

Haddam



Events

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Volume 4 · Quarter One · 2011



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Special Election ... and more!

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From Your First Selectman, Paul J. DeStefano

For anyone who has ever heard the old country western song "How Am I Going To Miss You If You Don't Go Away," you can probably relate to the restlessness that many of us have felt as we waited for this year's reluctant winter to pass. She has one foot out the door now, and unless you are an avid skier or you sell snow blowers, or if you are at all like me, you will kiss it a fond farewell and turn your attention to the promise of a Spring filled with rebirth and hope.

As with any form of life, the process of rebirth requires the shedding of restraints that inhibit the natural instincts to grow, and the nurturing of elements that offer the best opportunity to survive and flourish. So then, as we contemplate our future as a town, we need to ask ourselves what we must shed and what we must nurture.

We have come a long way since last Spring. We have faced many obstacles together, sorted out what could be conquered and have taken action to begin crossing the divide. In some instances we can look back and say to ourselves "well done," in others, we can only look ahead with clenched jaws and say "bring it on." For whatever our successes, we must never lose sight of our future, nor should we fear it ... not Haddam ... not with the resolve of a people whose spirit is built of steel. So let's work on that steel for a bit and see how much rust we can shave and how much shine we can muster.

To begin with, we must agree that our goal for survival and growth will be easier to achieve if we are all pulling in the same direction. Frustration and impatience sometimes foster radical actions that may not be well thought out. We must use our imagination and dream, but we must be mindful of the practicality and timing of our actions. Enthusiasm is a two edged sword that should be both displayed proudly yet remain harnessed until the moment of truth is before us. Therefore, impatience should be on the shed list, and enhanced communication to insure actions that are consistent with the wishes of the many and not only those of the few, should be added to the top of the nourish list.

Some of our restraints go back many decades and therefore we have become used to their limiting influence. Shed, then we must, the pitfall of accepting the status quo

and replace it with a sense of urgency to clear the path to a better future.

Our town meeting form of government is the purest there is; so why then are there only a handful of residents present at so many of those meetings when important decisions that affect the town as a whole need to be made? Add then 'apathy' to the shed list and add 'conscious involvement' to the roll of items that need to be nourished.

Suspicion and mistrust are shackles that are bred from old wounds and fear. Both must be shed to move forward. It is not always easy to trust, but a people of steel can afford a few lumps and bruises without curling up in a fetal position. Nourishment requires hope, and hope, my friends, requires trust. Add it to the list.

There is nothing more unrewarding than having a terrific deed go unnoticed or unacknowledged. In our town, we do many good deeds. Some are small, and in the light that is all too often measured by its flash and not its subtle beauty, the deed sometimes falls to the ground and becomes discarded in the rush of the day. Some are large, and although they may briefly receive a token blast from the media, civic agency or special interest group, they too fade as the passing weeks and years demand our attention elsewhere. As we approach our three hundred and fiftieth anniversary as a town, we need to shed the rust of forgetfulness and polish the pride that has brought us to this memorable point in time. This coming year, more than ever, we need to celebrate us ... proud ... noble ... and unafraid.

Sharpening up our lists is doable when we hold destiny in our hands, hearts, and minds, but all too often, we are not the carrier of our charge.

Continued on page 2



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Selectman ... continued from page 1

How then do we mold our strengths and forge a future? How do we nourish ourselves when the world around us is crumbling? How do we remain unaffected by the vicious financial strain our state and country has inflicted on our everyday lives? The answer is we lead! That's right ... we lead! This small, struggling town along the Connecticut River needs to get out in front of the issues, arm ourselves with achievable plans, align ourselves with mutual interests, and take charge of our future diplomatically, legislatively, or any other way we can to bring our needs to the forefront. Add to our nourish list 'calculated assertiveness.'

A short time ago, I listened to a few newly elected State officials talk about their plans to remedy the incredible financial nosedive we have taken in Connecticut. I tried to measure the promises of cutting costs and increasing operational efficiency, and I thought to myself, 'if you cut the budget of an inefficient department or commission by fifteen percent, does that mean that they will operate fifteen percent more efficiently?' I think we all know the answer to that one. So, as we massage our lists, we have to think about rebuilding some of the structures to be stronger to support our future needs ... and that doesn't mean throwing more money at them or slicing them apart. What it does mean is that all the parts will have to learn how to work

together. Add to the nourish list 'more education and better communication for existing elected and appointed officials and a better understanding of the issues for those hopefuls who want to be elected to serve us.'

In my mind, I can hear some of you saying "Yeah, that all seems well and good, but who has time to get more involved; I barely have time for my family or friends." To you, I plead ... "Make the time to get involved ... do it as a family or with a group of friends ... but do it; only you can guide your future... don't let somebody else do it for you." We have some wonderful civic groups, educational agencies, environmental movements, and economic development bodies that meet physically and communicate electronically on a regular basis. They need your input so that the fruits of their efforts will indeed be the choice of the many who make up this beautiful little hamlet of ours. We are entering into a place in time that requires vigilance, courage, foresight, and teamwork, a place where vision and hope need not be wasted seeds on barren land, but rather carefully cultivated origins of another place in time that will surpass our greatest expectations. Please help us get there.

Respectfully,
Paul DeStefano

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Haddam Garden Club Wins Awards

On October 20, the Haddam Garden Club was presented with three different awards by The Federated Garden Clubs of Connecticut at the Annual Awards Luncheon which was held at the Aqua Turf Club in Southington.

The first award was given to the Haddam Garden Club for Outstanding Work with Youth. In late fall of 2009 Haddam Garden Club member, Sue Ruty, worked with second grade teachers and students from Burr Elementary School to plan a fun learning activity that involved a short talk about bulbs, and how they are planted in the fall and bloom in the spring. Approximately 60 students, teachers and several garden club members planted well over 100 daffodil and crocus bulbs in front of the school and were rewarded with a beautiful display of yellow, white and purple blooms in the spring. In December of 2009 another Haddam Garden Club member, Michele Wytas, coordinated a lively activity with a kindergarten Daisy Scout troop from Haddam Elementary School. Garden club members teamed up with the scouts to create beautiful holiday greens arrangements for them to take home and share with their families.

The second award was an individual award for garden

club member, Melanie Giamel, who was honored with an Environmental Awareness and Conservation Award for her work with the Haddam Land Trust, the Rockfall Foundation as well as the Haddam Garden Club. She has worked tirelessly for many years to make our town a better place to live and to preserve the natural beauty and wildness of our country sides for all to enjoy now as well as for future generations.

The third award which was received by club member, Jackie Landsburg, was a Lovely Garden Participation Award from the Gardening Consultants Council to a garden club member "whose garden reflects a love of gardening". Her gardens, as well as several other members' gardens will be open to the public on June 12, when the Haddam Garden Club will host a Garden Tour. Look for more information as spring approaches.

Although Haddam Garden Club members are delighted to win these awards and to be recognized for all their hard work, the real reason we do all these activities is for the pleasure we receive from gardening and from sharing it with others. Please check out our website for more information about the club and its activities at www.haddamgardenclub.com.

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The Brainerd Memorial Library

Gift Certificate Winners at Brainerd Library

During the month of December the Brainerd Memorial Library gave away \$25 gift certificates to Amazon and a restaurant. A free raffle ticket was given to each patron when they checked out library materials or attended a program.

The library is pleased to announce the following winners:

December 10th drawing - Paul Ruimerman of Higganum - Amazon gift certificate

December 17th drawing - Katherine Conte of Higganum - Amazon gift certificate

December 23rd drawing - Robert Lentz of Haddam - gift certificate to Dino's Restaurant

Annual Taste of Haddam

The Library will hold its annual Taste of Haddam again this year on Saturday May 7, from 6:00 p.m. - 9:00 p.m. Come and experience a great evening of food and wine at the 4th annual Taste of Haddam. Local restaurants will be offering samples of their fare. Local liquor stores will offer wine tastings. Other beverages will be available. Donations are \$25 per person. If there are any local businesses that would like to participate they can call Bruce Ricker at 860-345-8450 or Cindy Muhlback at the library 860-345-2204.

Watch for updated information and when tickets will go

on sale in future publications. Proceeds will benefit programs at the library.

February Adult Programs

The Art of Henna - History and Demonstration

Join us at the Library as Jamilah Zebarth tells us about the fascinating history of "Henna". After her talk Jamilah will spend the remainder of the evening doing small designs on any girls/women that would like one. Jamilah will be here on February 9th from 6:30 p.m. until 7:30 p.m. Please call the library at 860-345-2204 to register for this event.

Valentine's Cupcakes

The Library will once again have Chef Joanna Siciliano leading a class in Valentine cupcake decorating that should be very festive. Chef Siciliano's classes are popular, very creative and fill up quickly. If you want to make sure that your child is included in this class, preregistration must be done at the library. There is a five dollar fee per child. The program will be held on Thursday February 10th at 6 p.m. These cupcakes taste as good as they look!

Chocolate Wars

With the holidays over and the time for over-indulging behind us, we naturally begin to focus on healthy eating and exercise.

continued on next page



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Brainerd Library ... continued from page 4

But can you have your cake (or to be more precise, your chocolate) and eat it, too? Long time chef and chocolate expert Maria Brandriff will demonstrate that it just may be possible with her new program called "Chocolate Wars" to be held at the Brainerd Memorial Library in Haddam on Tuesday evening, February 15th at 6:30 p.m. It will be a kind of taste-off, where participants will have the opportunity to compare the type of decadent truffles that we all know and love with a lighter healthier version. Which type wins the showdown will be up to the participants who will have the opportunity to indulge in both. Recipes and ample samples will be available. Since space is limited, please call the library to register. There is a five dollar fee per participant.

Saturday Movies

Saturday Movies at Screening Room are located in Brainerd Memorial Library in Haddam.

Indiana Jones and the Kingdom of the Crystal Skull (PG-13) February 19th at 1 pm. The ever popular "Indiana Jones" series continues in February with Harrison Ford, Kate Blanchett and Karen Allen starring in this 2008 Steven Spielberg release. Indy tries to outrace a brilliant and beautiful agent for the mystical, all-powerful Crystal Skull of Akator. Teaming up with a rebellious young biker and his spirited love Marion, Indy takes you on a breathtaking, action-packed adventure

Despicable Me (PG) February 26th at 1 pm. Another great animated movie for the whole family starring the voices of Jason Segel, Russell Brand and Julie Andrews will be shown in the Screening Room. In his quest to be the world's greatest villain, Gru plans to steal the Moon, but he meets his greatest challenge when he adopts three little girls to help him on his mission. The seating is limited for this movie - please arrive early to guarantee a spot.

Displays at the Library

The following displays can be found in the display case located at the main entrance to the library:

February - Laura Lovell of East Haddam will display her collection of cat figures. They are all sizes made of ceramic, glass, stone, etc. They include salt and pepper shakers, bank, creamer, and statues.

March - Kay Kestermont of Higganum will display her collection of butterflies. The collection includes real butterflies that have been preserved. They come from all over the world.

April - Diana Link of Haddam will display her collection of animal figures collected from her many travels.

May - Joseph Zaiantz of Haddam Neck will have a display about the Shad Museum that he runs in Higganum. This is the time of the year that shad runs.

- Bev Radziwon



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Town Clerk's Office

Sportsmen

2011 Sports Licenses are available. Additional information regarding regulations, permits, conservation education/firearms safety courses are available on line at <http://www.dep.state.ct.us>.

DEP reminds anglers age 65 and older that the free resident "lifetime" inland fishing, hunting and trapping licenses for individuals age 65 and older became "annual" licenses effective October 1, 2009. All "age 65 and older" free inland fishing, hunting and trapping licenses obtained since October 1, 2009 must now be renewed annually. Additionally, all "age 65 and older" free marine fishing licenses must be renewed annually. Holders of age 65 and older "lifetime" Connecticut inland fishing licenses obtained prior to October 1, 2009 are not required to reregister for a new license. However, should one lose this "lifetime" license, they will need to obtain a free replacement by accessing the licensing system from their home computer, or by visiting a town hall, DEP office or other participating vendor. All individuals with "lifetime" hunting or combination hunting & fishing licenses will need to register themselves in the Automated Licensing System to obtain the appropriate permits and tags along with their unique Conservation ID#. In subsequent license years, this Conservation ID# will be re-used and the free hunting license will need to be

selected annually prior to obtaining permits and tags. For assistance in renewing these licenses, contact DEP Licensing and Revenue at (860) 424-3105.

Credit Redemption for Licenses/Permits Purchased between October 1, 2009 and April 14, 2010

Town Clerks and Agents cannot process purchase of licenses/permits when redeeming a credit. You must use this form to purchase by mail or purchase in person at the DEP facilities listed at www.ct.gov/dep/sportsmensfeereduction.

Reminder

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

With Sympathy

We would like to express our condolences to the families of recently deceased Haddam residents:

Michael Capone, Kent Drager, Millicent Freundlich, Raymond Day, Raymond Conroy, Helen Thompson, Leone A. Baroni, Julia Comcowich, Richard Saraceno, Richard Poole, Paul Medvec, Rosa Chappel, Joseph Lisitano, Jr, Bernice Linderme, Herbert Mayo, Marie Mularski, Edward Jascot, Sr, and Richard Hickish.

Congratulations

We congratulate the following on their recent marriages:

Clifford Demczyk and Julianna Ely, September 18th
 Travis Sierpinski and Samantha Brutzaman, September 18th
 Haldan Block and Gina L. Vezzola, September 18th
 William Collins and Kate Shields, September 18th
 Joseh Bernon Bertholet and Lindsey Marie Ghiroli, September 25th
 William Leonard Dallas and Laura Lynn Nadelman, September 25th
 Michael G. Archer & Ashley P. Macala, October 9, 2010
 Derek Clinton & Meghan Lara Bowers, October 15th
 Timothy P. Graves & Kathryn Nigro, October 16, 2010
 Jeffrey David Bert and Wendy Beth Waller, October 23rd
 Ronald Jay Bagley and Gayla Lynn Liappes, October 28th
 Stephen W. Taylor and Anne C. Farrow, December 12th.

Continued on next page

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Phone (860)345-8531 Ann ext. 212, Ann R. ext. 211

Fax (860)345-3730

Email: Ann Huffstetler, townclerk@haddam.org

Ann Riebold, townclerkasst@haddam.org

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



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Higganum Village Farmers' Market

Come see what the buzz is all about!

The Higganum Village Farmers' Market second season of operation was an overwhelming success in 2010.

We hope everyone enjoyed what the market offers to local citizens:

- The opportunity to purchase locally and Connecticut Grown fruits and vegetables, many grown without pesticides.
- Experience and enjoy local entertainers.
- Purchase unique items from local crafters.
- Socialize with and promote your local community.

And it all happens Friday afternoons on the Higganum Green! Spring and the 2011 market season will arrive before we know it. Would you like to become more involved? Are you, or do you know a local farmer, artisan, artist, musician, or community group who would like to participate? Would you like to volunteer with market operations, planning, or promotions? For additional information, please contact Market Manager Gail Reynolds at marketmanager@higganumvillagemarket.org, via the market website (www.higganumvillagemarket.org) or call 860-345-2723.

Board of Assessment Appeals

As you are aware, this is the year of the town wide Revaluation when all Real Property is evaluated to reflect current market value. In fact, you should have received a notice of your new assessment from the town. It's important for you to take the time to review the new assessment because we are approaching that small window of opportunity when you can appeal the assessment if you disagree with it or a mistake has been made.

First Step: Contact the Assessor's Office ... they may be able to resolve the issue. If not, you will need to appear before the Board of Assessment Appeals.

When you will need to apply: Applications are available at the Assessor's Office and on the Assessor's page at the town web site: www.haddam.org. Completed applications must be received by the Assessor's Office on or before February 20. Postmarked applications received after the deadline will not be considered as timely and will not be accepted.

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

Continued on page 10

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Community Foundation Announces New Officers and Grant Awards

Philanthropy Matters. Philanthropy Works. And thanks to many dedicated volunteers, the Community Foundation continues working diligently to improve the quality of life in Middlesex County. At its December meeting, Middlesex County Community Foundation Board of Directors kept the momentum going of Helping Good People Do Great Things.



Lyn May of East Haddam and Gary Salva of Middlefield

Officers were appointed for 2011; two new Directors were elected; and one former Board member was recognized as

Director Emeritus. The Board also approved competitive grant awards on the recommendation of the Grants Committee. The awards for 2011 represent a 16% increase in funding over 2010 competitive grant awards.

Marcia Kalayjian, Clinton, will preside as Chairwoman of the Board of Directors; John Biddiscombe, Durham, will serve as Vice Chairman; Susan Barrett, Portland, will again serve as Treasurer; and Nancy Fischbach, Deep River, will continue as Secretary.

Lyn May of East Haddam and Gary Salva of Middlefield were elected to the Board. These two individuals bring a wealth of talent as the Community Foundation continues to provide grants and training to nonprofit organizations throughout Middlesex County. MCCF Board of Directors paid special tribute to Ralph Shaw II of Middletown unanimously electing him Director Emeritus, in recognition of his many years of committed service to the Community Foundation. Shaw, a founding Board Member, served on the Board for nine years and as chair for seven of those years.

The Community Foundation approved \$129,500 in competitive grants to forty-eight (48) organizations serving Middlesex County communities. Funding for these grants was made possible by the Community Foundation's endowed funds as well as by donations from generous individuals and community-minded organizations, including River View Cemetery-Essex, Connecticut Humanities Council, D'Addario Family Foundation, and Citizens Bank Foundation. A full listing of the organizations receiving grants can be found on the Community Foundation's website:

www.MiddlesexCountyCF.org.

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Running in one week sessions for boys and girls ages 6 to 13, local families can enjoy a day program very similar to our overnight camps. Every day, campers choose from a range of activities, spend two full hours at the waterfront and get American Red Cross swimming and boating lessons. Lunch is provided and transportation is available.

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Bd. of Assessment ... continued from page 8

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

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

*Diane Clowes
JoAnn Woikelman
Suzanne Hausner*

Connecticut Department of Public Health

Arthritis & Asthma Information

Arthritis

Arthritis is a chronic disease that includes over 100 different conditions characterized by joint pain, stiffness and sometimes swelling. Arthritis causes pain, stiffness, a decrease in mobility, and activity limitations.

The three most common types of arthritis are:

Osteoarthritis – is also called degenerative joint disease. The joint cartilage, underlying bone and supporting tissue may undergo degenerative changes. It affects 21 million Americans.

Fibromyalgia – is a pain syndrome involving muscles and muscle attachment areas. It affects 3.7 million Americans.

Rheumatoid arthritis – is an inflammation of the joint lining. It affects 2.1 million Americans.

Arthritis is the leading cause of disability in the United States. Over 7 million Americans are limited with their daily activities of living because of arthritis and related pain.

Arthritis is not a normal part of aging. There are over 100 different types of arthritis. Arthritis accounts for over \$65 billion in health care and related lost wages each year in America. This is likened to a mild recession (approximately 1% of the gross national product).

Who Does Arthritis Affect?

Arthritis can affect any one at any age at any time. However, there are higher rates in women and persons 65 and older.

One in five Connecticut adults (536,000 people, or 21.3%) have arthritis.

Arthritis is on the rise because of the aging baby boomers. An estimated 60 million Americans have arthritis. Connecticut is approaching one in four persons.

Can Arthritis be treated?

Sometime it can be difficult to diagnose arthritis. Early diagnosis by a doctor and appropriate treatment are important factors in keeping you active and independent.

Treatment is selected based on the type of arthritis. Yet, only 54% of the people in Connecticut responded that they knew their type during a telephone interview (Behavioral Risk Factor Surveillance System 2,000).

What You Can Do To Reduce Your Risk Or Take Care of Yourself

If You Have Arthritis:

- Reach and maintain a healthy weight
- Perform regular exercise and strength training
- Prevent injuries
- Get an early diagnosis by a doctor



Know your type of arthritis and comply with your appropriate treatment plan.

Take a Self-Help Course

Do Self-Care Management

Use Rehabilitation services

Get emotional support for depression and coping

Learn more...

Call the Arthritis Foundation at 1-800-541-8350 for free brochures and information about programs, exercise classes and services.

Links to other arthritis sites:

www.cdc.gov/nccdphp/arthritis/states.htm

www.cdc.gov/nccdphp/arthritis/arthritispdfs/naap.pdf

www.arthritis.org

Asthma

The Asthma Program was established in 2000 with federal and state funds.

Mission Statement: Reduce asthma associated morbidity and mortality and improve the quality of life for Connecticut residents living with asthma.

Legislation was passed requiring school nurses to report to us all children diagnosed with asthma at three specific times in a child's school life: kindergarten entry, during middle and high school.

Asthma is a chronic disease of the respiratory system that is characterized by reversible obstruction of the airways and airway hyper-responsiveness to a variety of stimuli. Nationally, asthma is one of the most common chronic diseases and a leading cause of disability in children.

Nationally, asthma is one of the most common chronic diseases and a leading cause of disability in children. Currently, 8.5% (19.2 million) of adults in the United States report that they have asthma (2006 BRFSS).

From 2000-2006, the prevalence of current asthma among adults was slightly higher in Connecticut than in the United States as a whole. During this time period, Connecticut's current asthma prevalence increased from 7.8% in 2000 to 9.3% in 2006, while the United States as a whole increased from 7.3% in 2000 to 8.5% in 2006.

In 2005, 14.9% (123,000) of Connecticut children reported ever having been diagnosed with asthma, and 10.5% (86,000) reported that they currently have asthma.

You can reach the Asthma Program at: 860-509-8251.

From the Assessor's Office - Important Deadlines

Application Deadlines - State of Connecticut Homeowner's (Circuit Breaker) and the Town of Haddam Senior Abatement Program - The application period for these exemptions is February 1 to May 15, 2011. Persons who file must be 65 years of age or totally disabled. Please call the Assessor's Office at 860-345-8531 to make an appointment or to discuss your qualifications.

Additional Veteran's Exemption - The application period for Additional Veteran's exemptions is February 1 to October 1, 2011. Please call the Assessor's office at

860-345-8531 to make an appointment or to discuss your qualifications.

Proof of income is required when filing for the above programs. Income includes all taxable and non-taxable income as well as social security income. For the state program the maximum income levels to qualify for the above program will be \$32,300 for single applicants and \$39,500 for married applicants.

Exemption forms for the Totally Disabled and for the Blind are available in the Assessor's Office. If you have any questions please do not hesitate to call us at 860-345-8531.

Revaluation - At this writing we are wrapping up Informal Hearings between taxpayers and the representatives of Vision Appraisal. The Assessor's office would like to thank all the residents of the Town of Haddam for their cooperation throughout the revaluation process. Your participation is greatly appreciated and extremely important in accomplishing our objective to provide a successful, high-quality revaluation with minimum intrusion.

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



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Parent Guidelines for Choosing a Child Day Care Program

- | | | |
|---|---|--|
| 1. Program Licensed | 20. No Weapons | 39. Pets Vet Checked;
Rabies Vaccine |
| 2. License Posted | 21. Facility Clean | 40. Provisions For Napping |
| 3. Within Licensed Capacity | 22. SufficientSpace
Indoors/Outdoors | 41. Pools Fenced 4 feet;
Gates Self-locking |
| 4. Parents Welcome Anytime | 23. Equipment, Toys/Clean, Safe | 42. Bodies of Water;
Protected/Fenced |
| 5. Records Updated | 24. Choking Items Inaccessible | 43. No Pinch, Crush Point on
Playground |
| 6. Fire Safe | 25. Intact Paint | 44. Sufficient Shock Absorbing
Material Under Playground
Equipment |
| 7. Exits Clear | 26. Plentiful Drinking Water | 45. Equipment Anchored |
| 8. Smoking Restricted | 27. Clean Toilets | 46. Kitchen Clean |
| 9. Stairs Gated/Railings | 28. Non-Porous Diaper Area w/Rail | 47. Nutritious Meals, Snacks |
| 10. Emergency Plans Accessible | 29. Handwashing Facilities | 48. Infants Held for Feeding |
| 11. Emergency Numbers Posted | 30. Frequent Handwashing | 49. Proper Refrigeration, 45 ^o F |
| 12. First Aid Supplies | 31. Water Warm, Not Scalding | 50. Planned Program of Activities |
| 13. Working Telephone | 32. Windows Protected | 51. Cultural Differences Respected |
| 14. Sufficient Staff | 33. Electrical Outlets Covered | 52. Special Needs Reasonably
Accommodated |
| 15. Qualified Staff | 34. Sufficient Lighting | |
| 16. Good Judgment/Friendly | 35. Poisons Locked | |
| 17. Careful Supervision | 36. Cleaning Supplies Locked | |
| 18. Positive Discipline | 37. Medicines Locked | |
| 19. Protect From
Child Abuse/Neglect | 38. Garbage Covered | |

-www.ct.gov

Events Magazine Music Editor



Managing Expectations

You've heard these mantras before, "All in moderation", "it's never too late", "Good things come to those who wait". In reading recently about the new book, "Battle Hymn of the Tiger Mother" by Amy Chua, a book about the relentless determination of the "chinese mother" to raise perfect children; I could not help but think

about the challenge of competing for my children's time to ensure they have a productive exposure to music and in particular the opportunity to develop proficiency on one if not more musical instruments.

However admirable or admonished imposing strict discipline on children these days, I think of the mantras forth said, that regardless of the program, it is truly a management of expectations that will best guide anyone in a journey to achieve pleasure from developing a musical talent. The frustration of a child in how long it takes to play what it is they thought would be possible is no different in that child than in an adult who ventures to take on musical lessons later in life. If we manage our expectations with the appreciation of the difficulty in mastering a musical talent against the guarantee that in time, life long joy will inevitably come as an end result.

Whether we impose strict daily discipline or moderate accountability to the commitment, the time it takes to improve ones musical talent can and must be enjoyed along the way.

To my son's friend's dad who mentioned his desire to take up the guitar along with his 4th grade son, but was clearly intimidated by the "late in life" challenge, I encourage you to take it on, but with managed expectations. Tempering frustration through managed expectations will most certainly open you up to tremendous opportunities for enjoyment along the way. If nothing else, it certainly will qualify in the "quality time" with your son and "me time" for yourself.

Also want to congratulate Charles for his opening of the Fischer Music Company in Centerbook where he is complementing the great work of the Community Music School of Essex and Face Arts Music in Deep River to improve and support our musical community. His new Adult Music Workshop program is perfect opportunity for the "late in lifers" to set some reasonable expectations for developing musical talent in a fun environment.

Wayne D'Amico, based in Essex CT, has been a working musician and musical entertainer for over 25 years and hosts GuitarPlayersAnonymous.org, a website for guitar and professional musical gear enthusiasts.

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Town of Haddam Special Election - February 22

February 22 - 6:00 am to 8:00 pm

The Registrars of Voters' Office is open every Wednesday from 10 a.m. until 2:00 p.m. and for February only, on Friday, February 18 we will be open from 9:00 a.m. to 12 noon.

To vote in the Special Election - **voter registration deadline** is Tuesday, February 8 unless those whose rights as to age, citizenship or residence mature after this date may apply in their Town Clerk or Registrars of Voters office on a daily basis until the limited session on February 18 or at such limited session which closes 12:00 noon February 18.

This special election is to fill a vacancy for the State Representative from Assembly District # 36

Absentee Ballots may not be issued on election day, except in the case of electors who suddenly become ill within six days immediately preceding the close of the polls at the election or who are patients in a hospital within such

six day period, may be issued an absentee ballot up to the close of the polls.

In order to be cast at an election, the absentee ballot must be received by Municipal Clerk before the close of the polls.

Polling Locations:

District #001 Haddam Firehouse, 439 Saybrook Road (rt 154), Higganum

District #002 - RSD #17, Central Office, Little City Rd., Higganum

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

Remember, to register to vote, please call or stop by the Registrars' office or the Town Clerk's office. In addition, we will gladly mail a voter registration card to you.

- By Ray Skarsten and Saralyn Twomey

Lead Safe Renovation, Repair and Painting Law

The US Environmental Protection Agency (EPA) has new lead paint regulations that went into effect on April 22, 2010. These new lead paint regulations require that anyone performing any renovation work on houses built before 1978 for payment must be an EPA certified renovator. A homeowner is exempt from these regulations if they do the work themselves and it is their primary residence. If you're a rehabber, flipper, or landlord these regulations may affect your business.

The new lead paint regulations require training and certification of remodelers, safe work-site practices, verification, and extensive record keeping. It's very important to understand that the new law pertains to projects on any house built before 1978 with a few exceptions as follows:

The home or child occupied facility was built after 1978.

The repairs are minor, with interior work disturbing less than six sq. ft. or exteriors disturbing less than 20 sq. ft.

If the house or components test lead free by a Certified Risk Assessor, Lead Inspector, or Certified Renovator.

There is NO opt-out provision. The draft version of the regulations had an opt-out provision which has been removed. Everyone must comply.

What Does The New Law Mean To You?

Higher prices for renovation work. The regulations specify procedures and steps that must be taken to be in compliance with the law. More inconvenience during the renovation project. You may have to move furniture into adjacent parts of the house, and live exclusively in a portion of the house that is not being renovated.

Fewer contractors to choose from. Many smaller

contractors say they will avoid renovation projects on homes built before 1978. A significant amount of small replacement window contractors will most likely go out of business and stop providing inexpensive window replacement services.

If you hire a non-certified renovator, and are caught, the job can be shut down until the regulations have been complied with.

How Will These Regulations Be Enforced?

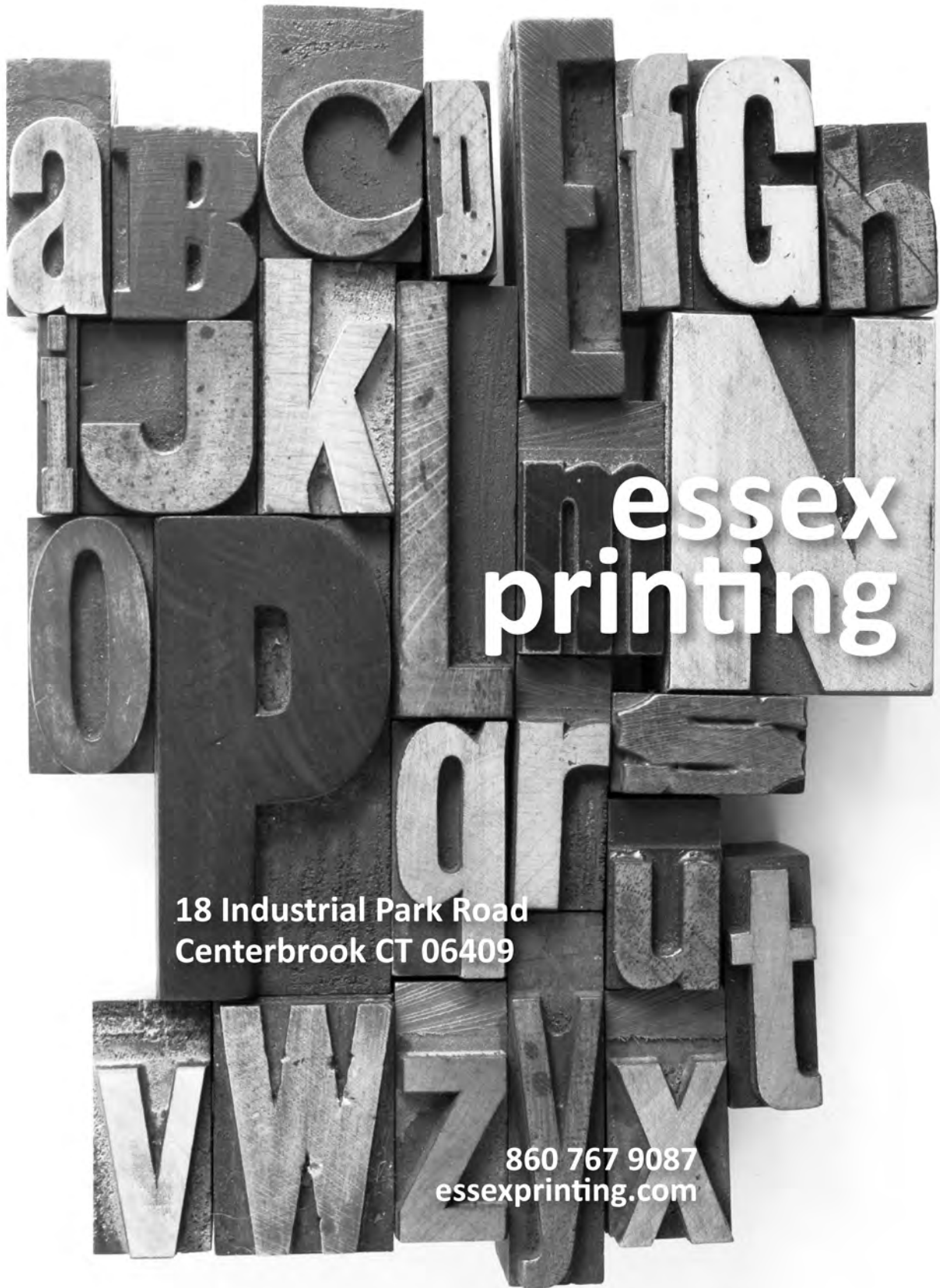
There are no EPA police. Yet. For now, the EPA is relying on citizens to alert officials when they see or suspect that lead dust or contaminated materials are being improperly handled or disposed of. Anyone who feels that there is a lead hazard is entitled to call their local public health department. Enforcement of the regulations would then be handled by the EPA administrators. Fines for violation of any of the regulations is steep; up to \$ 37,500 for each.

If you hire a contractor to do a renovation in your home that was built prior to 1978 be sure you hire an RRP certified contractor.

You should ask to see your contractors RRP certification prior to hiring them. You will also be given an EPA mandated booklet, and asked to sign a confirmation form stating that you received the booklet. No one likes these new regulations. Working with a qualified, certified contractor is the best way to ensure that your renovation project is everything it should be.

- Mark Reeves

Mark Reeves, Builder is a shoreline remodeling contractor. He can be reached at markjreevesbuilder@comcast.net



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Precision of New Technology Offers Improved Treatment



The Novalis Tx is a state-of-the-art, image-guided treatment device, enabling radiation oncologists to pinpoint tumors with unprecedented accuracy and, consequently, deliver more precise and higher doses of radiation. Pictured are Dr. Joseph Weissberg, radiation oncologist (standing) and radiation therapist, Bert Collyer, during the set-up of the new technology.

A new addition to the Middlesex Hospital Radiation Oncology Department has significantly enhanced the quality of care for patients with a wide range of cancers.

With the debut of the Novalis Tx™ linear accelerator, the Middlesex Hospital Cancer Center has become one of the first cancer treatment facilities in Connecticut to offer this technology. The Novalis Tx is a state-of-the-art, image-guided treatment device, enabling radiation oncologists to pinpoint tumors with unprecedented accuracy and, consequently, deliver more precise and higher doses of radiation. That means more effective radiation treatment with less damage to surrounding healthy tissue.

The Novalis Tx incorporates several important technological advancements. It combines sophisticated imaging techniques with a computerized treatment delivery system. It allows radiation oncologists to treat cancers more effectively, often as an alternative to more invasive surgery, and to do so in a short time frame.

What is a Linear Accelerator?

Linear accelerators use a wave-guide device that accelerates electrons to high velocity. When the high-speed electrons collide with a heavy metal target they release x-rays. And those are what the Novalis Tx can deliver - with pinpoint accuracy - to tumors of the brain, the spine, the lungs, the liver and other organs. This sophisticated new device also enables clinicians to treat some tumors that have spread to other parts of the body, many of which would have been considered untreatable not long ago.

Because it can deliver high doses of radiation very accurately, the Novalis Tx has the potential for reducing the number of radiation sessions many patients need. The duration of each session, when compared to that of other, similar treatment devices, is also reduced. "The thrust of all advances in radiation therapy over the past 30 years has been toward greater and greater accuracy," notes Joseph Weissberg M.D., chairman of Middlesex Hospital's Radiation Oncology Department. "The Novalis Tx exemplifies this technological evolution. It allows us to treat tumors with higher doses of radiation and far greater precision. Not that many years ago, a patient receiving radiation therapy would often have received two doses, one from the front and a second dose from the back. But modern equipment like this makes it possible for us to irradiate patients from multiple directions and makes radiation beams conform better to the target."

Unique Features of the Novalis Tx

"With most tumors, the higher the dose of radiation, the better the response," says radiation oncologist Anwar Khan M.D. "If you can be more accurate with radiation delivery, you can be more bold with your treatment." Accuracy is the Novalis Tx's forte. It is the gold standard for image-guided, intensity-modulated (IGRT/IMRT) radiation therapy. It uses powerful imaging systems, combined with sophisticated computer programs, to create and then analyze diagnostic image data.

Continued on page 18

From the Tax Collector

Delinquent Taxes

In this day with the economy being as it is, it has become more difficult for some to meet with their tax obligations. I am not permitted to lower or waive interest. As Tax Collector, I have to follow the laws that are written by the State to fulfill the job obligations. We do accept partial payments though, and it would probably be better to pay something, than not to pay anything at all. If there was nothing paid to what was due in January by February 1st, then that balance would have accrued interest for each month at 1.5% per month from January 1st. Any partial payment would pay off the interest first then the balance of the payment would be applied to the principal. Any other payment made in the same month the interest was cleared would be applied directly to the principal. The lowered principal would be what would accrue interest for the next month. You should figure to pay all the Real Estate taxes before the lien is placed in the Haddam Land Records on May 1st. If you are paying off Motor Vehicle taxes the last payment for an immediate clearance with DMV should be made in cash. If a payment is made by check, the clearance could be picked up two weeks after the payment was posted. A clearance report would be automatically sent to DMV the following month.

Of course it is always best to pay your taxes on time, but if you find yourself in a bind and you cannot pay all of it, pay as much as you can so the interest will accrue from a lower amount. It adds up quickly, and you don't want to find yourself in a deeper hole then what you started with.

Income Tax Records

There is a service that you may want to take advantage of when you are preparing for your State taxes and for IRS. When you are gathering the receipts of taxes paid to Haddam for your home and your car, and you find you might have some information missing, you could retrieve that information from the Haddam.org web site. From the menu list on the left hand side you will find "Tax

Collector", and on either page you open, you will find at the very top high lighted in blue "click to view tax records". Once you've clicked the blue line, you will have to agree to a disclaimer to get to a search site. Once you are at the search site try not to confuse the search with too much information, because any input submitted that is different than what is on the bill will not be retrieved. So I would just use my last name, or if it is a very common last name put the first name too. Just keep in mind, that if the bill you are looking for happens to be in your spouses name alone or in the first position, the search might be unsuccessful. If you use the last name alone, the search will pull up every bill paid or unpaid associated with that name. You will be able to scroll down from the search site to review each bill that is yours. To retrieve the details of when the bill was paid you must click the Bill Number. If that is the information you were looking for, you should be able to print it up to keep with your tax records.

- Mary P. Nork CCMC

Haddam Events
2nd Quarter Deadline
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Precision of New Technology ... continued from page 16

That makes it possible for doctors and technicians to define the most ideal plan for delivering radiation for each patient. Intensity modulation means that as radiation is delivered, from many different angles during each treatment, the intensity of the beam is changed - repeatedly - to ensure maximum radiation is dedicated to the tumor with minimum damage to surrounding tissue and healthy organs. The Center's new device has RapidArc™ software that rotates the accelerator in a 360-degree arc around the patient. It also uses an On-Board Imager® system that creates very accurate, virtually three-dimensional pictures of the tumor and its exact location within the body. This powerful combination of technologies means that for many tumors, Novalis Tx treatment seldom takes more than a couple of minutes. The patient lies upon a table while the accelerator revolves around him or her, firing many - often more than 100 - short, precision bursts of radiation from many different angles. During treatment, delivered from 360 degrees around the patient, the shape of the radiation is reconfigured over and over.

The Novalis Tx offers other advantages over more conventional equipment, too. For instance, it enables clinicians to perform a CT scan during treatment. Cone Beam CT (CBCT) technology uses those images to guide both the placement of the patient for treatment and the delivery of the treatment.

"That will improve our ability to localize the tumor and 'see' it more clearly," says Dr. Khan, who has had experience with the Novalis device at another hospital. And it is sensitive to and capable of adjusting for rhythmic motions, such as the movement of the diaphragm during breathing."



"The process is called respiratory gating," says Dr. Khan. "If you are irradiating a tumor in the lung, you can't require the patient not to breathe. With conventional radiation equipment, the machine would irradiate tissue within a small range of deviation allowing for the movement of the tumor as the lung expands and contracts. But the computer programs that support the Novalis Tx use complex algorithms to sense the movement of breathing and reshape the radiation beam to compensate. Instead of irradiating healthy tissue to account for the movement, it fires multiple short bursts to slightly different locations as it calculates precisely where the tumor has moved with each breath."

The same kind of precision makes it possible to treat tumors that have recurred where they had been irradiated before. "A patient with cancer in and around the spine, irradiated in the traditional way, cannot have further conventional radiation therapy if the tumor recurs, because of the potential for damaging the spinal cord," explains Dr. Weissberg. "With the Novalis Tx, however, we can treat the new tumor because of the precision of the beam."

- By Jim Smith

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HADDAM NEWCOMERS' GUIDE

WELCOME TO OUR TOWN!

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

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

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

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

CLUBS AND ORGANIZATIONS

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

CT STATE LEGISLATORS

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

LIBRARIES

Brainerd Memorial Library860-345-2204

MUSEUMS/ATTRACTIONS

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

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 Higganum Post Office.....860-345-2703

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

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

USEFUL NUMBERS

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

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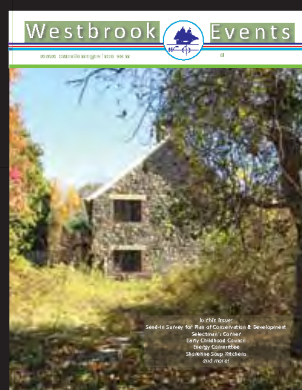
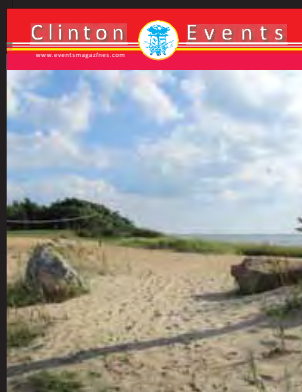
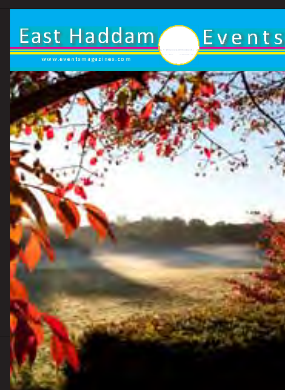
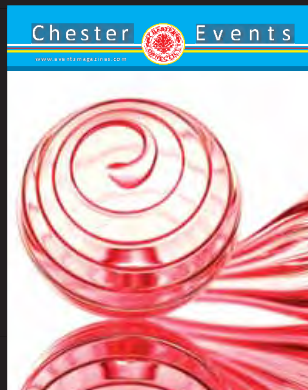
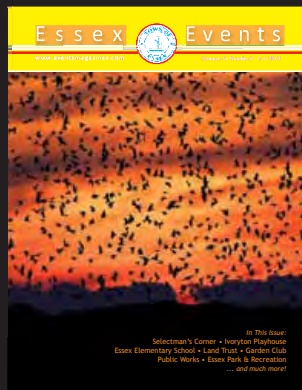


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