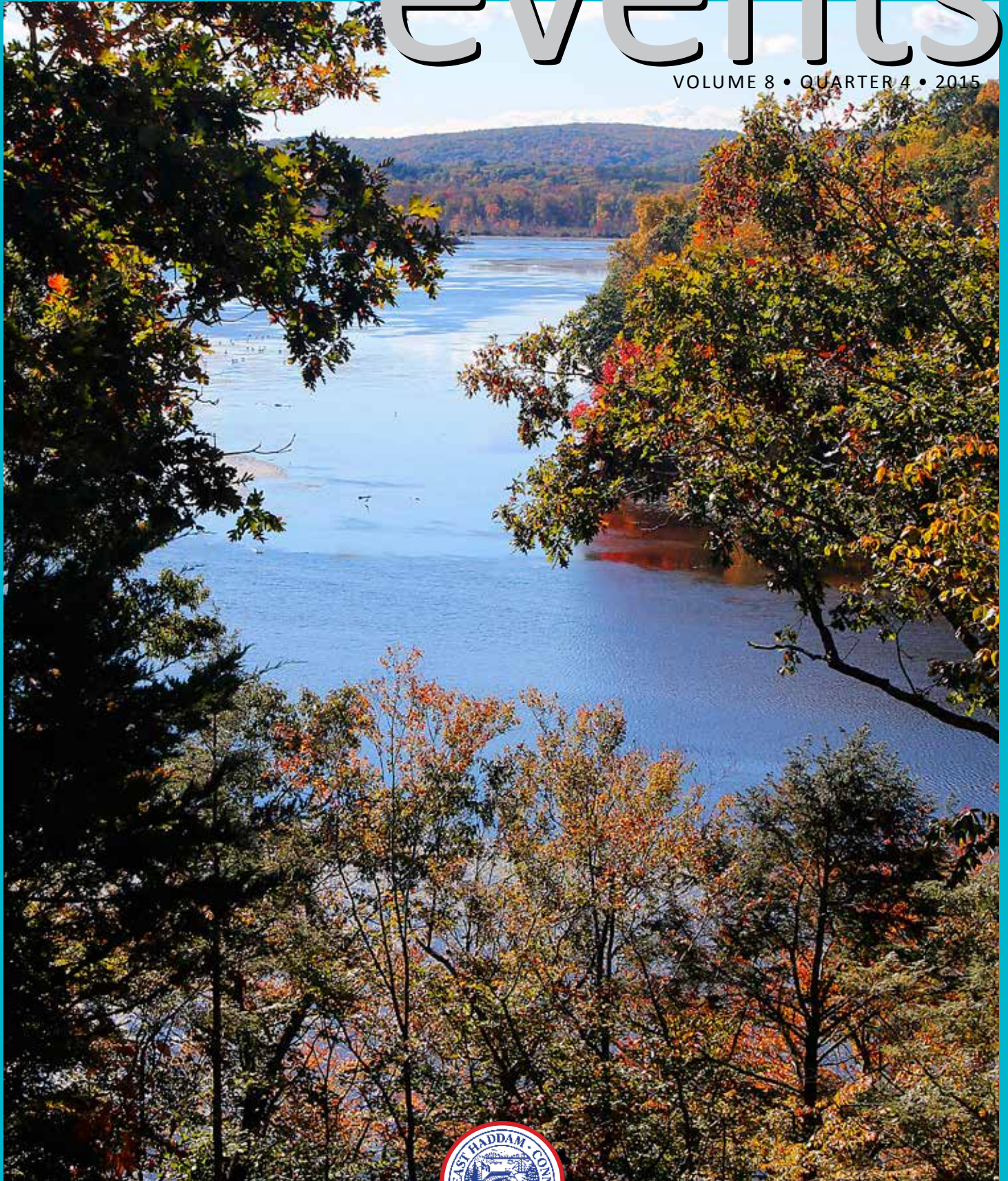


East Haddam

# events

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# First Selectman's Corner

## Transient Boat Dock Facility project: \$45,000 DEEP Boating Infrastructure Grant

I am happy to report that our dock project has been completed. We received a grant for \$45,000 and began planning this project in 2012. Access to the docking facility is very simple. Airport Road runs south from the village center to the airport. Halfway between the village center and the airport is the current launch ramp where the transient boating facility is located.

The plan for this project was to construct approximately 50 feet of five-foot-wide fixed pile supported pier along the east shore bank of the Connecticut River just south of Goodspeed Opera House and north of the Goodspeed Airport. At the end of this fixed pier, two 8' x 20' floats were installed in an L-shaped configuration connected to the pier by a hinged ramp. Should funding become available, these dock facilities could be equipped to include electrical utilities including 30 and 50 amp power and fresh potable water.

The dock facility will provide an unparalleled opportunity for transient boaters to visit the village of East Haddam and enjoy the amenities and facilities which are within easy walking distance. The transient docking facility will be available to the public on a first come, first served basis.

This whole structure will be an innovative amenity to increase transient boating access to our community with a main goal of

supporting business in the East Haddam village.

## Town of East Haddam Staffing Changes

We have sadly accepted the resignations of three outstanding Town employees.



First Selectman, Mark Walter

Richard Toolan retired after over seven years of service as our Public Works Superintendent. He



Richard Toolan

was a true asset to East Haddam and provided a wealth of knowledge and experience in the construction and public works field. Rich was well respected by the staff and residents of our town and went out of his way to take care of everyone's needs. Rich will be welcoming a new grandchild soon then plans to head to Florida to enjoy his retirement.



Susannah Griffin

Susannah Griffin has decided to leave her position as Senior Center Program Assistant after two years of service. Susannah came to us from a job with the admissions department at Rutgers University. She has been a great asset to the Senior Center and will be missed. Over


**Continued on page 2**

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**First Selectman...continued from page 1**

60 people came to a farewell party for her last week. She was well liked by all and she truly cared for the seniors. She plans to spend more time with her family and especially her father who is 96 years old. I am sure he will enjoy the lunches and day trips that she has planned for him.



Peter Simmons

Peter Simmons is leaving his position as Economic Development Coordinator after almost four years of service. Pete was a strong liaison between the Town and our business community and was always on the lookout for opportunities that benefited our local businesses including assistance in tax abatement and state and local financial loans.

They each will be missed and we thank them for their years of dedicated service!



Patricia Puia

We are pleased to announce Patricia Puia has been hired as the Program Assistant at the Senior Center and Russell Gingras has joined our staff as a full-time East Haddam Police Officer. Patty is an East Haddam resident and has worked with the elderly for over 10 years. She is



Russell Gingras

already known and liked at the center as she had been there often and helped out as a volunteer. Her personality will help to continue to make all our seniors feel welcome when they come to the center. Russ recently retired as an Essex police officer and will be the officer on call most evenings and weekends. He will be a strong addition to the East Haddam police force.

I remain very grateful to the passion and commitment of all our town employees, members of the various boards and commissions as well as volunteers to make this town greater. We may not always agree on which is the best path to take, but we all share very similar goals and interests.

We are all proud of this town because of the incredible beauty of our villages and pride taken by our residents. Thank you for all your assistance.

Mark B. Walter, First Selectman

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# East Haddam Ambulance Association

Over the past few months, members of East Haddam Ambulance Association (EHAA) have been busy with various training sessions and community events.

In August, over 30 EMTs, firefighters and lifeguards participated in a deep water rescue drill at the Town Beach. Drill topics and exercises included deep water search and rescue, back-boarding, transferring patients into the boat, transfer of care between departments and the use of rescue equipment. Skill sessions were also conducted within an ambulance. EMTs and lifeguards reviewed and practiced airway management, suctioning, CPR and cardiac



EMTs and Firefighters practicing water rescue techniques at water drill in Aug.

arrest scenarios for drowning victims. East Haddam Ambulance Association, East Haddam Parks and Recreation, East Haddam Fire Department, East Haddam Police Department, Colchester Hayward Fire Department, Gardner Lake Fire Department, East Haddam lifeguards and East Hampton lifeguards all participated.



Water Rescue Drill at Town Beach

On September 26th, four EMTs and two EMT students were victims at a Mass Casualty Incident drill at Bradley International Airport. Every three years the FAA requires the airport to conduct a scheduled drill to measure its response to an aircraft emergency. The drill tests Bradley International Airport Fire Department's Emergency Plan to a Mass Casualty event. The

drill, which simulates an aircraft accident, involved 25 different emergency response agencies and over 125 hundred people.

EHAA hosted Dr. Anthony Alessi as a guest speaker at a recent training night. Dr. Alessi spoke to EMTs and coaches from East Haddam and Colchester about signs and symptoms of concussions. The lecture focused on keeping younger athletes safe and preventing concussions. The program also featured a few videos of professional athletes suffering concussions during MLB and NFL games. Dr. Alessi is the director of the UConn NeuroSport Program and is a Clinical Professor of Neurology and Orthopaedics. Dr. Alessi can be heard on Saturday mornings as the host of "Healthy Rounds" on WTIC 1080.



EMTs and EMT Students participated in a MCI drill at Bradley Intl. Airport. (l-r) Casey Jackson, Rick Wiese, Stephanie Pare, Kathy Cazassa, Amber Lanteigne, Michael Davis



Dr Anthony Alessi speaking to EMTs and coaches about the signs and symptoms of concussions during a recent training session.

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".

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## Middle School Gardening News

The East Haddam Garden Club donated their time and over 25 butterfly plants to the courtyard outside the Middle School cafe. Students joined club members for the installation process. Students and classes will be able to use the garden to inventory the butterfly species visiting the middle school campus. Thanks to Dora Lyman for leading the effort and Dennis Coburn for the diligent watering during the first few weeks after the planting.



The middle school students also had a successful summer harvesting from the school vegetable garden and donating to the food bank. Once again, the middle school is grateful for fall crop donations from Ballek's Garden Center and Stahley's Farm. We are excited to continue to expand our classrooms to both the vegetable garden and butterfly plants this spring.

# 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

Loreta Zdanys, 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

fax: 860-873-6014

Town Garage Hood Lane Hours: Monday through Friday, 7:00 a.m. to 3:30 p.m.  
Transfer Station Nichols Road Hours: Monday, Wednesday, Friday 7:00 a.m. to 5:00 p.m.  
and Saturday 7:00 a.m. to 4:00 p.m.  
Elizabeth Lunt, Public Works Administrator 860-873-5023 pwadmin@easthaddam.org  
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  
Brian Auld, 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  
Kevin Reich,  
Interim Facilities Director 860-873-5090 kevinreich@easthaddamschools.org

Resident State Trooper 860-873-1226 police@easthaddam.org  
East Haddam Police 860-873-5041 police@easthaddam.org

### Probate Court

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  
Patricia Puia, Program Assistant 860-873-5034

### Food Bank

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

# East Haddam Leo Club



The East Haddam Leo Club held its fourth annual Apple Festival on Saturday, September 26. Many families stopped by to join in the activities of games, bounce house, live music, face painting, and more. The Leos extend a special "thank you" to others who volunteered their time, talents, contributions, and baked goods

to make the Apple Festival a fun-filled day for families. We also appreciate the support of everyone who purchased our apple-theme baked goods. Again this year your donations are a major part in the success of this event. All proceeds raised at the bake sale are donated to various local community organizations that help others.

In addition to the Apple Festival, the Leos host many community service and fundraising projects throughout the year, such as the Valentine's Day Bake Sale, collecting thousands of can tabs for the Shriners Children's Hospital, and the Mother's Day Bake Sale. Other proud achievements include working side by side with the Lions Clubs at their Annual Auction, Triathlon, Christmas Tree Sales, Road Race, and collecting funds for the Connecticut Lions Eye Research Foundation on Sight Saver Day.

The East Haddam Leos are a group of 12-18 year olds who want to make a difference in the East Haddam community. This club is sponsored by the East Haddam Lions Club and the East Haddam Community Lions Club. The Leo meetings are held on the 1st Thursday and 3rd Tuesday of each month. For more details, email Leo Advisors Michael Gilroy at [gilroy@gmail.com](mailto:gilroy@gmail.com) or Kathy Bristol at [fourbristols@sbcglobal.net](mailto:fourbristols@sbcglobal.net). And remember, the Leos are the pride of East Haddam. ;)

## Holiday Closings

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

**Veterans Day** - Wednesday, November 11

**Thanksgiving** - Thursday & Friday, November 26 & 27

**Christmas** - Noon on December 24 through December 25,  
reopen December 28

**New Year's** - Noon on December 31 through January 1, reopen  
January 4

**Martin Luther King Day** - Monday, January 18

Regular hours will resume on the next business day.

The Transfer Station will be closed all day on November 11,  
November 27, December 25, January 1 and January 18.

# East Haddam Community Lions

Help us "LIGHT-UP" the Holidays once again in 2015!

Are you crafty? Are you creative? Do you have lots of holiday odds and ends to make a tabletop decoration, wreath, holiday scene or ornament? We need you! Your donated holiday decoration, gift basket or display item will be exhibited in the Rathbun Free Memorial Library from November 23rd to December 4th; during this time a silent auction will take place (viewers can bid on exhibits anytime during this period). Drop off your donated items on November 21st from 1:00 – 3:00 p.m. at the Rathbun.

All proceeds from this community-wide fundraiser will go to the East Haddam Fuel Bank, Food Bank and Youth & Family Services. With your help over the last seven years, this event has raised over \$34,000 for these causes. The money raised helped so many, providing heating fuel, food and gifts for the children of

families in need, here, in our community ... things that many of us take for granted. We Lit-up their Holidays and warmed our own hearts too.

Once again we will host a Holiday Reception open to all, on Friday December 4th from 7:00 – 9:00 p.m. where final bids will take place. Please attend and enjoy an evening of social cheer with holiday refreshments and entertainment, join in the festivities and hopefully successfully secure your favorite items. We look forward to once again having a successful fundraiser. Christmas is coming!! You can "Light-up the Holidays" with us and make a difference to this community.

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



23C District Governor Lion Nancy Tucker visited the EHCL in September and spoke about the homeless in our communities. Her message was that although we can't stop everyone from being homeless, we can help one person at a time. This leads into her theme for this year: "We're never too small to do mighty things". Whether clubs have 10 or 200 members, together we can make a difference. EHCL President Maryjane Malavasi with DG Nancy surrounded by boxes of clothing, toilet paper, deodorant, toothpaste, soap, shampoo, laundry soap, diapers, wipes and more donated by EHCL members. All the items will be distributed to local homeless shelters.

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## Moodus Reservoir Herbicide Treatment Update

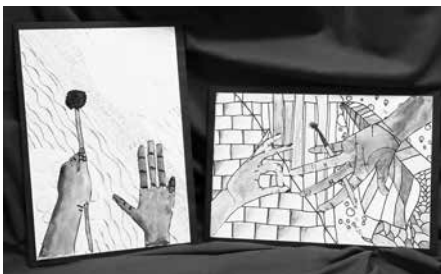
A targeted herbicide application to 25 acres of the Moodus Reservoir was completed the first week of August, 2015. The goal of the treatment was to understand the effectiveness of two herbicides, Reward and Clipper, to treat Variable Milfoil and Fanwort, two invasive weeds that now cover more than eighty percent of the shallow shoreline areas of the reservoir.

The treatment follows a lake study completed by the CT Agricultural Experiment Station which showed rapidly expanding growth of invasive weeds in the reservoir. It was sponsored by the Moodus Reservoir Preservation Group (MRPG) and the herbicides were applied by Aquatic Control Technology, a lake management company with extensive experience in managing invasive plants in fresh water bodies throughout New England. Funding for the study was provided through grants from the CT Department of Energy and Environmental Protection, the Town of East Haddam, and the Environmental Professionals Organization of CT, along with contributions from members of MRPG.

Initial short term observation shows a significant decrease in the number and density of invasive weeds in the treatment area. Longer term effects will be measured and reported this fall by Dr. George Knoecklein, Limnologist and founder of Northeast Aquatic Research, Inc.

MRPG is a local 501(c)(3) non-profit organization. New members are welcome and dues are \$25 per year. Donations to help us continue projects to improve this beautiful lake in East Haddam are always welcome and are tax deductible, as are dues. For information contact Jeff King at 860-873-1957 (jeffwk@sbcglobal.net) or email us at Moodus.Reservoir@gmail.com. Also see our website at www.moodusreservoir.org and on Facebook at "Moodus Reservoir."

## Student Art Exhibits




Students of the East Haddam schools will be showcasing their artistic talent throughout the school year. Exhibits from the elementary school, middle school and the high school visual art classes will be ongoing at the East Haddam Free Public Library. The first exhibit features artwork from sixth grade students of Nathan Hale-Ray Middle School, which began in

October and will run through the month of November. Please stop in and view their artistic endeavors.

## Right-of-Way Signs

Any sign located in the Town of East Haddam right of way without proper approval will be removed and brought to the Transfer Station. Signs will be stored for ten days at which time they will be disposed of. Signs may be picked up during regular Transfer Station operating hours.


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# East Haddam Lions Club News

The East Haddam Lions would like to thank everyone who helped make this year's annual Lions Club Auction a success. Thanks to your kindness, generosity and support, the club raised over \$15,000 that will be put to good use in the community. The club uses 100% of the proceeds from these events to help various town organizations, charities and efforts such as the Food Bank, Fuel Bank, and Nathan Hale-Ray Senior Scholarships. A special thanks to Lion Joe Busher for his outstanding efforts in organizing this outstanding event! The Lions would also like to thank all the businesses, sponsors,

and participants who helped make the annual East Haddam Golf Tournament and East Haddam Phonebook successful. The proceeds once again benefit the entire town.

Special thanks to Lions Scott Goodspeed, Bill Nelson and Tim Curtis for making the tournament and phonebook possible. These fundraisers help make events like the Senior Chicken BBQ and upkeep of the Miller's Pond Skate Rink (formerly owned by the EH Rotary) possible (thanks to Lions Don Goss and Vin Garafolo for putting those together).

The Lions will once again be selling Christmas Trees every Friday Evening and Saturday/Sunday morning in December. Stop in for freshly cut trees at the cheapest prices around. The club will also be packaging food baskets at the East Haddam Food Bank in December. If you would like to donate to the club and help serve the East Haddam Community or become a member, please contact Lion President Michael Gilroy at [GilroyM@gmail.com](mailto:GilroyM@gmail.com) or (860) 759-5445. To get the latest news on the Lions, be sure to visit [www.EastHaddamLions.com](http://www.EastHaddamLions.com).

## Sand for Winter Ice

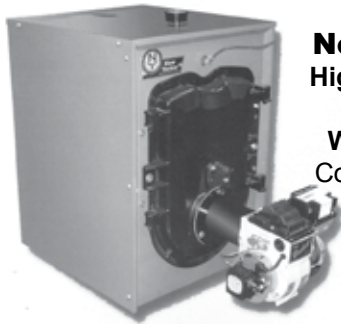
Residents of East Haddam are reminded that they may take only a small amount of sand from one of the municipal sand piles for their personal use in sanding steps, walkways, or ice patches in driveways. Piles are located at the corner of Haywardville and Early Roads, and at the Town Garage, off Mt. Parnassus Road near Shagbark. For safety reasons, residents should not obtain

sand during storm conditions when operators are loading trucks and entering and leaving the site.

It is understood that sand is provided for private, personal use and is not to be used commercially or for profit, or for any application other than as a safety precaution. Residents needing more than a few buckets of sand per winter should purchase their own supply.

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# East Haddam Fire Department

Throughout the summer and early fall, the East Haddam Fire Department has been very busy with community events, and training. East Haddam Firefighters participate in a minimum of 2 training sessions per month. It is through this training that firefighters maintain their training requirements in accordance to department standards and OSHA.

The following is a list of the training that East Haddam Firefighters received:

- Firefighters participated in several marine rescue training sessions, on the Connecticut River and Moodus Reservoir.
- In July, the EHFD hosted a water operations drill that involved 5 different towns. East Haddam is not protected by traditional fire hydrants, thus it is imperative to stay proficient in the art of "moving water" via tanker vehicles and "drop tanks".
- In August, firefighters participated in their annual live burn training. Firefighters maintained proficiencies in forcible entry, search and rescue, ventilation, and fire attack. Thank you to the Colchester

Hayward Fire Department for the use of their training facility.

- Also in August, 6 firefighters attended advanced UTV (utility terrain vehicle) training. During that 8 hour training, firefighters became certified in the latest rescue techniques utilizing Ranger-15, East Haddam's Polaris Ranger 6x6.

On September 22nd the EHFD took part in a "Tip a Firefighter" event. This annual event has been held at the Hilltop BBQ since the events inception. Our 4th annual event was a huge success. A very special thank you to Hilltop BBQ for their hospitality and to everyone who came to support us!

During the week of October 4th, Firefighters, along with the local Fire Marshal, participated in Fire Prevention Week. Career and volunteer firefighters alike, spent the day at the elementary school.

For further information, visit us at [www.Easthaddamfire.org](http://www.Easthaddamfire.org), or follow us on Facebook. For membership inquiries, please contact 860-891-8400.

## The Law Office of SCOTT W. JEZEK



Scott W. Jezek, Esq.  
Terrance D. Lomme, of Counsel

31 W.F. Palmer Road  
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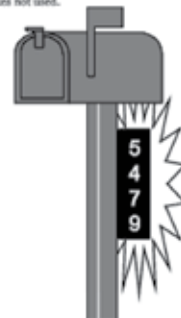
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# East Haddam Youth & Family Services

## Holiday Campaign

Christmas is just around the corner and once again East Haddam Youth & Family Services is in need of donations for our annual Holiday Campaign. Donations can be delivered during regular business hours now through December 17th and anyone interested in "adopting" a family should contact the office at 860-873-3296.

As always, our greatest challenge is providing gifts for youth ages 12-18. Any gifts for these older children including gift cards, toiletries, nail polish, jewelry, watches, wallets, sweatshirts, pajamas, hats/gloves/scarves, board games, sporting equipment or books are greatly appreciated.

Families that require assistance providing gifts for their children are encouraged to contact EHYFS. To register for this program, parents/guardians and their children must live in East Haddam or Moodus. Please contact Kaitlin Hagan with any questions, or to receive an application. A completed application and proof of residency must be received by EHYFS no later than December 11th.

## East Haddam Youth and Family Services Seeking Board Members and Committee Volunteers

East Haddam Youth and Family Services (EHYFS) has recently launched a five-year strategic plan and is seeking new members to serve on the Board of Directors and/or volunteer on one or more committees. The Board is expanding and organizing several working committees. These changes will better serve the needs of youth, families, and taxpayers. Interested applicants should have at least one of the following skills: creating, managing or working on philanthropic campaigns; grant writing; financial management; legal advisement; insurance expertise;



and, effective interpersonal and written communication skills with a diverse network of individuals including government officials, donors, and volunteers from several town organizations and affiliations.

Board members must be willing to volunteer an average of 8-10 hours per month to support the various goals and initiatives outlined in the strategic plan. Activities include monthly board and committee meetings and independent/group work and networking activities. Board membership terms are for two years, and appointment is by the Board of Directors. Volunteer opportunities will be available as needed and may be monthly, seasonal, or by event.

If you are seeking a local volunteer opportunity that will support youth and families while working alongside some terrific neighbors, please send your resume and letter of interest with a description of your relevant skills and knowledge to EHYFS (PO Box 572 - Moodus 06469). Further instructions and information are available in the 2015-2017 Board of Directors Volunteer Announcement posted at [www.ehyfs.org](http://www.ehyfs.org). Questions may be directed to EHYFS: (860) 873-3296

## Upcoming Events:

Additional program details can be found at [www.ehyfs.org](http://www.ehyfs.org).

### November:

- 1 - Holiday Campaign Began
- 10 - Community Coffee Talk
- 13 - Elementary Family Night

### December:

- 5 - Stuff A Cruiser
- 8 - Community Coffee Talk
- 11 - Holiday Application Deadline
- 17 - Holiday Donation Deadline

### January:

- 8 - Elementary Family Night
- 12 - Community Coffee Talk
- 19 - Alicia Farrell Workshop
- 19 - Safe Home Alone Readiness Program Begins

### February:

- 5 - Family Dinner Night
- 9 - Community Coffee Talk



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# The Snow will be Back!

We hear frequent complaints about the dangerous road conditions that result when people push driveway snow out into our public roads. We actually have an ordinance prohibiting this practice, which states, "No person shall plow, throw, put or cause to be thrown or put any snow or ice from any private property or from any area in the rear of said private property or in area between a private dwelling house or structure and the legally laid out sidewalk into any public highway in the town of East Haddam."

As a reminder to residents the town also has an ordinance regarding the clearing of sidewalks adjoining or fronting a resident or business property. The ordinance states:

"Whenever the sidewalk, or any part thereof, adjoining or fronting any building lot of land or any street, square or public place in the Town of East Haddam, shall have upon it an accumulation of snow, sleet or ice, it shall be the duty of the owner, occupant or any person having the care of such building or lot, to cause such sidewalks to be made safe and convenient by removing the snow, sleet or ice therefrom, or by covering the same with sand or some other suitable substance, and in case such owner, occupant or other person having the care of such building or lot shall neglect to do so for the space of eight (8) hours during the daytime, the person whose legal duty it shall be to clear the sidewalk, and so neglecting, shall be fined not more than twenty five (\$25.00) dollars for each occurrence, and every hour of neglect to make the sidewalks safe in accordance with the provisions of this section, after notice from the First Selectman or his designee, shall constitute a separate offense."

Please keep this in mind this winter. Your neighbors will appreciate it.



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# East Haddam Garden Club News

## Blue Star Memorial Dedication

Saturday, November 7, 2015, 1:00 p.m.,  
Town Hall

Thanks to the combined efforts of the East Haddam Lions Club and the East Haddam Garden Club, a Blue Star Memorial Marker has been approved for East Haddam, to be placed in front of the Town Hall. This marker will represent and honor all who have served in the military. It is a tribute to the men and women of our nation's armed forces, and it is a coveted award. Without the financial support of the Lions, this honor for the town would not have been possible.

The Blue Star Memorial Program has been a project of National Garden Clubs, Inc., for more than 70 years. A Blue Star Memorial Marker is permitted on the grounds of National Cemeteries, Veterans Administration Medical Centers and any other appropriate civic location, as approved by the National Garden Clubs Blue Star Chairman.

Everyone is invited to attend the dedication of the Memorial! The ceremony will feature a military tribute and the unveiling of the marker. State, national and local garden club and Lions Club representatives have been invited to attend, as well as local and state government and military officials, Scouts, and members of many civic groups. Please join us to pay tribute to our men and women in the military!

## East Haddam Garden Club and our Schools

The EHGC now sponsors programs at all three of our town's schools!

The annual Arbor Day program with the third graders of East Haddam Elementary

School has been a joint project for more than 30 years!



A very recent endeavor has been the club's involvement with Nathan Hale-Ray Middle School. In a collaborative effort with science teacher Shaleen Thody and her students, a raised bed vegetable garden and a butterfly garden have been planted.

The club sponsors a photography contest, "Art is Nature, Nature is Art," for students of Nathan Hale-Ray High School, and also awards an annual \$500 scholarship to a graduating East Haddam senior.

## Restoration Work At Goodspeed Green

The urn, a centerpiece of the Goodspeed Green, is undergoing a much needed restoration, thanks to the assistance and generosity of the town of East Haddam. The club has purchased a new base for the urn, and the town has arranged for sandblasting and powder coating of the urn itself. The club is hopeful that this project will be completed in time for holiday decorating!

Maintaining, planting and decorating the green is one of a number of ongoing civic projects of the EHGC. We want the green to convey a warm welcome to residents and visitors as they cross the bridge into our town!

## EHGC Programs

On Monday, November 23, EHGC members will be creating Thanksgiving centerpieces for the East Haddam Food Bank. For more than a decade, this has been an annual club project. Members provide all the materials.

Anyone interested in helping out is welcome to join us (and enjoy the refreshments, too)! We will meet at the Grange at 11:30 a.m.

The club's annual Holiday Luncheon will be December 1. There are no meetings in January and February.

## "Spring Wake Up"

Club members will definitely be "thinking spring" by March 30, when Carol Quish of the UConn Home and Garden Education Center will present "Spring Wake Up." The meeting will be at 11:30 a.m. at the East Haddam Historical Society, and will be open to the public. Mark your calendar now!

## About The EHGC

The programs and projects described above are a sample of the activities of the EHGC. Trips to notable gardens, our annual Plant and Bake Sale, planting of annuals at Gillette Castle, and maintenance of the planters at Shagbark Triangle are some of our other initiatives. The club currently has 41 members; new members are always welcome. The EHGC is a member of the Federated Garden Clubs of Connecticut, and you can find us on Facebook ("East Haddam Garden Club"). For more information, contact Betty Gross (860-873-8732), Nancy Borge (860-891-8191), or Nancy Seaman (860-891-8039).



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# East Haddam Public Schools

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

Welcome to the East Haddam Public Schools section of the Events Magazine!

The schools are buzzing with students and teachers learning and teaching everything they can. On the last day of September, the East Haddam Business Association sponsored a career fair for our students at the High School. Students from every grade at Hale-Ray attended three 20 minute sessions in groups of approximately 20 students to have a conversation with a person from their community about their career. An embalmer, kennel owners, marketing executives and many others provided a strong representation of the types of careers our students might consider. The career fair is a great example of the community providing that which cannot be found in any textbook. The 'real' ness of our community members helps our students to see the career options as closer to home and more attainable than if the students were to read about them in a book. Only the community can provide this type of experience. We are planning to continue to expand these opportunities for our students to interact with and learn from our community through these authentic experiences. The need for our students to consider their career choices is more and more important. The focus on a career supports our students to find their own purpose in their studies and their planning for time after high school. We know that the more purpose students see in what they are learning equates to the deeper and more meaningful the learning experiences they will have. We are very appreciative to the East Haddam Business Association for their support of our students' learning and look forward to continuing to develop opportunities for our students to learn from their community.

We encourage you to keep EastHaddamPublicSchools.org on the favorites whether you are a parent or not. We have many opportunities for the community to enjoy the many talents of our students at concerts, sporting events, and other activities.

As the Superintendent of Schools, I sincerely enjoy serving this beautiful community and the amazing students attending our schools. Have a great fall!

Brian S. Reas

Superintendent of Schools

## Upcoming Board of Education Meetings

November 10th —7pm— HS Café

December 8th —7 pm—HS Café

January 12th —7 pm—HS Cafe

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



# East Haddam Elementary School

**Principal  
Joanne Collins**

**Telephone: 860-873-5076**

## UPCOMING EVENTS

**November 3**  
No School  
Professional Development  
Day

**November 19**  
7:00 PM  
PTO Meeting

**November 25**  
Early Dismissal

**November 26-27**  
No School  
Thanksgiving Break

**November 30-  
December 4**  
PTO Holiday Fair  
Gym

**December 9-11**  
Early Dismissal  
Parent/Teacher  
Conferences

**December 23**  
Early Dismissal

**December 24-  
January 1**  
Holiday Break



The East Haddam Elementary School staff is excited to be back in session this fall. Students and teachers alike are experiencing a great start to our school year. We've enhanced our *Responsive Classroom* practices that nurture the students as they adjust to changes during their first six weeks of school.

All instructional staff will collaborate in professional development sessions to enhance positive school climate, practice using encouraging language, logical consequences, and positive/restorative discipline practices. We continue to focus on recognizing our students' good citizenship and caring behaviors. We continue the curriculum development and the refinement of our units of study and assessment practices.

Over the summer, school improvements included the painting of all of our hallway walls, installation of new bulletin boards, landscaping, and the demolition of the portables behind the school! During the first week, our PTO volunteers assisted us as we oriented our kindergarten students to arrival, lunchroom, and dismissal procedures!

The Family Resource Center (located in our early childhood wing) is educationally engaging for our younger children. This resource center is a great success and lots of fun! Please consider joining any of their activities by contacting Youth and Family Services.

Please join us in welcoming our new teachers: Kelsea Burkhardt/preschool teacher, Lisa Chlebowski/Library/Media Specialist, Kayla Kaan/3<sup>rd</sup> gr. teacher, Meg Lettieri/Reading Specialist, and Liana Lilburn/special educator and *Lead Teacher*. Liana's experience with early childhood, social/emotional development, and behavior management is invaluable to this position.

The "uniqueness" of each school day requires our undivided attention and we appreciate the support of our families and parent volunteers! We believe that ongoing communication between home and school is essential to each student's success and we thank all who have prepared us for a great beginning to this school year, including the devoted PTO parents who work alongside our staff to assist the children. Our PTO Co-Presidents, Mrs. Tammy Spurgeon and Mrs. Trish Hagerty coordinated volunteers to start our school year and to help with our traditional Kindergarten Welcome event!





# Nathan Hale-Ray Middle School



Principal  
Jason Peacock

Assistant Principal  
Roy Parker

Telephone: 860-873-5081

## UPCOMING EVENTS

**November 3**  
No School  
Professional Development  
Day

**November 6-7**  
Variety Show

**November 12**  
Fall Sports Award Night

**November 14**  
Gr 6-8 Dance  
St. Stephens

**November 25**  
Early Dismissal

**November 26-27**  
No School  
Thanksgiving Break

**December 9-11**  
Early Dismissal  
Parent/Teacher  
Conferences

**December 23**  
Early Dismissal

**December 24-  
January 1**  
Holiday Break

We are enjoying a wonderful start to the school year, although it would have been a lot more enjoyable without the 95 degree temperatures of the first few days. The popsicles that MPAC served on first day have never tasted better! After preparing the building and schedule all summer, it was great to see the students arrive. It was especially enjoyable to greet the 4<sup>th</sup> grade students as they came off the bus. They entered with a sense of curiosity, trepidation, and excitement that only a child can have.

Our September Open House and Book Fair was well attended. We greatly appreciate the number of parents who took the time to join us for these events. The ongoing relationship between parents and the school is very important to us. Please join us for other events this fall including home soccer games, cross country meets, volleyball contests, and the annual variety show.



NHRMS was joined by Teja Arboleda for an assembly on race called "Race Out."

Teja Arboleda is the president of Entertaining Diversity, Inc. which focuses on diversity and inclusion programming through entertainment. He has a Masters in Education, and as professor, teaches courses on race and ethnic relations, communications and film making. He produces and edits documentaries for PBS and Discovery, and won an EMMY award in 1993 and two Telly Awards (2009 and 2013).

His PBS documentaries, such as *Crossing The Line: Multiracial Comedians*, have stirred considerable discussions on identity, race and culture in the news including The NY Times, LA Times, USAToday and National Public Radio. His Discovery Education series *Diversity Elementary* has been a big success in many countries. Arboleda also develops education-based iPhone and iPad apps - his app, RaceOff, challenges all notions of racial categories. His latest PBS documentary, *Model Minority: Do The Math*, looks at the devastating impact of stereotypes against Asian college students.

MPAC (Middle school Principal Advisory Council) is actively seeking new members and volunteers. This dedicated group of parents will host conversations on topics such as bullying, internet safety, school nutrition, cultural arts, and other day-to-day operations. You can find information about MPAC such as how to join or when the meetings are by accessing the link through the schools website [www.easthaddamschools.org](http://www.easthaddamschools.org)





# Nathan Hale-Ray High School

## NOISES NEWS



Principal  
Eric Spencer

Assistant Principal  
Michael Regan  
860-873-5065

School Counselors  
Laura Corbett  
Mary Little-Finnegan  
860-873-5068

### UPCOMING EVENTS

November 2  
Post Secondary Planning Night  
6 p.m. H. S. Auditorium

November 3  
Election Day—Prof. Dev. Day  
No School for Students

November 5  
National Honor Society  
Induction Ceremony  
6:30 p.m. H. S. Auditorium

November 25  
Early Dismissal

November 26-27  
No School  
Thanksgiving Break

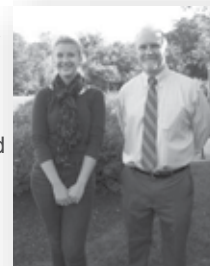
December 9-11  
Early Dismissal  
Parent/Teacher  
Conferences

December 23  
Early Dismissal

December 24-  
January 1  
Holiday Break

## CONGRATULATIONS!

The **National Merit® Scholarship Program** is an academic competition for recognition and scholarships that began in 1955. High school students enter the National Merit Program by taking the Preliminary SAT/National Merit Scholarship Qualifying Test (**PSAT/NMSQT**), a test which serves as an initial screen of more than 1.5 million entrants each year, and by meeting published program entry/participation requirements. Of the 1.5 million entrants, some 50,000 with the highest **PSAT/NMSQT** Selection Index scores qualify for recognition in the National Merit® Scholarship Program. In September, these high scorers are notified through their schools that they have qualified as either a Commended Student or Semifinalist. In late September, more than two-thirds, about 34,000 of the approximately 50,000 high scorers on the **PSAT/NMSQT**, receive Letters of Commendation in recognition of their outstanding academic promise. Nathan Hale-Ray High School is proud to acknowledge Jordan D'Addeo as a Semifinalist and Alyssa Angell-MacKenzie and Matthew Tung as Commended Students for the 2015 - 2016 National Merit scholarship Program.



### News from the School Counseling Office

**Welcome Mrs. Mary Little-Finnegan to the Hale-Ray School Counseling Department!** It was wonderful to see so many seniors and their parents at our Senior Planning Night on September 22<sup>nd</sup>! The school counseling department has been very busy working with our seniors in the first few weeks of school. We have gone into the Senior Project classes twice now to review every student's transcript and graduation status as well as deliver a post-secondary planning lesson.

In the coming weeks school counselors will be meeting with all of the freshmen to discuss "Life at Hale-Ray" and how to get the most out of their high school experience. Every sophomore and junior took the redesigned PSAT's during the school day on Wednesday, October 14, 2015. This assessment helps prepare students for college entrance exams. More information has been mailed home and will be delivered to students in classes. We also hosted the ASVAB exam (Armed Services Vocational Aptitude Battery) on October 22, 2015. Any student 16 years or older was welcome to participate if they were interested in the armed forces or if they wanted further career exploration.

Finally, our annual Post-Secondary Planning Night was held on Monday, November 2, 2015 at 6:30 PM in the high school auditorium. This evening program was for any freshmen, sophomore, or junior and their parents who wished to get a jumpstart on the future planning process. Juniors were especially encouraged to attend.

The office is a flurry with daily visits from college and vocational admission representatives and military recruiters. We look forward to an exciting year working with and assisting all of our students!

### **The Middlesex County Chamber of Commerce welcomed Future Business Leaders of America as their guests at their September Member Breakfast Meeting.**

Students headed to the Crowne Plaza for a wonderful breakfast and to hear the keynote speaker Karen Lynch, President of Aetna.

Karen spoke about the challenges rising healthcare costs are having on both small and large businesses, and addressed Aetna's innovative approach to meeting those challenges. Aetna is in the process of changing the way healthcare is administered. Pairing technological advancements with member friendly, plain language will make navigating the healthcare system easier for this generation of consumers. Apps like iTriage that let you check your symptoms, medications, and even find a doctor are allowing the consumer to manage their health decisions in the palm of their hands.

Students also learned about *Side Street to Main Street*, an entrepreneurial and business development course funded by Aetna. *Side Street to Main Street* is designed to assist minority, small business owners to become more successful by developing the attitudes, skills and qualities necessary for effective business ownership.

Attending the breakfast meeting allowed students to mingle with business professionals and learn about opportunities and challenges faced by business owners.



## East Haddam Library System News

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Zinio for Libraries is available at <http://easthaddamlibrarysystem.org> or in mobile app stores. Apps are available for iPad, iPhone, Kindle Fire and Android. To get started - simply log in using your library card number, then create a user account with an email and password.

If you're having trouble with Overdrive or Zinio, the libraries offer one-on-one help tech help, including how to setup and use digital library materials on your laptop, phone, or tablet. To make an appointment, call either EHFPL (860-873-8248) or Rathbun (860-873-8210) or email Library Director Mike Gilroy at [MGilroy@easthaddamlibrarysystem.org](mailto:MGilroy@easthaddamlibrarysystem.org).

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# MPAC - The Nathan Hale-Ray Middle School Parent Group

Nathan Hale-Ray Middle School kicked off the school year with a First Day Celebration hosted by MPAC in conjunction with school administration, local/state officials and East Haddam businesses with messages of working hard, working together and making this year a great year.

At the September open house MPAC welcomed students, families and relatives to the school and hosted their first book fair of the year. Over \$3,200.00 in scholastic dollars were given to the school library and classrooms. A special thank you to Kim Caminati and her amazing volunteers for another successful event!

On October 30 NHRMS students, staff and administration hosted a healthy, energetic and spirited walk a thon fundraiser. Tammy Spurgeon and her team coordinate this event to raise money for student activities.

Come join us Friday, November 6, 2015 at 3:30 p.m. to see our Famous Variety show. Performances range from goofy and humorous to true talent that could even pass the buzzers of America's Got Talent! Photo ops galore will be available

throughout the evening's event. We repeat the fun Saturday, November 7th at 6:30 p.m!

November 11, 2015 NHRMS celebrates Veterans Day. The teachers and students have put together a day of celebration, remembrance and respect. Veterans and public are welcome to attend.

NHRMS is always looking for new and innovative afterschool activities. If you have a talent we would be delighted to create a new afterschool program. Please feel free to contact MPAC through Trish Tarnowski at katoabby13@gmail.com or Patty Stricker at dpjstricker@att.net .

MPAC looks forward to meeting parents at our monthly meetings on the first Monday of the month at 7:00 p.m. in the NHRMS library. Child care and snacks are available during the meetings. This is an excellent opportunity to stay MPAC - The Nathan Hale-Ray Middle School Parent Group connected with your school, students and administration.

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# Annual Stuff a Cruiser Toy Drive

The East Haddam Police Officers and Resident State Troopers will host our 10th Annual Stuff a Cruiser Toy Drive on Saturday, December 5, 2015 from 9:00 a.m. to 4:00 p.m. The event will be held at the Nathan Hale Plaza located at 26 Falls Road, Route 149 in Moodus.

New, unwrapped toys are needed for children from infants to age 18. In addition to toys, donations of hats, gloves, scarves and socks are needed for children of all ages. All donations will be distributed through East Haddam Youth and Family Service (EHYFS) to children within the community.

Any family in East Haddam or Moodus that is in need of assistance during the holiday with gifts for their children should contact Kaitlin Hagan at EHYFS. She can be reached at 860-873-3296.

For additional information on the Stuff a Cruiser Event please contact Trooper Ian Hawes at 860-537-7555 x 4008, Officer Craig Mansfield at 860-873-6019 or email to [police@easthaddam.org](mailto:police@easthaddam.org).

## East Haddam Senior Center

Questions? Call the Senior Center: 860-873-5034.

### Medicare Open Enrollment: October 15 – December 7

During this time period, those currently enrolled in Medicare may make changes to plans. Counselors will be available to help you decide which plan best suits your needs. Two days: Wednesday, November 18th and Wednesday, December 2nd from 9:00 a.m. – 2:00 p.m. Must sign up in advance. Free.

### AARP Driver Safety Class:

Drivers 60 and older completing the course may qualify for discount on auto insurance. Must sign up in advance. \$15.00 for AARP members; \$20.00 non-members. Thursday, November 19th, 12:30 to 4:30 p.m.

### Bake, Craft & White Elephant Sale:

Saturday, November 21st, 9:00 a.m. – 2:00 p.m. We welcome donations for the Bake Sale and good, usable items for the White Elephant Sale (no large items, computers, appliances). Please bring items to donate to the Center on Thursday, November 19th and Friday, November 20th. Tables available for rent (\$10.00) for crafters. Call to reserve table. We will also have a Christmas Tea Cup Auction. If you wish to donate an item for the auction, please drop it off by Friday, November 13th. The auction begins Saturday, November 21st; continues until December 7th. Drawing will be Monday, December 7th. Questions? Call Alice Sabo, Chairwoman, at 860-873-9217 or call the Senior Center.

Holiday Luncheon: Pot Luck Luncheon & Entertainment. Monday, December 7th, noon time. Call to sign up by Wednesday, December 2nd. All those 50 and older are welcome.

New Year's: Pasta Luncheon and Entertainment. Thursday, December 31st, noon time. Sign up by Monday, December 28th. 50 and over are welcome.

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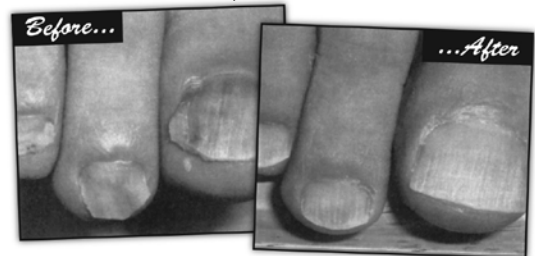
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# Tax Collector

Please remember, due on January 1, 2016, is the second installment of Real Estate and Personal Property tax bills that were mailed out in July 2015. A second bill will not be sent on these accounts. If you are a new owner of real estate property and need a copy of your tax bill, please contact the tax office immediately. Motor Vehicle Supplemental bills are also due January 1, 2016. Supplemental bills will be mailed by the end of December 2015. The last day to pay these bills will be February 1st, 2016. Payments may be made in person at the Town Office Building, by mail to: Tax Collector, P. O. Box 376, East Haddam, CT 06423-0376 or on-line at easthaddam.org and click the link "Pay Taxes". There is a fee associated with on-line payments which goes directly to the processing company, Point & Pay, for their service. This fee applies to online and in the office credit/debit card payments. A secure lockbox is located in the front hallway for payments dropped off after normal business hours. Anyone wishing a receipt must include a self-addressed, stamped envelope with their payment.

Tax information is available online at easthaddam.org. Click the link "PAY TAXES ONLINE". You will be able to check your current amount due and view past payments.

This office is for the collection of taxes only. Any adjustments to your bill must be made by the Assessor. 860-873-5026 or assessor@easthaddam.org. The Tax Collector may be reached at 860-873-5033 or taxcollector@easthaddam.org.

Denise Dill, Tax Collector



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## East Haddam Elementary School PTO

The East Haddam Elementary School (EHES) PTO is off to a great start! Monday, August 31st, was a fun-filled, first day of school for all. Thanks to the PTO, Nora's Cupcake Truck was on hand to sweeten the teachers' first day back with some yummy treats. There were also many, many parent volunteers, donning their bright pink PTO volunteer shirts, assisting our new kindergartners during bus arrival and dismissal, as well as lunch.

Our Fall Monster Book Fair was held the week of September 28th. Thanks to all of the parent volunteers who made it happen! On October 1st, the PTO officially welcomed our new kindergarten class with EHES t-shirts. During this ceremony, students from the third grade class shared their EHES experiences as they handed a t-shirt to a kindergartner.

This year our Fall fundraiser was held from October 5th-19th. We had two offerings this year, Mixed Bag Designs and Sweet Crumbs™ Cookie Dough. Mixed Bag Designs offers a variety of high quality and durable reusable bags and added a new Kitchen catalogue to their line-up. Sweet Crumbs™ Cookie Dough's 2.7 lb. box comes with 40 - 1oz. pre-portioned cookies, which can be frozen for up to 1 year. Proceeds from our Fall fundraiser fund our annual fall and spring staff disbursements.

Lastly, our annual Holiday Fair will be held December 1st-3rd. This fair is completely created and run by our very own volunteers. It offers students the opportunity to shop for friends and family during the holidays for items \$4.00 and less. This experience is not only a lesson in kindness, but incorporates planning, math and money management.

For any information regarding the EHES PTO, please feel free to contact Tammy Spurgeon or Trish Hagerty, Co-Presidents at Easthaddampto@att.net.

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## Hale-Ray Reunion A Great Success Again!

Each year the Hale-Ray All Class Reunion grows bigger & bigger. The Nathan Hale-Ray Alumni Association is proud of the product that we put out with great food, live entertainment and renewed friendships. This year's event featured classmates from the class of 1946 to the class of 2012.

We would like to thank everyone who attended especially the staff including Peg Sievers!

The Nathan Hale-Ray Alumni Association is very appreciative for the continued support from the following businesses: Shagbark, Black Hawk Fishing from Niantic, Scott Energy, The Carriage House, Connecticut Tigers, Anytime Fitness, Colchester Pizza, The Dean Farm, Town Tavern, Village Pizza, Moodus Package Store, Jamberry Nail Care, Hartford Wolf Pack, Tastefully Simple-Michele Shea, Avon -Suzanne Prior, B&B Pest Control, and Berryhill Farm.

Additionally, the Nathan Hale-Ray Alumni Association would like to express their gratitude to these individuals for donating their time and /or items to the event; Irene Parady, Kathy Golec, Tom Mills, Sally Mills, Beth Barry, David Etler, Kevin & JoAnn Maynard, Karen King, Mindy

Mylott, Ruth Jones, Evelyn Grady, Ted Cone, Winkie Cone, Mary Kery, Billie King, Stanley Peck, Dick & Carol Parker, John Gowac, Mike Davis, Cheryl & Dave Hurlburt, Joni Gage, Kim Lake, Suzy Miner, Roy Parker, Vince Shipe, Mark Schroeder, Ed Gubbins, Ed Sikorski and especially Chef Extraordinaire Jim Ventres.

Please mark your calendar for next year's all class reunion. It is always the third Saturday in August and it is held at the Moodus Sportsmen's Club. The Nathan Hale-Ray Alumni Association is a non-profit organization and through our fund raisers we have been able to annually award 2 scholarships to graduating seniors and sponsor the Middle School Essay Contest. In the future we are looking to offer mentoring/job shadowing experiences for current students, career networking opportunities for alumni, community outreach programs, and to help in the purchase of needed equipment for the schools.

Please consider joining our organization. Help and ideas are always welcome. Please visit [www.halerayalumni.com](http://www.halerayalumni.com) or email us at [halerayalumni@gmail.com](mailto:halerayalumni@gmail.com)

See you next year!

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## Rep. Ziobron Achieves 100% Voting Record



Legislator Maintains Perfect Roll Call Voting Record for 2015 Session

HARTFORD — State Rep. Melissa Ziobron this year continued her exemplary record of service to constituents by registering a one-hundred percent House roll call voting record during the 2015 legislative session.

Ziobron, who represents the 34th District covering Colchester, East Haddam and East Hampton, was present to cast every vote on the floor of the state's House of Representatives.

"While a perfect attendance record is a notable achievement, what's just as important is being able to listen to the citizens I represent, and accurately be a voice for community concerns," said Ziobron. "I take pride in this accomplishment not because it is a perfect score, but rather that it symbolizes my dedication to listen – to my colleagues in the Capitol and to my constituents in our community."

Ziobron serves as the leading House Republican lawmaker on the legislature's Appropriations Committee. Now in her second term serving as State Representative, she was reappointed to the Environment Committee and serves on the Committee on Children.

Perfect attendance is very difficult to achieve, less than a third of her legislative colleagues in the House were able to attain this record during this year's legislative session.

Ziobron has achieved a one-hundred percent voting record for the two terms she served during the General Assembly's regular legislative sessions, representing the people in the 34th District. The next regular session of the legislature will convene in February 2016.

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

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# Beat Parkinson's Today

Local Parkinson's Exercise Program Shows Great Results in Helping People with Parkinson's Feel Better

East Shore Region Adult & Continuing Education is hosting classes by Beat Parkinson's Today, an exercise program designed specifically to improve Parkinson's symptoms.

There are presently 12 classes per week in 4 locations in CT with almost 50 Parkinson's clients participating. Results have been astounding. Clients have improved gait, balance, fine motor control, explosive movement, attitude, self-image, and fatigue. Some have lowered their dosage of their medications.

BeatPD Today has classes for people of all ages and all stages of the disease. BeatPD Today is a program developed through personal trial and error by Michelle Hespeler, who said: "these classes were born out of the desire to offer People with Parkinson's a way to feel better – both physically, and emotionally. We've found that, in addition to the endorphins that are generated, the results are incredibly positive.

As a person with Parkinson's, I can attest to that personally. Exercise has made a huge difference for me." The BeatPD Today program is an affordable exercise

class based on national research around the benefit of exercise to alleviate Parkinson's symptoms and slow the progression of the disease. Every workout is scalable to each individual within the group class. The BeatPD Today program focuses on full functional body movements that we use in everyday life. Our sessions use a variety of basic equipment such as ropes, TRX, kettle bells, BOSUs, weights and medicine balls. We create work-outs in each session specific to the group's needs. The classes will encourage brain stimulation, challenge balance and stability and teach proper technique and form – all in an encouraging group setting.

We are a training program that creates a personalized environment to pursue individual fitness and health needs. We have a Beginner Level class and Intermediate Level. Classes consist of Guided Meditation, Breathing, Stretching and Movement. We have the best equipment and training program in the area. We have experience working with people with PD and have seen improvements in their gate, flexibility, core strength, level of energy and overall with confidence. We are unbeatable.

Please register by phone/text, 860.463.3747, email at info@beatpdtoday.com, or web-site www.beatpdtoday.com.

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## Early Childhood Council



Classes are starting for children age birth to 5 and their caregivers! The East Haddam Early Childhood Council is a group of professionals, teachers, community members and parents committed to making sure that all East Haddam's children are ready for school

success. A Family Resource Center was developed to meet the goal of supporting healthy development of families in our community. The Center is located with the East Haddam Elementary School in Moodus. The FRC is excited to announce fall programs with Miss Joy. Come and engage with your children as they learn and grow socially, emotionally and cognitively while connecting with other caregivers! All programs are free and open to any who would like to attend.

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, meets on Mondays and Fridays from 10:00-11:00am. Come as often as you can to this free, no registration program. Classes are going on now!

Kindergarten Readiness group is held every Tuesday from 10:00 a.m. to 11:00 a.m. Program is open to children ages 3 ½ and up and a caregiver. This program will allow children preparing for Kindergarten to enhance their development in areas such as creative expression, cognitive development, executive functioning, language and literacy development and social and emotional development. In order to stay true to a readiness curriculum siblings may not attend. Registration for this program is required

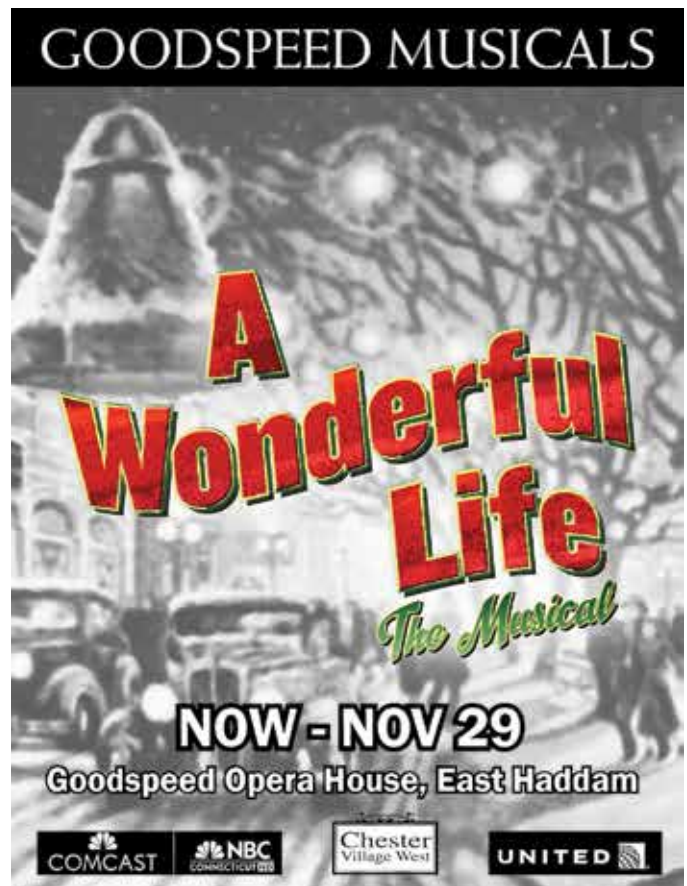
and space is limited so register now! Contact Early Childhood Coordinator, Lauren Kasperowski at [lauren.kasperowski@yahoo.com](mailto:lauren.kasperowski@yahoo.com) to register, join our mailing list or with any questions about the Early Childhood Council or the Family Resource Center.



## Volunteer of the Month

Please join us in congratulating our most recent volunteers of the month: Andrew Lord, Ciara Sikorski, Jake Woodworth, Michael Gross and Mark Thiede. If you would like to nominate someone, please do so in a letter to the First Selectman.

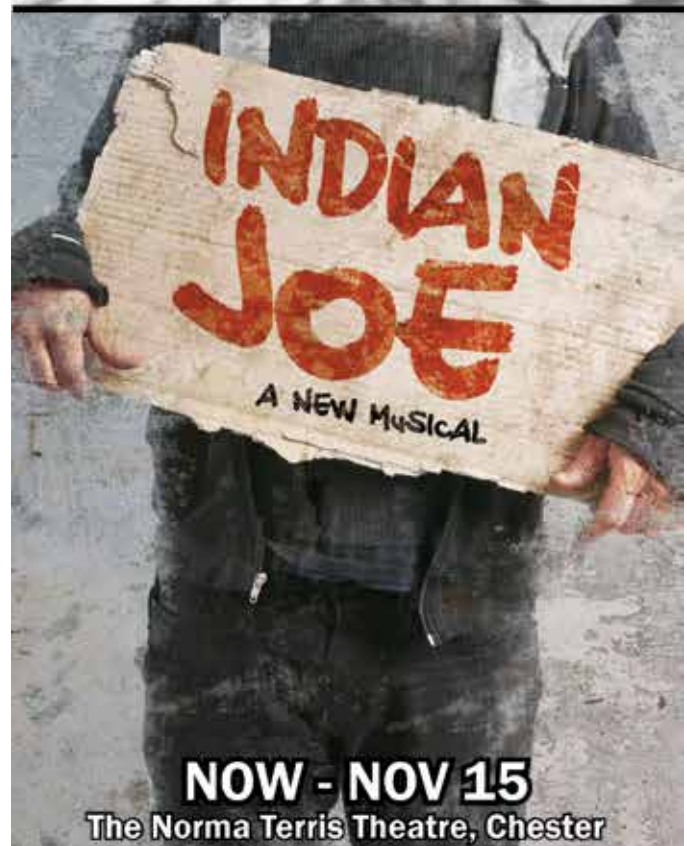
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# East Haddam Land Trust News

## Musical Bridges – A Great Success!

Thanks to the 28 musicians, 4 pick-up bands, and about 400-500 attendees who made Musical Bridges a fun event. Special thanks to the Goodspeed Opera House and the Gelston House for their hospitality and food donations, Essex Steam Train for the sound equipment, Rob Bradway for managing the sound, and all EHLT's volunteers who made Musical Bridges successful. Watch for another EHLT sponsored Musical Event in 2016.

The generous music lovers and EHLT supporters raised nearly \$3,500 to offset EHLT's donation to construction of a new footbridge across the Eightmile River. The bridge will link a trail on East Haddam's Chapal Farm and Patrell preserves at the start of the new Richard Goodwin Trail, to be formally dedicated this coming spring once the footbridge is complete. EHLT volunteers helped clear East Haddam's portion of the trails and continue to work on seeing the footbridge built.

## New Preserve Signs

Thanks to a great crew of volunteers, East Haddam Land Trust recently began installing new signs at the entrances of its preserves. When you see a brown sign with gold lettering, you'll know the property is preserved by your investment in East Haddam Land Trust, and maintained by EHLT volunteer



stewards. Printed trail maps are also available at entrances to some of EHLT's preserves.

## Fall/Winter Hiking

Join EHLT's "Last Sunday" hikes; 1:00 to 3:00 p.m. on 11/29/15, 1/31/16, and 2/28/16, and ring in 2016 during EHLT's Annual New Year's Day Hike, 1:00 to 3:00 p.m., January 1, 2016.

Visit [www.ehlt.org](http://www.ehlt.org) to learn the locations of these hikes and of other upcoming events. Better yet, sign up at [www.ehlt.org](http://www.ehlt.org) to receive EHLT updates via email.

# IT MAY NOT SEEM LIKE A BIG MOVE, BUT FOR OUR PATIENTS, IT'S HUGE.

At Middlesex Hospital Primary Care East Haddam, we are proud to welcome all patients to our new location at 27 William F. Palmer Road in Moodus. While this may not seem like much more than a short move up the street, our new home will offer patients a more comfortable, convenient and state-of-the-art experience.

Our new offices are completely renovated inside and out, with more parking and a protected drop-off entrance. We have a larger waiting area, twelve exam rooms and a new modern lab. We also plan on adding additional providers and staff soon.

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Malcolm Gourie, MD



Melanie Bouthillier, PA-C

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## Meet Joe Zaid, Conservation Volunteer



Joe Zaid is a groundskeeper by trade. He manages the grounds of I-Park, the large arts community near the Devil's Hopyard. So what does he do in his spare time? He "keeps the grounds" of East Haddam's open space. Joe began coming to Conservation Commission meetings several years ago, just after moving to Acorn Dr. with his wife and young daughter from Norfolk, Virginia, where he had served with the US Navy as a navigation and electronics specialist on the USS Scranton. Figuring that it would be a good way to meet people and learn about his

new home town from the people who know it best, he plunged into Commission work days, planning projects and clearing and marking trails.

The Conservation Commission quickly figured out that it had found a "keeper" and nominated him to be an official member. Now Saturday afternoons often find him checking the trails of the Rose Farm preserve, locating boundaries of the Davison Walking Park, or clearing a fallen tree on the Harris Property. His favorite activity? Designing trails on new parcels....and the team work of shared goals. His favorite parcel is the Hatch Lot, with its spectacular views, miles of marked trails, and links to other beautiful parcels. He is especially looking forward to helping with the construction of the ambitious 75 foot bridge that will cross the Eightmile River and link our Chapal Farm preserve with the Richard C. Goodwin Trail, a four town project.

And here is something unusual about Joe, the outdoorsman. He enjoys Commission meetings. Granted, our meetings are lively and regularly improved with amazing homemade delicacies. It was one of our lucky days as a Conservation Commission when Joe showed up to help. If you would like to get involved in this kind of wholesome...and fun....work, and make your community better at the same time, the Conservation Commission wants to meet you too. Contact Sue Merrow at [amerrow@snet.net](mailto:amerrow@snet.net) for more information.

## Advanced Cataract Surgery

Lasers have saved vision in patients with Diabetes, eliminated the need for glasses with LASIK, and now assist in Cataract Surgery. In the past, the surgeons would use blades and eye markers to create openings and guides for lens implantation; new technology shines a digital reflection onto the cornea eliminating the marking on the eye, uses a laser to break up your cataract and create near perfect openings for surgery. With this new technology, the plan starts from your visit in the office. Most patients complain of glare, halo, yellowing of colors, and blurred vision when having cataracts. Typical aging cataracts are seen in patients at approximately 50 years of age. With a dilated exam by your surgeon at Middlesex Eye Physicians, they determine if your cataract is ready for removal. Small cataracts are left alone until they "grow".

Once diagnosed with a cataract and deemed ready for surgery, our patients are sent to the surgical schedulers. The scheduler will educate the patient and make appropriate appointments. The process begins. Patients will have an ultrasound of their eye with specialized equipment. After this measurement, patients will be placed on a machine that will capture fine details on the eye for surgery such as the eyes external blood vessels and the iris composition (color part of the eye). This precise computer information is transferred to the physician to view and create a plan for cataract surgery. More precise measurements customized to the patient's own eyes means better visual outcomes.

Rose Malczynski, C.O.A., Roger Luskind, M.D.  
Middlesex Eye Physicians

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# campaign for bully-free communities

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## help make middlesex county a bully-free community.

### STAND UP TO BULLYING AND MEAN-SPIRITED BEHAVIOR.

*Did you know that one out of seven kindergarten through grade 12 students are either a bully or a victim of bullying? And that an estimated 160,000 children miss school every day for fear of intimidation or attack? Bullies are everywhere, on the playground, in the classroom, at the workplace and, more and more often, online. It is up to each and every one of us to put an end to mean-spirited behavior in our communities by learning more about the issue and the resources available for empowering individuals and preventing bullying. For more information call the Community Foundation of Middlesex County at 860-347-0025 or go to [bullyfree.MiddlesexCountyCF.org](http://bullyfree.MiddlesexCountyCF.org).*

### STAND TOGETHER FOR CHANGE. TAKE THE PLEDGE.

*“I will be an agent of change.  
We are all different but we all deserve  
respect.....”*



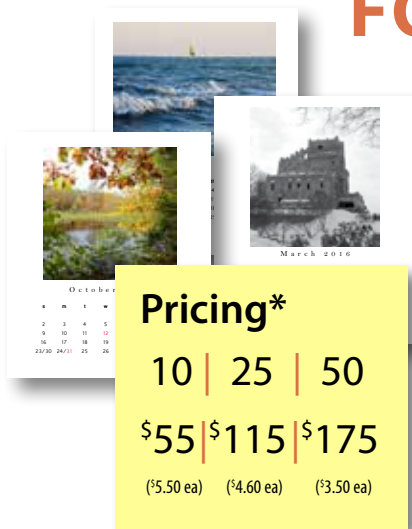
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