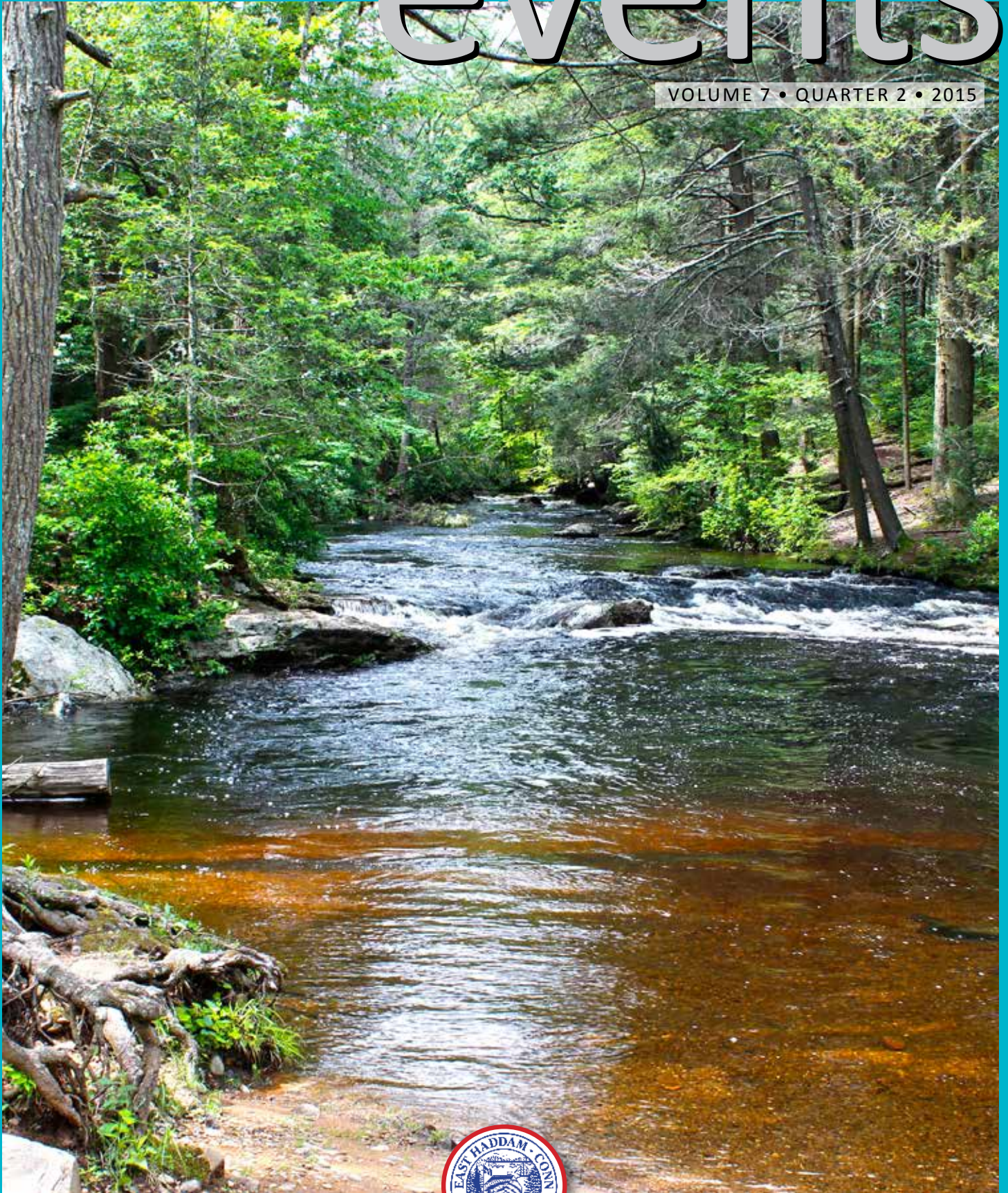


East Haddam

# events

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# First Selectman's Corner

Thank goodness it is Spring. By the time you receive this Spring addition we should have had some needed warm weather and sunshine!

On behalf of the town congratulations to Tiffany Quinn, our Director of Parks & Recreation as well as a member of our



Coordinator Michele Connolly, EHAA President Chris James, Michael Davis EHAA EMT, State Rep. Melissa Ziobron, First Selectman Mark Walter, Tiffany Quinn, Director of East Haddam Parks and Recreation.

Ambulance Association, for achieving a goal we set to become a HEARTSafe Community. East Haddam is now recognized for our commitment to provide cardiac response, CPR training and automated external defibrillators (AED) strategically placed throughout town. This ongoing training will save lives. I personally became aware of how hard it is to recognize the signs of a heart attack when one of my good friends died in her forties. This training will provide the needed awareness of early signs. To learn how you can be trained to save a life, check out the Parks & Recreation web site <http://www.easthaddamrec.com/> for more information on the upcoming Community Adult Child Infant CPR Monday, June 5, 6:00 - 8:00 p.m. or the Community First Aid Wednesday, June 7, 6:00 - 8:00 p.m.



Mark Walter

The budget meeting process has been completed. A big thank you to all of our volunteers, employees and boards and commissions who participated in this critical process of deciding between needs and wants, between improving safety, maintaining our infrastructure and improving our education system. This is

**continued on page 2**

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## FIRST SELECTMAN'S CORNER ... continued from page 1

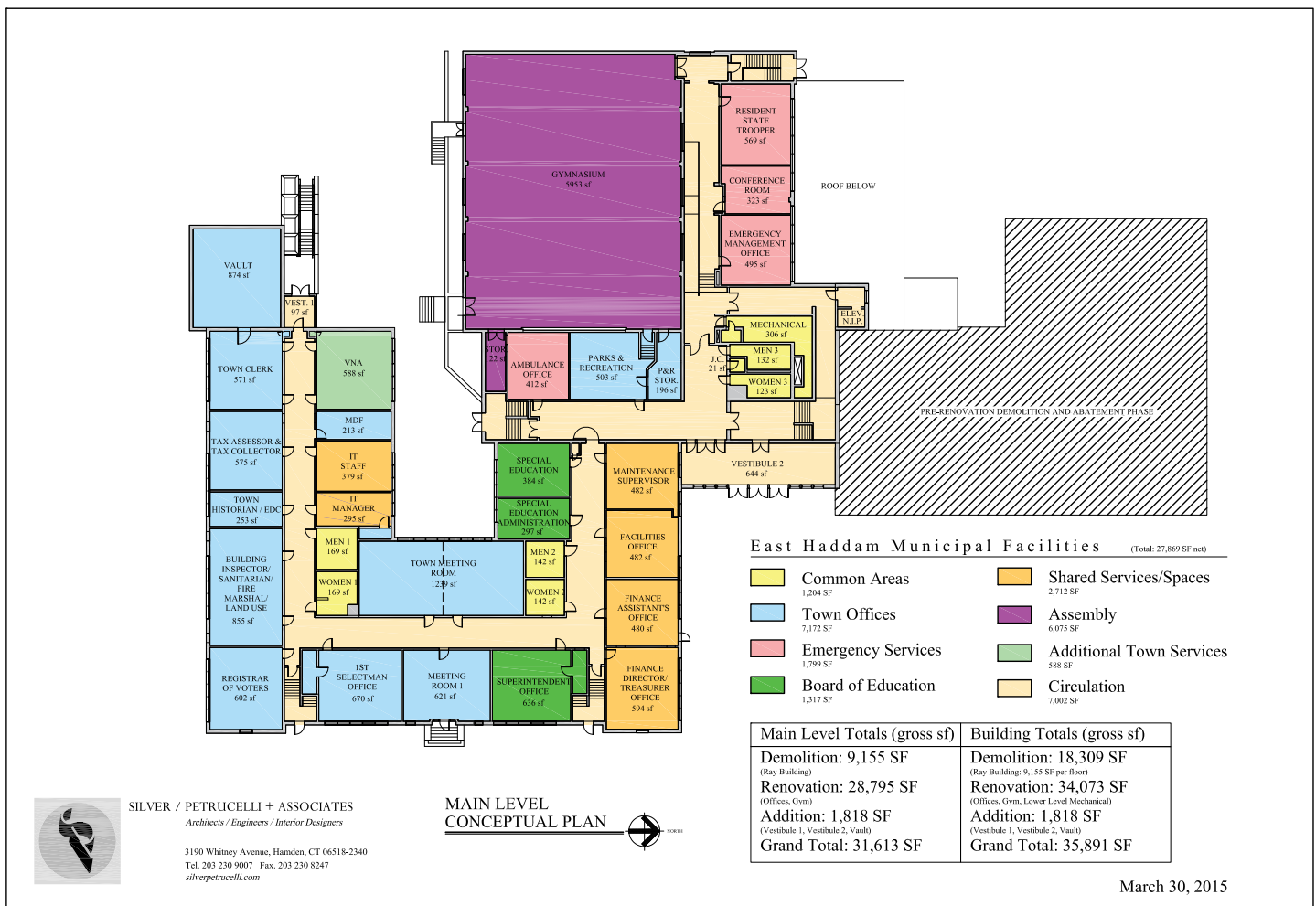
always challenging but through the public meetings and the final referendum we keep moving our town forward to be a place we continue to be proud to live in.

In 2010 with the formation of the Financial Needs Roundtable we built a strong vision and reviewed our town-wide capital requirements for the next ten years. With the committees and building advisory groups formed to address the four major projects we are finally ready to present our recommendations. The Public Hearing was held on April 22 and will be followed by a Town Meeting on June 4 with a referendum on June 16. This process was long and challenging due to the fact that Connecticut did not receive federal USDA grant funding that we were hoping could be used to fund a portion of these projects. As a result the Board of Finance set a maximum expense for these projects by establishing an annual threshold of \$2.2 million for all our debt service (principal and interest). The

Future Capital Projects fund was created to save for the increased debt service to prevent a mill rate increase for these projects. Every project was reduced in scope to meet the annual threshold set by the Board of Finance to meet critical needs without raising taxes.

In summary we have the opportunity to address the structural needs of our two firehouses, the town's radio system for emergency services, the Elementary School and the creation of a combined municipal facility (see main floor conceptual plan). These important decisions need your thoughts and feedback. I welcome your question and comments. Please watch for a town flier with more information. A detailed summary of each project is also on the town's website [www.easthaddam.org](http://www.easthaddam.org).

Mark B. Walter  
First Selectman



## Memorial Day Parade

The Memorial Day Parade will step off at 10 a.m. from the old Middle School parking lot on Monday, May 25. All community groups are encouraged to join the parade. 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!



## Moodus Reservoir Treatment With End Of Winter



Winter is over - we hope! We are looking forward to treatment of invasive aquatic plants this Summer. Meetings and other events are being planned. Moodus Reservoir Preservation Group (MRPG) is a non-profit 501(c)3 charitable organization created to protect and preserve the health of Moodus Reservoir in the town of East Haddam, CT. Information and inquires at Moodus.Reservoir@gmail.com. See us on FaceBook at "Moodus Reservoir". To become involved, contact Jeff King, MRPG President at 860-873-1957.

### Regarding the treatment:

The Connecticut Agricultural Experiment Station (CAES) study showed four invasive weed species in the basins of the reservoir, the two most developed, Variable Milfoil and Fanwort, were found on 80% of the lake bottom, crowding out native plant species and negatively impacting swimming and boating activities. MRPG was awarded a grant from the Connecticut Department of Energy and Environmental Protection to address the problem via a pilot study of 25 acres of the lake. Aquatic Controls Technology (ACT) a licensed lake management specialist was selected to conduct the study. ACT has contracts to manage over 150 lakes and ponds in Connecticut. The application of U.S. Environmental Protection Agency and DEEP approved herbicides Clipper and Reward is shown to be safe and effective in fresh water lakes throughout the U.S. After selection of the treatment area in late May and application in late June, an analysis in late summer will assess effectiveness and determine a plan for future action. We have been assured by ACT and DEEP that the application will have no adverse effect on swimming and boating activities and that all public access points to the lake will be posted with notification of the application date.

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## Ambulance Association



Current EMTs and EMRs celebrating Bill Planeta's retirement from EHA after 40 years of volunteer service.

Over the past few months, members of East Haddam Ambulance Association (EHA) have been busy with various training sessions and community events. EHA Emergency Medical Technicians (EMTs) and Emergency Medical Responders (EMRs) spent many hours making sure emergency calls were answered during the numerous snow storms this winter. On a

few occasions, a crew stayed at the fire-house during the storms to ensure a timely response for the citizens of East Haddam.

On February 12, East Haddam was presented with the HEARTSafe Community designation. This was a joint effort with East Haddam Ambulance Association and East Haddam Parks and Recreation.

**continued on page 5**



## AMBULANCE ... continued from page 4

During the past few months Tiffany Quinn and Michael Davis have worked hard to compile data and submit the completed application to Connecticut Department of Health - Office of Emergency Medical Services. East Haddam was presented with 10 HEARTSafe road signs. East Haddam Ambulance and East Haddam Parks and Recreation were also presented with proclamations stating the HEARTSafe Designation from State Representative Melissa Ziobron. The HEARTSafe Community designation is valid for three years.

On February 14, nine EHAA members volunteered for the HEARTSafe CPR Event held at the elementary school. Special thanks to Kathy Cazassa, Amber Lanteigne, Tim O'Connell, Tracy Purdue, Jiffy Spencer, Kevin Cavallo, Paul Michael Ross, Tiffany Quinn and Michael Davis. Thirty-two individuals learned about Adult hands Only CPR and an Introduction to AED (Automated External Defibrillator). The attendance was lower than expected due to the weather, but everyone who

attended said it was a great event. Please look for HEARTSafe road signs on our roadways later this spring.

Over the past few months EHAA EMTs and EMRs have continued with ongoing education and training. For instance, annual CPR recertification was conducted as well as new protocols that have been implemented by Middlesex Hospital.

Longtime EHAA EMT Bill Planeta retired after 40 years of selfless community service. A gathering was held on March 30th in honor of Bill. Many current and former members, EHAA Board of Directors, Middlesex Paramedics, EH Fire Department, friends and family attended as well as the First Selectman. Bill has been influential in the success of EHAA. During his tenure, Bill has held many positions, but most importantly, he has acted as a mentor to many current and former members. EHAA would like to thank Bill for his community service, but also to his wife Sandy, because we know

special family moments may have been missed due to Bill's commitment.

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



Bill and Sandy Planeta celebrating Bill's retirement from EHAA after 40 years of volunteer service.

## *"Good People Doing Great Things."*



*Community volunteers break ground on a new home with the Aguilular family and Middlesex Habitat for Humanity, just one of the many projects supported by the Community Foundation of Middlesex County. Learn more online or by phone.*

At the Community Foundation of Middlesex County, we know that it's the little things that count, that can change a community and improve the quality of life for all. TOGETHER we feed the hungry, shelter families, teach young and old to read, preserve local history and land, help people of all ages explore the arts, teach children to swim, support anti-bullying programs in our schools, help those with disabilities experience independence, and so much more. We do this by developing endowments, making grants that have impact, and assisting donors in meeting their philanthropic goals... all made possible by so many good people doing great things throughout Middlesex County. We invite you to join us.

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## From The Assessor

The Assessor's Office will be taking applications for the Elderly and Totally Disabled Renters Program from April 1, 2015 to October 1, 2015. Applicant's total income must not exceed \$34,600 for a single person, \$42,200 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 2014.

In addition, the deadline for filing for the Elderly and Totally Disabled Homeowners Program is May 15, 2015. Qualifying income and age requirements for the Homeowners Program and Additional Veterans Benefits are the same as the Elderly and Totally Disabled Renters Rebate Program. It should be noted that the town of East Haddam has adopted by local option an additional tax credit to homeowners 65 and older whose income does not exceed \$50,000 (including Social Security). Applicants must bring proof of income including Social Security for 2014. Applications for the Additional Veterans Benefits will be accepted until October 1, 2015.

As the Tax Collector's Office prepares the July tax bills, those residents whose motor vehicles have been sold, stolen, totaled, or who have moved out-of-state may be eligible for a pro-ration of their car taxes. Two forms of proof are necessary to pro-rate or remove a vehicle from the grand list. Residents must bring a copy of the plate receipt issued by the Department of Motor Vehicles at the time of cancellation of registration, and a copy of one of the following; bill of sale, transfer of title, receipt from junkyard, notification of total loss, trade-in papers, or some other document showing the date on which the vehicle was disposed.

The Assessor's office has its own web page on the town website. Included is information on real estate, personal property, and motor vehicle assessments; property tax relief for seniors, veterans, and the disabled; renters' rebate; information on revaluation; access to applications and forms pertaining to the Assessor's office. Also, the assessments as a result of the October 1, 2012 revaluation are available on the website.



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## Registrars of Voters

On March 24th, the Registrars administered a referendum on two open space questions. Both passed, and a record number of voters for a referendum, 1064, turned out to vote between noon and 8:00 p.m. Question one, the Zeleznicky property, 19.26 acres, was 591 yes, and no, 473. Question two, the Lena property, 207 acres, was yes, 599, and no, 464. It was our first referendum vote at the newly renovated Town Hall, and many voters are hoping for an increase in the parking area.

A referendum with multiple questions on future capital projects is tentatively scheduled for June 16, to be set by a town meeting on June 4.

We are looking forward to meeting students at the High School to answer

questions about voting and elections and to register students who are 18 or will be by November 3, 2015.

The Registrars are almost finished with their yearly Canvass of voters which checks for any changes in residence and updates our lists of voters.

While it is too early as we are writing this, to know our candidate list, we urge voters to be aware that the primary date for our local elections would be September 16 should we need one, and that candidates for local offices will be voted upon in November.

Laurie Alt and Lucy Yacovino, Registrars  
Laurie Bennet and Martha Hansen,  
Deputy Registrars



## Get To Know Your Conservation Commission



Paul Sienna

Meet Paul Sienna, Conservation Commission member and hard-working volunteer trail creator and maintainer. Paul is one of our “go to guys” for the hard work of making a great trail system accessible to

citizens like you. Our trails must be scouted, marked, cleared and mapped, and hikers need places to park and bridges to take them safely over streams. Because of people like Paul, already eleven miles of marked and mapped trails through fields and forests and over ridge-lines await you on town-owned open space. Add these to even more trails maintained by the East Haddam Land Trust and hours of great out-door experiences are yours right outside your back door. This would not be possible without the gift of time and energy on the part of a remarkable group of volunteers, and chief among them, is Commission member Paul Sienna.

Paul joined the Commission three years ago when he learned of our mission while helping his son perform community service. Because of his love of the outdoors, he immediately got to work on our trails. The Hatch Lot, with its spectacular views, well-developed trails and connections to other parcels, is his personal

favorite, but he looks forward to helping with the possible siting of a disk golf course and creation of a mountain bike trail somewhere on town land. “We have to find ways to get the next generation out on the land,” he says.

When he is not volunteering for the Commission or working for Portland Electric, Paul finds time to be a runner and a garden tractor pulling enthusiast. But many a Saturday afternoon when the snow is not too deep, he can be found in our publicly owned open space, leading work parties or planning bridge and parking lot improvements. It was a lucky day for the Conservation Commission when Paul Sienna came calling.

If you would like to get involved with the Conservation Commission’s work or participate in Saturday work parties, just email Sue Merrow at Amerrow@snet.net for more information.

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## Friends of Rathbun Library

The Friends wish to thank all those who contributed to our annual fund drive. Our campaign was a great success and it is through your generous donations that we are able to continue to support the library and its patrons. We are pleased to be able to continue paying the newspaper and periodical subscriptions, as well as the discount museum passes available to all library patrons. Please take advantage of the fabulous discounts these passes offer. They are available at either library branch.

We will once again be providing funds for the childrens' programs this summer, starting with Mr. Magic's one hour presentation on June 25. We have also purchased a fabulous new rug for the children's play area and we are looking into replacing the chairs down there.

We have two major projects that are in the planning stages:

- 1) upgrading the outdoor Georgiana Costa Reading Garden to a more welcoming area with additional tables, more plantings and a plaque.
- 2) creating the Nancy Giesey Memorial Reading Room upstairs in the library. Plans include better seating, a charging station for electronic devices and air conditioning.

This year, we will be co-hosting our Fridays at 5:30 p.m. speaker

series with the Friends of East Haddam Free Public Library. The series will kick off June 19 with popular Hartford Courant nature columnist Peter Marteka. This event is co-sponsored by the East Haddam Land Trust and will take place at the Grange Hall. The series will continue monthly through September.

Due to the winter that just wouldn't go away, our yearly plant sale has been pushed back to June 6.

Check our facebook page (<https://www.facebook.com/FriendsOf-RathbunLibrary>) for more information about all of our upcoming events as the dates near.

The Book Nook is once again accepting donations of gently used books and DVD's. Donations can be left off on the table in the Book Nook but please nothing moldy or in disrepair!

We have boxes of notecards featuring drawings of both library branches for sale at both libraries. Matthew Goldman drew the image of the Rathbun and Bud Gaudio drew the EHFPL.

For more information about any of our events or programs, please contact [friendsofrathbunlibrary@gmail.com](mailto:friendsofrathbunlibrary@gmail.com)



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## Tax Collector

The Tax Office is busy preparing for the mailing of the 2014 Grand List tax bills. All bills will be in the mail by June 30, 2015 (proving the budget passes on time) with a due date of July 1, 2015, payable by August 3, 2015 without interest. If you still owe taxes on the 2013 Grand List, an attempt should be made to clear up the back taxes before the new bills come out. Liens will be placed on all outstanding Real Estate balances. This is an additional charge.

Tax payments may be made in person, by mail or on-line. Office hours are; Monday, Wednesday, Thursday 9:00 a.m. - 4:00 p.m., Tuesday 9:00 a.m. - 7:00 p.m. and Friday 9:00 a.m. - Noon. There is a secure Lock Box in the front alcove, which is available during non-business hours. Our on-line payment service, Point and Pay, is available to all taxpayers who wish to pay tax bills by e-check, credit or debit. There is fee of 2.95% on all credit/debit transactions. The fee for e-check is \$2.95 per transaction. These fees also apply to all over the phone and in office payments.

To inquire taxes owed or look up taxes paid, go to easthaddam.org. Under town departments select Tax Collector. Click link for "Online Tax Information". To pay taxes online, go to easthaddam.org and click the link "Pay Taxes". This office is for the collection of taxes only. Any adjustments to your bill must be made by the Assessor. Email: assessor@easthaddam.org Phone: 860-873-5026

The Tax office can be reached at 860-873-5033 or email: taxcollector@easthaddam.org.

## Volunteer of the Month

Please join us in congratulating our most recent volunteers of the month: Elizabeth Gross, Barbara Davis, James Curtin, Kathryn O'Boyle, David Moreau and Alyssa Dill. If you would like to nominate someone, please do so in a letter to the First Selectman.

## Volunteer Reception

The Volunteer of the Month Reception will be held on Sunday, May 31, at 3 p.m. at the Senior Center. Those volunteers named during the past year will be honored at this event. Past honorees and the community are encouraged to attend. Light refreshments will be served.

## Holiday Closings

The Town Office Building will be closed on:

Monday, May 25, Memorial Day  
Friday, July 3, Independence Day

Transfer Station will be closed on:

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## Business Updates

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

**CrossFit High Order** is a new fitness facility located in East Haddam Industrial Park, 7 Matthews Drive, Building E3. Longtime friends and experienced coaches from Haddam, Andrew Petrusis and Brian "BK" Kelleher, have begun to realize their dream of providing exercise training for people of all ages, regardless of their physical condition. They offer customized programs fit to the needs of each individual that build strength, power, flexibility and cardiovascular endurance. Kelleher graduated from Central CT State University with a BS in Exercise Science and Health Promotion. He became a certified health and fitness specialist through the American College of Sports medicine and coached varsity soccer for HK. Petrusis has a military background, serving in the U.S. Air Force deployed

in Iraq and Afghanistan for several years before becoming a CrossFit coach, conducting over 1,000 CrossFit classes, and opening two non-profit affiliates. They look forward to teaching fitness and building a community of healthy living. Classes begin at 6:00 a.m. and are offered in the evenings as well. A free trial class is available on Saturdays at 9:45 a.m. See website for the class and open gym schedule and more information [www.crossfithighorder.com](http://www.crossfithighorder.com) or call 860-891-8070.

**Lakeside Dan's**, a bait & tackle, equipment, boat rental and snack shop, is now open for the season on Upper Moodus Reservoir, at 18 Shore Road next to the boat ramp. Owners Dan Omara and Ralph Affinito, sell bait and tackle, including custom jigs and spinners. The avid anglers and outdoorsman offer tips to help you find fish and enjoy a hassle-free day on the lake. Rod and reel rentals, hot dogs, snacks and cold drinks are also available.

Kayak and skiff rentals get you out on the water and better your chances to find bass, perch, catfish and more, while exploring the beautiful coves and enjoying the scenery. Guided tours and overnight packages with Grandview Camping Resort are also available. The shop is open from April 1 to October 1, Monday through Friday from 7:00 a.m. to 5:00 p.m. and on Saturday and Sunday from 6:00 a.m. to 6:00 p.m. Live bait available 24 hours. For more information visit [www.lakesidedans.com](http://www.lakesidedans.com) or call 203-623-5439.

Please visit the Business Directory on the homepage of the municipal website [www.easthaddam.org](http://www.easthaddam.org) for a complete listing of East Haddam businesses. Also, check the Community Calendar section for upcoming local business events, including East Haddam Fall weekend (Sept. 18-20).

Contact the EDC at [mrcdm@snet.net](mailto:mrcdm@snet.net) or P.O. Box K, East Haddam, to have your new business or service listed here.



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# 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 it being the law, a license serves as a ticket home should your pet become lost.

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 860-873-5027 or Mike Olzacki, East Haddam Animal Control Officer 860-873-5044. Thank you.

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 Number One Dog tag contest.

# Number One Dog Tag Contest



Please submit a photo of your dog, along with the following information by May 14:

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

Submit entry to: Town Clerk, PO Box K, 7 Main Street, East Haddam, CT 06423 or e-mail to [townclerk@easthaddam.org](mailto: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.

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# Library System

Hello Friends and Neighbors,

It's always great to see you at our local libraries. Did you know that 2/3 of East Haddam citizens have a library card? With access to an excellent selection of books, movies, tv shows, and programs - it's easy to see why. I get a lot of questions about what's new and happening at the library, and I'm sure there are many of you who have the same question but haven't had the chance to ask. With that in mind, here are some Frequently Asked Questions about the East Haddam Library System.

## What's new at the library?

A lot has happened since EHFPL & Rathbun became town-owned libraries and formed the East Haddam Library System. As many of you know, both EHFPL & Rathbun Library are now part of the LION Consortium. LION has 27 member libraries ranging from small

towns like East Haddam and Haddam to major cities like New London and Wallingford. Member libraries share materials, making it much easier for you to get the book that you want as fast as possible.

## Does the library have eBooks or downloadable audio books?

Yes! Both libraries now have access to thousands of ebooks and digital audio books through Overdrive. Google search East Haddam Libraries. Once you're on our site simply click the "Checkout eBooks & digital audio books" link. Login using your library card, and select some books to borrow. Next, you'll need to install the Overdrive App on your device (available in the app store). Follow the instructions and you'll be all set. If you have any questions, stop by the library or call to make an appointment, and a librarian will walk you through it.

## Is there anything else I can download for free from the library?

Yes! The library also offers free digital magazines with popular titles such as Newsweek, Better Homes, Bon Appetit, and ESPN. Simply go to the library website and click on the link for Free Digital Magazines from Zinio. Follow the online instructions and get started. The best part about Zinio is that the digital magazines are yours to keep, so you can enjoy them any time.

## Are there any upcoming programs?

Of course! EHFPL and Rathbun offer over 30 programs a month for all ages. Following are a few of the exciting things we're offering this Spring & Summer. For more details, please visit our website at [www.EastHaddamLibrarySystem.org](http://www.EastHaddamLibrarySystem.org)

continued on page 13

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## LIBRARY ... continued from page 12

### For Little Ones:

Babytime: Every Wednesday at 10:30 a.m. at Rathbun  
Storytime: Every Monday & Thursday at 10:30 a.m. at Rathbun Library; Every Wednesday at 10:30 a.m. at EHFPL (ends June 18 for Summer Reading). Picnic Pals: Every Wednesday at 12:00 noon at EHFPL (Starting July 1).

### For Kids:

Mr. Magic Summer Reading Kick-Off: Thursday, June 25th at 11:00 a.m.  
Weekly Summer Reading Programs at EHFPL & Rathbun (2 per week!) - see Calendar for details

### For Teens:

Teen Book Club - Interest Meeting: Wednesday, July 8 at 3:00 p.m.  
Weekly Summer Reading Events! See Calendar for details.

### For Adults:

EHLS Book Club - Third Wednesday of Every Month at 6:30 p.m. at the Town Tavern Restaurant  
EHFPL Book Club - Second Wednesday of Every Month at 7:00 p.m. at EHFPL  
Rathbun Book Club - New! See Online Calendar or ask a librarian for details  
Summer Guest Speakers - See Calendar for Details

### Why should I visit the library?

If you're one of the few citizens without a library card, now is the perfect time to get one. The libraries are now easier to use than ever.

In fact, with LION's digital items and easy online reserve system, you can order just about anything from home. All you need is a library card. EHFPL is open until 8:00 p.m. on Monday & Wednesday and Rathbun is open until 8:00 p.m. on Tuesday & Thursday, you can stop by at your convenience to pick-up your orders.

How much do you spend renting or buying books & movies that you only get one use out of? Save your money! The libraries have brand new books, films, TV Series, and more, all available to checkout for free. Most items are available the same week they're released. The wait lists are quick, and sometimes non-existent. The libraries also have free computer access and free WiFi, which are great for job-searching, facebooking, or even gaming. There's also printing, photocopies, and faxing. Best of all, the libraries are a great place to meet with friends & neighbors.

The best way to experience the libraries is to visit, and judge for yourself. If you haven't been in for a while, I think you'll be pleasantly surprised. If you're one of our more regular patrons - thank you so much for your support. Keep giving the staff your requests, our job is to get you the materials, programs and services that you want. There's something for everyone at your local library. For more details please, call the libraries - EHFPL: 860-873-8248 | Rathbun: 860-873-8210, Google us online, or stop by and visit.

Sincerely Yours,  
Michael Gilroy, Your Friendly Neighborhood Library Director

## Hoops For Heart



Left to Right - Sabrina Shelton, Tyler Spurgeon, Mitchell Myjak, Mr. Pernal, Brooklyn Libera, Rowan McGrath & James Atkinson. Front - Kaleigh Faircloth

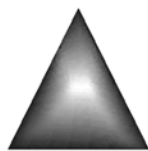
This year for the first time, NHRMS participated in a Hoops for Heart program to raise money for the American Heart Association. The event was exclusive for the 4th & 5th graders. It was held during the last week of February. Each class engaged in basketball related activities which featured a dribbling station, a passing station, a jumping

station, and shooting stations. Each student had one minute to make as many shots as they could from specific spots on the floor (worth different points). Students point totals were added up and the class that had the most was rewarded various prizes. Mrs. Daley's class had the highest point total in the fourth grade and Wednesday's 5th grade class scored the most points for the fifth grade classes. Top individual scorers in the fourth grade were Natasha Husuly, Tessa Gelston, Ashley DelloIacono, Rebecca Bushnell, Drew Conroy, Michael Kraszewski, & Talo Ciccarello. As for the top fifth grade performers they were Julia Howley, Alex Duval, Julia Freeman, Taryn Beisel, Arielle LaPreay, Gabriella Aguilera, Loudon Chupas, Miles Gagne, & Brandon Lankarge.

A poster contest was also held. Students in Mrs. Ventres class designed posters to help promote the Hoops for Heart event.

All students did a fantastic job as their work was displayed in the hallways, in the gym and around the school. Individual recognition goes out to Taryn Beisel, Selina Zhang, & Gianna Romano for creating the top posters.

Over 40 of our 4th and 5th grade students collected donations from generous donors to raise over \$2,000! In each grade, the homeroom that had the most participants donation collections were awarded a free PE class. Mrs. Daley's class and Mrs. Doyon's class took top honors. Top individual collectors for the 4th grade were Rowan McGrath, Brooklyn Libera, and James Atkinson. In 5th grade, Kaleigh Faircloth, Sabrina Shelton, Tyler Sprugeon, & Mitchell Myjak were the top donation collectors. Kaleigh was our top overall fund raiser! Thank you to all the students, parents, and friends that participated and took the time to help a really good cause.



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## Summer Library Days

The middle school library will be open again one day a week this summer! As in previous years, students are welcome to check books out for summer reading!! We will also have movies again - Mrs. Biffer has been shopping and new movies, as well as old favorites, will be shown!

We will also have lists of some possible reading choices that students might enjoy available.

The library will be open at least one day most weeks during July and August. A list of dates will be available before the end of the school year.

## Summer Reading

After all of the snow this year, who isn't looking forward to relaxing at the beach with a great summer read? Believe it or not, it's almost time to start making those summer reading lists. Stay tuned for more details in the next few weeks for a joint venture between the Nathan Hale-Ray Middle School and the East Haddam Public Libraries.

## Author, Author!



4<sup>th</sup> & 5<sup>th</sup> Graders with Denise D'Ascenzo

Read Across East Haddam Day was held at Nathan Hale-Ray Middle School on March 3, 2015. Students had the opportunity to meet with five award winning authors who shared their love of books and the craft of writing. Students in the fourth grade met with Darien resident, Nina Nelson, author of *Bringing the Boy Home*, and learned about her travels to the Amazon. Our fifth graders participated in a writing workshop with local author,

continued on page 15



## AUTHOR ... continued from page 14

Gayle Byrne of Killingworth who inspired everyone to be an author. The sixth graders listened to Madison resident Leslie Connor speak about how pictures and images give her inspiration to write. They listened to Mrs. Connor read an excerpt from her award winning book, *Waiting for Normal*. The seventh graders were on the edge of their seats listening to how Colchester author Estevan Vega writes his paranormal thrillers.

Perhaps the most fun was had by the eighth grade students who were active participants in a hands-on writing workshop with former teacher, turned author, Tracy Costa of Cheshire. Tracy demonstrated to students what it means to "show not tell" your audience what is going on when writing stories. The students acted out various emotions and scenarios and then had to describe exactly what they saw.

The day was not just for authors. Several celebrity readers also joined the students. Superintendent of Schools, Brian Reas, read to the sixth graders. A highlight of the day was when WFSB Channel 3 Anchorwoman Denise D'Ascenzo read to our fourth and fifth graders. She even mentioned our wonderful students on the evening news. Everyone had a great day reading!



Sixth Graders Listened to Madison Resident Leslie Connor

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# A Day With Sharon Draper



Sharon Draper

On February 5, Nathan-Hale Middle School hosted a visit by internationally known author and educator, Mrs. Sharon Draper. Mrs. Draper's presentations were extremely lively and engaging, showing our students the connections between reading and writing; motivating them to read even more; and adding to their excitement about learning. Mrs. Draper also answered students' questions about writing, autographed books for children, and presented the school library with a copy of her new book, *Stella by Starlight*, on CD.

Mrs. Draper is the author of a number of books, including the New York Times bestseller and 2014 Nutmeg Award winner

*Out of My Mind* and *Stella by Starlight*, also on the New York Times bestseller list. Mrs. Draper has received multiple awards, honors, and literary recognitions, including five Coretta Scott King Literary Awards, Parents' Choice Awards, and honors from organizations including the International Reading Association, the American Library Association, the Children's Book Council, Bank Street College, the National Council for the Social Studies, the American Library Association, and dozens of state awards. She has won such prestigious awards as National Teacher of the Year and is a Milken Foundation National Educator Award winner. Mrs. Draper is active in the National Council of Teachers of English and the International Reading Association.

## Visual Art



Visual Art students of NHRMS have been sculpting away! Clay has been coiled and pinched, carved and formed, slipped and slabbed until the students were pleased with their creations. 8th grade students studied the Pop Art sculptures of American artist, Claes



Oldenburg and then created their own, focusing on their favorite food. Medieval architecture was looked at by the 7th graders and they discovered that one of the original uses of the gargoyles was as a water spout to deflect the rain from the sides of the buildings. The

6th grade art students were learning another type of sculptural art, Ugly Face Jugs. These were derived from the plantations of Edgefield, South Carolina around 1850. The Ugly Face Jugs were thought to be used as grave markers for African-Americans, as they were not allowed to have tomb stones of their own. The purpose of the ugly face was to scare away evil spirits.

7th grade students have also been working two dimensionally as they practiced their painting techniques in Pop Art Paintings. We hope to have a display of these at the East Haddam Public Library for the month of May. Stop by to view them!



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## Senior News



### Birthday Celebration

Doris Brown, a longtime resident of East Haddam turned 98 on March 31. Her birthday was celebrated during the senior center's shopping trip to Cromwell during lunch at the Athenian Diner in Middletown. We celebrated with a delicious lunch and a carrot cake birthday cake.

Clockwise from the left are Eunice Murphy, Alice Guertin, Peg Blake, Doris Brown, Jean Burdette, Vinnie Conte, and Benny Stelzer.

## American Legion Baseball

American Legion Post 156 Baseball serving the towns of East Haddam, East Hampton & Colchester will again participate in the Prep division (15U), created by the Connecticut American Legion for players 13, 14 & 15.

This team will be in addition to the

Junior (17U) and Senior (19U) Legion teams. Tryouts will be after the conclusion of any Middle or High School play in June.

The home field is American Legion Field, located behind Post 156 on Neptune Avenue in Moodus. Please visit our

U19 website at <http://HTOSports.com/ehaddam>.

If you are interested in playing for any of our teams please send an email to Buddy Altomaro at [aaltomaro@outlook.com](mailto:aaltomaro@outlook.com).

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# Garden Club



At a recent meeting of the East Haddam Garden Club, meteorologist Art Horn was the featured speaker. Pictured are: (left to right) Nancy Seaman (Co-President), Art Horn, and Nancy Borge (Co-President).

## Don't Miss - Garden Club / Historical Society Combined Sale!

The annual Plant and Bake Sale of the East Haddam Garden Club will be Saturday, May 16, 8:00 a.m. - 2:00 p.m., at the East Haddam Historical Society, 264 Town St., East Haddam. This event will feature annuals, perennials, vegetables, shrubs, special plants from members' gardens, and delectable homemade goodies from their kitchens. At the same time, check out the treasures and bargains at the popular Tag Sale of the East Haddam Historical Society!

## EHGC / School Collaborations

### Photography Contest

Judging for the first "Art is Nature, Nature is Art" photography contest at Nathan Hale-Ray High School, sponsored by the EHGC, was completed at the end of April. Club members Shea Jezek and Deborah Batt of the school's art department developed and coordinated this program. The entries will be displayed digitally at the East Haddam Free Public Library.

### Arbor Day

In late April, the EHGC sponsored and participated in the annual third grade Arbor Day Program and Tree Planting at East Haddam Elementary School. This has been a club project for more than three decades! The EHGC provides a tree (or shrub), and club members join the entire school for this wonderful event, which includes choral readings, artwork and music focused on the theme of Arbor Day. Thank you, third graders, for your outstanding efforts!

### EHGC Scholarship

For the second year, the garden club will award a \$500 scholarship to a East Haddam senior. Our thanks to the Nathan Hale-Ray High School Guidance Department for their help, as well as to the club's scholarship committee (Ginny Turner, Dora Lyman and Berry Honore).

## Town Projects

Every year, club members plant the beds of annuals at Gillette Castle. Club member Anita Ballek designs the colorful displays, and fellow

members join her at the Castle for a morning of planting in May. Throughout the summer months, Castle staff water and weed. The displays are enjoyed by many visitors, and are a stunning backdrop for numerous weddings.

Other local club projects are the Goodspeed green and the planters at Shagbark triangle. Watch for EHGC creations at these two locations. They are maintained, and decorated seasonally, throughout the year, by members. Watch for the colors of summer next! If you see them hard at work, give them a wave and a thumbs-up!

## New Officers

New EHGC officers for June 2015 - May 2016 were elected recently. They are: Co-Presidents - Nancy Borge and Nancy Seaman; Vice-President - Bette Lomme; Recording Secretary - Judy Metcalf; Corresponding Secretary - Jo Golec; Treasurer - Debby Duncan.

## About the Garden Club

The EHGC currently has 42 members; new members are always welcome. Come sample a program or two and get to know us! For example, programs planned for future months include presentations on flower arranging and garden photography, trips to Wickham Park and White Flower Farm, and creating Thanksgiving centerpieces for the East Haddam Food Bank. Our activities are a combination of hands-on civic beautification planting projects; youth activities; visits to notable gardens, parks and nurseries; and programs featuring knowledgeable speakers.

The East Haddam Garden Club is a member of the Federated Garden Clubs of Connecticut. For more information, contact Betty Gross (860-873-8732). Check us out ("East Haddam Garden Club") on Facebook!





# East Haddam Public Schools

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

Welcome to the East Haddam Public Schools section of the events magazine! A recent study highlighted the strength of a diploma from Nathan Hale-Ray High School. The longitudinal study asked the question, "What happens to our students when they go to college?" The Noises ranked number 9 out of 169 districts for their students needing remediation in the state university system. Only 22% of our 2006 seniors needed remediation compared to the 48% that represent the state average. The full *Preschool through Twenty and Workforce Information Network (P20 WIN)* is on the district website at [www.easthaddamschools.org](http://www.easthaddamschools.org).

In March, the blog called, 'School's In' was published at [www.easthaddamschools.org/super](http://www.easthaddamschools.org/super). The blog is written and edited by the Superintendent to increase awareness about the activities of the schools and interesting information like the report discussed above. We know how important it is for us to stay connected and this is one more option for informal and timely information. You are invited to sign up to receive an email every time a post is made to the blog.



## *Educational Tidbit!*

Why do schools need to be different than they were 50 years ago?

This question is one that I have heard since a very young age and never felt prepared to answer. I recently read a publication online that gave one very poignant example for part of an answer. The study that can be found at the following site, [http://daggett.com/pdf/2013MSC\\_Redefining\\_College\\_and\\_Career\\_Readiness.pdf](http://daggett.com/pdf/2013MSC_Redefining_College_and_Career_Readiness.pdf), discussed the acceptance rates for military service. Of US Citizens, 17 out of 24 citizens are ineligible for military service. This is a major shift from 50 years ago.

There are many reasons for this shift, however, one that stands out is that the US military of today is seeking highly technical and skilled recruits to operate their hi-tech tools. The statistics for Connecticut's work force shows similar trends with hi demand for highly technical careers. Our schools continue to adapt to these changing expectations by developing a dynamic curriculum to support our students to have the most opportunities.



Celebrating

"Read Across America" day,

March 3, 2015

## Upcoming Board of Education Meetings

All regular monthly board meetings are held at 7:00 PM in the Nathan Hale-Ray High School Cafeteria

May 12, June 9, July 14, August 11

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



**Principal  
Joanne Collins**

**Assistant Principal  
Noah Ventola**

**Telephone: 860-873-5076**

**UPCOMING EVENTS**

**May 4, 6, 7**  
Kindergarten Experience  
9:30 or 1:30

**May 15**  
Basket Bash

**May 18-21**  
PTO Book Fair  
Family night 5/20

**May/June**  
Various Field trips

**June 9**  
Incoming Kindergarten Bus  
Ride

**PTO Meetings:**  
7:00 pm Room 304  
5/21/2015

We are welcoming Daylight Savings time at the elementary school to fulfill our long-awaited hopes for warmer and sunnier days! With this change in weather, more families are already coming into our Family Resource Center to learn and have fun with their little ones.

We experience so much excitement in school and we're grateful to our PTO as they offer "endless" enrichment opportunities and entertainment! They hosted a bus driver appreciation breakfast where drivers received special messages of gratitude cards from the children! Second graders enjoyed learning about nutrition through the "Kid Power - Operation Lunch Line" program. Third graders will confirm what they learned about President Lincoln from the "Living Abe Lincoln" presentation.

In April, the Audubon Society taught Kindergarteners more about animals and reptiles through the "Furs, Feathers, and Scales" program. The PTO hosted an all-day author's visit with J.C. Phillipps! Our weeklong Read Across America recognition celebrated Dr. Seuss' birthday! Each classroom door was decorated, Dr. Seuss stories were shared, and staff and students wore silly socks as they petted baby goats and listened to stories read by Mrs. Kaeser. Our Library/Media Specialist, Mrs. Phillips, and our Language Arts Consultant, Mrs. McLaughlin, along with other staff coordinated this school-wide event. Mr. Ventola dressed as Cat in the Hat as Mrs. Collins read *The Sneetches* aloud to all students in the gym! We hope the door decorations hold up for the rest of this school year because they represent creative contributions of the children, staff, and parents.

In preparation for the 3rd grade transition to 4th grade at the end of this school year, third graders will tour the middle school and learn how to open their lockers. They will share questions about the middle school with Mr. Peacock, Mr. Parker, and the counselors during the visit this spring.

Our teachers are deeply involved in working together to build curriculum, share best practices and instructional strategies, and build a school climate for learning. As always, we appreciate the school community members as our partners in fostering educational excellence, consistent communication, and mutual support for the benefit of our students. On behalf of our staff and students, we are consistently grateful for this support.



**3rd Grade Lunch on the Stage**



**Enjoying Dr. Seuss Day March 3rd**



# Nathan Hale-Ray Middle School



Principal  
Jason Peacock

Assistant Principal  
Roy Parker

Telephone: 860-873-5081

## UPCOMING EVENTS

May 11  
4th Grade Visit to the  
State Capitol

May 15  
7th Grade Visit Boston

May 18-21  
MS Spring Book Fair

May 19  
Yes Club to CCSU

May 20 & 22  
4th Grade Visit to the  
Florence Griswold Museum

June 2&3  
6th Grade CONNECT Trip

June 5  
MS Dance

MPAC Meetings:  
7: 00 pm—Library  
5/4/15  
6/1/15

Spring is finally here! As the last of the snow melts, our middle school students can enjoy getting outside again. Spring sports, such as baseball, softball and running, are underway. We will soon be enjoying our students' performances in our spring drama production as well as our band and choral concerts.

Ms. Sullivan and her 6<sup>th</sup> grade students hosted a highly successfully blood drive on April 1<sup>st</sup>. The donations were very important since the Red Cross blood supply is low this time of year.

Our students met the food drive challenge and really packed my office with food. It was comical during the last few days of the food drive as I carefully followed a narrow path to my desk. I had to delicately pass through towers and walls composed of an impressive collection of soup, tuna fish, cereal, vegetables and more! As a school, we collected thousands of food items to stock the East Haddam Food Bank. Well done students!



Congratulations to Garrett Spradlin as he moves on as a semi-finalist in the CT National Geography Bee. We are proud of all our students who participated!

Thank you to Melissa Torrente and Ava Biffer for organizing a wonderful Read Across America Day! Our guests included many local authors, our state representative Melissa Ziobron, Superintendent Brian Reas, and Ch. 3's Denise D'Ascenzo. They were all very impressed with our students and the school in general.

Denise D'Ascenzo complimented us on the evening news, at which time Mark Dixon told her that he was here last year for "Cool Schools."



The vocal and instrumental students participated in the **Eastern Region Music Festival**, logging in almost 12 hours of rehearsals in just two days. The final concerts were amazing! A sold out audience of almost 1000 people gave the Mixed Choir a standing ovation for their performance. Special congratulations to Isaac Manfull who was chosen as a soloist for the concert. Bravo to all of your talent, hard work, and dedication really paid off.

In March, we had a wonderful performance at the Board of Education meeting by the **NHRMS Wind Ensemble**. Eleven talented students performed background music before the meeting started and played an impressive medley once the meeting was called to order.



# Nathan Hale-Ray High School

## NOISES NEWS



Principal  
Eric Spencer

Assistant Principal  
Jennifer Sarafin

860-873-5065

School Counselors  
Lisa Maciorowski  
Laura Truncali

### COMING EVENTS

May 18

Band Concert  
7:30 p.m. High School

May 21

Choir Concert  
7:30 p.m. High School

May 26

Underclassmen Awards  
7 p.m. High School

June 4

Senior Awards &  
Class Night  
5 p.m. High School

June 19

Graduation  
6 p.m. High



*This winter CTE (Career and Technical Education) students at Nathan Hale-Ray have been busy working on projects in their respective classes.*

In Technology and Engineering Education, students in Computer Integrated Manufacturing class are learning programming and machining skills to design and create parts and products using computer controlled mills, routers, and lathes.



Students of Robotics and Construction attended a VEX Robotics competition in Danbury CT. NHRHS placed 26 out of 56 teams. Congratulations!

The students in Mrs. Pease's classes tapped maple trees for Maple syrup production later in March.



Wendy Vincent, Writer, Editor,  
Publisher Epic Publishing Co.



Zachary Koval, Recording Engineering and Music Production

The East Haddam Business Association Sponsors the Nathan Hale-Ray High School Career Fair

FFA advisor Mrs. Matthewson and

three FFA chapter officers attended the National FFA Convention in Louisville, Kentucky. The students presented the chapter's FFA Living to Serve project results to a national committee. This four year project has been a cooperative effort with the East Haddam Conservation Commission and resulted in a beautiful trail system at the Nichols' Field area which is open to the public. The Outdoor Recreation class maintains these trails as part of their course.





# Ziobron Once Again Adopts State Parks

## On 'Legislator Honor Roll' for her continued effort with Connecticut's State Park System

Friends of CT State Parks Day was held on Wednesday, March 11. State Rep. Melissa Ziobron "adopted" state parks in the 34th District, as part of a program to raise awareness for Connecticut's state park system. She was honored for her efforts by being chosen a member of the "Legislator Honor Roll."

Ziobron's commitment to state parks has been a priority since she began her tenure in the legislature. "My district is home to many beautiful state parks and forests. Advocating for them and the people who care for them continues to be one of my top priorities as a Representative of the 34th district," Ziobron added.

Ziobron's 2016-17 adopted parks include: Salmon River State Forest in Colchester, Air Line Trail State Park in East Hampton and Brainard Homestead State Park in East Haddam. As part of the program, Ziobron pledged to host an event at each park. In celebration of Trails Day, sponsored by Connecticut Forest & Park Association, her first event will be held Saturday, June 6, 9:30 am at Salmon River State Forest. Ziobron, an accomplished birder, will host a letterboxing event with unguided hikes and one guided hike. All participants should bring binoculars for

optional birdwatching. Check [www.repziobron.com](http://www.repziobron.com) later this spring for more information.

"With an estimated \$2 million in cuts for state park funding included in the Governor's budget proposal, I plan to do my very best to safeguard the public's access to our parks and secure critical funding that our park system so desperately needs. I hope that by continuing to highlight our state parks and activities, it will bring the true value of these special places to the forefront for my constituents. It is critical that we know their value during the budget process," said Ziobron.



Melissa Ziobron represents the 34th district communities of Colchester, East Haddam and East Hampton

# Winter Athletics Awards Night

On Monday March 16th Hale-Ray Middle School recognized their student-athletes in their annual winter awards assembly. The coaches of Girls Basketball, Boys Basketball and Cheerleading individually presented a year-in-review summary of their team's successes to the students, parents and faculty in attendance. Some students were also honored with individual awards and accolades.

Honorees/Coaches: Melissa Martin-Girls Soccer, Kimberly Marchowski - Cheerleading, Andrew Riccio - Boys Basketball and Athletic Coordinator.

### Awards:

Girls Basketball: Most Improved - Sarah Haentjens; Sportsmanship- Erin Molkenthin; Leadership - Emily Sienna  
Boys Basketball: Most Improved - Christopher Cappitella; Sportsmanship - Alex Ricard; Leadership - Nicholas Bonadies  
Cheerleading: Most Improved - Skylar Rapuano; Sportsmanship - Juliana Kingsbury; Leadership - Isabella McGrath

The Middle School Athletic Department in conjunction with the Shoreline Middle School Athletic League began its Softball and Baseball seasons on Wednesday, April 22.

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# Nathan Hale-Ray All School - All Class Reunion 2015

Save the date! The Nathan Hale-Ray All School - All Class Reunion 2015 is Saturday, August 15 at the Moodus Sportsmen's Club, Colchester Turnpike, Moodus. Festivities start at 3:00 p.m. Dinner served promptly at 5:30. Pot luck desserts are appreciated.

Tickets are available at the door. Admission is \$20 and includes food and entertainment. All proceeds will go towards helping our students. Feel free to BYOB alcohol and other treats.

In 2013, our first year, we gave one \$500 scholarship; in 2014 and 2015, through your generosity, we were able to give two \$500 scholarships. We are considering expanding this program to include scholarships toward advanced education certificates for alumni.

The menu includes pulled pork, BBQ chicken, potato salad, coleslaw, tossed salad, iced tea, lemonade, coffee. The musical entertainment for the evening includes:

4:00 p.m. - The Jedd Chlebowski Quartet (jazz) and 7:00 p.m. - The Tom Sanders Band (classic and southern rock)

Both bands have Hale-Ray connections. Jedd Chelebowski is the son-in-law of the legendary softball coach and math teacher Lou Milardo. Tom Sanders is from the class of 1971.

You don't have to be a Hale-Ray graduate to attend. Anyone who went to Hale-Ray or is part of the Hale-Ray extended family of parents, teachers, staff, and former teachers are welcome. You might even catch up with a favorite teacher. (Hint: A few of our teaching "legends" will be there!)

Bring a cooler and a blanket. Stay all evening enjoying the bands, the food, raffle prizes, and good company. Bring your stories, memories, and old photos - anything you would like to share about what a special school Hale-Ray is. Have a great time for a good cause.

For further information, e-mail [halerayalumni@gmail.com](mailto:halerayalumni@gmail.com), or call Ed Gubbins at 860-873-8012, or Roy Parker at 860-873-2367. You can also visit us at [www.halerayalumni.com](http://www.halerayalumni.com) or on Facebook at Past Students of Nathan Hale-Ray High School.

## The Game is Afoot! Gillette Castle Has Disappeared

Amanda Roy, Program Officer, Connecticut Humanities



Gillette Castle has vanished! Now it's up to a couple of kid detectives to scour Connecticut, piece together clues to unravel the mystery of its disappearance and, hopefully, restore the treasure.

That's the plot of *The Great Connecticut Caper*, a serialized suspense storybook for young people being published online by the Connecticut Center for the Book at Connecticut Humanities, with help from the University of Connecticut and a NewAlliance Foundation grant.

Twelve Connecticut authors and 12 state artists are volunteering to write or illustrate a chapter, with only the chapters that came before and their own imaginations as their guides. Connecticut is the first state to create a state-specific, collaborative story, tapping into the skills of its own writers and artists.

The Connecticut version has captured national attention. "The Library of Congress is thrilled to see that one of our affiliates, the Connecticut Center for the Book, has embarked on this exciting project," said John Y. Cole, director of the National Center for the Book.

Online publication of *The Great Connecticut Caper* began Jan. 4, with a new chapter released every two weeks until June 7. A family event at Gillette Castle will coincide with the publication of the final chapter.

Online resources accompany the story, including curriculum guides, games and writing activities. Schools and libraries are encouraged to read along and enter contests to win writing and illustration workshops.

Follow along at: <http://ctcaper.cthumanities.org>

### About Connecticut Center for the Book

The Connecticut Center for the Book promotes reading, writing and Connecticut's literary heritage. It is a state affiliate of the Library of Congress' Center for the Book.

### About Connecticut Humanities

Connecticut Humanities is a nonprofit affiliate of the National Endowment for the Humanities, which funds, creates and collaborates on hundreds of cultural programs across Connecticut each year.



One of 12 unique illustrations



# Project Graduation

Project Graduation Committee 2015 would like to extend our sincere appreciation to everyone who has supported our fundraising efforts during the 2014-15 school year! Grad Families, school staff, and community members have all shown tremendous support for our mission to provide a fantastic, substance-free, overnight party that is open to all Graduates! Project Graduation is proud to be sponsored and supported by East Haddam Youth & Family Services. Special Thanks is extended to all of our Donors and Sponsors.

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Nathan Hale Pharmacy

## PLATINUM LEVEL (\$500-\$1000)

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Luigi's Restaurant  
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Mike Antonich  
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# A Letter from the Office of State Archaeology

As everyone around Bashan Lake is aware, much-needed dam improvements resulted in the drawdown of the lake last Fall. Less well-known is the fact that a number of sensitive archaeological sites lie within the shallow waters of the lake. These were first studied by John Pfeiffer with the help of volunteers after a similar drawdown and published in 1982. I had the opportunity to walk the shoreline this fall with concerned neighbors and was able to verify that many of the hearth features and possible fishing weir structures were still visible. The lake should by now have covered these important archaeological resources, better protecting them once more from the elements and curious artifacts collectors.

The goal of modern archaeological practice is preservation, so the best place for archaeological sites is in the ground where they have rested for centuries or millennia. Additional excavation of the lakeshore was not undertaken last year because the simple

fact is that we just have too much archaeological material from too many sites for us to realistically study and manage as it is. State and Federal regulations help to insure that significant sites threatened by construction are avoided, and only those that cannot be spared will undergo excavation. Because of this, the sites exposed this fall were not examined in more detail, but were left in place for future archaeologists.

I encourage members of the lake community to become good stewards of the lake's important past. Should you find artifacts along the lakeshore, or in your gardens, the best thing to do is take a picture and email it to me so that the information can be appropriately documented. If your camera supports geotagging, then I will already have the precise location to record. If it does not, please include a map or clear description so that I can complete the site form. I'll be happy to let you know something about your find, such as its approximate

age, if possible. After that, the best thing would be to put the artifact back in the ground where it was found. Consider this a "catch and release" approach to documenting the past around the lake. Just as with threatened species, this will help guarantee that the record of the lake's ancient inhabitants remains safe for the next generation.

If you have any questions, or notice any activity that might disturb archaeological sites around the lake, please reach me at [brian.jones@uconn.edu](mailto:brian.jones@uconn.edu). Thank you for a successful season of stewardship during this recent episode of site exposure. Special thanks go out to those who contacted me with their concerns and showed me around the lake: Alison Guinness, Mary Milewski, Joe Parkos, Wilson Brownell, and Karl Stofko.

Sincerely,  
Brian Jones, Connecticut State  
Archaeologist



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## Moodus United Methodist Church

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Donation Angel is the exclusive car donation company for all of the United Methodist churches in New England. Donate your unwanted vehicle to Moodus UMC.

### Here's How it Works:

Donate any type of vehicle: cars, boats, etc, running or not. Donation Angel runs a donation program that raises funds to support our church (Moodus Methodist) through car donations. For information or free quick removal of your unwanted vehicle and to receive a tax deduction, call Ray at 866-434-1131 or go to [www.donationangel.org](http://www.donationangel.org).

### Vendors Wanted

Moodus United Methodist Church is proud to announce the 18th and 19th annual Flea Market and Tag & Bake Sales on Saturday, May 30 and Saturday, September 5 from 9:00 a.m. to 2:00 p.m. on the grounds of the church.

If you would like to sign up for a space, please call Beth at 860 873-9772. The spaces are 10 x 15 (table NOT INCLUDED) and cost \$15.00. The church is located on very well-traveled Route 151.



# East Haddam Lions Club

Mark Your Calendars - It's Time for the Annual Lions Club Auction!

The East Haddam Lions Club will be hosting its annual auction & tag sale on Saturday, July 11. The tag sale begins at 8:00 a.m., the auction begins at 10:00 a.m., good food & good times will be had all day.

Currently, the lions are seeking donations of all sizes. Cars, boats, trailers, and oth-

er large items of significant value are in special demand. The Lions Club relies on your kind donations to make the auction a success, all donations are tax-deductible.

There are few feelings more satisfying than knowing you helped your hometown. All earnings from the auction go directly to good causes all over East Haddam. In the past, proceeds from the annual auction

have helped to fund emergency vehicles for the fire department, holiday food baskets, lighting for Legion Field, Little League field equipment, aid to the local food & fuel banks, and much more.

If you would like to make a donation (or for more information) please contact Lion Auction Chairman Joe Busher at 860-873-2994.

## Community Lions

### 10th Annual English Tea Party

Join us on Saturday, May 9 at St. Stephen's Hall in East Haddam. The afternoon begins at 2:00 p.m. with entertainment, sweet and savory treats for your palate and lots of fun! Our inspired table settings seat eight, so if you can get a 'Gaggle of Girls' together, it will be a great treat to sit, be waited upon, talk, laugh and share a lovely Tea together. Or you can come alone and meet many new Friends. What an ideal 'Mother's Day' treat for your Mom, sister, daughter or best friend. This year's theme is 'Hats-off to Spring.' Wear a hat ... it will set the tone, be it formal or silly! Each person will also receive a favor. For info and tickets please call Diane at 860-434-5611. Tickets are \$25. Tickets go quickly - don't delay - book early ... an ideal treat for the special Ladies in your life.

### Ladies Night Out

Our popular 'Ladies Night Out' vendor event will be held on May 27 from 6:00 - 9:00 p.m. at Grand View Camp Resort, 89 North Moodus Road, Moodus. A variety of vendors selling homemade

items such as jewelry and handicrafts will be on display along with vendors selling Pampered Chef and other well-known products. Interspersed with vendors, local restaurants will provide their signature dish for all attendees to sample while shopping. This is a wonderful way to support local vendors and have a night out with your friends. The cost to attend is \$15 per person. For more info or to inquire about being a vendor, call Maryjane at 860-759-5716.

For more information about these or any Community Lions event, visit [www.ehcl.org](http://www.ehcl.org) and 'Like' us on Facebook.

Lions Clubs International is the worlds largest service club organization with 1.36 million members worldwide. We are also one of the most effective. Our members do whatever is needed to help their local communities. And communities get better - 100% of all funds raised by Lions Clubs goes back to the community or Lion-sponsored projects - all administrative costs are covered by its members in their annual dues. If you want to know more ... ask a Lion or visit [www.lionsclubs.org](http://www.lionsclubs.org).

## MPAC

MPAC is looking forward to ending the 2015 school year on a great note. MPAC was able to donate \$1,500.00 to each grade at Nathan Hale-Ray Middle School. The funds that we raised over the year are now on their way to field trips, such as: Boston for the 7th grade, a medieval festival for the 6th grade and many more class enrichments.

This winter was long and MPAC was happy to hear that the indoor recess room was a great hit! We have received two more charity pallets from S&S Worldwide in Colchester. MPAC is looking forward

to helping with the end of year festivities for each grade.

Teacher Appreciate Week is May 4. Please take a moment to thank a teacher. MPAC is happy to support our teachers and students! We are also thrilled to offer open gym on Thursday night from 6:30-8:30 p.m. Our students have a blast playing together!

Please note that MPAC is an all-volunteer parent group. We are looking for new officers and volunteers for the next school year. Please consider giving some time to help

MPAC help our students. Feel free to contact Trish Tarnowski at [katoabby13@gmail.com](mailto:katoabby13@gmail.com). Please have a safe summer. Thank everyone on MPAC that have shared their time and energy for the betterment of our students. Denise Gable, Vice President, Jenn Dorr, Secretary, Ellen Behilo, Treasurer, Kim Caminati, Book Fair, Tammy Spurgeon, Walk-a-thon, Laura Wielba, School Store, and Laura Sullivan, Variety Show. Thank you to Principal Jason Peacock and Assistant Principal Roy Parker for always being open to answer our parents' questions.



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## Music On The River

All FREE concerts are held on Monday nights from 6:30 - 8:30 p.m. at the green of the Goodspeed Opera House. If it rains, the concerts will be moved to the High School Auditorium (please call the Recreation Office 860-873-5058 or check our website [www.easthaddamrec.com](http://www.easthaddamrec.com) or Facebook page if weather is questionable). Great food and drinks are available to purchase at the Gelston House, or bring a picnic dinner. Free parking is available in the Goodspeed Opera House parking lot with additional parking and a shuttle bus from Eagle Landing in Haddam if needed. The Music on the River site is made possible through the generous support of Goodspeed Musicals. All children under the age of 16 must be accompanied by an adult. No dogs, smoking, vendors or soliciting at the concerts and no parking on residential streets are allowed. Like us on Facebook and listen to clips of our performers.

**July 6, Charlie Allen** - The secret is out on Nashville country artist, Charlie Allen, and we are delighted to share his talent at our opening concert. Charlie possesses a down to earth sincerity and southern charm that is communicated through his song writing and rich vocals. Backed by his all-star band, Charlie delivers a traditional country sound that connects with audiences of all ages. Look for his newest release, "That Was Then This Is Now".

**July 13, Bluesberry Jam** - It's a family affair with Bluesberry Jam. Brothers Jeff (drums) and Chris (harp/vocals) Bauer; Sister Sue (vocals), Brother Ken (guitar) and Son Evan (drums) Tosi, are joined by Cary Burns (keys), Matt White (guitar), and Pete Govert (bass). Bluesberry Jam is cut from the same cloth that the Great Musical Tailor used to create The Allman Brothers, The Grateful Dead, Widespread Panic and numerous other Jam Bands - both known and unknown.

**July 20, Red Molly** - Americana powerhouse vocal trio, Red Molly, is known for their soaring crystalline three part harmonies, crisp musicianship, infectious songwriting, and warm, engaging stage presence. Laurie MacAllister

(bass), Abbie Gardner (dobro), and Molly Venter (guitar), weave together the threads of American music; from folk roots to bluegrass styles and adding the contrast of heartwarming ballads and barn-burning honky-tonk.

**July 27, Occidental Gypsy** - Occidental Gypsy play an exhilarating blend of gypsy swing, jazz, and world music; with riff rich roaring acoustic sound and sultry vocals reminiscent of the first era of swing. This Globe Trotting band has shared the stage with virtuosos too numerous to mention receiving accolades from their peers and audiences around the world.

**August 3, River City Slim and the Zydeco Hogs** - River City Slim & The Zydeco Hogs bring the exuberant sounds of the steamy bayous of southwestern Louisiana to the hills of New England. The Zydeco Hogs cook up a spicy musical gumbo that combines the traditional sounds of the button accordion and washboard with a driving, syncopated beat. The Hogs turn every venue they play into a rockin' Louisiana dance party!

**August 10, Last Fair Deal** - Last Fair Deal continues to redraw the map of American Roots music with energy and creativity. Their eclectic repertoire reflects influences in bluegrass, jazz, acoustic rock and features their own original material as well unique interpretations of artists as diverse as Bill Monroe, Dylan, and the Beatles.

Last Fair Deal is Paul Howard, Phil Zimmerman, and Tom Hagymasi.

**August 17, Souls on Fire** - Our Season Finale, Souls on Fire delivers a powerhouse of musical styles and features East Haddam's own, Geoff Cox. The superb musicianship is equal to their taste in bands. You will hear selections from Chicago, Blood Sweat and Tears, Tower of Power, Motown, Beatles, along with funk, blues, and good old rock and roll. This high energy band features a tight rhythm and driving horn section.

Please remember that all concerts are funded completely by your donations! No tax dollars are used to support the concert series. Please be generous, the **continued on page 29**

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**MUSIC ... continued from page 28**

donations that we receive before the concerts will allow us to book the bands, pay the band deposits and advertise.

Please make your check payable to "Town of East Haddam-Music on the River" and mail it with the following information to: East Haddam Parks and Recreation, P.O. Box 278, East Haddam, CT 06423. (Name as it should appear in the program, Mailing Address, Email, Amount of Donation.) *Please note: Donors of \$100 receive a free Music on the River T-Shirt! Please indicate size. (T-Shirts will be ready for pick up at first concert).*

The Music on the River committee is looking for an organization to park cars from 5:00 p.m. until the lot is full at the Goodspeed Opera House parking lot prior to each concert. A Youth organization is welcome as long as they are supervised by adults. All volunteers will be provided a free Music on the River T-Shirt, premium parking space and the first choice of seating or blanket accommodations to watch the concerts! First come first served- call Tiffany at the Recreation Office to volunteer at (860) 873-5058.

**Historical Society and Museum Holds Its Major Fundraiser**

Shop the tables, have a hotdog, see the baby goats!

East Haddam Historical Society and Museum will join with East Haddam Garden Club to present their annual Tag, Plant and Bake Sale. Free cookbooks to the first 75 people. Saturday, May 16 from 8:00 a.m. - 2:00 p.m., rain or shine!

Donations for the sale are most welcome and may be left on the museum porch from now until May 15. No large or heavy items, non-working electrical equipment or clothing, please.

East Haddam Garden Club will offer baked goods, coffee and locally grown plants for sale.

East Haddam Historical Society and Museum will have hotdogs, soda and water for sale.

Businesses are invited to reserve a free space/table to advertise their services ONLY. Please call 860-873-9410 for more information.

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# Town of East Haddam

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

## Administrative Office Building

Main Number: 860-873-5020

Fax: (1st floor) 860-873-5042, (2nd floor) 860-873-5025

Hours: Monday, Wednesday, Thursday 9:00 a.m. to 4:00 p.m.,  
Tuesday 9:00 a.m. to 7:00 p.m., Friday 9:00 a.m. to Noon

### Selectman's Office

Mark B. Walter, First Selectman 860-873-5021 admin@easthaddam.org  
Linda Zemienieski, Executive Assistant admin@easthaddam.org

### Assessor's Office

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

### Building Department

Gerald Russ, Building Official 860-873-5024 building.dept@easthaddam.org  
Kamey Cavanaugh, Administrative Assistant

### Chatham Health District

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

### Finance Department

Cynthia Varricchio, Finance Director 860-873-5022 financeadmin@easthaddam.org  
Dawn Snow, Finance Assistant 860-873-5040 finance@easthaddam.org  
Kathy Klinck, Treasurer 860-891-8502

### Land Use Offices

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

f ax: 860-873-6014

Town Garage Hood Lane Hours: Monday through Friday, 7:00 a.m. to 3:30 p.m.  
Transfer Station Nichols Road Hours: Monday, Wednesday, Friday 7:00 a.m. to 5:00 p.m.  
and Saturday 7:00 a.m. to 4:00 p.m.

Elizabeth Lunt, Public Works Administrator 860-873-5023 pwadmin@easthaddam.org  
Richard Toolan, Public Works Superintendent 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 admin@easthaddam.org  
Shawn Daigle, Fire Chief 860-891-8400 firechief@easthaddam.org  
Tiffany Quinn, Parks & Recreation Director 860-873-5058 parkandrec@easthaddam.org  
Michael Olzacki, Animal Control Officer 860-873-5044 animalcontrol@easthaddam.org  
Peter Simmons  
Economic Development Coordinator 860-891-8503 edevcoordinator@easthaddam.org  
Craig Mansfield,  
Emergency Management Director 860-873-5103 ehaddamemgmt@easthaddam.org  
Craig Mansfield,  
Facilities Director 860-873-6019 cmansfield@easthaddam.org

### Resident State Trooper

860-873-1226 police@easthaddam.org

### East Haddam Police

860-873-5041 police@easthaddam.org  
Jennifer Berkenstock, Judge of Probate 860-295-6239  
Linda Neal, Clerk lneal@ctprobate.gov

### Registrars of Voters

Lucy Yacovino & Laurie Alt 860-873-5029 registrars@easthaddam.org

### Senior Services - 15 Great Hillwood Road

Brad Parker, Municipal Agent 860-873-5034 seniors@easthaddam.org  
Susannah Griffin, Administrative Assistant 860-873-5034  
860-891-8100

### Food Bank

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

# Huge Annual Tag Sale & Family Fun Day

Mark your calendars for First Church of Christ, Congregational, 499 Town St (Route 151), East Haddam, Connecticut Annual Tag Sale & Family Fun Day on Saturday, May 16 from 8:00 a.m. to 2:00 p.m. Rain or Shine. Come shop for tag sale treasures, delicious baked sale items and enjoy a hot dog or hamburger for lunch. Enter our silent auction. And the kids will enjoy the moon bounce and face painting.

Donate gently used items (no electronics or exercise equipment) - drop off Saturday, May 2 and May 9, 9:00 a.m. - 12 Noon. Rent a Space! Just \$25 for a generous spot. Email Karan at [Karancon@yahoo.com](mailto:Karancon@yahoo.com) to reserve space.

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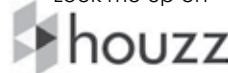
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## Gillette Castle Summer Theater



Michael Vernon-Davis plays William Gillette, as Sherlock Holmes In EHSCO's *William Gillette: from Senator's Son to Super Sleuth!* at Gillette Castle State Park, summer 2015  
Photo by Kandie Carle

7th Season of FREE Live Outdoor Theatre Announced for Gillette Castle State Park!

The East Haddam Stage Company is proud to announce that their original work *William Gillette: from Senator's Son to Super Sleuth* will be the live theatre offering for summer 2015 at Gillette Castle State Park. Free and open to the public, the show will run weekends from July 11 through August 16, with two showings a day on the outdoor stage near the house, at 1:00 p.m. and 2:30 p.m. Written and directed by Kandie Carle, the show is a fast paced 30-minute comedy/drama featuring actors Michael Vernon-Davis as

Gillette/Sherlock, and Rayah Martin as....everybody else! It will take the audience on Gillette's journey from boyhood in Hartford through his phenomenal rise to fame as a Victorian era super star actor, and on to his creation of the quintessential Sherlock Holmes. Come visit Gillette Castle State Park, 67 River Road, East Haddam CT, bring a picnic and a lawn chair and enjoy this free show! For more information, please call the East Haddam Stage Company at 860-873-3521 or visit [www.EHSCO.org](http://www.EHSCO.org)

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## Republicans Looking for Gardeners and Candidates

The East Haddam Republican Town Committee is announcing a "Food Bank Challenge" for itself and any other East Haddam organization interested in aiding our friends and neighbors during difficult times.

Making ends meet in Connecticut continues to be a challenge. When families find themselves in trouble our Food Banks are an ever-larger part of the answer. Here in East Haddam we have an opportunity to make a real and timely difference for those families.

The recently acquired Harris property is now available for Community Gardens. Basic preparations for garden sites have been completed and plots are ready for use. It is expected that a final burn will take place in April (to eliminate weeds and overgrowth) and planting can commence in April. It is expected that a well for water will be completed this spring.

The East Haddam Republican Town Committee has already reserved a plot and will dedicate its produce to the East Haddam Food Bank. We would like to challenge other East Haddam organizations to do likewise. A joint harvest dinner might even be scheduled in September to celebrate our accomplishments.

To sign up for a plot contact Linda in the Selectmen's Office at 860-873-5021.

Additionally, the EHRTC Nominating Committee is looking for people interested in serving on Town Boards and Commissions. Local elections are coming up in November and we are putting together a slate of candidates. If you would like to contribute to

East Haddam, please send your name, address, phone number and any relevant information to [baperry@neprintingnetwork.com](mailto:baperry@neprintingnetwork.com) or call Bryan Perry, Nominating Committee Chair at 860-873-9240.

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swjezek@sbcglobal.net

## Youth & Family Services Summer Events



Visit [www.ehyfs.org](http://www.ehyfs.org) for additional information on these programs

**Middle School Beach Parties:** June 24, July 15, August 12. Open to all East Haddam students entering grades 6-8.

**High School Bonfire:** August 19. Open to all East Haddam students entering grades 9-12.

**2<sup>nd</sup> Annual Summer Palooza:** July 25  
Beginning soon, we will be looking for local businesses and organizations who would like to participate in this event. Please contact EHYFS for additional information (860-873-3296).

Stay up-to-date with all of our information, resources and programs by visiting our website or Facebook page.

## Early Childhood Council

Early Learning Play Group, children ages birth to age 5 can come learn, sing, hear stories and create with others in a play based setting. Play group meets on Mondays and Fridays from 10:00 - 11:00 a.m. through the end of the school year.

*is not necessary.* The Family Resource Center is located in the East Haddam Elementary School Room #108, 45 Joe Williams Road, Moodus. Email or call Early Childhood Coordinator, Lauren Kasperowski at [lauren.kasperowski@yahoo.com](mailto:lauren.kasperowski@yahoo.com) or 860-873-3296 with any questions.

*All Programs are free and registration*

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## Democratic Town Committee

Our mission is to serve the people of East Haddam. We are working to enhance and preserve a quality of life that respects all people and the environment. We are committed to a fiscally responsible government that is responsive to the needs of the people.

To that end we pledge to support:  
Transparency and access to all levels of government

- An economic plan which brings in a variety of sustainable and compatible economic development
- High educational standards with goals that are specific, relevant, and measurable

- Opportunities for people of all ages to grow, develop, and contribute to the community
- An active appreciation of East Haddam's cultural, scenic, and environmental values
- A commitment to the Connecticut State Democratic Party Core Values\* (<http://ctdems.org/about/connecticut-democratic-party-platform/>)

We meet every third Monday of the month, at 7:15 p.m. at the Grange Hall, 488 Town Street, East Haddam. All are welcome. Check out East Haddam Democrats on Facebook, or email us at [Easthaddamdemocrats@gmail.com](mailto:Easthaddamdemocrats@gmail.com).



# Business Association: Local Business Strong

As the days get warmer and we settle into the summer season, we are pleased to announce that the East Haddam Business Association (EHBA) is growing! This year, we have seen a jump in new members and a return of many friendly business faces. Founded in 2011, the EHBA was created to provide local business owners with the resources and support to continue and grow their business by offering its members ways to increase their visibility through local events and contests, community involvement, business to business networking and advertising opportunities. Our goal is to promote local businesses by fostering relationship and promoting unity within the community.

This year, we have worked on that goal in a number of ways. For its first annual Career Day event back in March, the EHBA and the Nathan Hale-Ray High School came together to give students the opportunity to learn the details on the day-to-day operations of running a business and ways to prepare for a career. Local businesses and community members volunteered their time to share,

discuss and inspire the youth of our community to pursue their career dreams.

In May, the EHBA hosted our 2nd Annual Taste of East Haddam Event in conjunction with Spring Weekend, which brought in locals and visitors to sample and enjoy all that East Haddam has to offer. Our monthly meetings have provided invaluable networking opportunities, brought together local businesses with town officials to answer tough questions and featured speakers who have provided information on business finance, taxes and marketing tips.

Each of our member businesses represents a family who lives in town. These are not just places of business; they are your friends, family and neighbors.

For more information about the EHBA, its members or how to join, visit [www.ehbact.com](http://www.ehbact.com) or email us at [info@ehbact.com](mailto:info@ehbact.com).

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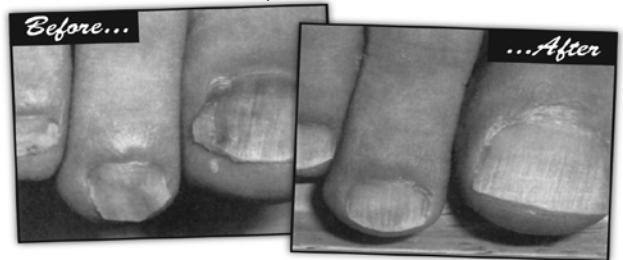
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# How To Stay In Peak Condition

Either you are an athlete, weekend warrior or not, your body has its good days and bad. I can guarantee that sometimes you felt like you can conquer the world and other days you can't even imagine stepping out of bed. As long as you understand your "weak days" are only a temporary part of life, you will be able to push yourself and hit the highest point of your condition. Just be clear about your peak conditions. Our peak is different when we're in our 20s, 30s, 40s, 50s, 60s and 70s. Understand that and never compare yourself to others.

I don't care how much you can lift or for how long you can run. I care about how you feel when approaching your everyday tasks, how much energy you have to be alive, how you deal with stress and how often you pump yourself with prescribed or illegal drugs and chemicals.

Real strength comes from within; however the physical body needs to be in balance with the mind to be able to face everyday challenges. We all need to keep up or improve our balance, speed, strength or flexibility. We all need to work our weaknesses to be able to achieve our peak. When working out, don't push your muscles only. Create exercises that challenge the mind as well as the body, train reaction time and hand-eye coordination. Pick up your tempo and keep the pace. Keep the heart rate up during the workout. You don't need to train all day. Have an intense 45-60 minutes session

every other day. Get in, do your work, and then recover. Diversify your program and avoid common mistakes. Don't put too much emphasis on big weights. Take a rest between sets, interval your exercises and work on your conditioning. Do total body training and conditioning, which will improve the appearance of your entire body and overall feeling. Don't focus on the iron only. Use different tools for training such as medicine balls, stability balls, BOSU, TRX, bars. Don't over train. Many injuries and disappointments in performance happen because of too little rest and too much emphasis on the same muscle groups. Be consistent with your nutrition. Nutrition and proper hydration fuels everything and is essential for good health. Get enough sleep. No sleep means no rest and no growth. You need to be eating right, sleeping right, and training consciously to stay in good condition.

Movement is essential to good health. Our body was designed to move, work and rest in between. Our mind needs to follow that order. It's a great formula to start and stay consistent with, to move in the right direction. Only then you will stay in peak condition for your age and live a happy and healthy life. Have a wonderful summer.

Maryla Radziszewski, Health Coach, LMT, CPT  
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## New Urgent Care Center

Old Saybrook, CT - Middlesex Hospital will open a new urgent care walk-in medical center this spring at 1687 Boston Post Road (at the intersection of Spencer Plains Road). The Center will provide patients with a lower-cost alternative for non-emergency medical care. The Hospital has two other urgent care centers, one in Madison and another in Middletown.

More and more people are seeking lower-cost, more convenient options for their health care needs. As a result, urgent care centers have begun to spring up in many communities to address this consumer preference.

The Middlesex Hospital Center is unique from other such centers, because of the electronic patient medical records system that ties together all hospital medical records, as well as medical records from all Middlesex primary care physicians. This gives the providers at the urgent care center

access to a patient's medical history, as well as allowing for results of the urgent care visit to be reviewed by the patient's primary care provider.

The new urgent care center treats non-emergency health problems, including colds, coughs, earaches, moderate fevers, minor cuts, bruises, severe sprains and more. Patients should seek immediate emergency care for things such as head injuries, broken bones, uncontrolled bleeding, chest pains and any signs of a stroke.

The urgent care center is staffed with physician assistants and advanced practice registered nurses, and also has x-ray capabilities.

More information on Middlesex Hospital Urgent Care Centers can be found at [www.mhurgentcare.com](http://www.mhurgentcare.com).

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## Connecticut Hunting & Fishing Appreciation Day

Session Woods WMA, 341 Milford Street (Rte 69), Burlington, CT. Saturday, September 26 from 10:00 a.m. to 4:00 p.m.

Admission and all activities are free: Hunting and Fishing Tips, Archery, .22 Rifle Range, Kid's Activities, Live Falconry, Equipment Vendors, Fish & Wildlife Exhibits, Hunting Dogs.

For more information: [www.ct.gov/deep/HuntFishDay](http://www.ct.gov/deep/HuntFishDay) or 860-424-3011

## Edgar Rice Burrough/Dum Dum Convention

Edgar Rice Burroughs Bibliophile Convention (aka Dum Dum): August 20-22, a movie marathon, panel discussions & a "Tarzan Yell" competition, open to the public for FREE, at Andrews Memorial Town Hall, 54 East Main Street, Clinton, CT; a banquet at the Clinton Country Club (for a fee) at 6:00 pm on August 22, followed by a Chamber of Commerce fireworks extravaganza at the Clinton Town Beach; August 23, a Dutch Treat farewell breakfast also at the Clinton Town Beach. Organizer & Contact: Peggy Adler / ERBDUMDUM2015@gmail.com, 860-669-7706 Info at: [www.tarzan.com/meets](http://www.tarzan.com/meets)

## St. Stephen's Free Vacation Bible School

All children ages 4-12 years old are welcome to join us for an exciting adventure on "Son Treasure Island". Our Free program will run June 22-26 from 6:00 p.m. - 8:00 p.m. Children will enjoy music, arts & crafts, games, snacks, and fun filled bible stories in a tropical island decorated & themed atmosphere. Please register by May 25 - forms can be found on our website @ [www.ststeves.org](http://www.ststeves.org) or by contacting [children@ststeves.org](mailto:children@ststeves.org) or our church office 860-873-9547.

### Moodus Sportsmen's Club Shad Bake

June 21  
Noon - 3 p.m.

## Maple Syrup



Students in the Agricultural Education Program at Nathan Hale-Ray High School spent many weeks this winter producing maple syrup.

Students were involved in all stages of the project including tapping trees, collecting sap, keeping records, boiling the sap down into maple syrup and bottling it. Finally students participated in a pancake breakfast and were able to enjoy the fruit of their labors!

## Hale-Ray Students Stock Trout



Students in Cheryl Matthewson's Wild Life Management class spent part of their school day releasing juvenile trout into the Salmon River prior to opening day of fishing season.

The trout were raised from fertilized eggs delivered to area participating schools as part of Trout Unlimited's outreach program called "Trout in the Classroom". Cheryl, an agricultural science educator at Hale-Ray, describes the program as "an exciting, hands on program designed to give students a chance to experience and appreciate local aquatic natural resources".

Students in the class were responsible for monitoring water quality, temperature and food intake for the fish which averaged an inch in length prior to their release.

John Jascot, TU Member

# Leo Club



On Sunday, May 3 the East Haddam Leos held their third annual Leo Club Induction Ceremony. This annual event initiates the Leos who have joined in the past year, and serves as a celebration in recognition of all the hard work and community service the club has done over the course of the year. This year the Leos have much to be proud of. Highlights include their First Annual Pumpkin, new membership events such as the all-night Lock-up and Roaring '20s Party, collecting thousands of can tabs for the Shriners, and their involvement in the *Cinco de Mayo Festival* at EHFPL. Other proud

achievements include working side by side with local Lions Clubs at the Annual Auction, EH Road Race, Christmas Tree Sales, Sight Savers Day, EH Triathlon, and volunteering at the Hebron Fair. All proceeds from Leo Club events go to support various charitable causes & organizations around town. The Leo Club currently consists of 35 of East Haddam's finest young citizens.

The Leos would like to formally welcome and congratulate their newest 2015 inductees: Antonio Addario, Alyssa Andrews, Rachel Christiana, TJ van Valkenburg, and Justin Wordell.

Next up for the Leo Club is their Mother's Day Bake Sale on Saturday, May 9. The Leos will be at the Gristmill Market, Nathan Hale Plaza, and Shagbark from 10:00-1:00. Please support the Leos by donating money in exchange for tasty treats. The Leos are also about to start off a string of Fundraisers to support the East Haddam Food & Fuel Banks, Library System, Youth & Family Services and more. Follow their Facebook Page for more details!

Any East Haddam Teen (ages 12-18), is welcome to join the Leos. The Leos meet the First Thursday of the Month and the Third Tuesday of the Month from 7:00-8:00 p.m. at the East Haddam Senior Center. Potential members are invited to stop by and see what the club is all about. For more details please contact Leo Adviser Michael Gilroy at [GilroyM@gmail.com](mailto:GilroyM@gmail.com) or pick up an application at EHFPL, Rathbun Library, or Gristmill Market.

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## Farmers' Market



We're back at "The Big Field" at Ballek's Garden Center on Maple Ave and we couldn't be happier. Look for us in the field across from the cows! (They're excited, too! It's been a long winter and they're anxious to see you all soon.)

The market will be held every Wednesday evening from 4-7 p.m., weather permitting. Our season kicks off on June 3 and will "keep on going while good things are growing" ending September 30.

We'll have an abundance of fresh and prepared foods, artisan crafts & specialty products - lots of familiar favorites and some wonderful new additions as well. We accept WIC, SNAP and locally-based coupon programs.

Our NEW website (launched last year) has vendor links and tons of fun, useful and healthy information: [www.easthaddamfarmersmarket.com](http://www.easthaddamfarmersmarket.com). This year we will be hosting many children's activities, special events, educational displays, demonstrations, talks, tours and of course, music. All free and family-friendly for everyone to enjoy! We hope to become your Wednesday night destination throughout the market season. Shopping doesn't have to be a chore!

Follow our Facebook page (<https://www.facebook.com/EastHaddamFarmersMarket>) to get reminders and up-to-the-minute information. While you're there, browse the pictures of last year's market to see how much fun we have. Maybe you'll see someone you know!

Stay tuned for a schedule of events and in the meantime, check out our website and Facebook page for vendor details and information. Don't forget to "like" us and "share" us with your friends.

## The Master Gardener's Corner



Eddie Lee May and Lyn May

### A Unique East Haddam Story To Be Shared

In the year 2001 a senior couple moved onto Beebe Road across the street from

East Haddam resident, Harry Link. Eddie Lee May (known as Lee May) and his wife Lyn, relocated from Atlanta, Georgia to East Haddam because of their love of nature, rocks, and rural beauty. As a beginner gardener, Harry was delighted to learn that Lee was a passionate gardener with an affinity to aligning life's experiences through the art of gardening. "It was amazing to observe Lee design his new yard starting with a blank slate" Harry relates. "There are no rules in gardening," Lee would often say to Harry as they toiled together moving large rocks and working the landscape into a unique Japanese Garden.

Harry communicated to me, his 13 year relationship with Lee May and

**continued on page 39**



## GARDENER ... continued from page 38

how Lee endlessly shared his wisdom as expressed in one of Lee's many quotes, "All life's lessons grow in the garden: Birth, nurturing, love, heartbreak, success, joy and so many more." - Harry said his association and friendship with Lee was a life-changing experience as Lee offered guidance, support, and personal teaching.

As the Mays became entrenched in the heart of East Haddam they developed many relationships and served in several volunteer capacities. Known as kind, soulful, gentle and filled with good will, Lee was also very accomplished. Among many accomplishments, Lee spent 25 years as a journalist working for Atlanta Journal-Constitution (AJC) and the Los Angeles Times.

The Mays left East Haddam in the fall of 2013 and moved to Marietta

Georgia to be closer to family. To the surprise and sadness of many, Eddie Lee May passed away December 3, 2014 due to cancer. The loss rang throughout the journalist and horticultural world.

On his website, leemaysgardenlife.com, you will read the gifted and heartfelt writings through his blog that will offer the reader a personal relationship with Lee, and a glimpse of why many who knew Lee personally, loved, respected and idolized his human spirit. Harry continues, "Lee loved to teach and humbly offer his wisdom. I am coordinating a Memorial Rain Garden at the Senior Center that will allow those who have never known Lee May personally to benefit greatly."

Harry continues, "Lee often said, "Gardening... well, gardening is life." Harry expects this Memorial Garden

will offer East Haddam residents an uplifting positive experience. Lee motivated Harry to become a Master Gardener in 2014. Harry explains, "I am a better person for having known him - and now, through his inspiration, I will incorporate as much of Lee's style and spirit in this Memorial Garden to be shared by all."

The public is invited to the Senior Center for a presentation of the Lee May Memorial Garden on May 30th, at 5:00PM. Harry Link can be contacted for additional information at 860-873- 9986 or by email linkster.hj.hl@gmail.com. This article in its entirety along with photos can be found at [http:// linksterhjhl.wix.com / lee-may-memorial](http://linksterhjhl.wix.com/lee-may-memorial).

Linda Stuhlman, Certified Advanced Master Gardener, Certified Tree Warden



*Dorothy McGlynn enjoys playing piano for her friends.*

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Dot McGlynn bought this piano with her very first paycheck. She was thrilled to be able to bring it to her new home at The Saybrook at Haddam, and to enjoy it with others who share her love of music.

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# Join Land Trust Hikes and Paddles



East Haddam Land Trust Full Moon Paddle, 8-9-14

Bask in the natural beauty of East Haddam and the lower Connecticut River Valley during East Haddam Land Trust's hikes and paddles.

Weather permitting, the Land Trust hosts "Last Sunday" Hikes from September through June, and "Last Sunday" Paddles in July and August.

Upcoming hikes include:

- May 31 "Last Sunday" Hike, 1:00-3:00 p.m. at Devil's Hopyard State Park. Meet by the covered bridge.
- June 28 "Last Sunday" Hike, 1:00-3:00 p.m. at the Land Trust's William Jezek Memorial Preserve and the Town of East Haddam's Sabine Property. Meet at the cul-de-sac at the end of Daniel Peck Road.

Scheduled paddles, for both kayaks and canoes, include:

- June 21 Annual Father's Day Paddle, 10:00 a.m. to Noon. Paddlers will explore Hamburg Cove out to the Connecticut River.
- July 26 and August 30 morning "Last Sunday" Paddles. Location and exact times dependent on tides. Check [www.ehlt.org](http://www.ehlt.org), Events for updates.
- July 31 Full Moon Paddle, 7:30-9:30 p.m., on Lake Hayward for the rise of July's second full moon, a Blue Moon. Meet at the launch area off East Shore Drive.

East Haddam Land Trust posts updated details for all events, including these, on the Events page at [www.ehlt.org](http://www.ehlt.org), and on the East Haddam Land Trust Facebook page which is accessible to everyone via an "East Haddam Land Trust, Facebook" Internet search. Anyone can also receive all East Haddam Land Trust event updates via email by signing up through the Manage Your Subscriptions page at [www.ehlt.org](http://www.ehlt.org).

Anyone who has been affected by someone else's drinking in the past or present is welcome at any AL-ANON meeting. AL-ANON is a worldwide organization that offers a program of help and mutual support for individuals, their families and friends. Find strength and hope. Meetings are free. The East Haddam meeting takes place every Thursday, 7:00 pm - 8:00 pm at First Church of Christ Congregational, 499 Town Street. For more information and to find other meetings across the state call or visit Al-Anon/Alateen: 888-825-2666 or [www.ct-al-anon.org](http://www.ct-al-anon.org).

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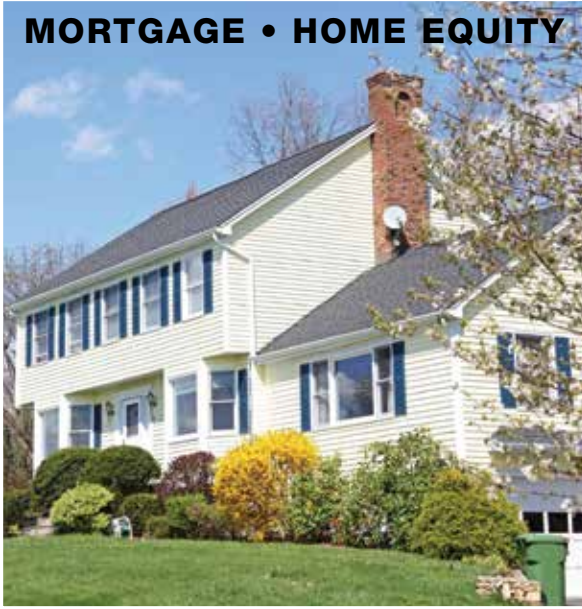


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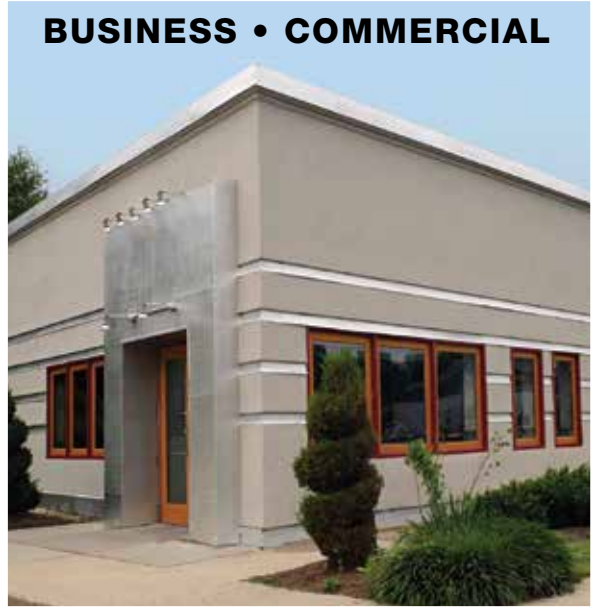
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