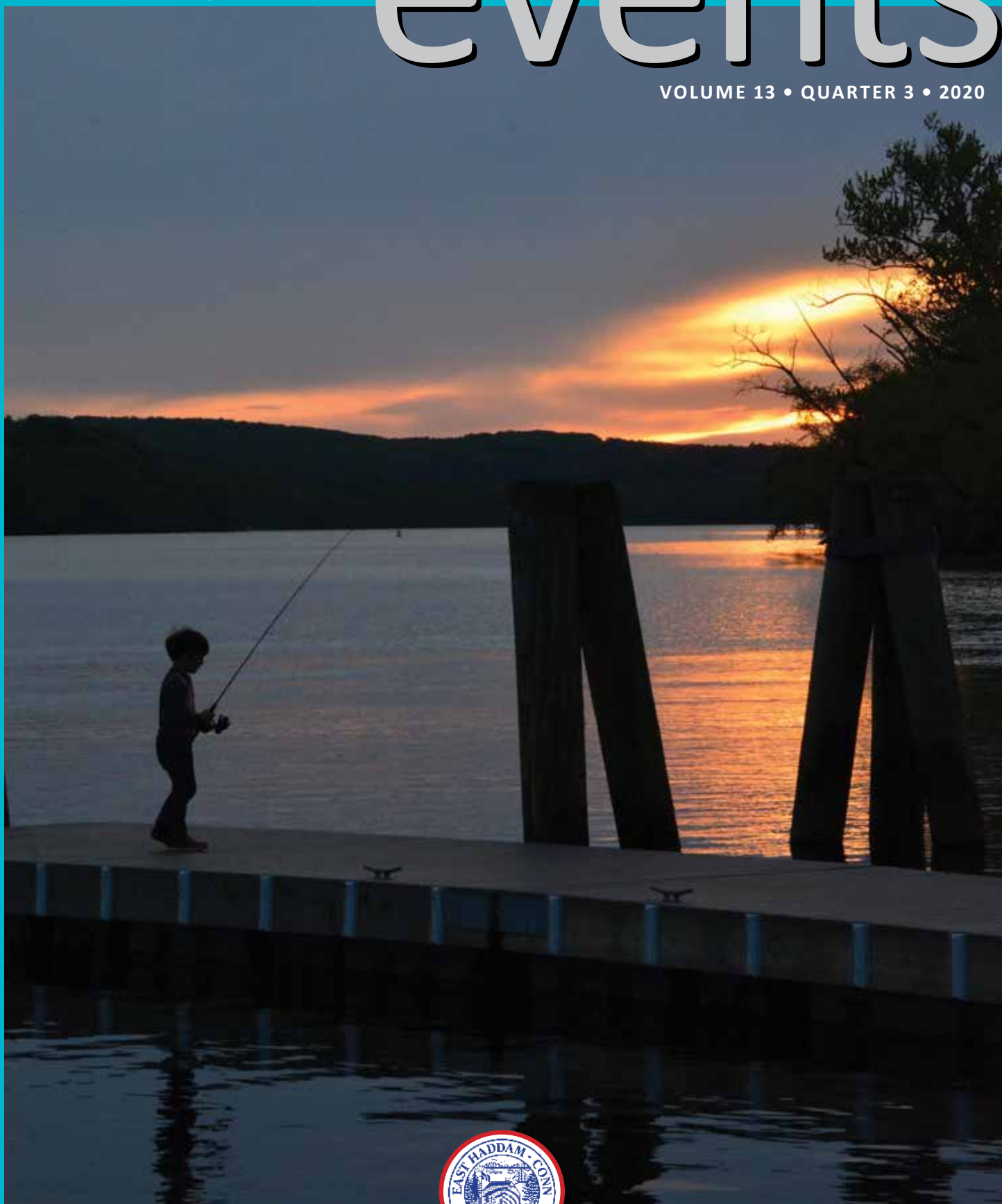


East Haddam

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First Selectman's Corner

Dear Friends and Neighbors:

As I write this, the forecast is for several days of 90+ temperatures and high humidity! Welcome to summer, although I don't remember it being this hot - this often, when I was a child here in the Connecticut River Valley. In spite of the high temperatures, your public works and maintenance staff have been busy maintaining the Town's roads and properties.

The COVID-19 pandemic continues to impact Town operations, though at a much reduced scale. As the Governor has phased-in reopening procedures, the Town's outdoor areas have resumed normal operations, of course with the continued use of masks and social distancing recommendations.

Some of our Parks and Recreation (P&R) programs have resumed again. All P&R programs require, including the Town Beach, adherence to current health guidelines. The Transfer Station has resumed normal operations. At the time of this writing, the Town Offices are still closed to the public though those restrictions may be lifted, depending on the Governor's Phase 3 reopening guidance and the installation of temporary sneeze guards at several locations in the Municipal Office Complex and both libraries. At this time, the libraries are still only providing curbside service due to the vulnerable population of the staff.

East Haddam's open spaces have never seen so much use. Trails on the East Haddam Land Trust preserves, Conservation Commission Reserves and Preserves and our state parks have been very well travelled as folks get outside and exercise in one of the ways that is permissible. All of our other recreation facilities are also being heavily utilized now that they have reopened. I again ask that until this virus is completely under control, people wear masks and socially distance themselves. It is the best way to keep COVID-19 from infecting others. East Haddam has the lowest number of infections and deaths in the Chatham Health District! Let's keep it that way!



Robert Smith
First Selectman

Approved in the 2020-2021 budget, the Town hired another full-time Firefighter/EMT. Joshua Adams is from Lyme and has considerable experience and training as a firefighter and EMT. We anticipate that he will be a great addition to our full and part-time Firefighter/EMT staff and this will result in improved coverage for **continued on page 5**



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First Selectman... continued from page 3

both EMS and fire calls. Also, part-time Firefighter Rob Lenois has proposed a modified schedule that is being studied and seems to provide the Town with improved emergency services coverage without added expense to the Town.



Joshua Adams

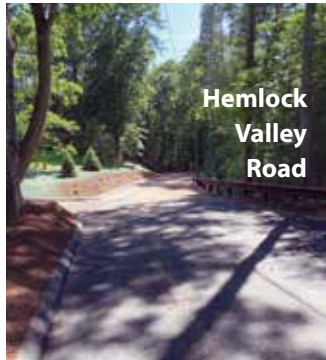


Jeffrey Carlson

Public Works has also seen some changes since the last Events Magazine. Jeff Carlson joined the public works staff in May, filling the position vacated when Jonathan Hill left. Jeff is from East Haddam and comes to the job with considerable experience operating construction equipment. He exhibits good common sense and a willingness to learn new skills and he has developed a good rapport with the crew. Being a resident, his knowledge of the 130 miles of roads and their locations in Town has come in very handy.



Christopher Pytlik



Hemlock Valley Road

Rounding out the roster for Public Works is Christopher Pytlik of Haddam. Chris comes to the Town with exceptional experience and training. I expect he will quickly become an integral part of the crew. With his addition, for the first time in quite a while, the Public Works crew is at full staff.

As stated earlier, the public works staff has been quite busy. In July, Hemlock Valley Road, above, was reopened. The road was closed to through traffic shortly after the September floods of 2018. The road seemed to have slipped toward Hemlock Valley Brook at a point where it sat on a shelf on a steep bank above the brook. Our public works staff came up with a solution that addressed several of the issues at the location while saving thousands of dollars in taxpayer money. Part of the solution included lowering the road and pitching it away from the stream. That work also necessitated the relocation of a neighbor's driveway and some landscaping to accommodate the lowered roadway.
continued on page 6

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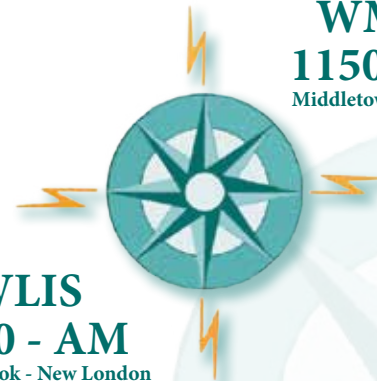


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First Selectman... continued from page 5

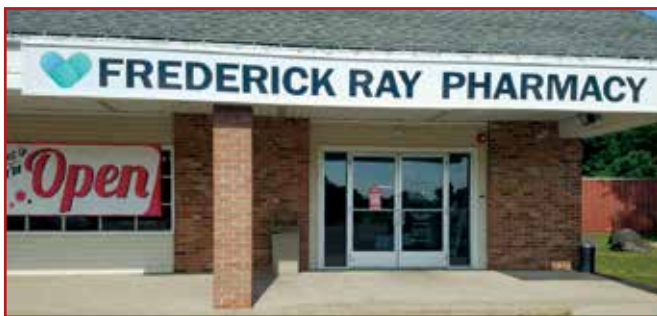
In addition, the existing flex-beam barrier was lengthened and strengthened.

The Department of Public Works crew has also been busy patching your roads and doing the final repairs on all of the gravel roads in Town. By mid-August, the following gravel roads should be completed: Mitchell Road, East Shore Drive, Bogue Lane, Jones Hill Road, Florida Road and Salem Road. All were damaged by the September floods in 2018. Immediately after these repairs and in some cases concurrent to the above work, the Department of Public Works will be starting a much needed paving program.

The construction project for the replacement of Neptune Avenue bridge, that was washed out in the September 2018 flood, has been awarded. Construction was scheduled to start August 1st, with an anticipated completion date of December 1st. With the completion of this project, all of the damaged roads from the September 2018 flooding will have been repaired.

Trees continue to be a problem throughout Town. Over \$20,000 was spent in June removing dead and dying trees from Town property that were either threatening structures or were located where people might gather. Trees were removed at the

New in Town!



Welcome to East Haddam, Frederick Ray Pharmacy! Thanks to owner and pharmacist, Daniel Tavares, there is once again a pharmacy where Nathan Hale Pharmacy stood for so many years. Tavares, a graduate of UConn, has been in the independent community pharmacy industry since 2011. The importance of community is evident. It starts with the name (Frederick Ray) to honor a man who gave generously to better the town's education system and goes from there.

"We offer prescriptions medications dispensed with a personal touch," explains Tavares. "We are continuously bringing in more things to better serve our customers based on customer feedback," he adds. "Due to customer requests, we are sourcing many 'last second' items to ensure our townspeople do not have to travel far." If an appliance breaks? No problem. Just ran out of your child's diapers? They've got them.

In addition to a large selection of over-the-counter medications, the spacious and remodeled sales floor offers packaging and mailing supplies, stationery, greeting cards, gifts, packaged snacks and candies, water and carbonated beverages, personal care/grooming products, hair coloring, helium-filled mylar and vinyl balloons, t-shirts, hats, and more.

Tavares and his knowledgeable staff are dedicated to doing anything to serve the community and customers better. And while it was extremely difficult to open up in May in the midst of a pandemic, he is grateful for the support received from the town and customers - those who frequented Nathan Hale as well as new faces.

It is all about the passion to serve clients with a personal touch. "Getting to know our clients is naturally a part of this," emphasizes Tavares. "Traditionally, the community pharmacist was the first point of contact with medical questions and concerns in a small town like Moodus/East Haddam. And that's something we haven't forgotten."



FREDERICK RAY
PHARMACY

26 Falls Road, Moodus, CT

860.385.1072

Moodus Green, the Municipal Office Complex, the Harris municipal property, Edgar D. Williams Park, the two libraries, the Millington School House and at various parking areas where dead trees loomed over cars and visitors. Additionally, tree crews removed many trees on Town roads where they threatened structures, were extremely hazardous or were in close proximity to other trees that were being removed. For this summer and early fall, most of the tree work will be in the Lake Hayward area where crews will be removing dead and dying trees along the narrow roads there that are also threatening structures. I ask for patience as the crews do that work.

Recognizing the need for police body cameras, body cameras have been ordered for every police officer. This will bring our police force up to the expected standards regarding body cameras. The East Haddam police cruisers already have dash cameras.

One of the most asked questions I receive is, "Are the schools going to be reopened?" There are many variables impacting this decision including the recent COVID-19 outbreaks in much of the country. Rest assured that the Superintendent, Brian Reas, and the Board of Education are working diligently to answer this question. Frustratingly, the guidance on this subject is sometimes changing. Please check the Board of Education website for the latest information.

IN MEMORIUM

I am sad to report that Jamie Shugrue, who I reported retiring in the last issue of the Events Magazine, passed away on July 4th. Even though Jamie had retired, he had agreed to return for a "short" period to public works, as he was looking forward to training some of his fellow public works co-workers on how to skillfully operate the road grader. Unfortunately, he became ill a short while into his retirement and he never got the opportunity to do this training. He was known for his knowledge of the Town's roads (especially the gravel roads) and history. Most importantly, he was always helpful to all the public works employees, especially the "rookies." He is deeply missed by the public works crew. Our condolences go out to his wife, Pam, and family, and his many, many friends.



Jamie Shugrue

Please continue to enjoy your beautiful Town of East Haddam, be kind and patient as we address the complexities of the pandemic, vote in the national election and most importantly, stay safe this summer and early fall.

Rob Smith, First Selectman

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Health, Respect, Safety and Hiking

Walking is great for cardiovascular health, weight bearing for strong bone, and overall body-toning. East Haddam Land Trust Preserves have wonderful trails (get maps at: www.ehlt.org) for walkers and hikers of all capabilities and allow you to remain physically distant from other hikers during the COVID Era.

Lush undergrowth of ferns and small shrubs may mask trails during summer but trees marked with trail blazes show the path. Sturdy hiking footwear, hydration and sun and insect protection will help you enjoy these trails. Be sure to tuck long pants into socks as a barrier to insects and prickly underbrush and use a pole or walking stick for balance and to gently push underbrush aside.

Show respect for other hikers by having your face mask available if you have to pass closely. Respect the Preserves and their natural inhabitants by staying on the trail, keeping dogs leashed and carrying

out any trash including apple cores and fruit peels and pits that may attract bears.

The American Black Bear, *Ursus americanus*, has become more prevalent in East Haddam and elsewhere. While hiking wear a bell, talk, sing or whistle to alert any bear of your presence. It will likely change its path to avoid you. Bears are great climbers and can run up to 35 mph so if you encounter one don't run! Look large by raising your arms, make loud noises, back off slowly and, if in a group, stick together. Bears are generally threatened by unleashed dogs. If chased, dogs often run right back to their handler with an upset bear in hot pursuit. If a bear attacks you, fight back.

Hiking and walking are great stress reducers, but please plan for your safety by letting a friend or family member know where you plan to hike. Keep your cell phone on - in an emergency it may show your location. Wear proper clothing, check



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the forecast before venturing out, carry a daypack with extra clothes for sudden weather changes and be prepared for the unusual encounter with the larger wildlife that call the woods home.

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From the Assessor

The Assessor's office began accepting applications for the Elderly and Totally Disabled Renters Rebate Program on April 1, 2020. Applicant's total income must not exceed \$37,000 for a single person, and \$45,100 for a couple (joint income), including Social Security and Medicare. Applicants must be 65 or older or totally disabled and bring all income, rent, and utility information from 2019. The deadline for filing is October 1, 2020.

All owners of business personal property must file a personal property declaration by November 1, 2020. If a declaration is not filed, the Assessor is required by state statute to complete a declaration for the owner with an estimated assessment and add a 25% penalty. A 25% penalty is also assessed if the declaration is late. Declaration forms for those who filed last year will be sent in September of 2020. Blank declarations will be available in this office at that time.

Residents whose motor vehicles have been sold, stolen, totaled, or who have moved out-of-state may be eligible for a pro-ration of their car taxes.

Two forms of proof are necessary to pro-rate or remove a vehicle from the grand list. Residents must bring a copy of the plate receipt issued by the Department of Motor Vehicles at the time of cancellation of registration, and a copy of one of the following; bill of sale, transfer of title, receipt from junkyard, notification of total loss, trade-in papers, or some other document showing the date on which the vehicle was disposed. Registrations may now be cancelled online by going to CT DMV On-line Services.

The Assessor's office has its own web page on the town website (easthaddam.org.) Included is information on real estate, personal property, and motor vehicle assessments; property tax relief for seniors, veterans, and the disabled; renters' rebate; information on revaluation; access to applications and forms pertaining to the Assessor's office.



Congratulations to the Class of 2020!

Holiday Closings

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Tax Collector

IT'S AUGUST AND THE TAX COLLECTOR'S OFFICE IS STILL BUSY COLLECTING TAXES!

Due to the COVID-19 pandemic the Governor has issued *Executive Order 7S* allowing municipalities to defer taxes by 3 months, resulting in the due date of October 1, 2020. Please don't forget to pay by October 1, a reminder bill will NOT be sent.

Tax payments may be made in person, by mail or online.

OFFICE HOURS ARE

Monday, Wednesday, Thursday 9:00 am - 4:00 pm,
Tuesday 9:00 am - 7:00 pm and
Friday 9:00 am - 12:00 pm Noon.

There is a secure Lock Box located to the right of the main entrance, which is available 24 hours a day. Our online payment service, Point and Pay, is available to all taxpayers who wish to pay tax bills by credit, debit or e-check. There is a fee of 2.50% on credit cards and \$3.50 for debit card transactions. The fee for an e-check is \$2.00 per transaction.

Mail may be sent to: 1 Plains Road, PO Box 403, Moodus, CT 06469

To look up or pay taxes online, go to: easthaddam.org and click "\$ LOOK UP & PAY TAX BILLS"

This office is for the collection of taxes only. Any adjustments to your bill must be made by the Assessor. Email: assessor@easthaddam.org or phone: 860-873-5026.

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

Denise Dill, CCMC, Tax Collector

Garden Club News

The East Garden Club will hold a fall plant sale on Saturday, September 12. Plants from member's own gardens will include shrubs, perennials, and natives.



Early fall is the best time to plant spring-blooming perennials. Planting in the fall while the soil is still warm gives the roots enough time to establish properly, allowing the plants to emerge from well-established roots, with a stronger start, the following spring.

As an added bonus, less watering is needed in September and October while the plants are settling into their new location. Watch your local newspaper for times and location.



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East Haddam Libraries

East Haddam Library & Rathbun Library now offer a full array of curbside services including curbside pick-up of library materials, curbside wi-fi, wireless printing, and contactless copying & faxing.

Please call the library and setup a time to use any of these services. **EHFPL: 860-873-8248 or Rathbun: 860-873-8210.**

CURBSIDE PICK-UP

Visit the library catalog at www.easthaddamlibrarysystem.org and select the books, movies or materials you'd like to pick-up. The catalog has features for browsing and searching. If the materials you selected are on the shelf at EHFPL or Rathbun, they will be available in 24 hours. If they're coming from another LION library it may take a week or more. You will receive an email or a phone call to let you know that your item is ready for pick-up.

DELIVERY

If you cannot make the trip to the library because of health or safety limitations, please call us and we will deliver the items to you by the end of the week.

WIRELESS PRINTING

The library offers wireless printing for tablets and smartphones

via an app. Download the app, call the library, print your files from the parking lot, and a staff member will place them on the pick-up table. Visit the library website for more details.

CONTACTLESS COPYING & FAXING

Call the library and place the documents you need copied/faxed on the pick-up table. A staff member will pick them up, copy/fax for you, and place the documents back on the pick-up table. You can also make arrangements to print files from email or USB Flash drive. Copies & print-outs are 10¢/page, faxes are \$1/page.

LAPTOPS

Laptops are available for use on library property or in your car for 30 minute sessions. Call the library to make an appointment. Laptops are limited, as are appointment slots so please call early. Laptops will be disinfected after each use. Visit the library website or call for more details.

ONLINE PROGRAMS

For a complete list of online programs & summer reading events for adults, teens, and kids please visit our website.

BOOK RETURNS

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in. If any member of your household is presenting symptoms of COVID-19, please wait to return library items to the book drop until every member of your household has been symptom-free for a minimum of 72 hours. There are no late fines being assessed at this time.

During these troubled times, the libraries are here to help. If there is anything we can do to be of assistance, please call us or email Library Director Michael Gilroy at: MGilroy@easthaddamlibrarysystem.org and we will help however we can. Have a safe & happy summer!

The East Haddam Leo Club

WHAT IS A LEO?

Leos are young people who are looking to make a positive impact on their community. Leadership, Experience, Opportunity, Service - are what the Leos stand for. Any East Haddam resident in grades 7th through 12th is eligible to join.

The Leos meet on the first Thursday and third Tuesday of every month at 7:00 pm. For membership applications, meeting locations (online or in-person,) and how to join - please visit the Leo website at: www.EastHaddamLeos.com.

WHY BECOME A LEO?

For the experience. Not only do you get closer to the community, but you also meet

new friends and take on new challenges. You can discover if there is a leader inside of you, or express your ideas to help improve our club, and town, in a friendly environment. Becoming a Leo is also an excellent way to earn community service hours, build a resume, and impress colleges. It's a great way to learn valuable skills while making lifelong friends and connections.

WHAT DO LEOS DO?

The Leo Club works toward making East Haddam a better place through community service projects and fundraisers. 100% of funds raised are donated to various organizations in East Haddam - including the Food Bank, Fuel Bank, Youth & Family Services, Senior Center, and more. In the

past, Leo activities have included: Christmas Tree Sales, Road Races, the Annual Pumpkin Walk, and many others. In the current climate of Social Distancing, the Leos are reinventing what it means to be teen volunteers. If you want to help your community, enjoy the challenge of finding and creating ways to help people - the Leo Club is for you. For more information please email the Leos at: EastHaddamLeos@gmail.com or contact Leo Advisor Michael Gilroy at: GilroyM@gmail.com

At the time of this writing, the Leos are still planning to do their annual Pumpkin Walk the week of Halloween at the East Haddam Senior Center. Visit: www.EastHaddamLeos.com for details.

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East Haddam
Youth & Family Services, Inc.

East Haddam Youth & Family Services, Inc.

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

Looking for a Job? Need a Job Done?

The job bank offers students age 12—15 the opportunity to gain valuable work experience, confidence and independence doing things like:

- Yard Clean-up
- Lawn Mowing
- Pet Walking
- Odd Jobs
- And More!

To learn more, join the job bank, or to submit a job request, please visit www.ehyfs.org/jobbank.

Applications are available there for both job seekers and those interested in hiring.

Please Note: Job requests must comply with current social distancing measures.

Youth Helping Youth

Youth Helping Youth is recruiting for the 2020-2021 school year! YHY is a club for high school students who want to be leaders, who want to be positive role models for kids, and who want to make a difference in the East Haddam community. In past years, teens have had the opportunity to create events for middle school students, mentor younger students during Homework Hangout, and offer community events like the annual Senior Citizen Prom.

While the precautions necessary due to COVID-19 will undoubtedly impact the way the club operates and the types of activities we are able to do, YHY strives to find new ways to build connections between all members of our town. If this sounds like the sort of community building that you or someone you know would like to do, you can find out more by contacting Youth & Family Services using the info above!

Summer 2020 Community Calendar

EHYFS is excited to offer a comprehensive calendar of local family-friendly events and activities. We are working with a number of community partners to keep you in the know. We know this summer presents unique challenges but hope to help families stay social while still socially distancing.

Some of the activities Youth and Family Services has hosted so far include:

Book and Craft Club

Parent-Child Yoga

Parent-Child Exercise Classes

Geocaching

Find a listing of our current events at:
<https://ehyfs.org/2020-summer-community-calendar/>

East Haddam Local Prevention Council



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

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

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

What's Happening?

MONITOR

Knowing how many pills are in your prescriptions and keeping track of refills is the first step. If you find yourself refilling prescriptions sooner than expected, this could be a red flag.



SECURE

Treat your medications like any other item of value, like cash or jewelry. Consider locking them up somewhere safe, that only you have access to!



DISPOSE

If you have unused, unwanted, or expired medications around the house, **don't just throw them in the garbage!** Dispose of them using one of the methods here:



Medication Safety from Start to Finish

Two-thirds of teens and young adults who report abuse of prescription medicine are getting it from friends, family and acquaintances. Some of the prescription drugs most commonly abused by young people include painkillers, cough medicine, sedatives, and tranquilizers. To help limit the availability of these substances for misuse, we can take the steps listed to the left: monitor your medications, keep them secure, and dispose of them when you no longer need them.

Safe ways to dispose of your unused, unwanted, or expired medications include:

- Biannual DEA Drug Take Back Days (which typically take place the last Saturdays of October and April)
- Lock boxes at police departments, including at Troop K, the Colchester Resident State Trooper's Office and the East Hampton Police Department)
- Drug disposal kits, like the Detera Drug Deactivation System, provided free by the East Haddam Local Prevention Council! [today!](#)

EHLPC Unveils New Sticker Shock Image

For the past several years, the East Haddam Local Prevention Council has partnered with our teen leadership group, Youth Helping Youth, to conduct "sticker shock" campaigns in our local package stores. The campaign highlights the Connecticut statute making it illegal to purchase alcohol for a minor by placing stickers on alcoholic beverages that might be bought for underage youth. In the past, Youth Helping Youth have been directly involved in the placement of this stickers. This year the campaign is getting a fresh coat of paint, with the brand new, eye catching image seen here.



Town of East Haddam

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

Municipal Office Complex

Main Number: 860-873-5020

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

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

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

Hours: Monday, Wednesday, Thursday 9:00 am to 4:00 pm,
Tuesday 9:00 am to 7:00 pm, Friday 9:00 am to noon

Selectman's Office

Rob Smith, First Selectman 860-873-5021 admin@easthaddam.org
Linda Zemienieski, Executive Assistant admin@easthaddam.org

Assessor's Office

Loreta Zdanys, Assessor 860-873-5026 assessor@easthaddam.org
Patty Veselak, Administrative Assistant

Building Department

William Thody, Building Official 860-873-5024 building.dept@easthaddam.org
Ruth Ziobron, Administrative Assistant

Chatham Health District

Sanitarian 860-873-5101

Finance Department

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

Land Use Offices

Jim Ventres, Administrator 860-873-5031 admin.landuse@easthaddam.org
Zoning Enforcement Officer zeo.landuse@easthaddam.org
Nancy Talbot, Administrative Assistant landuse@easthaddam.org

Tax Collector's Office

Denise Dill, Tax Collector 860-873-5033 taxcollector@easthaddam.org

Town Clerk's Office

Deb Denette, Town Clerk 860-873-5027 townclerk@easthaddam.org
Beverly Christopher, Assistant Town Clerk

Public Works Department

fax: 860-873-6014

Town Garage Hood Lane Hours: Monday through Friday, 7:00 am to 3:30 pm
Transfer Station Nichols Road Hours: Monday, Wednesday, Friday 7:00 am to 5:00 pm and Saturday 7:00 am to 4:00 pm
Elizabeth Lunt, Public Works Director 860-873-5023 pwadmin@easthaddam.org
Steven Hedler, Public Works Superintendent pwsuper@easthaddam.org
Shirley Dill, Administrative Assistant publicworks@easthaddam.org
Don MacKenzie, Transfer Station Foreman 860-873-5030

Other Departments

Don Angersola, Fire Marshal 860-873-5004 firemarshal@easthaddam.org
Brian Auld, Fire Chief 860-891-8400 firechief@easthaddam.org
Lisa Conroy, Parks & Recreation Director 860-873-5058 parkandrec@easthaddam.org
Michael Olzacki, Animal Control Officer 860-873-5044 animalcontrol@easthaddam.org
Irene Haines, Economic Development Administrator 860-891-8503 edcadmin@easthaddam.org
Craig Mansfield, Emergency Management Director 860-873-5103 ehaddamemgmt@easthaddam.org
Vacant,
Director of Operations

Resident State Trooper - Troop K East Haddam Police

860-465-5400 police@easthaddam.org
860-873-5041 police@easthaddam.org

Probate Court

Jennifer Berkenstock, Judge of Probate 860-295-6239
Debra Daniels, Clerk ddaniels@ctprobate.gov

Registrars of Voters

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

Senior Services

15 Great Hillwood Road
Brad Parker, Municipal Agent 860-873-5034 seniors@easthaddam.org
Patricia Puia, Program Assistant 860-873-5034

Food Bank 860-891-8100

Visit our Website at www.easthaddam.org for
more information, including meeting minutes

East Haddam Lions Club



If you or your family require aid or assistance during these difficult times, even just someone to speak with, you may contact any member of the East Haddam Lions Club or our President Dan Ballek at: easthaddamlions@gmail.com.

If you prefer, contact the East Haddam Selectmen's or Youth & Family offices with whom we are coordinating to best serve our community.

At this time we are evaluating our fall/winter calendar and may make adjustments to dates and the events. At the time this article was written, our Christmas Tree Sales are still scheduled to start Thanksgiving Weekend - but that may change. Please visit our Facebook Page or www.EastHaddam-Lions.com for more information.

Middlesex Health: Continuing to Provide the Care You Need

You have been told to stay at home-and to wear a mask-but what happens when you have a doctor's appointment scheduled or if you experience a possible medical emergency such as chest pain?

Even during a pandemic, it is important to keep up with your medical care, including routine physicals, and you should absolutely seek emergency care if you need it. Nationwide, there has been a significant increase in mortality rates—more deaths than can be attributed to COVID-19. The worry is that people are not seeking emergency care when they feel very sick.

Middlesex Health knows the idea of leaving home to go to a medical facility can be anxiety provoking, but it is doing everything it can to ensure that you get the care you need safely. This includes offering virtual (telehealth) visits when appropriate.

Please know that visiting a Middlesex Health Emergency Department location is safe. Patients in a Middlesex Health Emergency Department are separated: one area for possible COVID-19 patients; another for patients who may have other problems. All patients, regardless of why they are visiting, are expected to wear masks.

Middlesex Health is also taking extraordinary measures to ensure your safety in its primary care and specialist offices. From extra cleaning and screening staff and patients, to making sure everyone is properly masked and limiting the number of patients in its waiting rooms, Middlesex's goal is not only

to keep you safe, but to make you feel comfortable. If you have put off getting the care you need, now is the time to make an appointment.

Putting off annual exams and important tests and procedures can have unintended long-term consequences. It could mean that you miss identifying a problem early, allowing it to become a much bigger

problem. The goal is to stay healthy-not to make things more challenging. For more information about Middlesex Health during this pandemic, visit: Middlesex Health.org/safe.

W. Langdon Kihn, Commissioned Artist of the National Geographic Society

The East Haddam Historical Society (EHHS) Museum is one venue where visitors can view the incredible work of W. Langdon Kihn (pronounced keen.) He and his wife, Helen, traveled the world capturing images of local culture through painting.

Kihn has been exhibited in over 100 museums in the United States, Canada and Europe. He painted some 450 paintings in his lifetime, focusing on the 35 remaining Native American tribes in North America. As he painted the Canadian tribes, he found that the faces generally showed eyes that were closed or squeezed shut. Kihn was curious and made inquiries. He discovered that these communities were suffering from chronic blindness, a condition that was verified by Canadian medical professionals. A solution was subsequently created to help reverse the plight throughout the Ottawa Province. He was the tribes' connection to the "outside" world.



Museum trustees with Cliff and Sarah Bragdon. The Bragdon's moved the portrait of Curly Bear to another location but we hope it will return to East Haddam in the near future. (left to right): Sarah Bragdon, Laurie Gelston Alt, Mary Ellen Klinck, Dr. Cliff Bragdon and museum Director Marianne Halpin.

Langdon's initial work began in early 1920 when he traveled to Browning, Montana and the Blackfoot Reservation with his teacher, continued on page 18

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W. Langdon Kihn... continued from page 17



Two handmade leather jackets from the Blackfoot Tribe. Judi Glover, Museum Trustee and Director, Programs receives the jackets from Dr. Bragdon, July 2019.



Cliff and Sarah Bragdon donate Helen Kihn's painting of the small town in Montana.



Dr. Clifford Bragdon shares details of Kihn's life during a presentation at the museum last July, 2019.

F. Winold Reiss, painter of the American Indian. They travelled from NYC by train to this small town with one hotel where Kihn learned about and carefully depicted the Blackfeet. He made special friends with Curly Bear (Blackfoot Chief) as well as Turtle, Yellowhead, Heavy Beast and Johnny Ground, among many others. Members of the tribe would sit quietly on the porch as Langdon, the artist, delicately detailed the character and beauty of each person. In 1926 Langdon's wife Helen (also an artist) painted an image of the hotel with its porch and documented forever what it looked like the first day Langdon painted in Montana. This historically significant painting now hangs in the EHHS Museum. As a result of these paintings, the Santa Fe, New Mexico Museum sponsored his first exhibition in 1922. It was enthusiastically received and subsequently shown in museums coast to coast. The New York Times commented on his NYC exhibition, "One of the most brilliant exhibitions in color that has ever been seen in this city."


Due to his increasing popularity he was pursued for major museum exhibitions across the nation. He began receiving notable commissions from London's Sir Henry Wellcome and his foundation (third wealthiest in the world), President Roosevelt's WPA (Nathan Hale mural inside what is now the First Selectman's Office) and Connecticut Governor Wilbur Cross, Cunard Lines, and Canadian Pacific Railroad. The largest commission he received was from the National

Geographic Society to paint 120 original oils of North American Indians in their native settings over a 14 year period. These paintings appeared in the National Geographic Magazine (1937-1949), and then in 1955 National Geographic published "Indians of the Americas" featuring 103 of his Native American paintings.

There are so many facts to take in about Langdon and his dedication and commitment to accurately portraying and documenting the disappearing aboriginal culture between 1920s and 1950s. To date, Kihn has been the only artist of American Indians to have accomplished this challenging project. Kihn was a friend of the Blackfoot Tribe of Montana. He lived with the Inuits of the Aleutian Islands at the time the Japanese occupied that part of Alaska during World War II. They allowed him to finish his work even during wartime.

Kihn and his wife Helen lived a life of adventure and courage. To fully understand and appreciate Kihn's legacy, you have to make the effort to go see his finished work. The Kihns made East Haddam their home. Now, the town of East Haddam and the East Haddam Historical Society welcome you to this outstanding resource, the Langdon Kihn collection where it is at home in the EHHS Museum.

Thanks to Honora Myers, East Haddam resident. With contributions from Dr. Clifford Bragdon and Mrs. Sarah Bragdon.



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Conservation Commission - Community Gardening

'Help yourself to my dill,' a fellow gardener tells my wife who has garlic and peas but no dill in her patch of land at the town garden. Another gardener calls his 50 by 30 foot plot (\$50 a season, if you're interested) 'my COVID garden'. Sharing and solitude meet at the highest point in the town, the spacious field on top of Mount Parnassus. For a look, park in the lot by the town's Harris Reserve and walk along the perimeter fence. Notice the stand of milkweed in the first garden. From mid-August to late-September the monarch butterflies may be hatching preparatory to their epic migration southward.

You'll notice that the individual gardens each have their own

personality. Many are models of successful weed domination by covering with black mats, reinforced in one case by wood chips. In general, a rank-and-file order prevails, laid down at the beginning by turning up the soil with a rototiller. A few, my wife's notably, profess to another school of soil treatment, the no-till persuasion. Here, as Voltaire advises, one must cultivate one's own garden.

Our gardens grow all the fresh foods of summer and fall, but there's additional purpose and ingenuity at work here. For example, in the town Conservation Commission plot, dozens of native bushes and trees, sunk in pots in the ground, await transplantation to the many **continued on page 20**

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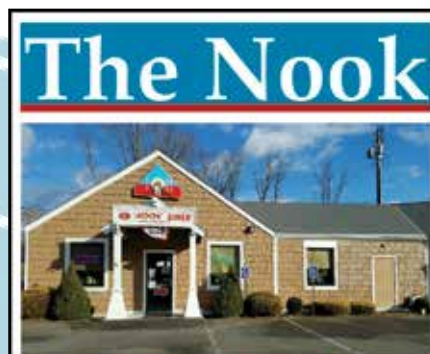
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Community Gardening... continued from page 19

public natural spaces managed by the commission. Individual gardeners experiment with plants such as cotton, (with the intention of spinning) and taro, a tropical tuber, and with techniques such as lasagna gardening (layering with cardboard and leaves), and soil regeneration (preserving root microbes and fungi which sequester carbon.) What they have in common is they're all organic.

We know what Connecticut grows best, and there are piles of them alongside the plots. Insect pests, acidic soil, dry spells and abundant non-produce growth are no match for passionate gardeners, facilitated by the town's provision of piles of wood chips and good soil, and a water truck.

It is said that if you want to be happy for the rest of your life, plant a garden. Ours - and yours - on Mount Parnassus (the Ancients' source of inspiration) offers intimate feelings: digging, planting,



harvesting, inhaling the fragrances of earth and blossom, and for those of us who live in the woods, delighting in the wide-open sky - filled with bird song - and the late evening sun.

John Olin,
Conservation Commission



25th Annual Quilt & Needle Arts Show - Cancelled

The members of First Church of Christ, Quilt Show Committee are sad to announce the cancellation of our annual Quilt Show for 2020. Due to the uncertainty over the Corona Virus, we feel this is best for all involved. With the extra time to plan, next year will be a special celebration to mark the 25th Anniversary Show. Stay healthy and safe - look forward to 2021.

JEZEK & BARBI Attorneys at Law

Scott W. Jezek, Esq.
Deborah L. Barbi, Esq.
Terrance D. Lomme,
of Counsel

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Tips for a Clean & Healthy Lake



Due to the pandemic, Eco Harvester expected delivery date is August. The Eco Harvester is the most effective and environmentally safe method for removing and controlling the invasive aquatic plants that are threatening swimming, boating and fishing.

TIPS FOR A CLEAN & HEALTHY LAKE:

1. **For a healthy YOU**, wear a mask and keep a safe DISTANCE, please. Hopefully, all will be back to work soon!
2. **NEVER** put chemicals into the lake. This is against the law. We all depend on well water which could be rendered unusable due to chemical applications that are performed without legal oversight.
3. **BOATERS:** Clean all plant life from your boat before every launch and before leaving launch site. Prevent spreading invasive aquatic plants. Fines for noncompliance! For cleaning techniques: ct.gov/deep/boating.

COMING EVENTS:

Watch the local news for details of future public events.

We will be conducting social events once it is allowed.

In the interim, if you decide to donate, your tax deductible donation may be made payable to "MRPG", c/o Tim Varriale, Treasurer, 76 Falls Bashan Road, Moodus, CT 06469. We still need to raise the remaining \$21,000 of our \$100,000 goal to purchase equipment and supplies to set up and operate.

TAX DEDUCTIBLE DONATIONS:

The Moodus Reservoir Preservation Group, Inc. (MRPG) is a non-profit, 501(c) 3, community membership organization working to improve and protect the health of Moodus Reservoir. The lake is home to the town's only public beach, two state boat launches and much wild life. Membership is open to all at \$25 per household per year. To donate online, go to: www.moodusreservoir.org, <https://www.facebook.com/Moodus-Reservoir-Preservation-Group-488742444530491/> or www.paypal.com.

MONTHLY MEETINGS:

Meetings occur on the 2nd Tuesday at the East Haddam Sportsmen's Club, 7:00 pm. ALL ARE WELCOME. (Meetings are temporarily postponed.)

I-Park Launches Open Trails Initiative



Visitor enjoying Mie's Trail.
Photo by I-Park.

This summer, I-Park in East Haddam launches its Open Trails Initiative. This series of limited capacity events offers visitors a rare opportunity to enjoy expanded access to I-Park's private grounds, including its system of art/nature trails.

As the I-Park artists-in-residence program is on hiatus in 2020, we are pleased to make this opportunity available as a community service. There was a family-oriented event

on August 8 and our traditional Plein Air Paint-Out will be on September 12. Open Trails events are free and open to the public. Go to i-park.org for event details, including COVID-19 guidelines, and to reserve your spot.

In addition, I-Park will offer two intimate Founder-led walks where you will learn about I-Park's history as well as our artists and their artworks and high jinks.

The Blood Moon Masquerade on October 31 coincides with the first Halloween full moon in 20 years. The Founder's Walks and the Masquerade are ticketed events (*) with proceeds going to support the international artists-in-residence program.

We anxiously await the return of the artists in 2021 for our 20th Anniversary season! 2021 will also feature our Composers + Musicians Collaborative Residency and the Eighth Environmental Art Biennale.

If interested in volunteering or supporting I-Park, please email info@i-park.org or call 860-877-2468.

UPCOMING EVENTS

OPEN TRAILS

August 22

OPEN TRAILS + PLEIN AIR PAINT-OUT WITH LIVE MUSIC

September 12

FOUNDER'S GUIDED ART WALKS (*)

September 26

BLOOD MOON MASQUERADE (*)

October 31

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24th Annual Venture Smith Day to be Held September 12th

Venture Smith Day will be Held on Saturday, September 12th from 1:00 - 4:00 pm in East Haddam in the First Church Cemetery, 499 Town Street (RT. 151,) East Haddam, Connecticut, where Venture Smith (1729-1805) is buried. Rain date is Sunday, September 13th from 1:00 to 4:00 pm. Due to COVID-19, guests will be required to register in advance and space will be limited. Please call 860-873-9375 or register online at: waidecommunications.com. Temperatures will be taken before being allowed to enter the event. If you have any COVID-19 symptoms 14 days prior to the event or have been in close contact with someone who has been diagnosed with COVID-19 recently, please do not attend. Mask wearing will be required and social distancing rules will apply. Guests should bring their own hand sanitizers/wipes and water bottles. Since the church will be closed to the public, please bring your own chair or blanket.



John Wood Sweet

Son of an African king, Venture Smith became the first black man to document his capture from Africa and life as an American slave and successful black freeman in Connecticut. Well known and respected, Venture Smith spent the majority of his freedom years in East Haddam and Haddam Neck, Connecticut. His grave is one of the original sites on the Connecticut Freedom Trail. **John W. Sweet, PhD.**, associate professor of Early American History at the University of North Carolina at Chapel Hill, will speak about “The Children of the Transatlantic Slave Trade.” His current project is “The Captive’s Tale: Venture Smith and the Roots of the American Republic.”



David George



Tevin Jourdain



Dr. Karl P. Stofko



Susi Ryan

David George, President & CEO, Director of Research and **Tevin Jourdain**, Junior Historian and GIS Specialist at Heritage Consultants, LLC in Newington, Connecticut will talk about the recent archeological dig at Venture Smith’s farm site at the Barn Island Wildlife Management Area in Stonington. **Susi Ryan**, ninth generation descendant of Venture Smith and Fiber Artist, will talk about Connecting Textiles with Venture Smith’s Narrative.” **Dr. Karl P. Stofko**,

East Haddam’s Municipal Historian and Venture Smith family genealogist since the 1970s, will share his research on “Venture Smith’s Neighbors and Good Friends in Connecticut.”

A question and answer session will be held at the end of the speakers. Venture Smith’s family genealogy and family photos and artifacts from their trip to Ghana will be on display. A town proclamation will be presented and wreath-laying ceremony by the descendants of Venture Smith and the annual Venture family reunion photograph will take place in the cemetery by Venture’s grave.

In addition, the ladies of “The Sisters In Stitches Joined By The Cloth” of eastern Massachusetts will return this year with their magnificent African American quilts.

Adults and children, who are interested in learning more about Connecticut history in the 1700 and 1800s, are encouraged to attend. Packaged snacks and beverages will be available at the end of the event.

For questions, please call 860-873-9375. To review the original Venture Smith autobiography, go to: www.docsouth.unc.edu/neh/venture2/menu.htm.

BRIEF BIOGRAPHY OF VENTURE SMITH

Born around 1729, Venture Smith’s African birth name was Broteer; and he was the eldest son of King Saungm Furro of the tribe of Dukandarra in Guinea, West Africa. He was captured about 1736 when he was seven years old and was sold for “4 gallons of rum and some calico” at Anamabo on Africa’s Gold Coast to Robinson Mumford, the steward of a Rhode Island slave ship. Broteer was renamed Venture because he was purchased by Mumford’s own private venture. Venture grew up as a slave on Fishers Island, New York, which was being leased by the Mumford family at that time.

Around 1750 he married Meg, another Mumford slave, and they had four children. After a failed escape attempt in 1754, Venture was sold to Thomas Stanton of Stonington Point, Connecticut. In 1760, he was purchased for the last time by Oliver Smith, of Stonington. Smith allowed Venture to purchase his freedom in 1765 and in return Venture took the name Smith as his surname.

Venture then lived and worked on Long Island to raise money to purchase the freedom of his wife and children. During these years he cut wood, farmed, fished, and spent seven months on a whaling voyage.

In 1774, Venture sold all his land on Long Island and in Stonington and moved his family to East Haddam. He then began purchasing land on Haddam Neck along the Salmon River Cove from Abel Bingham and others. His farm grew to 134 acres with three houses; twenty boats, canoes and sailing vessels; two fishing businesses and a commercial orchard. His entrepreneurial ventures included river trafficking, lumberjacking, carpentry, and farming. All this he accomplished without the ability to either read or write.



Wreath-laying ceremony by the descendants of Venture Smith and the annual Venture family reunion photograph taken on September 7, 2019.

In 1798, Venture dictated his autobiography to teacher Elisha Niles; it was then published in pamphlet form by Charles Holt, editor of the New London Bee. It has been reprinted many times. It is the only slave narrative of the 18th century that recounts life in Africa. His life story has been an inspiration to many over the years. Venture died on September 19, 1805, a highly respected man by all in the Haddams. His wife, two sons, Cuff and Solomon, and several grandchildren survived him. Several of his descendants still live in Connecticut.

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New Questions; Some Silver Linings

by Morgan McMinn

The COVID-19 pandemic has turned our lives inside out. We went from the normalcy of work and school, attending events, going to gyms, restaurants and bars to a state of emergency, social distancing and new protocols. As we continue to grapple with the struggles that have come with the pandemic, it is important to reflect upon what we have learned to date. Uncertainty remains, but perhaps we are better prepared for what may lie ahead.

THE HEALTHCARE INDUSTRY RESPONDS TO CHALLENGING TIMES



We have been living amid constantly evolving information about just what COVID-19 is? Is there immunity from the virus? Will the virus mutate? How is the virus transmitted? “We are always

learning new information” notes Amanda Falcone, Public Relations Director for Middlesex Health. “As of today, there is still much that is unknown. There’s no clinical playbook - no established standards of care for this virus. Knowledge changes rapidly.”

COVID-19 has altered what “normal” health care entails. Insurance has, at least for an interim period, approved telehealth visits. Telehealth is an important option especially for those who may lack mobility, access to transportation or the time for typical health care appointments. Middlesex Health stresses the importance of keeping up with your medical care. “Putting off annual exams and important tests and procedures can have unintended long-term consequences,” states Falcone.

Organizations like Middlesex Health are working to find out more about COVID-19. Middlesex Health is a part of a national initiative, led by the Mayo Clinic, that is investigating the use of convalescent plasma. Middlesex Health is also part of a study on Remdesivir, which, according to Falcone is the only medicine so far to show even a moderate benefit with respect to treating COVID-19.

Early on the healthcare industry faced worldwide supply shortages with respect to items such as personal protective equipment and cleaning supplies. Middlesex Health quickly made adjustments in how care is provided (additional cleaning, masks, care areas segregated based on COVID-19 status, additional safety equipment, etc.)

“We are actually using our pandemic plan as we work,” states Falcone. “When things get better, we will take a close look at our emergency and pandemic plan and adjust accordingly so that we are even more prepared should we ever need to use them again. Over the past several months we’ve learned a lot. We are now more knowledgeable and more prepared as we move forward, and we recognize that we will be dealing with this virus for a long time to come. It will likely be a moving target for a while yet to come.”

A RETURN TO NATURE?

With families and individuals confined to their homes across the globe, our planet was able to take its own breath and get slightly healthier. Startling images show clear waters in the Venice canals and the India Gate War Memorial in New Delhi became more visible as air pollution decreased (above right).



Some studies indicate that, while pre-pandemic levels of daily emissions were rising steadily every year, COVID-19 restrictions brought numbers comparable to 2006, mainly due to a reduction in surface transportation, power and industry (cars, electricity, fossil fuel, etc).

Mr. Robert Klee, Lecturer at the Yale School of Forestry and Environmental Studies, notes that “clean air is important and this is a link to the pandemic being a respiratory pandemic - those who suffer from dirtier air and depressed or compromised health from dirty air are more susceptible to the likes of COVID-19. There are correlations with bad air quality and higher incidents.”



People are taking walks, running, hiking, biking, kayaking, etc. The pandemic “reconnected people in interesting ways,” observes Klee. “People locked in the house go on walks, hike on a trail, want to go out and experience nature.”

Cities like Bogota, New York, Paris and Berlin, along with local communities, have made new street spaces for safer individual mobility (walking, cycling etc.). Will this lead to more permanent change? “Part of the question as we restart our economy is what are we restarting it for and to? What is our goal?” And don't forget climate change is still an existential threat and a huge crisis and we can't forget about it for one moment.”

MENTAL HEALTH – RESILIENCE AMID UNCERTAINTY

COVID-19 has taken an emotional toll. “There is so much uncertainty. It's unprecedented,” observes Nancy Randall, a psychologist at East Lyme Psychological Associates. “People are more isolated than they have been. People are stressed about going back to work. They are anxious about the reopening and not sure what it will look like. The anxiety is really the biggest thing. Not knowing what's coming next.”

Is there a silver lining? “We adapt pretty well to things,” she says. Many are enjoying nature, adopting pets, finding time for relationships and hobbies. People connect via facebook groups or Zoom. They have found ways to make a difference, whether sewing face-masks or checking in on others. “People are resilient,” notes Randall. “We've found ways to adapt and try to find the positive in things. Things we learned we can take with us. That doesn't have to go away.”

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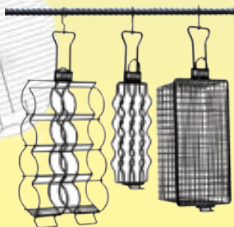
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