

# Haddam events

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# First Selectman's Corner

When I was elected two years ago I promised to work full time to reduce unneeded and costly inefficiencies in our town government and reach out to key people in Hartford to obtain Haddam's fair share of state funding. We have made great progress in both areas - so when I say 'promises made, promises delivered' I stand behind it.

## Promises Made, Promises Delivered

In 2013, I promised to be a good steward of your money and stand proudly behind my accomplishments. During the past two years I have lowered government spending, increased revenue and improved services. I have already set new goals and priorities that will add to the quality of life in our community while keeping costs in check.

## Lower Government Budgets – More State Grants

One of the initial projects I took on during my very first week in office was to implement a zero-based approach to the budget process. It was an incredible amount of work with long hours investigating every department to eliminate redundancy and unnecessary over-budgeting.

As a result of the zero-based approach, as well as renegotiating vendors' contracts, I was able to save over \$500,000 from my predecessor's FY 12/13 budget, over \$460,000 in my FY 13/14 and \$115,000 in 14/15. In fact, over the past two years, while other

local towns in the area spent on average 12% more on government services, we have decreased our budget two years in a row while doing more for our residents.

On the revenue side, I have successfully competed for grants to shore up our income and bring in our fair share of state funding. We had some incredible wins with over \$700,000 in grant revenue during the past year and a half. This includes a \$300,000 grant for our historic Haddam jail and a \$100,000 increase in our Education Cost Sharing grant funding. My budget cuts and grants generated over \$1.7 million in savings for Haddam taxpayers.

But I'm not done. I am honored to represent you in Hartford serving on the Municipal Opportunities Regional Efficiencies (MORE) Commission. There are incredible opportunities for savings more through regionalization, as well as lobbying to obtain additional state and federal grants.

Since I first brought it to our legislators' attention in 2013, I have been diligently fighting for our fair share of ECS funding. I was proud to testify in Hartford in support of ECS bill SB816 with the help of over 100 residents who answered my call to write to the legislature about our discrepancy.

**Continued on page 2**



First Selectman, Melissa Schlag

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## First Selectman...continued from page 1

### Increased Services

For the first time in over a decade the town office building is open for business during lunchtime. We've cross-trained town hall personnel and have combined the land use office and building department to better assist contractors, businesses and residents with a one-stop-shopping permitting process.

We've added recycling opportunities at the transfer station for mattresses, textiles, electronics, batteries, and light bulbs and soon we'll offer paint recycling. We have purchased our own hauling truck, allowing us to transport our waste at a lower cost.

We recently hired Haddam's first finance director, a municipal finance professional who is helping us clean up some old, bad habits, saving us money for the long term. With her extensive municipal finance experience and education, she is helping set procedures and policies, set up a town inventory, convert to appropriate financial software, search out bonding opportunities and assist with much needed long-term financial planning.

### Economic Development

Last year our grand list grew significantly both for personal and commercial properties. This is our largest increase since 2010 at nearly \$8 million adding \$240,000 to our tax revenue.

We've seen many new small businesses open their doors or expand in town over the past two years. To name a few, an ice cream shop, a grocery store, a brewery, a tea shop, a tanning spa, a large bed and breakfast addition, expansion of a package store, a convenience store/gas station and a significant expansion at The Saybrook at Haddam.

As a board member of the Middlesex Chamber Revitalization Commission, I know how we must nurture our small businesses as they not only add to our quality of life but also provide additional job opportunities for residents.

We were recently chosen to be part of UConn's Internship of Public Policy program, which will provide us an inventory, survey, and feedback of all businesses in Haddam, Higganum and Haddam Neck. This data will help us shape how we can assist our existing businesses as well as attract others to town and build on tourism as an important part of our local economy. Over ninety percent of Haddam is residential and this is the basis for our historic and rural character that we all have come to cherish. But it comes with a price.

Even if all available commercial properties were developed, you would not see a significant decrease in your tax bill. For a stark example, imagine three super Walmart shopping centers being built in town (no, I'm not proposing that!). Our tax rate would only be reduced by one mill. That's it, a savings of about \$200 per average home and that doesn't take into account paying for related town infrastructure or service improvement.

Anyone who tells you adding businesses will cut your taxes significantly is either misleading you or has not done their homework. For us it will be scalable infrastructure improvements, fighting for our ECS funding, keeping our spending in check, competing for grants and continuing to promote a business-friendly atmosphere to create jobs and offer local services and products to residents.

### Environment

With the help of the Connecticut Department of Energy and Environmental Protection (DEEP) and the U.S. Environmental Protection Agency (EPA), Higganum Cove is now completely remediated! Haddam will soon have its first Connecticut River park.

Over the past two years I've been working closely with the DEEP and the Department of Public Health (DPH), on our thirty-year-old water issues in Tylerville. They are just about finished with a \$500,000 Tylerville aquifer study, which will then be used to formulate a cost effective plan to finally remedy the problem. I am also working with Congressman Courtney, U.S. Senators Murphy and Blumenthal as well as our own local

Representative Phil Miller to make sure we get the enforcement, compensation and funding owed to us for such a longstanding problem. Haddam taxpayers should not have to foot the bill for someone else's pollution when there are ongoing enforcement actions and state and federal support available.

### Improved Infrastructure

It's not easy with one hundred miles of roadway, but with the diligence of Public Works Director Phil Goff and Town Engineer Jeff Jacobson, we've started an aggressive infrastructure plan to improve over 15 roads and two bridges in the next two years. We've completed engineering on Park and McTigh and will soon start reconstruction. We've also opened up Plains Road to Turkey Hill Road for the first time in two decades; some residents weren't getting postal delivery or plowing at their homes at the top of Plains Road and this new section will also provide expanded emergency access and a better route for school buses.

On the issue of cell phone service, we have been working with providers to find the best solutions to improve reception and transmission quality in the more signal-depressed areas. I've also been working with Representative Miller to secure over \$700,000 in state funding to implement a new regional UHF simulcast emergency communication system with the prime tower located in Haddam on Pokorny Road. This will considerably improve our capabilities.

### Our Bright Future

I am so proud of Haddam and what we've accomplished over the last two years but there is still more on my to-do list!

We are in the process of hooking up to the high-speed Nutmeg Network at town hall, saving us money by sharing programs with other municipalities. We will soon be instituting online permitting, credit card capabilities in all town hall departments, and a searchable database of land use files.

Another exciting project over the next few years is the Scovil building complex in Higganum Center. Just imagine those two beautiful brick buildings put back to historical use for light industrial manufacturing as well as a wonderful community space, restaurant and brewery, even a museum of Scovil artifacts, all paying their fair share in taxes and revenue. This type of destination location will also bolster traffic for other small businesses in town.

We've started an Energy Task Force that is currently auditing town buildings for energy savings; a Transfer Station Task Force that is always looking at ways to improve the trash budget and transfer station; and our new Senior Ambassador group is looking for ways to help our seniors get some extra help and stay in Haddam.

We have incredible volunteers who love Haddam, and without the selfless time and energy from all of you we wouldn't be who we are. We can't forget our historical past and what gifts it has left for us to make our town what it is today; we have such a bright and exciting future. Whether you're new to town or have been here for generations, I'm confident we all will agree that Haddam, Higganum, and Haddam Neck are beautiful places to work, live and play.

Thank you for your support, Melissa Schlag, First Selectman

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# events

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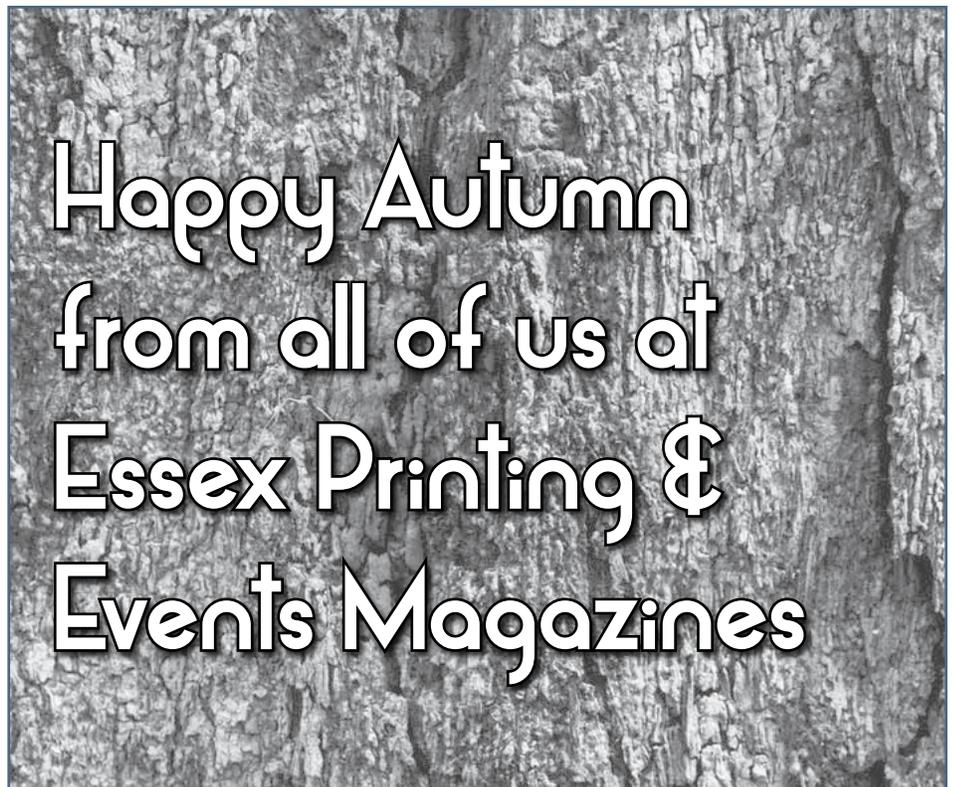
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# Information from the Assessor's Office

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

## Important Notifications

Farm, Forest or Open Space - New applications for property owners claiming land as Farm, Forest or Open Space normally must be filed with the Assessor's Office between September 1, 2015 and October 31, 2015.

All forms for the above programs are available in the Assessor's office and on our web page at [www.haddam.org](http://www.haddam.org).

Active Members of the U.S. Armed Forces – Any active member of the United States Armed Forces (defined as United States Army, Navy, Marine Corps, Coast Guard, and Air Force and any reserve component thereof, including the Connecticut National Guard) is eligible for the exemption of one motor vehicle. Applications for the exemption must be completed annually and forwarded to the Assessor's office not later than the December 31st following the date on which property tax is due in the town in which the motor vehicle is registered. In other words, for the 2014 Grand List year the deadline is December 31, 2015. The forms are available in the Assessor's office.

Personal Property Declarations – Personal Property Declarations were mailed from the Assessor's office in September. Anyone not receiving a personal property declaration should contact the Assessor's office. Even though a declaration was not received, it does not preclude you from filing.

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

\*Since the first day of November falls on a Sunday in 2015 the deadline is Monday, November 2.

The personal property declaration shall include all furniture, fixtures, equipment

and machinery of all commercial and industrial businesses; unregistered motor vehicles, snowmobiles, farm machinery and horses. Manufacturing Machinery Exemption Applications must also be filed at this time.

\*\*\*\*\*PLEASE NOTE: if you do not receive a personal property declaration and you are a resident business in the town of Haddam it is your responsibility according to Connecticut State Statutes to file one. Failure to declare will force the Assessor to apply an arbitrary assessment and a 25% penalty\*\*\*\*\*

If you have received a personal property declaration and will not be conducting any business in Haddam as of October 1, 2015 you must complete the Affidavit on the front page of the declaration and return it to the Assessor's office prior to November 1, 2015. This signed affidavit is mandatory as proof to allow the Assessor

to remove you from the Grand List. If the documentation is not received it will force the Assessor to apply an arbitrary assessment and a 25% penalty.

If you have any questions regarding the declarations, such as, how to fill it out or why you might be getting a declaration at all please call us so that we can help you to understand. If you do not fill it out and return it on time we will be forced to place an estimated assessment and apply a 25% penalty.

Commercial Vehicle Exemptions (M-65 MV) – Certain newly registered (never registered in any state or jurisdiction prior to August 1, 2015, but must be registered in Connecticut on or after that date) commercial trucks, truck tractor and semi-trailers in excess of 26,000 pounds, gross vehicle weight rating, and used exclusively 100% of the time for the interstate or intrastate transportation of freight for hire, may be exempt as outlined in 12-81(74) of the Connecticut General statutes. Guidelines, information and applications are available in the Assessor's office. Please note that the application deadline is November 1, 2014.

If you need any assistance on any of the above information, deadlines or programs, we would be happy to assist you. Please call our office at 860-345-8531.

*Continued on page 6*



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Assessor...continued from page 6

## Revaluation Update Information

As many of you are already aware, the firm of Vision Government Solutions, Inc. (formerly Vision Appraisal Technology, Inc.) has been awarded the contract by the Town of Haddam to assist in the next state-mandated revaluation project which will be effective for the October 1, 2015 Grand List. In 2010, we conducted a full revaluation with inspections of all properties in town. The 2015 revaluation will be a statistical update. All property owners were sent "data mailers" and asked to verify the details of their property and return the form. In addition, properties that had open building permits, or that had sold, were inspected.

For properties that transferred, new owners were sent Sale Questionnaires and were asked to provide information regarding the details of their sale transaction. The intention of these questionnaires was to determine the validity of the sale and find out if there were any extenuating circumstances that would affect value. This information is a significant component of the data that is analyzed during this revaluation.

Since spring, Data Collectors from Vision Government Solutions have been conducting these building permit and sale property inspections along with other property inspections, as necessary. By the time you read this article, though, most all of these inspections will have been completed; with the exception of a handful of properties; but, withstanding these last few inspections, this segment of the revaluation is complete.

The data that was collected will be analyzed in detail. We are anticipating sending Assessment Notices in late November or the beginning of December. This notice will provide assessment details along with information regarding how to schedule an informal hearing with Vision Government Solutions if they would like to discuss the valuation of their property. These informal hearings are scheduled to occur in the Old Town Hall building. The Assessment Notice will contain a telephone number for taxpayers to call to make an appointment for an informal hearing.

A second Assessment Notice will be sent to all informal hearing participants that will reflect any changes to the assessment value that may have occurred as a result of the informal hearing. If you are not satisfied with the outcome of the informal hearing, property owners have the opportunity to appeal to the Board of Assessment Appeals. Applications for the Board of Assessment Appeals must be received by the Assessor's Office no later than February 20, 2016.

The ultimate goal of a revaluation is to establish uniformity in property valuation and is meant to assure that all property owners are paying only their fair share and to value all properties by the same standard at the same point in time. Since Haddam's last revaluation in 2010, changing economic conditions may have caused inequities to develop, which means that some properties may have become overvalued or undervalued when compared to other, similar properties. The revaluation returns properties to current market values and their fair-share basis. It is extremely important that all property owners cooperate as best they can with our appraisers, data collectors and members of the Assessor's staff in order make this a successful revaluation. Our objective is always to provide taxpayers with a high-quality revaluation with minimal intrusion.

As always, please do not hesitate to contact us with any concerns or questions regarding any aspects of our office. We are here to help in any way that we can.

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# Brainerd Library Fall Events

## Arts Workshop: Basic Drawing & Pastels

November 6 @ 10:30 am to 1pm

Ed Rosado returns to the Brainerd Library with his hands on Drawing Workshop for Beginners / Young Adults and Adults. The Brainerd thanks AHA! (the Alliance of Haddam Arts) for this wonderful opportunity to develop your drawing skills. Please bring a smock or painting shirt, paper towels or wet-naps for cleanup, and a snack. Participation limited to 12 people. Registration required. Participants must be age 14 or older.

Call (860) 345 - 2204 or register through the calendar on the library's website: [www.brainerdlibrary.lioninc.org/](http://www.brainerdlibrary.lioninc.org/)

## Carol Birch, Storyteller

Veteran's Day, November 11 @ 7:00 pm

On Veteran's Day it is a pleasure to join a story teller like Carol Birch to consider Lou Gehrig's achievements on and off the field, and also the little known story of our Veterans and the North Platte Canteen. Enjoy for an hour, people whose lives demonstrate the honor in action, the power in community, and the beauty in tenderness. Recognized for a storytelling style that is "refreshingly eloquent, dramatic but never overtly theatrical," Carol Birch received the Circle of Excellence award from the National Storytelling Network for setting standards of artistry. Media appearances include ABC's Nightline, CBS's Morning Show and National Public Radio.

Seating limited. Please reserve seats by calling (860) 345 - 2204 or through the calendar on the library's website: <http://www.brainerdlibrary.lioninc.org/>

## History of the 1950's and 60's through Popular Song

November 18 @ 6:00 - 8:00 pm

In the 1950's and 60's, popular music evolved from being an escape from reality to being a powerful communication about it. Performing with a slide show that'll slide you right back in time, Marc Black's thought provoking, multi-media show is bound to get everyone singing and feeling good about where we are...and where we've been. In the words of folk legend, Happy Traum, "Marc is a master at spreading the joy of music." Marc was recently named Folk Artist of the Year on ABC Radio and was a winner at the Kerrville Folk Festival. He has performed and recorded with Art Garfunkel, Taj Mahal, Richie Havens, Rick Danko and Pete Seeger to name a few.

Seating limited. Please reserve seats by calling (860) 345 - 2204 or through the calendar on the library's website: <http://www.brainerdlibrary.lioninc.org/>

## Nicole Nalepa of WFSB television on the Business of Broadcasting

December 9 @ 6 - 7 pm

Nicole Nalepa, WFSB's A.M. Traffic anchor Weekday, Health Reporter, 'Surprise Squad' Member and 'Lost and Pound' Host will share her experiences and insights into the Business of Broadcasting.

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## Golf Tournament at Fox Hopyard

### To Benefit Nathan Hale-Ray High School Class



On Thursday, October 29th at 11:00 a.m., the Nathan Hale Ray-High School (NHRHS) project graduation committee will host a "Fall Fest Golf Tournament" at the Fox Hopyard Golf Club in East Haddam to benefit NHRHS's Class of 2016 Drug and Alcohol Free Graduation Night Party. Golfers, business and community sponsors, and volunteers are encouraged to participate by contacting Susan Waide at Srwaide@cs.com.

This golf scramble outing at Fox Hopyard Golf Club begins at 11:00 am and costs \$160 per golfer and includes a BBQ lunch, silent auction, 50/50 raffle, golf prizes, and a pasta & carving station dinner. Sponsorship opportunities include gold sponsor (\$2,500) which includes a foursome, silver sponsor (\$2,000) which includes a twosome, lunch sponsor (\$1,500), dinner sponsor (\$1,500), cart sponsor \$500, golf ball sponsor (\$500), tee-to-green sponsor (\$150), and prize sponsor (\$25 and up). To register to golf or sponsorship opportunity, please call 860-873-1015 or email Srwaide@cs.com by October 15th. Mail checks to NHRHS Proj Grad Golf, PO Box 317, Moodus, CT 06469.

NHRHS Project Graduation is sponsored by East Haddam Youth & Family Services. A drug and alcohol free event.

## Auxiliary Vendor Sale With HVFC Open House



The Haddam Volunteer Fire Auxiliary's 5th Annual Holiday Vendor Fundraiser will be held at the firehouse at 439 Saybrook Road on Sunday, November 1 from noon to 3 pm. This year the Fire Department also plans an open house on that afternoon. While the ladies shop, the men can attend the Open House.

### Stop By For A Station And Truck Tour & Meet Haddam Firefighters!

The children will get a close-up look at the fire trucks and learn about fire safety. Everyone will have an enjoyable and interesting afternoon.

Vendors include Tastefully Simple, CT River Candles, Avon, Kim's Jewelry, Shirley's Stitches, Thirty-One Gifts, Pampered Chef, Gifts From The Heart, Mary Kay, and other crafters with knives, cupcakes, gifts and decorations. Proceeds will benefit Haddam Fuel Bank. Shop close to home and support our local Fuel Bank. For more information, call (860) 345-7755.



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# GrowSMART:

## A Lower Connecticut River Valley Economic Growth Strategy

If you haven't heard about the Lower CT River Valley Council of Governments, also known as RiverCOG, we are an association of seventeen towns represented by their chief elected officials. Our purpose includes facilitating solutions and planning between the seventeen towns, the State of Connecticut, Federal agencies, and nonprofits for land use, transportation, agriculture, emergency management, conservation, and economic development. One of our foremost goals is to encourage a safe and open venue to discuss shared regional options and projects.

GrowSMART, a RiverCOG project, is looking for how the region can collaborate to attract workers and retain and grow businesses while also conserving our natural resources that are so vital to the region's infrastructure, housing values, and tourism industry.

As you drive, walk, or bike around our region in September and October, you may notice signs, posters, and banners around town. You may see an advertisement while reading a local newspaper or local on-line news. The signs or advertisements may ask a question, such as: "Why can't you find qualified help?" or "Who is going to buy your house?"

Why are we asking these questions? Our Regional Strategic Economic Growth Committee is working with Ninigret Partners to create a regional economic growth strategy. We invite you to visit the project website, [www.GrowSMARTregion.org](http://www.GrowSMARTregion.org), and learn about our travelling mobile workshop and public forums. There is also an opportunity at the [www.GrowSMARTregion.org](http://www.GrowSMARTregion.org) website to submit your ideas.

## Auxiliary Plans Whist And Elects Officers

The Haddam Volunteer Fire Auxiliary will hold its Annual Military Whist Card Party on Tuesday, October 27, at the new firehouse, 439 Saybrook Road. Doors open at 6:30 pm Refreshments will be served at 7:00 pm, and the game starts promptly at 7:30 pm Tickets will be sold at the door on a first-come basis. If more information is needed, you may call Bette at 860-345-4709. Come join us for a fun evening!

Auxiliary members elected the following officers for the 2015-2016 year: Mary Nork, President; Candy Veazie, Vice-President; Carolyn Schuler, Secretary; and Donna Turnage, Treasurer.

The Auxiliary was established in 1966 with the main purpose of aiding our volunteer firefighters. Members provide refreshments during major fires and they give funds periodically to the fire department to purchase items related to firefighting. Town residents, 18 years or older, are welcome to join. Meetings are held on the fourth Monday of the month, from September to June except January, at 7 pm at the new firehouse.



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# Fall Programs At HK Recreation

The Haddam-Killingworth Recreation Department is offering many fun and exciting programs this fall. Please visit our website ([www.hkrec.com](http://www.hkrec.com)) for more detailed information. Register on-line at <http://hkrec.recdesk.com/recdeskportal/>

## Upcoming fall programs will include pre-school programs such as:

- Critter Combo (Wednesday 12/2, 10:00 am)
- Messy Mondays (Mondays, 10:00 am starting 11/9)
- Tumble Tots (Tuesdays, 9:30 am started 9/29)
- Science Outreach (Wednesdays, 1:30 pm)
- Under the Sea (11/18) / Out of this world (12/9)
- Pee Wee Soccer (Tuesdays, 3:45 pm starting 11/10 at HES)

## A variety of Youth and Teen programs will be offered such as:

- Games Galore (Fridays, 3:30 pm started 10/2 at BES and starting 11/6 at HES)
- Creative Art (Tues. 3:30 pm at HES starting 11/10, Wed., 3:30 pm at BES starting 11/4)
- Gymnastics (3:30 pm Tuesdays at BES started 9/29 and 11/10)

- Young Chefs of HK (Wednesdays, 4:15 pm - 11/4, 12/2)
- LEGO Minecraft on the Farm (Thurs. at HES starting 11/5)
- Play-Well LEGO Engineering Fundamentals (Mondays 3:30 pm at BES started 10/5)
- Egg-gineering (Tuesday Nov 10 – Dec. 1, 4:15 pm at HK HS Café)
- Science Outreach (Wed. 3:30 pm at HES - Under the Sea 11/18, Out of this World 12/9)
- Fencing (Thur. 6 pm for HS age began Oct. 1)
- Babysitting Classes (Wed. Oct. 28 or Mon. Nov. 2, 9, 16 5:45 pm at HK HS Lower Media) (CPR for Babysitting T/Th Dec. 8 & 10, 5:45 pm at HK HS Lower Media)
- Swim Lessons (T/Th openings in November)
- Sign Language (Thursdays, 3:30 pm at BES, Nov. 5-Dec. 3)
- Acting (Thursdays 3:30 pm at HES, started 10/8)
- Guitar (Mondays at HK HS Cafe, starting Nov. 9th 4:30 pm)
- An all-day childcare program will be held on Tuesday, November 3rd (Prof. Development Day) and Wednesday, November 11th (Veteran's Day)

## Many Adult programs this fall include:

- Zumba (Mondays 7:00 pm at HK HS Aux Gym)
- Cardio Kickboxing (Wednesdays 6:30 pm at HK HS Aux Gym)
- Get Fit (Mondays and Wednesdays starting 11/2)
- Aqua Aerobics (Mondays and Wednesdays starting 10/28)
- Fitness Yoga (Tuesdays and Thursdays, 7 pm)
- Adult Semi-Private Swim Lessons (Tuesdays and Thursdays started 10/8)
- Men's Fall Basketball (Sundays 12 – 2 pm, started 10/4)
- Household Organizing Workshop (Tuesdays, Oct. 20– December 8 7:00 pm at HK HS Lower Media)
- Adult Guitar (Mondays starting November 9, 5:45 pm at HK HS Café)

Some excursions will be offered such as Salem in October, MA (10/27); Radio City Christmas Spectacular (11/20) and Christmas in Hawaii with Bright Nights (12/16).

For more information about any of our programs, please call the Haddam-Killingworth Recreation Dept. at 860-345-8334 or visit [www.hkrec.com](http://www.hkrec.com).

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# Influenza Information

The flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. It can cause mild to severe illness, and at times can lead to death. The best way to prevent the flu is by getting a flu vaccine each year.

## Signs and symptoms of flu

People who have the flu often feel some or all of these signs and symptoms:

- Fever\* or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (very tired)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

*\*It's important to note that not everyone with flu will have a fever.*

## How flu spreads

Most experts believe that flu viruses spread

mainly by droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might also get flu by touching a surface or object that has flu virus on it and then touching their own mouth, eyes or possibly their nose.

## Period of contagiousness

You may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick. Most healthy adults may be able to infect others beginning 1 day before symptoms develop and up to 5 to 7 days after becoming sick. Some people, especially young children and people with weakened immune systems, might be able to infect others for an even longer time.

## How serious is the flu?

Flu is unpredictable and how severe it is can vary widely from one season to the next depending on many things, including:

- what flu viruses are spreading,

- how much flu vaccine is available
- when vaccine is available
- how many people get vaccinated, and
- how well the flu vaccine is matched to flu viruses that are causing illness.

Certain people are at greater risk for serious complications if they get the flu. This includes older people, young children, pregnant women and people with certain health conditions([http://www.cdc.gov/flu/about/disease/high\\_risk.htm](http://www.cdc.gov/flu/about/disease/high_risk.htm)) (such as asthma, diabetes, or heart disease).

## Complications of flu

Complications of flu can include bacterial pneumonia, ear infections, sinus infections, dehydration, and worsening of chronic medical conditions, such as congestive heart failure, asthma, or diabetes.

## Prevent seasonal flu: Get vaccinated

The single best way to prevent the flu is to get a flu vaccine each season.

*Continued on page 13*

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

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

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## There are several flu vaccine options for the 2015 flu season

Traditional flu vaccines made to protect against three different flu viruses (called “trivalent” vaccines) are available. In addition, flu vaccines made to protect against four different flu viruses (called “quadrivalent” vaccines) also are available.

Trivalent flu vaccine protects against two influenza A viruses (an H1N1 and an H3N2) and an influenza B virus. The following trivalent flu vaccines are available:

- Standard-dose trivalent shots(<http://www.cdc.gov/flu/about/qa/flushot.htm>) (IIV3) that are manufactured using virus grown in eggs. Different flu shots are approved for people of different ages, but there are flu shots that are approved for use in people as young as 6 months of age and up.
- An intradermal trivalent shot([http://www.cdc.gov/flu/protect/vaccine/qa\\_intradermal-vaccine.htm](http://www.cdc.gov/flu/protect/vaccine/qa_intradermal-vaccine.htm)), which is injected into the skin instead of the muscle and uses a much smaller needle than the regular flu shot. It is approved for people 18 through 64 years of age.
- A high-dose trivalent shot([http://www.cdc.gov/flu/protect/vaccine/qa\\_fluzone.htm](http://www.cdc.gov/flu/protect/vaccine/qa_fluzone.htm)), approved for people 65 and older.
- A trivalent shot containing virus grown in cell culture(<http://www.cdc.gov/flu/protect/vaccine/cell-based.htm>), which is approved for people 18 and older.
- A recombinant trivalent shot that is egg-free ([http://www.cdc.gov/flu/protect/vaccine/qa\\_flublok-vaccine.htm](http://www.cdc.gov/flu/protect/vaccine/qa_flublok-vaccine.htm)), approved for people 18 through 49 years of age.

## When to get vaccinated against seasonal flu

Yearly flu vaccination should begin soon after flu vaccine is available, and ideally by October. However, getting vaccinated even later can be protective, as long as flu viruses are circulating. While seasonal influenza outbreaks can happen as early as October, most of the time influenza activity peaks in January or later. Since it takes about two weeks after vaccination for antibodies to develop in the body that protect against influenza virus infection, it is best that people get vaccinated so they are protected before influenza begins spreading in their community.

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## Who Should Get Vaccinated This Season?

Everyone 6 months of age and older should get a flu vaccine every season. This recommendation has been in place since February 24, 2010 when CDC’s Advisory Committee on Immunization Practices (ACIP) voted for “universal” flu vaccination in the United States to expand protection against the flu to more people.

## Use of the nasal spray seasonal flu vaccine

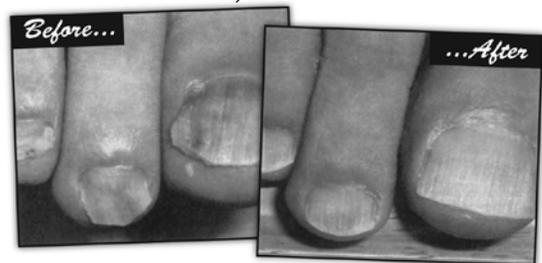
Vaccination with the nasal-spray flu vaccine is an option for healthy people 2 to 49 years of age who are not pregnant. Even people who live with or care for those in a high risk group (including health care workers) can get the nasal-spray flu vaccine as long as they are healthy themselves and are not pregnant. The one exception is health care workers who care for people with severely weakened immune systems who require a protected hospital environment; these people should get the inactivated flu vaccine (flu shot).

## Who should not be vaccinated against seasonal flu?

Different flu vaccines are approved for use in different groups of people. Factors that can determine a person’s suitability for vaccination, or vaccination with a particular vaccine, include a person’s age, health (current and past) and any relevant allergies, including an egg allergy.

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# Yuletide Quilt Show

The fifth Yuletide Quilt Show at the First Congregational Church of Haddam will be held on Saturday, December 5 from 9:30 am to 3:30 pm. Christmas quilts and other holiday quilted items will be featured. There will be a display of work completed by the Community Quilting Group that meets twice a month at the church. If you have a quilted piece that you would like to display in the show, please contact the church for an application-860-345-2742.



The Haddam Café, set up in the fellowship hall, will be serving homemade doughnuts in the morning and homemade soup, homemade bread and homemade pie for lunch. Coffee, tea and hot chocolate is served throughout the day. There will be vendors in the Fellowship hall, and Christmas crafts for sale made by other Haddam churches.

A raffle will feature a handmade quilt, "Red Birds Fly Home", a handmade afghan, "Spirit of the Season, and a hand quilted pillow, "Star in the Pines". Tickets are available on the day of the show, and from church members. The drawing will be at 2:00 pm on the day of the show. Visit our website to view last year's show. Go to [www.haddamconchurch.org](http://www.haddamconchurch.org). Go to "photos" and click on Quilt Show.



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# 5th Annual "Christmas in the Country" & Lighting of Higganum Village Center

As the days get shorter and there is a chill in the air, you can feel the holiday season quickly approaching. Come join in the fun of transforming Higganum Village Center into a Winter Wonderland!

Once again, the Higganum Vision Group will be heading up decorating, hanging Christmas lights and getting the Village Center ready for the holiday season at the end of November. Volunteers will be given lights, timers, cords and additional supplies, and will be assigned a local building to decorate.

If you live in or near the Village Center District, we invite you to add a few lights to the decorations you usually put up for the holiday (or a few more lights if you already do so) so that we can increase the festiveness of the Higganum Village Center area.



This year's "Christmas in the Country" event will be on Saturday December 5th. from 6-8 p.m. Santa will be there to see the kids, and many local vendors will be located in the Community Center on Candlewood Hill Rd, selling a variety of items (an easy way to do holiday gift shopping!) There will also be a great raffle.

So bring the kids, and have a cookie or piece of cake (made by our local merchants) along with some hot cocoa. Additional activities for the kids include ornament making, face painting and more. This is always a great community event. Come and be a part of all the activities!

Please contact Cindy MacNeil-Sola at [jsisu92@yahoo.com](mailto:jsisu92@yahoo.com) or at (860) 345-3919 or (860) 301-9683 with any questions or to let her know you can help at the event, and/or with decorating in the Higganum Center.

## Giving Tuesday - Youth & Family Services

We have one day for giving thanks. We have two days for getting deals. Now, we have #GivingTuesday, a global day dedicated to giving back.

Now in its fourth year, #GivingTuesday is a day of giving, fueled by the power of social media and collaboration. Observed on the Tuesday following Thanksgiving and the widely recognized shopping events Black Friday and Cyber Monday, #GivingTuesday kicks off the charitable season, when many focus on their holiday and end-of-year giving. Since its inaugural year in 2012, #GivingTuesday has become a movement that celebrates and supports giving back in any way you can. It's a simple idea. Just find a way for your family to come together to give SOMETHING back to the community.

Youth & Family Services of Haddam-Killingworth has proclaimed December 1, 2015 #GivingTuesday – A Day of Giving. We are encouraging our community to #Give Where You Live and consider making a donation to Youth & Family Services of Haddam-Killingworth. Coinciding with the Thanksgiving holiday and the kick-off of the holiday shopping season, #GivingTuesday inspires people to take action to improve their local communities, give back in better, smarter ways to the charities and causes they

support and help create a better world. At Youth & Family Services of Haddam-Killingworth we believe that #Stronger Families = Stronger Communities and it is our desire to support the community and provide a healthy, positive environment for all families.

Winston Churchill once said, "We make a living by what we get, we make a life by what we GIVE".

Will you be a part of this global celebration? Please consider joining Youth & Family Services of Haddam-Killingworth's #GivingTuesday initiative and do your part in building a stronger community. You can visit [www.hkyfs.org](http://www.hkyfs.org), or you can contact Deborah Kelly at 860.345.7498, and follow us on Twitter @HKYFS for more information or to make a donation.



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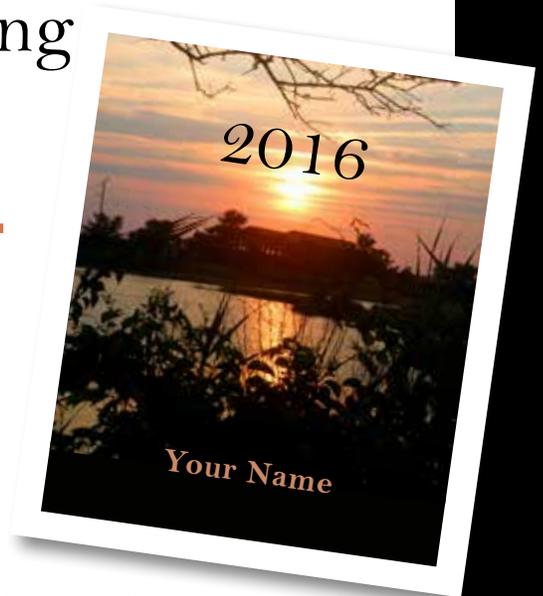


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