Middletown, Old Saybrook, Portland, and Westbrook.

HK Recreation Department

FALL PROGRAMS

The Haddam-Killingworth Recreation Department is offering fun and exciting programs this fall. Please visit www.hkrec.com for more detailed information.

PRE-SCHOOL PROGRAMS

Imagination Stations (Thursdays, 9:30 am)
Let's Get Dirty (Fridays, 9:30 am)
Let's Put on a Play (Tuesdays, 10:30 am)
Pre-School Gymnastics (Tuesdays, 9:30 am)
Holidays Around the World (Wednesdays, 9:30 a.m. starting 11/16)

YOUTH AND TEEN PROGRAMS

Kid's Focus on Fitness (Mondays at KES)
Karate (Mon. at HES and Wed. at KES)
Children's Music Program (Tuesdays at HES)
Cheerleading (Tuesdays starting 11/1)
Archery (Wednesdays)
Young Chefs of HK (Wednesdays 10/26, 11/16)
Mad Science (Wed. at HES and Th. at KES)
Creative Art (Mon. at KES, Thurs at HES and Fri. at BES)
Zumbatomic - Zumba for Kids (Tuesdays at HES, Wednesdays at BES)
Gymnastics (Tuesdays at BES)
Wizard's School of Magic (10/19 at BES, and 11/30 at HES)
Acting (Tues. at KES and Thurs. at BES)
Skyhawks Basketball/Soccer (Wednesdays starting 10/5)
Skyhawks Flag Football (Wednesdays, starting 10/5)
Babysitting Classes (Tuesdays starting 10/6 or Thursdays starting 11/29)
Flying Madness with LEGO (Thurs. at HES starting 10/6, Fri. at KES starting 9/30)
Creative Cards (10/25, 11/15 and 12/6 at HES)
Swim Lessons (T/Th starting October 13th)
When I'm in Charge (Tuesday, 11/15)
Team Fencing (Tuesdays and Wednesdays starting 11/15)
Robotics to the Extreme (Thurs. at HES and Fri. at KES starting 11/17)
SAT 101 (classes in Oct. and Nov.)

ADULT PROGRAMS

Zumba (Mondays and Wednesdays)
Get Fit (Mondays and Wednesdays)
Ballroom Dance Lessons (Mondays starting 11/7)
Aqua Aerobics (Mondays and Wednesdays)
Fitness Yoga (Tuesdays and Thursdays)
Adult Swim Lessons (Tuesdays and Thursdays)
Self-Care and Body Maintenance (Tuesdays 10/11, 10/25)
Massage for Two (Wednesday 10/12)
Men's Fall Basketball (Sundays starting 10/9)
Live Well Workshops (Fridays starting 10/14)

Floral Arrangements (11/15 and 12/13)

SIX FLAGS DISCOUNT TICKETS – available for FRIGHT FEST! (\$14 savings off of Six Flags) Come to the HK Recreation Department for Six Flags New England tickets at a discounted price. Save time and money and avoid waiting in the long ticket lines at the parks. Tickets are good ANY DAY of the season – but please check with the parks to find out the dates they are open to the public. Six Flags New England Tickets will be available through October 19th at the HK Recreation Office and are good any one day for the '11 season. The fee is \$31 Adults and Juniors (54" and up), which includes a \$1.50 handling fee per ticket. Children under 2 are free. Tickets are good for the whole day. (Regular admission prices are \$45 for over 54" and \$35 for Under 54"). For more information and how to sign up for discounted tickets, please call the HK Recreation Dept. at 860-345-8334 or visit us on-line at www.hkrec.com.

EXCURSIONS

Please call us at 860-345-8334 for more information and to register.

JACK-O-LANTERN SPECTACULAR - Saturday, October 22nd. Travel to Providence, RI for a special fall event. First, there will be a dinner stop at Uno Chicago Grill. Enjoy a choice of Shrimp Scampi, Tomato Veggie Curry, Baked Stuffed Chicken, Baked Haddock, or 8 oz. Sirloin. Children under 12 can choose from Cheese or Pepperoni Pizza, Cheeseburger, Pasta with Marinara Sauce or Chicken Nuggets. As darkness falls, we will stop at the Roger Williams Park Zoo for the Jack-o'-Lantern Spectacular. This event features over 5,000 illuminated pumpkins. There is a specifically-designed pumpkin path with an amazing assortment of intricately designed jack-o-lanterns ranging from endangered species to past presidents to scenes from Sleepy Hollow. 150,000 pounds of pumpkins will literally be brought to life with ornate carvings, special lighting effects and musical themes. This truly is spectacular and you won't want to miss it! Fun for the whole family! Fee includes Deluxe Motorcoach Transportation, complete dinner, and admissions where applicable. The bus departs from the HK HS at 1:45 pm and from Killingworth Elementary School at 2:00 pm. The bus returns at approximately 10:00 p.m. The fee is \$84 for Adults, \$64 for Children ages 2 -12, and \$44 for children under 2. There is a \$5 discount per person if you register by October 1st. Please call the HK Recreation Department at 860-345-8334 to register.

HOLIDAY SCENTS - featuring Yankee Candle and Bright Nights - Sat. Dec. 3rd. First, travel to South Deerfield, Mass. and the famous Yankee Candle Company to enjoy a self-guided tour and visit their candle-making museum. Dip candles or make your own jar candle.

Continued on page 18

HADDAM NEWCOMERS' GUIDE

WELCOME TO OUR TOWN!

On behalf of *Events* Magazines, welcome to Haddam. Whether you are new to Connecticut or just new to Haddam, you will find wonderful people and places to visit in town. Whether you choose Haddam River Days, the Haddam Neck Fair, or the Youth and Family Services "Pumpkin Run", Haddam has something for everyone.

Below are important phone numbers. Please tear out this page and keep it for future reference.

Events Magazines and Essex Printing support local businesses. Please use this guide and "Buy Local" - we do!

BUSINESS & PROFESSIONAL SERVICES

CHURCHES

First Cong. Church of Haddam860-345-2742
 Haddam Neck Cong Church860-267-4255
 Haddam Neck Covenant Church
860-267-2336
 Higganum Cong. Church860-345-4304
 Higganum United Methodist Church
860-345-4622
 St. James Episcopal Church.....860-345-2445
 St. Peter's Catholic Church860-345-8018
 Valley Bible Church860-345-8932

CLUBS AND ORGANIZATIONS

American Legion Post 75347-9575
 Haddam Junior Womens Club860-345-1002
 HK Recreation Department860-345-8334
 Middlesex County Community
 Foundation347-0025

CT STATE LEGISLATORS

Eileen Daily860-399-7342
 James Spallone860-767-8615

LIBRARIES

Brainerd Memorial Library860-345-2204

MUSEUMS/ATTRACTIONS

Shad Museum860-267-0388
 Thankful Arnold House.....860-345-2500
 Veterans Museum860-345-5105

POST OFFICES

Haddam Post Office860-345-4770
 Higganum Post Office.....860-345-2703

SCHOOLS

Haddam Elementary860-345-4551
 Burr Elementary860-345-4584
 H-K Middle School860-663-1241
 H-K High School.....860-345-8541
 Superintendent District 17860-345-4534

STATE PARKS

Haddam Meadows State Park.....860-424-3000
 Haddam Island State Park.....860-424-3000

USEFUL NUMBERS

Consumer Protection860-566-2294
 East Haddam Senior Center860-345-2480
 Youth and Family Services.....860-345-7498

ATTORNEYS

William L. Bouregy, Esquire
860-526-8777
 Peter H. Charbonnier Esq., LLC
860-526-1780
 Polito & Quinn860-447-3300

BANKS

Essex Savings Bank
860-767-2573
 Liberty Bank - Higganum Office
860-345-4605

CINEMA

Madison Art Cinemas
203-245-3456

DENTISTS

Keith E. Campbell, DMD
860-345-2282
 Higganum Dental
860-345-4538

FLORIST

Village Florist860-345-3658

HOSPITAL

Middlesex Hospital
www.middlesexhospital.org
 ER wait times
www.middlesexertime.com

INSURANCE

Archambault Insurance Co.
860-526-9587

MEN'S APPAREL

Anchor & Compass
860-322-4327

OIL

Foley Furnace Inc.
860-345-3218
 Moroni & Son Oil Co.
860-388-2298

PHARMACY

Killingworth Family Pharmacy
860-452-4275

PODIATRY

Haddam Foot Care Specialists
860-345-3674

PRINTER

Essex Printing.....860-767-9087

REALTY

Century 21 Heritage Co.
860-526-1200

RETIREMENT LIVING

The Saybrook at Haddam
860-345-3779

YMCA

Valley-Shore Y860-399-9622

Want to be listed on the Newcomers' page?
 Call Ward Feirer at 914-806-5500

A Valley Shore YMCA Membership Helped Save My Life

The mission of the Valley Shore YMCA is to develop and encourage the growth of all individuals in Spirit, Mind and Body, in an atmosphere of mutual respect. This means different things to four generations of women in my family. To our six year old granddaughter, it means showing her family that she can swim independently, without a bubble. To her mother and aunt, the Y means swim and gymnastics lessons, as well as summer camp and teenage employment. To her great grandmother, the YMCA means mastering the mind-over-matter challenge of learning to swim in her 70s, despite a lifelong fear of being in water over her head.

I have enjoyed regular exercise at the Valley Shore Y for four decades, where I am a member of our local Board of Directors. I have also been influenced by the world community leadership of the YMCA, with its ability to connect people across the world and train them for community leadership and social service.

I recently experienced a health crisis which served to underscore the mutual importance of the three worlds of mind, body and spiritual health. I contracted a bacterial staphylococcal infection, for which my medical team could not find a cause. The infection rapidly spread to my heart and my brain. Treatment required three surgeries and intravenous antibiotics to stem the infection. My cardiologist informed my family that there is a 40% mortality rate associated with endocarditis, and that the risk of three surgeries boosted that rate exponentially.

But one week after the surgeries, I was alive and lucid. Clinicians from other medical specialties (internal

medicine, infectious disease, neurology, orthopedics, and ENT) joined my cardiology team and treated me over the next month. Three weeks at a rehabilitation facility followed the hospitalization. Although there are many unanswered questions about the cause of the staph infection, there was universal consensus about WHY I survived the ordeal. All agreed that my state of health enabled me to endure the surgeries and fight the infection. The recurring comment from the medical community was that "I did not look like my chart"; I seemed stronger than my records indicated.

The fitness I have acquired at the YMCA and often take for granted provided the strength to survive the surgeries and jumpstart a return to health. "Mind" and "spirit" components also formed a net that carried me through the pain and worry of losing my health. The strength of my family, friends and YMCA colleagues prevailed whenever I had doubts about recovery. I am now enjoying regular, although modified workouts at the Valley Shore YMCA. My cardiologist predicts that I will "return to baseline", eventually resuming normal activities.

My granddaughter learned to swim at the YMCA, and my daughters formed life-long connections with the Y. My mother-in-law conquered her fear of water at the Y. And I reclaimed my appreciation for the mind-body-spirit power of the YMCA. Thanks, Y colleagues, for supporting so much more than my physical recovery alone.

- Kathleen C. Laundry, PsyD, LMFT

HK Recreation ... continued from page 15

Visit room after room of beautifully scented candles. Check out the Winter Wonderland area. After shopping, enjoy lunch at Yankee Candles's own fine dining restaurant, Chandler's, well known for its New England flavor and delicious meals. Choose from Cod, Fresh Roasted Turkey, or Sliced Sirloin of Beef. The final stop will be Bright Nights in Forest Park, which features more than 2.5 miles of magnificent lighting displays. The bus will drive by and through spectacular whimsical places such as Seuss Land, North Pole Village, Victorian Village, Toy Land, Giant Poinsettia Candles, and more. Fee includes Deluxe Motorcoach Transportation, complete luncheon and admissions wherever applicable. The bus departs from Killingworth Elementary School at 10:45 a.m. and from the HK HS at 11:00 a.m. The bus returns at approximately 7:30 pm. The fee is \$66 per person. There is a \$5 discount per person if you register by Nov 1.

HK Recreation Department 345-8334 www.hkrec.com

Support
Our Local
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David V. Winstead, Ph.D., Publisher,
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Are You Sad?

Approximately 14 million people suffer from Seasonal Affective Disorder.

Symptoms may include, diminished energy, excessive sleepiness, and a loss of interest in activities. This often occurs after Labor Day when the days get shorter.

The lack of sunlight causes an overproduction of Melatonin a naturally occurring chemical which helps us get to sleep. An exposure to light is necessary within 2 hours of awakening to stop this overproduction.

Treatment can include lifestyle changes and home remedies .

- 1) Exercise and exposure to light in the morning
- 2) Removing dark window treatments from the home and work place
- 3) Use of a specially designed light box

When these remedies don't provide relief it may be time to seek professional help.

As a psychotherapist and Advanced practice Registered Nurse with prescriptive authority I'm happy to help. Fall and Winter are beautiful seasons. Much to beautiful to be SAD. I can be reached @ 860-767-7576 or Dianne@dhmtherapy.com.



Sincerely, Dianne Hunt-Mason

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Christmas in the Village



The Haddam Jr. Woman's Club and Higganum Vision Group (HVG) will be co-hosting "Christmas in the Village" in Higganum center on Saturday, December 3, 2011. Festivities and activities will be held at the Youth Center and gazebo on the Higganum Town Green. The event will include a canned food drive, children's activities, caroling, and Mr. & Mrs. Santa Claus will be in attendance. Kissing balls, handmade from fresh greens, will be sold along with other holiday items. The center's atmosphere will be joyous and bright. Final details are being worked out now. Stay tuned for more information, and we hope to see you there! If you would like to be involved in planning, help out on the day of the event, or get more information on how you can participate, please contact Cindy Sola at (860) 345-3919 or (860) 301-9683.

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