

# East Haddam events

Moodus, Hadlyme, Millington, Lake Hayward

VOLUME 12 • QUARTER 2 • 2019



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Our Comprehensive Breast Center is the only one in Connecticut using dual-head molecular breast imaging to detect cancers mammography alone may miss. And our team works closely with patients to find those at higher risk due to genetics or other factors. So, we can give closer attention, personalized support and peace of mind to women who need it most. Together, it all adds up to the smarter choice for breast health.

**[MiddlesexHealth.org/empowered](https://MiddlesexHealth.org/empowered)**



# First Selectman's Corner

As I write this article winter is behind us. It was a gentler winter, some snow but nothing overwhelming, some cold, perhaps a little too much rain. We can now look forward to all the pleasures of the coming seasons. East Haddam is one of the finest places on earth to enjoy them. Our Town is unique in the opportunities we offer. Somehow we have been able to retain our "Small Town New England" historic charm while blending in the sophistication of The Goodspeed, a world class theatre and nationally recognized landmark, as well as the endlessly creative inspirations of our renowned I-Park. We have first class restaurants catering to every taste. Our State parks and forests along with our lakes and rivers offer endless opportunities to enjoy any imaginable outdoor sport. Even our new Municipal Office Complex has something special to offer. Meeting rooms 1 and 2 have an ever-changing display of work by our talented and very special community of artists. East Haddam is truly a very special place.



Board of Finance Budget Workshop.

Our budget process begins in early December and continues through May. During that time every department is subjected to an intense scrutiny, examining every proposed expenditure and potential revenue. In the end this produces a conservative and prudent budget. Our reserves are consistent with what is required for a municipality of our size. Our AA+ bond rating is a testament to the careful financial management occurring every day. We are all keenly aware that your property taxes support our municipal and educational programs. Every budget meeting and workshop is posted. The public is always welcome and their suggestions and comments are an important part of the discussion.

**December:** Early in the month the budget season starts with a Tri-Board meeting. The Boards of Education, Selectmen and Finance meet jointly to ensure we are all working together towards a common goal.

continued on page 3



Emmett Lyman  
First Selectman



Furniture | Fashion | Lifestyle

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# events

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Dorothy Scott Gibb

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Visit our website at:  
[www.easthaddam.org](http://www.easthaddam.org)

We hope you will find our website to be a useful tool to find updated information and explore our wonderful community.

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

**January:** The Board of Education conducts multiple workshops reviewing its budget. By the end of the month they will submit their refined budget to the Board of Finance.

**February:** The Board of Selectmen conducts multiple workshops reviewing every departments' budget and meeting with department heads as needed. When they are finished they, in turn, submit their budgets to the Board of Finance.

**March:** The Board of Finance reviews both budgets. Department heads and interested parties are interviewed as needed and a final budget is developed.

**April:** The Town publishes a Citizens Guide to the Budget which is sent to all residents. The guide documents all pertinent financial information for the budget. The Public Hearing for the budget is held (this year April 10th). The Annual Town Budget Meeting is held (this year April 24th).

**May:** The Budget Referendum is scheduled (this year May 7th). Creating a fair and balanced budget is a difficult and lengthy process - it spans nearly half of the year. We need to thank all of the volunteers and dedicated staff members who are willing to dedicate endless hours in order to resolve its endless challenges. Remember, this is your budget and your taxes. Stay connected to the process and always feel free to contact me with your concerns.

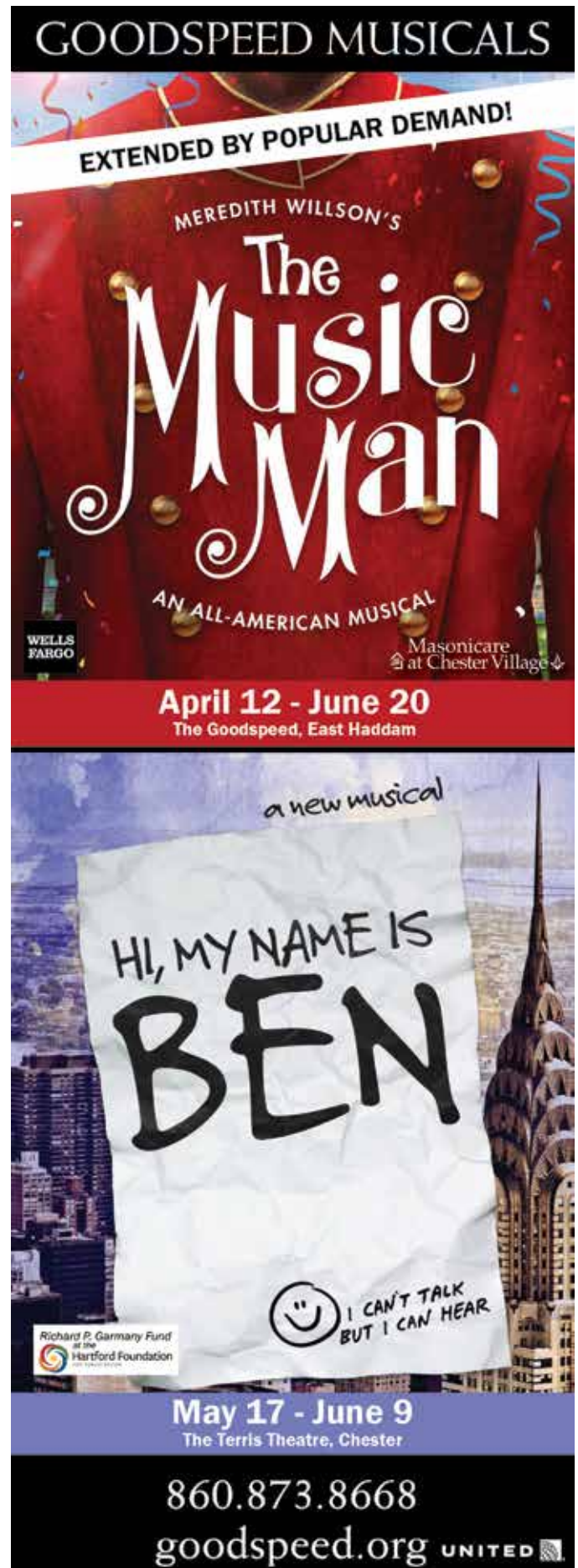


William Thody, is our new Building Official.

We want to welcome William Thody as our new Building Official. Bill brings an exceptional knowledge and range of experience to this position. His schedule makes it possible for East Haddam to offer full-time service in our Building Department. The office will now be staffed for all regular business hours. He is a great addition to an already exceptional team. Please make it a point to stop by and say hello.

On April 2nd East Haddam joined numerous other communities across Connecticut participating in "Sustainable CT." Over 45% of Connecticut towns have joined. The Sustainable CT platform supports a broad range of actions ranging from watershed management to supporting arts and creative culture to increasing renewable energy as well as other optional actions too numerous to list. There is no cost and communities voluntarily select those actions which meet their local character and vision. After the successful completion of a variety of

**continued on page 4**



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860.873.8668  
goodspeed.org **UNITED**

## First Selectman's Corner... continued from page 3

actions municipalities will become eligible for a Sustainable CT certification. Selectman Rob Smith is heading this up. If you are interested in helping please let him know.

There was a time when Moodus was a major manufacturing center, particularly for twine and canvas. The Moodus River supplied reusable power to mills, one after another, along its length. The dam at Falls Bashan Road (the reservoir was created to keep the mills going all summer) and Brownells are all that remain intact today.

## From the Assessor

The Assessor's Office began accepting applications for the Elderly and Totally Disabled Renters Rebate Program on April 1, 2019. Applicant's total income must not exceed \$36,000 for a single person, and \$43,900 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 2018. The deadline for filing is October 1, 2019.

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. Registrations may

now be cancelled online by going to CT DMV On-line Services.

The Assessor's Office has its own web page on the town website at: [easthaddam.org](http://easthaddam.org). 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.

Emmett J. Lyman, First Selectman

## Spring Market is Here!



102 Comstock Trail  
East Hampton \$364,000



52 Honey Hill  
East Haddam \$299,900



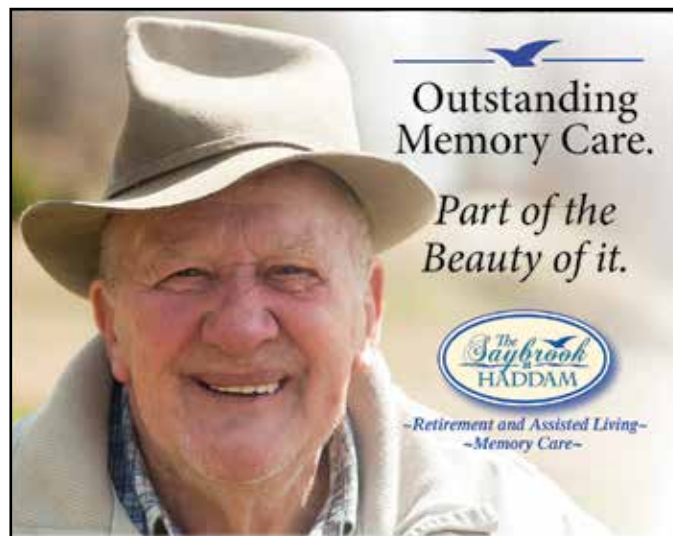
57 Bailey Road  
East Haddam \$159,900



Dee Hasuly, Realtor  
Keller Williams Realty  
Glastonbury, CT 06033  
860-214-1864  
[dee.hasuly@kw.com](mailto:dee.hasuly@kw.com)

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Open every day at 11 am

## Town Clerk - Dog Licenses

Dog licenses are  
renewable each year  
in the month of June.  
Licenses are required  
for EVERY dog over  
6 months of age.

The cost for a dog  
license is \$8.00 for a  
spayed/neutered dog  
and \$19.00 for a dog that has not been altered. Current law  
assesses a \$1.00 late penalty per month. In addition to being  
the law, a license serves as a ticket home should your pet  
become lost. **An unlicensed dog may also subject the owner  
to an infraction.**



Reminder notices will be mailed to licensed dog owners at  
the end of May. If sending in your payment via the mail,  
please include any updated paperwork. It will be returned  
to you with the license.

**If you have any questions regarding licensing your dog,  
please contact:**

Deb Denette, East Haddam Town Clerk at: 860-873-5027 or  
Mike Olzacki, East Haddam Animal Control Officer at:  
860-873-5044. Thank you.

## New in Town!

Moodus BBQ is redefining what it means to have a restaurant and bar. There are so many places that are known as a bar that serves food, but Moodus BBQ Owner, Mark Soll, had a clear vision in mind: to be a full-service, family friendly BBQ restaurant, complete with a full bar. After being open only five months thus far, Soll's vision has already come to life. That is in large part to creating a robust menu, smoking meats every day and building a loyal customer base.

Moodus BBQ has a wide array of offerings, featuring their Smokehouse Specialties like ribs, brisket and pork, as well as gourmet burgers, hot dogs, chicken wings and a variety of sandwiches. They also have a great selection of side dishes, such as baked beans, cornbread and chili, which recently won third place (out of 25 vendors) at a local chili competition. The precision in the kitchen comes from Soll, his staff and his Assistant Manager, Laura Caronna.

Community impact is very important to the staff. Led by Marketing & Events Manager, Rachel Soll, Moodus BBQ kicked off their community efforts by donating 25 turkeys to the East Haddam Food Bank for Thanksgiving and are also giving back in a unique way. For every hot dog sold, 50 cents is donated to the Jim Bransfield Memorial Scholarship. Bransfield, who passed away suddenly last year, was a local sports writer and devoted teacher, both at Hale-Ray & Middletown High Schools.

Besides being open for lunch daily, Moodus BBQ has weekly specials, including Taco Tuesdays, Wing Wednesdays and Happy Hour from Monday-Friday.



Mark Soll, Owner, and Laura Caronna, Assistant Manager  
pictured with an assortment of their Smokehouse Specialties.

Customers can come out and hear live music every Saturday night and they also offer keno in the restaurant and bar. Moodus BBQ is now open 7 days a week, and their seasonal patio will be opening soon!

**Moodus BBQ**  
12 Rae Palmer Road, Moodus, CT  
860-873-1234 [www.moodusbbq.com](http://www.moodusbbq.com)



License #1 and #2 will be reserved for the winner and runner up chosen by the students at the Nathan Hale Ray Middle School in the annual Number One Dog Tag Contest (below.)

The Clerk's Office will be open Saturday, June 1, 2019 for dog license sales in coordination with a rabies clinic being held at the Municipal Office Complex beginning at 9:00 am.



## Number One Dog Tag Contest

Please submit a RECENT photo of your dog, (size not to exceed 4" x 6") along with the following information by May 17th:

1. Owner's name, address, phone number, and email address
2. Pet's name, age, and breed

Submit entry to:  
**TOWN CLERK**  
**1 PLAINS ROAD**  
**PO BOX 385**  
**MOODUS, CT 06469**  
or email to:  
**townclerk@easthaddam.org**

Photos will be compiled and forwarded

to the Nathan Hale Ray Middle School for voting.

The contest is designed to promote the importance of licensing your dog; the students have a lot of fun judging the contest. Licenses are required pursuant to Connecticut law for all dogs over 6 months of age.

The winner and the runner up will receive the #1 and #2 tag (rabies vaccine must be up to date); license fees will be paid by the Town Clerk's Office.

Photos will not be returned, so please retain a copy if it's a favorite photo.

# A Round of Applause...

## For Supporting Our Seniors and Veterans.



**COMMUNITY  
FOUNDATION**  
of Middlesex County

(860) 347-0025

[www.MiddlesexCountyCF.org](http://www.MiddlesexCountyCF.org)

It takes a community to improve the quality of life for all – neighbors and friends who give their time and resources to support a passion or area of interest. We applaud the good people who are partnering to provide access to essential services to those who might otherwise go without.

**Together, we are making a real difference.** Thanks to our donors and Funds, critical programs for veterans and seniors continue in Middlesex County. One of our newest Funds, the St. Luke's Home Fund, is providing financial support to nonprofit organizations working to improve the daily lives of seniors and veterans. Grants are awarded to programs offering basic services such as shelter, access to care, and transportation.

**Thanks to you, we are able to make even the smallest gift have a big impact** - through charitable funds that support animal welfare, arts and culture, health and social services, education, history, the environment, civic improvements, recreation, and economic security and opportunity.

**We celebrate all of you who share the same desire to help our local community thrive today, and tomorrow.**

**We invite you to learn more by calling us or visiting us online.**

# Animal Control Office Rabies Clinic - Saturday, June 1st



The Town of East Haddam Animal Control Office and Dr. Lance McLean will host a Rabies Clinic on Saturday, June 1st, 9:00 am - noon at the Municipal Office Complex. \$20, cash only. Dogs must be leashed. Cats must

be caged. 1 Year Certificates will be issued as the standard. Owners who bring a prior rabies certificate can be issued a 3-year certificate.

## WHY VACCINATE FOR RABIES?

Rabies vaccines are required under Connecticut State Law (CGS 22-338) and penalties can be incurred for failure to vaccinate. But, beyond legal requirements, rabies vaccines are an important component of public safety. The rabies virus is spread primarily through the saliva of an infected animal when it bites another.

Airborne transmission is possible as well, as is the case with bat rabies. It can take as long as 6 months after infection for symptoms of rabies to manifest. Only certain animals are capable of transmitting rabies after they are infected. There are two forms of the disease: the dumb form, common in horses, and the furious form. The furious form is the aggressive "foam at the mouth" type. There are almost no reports of surviving rabies infection once symptoms have developed; in either animals or in humans.

Vaccination is a safe and effective method of rabies prevention. Many countries require rabies vaccination of domesticated dogs

and cats, as a means of reducing human health risk. Connecticut requires that any owned dog or cat be rabies vaccinated. Ownership is defined as any dog or cat to which you provide food and or shelter, whether or not the animal enters your home. Connecticut provides a rabies tag and either a 1-year duration or 3-year duration rabies certificate, depending on the type of vaccine used, the age of the animal at the time of vaccination and previous rabies vaccination history.

Only a licensed veterinarian may issue a rabies certificate. The rabies certificate is a required component to dog licensing, which is also a requirement under Connecticut Law. The Clerk's Office will be open concurrently with the rabies clinic on June 1, 2019.

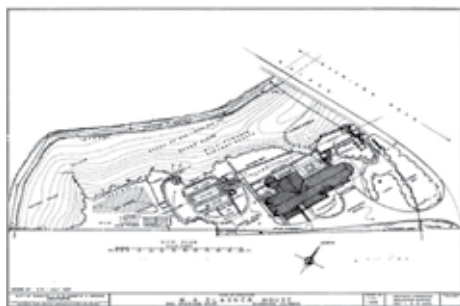
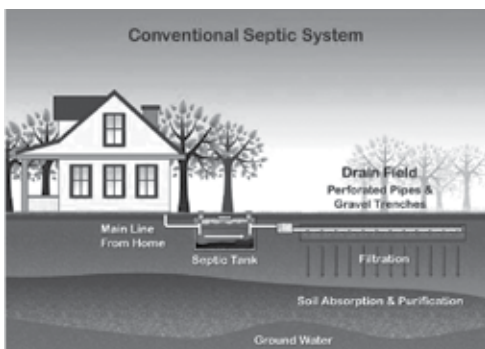
So, take time on June 1st to keep yourself and your pet healthy and rabies protected and compliant with Connecticut law.

**RABIES CLINIC**  
\$20.00\*

Saturday, June 1, 2019  
Municipal Office Complex  
1 Plains Road, Moodus, CT  
9:00 am to 12:00 pm  
Dogs must be leashed.  
Cats must be in carriers.

\*cash only

The Clerks office will be open  
for dog licensing during the event.



# Health District - Land Use Seminar

The Town of East Haddam and the Chatham Health District invites you to an informational seminar about: "Things you should know about your property but didn't know who to ask."

- Have you ever wondered how does my septic system work?
- What should I know about my well?
- How does the water treatment system operate?
- Should I test for radon?
- What do I need to do if I want to put an addition on my house or build a barn?
- What structures need a permit? What is required?
- Where do I find the proper

information to complete the application?

- What is a site plan?

Chatham Health District Sanitarian, Liz Davidson and Land Use Administrator, Jim Ventres invite you to discuss these issues and more about your property. If you have any questions, please attend.

Date: May 29, 2019

Time: 7:00 pm

Location: East Haddam Municipal Office  
1 Plains Road  
Meeting Room 1 & 2

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Chatham Corner Building  
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860-267-2222

# Town of East Haddam

1 Plains Road ~ P.O. Box 385 Moodus, CT 06469

## Municipal Office Complex

Main Number: 860-873-5020

Fax Numbers: (Finance/Selectmen) 860-873-5025,

(Land Use/Building/Health) 860-873-1565,

(Town Clerk/Assessor/Tax Collector) 860-873-5042

Hours: Monday, Wednesday, Thursday 9:00 am to 4:00 pm,

Tuesday 9:00 am to 7:00 pm, Friday 9:00 am to noon

### Selectman's Office

Emmett Lyman, First Selectman 860-873-5021 admin@easthaddam.org

Linda Zemienieski, Executive Assistant admin@easthaddam.org

### Assessor's Office

Loreta Zdanys, Assessor 860-873-5026 assessor@easthaddam.org

Patty Veselak, Administrative Assistant

### Building Department

William Thody, Building Official 860-873-5024 building.dept@easthaddam.org

Ruth Ziobron, Administrative Assistant

### Chatham Health District

Sanitarian 860-873-5101

### Finance Department

Cynthia Varricchio, Finance Director 860-873-5022 financeadmin@easthaddam.org

Dawn Snow, Finance Assistant 860-873-5040 finance@easthaddam.org

Kathy Klinck, Treasurer 860-891-8502

### Land Use Offices

Jim Ventres, Administrator 860-873-5031 admin.landuse@easthaddam.org

Zoning Enforcement Officer zeo.landuse@easthaddam.org

Nancy Talbot, Administrative Assistant 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

### Public Works Department

fax: 860-873-6014

Town Garage Hood Lane Hours: Monday through Friday, 7:00 am to 3:30 pm

Transfer Station Nichols Road Hours: Monday, Wednesday, Friday 7:00 am to 5:00 pm and Saturday 7:00 am to 4:00 pm

Elizabeth Lunt, Public Works Administrator 860-873-5023 pwadmin@easthaddam.org

Steven Hedler, Public Works Superintendent pwsuper@easthaddam.org

Shirley Dill, Administrative Assistant publicworks@easthaddam.org

Don MacKenzie, Transfer Station Foreman 860-873-5030

### Other Departments

Don Angersola, Fire Marshal 860-873-5004 firemarshal@easthaddam.org

Brian Auld, Fire Chief 860-891-8400 firechief@easthaddam.org

Lisa Conroy, Parks & Recreation Director 860-873-5058 parkandrec@easthaddam.org

Michael Olzacki, Animal Control Officer animalcontrol@easthaddam.org

Vacant, Economic Development Administrator 860-891-8503 edcadmin@easthaddam.org

Craig Mansfield, Emergency Management Director 860-873-5103 ehaddamemgmt@easthaddam.org

Ronald Turner, Director of Operations 860-873-6010 ronald.turner@easthaddam.org

### Resident State Trooper - Troop K East Haddam Police

860-465-5400

860-873-5041

police@easthaddam.org

police@easthaddam.org

### Probate Court

Jennifer Berkenstock, Judge of Probate 860-295-6239

Linda Neal, Clerk lneal@ctprobate.gov

### Registrars of Voters

Lucy Salicrup & Martha Hansen 860-873-5029 registrars@easthaddam.org

### Senior Services

15 Great Hillwood Road

Brad Parker, Municipal Agent 860-873-5034 seniors@easthaddam.org

Patricia Puia, Program Assistant 860-873-5034

Food Bank 860-891-8100

Visit our Website at [www.easthaddam.org](http://www.easthaddam.org) for more information, including meeting minutes

## Memorial Day Parade

The Memorial Day Parade will step off at 10:00 am from the new Municipal Office Complex parking lot on Monday, May 27. All community groups are encouraged to join the parade.

Due to the washout of the Neptune Avenue bridge the Memorial Day Parade Committee has defined an alternate route in order to facilitate the parade. The new route will progress along East Haddam-Moodus Road to Leesville Road and enter Neptune Avenue from the west end, then proceed to the American Legion for memorial services. The revised route will be posted on the Town website at: [www.easthaddam.org](http://www.easthaddam.org). If you have any questions, please call the Selectmen's Office at 860-873-5021. If you aren't a marcher, please join us on the sidelines. It is a great community event!

## Board & Commission Vacancies

Involvement on our boards and commissions is important to the vitality and success of local government. All of us should consider contributing our own talents to our community. It takes more than living in a community to be part of it. Our town needs volunteers in order to face the challenges of the future while maintaining the quality of life that we all enjoy. Please take time to share your services with others.

### The following boards and commissions have vacancies in their memberships:

Economic Development Commission

(1 alternate member)

Ethics Commission

(1 regular member)

Historic District Commission

(2 alternate members)

Inland Wetlands & Watercourses

(2 alternate members)

Water Pollution Control Authority

(1 alternate member)

Zoning Board of Appeals

(2 alternate members)

Residents must be East Haddam/Moodus registered voters to apply. For an application or more information regarding any of the vacancies, please visit our website at: <http://www.easthaddam.org/Board-and-Commission-Application/> or contact the Selectmen's Office at: 873-5021 or [admin@easthaddam.org](mailto:admin@easthaddam.org). Together we will keep East Haddam "A nice place to visit, and a better place to live."

# Economic Development

## East Haddam EDC & EHBA are proud to announce these "Business of the Month" for January, February and March 2019

### BUSINESS OF THE MONTH FOR JANUARY 2019

#### Nathan Hale Pharmacy

It is with much admiration and appreciation from the community that we honor the business that Jack Herman built. Nathan Hale Pharmacy was started back in 1972 by Jack and his wife Harriet. Mere words can't express the role our local small town pharmacy has played in the lives of so many in this community. On any



given day, a trip to this wonderful gem will have you seeing your neighbors, finding answers to your questions by the pharmacists, and a shopping venture that ranges from gifts to grocery, toys, and health & beauty aids. The needs of our small town have been met well over the years and we can't thank Jack enough for always providing for the community. His generosity and community spirit are legendary. Current management plans to continue this tradition and carry on serving the community in the same way Jack did. Thanks Nathan Hale Pharmacy; it's great to know you are there for us! If you have any questions stop by and see Dan Tavares, Pharm D - Pharmacy Manager. Nathan Hale Pharmacy, 26 Falls Road, Moodus, CT 06469, Tel: 860-873-1481.

### FEBRUARY 2019 BUSINESS OF THE MONTH

#### Shagbark Lumber & Farm Supplies, Inc.

Established in 1986, Shagbark is in its 33rd year of business serving the East Haddam community. From the outside it appears that Shagbark has changed a lot. Its physical footprint has grown




and will continue to grow, but the core Shagbark principles remain very much the same. "Meet the needs of the community, be a good neighbor, and the customer is always right!" Owner Fred Hunt believes that Shagbark's continued success is largely attributed to the dedication and experience of their long-term employees. Shagbark employs about 50 people at any given time; seventeen (35%) of them have worked here over ten years. It is with their commitment to the community and the excellent employees that Shagbark is a hub of commerce in East Haddam. Shagbark prides itself on its knowledgeable and helpful staff, who are always prepared to provide you with all the tools you need for a project. From pet and farm supplies to cleaning supplies, from specialty organic lawn care to lumber and millwork, the Shagbark staff is ready, willing and able to serve your every need. If it is services you are seeking, at Shagbark you can have knives sharpened, glass cut, small engines repaired, a kitchen designed and paint color(s) matched. Shagbark will test your pool water, re-do your screens, and rekey your locks. Let's not forget you can mail a UPS package while you're filling your propane for a barbeque.

### MARCH 2019 BUSINESS OF THE MONTH

#### Middlesex Health Primary Care

Having served the community of East Haddam for many years, **continued on page 12**



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## EHEDC & EHBA... continued from page 11

this medical practice prides itself on serving the East Haddam community. It has not only expanded its office space, but has also expanded its staff. Providers include Dr. Malcolm Gourlie; Dr. Shelley Burchsted; Derek Donovan, a physician's assistant; and Caroline Weimann, an APRN. This experienced team aims to provide patients with the best and most compassionate care possible every day.

Middlesex Health Primary Care understands the value of community medicine and goes above and beyond to make sure it earns the trust and confidence of its patients. In turn, patients understand that they are receiving quality care from a medical team who truly cares.



Middlesex Health is an invaluable asset to East Haddam and is located at 27 William F. Palmer Road in Moodus. To reach the office, please call 860-873-1414.

## The East Haddam Lions Club

### Annual Auction, Saturday, July 13th.

It's that time again! The annual Lions Club auction & tag sale will be on Saturday, July 13th at the East Haddam Grange Hall. The tag sale begins at 8:00 am. The auction begins at 10:00 am. The Lions Club relies on your generous donations to make the auction a success. Cars, boats, trailers, and other large items of significant value are in special demand. Donations can be dropped off during the week leading up to the auction.

### Car Raffle Tickets Available Now.

Tickets are now available for the annual Car Raffle. The drawing will be held in June. Contact a Lion at: EHLionsClub@gmail.com or visit our Facebook Page for more details.

### Thank You for Your Support.

Thank you to everyone who has supported the club in the past, and who will be

supporting the club by attending the Auction in July and the Car Raffle in June. All earnings from these events go directly to good causes all over East Haddam. In the past, proceeds from the annual auction have helped to fund scholarships for local seniors, emergency vehicles for the fire department, holiday food baskets, little league field equipment, aid to the local food & fuel banks, lighting for Heritage Park, and much more.



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# East Haddam Parks & Recreation

## MUSIC ON THE RIVER 2019

The Music on the River Committee submits for your "save the date" calendars an extraordinary line up of four international touring bands and two of Connecticut's finest. We encourage you to find these groups online and get a true appreciation of what you can look forward to. Don't let the rain stop you from seeing these artists who command expensive tickets at other venues, and you have the opportunity to enjoy for FREE. Please join us this summer, rain or shine, and keep East Haddam on the map of "best summer concerts" in Connecticut.

### July 8th

#### THE NEW LONDON BIG BAND

Enjoy dancing to the great classic jazz standards performed by New England's finest 17-piece jazz orchestra led by Sean Nelson.

### July 15th

#### THE SUITCASE JUNKET

The Suitcase Junket is Matt Lorenz: artist, tinkerer, one-man band. His eclectic image driven song writing is played on instruments built of broken bottles, dried bones, gas cans, sawblades and scavenged instruments.

### July 22nd

#### SIERRA HULL

Grammy Nominated Bluegrass mandolin virtuoso Sierra Hull has astonished audiences and fellow-musicians alike with her extraordinary musicianship, silky vocals, and song writing sensitivities. Her band features the best of Nashville's Bluegrass players.

### July 29th

#### RAINBOW GIRLS

Rainbow Girls are an eclectic folk trio hailing from California. Their soul-touching harmonies are paired with acoustic guitar, slide guitar, bass, piano, and an array of vocal techniques.

### August 5th

#### NIGHT FLIGHT

Classic rock at its best performed by this Connecticut based 5-piece band featuring rich four-part harmonies, true to the original artist with a twist. You're sure to be transported back in time.

### August 12th

#### BLAIR CRIMMINS & THE HOOKERS

Bringing you Ragtime and 1920s style Dixieland Jazz with a contemporary flavor and a hot New Orleans horn section.

#### Please Donate Generously

All concerts are 6:30 - 8:30 pm on the lawn of the Goodspeed Opera House. Rain location is the Nathan Hale-Ray High School Auditorium.

Donations may be sent to:

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Music on the River  
P.O. Box 385  
Moodus, CT 06469

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East Haddam  
Youth & Family Services, Inc.

# East Haddam Youth & Family Services, Inc.

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

## East Haddam Youth and Family Services Presents:

### CHOOSE WELLNESS

Understanding wellness can be challenging. Traditionally, the existence of wellness has been equated simply with the absence of illness or disease. Today, we have come to realize that true wellness involves a holistic approach to our lives that includes our physical, emotional, spiritual, and social well-being. We are beginning to recognize and accept that wellness combines the elements of choice and action. Even in the presence of long-term illness, disability, or even substance abuse, it is possible to be mindful of our over-all well-being by managing those conditions in a way that reduces the chance of complications or relapses. Wellness, in this sense, describes living the best possible life we can.

This year, East Haddam Youth & Family Services and the East Haddam Local Prevention Council are launching our "CHOOSE WELLNESS" campaign. Our focus will be on the physical, emotional, and mental health issues, including stress, anxiety, depression, chronic pain and more.

These are all too often underlying factors in a person's use of drugs and alcohol.

We all face anxiety, stress, depression and pain at some time or in some way in our lives. Our vision is that each of us can have a "tool box" of alternative ways to manage these issues in healthful and sustainable ways that work for us.

Toward that goal, EHYFS and the EHLPC will be offering presentations, articles, workshops and discussions on movement and exercise, massage, nutrition, yoga, meditation, health care self-advocacy and more. Please join us for one or more of the following workshops:

Choose Wellness: Bodywork- May 4th, 12:00-2:00 pm at MoreFIT, LLC

Parent Workshop on Preventing Opioid Addiction- May 8th, 7:00-8:00 pm, NHRHS Library

Choose Wellness: Strength and Conditioning – June (date and time TBD) at Annino Strength and Conditioning

Choose Wellness: Yoga – July (date and time TBD) at Jul Yoga

For more information on these and other Choose Wellness events, follow us on:

Websites: [ehyfs.org](http://ehyfs.org) or [ehlpc.org](http://ehlpc.org)

Facebook: [fb.com/ehyfs](https://fb.com/ehyfs) or [fb.com/ehlpc](https://fb.com/ehlpc)

Instagram: [@ehyouthandfamilyservices](https://@ehyouthandfamilyservices)

Or call EHYFS at 860-873-3296.



# East Haddam Local Prevention Council

East Haddam  
Local Prevention Council



Growing a Healthy Community

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

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

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

## In the News

### Groundbreaking New UK Study Confirms Link Between Daily, High Potency Marijuana Use and Psychosis

Today, a landmark study published in the prestigious Lancet Psychiatry Journal finds that daily use of high potency marijuana is linked to greater rates of psychosis in Europe. According to the study, an estimated five in ten new cases of psychosis in Amsterdam and three in ten new cases in London are linked with high potency marijuana use.

"This study is groundbreaking," said Dr. Kevin Sabet, president of Smart Approaches to Marijuana (SAM) and a former Obama Administration drug policy advisor. "It is the first to show how marijuana impacts population rates of psychosis - and its results are chilling. For years we have known that low potency marijuana was damaging to mental health. Now the scientific literature is catching up with the rapidly increasing THC potency we are seeing on the market today."

Numerous studies have shown a causal link between marijuana use and onset of severe mental health issues, such as psychosis and schizophrenia, but this is the first study to showcase the link at a population level. The study finds that daily, average potency marijuana users were three times more likely to be diagnosed with first episode psychosis compared to non-users. With daily use of high potency marijuana, this number increased to five times more likely.

"Our findings are consistent with previous studies showing that the use of cannabis with a high concentration of THC has more harmful effects on mental health than the use of weaker forms. They also indicate for the first time how cannabis use affects the incidence of psychotic disorder at a population level," said Dr Marta Di Forti, lead author from the Institute of Psychiatry, Psychology, and Neuroscience at King's College London, UK." As the legal status of cannabis changes in many countries and states, and as we consider the medicinal properties of some types of cannabis, it is of vital public health importance that we also consider the potential adverse effects that are associated with daily cannabis use, especially high potency varieties."

Moreover, the study found that instances of first time psychosis in London would be cut by a third if high potency marijuana products were no longer available.

Sabet continued, "Lawmakers considering marijuana legalization are not learning about studies such as this from the well-heeled marijuana industry lobbyists. We will get this study, and others like it, in front of lawmakers at all levels of government to educate them on the real impact of allowing the commercialization of high potency marijuana to spread."

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## East Haddam Library System

**Libraries are the center of culture, technology and information.**

Your libraries are always working hard to bring you the best materials and services possible. That is why new technology, engaging programming and exciting new materials are always being introduced. There are a lot of ways to use the libraries, even patrons who visit frequently are sometimes surprised by all the libraries have to offer. For example...

### LOCAL HISTORY & GENEALOGY COLLECTION

The Rathbun Library is a treasure trove of local history & genealogical research. Visitors from all over the country visit the Rathbun every year to find their roots. With access to church & cemetery records, plus extensive family histories, land records, digital databases and local history files - the Local History Collection is one of East Haddam's greatest treasures. Thanks to a grant from the National Endowment for the Humanities, the Historical Room is looking better than ever with new shelving that makes materials even easier to find. Whether your family has lived in town for generations or if you're new to the area and looking to immerse yourself in town history - be sure to stop by the Rathbun Library and check out this unique offering.

### BOARD GAMES

The East Haddam Free Public Library is the place to go for all your game night needs. Thanks to a generous donation from the East Haddam Leo Club, EHFPL has dozens of board games and video games available for checkout. Whether you're looking for something to play with the kids, or if you're planning an adults-only evening, the library has what you're looking for including strategy games like Catan, roleplaying games like D&D, party games like Exploding Kittens, and family games like Ticket to Ride: First Journey. Plus a modest selection of games for Playstation, X-Box and Nintendo consoles. Be sure to stop by and stock-up before your next gathering.

### TECHNOLOGY & DIGITAL MATERIALS

With so many people discarding their PCs & printers in favor of tablets and smartphones, the library computers have never been more popular. The computers available at the library are great for those things that just cannot be done on a portable device - printing packing labels, boarding passes, navigating websites that aren't mobile-friendly, and more. The libraries also have free wi-fi and make great locations for getting work done. In addition, the libraries have over 25,000 digital materials available. To access eBooks & digital audio books, download the "Libby by OverDrive" app on your smart device, and enter your library card information. Digital Magazines are available using the "RB Digital" app, and the best part about digital magazines is that anything you check out is yours to keep. You can also access these resources on your computer using the library's website. As always, one-on-one tech help is available - simply call a library to make an appointment.

With so much to offer, it's an exciting time to have a library card in East Haddam. For more details about the library, visit our website: [www.EastHaddamLibrarySystem.org](http://www.EastHaddamLibrarySystem.org) or stop by in person and see what the libraries can do for you.

# Middlesex Health: Helping Connecticut Women at Risk for Breast Cancer

Middlesex Health Cancer Center's Comprehensive Breast Center is specifically designed to help identify women who may be at high risk for breast cancer due to family history or benign breast disease, as well as to monitor and treat women who have an established high risk for breast cancer. It also helps patients currently in treatment or in recovery.

For many women, their primary care doctor handles their mammograms, and that is appropriate care. However, those who are at greater risk for breast cancer would benefit from being monitored more closely, and that's where the Comprehensive Breast Center can help.

Dr. Andrea Malon, medical director of the Cancer Center and Comprehensive Breast Program; Dr. Kristen Zarfos, medical director of the Comprehensive Breast Center; and Dr. Chia-Chi Wang, a surgical oncologist, see patients who visit the Comprehensive Breast Center. Women who are identified as being high risk, or who think they might be at high risk, are encouraged to either make an appointment directly or discuss their concerns with their primary care physician who can make a referral. Within the center, the scheduling of diagnostic tests and a meeting with one of the breast surgeons can happen on the same day.

Overall, Middlesex's goal is to coordinate care in a way that can reduce anxiety, expedite the process and help patients better navigate a cancer diagnosis and treatment.

Middlesex Health Cancer Center is accredited by the National Accreditation Program for Breast Centers. The Comprehensive Breast Center is located at 540 Saybrook Road in Middletown. The same services are also offered at a satellite office at the Middlesex Health Shoreline Medical Center in Westbrook. To contact the center, call 860-358-2780.

## Holiday Closings

THE TOWN OFFICE BUILDINGS  
WILL BE CLOSED ON:

**Monday, May 27** - Memorial Day  
**Thursday, July 4** - Independence Day

TRANSFER STATION WILL BE CLOSED ON:

**Monday, May 27** - Memorial Day

*Regular hours will resume on  
the next business day.*



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## CHOOSE WELLNESS: The Conservation Commission Teams Up with EHYFS

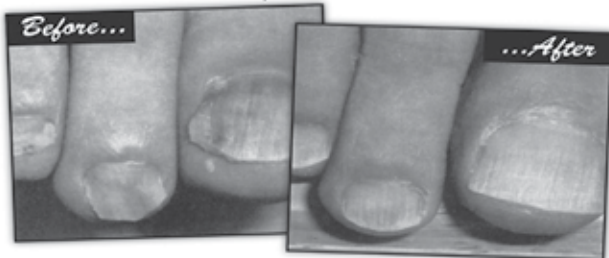
Well we always suspected that being out of doors was good for you, and now it has been confirmed in a scholarly study. Children who have ready access to outdoor open space are much less likely to develop mental illness later in life. A recent article in The Week magazine cites a study from Aarhus University in Denmark, which concludes "...kids raised near high amounts of green space have up to a 55 percent lower risk of developing disorders such as schizophrenic and stress related conditions, even after adjusting for income, urbanization, and family history of mental illness." Along with all the other benefits we derive from our 7000 acres of publicly accessible open space here in East Haddam, we can now add healthier kids to the list.

Recognizing this, the Conservation Commission has become an ally of East Haddam Youth and Family Services in their project to strengthen family health by focusing on stress reduction. In a program called CHOOSE WELLNESS, a "campaign to address not only substance use, which impacts our youth and their loved ones, but also the underlying factors that might influence their use. EHYFS will be offering presentations, articles and workshops on topics such as stress management, anxiety, depression, alternative ways to manage pain, movement and exercise, health care, self-advocacy and the benefits of being outdoors."

This is where the Conservation Commission comes in. We're all about getting

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people out on the land and in the woods, to enjoy clean air, wood land solitude, beautiful vistas, and the shared sense of accomplishing something together. Working alongside in this new effort, we want to help them encourage folks to take advantage of all we have right outside our backdoors to help build stronger families and more resilient children. East Haddam's open space has 70 miles of marked and mapped trails offering a full spectrum of exercise, from a leisurely one-mile stroll to a sweeping vista, to four-mile hike to a picnic spot overlooking the Connecticut River and Long Island Sound, to the trail head of a fourteen-mile hike that takes the hiker all the way to East Lyme on a path recognized state-wide as an extraordinary bit of trail building. We always

knew that East Haddam's remarkable trail system through permanently protected open space was preserving our town's quality of life and rural character and making us the envy of our neighbors. Now we can say that it helps us stay healthy and send our kids out into the world with a good a start.

Do you want to know more about hiking opportunities in East Haddam? If you need trail maps, just go to: [www.Easthaddam.org](http://www.Easthaddam.org), click on Town Boards. Then click on Conservation Commission and locate the Trail Maps section. For more information about how you can be involved in the Conservation Commission, call Sue Merrow at: 860-367-1687.

## East Haddam Leo Club - Cardboard Boat Race

The East Haddam Leos will be hosting their third annual Battle of the Boats: Cardboard Boat Race this summer! The race will take place at the East Haddam town beach on July 20th. There will be three categories: youth, adult and family. Youth is ages 12 & under, and families must have at least one adult and one child on the boat. There will be guest judges and special awards such as the "Titanic Award"

for the boat with the most dramatic sinking. Please see the application form for times and cardboard boat regulations. Forms are available at the libraries and locations all over town - as well as at our website: [www.EastHaddamLeos.com](http://www.EastHaddamLeos.com).

The East Haddam Leo club is always looking for new Leos! Anyone entering 7th

grade or turning 12 years old in 2019 is welcome to join. LEO meetings are held the first Thursday and third Tuesday of the month from 7:00 to 8:00 pm at the East Haddam Senior Center. The Leo Club is a great combination of community service and fun. Applications are available online, please contact [EastHaddamLeos@gmail.com](mailto:EastHaddamLeos@gmail.com) for more information.



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# April Fools' Road Race



Beautiful weather drew a good field to the 20th Anniversary April Fools' 5K and Half Marathon sponsored by the East Haddam Community Lions on Saturday, April 6. The field was made up of 184 runners from 17 states. Runners came from as far away as California, Utah, and Nebraska.

## The Half Marathon winners were:

Brittany Griffin (1:31:04 - women's division) and Shawn Keenan (1:26:28 - men's).

## The 5K winners were:

Laurie Tuohey (22:55 - women's) and Justin Kennedy (22:10 - men's).

The April Fools' Road Race is an important fundraiser for the Community Lions. The club is very appreciative of the financial support provided by our race sponsors. NRG, Dutch Oil and Propane, Grist Mill Market and Nathan Hale Pharmacy were platinum level sponsors. Gold level sponsors were Coca-Cola of Waterford, Eddie's Auto Body and Two Wrasslin' Cats. Attorney Scott W. Jezek, Ballek's Garden Center, Davis Handy-



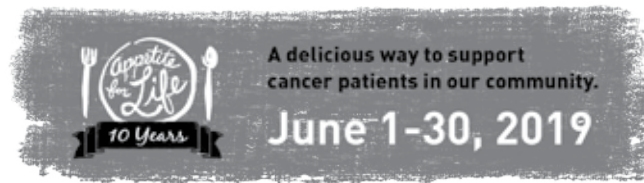
2019 5K winners 5 K winners  
Laurie Tuohey and Justin Kennedy.



2019 Half marathon winners  
Brittany Griffin and Shawn Keenan.

man Repair, Maus & Son and New England Propeller were silver level sponsors. B&B Pest Control was an additional sponsor.

Locally, the funds raised support scholarships for two East Haddam seniors, the Library System, Food Bank, Fuel Bank, Music on the River, Project Graduation, the Land Trust, the Senior Center, and Project Safe Halloween. On a broader level Community Lions supports Camp Rising Sun for children with cancer, Connecticut Lions Eye Research Foundation, the Low Vision Center of Eastern Connecticut, Guiding Dogs and the Lions Clubs International Foundation.



This June, support Middlesex Health Cancer Center by dining at a restaurant that is participating in Appetite for Life. Now in its 10th year, Appetite for Life has raised more than \$175,000 for cancer patient support services at the Cancer Center, which has locations in Middletown and Westbrook. These services include nurse navigation, social work, clinical trials and integrative medicine. Appetite for Life has evolved over the years to include many local restaurants throughout Middlesex County and on the Connecticut shoreline. As a patron, a percentage of your bill will be donated to the Cancer Center if you dine at a participating restaurant during the month of June.

Appetite for Life will kickoff with a special party at Herd Restaurant, 200 Main Street in Middletown, on May 29. The party will be held from 4:30 pm to 7:00 pm, and there will be a special performance by the band, The Inflatables. A second party will held June 12 from 5:00 pm to 7:00 pm at Luigi's Restaurant, 1295 Boston Post Road in Old Saybrook with live music by Boomerang.

Each party will feature appetizers, beer and wine tastings, music and a chance to win great prizes. Party tickets are \$20 per person. All proceeds directly support Middlesex Health Cancer Center patients. "We are grateful to the many restaurants that participate in Appetite for Life," says Sarah Moore, director of development at Middlesex Health. "All proceeds stay local and help enhance cancer patient care and support services. Support a good cause, and enjoy a good meal!" For more information about Appetite for Life and to see a complete list of participating restaurants, visit [middlesexhealth.org/appetiteforlife](http://middlesexhealth.org/appetiteforlife).

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# East Haddam Ambulance Association

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

East Haddam Ambulance Association and East Haddam Parks & Recreation hosted the 4th Annual Evelyn Comer & Alumni Free CPR Event on Saturday, February 16th in the East Haddam Municipal Office Complex gym. A total of 18 adults and teenagers participated in the American Heart Association training. Participants learned about the importance of recognizing sudden cardiac arrest and accessing the 911 system. Participants were also trained in Adult CPR, how to use an Automated External Defibrillator (AED) and how to help a conscious choking victim with abdominal thrusts. The program was led by EHAA EMTs Kevin Cavallo and Michael Davis.

Last year, approximately 356,461 people in the US experienced an out-of-hospital cardiac arrest (347,922 adults, 7,037 children under age 18) according to data gathered from The Resuscitation Outcome Consortium and American Heart Association.

The free training and certification was made possible through Evelyn Comer's family and others who were past members of East Haddam Ambulance Association. Evelyn Comer was one of the first female technicians for EHAA.

EHAA also provided coverage for the annual East Haddam Community Lions April Fool's Road Race on Saturday, April 4th.

Training over the next few months will include new IM epinephrine administration, review of warm/hot weather emergencies and emergency vehicle operations.

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



Both photos are from the HEARTsafe Event.



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**Fax: 860-873-1113**

E-mail:  
**mail@jezeklaw.com**

## East Haddam Fire Department Annual Awards Night

The East Haddam Fire Department honored both Volunteer and Career Staff during its annual awards night on February 9, 2018.

The night was kicked off with a social hour followed by dinner. Chief of the Department, Brian J. Auld, asked all in attendance to rise for the pledge of allegiance and the ringing of the bell for the passing of past East Haddam Firefighter Roger Snell. Chief Auld thanked the personnel of the department for their dedicated service to the town. Chief Auld also thanked the officers of the department, the Board of Fire Commissioners, the department's mutual aid partners and the department's auxiliary.

### DEPUTY CHIEF SHAWN DAIGLE THEN PRESENTED THE FOLLOWING RECIPIENTS WITH YEARS OF SERVICE PLAQUES:

#### 5 Years of Service:

- Fire Police Auxiliary Robert Bennett
- Senior Firefighter Austin Scrivener
- Fire Police Auxiliary George Scrivener, Jr.
- Senior Firefighter Lynn Liska
- Fire Police Auxiliary Ed Smith

#### 30 Years of Service

- Senior Firefighter Matt Pach

#### 10 Years of Service:

- Lieutenant Bill Seigmann
- Captain Ray Swol

#### 35 Years of Service

- Fire Police Auxiliary Ed Sikorski

#### 15 Years of Service:

- Chief Brian J. Auld

#### 40 Years of Service

- Fire Police Auxiliary Dick Collis

#### 25 Years of Service

- Senior Firefighter Eric Bourgeois

#### 50 Years of Service

- Henry Schmittberger

### CHIEF AULD THEN PRESENTED PLAQUES FOR AWARDS OF DISTINCTION TO THE FOLLOWING RECIPIENTS:

#### Junior Firefighter of the Year

- Junior Firefighter Tyler Levesque

#### Probationary Firefighter of the Year

- Probationary Firefighter Matt Manzione

#### Fire Police Auxiliary of the Year

- Fire Police Auxiliary Joseph Bonola

#### Meritorious Service

- Captain Ray Swol
- Lieutenant Bill Siegmann
- Senior Firefighter Neil Mosig
- Fire Police Auxiliary Joe Bonola

#### Most Active Firefighter of the Year

- Lieutenant Adam Mosig  
(Two-time recipient)

#### Chiefs Choice Award

- Fire Police Auxiliary Joe Bonola

#### Officer of the Year

- Captain Ray Swol  
(Two-time recipient)

#### LIFESAVING AWARD

(presented by Career Captain John Sarnik and EHAA Assistant Chief Toni Myers)

- Junior Firefighter Tyler Levesque
- Fire Police Auxiliary Joe Bonola
- Chief Brian J. Auld

The night concluded with a slide show of a look back at 2018 and dessert provided by Probationary Firefighter Amber Tremblay. A night of laughs, tears, and memories was had by all.

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# Photos from the East Haddam Fire Department Annual Awards Night



**Clockwise from the upper left:**

- Photo 1 - Chief Brian J Auld receives 15 Years of Service Award presented by Deputy Chief Shawn Daigle
- Photo 2 - Chief Auld presents Captain Ray Swol with Officer of the Year Award (two-time recipient)
- Photo 3 - Chief Auld presents Fire Police Auxiliary Joe Bonola with the Chief's Choice Award
- Photo 4 - Chief Auld presents Junior Firefighter Tyler Levesque with Junior of the Year Award
- Photo 5 - Chief Auld presents Probationary Firefighter Matt Manzione with the Probationary Firefighter of the Year Award
- Photo 6 - Tyler Levesque Junior of the Year with his awards
- Photo 7 - Family of Lieutenant Adam Mosig, Senior Firefighter Neil Mosig, EMT Shelley Mosig, Lieutenant Kyle Mosig

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# East Haddam Garden Club

## DON'T MISS OUR ANNUAL PLANT AND BAKE SALE

Our biggest fundraising effort of the year, our annual Plant and Bake Sale, will be held at the Historical Society, 264 Town Street, on Saturday, May 18, beginning at 8:00 am. We usually end around noon. We know you'll be pleased with the lovingly cultivated flowers and vegetable plants, shrubs, and saplings from our members' gardens. We will have a selection of houseplants, annuals and garden ornaments/pots/etc. as well. This is the second year we are partnering with clients of Chestelm's Adult Day Services to grow cuttings for sale, under the guidance of our members. We appreciate their support and it is wonderful garden therapy for all. All proceeds support civic beautification, school programs/awards, and other civic activities. Take the opportunity to talk to club members and get their advice on growing what you buy. We have shade and sun loving plants, and the baked goods are some of the best you'll ever taste. Prices are reasonable, so please join us! At the same time, Historical Society members will be having individual tag sales, so check out their treasures as well.

## UPCOMING PROGRAMS

**June begins our new Program Year.** We have an exciting lineup for the 2019-2020 year, beginning with a 2-part program "Flora of the Skating Pond" presented by Club Member Martha McLaud-Tonucci. On June 19, Martha will discuss some of the hidden treasures to be found at Peg's Park (across from Shagbark) at 11:30 am at the Grange Hall. Refreshments will be served. Meet the next day, June 20, 11:30 am, at the park area for a tour/plant identification workshop. Wear boots and long sleeves and be aware the terrain might be uneven. Join us for one or both days! Rain date for tour is June 21 at the same time.

**In July,** member Linda Stuhlman will present a program on Tree Care at the Grange Hall, also at 11:30 am. Refreshments will be served.

## NEW OFFICERS FOR 2019-2021

**New EHGC officers will be installed at the May meeting.**  
**They are:** President - Maureen Gillis; Vice President - Laura Borg; Secretary - Nancy Seaman; Treasurer-Debby Duncan; and Assistant Treasurer - Lori Inferrera.

# Rep. Haines to Host Trails Day Hike & Picnic in East Haddam

As part of the 2019 Connecticut Trails Day Weekend, State Representative Irene Haines (R-34) will host a recreational hike and picnic with the East Haddam Land Trust at the Harris Property open space on Sunday, June 2nd at 4:30 pm, 112 Shanaghan Road, East Haddam. The hike will take place on Sunday starting at the "Haines Ranch" and will continue along the Harris Property trails and return

to ranch for a picnic. Hikers are encouraged to pack water, sunscreen, bug-spray, other hiking materials. A picnic dinner will be at 6:00 pm. Farm fresh beef hamburgers and light refreshments will be served. Rain cancels this event. No rain dates are scheduled.

For more information about the Harris Property and view a trail map visit the

East Haddam Land Trust website at: [www.ehlt.org](http://www.ehlt.org).

Connecticut Trails Day is sponsored by the Connecticut Forest and Park Association (CFPA), which has been a devoted advocate of Connecticut's state park system and natural resources for quite some time. Visit [www.ctwoodlands.org/ct-trails-weekend](http://www.ctwoodlands.org/ct-trails-weekend) for more information.



Garden Club members enjoy a hands on workshop making colorful bird nesting baskets for the recent "Celebrate East Haddam" event at Heritage Park.

## GARDEN CLUB INFO

**The East Haddam Garden Club is a fun loving group, dedicated to Our Mission, which is:**

- To stimulate the knowledge of gardening and related activities
- To aid in the conservation of natural resources in order to preserve our heritage while promoting civic beauty in our community
- To assist in educating the youth in our community on matters relating to our purpose; and
- To promote charitable activities in our community

We currently have 40 members. New members are always welcome. Attend one of our monthly programs or two, and get to know us. After attending 2 programs, fill out an application, pay the annual dues, and welcome to the Club! Check out our Face Book page or call Maureen Gillis at: 860-287-6228 or any club member for more information. Members are expected to participate in civic beautification projects (Goodspeed Green, Shagbark Triangle, Blue Star Memorial), our annual Plant and Bake Sale, serve on one of our committees, and participate in other projects. Our monthly Program Year runs from April-December and we generally meet the third Wednesday of the month at 11:30 am (exceptions: March and October are usually evening meetings open to the public and the November meeting is held the Monday before Thanksgiving, when we make arrangements for the Food Bank and the December meeting is holiday luncheon held early in the month.)

# East Haddam Land Trust (EHLT)

## LAND SPEAKS!

I am filled with beech, oak, yellow and black birch, maple, and white pines that house woodland birds and the insect species that feed baby birds each spring. Squirrels, turkeys, and other mammals munch on the nuts and berries my trees and shrubs grow. Salamanders, frogs, toads and other amphibians breed, grow, and feed among the witch hazel and ferns in my wetland. I would be lonely without the critters that feed from my forest floor and the sounds from Lake Hayward Brook as it babbles through my corner before flowing into the Eightmile River.

My plant life thrives on my soils that, in turn, protect the pure waters of the upper Eightmile River Watershed. My tree-covered acres lie in the Lyme Forest Block Important Bird Area and welcome my



Merrow Preserve Map.

neo-tropical bird friends as they return from the south.

I am 10.61 acres along the southern side of Haywardville Road heading east from the corner of Alexander Road. Thanks to my former owners, Arthur and Susan Merrow, I will live on as I do today.

In December 2018, the Merrows added to their legacy of land conservation by giving me to East Haddam Land Trust (EHLT). The Merrows appreciate my value; how natural areas maintain our Town's character. I will remain vibrant woodland forever.

I know that EHLT is grateful for the Merrow's generosity and is thrilled to add me to their family... I heard them say so as they wandered through my woods.

If you have acreage like mine that pines to remain protected forever, please email: [president@ehlt.org](mailto:president@ehlt.org) or leaving a message at: 860-484-3458. The Land Trust people helped my former owners, and will help with any land preservation questions you have. Check them out at: [www.ehlt.org](http://www.ehlt.org).

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# I-Park Where Art Meets Nature

I-Park, East Haddam's international artists-in-residence program, kicks off its nineteenth residency season with Open Studios on Sunday, May 19. The public is invited to spend the afternoon, 2:00 pm until 5:00 pm, visiting with the artists, writers, composers, architects and filmmakers in their studios. Guests are welcome to walk the grounds and sit in on special presentations: readings, film screenings and/or music performances.

I-Park will be showcasing its newly renovated Common Area, funded in part by the State of Connecticut's Department of Economic and Community Development. I-Park will also be soliciting input on their plans for an ambitious wheelchair accessible pathway into its expansive nature preserve. This is a free community event, though ticketing is required so there will be adequate staffing and refreshments on hand. Tickets are available at [i-park.org](http://i-park.org).

Finally, mark your calendars for I-Park's signature Site-Responsive Art Biennale in September. During a 3-week residency, an inter-disciplinary group of artists and designers will creatively engage I-Park's natural and built environments in ways

Right: Jennifer Newsom & Tom Carruthers, *To a Constellation* (available for viewing in 2019)  
Mirrored acrylic, steel, high bond tape, ratchet straps, existing trees.

Below: Alexandre Bergeron, Composer-in-Residence performing during OPEN Studios last season.



that will surprise and inspire you. The exhibition will include works of environmental sculpture, sound art, new media and performance art. I-Park has been hosting this program biannually since 2007 in recognition of the enthusiastic embrace

of the natural environment by its resident artists over the years. There will be a VIP Preview Guided Trail Walk on Saturday, September 21 in conjunction with I-Park's annual fundraising gala. The park will then be re-opened for self-guided explorations of the artworks on Sunday, September 22 - a free community event.

Go to [i-park.org](http://i-park.org) for the full 2019 calendar of events, volunteer opportunities, a listing of needed in-kind goods and for tickets and sponsorship information on the September gala.

*I-Park, a 501(c)(3) non-profit, has provided over 900 fully-funded artists' residencies since its inception in 2001.*

## Moodus Reservoir Preservation Group

### TIPS FOR A CLEAN AND HEALTHY LAKE:

1. Always use low phosphorous fertilizers to minimize the chance for algae blooms in the water.
2. Have your septic system emptied to avoid lake pollution and costly repairs. The frequency depends on the size of your family and the size of your septic tank. Contact a contractor, assure he/she is licensed with the Chatham Health District (CHD) and ask for a Pump-out Report when the job is done. This report will show your tank size, the recommended pump-out frequency and any items needing attention (small repairs prevent future major expense). The contractor will send the report to the CHD. The former charge for a discharge permit has been discontinued.
3. To prevent the spread of invasive aquatic plants, thoroughly clean your boat and trailer before entering and leaving a water body - violation and fine for "transporting" aquatic invasives on state roads.
4. Watch for a May 29 public info session on septic and well systems at CHD in East Haddam.

*The Moodus Reservoir Preservation Group, Inc. (MRPG) is a local non-profit, 501(c) 3, community membership organization working to improve and protect the health of Moodus Reservoir. The lake is home to the town's only public beach, two state boat launches and much wild life.*

Our campaign to raise \$100,000 to purchase the Eco Harvester has reached \$38,000. This is the most effective and environmentally safe method for removing the invasive aquatic plants that are growing rapidly, threatening swimming, boating and fishing. We run fundraisers and apply for grants. Tax deductible donations may be made payable to "MRPG", c/o Tim Varriale, Treasurer, 76 Falls Bashan Rd, Moodus, CT 06469. To donate online, go to: [www.moodusreservoir.org](http://www.moodusreservoir.org), <https://www.facebook.com/Moodus-Reservoir-Preservation-Group-488742444530491/> or [www.paypal.com](http://www.paypal.com).

**Monthly Meetings** - 2nd Tuesday at the East Haddam Sportsmen's Club, 7:00 pm. ALL ARE WELCOME.

**COMING EVENTS 2019**

**June 29, Saturday - "Save Our Lake Benefit Picnic"**

**3:00 - 9:00 pm**

3 local bands, BBQ meal, cornhole tournament, raffle, BYOB, Moodus Sportsmen's Club, 299 East Haddam Colchester Turnpike  
See our site for pricing: [www.moodusreservoir.org](http://www.moodusreservoir.org). Rain or shine.

**July 20, Saturday - "Celebrate the Reservoir Day"**

**9:00 am - 12:00 noon**

Free - Learn of the lake's past & future as you paddle in groups in your own or free to use kayaks or aboard a pontoon boat on the upper & lower reservoir. Watch for details.

**August 23, Friday through August 25, Saturday - "Lakeside Dan's Save the Lake Benefit"**

Fried dough, cornhole tournament, big fish contest  
All days: Food, fun, raffle, live music. Watch for details.

# East Haddam Stage Company



What a wonderful year the East Haddam Stage Company had in 2018! Thanks to East Haddam's own Staehly Farm and Winery,

EHSCO had a fabulous season of summer shows at Gillette Castle State Park, a World Premiere in September, courtesy of a CT Office of the Arts Regional Initiative Grant, and a very popular tour of their Sherlock Holmes radio drama in October! 2019 looks to be full of great things as well!

The East Haddam Stage Company will be

presenting an adaptation of William Gillette's 1878 Victorian comedy *The Professor* on weekends from Saturday July 6th through Sunday August 11th, at 1:00 pm and again at 2:30 pm on the outdoor stage at Gillette Castle State Park, 67 River Road, East Haddam CT.

This is the 100th anniversary year, celebrating the completion of Gillette's Castle (Seventh Sister). Come tour the house, walk the grounds, and see the show! No reservations needed (feel free to bring your lawn chair and a picnic!)



You can contact the East Haddam Stage Company via: 860-873-3521 or [www.EHSCO.org](http://www.EHSCO.org), [info@EHSCO.org](mailto:info@EHSCO.org), [www.Facebook.com/EastHaddamStageCompany](http://www.Facebook.com/EastHaddamStageCompany), [www.Twitter.com/EastHaddamStage](http://www.Twitter.com/EastHaddamStage) and [Instagram.com/easthaddamstagecompany/](http://www.Instagram.com/easthaddamstagecompany/).

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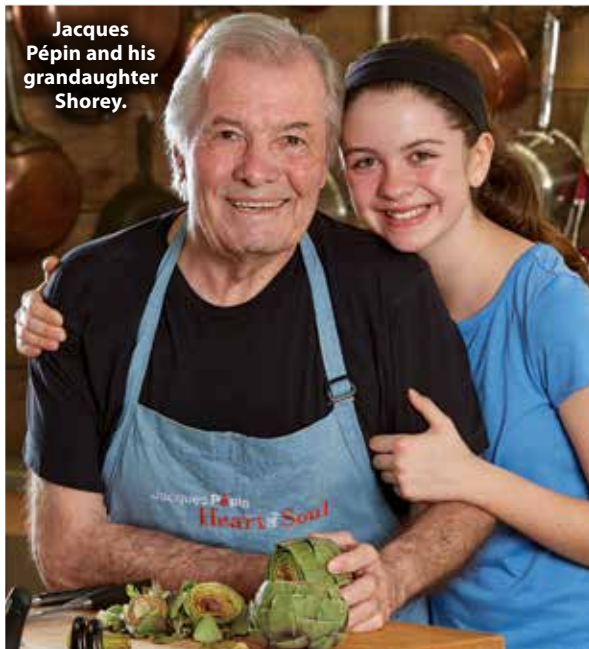
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Jacques Pépin and his granddaughter Shorey.

## Jacques Pépin: Simple ingredients, extraordinary results

by Sigrid Kun



Jacques Pépin strolling along the beach in Madison with one of his poodles.



Above, cooking with Julia Child on PBS's show "The Joy of Cooking."

All photographs by Tom Hopkins

A career that began in his family's kitchen continues in the family kitchen today. Whether preparing a lovely scallop or a veal chop with mashed potatoes, dinner is Jacques Pépin's "culmination of the day." The piano, he says, is the nickname for the stove. That makes Pépin a master musician.

### DESTINED FOR THE KITCHEN

Pépin's skills were honed early. Home was working in his parents' restaurant near Lyon, France. A Paris apprenticeship began in 1949 at the age of 13 (interestingly, Julia Child was working in Paris at the same time). His military service in France (1956-58) found him as the personal chef to 3 heads of state (including Charles De Gaulle) at a time when chefs toiled in anonymity. There was no such thing as a celebrity chef. If commanded to the dining room, things had gone awry. "Now, [being a chef], all of a sudden, you are a genius," he quips. "It is a very different world. I am lucky to be a part of it."

A year after coming to the US in 1958, he was working at New York's finest French restaurant, Le Pavillon. He turned down the position of chef to the Kennedy White House. He opted to develop food lines for Howard Johnson. It all worked out. A NY Times food editor connected Pépin with Helen McCully, a food industry icon. She introduced Pépin to then unknown Julia Child. The delightful cooking duo went on to win a daytime television Emmy Award in 2001. Yes, the friends would often argue. "On the whole we agreed on what was important," he recalls. "Quality, simplicity."

"Extraordinary," he reminisces. "Nothing was planned. I am very existentialist that way. You do something and it projects you somewhere else. You do that and it projects you elsewhere." One thing has always led to another for Pépin. Trips to the Catskills in the early 1960s led to his catching the "painting bug." His paintings are now a new business line. This June, his

works will be on display at the Guilford Art Center. At the Catskills, he became a ski instructor. And on those slopes he met his wife of 53 years, Gloria. He calls his daughter (Claudine) and granddaughter (Shorey) his greatest accomplishments. During the 1960s he also earned bachelor's and master's degrees from Columbia University.

### A LIFE OF EVOLUTION

No life is without hardship. A 1974 car accident nearly claimed Pépin's life. He could no longer withstand the rigors of 7 days a week, 10-14 hours in the kitchen. His life transformed into "teaching, writing, and just cooking." Since 1975, he has written 30 books. He also became and remains a beloved fixture on television. He isn't a fan of today's harsh reality cooking shows. "You are asked to put a lot of yourself in your food. Love is a very important component. Yelling at you? There is no way you can teach with that approach... Cooking is interactive. You follow your taste. You taste and adjust. You taste and adjust."

At 83, he recognizes his own progression. "For many people in the country, I was known as the quintessential French chef... If you look at my books, there is the soup and cilantro with banana on one page, then the salad and fried chicken, and then the lobster roll. After half a century in the US, I am probably the quintessential American chef." Pépin's life/career has been profiled on the PBS series "American Masters." "I am probably the first cook to have an American Masters," he notes.

The Madison, CT resident continues to teach, paint, and enjoy life. Whether it is a game of boule, mushrooming, or walking his poodles along the beach, food still remains center stage. He is currently the Dean of Special Programs at the International Culinary Institute of New York and continues a 37-year teaching stint at Boston University. He performs countless cooking demonstrations across the country. In 2016, the Jacques Pépin Foundation was formed. His books/manuals of cooking techniques form the curriculum for soup kitchens from Boston to Seattle. The idea is to take what Pépin has created over so many decades to assist disenfranchised individuals - those who may be coming out of jail, are homeless, or are recovering from addictions.

### JACQUES PÉPIN...NOT INVINCIBLE?

"Yes, yes," he relates. "One time. It was 30 years ago or more. It was in the early 70s, a 3-hour show with dancing and singing. I did a cheese soufflé." Pépin came on the stage two hours into the show to put the soufflé in the oven. There was no way of checking on the controls so he did not know the oven was set on self-cleaning mode. He went back on stage for the unveiling. "I have never seen anything so burned." He laughs heartily. "It was crust on the outside and still liquid on the inside... There was no recovery on that one. But it was the biggest standing ovation I ever had."



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