

Haddam



Events

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Volume 5 • Quarter 3 • 2012

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and more!



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TECHNOLOGY WITH A HUMAN TOUCH

First Selectman's Corner

The Town of Haddam, like all other one hundred and sixty-nine towns in the State of Connecticut, launched its operational plan for our 2012-2013 fiscal year on Monday, July second. It wasn't a particularly memorable day. The usual problems were there to greet the start of a new week. Perhaps the list of telephone calls that needed to be returned was a bit lower, the pile of budget paperwork to be sorted and organized a bit higher, and the staffing a bit thinner. The flurry of year-end activity had come and gone, and although I could still feel the demands of its wrath lingering in the air like the smell of clothes left in the washing machine too long, I did my best to shake off the memory of days and nights that I thought would never end, put yesterday behind me, and began what I hoped would be a new, positive chapter in the saga of our town's evolution. I was doing just fine, until I heard a co-worker, frustrated with a frozen computer, grumble "the more things change, the more they stay the same."

For some uncanny reason, his words stuck with me all day long. Was he right, I wondered? Was all my effort to create positive change simply a gust of wind that would eventually settle itself into a pile of dust? Would the energy I so demanded from those that shared my vision for a better town escape into the future like the gas from a child's balloon?

Could the mountain really be scaled, and if so, would the achievement be only momentary and give way to a pyramid of indifference?

Doubt is a precarious invasion of the mind. In many ways, because it can either lay dormant and unnoticed or erupt at any time, it is similar to some of the physical ailments we have grown to accept as part of our innate makeup; but unlike hypertension or diabetes, there are no medicines that can be taken to control its effects. Even knowing that the experience is as old as Zeus didn't change the overwhelming urge to ask uncomfortable questions.

Our justice system proclaims that a person accused of a crime is innocent until proven guilty "beyond a reasonable doubt." For those of us who have sat on a jury that has been asked to decide the fate in a criminal matter, you know that the demands of our system are far more difficult than they sound. For more generations that we can count, we have been subject to the power of doubt in one form or another, so I



First Selectman Paul DeStefano

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• *Selectman's Corner continued from page 1* •

guess when all was said and done, deep down I knew that I should not be too concerned. Somehow that didn't make me feel much better, so I did what anyone would do under the circumstances – I took stock.

I asked myself, "what have you done to create a positive change for the Town of Haddam?" I looked back to the early days of my first administration and thought about the promises I had made to myself to resolve the Transfer Station enigma, enhance consumer services, strengthen the office administration, create an open dialogue with legislators, improve communications with the citizens, provide quality tools for the commissions to do their jobs efficiently, promote economic development and implement rigid fiscal controls. So far so good, I thought; yet, the nagging feeling in my stomach still prevailed.

What about the infrastructure, I wondered. Have I done enough to tackle this essential ingredient to growth? The pockets of water contamination in Tylerville, although pretty well identified now, have not yet been corrected effectively. Knowing that the process with the State is moving forward and having a back-up plan to secure water from Chester helps, but is it enough? No, I must do more to secure funding from the State to complete our efforts there. The need for public sewage in Higganum is at a critical juncture. My efforts to partner with a developer to share the costs to remedy the situation have been hampered by a poor economy and restrictive village regulations. The economy may get better someday, but despite the excellent work being done to enhance our village regulations, it does not appear that developer assistance is viable. I must promote a town initiative to address the situation there once and for all to really achieve a positive change.

I began digging deeper. What about the roads...the old nagging land use issues...the ugly uncollected tax problems...the bridges...dams...retaining walls... senior tax relief...blight issues...protection of natural resources...town safety...

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• *Selectman's Corner continued from page 2* •

escalating taxes; had I done enough? The questions had taken on a life of their own when a member of our 350th anniversary committee walked into my office and mercifully interrupted the barrage.

The 350th anniversary committee has been working diligently over the past several months in preparation for a grand celebration to be held in conjunction with our annual River Days event on Saturday, September 8th. There will be a parade, invited dignitaries, historical re-enactments, a festival, and fireworks. God willing, it will be a time for the town as a whole to take stock in our heritage, our progress, and our future. Listening to the committee's exciting plans gave me the opportunity to step away from myself for a while; it provided the window I needed to see more clearly the purpose and hope that drove me to serve the Town of Haddam from the start. It reminded me that 'Rome wasn't built in a day' and that progress is not only measured by a rear view mirror, but also by the road ahead. After all is said and done, that is the thought that soothes the doubts that pass through me. That is the thought that gives me hope. That is the thought that reminds me that the more things change, the more they do not stay the same, but rather the more we have accomplished and the closer we get to the goal of building a better future for our children and our children's children.

In the end, I guess it comes down to a matter of perspective. One person can feel doubtful and give way to the notion that 'the sky is falling.' Another can use the opportunity to second guess his or her decisions and actions. Yet, still another can take the opportunity to positively assess, refocus and push forward. I'd like to think that I line up more closely with that outlook. I have come to learn that although no result is perfect, without a thorough commitment, no result is truly meaningful or complete. Whether we like it or not, doubt is a necessary part of the evolutionary decision-making process that guides all our lives. I think it helps to remember, though, that its influence over those decisions is neither right nor wrong and that we freely choose our own paths using the tools of our makeup and experiences. That's about the best we can do. As long as we are honest with ourselves, and do our very best to stay true to our principles, the rest is in the hands of a far greater power.

Sincerely,
 Paul DeStefano, First Selectman



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Registrar of Voters

The office of the Registrar of Voters has moved from Haddam Town Hall to:
 Haddam Firehouse Complex
 439 Saybrook Rd. (Rte 154), Higganum, CT 06441
 Phone: 860-345-0979

Our mailing address will remain the same:
 Haddam Town Hall
 Registrar of Voters
 30 Field Park Drive, Haddam, CT 06438

e-mail address: registrar@haddam.org
 Also, visit our web site: haddam.org (click Registrars of Voters)

Office hours at the Haddam Firehouse:
 Wednesdays 9:00 a.m. to 1:00 p.m.

To make a change in your status (name, address or party) or to register to vote, please visit at our new location on Wednesdays, 9:00 a.m. to 1:00 p.m. or at Haddam Town Hall, Town Clerk's Office, Monday - Friday.

ADDITIONAL INFORMATION

Our next election is a Republican and Democratic Primary on Tuesday, August 14. The polls are open from 6:00 a.m. to 8:00 p.m. The 3 polling places are:

District # 001
 Haddam Firehouse Complex
 439 Saybrook Rd. (Rte 154), Higganum, CT 06438

District #002
 Central Office (formerly middle school)
 57 Little City Rd., Higganum, CT 06441

District #003
 Haddam Neck Firehouse
 50 Rock Landing Rd., Haddam Neck, CT 06424

Mail-in registration cut-off for voting in the August 14 Primary must be received by the Registrar of Voters or the Town clerk by 12:00 noon, August 13.

In person registration by a new voter or unaffiliated voter (changing to vote for a party) must do so also by 12:00 noon August 13.

*Raymond Skarsten and Saralyn Twomey
 Haddam Registrars of Voters*

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Haddam River Days



Committee members: Tina Fagan, Dawn Tarbetsky, Jackie Miller, Audrey Brookes, Lyle Cyr, Alice Zanelli, Cecelia Hemsley.



First Place Winners: Edward Gowac, Scott Brookes, Tom Muzik, Dennis Parent.

On a gorgeous Saturday in May, the Haddam River Days Committee held a golf tournament at Banner Lodge in Moodus to help raise funds for Haddam River Days as we celebrate the 350th anniversary of the Town of Haddam, which will be held on September 8th at the Haddam Meadows State Park. The tournament was a huge success and we would like to thank all the golfers who participated and to the following individuals, businesses and organizations who generously sponsored or donated to our event.

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 Banner Country Club
 Haddam River Day's Committee
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Please join us for the 15th Annual Haddam River Days which will start with our annual Friday night concert on the green, September 7th at 6:30. Refreshments will be available. On Saturday, September 8th after the parade, stop by at the Haddam Meadows for a day full of fun activities, entertainment, and great food before watching our best ever fireworks display at dusk. So come out and celebrate our town's 350th anniversary, which is sure to end with a big bang!

For the Committee – Lori Marica Daniels

Haddam Ambulance

At this time of year, anyone can become a victim of heat-related health issues. A few tips to potentially avoid them are: always wear sunscreen, drink plenty of water and make sure you are replacing your electrolytes (found in Gatorade or Propel), carry a water bottle; avoid alcohol and caffeine, dress cool in loose fitting, light color clothing, know your medications, eat light meals and finally, plan outside activities for the coolest part of the day. If you are participating in swimming or other outdoor activities, never swim alone and keep an eye on everyone in your group.

We want to make sure that everyone has a safe and healthy summer season.

Are you a registered nurse, advanced practical registered nurse, physician/surgeon or physician assistant who has thought of becoming an EMT and volunteering for your community? If so, did you know that you can become an EMT by completing an approximately 25 hour EMT refresher course, passing the National Registry EMT exam and passing the EMT practical skills examination?

We at the Haddam Volunteer Ambulance Service, Inc., are your "Friends for Life" and are always looking for volunteers interested in serving the residents of our town. For additional information, please contact us at (860) 345-2500 or visit our website at www.haddamambulance.org.

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Board of Assessment Appeals

In September, the Board of Assessment Appeals will hold hearings to give those of you who disagree with the town's assessment of a motor vehicle an opportunity to challenge the assessment.

When will the Board meet: Wednesday, September 12 from 6:00-8:00 p.m. at the old Town Hall, 30 Field Park Road, Haddam.

How to make an appointment: Call or visit the Assessor's office in the Town Office Building.

What you will need to bring to the hearing: (1) Your tax bill; (2) The motor vehicle for our inspection, if possible; (3) If you can't bring the vehicle, bring photos that clearly show the condition of the vehicle; (4) Supporting evidence, such as a written estimate of value and/or retail sales price listings for similar vehicles.

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

— Jo Ann Woickelman, Diane Clowes, Lisa Lawrence

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Brainerd Memorial Library

August 2012 - Program

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This Month in the Screening Room at Brainerd Library

The Muppets (PG) Wednesday August 8th at 6:00 p.m. On vacation in Los Angeles, Walter, the world's biggest Muppet fan, and his friends Gary and Mary from Smalltown, USA, discover the nefarious plan of oilman Tex Richman to raze the Muppet Theater and drill for the oil recently discovered beneath the Muppets' former stomping grounds. To stage The Greatest Muppet Telethon Ever and raise the \$10-million needed to save the theater, Walter, Mary and Gary help Kermit

the Frog reunite the Muppets, who have all gone their separate ways. Stars Amy Adams, Jason Segel, and Chris Cooper.

Dr. Suess' The Lorax (PG) Wednesday August 22nd at 6:00 p.m. This animated adventure follows the journey of a boy as he searches for the one thing that will enable him to win the affection of the girl of his dreams. To find it he must discover the story of the Lorax, the grumpy yet charming creature who fights to protect his world. Starring the voices of Zac Efron, Danny Devito, and Taylor Swift.

*Cynthia A. Christie de Muhlbach, Director
Brainerd Memorial Library, 920 Saybrook Rd.,
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From the Assessor's Office

IMPORTANT DATES TO REMEMBER

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 2012 Grand List year the deadline is December 31, 2013. The forms are available in the Assessor's office.

Veterans are reminded to file their Honorable Discharge with the Town Clerk's office on or before October 1, 2012. Those veterans who have already submitted their DD214 need not file again. Veterans who have a disability rating must file the Veteran's Administration Disability letter with the Assessor's office. The Connecticut General Statute 12-81 (20) has been amended. The filing of the letter has been changed from an annual filing "up to age 65" to a one time filing unless the disability rating has changed.

If an individual's disability rating is not changed, no proof shall be required for succeeding assessment years once the exemption is granted.

If the service-connected disability is modified the proof of the new disability rating must be submitted to the Assessor's office so that the exemption can be amended.

Exemption forms/letters for the Totally Disabled and for the Blind must be filed on or before October 1, 2012.

Additional Veteran's Exemption – The filing period for Additional Veteran's exemptions is February 1, 2012 to October 1, 2012. The exemptions for income qualifying applicants will be based on the income maximums as follows: the maximum income for single applicants will be \$32,300 and the maximum for married applicants will be \$39,500.

Exemption forms for the Totally Disabled and for the Blind are available in the Assessor's Office.

Farm, Forest or Open Space under Public Act 490- New applications for property owners claiming land as Farm, Forest or Open Space must be filed with the Assessor's Office before October 31, 2012. The certificate from the Forestry Department must be dated on or before October 1, 2012. Applications are available online at www.haddam.org on the Assessor's page.

All forms for the above programs are available in the Assessor's office.

Trade Name Certificates – All new businesses in the Town of Haddam: According to the Connecticut General State Statutes under section 35-1, no person or persons shall

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• Assessor's Office continued from page 10 •

conduct or transact business under any name other than the real name of the person or persons conducting business in the Town of Haddam unless a Trade Name Certificate has been filed in the office of the Town Clerk.

Business Personal Property Declarations – Personal Property Declarations will be mailed from the Assessor's office sometime during the last two weeks of September.

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 2012, their personal property list (declaration). Failure to declare will force the Assessor to apply an arbitrary assessment and a 25% penalty.

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.

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.

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, 2012 you must complete the Affidavit on the front page of the declaration and return it to the Assessor's office prior to November 1, 2012. 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 need any assistance on any of the above deadlines or programs, we would be happy to assist you. Please call our office at 860-345-8531.

— Marilyn R. Baumann, CCMail, Assessor
 Tammy Anderson, CCAI, Assistant Assessor

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Estuary Council

ESTUARY COUNCIL OF SENIORS, INC. has been serving seniors in the nine-town Estuary region for 35 years. Call us to receive our *Gazette Newsletter* or go to www.ecsenior.org for our online newsletter, events calendar, menu, and more.

CAFÉ MEAL SITES - Chester, Old Saybrook, Old Lyme, Clinton, and Westbrook (Thursdays). Reservations required by calling 860-388-1611 by 11 am, 24 hours in advance.

MEALS ON WHEELS – hot meals delivered to your home. Call Diane at 860-388-1611. A \$3.00 donation request for those aged 60+. Meals are supported by Senior Resources Agency on Aging with Title III funds available under the Older Americans Act.

STAN GREIMANN ESTUARY MEDICAL OUTPATIENT TRANSPORTATION For medical appointments, to any medical location beyond the nine-town estuary region. Call Judy at 860-388-1611. Suggested donation of \$35.

SATURDAY FAMILY BREAKFAST at the Old Saybrook Café, 8 am - Noon. Join us on Saturdays for made-to-order breakfast - just \$5 per person! Menu choices include the Estuary Omelet, Pancakes, Oatmeal, or Eggs – any style. All served with home fries and bacon or sausage, juice or fruit, coffee and milk.

CLASSES AND ACTIVITIES: Board Games, Billiards, Ping Pong, Yoga, Exercise Classes, Mah Jongg, Wii, Cribbage, Writer's

Group, Book Club, Quilter's Group, Needlecrafters, Hand and Foot, and more! Check the Gazette for all of our programs.

ESTUARY THRIFT SHOP: Hours are from 10 a.m. – 4 p.m. Mon. – Fri. and 9 a.m. – 1 p.m. on Saturdays. Clothes (men, women, and children), kitchen items, crafts, and more available. Donations are accepted and volunteers always needed.

WINE ON THE WATER – August 9th. Proceeds benefit the Stan Greimann Estuary Medical Outpatient Transportation Service (EMOTS). Call 860-388-1611 for more information.

Donate Your Car or Boat to the Estuary Council. Turn your car or boat into a tax deduction by calling 1-800-716-5868. Vehicle does not have to run. Proceeds benefit the vital services we provide in the nine town Estuary Region.

YOU'VE GOT MAIL! - Be the first to know what is happening by getting our newsletter emailed to you. Visit our website at www.ecsenior.org and click on the Newsletter icon to follow the link and sign up! Please let us know to remove you from the mailing list once you've decided to go paperless.

VOLUNTEER OPPORTUNITIES: Call Judy at 860-388-1611. **SAVE THE DATE** for our Annual Autumn on the Dock Auction - September 30th.



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Local M.D. Named Full-Time Hospice Medical Director

When people think of hospice care, they often focus on death and dying. But according to Middlesex Hospital's new, full-time Hospice Medical Director (and Haddam resident) Bill Zeidler, M.D., the essence of hospice care isn't about dying.

"One of the big misconceptions out there is that a lot of people think that hospice is just about dying. It's truly not. It's truly about trying to live to the best of one's ability until the moment you die," said Dr. Zeidler.

And Dr. Zeidler should know. He has been certified in the specialty of hospice and palliative care since 1997. He is also a founding member of the American Academy of Hospice and Palliative Care Physicians.

The Middlesex Hospice and Palliative Care program began as an inpatient unit at the Hospital back in the mid-1980s. At that time, Dr. Zeidler became its first, part-time medical director. The original, six-bed inpatient unit has since expanded to a 12-bed hospice and palliative care unit and the program also provides hospice care in the home setting throughout Middlesex County and beyond.

Dr. Zeidler has a long history with Middlesex Hospital. He became a Family Practice Resident in 1975. In 1978, upon graduating from the program, he set up a private family medicine practice in Higganum. In 1997, he became a member of the Middlesex Hospital Primary Care network with offices on Saybrook Road in Middletown. Dr. Zeidler left his primary care practice this year to become the Hospital's first, full-time Hospice Medical Director. As such, Dr. Zeidler will be caring for virtually all the Hospice patients on the inpatient unit, and some in the home and in area nursing homes as well.



But, according to Dr. Zeidler, "My function is part of a large, interdisciplinary care team that includes inpatient and homecare nurses, social workers, physical therapists and occupational therapists. We use the expertise of pharmacists, who are well trained in pain medications. We have wonderful volunteers who serve a whole host of functions, from playing music on the unit to creating legacy stories about patients' lives for their families to cherish. There are clergy members who are also a key part of what we do; along with the many home health aides and patient care technicians who are also part of the caregiver team."

Dr. Zeidler admits that managing a patient's pain is an important aspect of hospice care. But he adds that the ultimate goal is to control the pain, while still keeping the patient alert and oriented. This not only benefits the patient, but the family as well.

"When we get the patient's pain under control, the patient often relaxes, which means the family can relax as well," Dr. Zeidler added.

Dr. Zeidler is looking forward to his new, expanded role in the Hospice and Palliative Care program, and for good reason.

"It's a wonderful program and it is truly amazing how much patients and families benefit from it. The message is that we're just trying to make things a little bit better for patients, and significantly better for the family. And the more support you give the patient, family and other loved ones, the better everyone does. Often, we are actually able to bring some joy into their lives during a very difficult situation."

Borrow Materials from Other Libraries in CT through Brainerd Memorial Library

Did you know the Brainerd Memorial Library can get you materials from other libraries in Connecticut? The library is a member of LION (Libraries Online), a group of libraries that share an integrated library computer system. Currently LION has 24 member libraries. The LION Collection of materials contains over 700,000 titles and includes books, DVD's, music CD's Books on CD and other items. To search LION go to the library website www.brainerdlibrary.lioninc.org, then click on the Catalog button on the left. The catalog starts out searching the Brainerd Library Catalog, but you can change it by going to click the down arrow to the right of where it says Haddam/Brainerd Library and select All Lion Libraries. You can now find materials in LION and have them sent to Brainerd for you to pick up. You will receive an e-mail or telephone call when your materials arrive at the library. Then you have one week to come to the library to pick things up.

If you can't find what you need in LION, the library also takes part in reQuest, the Statewide Library Catalog of Connecticut. reQuest contains over 5 million titles from more than 400 academic, public, school and special libraries in the state. More than 200 libraries in the State participate in inter-library loan through reQuest. The reQuest Magazine Catalog can be searched to find magazines and journals from more than 400 libraries in the State. Brainerd Library patrons can place requests online through the reQuest Main Catalog. To search go to the library website, then click on the reQuest button on the left. Begin searching once you are in reQuest. Again, the materials will be sent to Brainerd for you to pick up within a week.

If you need a lesson on how to use these valuable services, please call the library (860-345-2204) to make an appointment for us to give you a short lesson.

The Joys and Benefits of Staying Active

We humans are social creatures. This means we have the natural desire to interact and be with other people during every stage of our lives – including our senior years. However, some seniors, through a variety of reasons, find themselves living alone with limited interaction or engagement with friends or family.

This is unfortunate since social involvement is a major component of the overall well-being and good health of any senior. Consider the 2008 study by the Harvard School of Public Health, which found evidence that elderly people in the U.S. who have an active social life may have a slower rate of memory decline. Or “The Nun Study,” which detailed how positive emotions and thoughts in life (often a result of being active and involved) are linked to less disease and lower mortality rates, and can help develop a natural immunization against Alzheimer’s disease.

These and other research illustrates that when seniors maintain an active social life, and each day is filled with purpose and friendship, seniors have a greater opportunity to enjoy a high quality of life during their retirement years. Social activity also greatly reduces or even eliminates loneliness or depression, something that affects more secluded people.

Being social is achievable through purposeful planning. Individuals can create opportunities to be with other people and be involved in groups by:

- Contacting local senior centers, church groups or other organizations that offer a schedule of daily activities
- Signing up for art, music, or physical fitness classes through the local community college or parks and recreation department
- Volunteering or mentoring at a local school, library, or museum
- Joining a local club (such as gardening, writing, reading, chess, knitting)
- Taking part in travel programs designed specifically for senior citizens
- Attending lectures at a local university or other organization

One time of day when socialization is most important is meal time – which most people share with others at least once a day. Senior citizens are encouraged to attend community meals at a senior center, church, or other organization, or to invite friends and family to dinner at a favorite restaurant, or at their home or retirement community. Additionally, seniors should try to accept invitations to join others at mealtime as often as possible.

Competitive sports are becoming more conducive to active seniors, with the growing popularity of organizations such as the Olympic-style “Connecticut Senior Games” for those over age 50. These events include badminton, table tennis, racquetball, golf, basketball, track and field, tennis, volleyball, bowling, cycling, shooting, softball, and swimming – and athletes up to age 89 take part. Additionally, seniors can be on the



Research illustrates that when seniors maintain an active social life, and each day is filled with purpose and friendship, seniors have a greater opportunity to enjoy a high quality of life during their retirement years.

lookout for competitions in art, music, gardening and more at local fairs and other regional events.

As seniors age, they may consider moving into a retirement community, assisted living residence or a continuous care retirement community (CCRC), all of which typically have suitable social and cultural programs available daily, under one roof. These communities often include some type of van or transportation service – which helps those who no longer drive maintain a level of independence. These communities also have scheduled mealtimes, so gathering with friends and family for lunch or dinner is easily accommodated (and strongly encouraged).

If there is a senior in your life – or if you are planning for your own retirement – be sure to include as much social, physical and cultural activity as you can manage. You will be impressed by the benefits, and will enjoy a higher quality of senior living!

— Kathy Ryan, Executive Director,
The Saybrook at Haddam

Kathy Ryan is executive director of The Saybrook at Haddam (www.thesaybrookathaddam.com), a 74-apartment assisted living retirement community located at 1556 Saybrook Road in Haddam (860-345-3779). The community provides independent retirement living services as well as assisted living services provided by its state-licensed Agency, and a special memory care unit.

Deadline for the next issue of

HADDAM EVENTS

is October 9th.

Haddam Fire Increases EMS Service Level

Anaphylaxis is a severe, potentially life-threatening allergic reaction. It can occur within seconds or minutes of exposure to something you're allergic to, such as the venom from a bee sting or a peanut.

The flood of chemicals released by your immune system during anaphylaxis can cause you to go into shock; your blood pressure drops suddenly and your airways narrow, blocking normal breathing. Signs and symptoms of anaphylaxis include a rapid, weak pulse, a skin rash, and nausea and vomiting. Common triggers of anaphylaxis include certain foods, some medications, insect venom and latex.

According to the Mayo Clinic, anaphylaxis requires an immediate trip to the emergency department and an injection of epinephrine. If anaphylaxis isn't treated right away, it can lead to unconsciousness or even death. As the Town of Haddam's designated "R1" Medical First Responder, the Haddam Volunteer Fire Co. answers several calls each year involving allergic reactions, some of which are severe.

In an effort to improve the care to victims in the field, the Haddam Volunteer Fire Co. in partnership with the Haddam Volunteer Fire Company Auxiliary, are becoming authorized to carry and use emergency doses of epinephrine. The devices known as "Epi-Pens" are going to be placed on fire apparatus at each of the stations. Haddam Fire EMTs will have the devices on scene within minutes of a 911 call and be able to provide the life-saving drug.

"Members must go through an additional training program in order to administer the epinephrine," stated 2nd Assistant Chief Robert Norton. "EMTs must follow a set of guidelines



Haddam Fire EMTs will have Epi-Pens on scene within minutes of a 911 call and be able to provide the life saving drug.

that indicate when delivering the injection is appropriate – for both adults and children." Two separate devices are being stocked – one with the appropriate dosage for adults, and a second for children.

Funding to start the program is being provided not through the normal tax base, but through a donation from the Haddam Volunteer Fire Company Auxiliary. "The Auxiliary supports us and the town in many ways. They realized the need, and wanted to provide the funds to kick-off the program," stated Chief Gary Klare. The initial purchase of a sufficient number of on-line devices and training units is approximately \$2,500. "If it keeps one resident alive, it's worth it."

Epinephrine is also carried by the Paramedics who respond when available from Middlesex Hospital, and Epi-Pens are kept on ambulances. "Having the devices on scene as rapidly as possible will be a tremendous benefit to anyone having a severe allergic reaction in the Town of Haddam" Norton said.

It is estimated that 1,500 people die annually across the United States from anaphylactic reactions, and thousands more are hospitalized due to lack of prompt emergency care. This program will serve to further reduce that risk in Haddam. Persons that have known severe allergic reactions to insects, food etc. should still carry personal epinephrine kits issued through their doctor. Keeping an up-to-date kit with you could be the difference between life and death when every minute counts.

More information on the activities of the Haddam Volunteer Fire Co. and ways you can get involved can be found on our website – www.HaddamFire.com.

Haddam Land Use Department

Dear Residents of Haddam CT,

We have just gotten through a wonderful spring and are now beginning the summer season. This time of the year customarily brings with it the many projects around our homes and property we may have been planning over the winter and spring months. It might be that addition to the house you have now overgrown or the arrival of a new family member necessitating the need of a new bedroom. Then there's that new swimming pool that you may have been considering and now all of a sudden we are in the middle of our first summer heat wave.

Please keep in mind, with all of your plans you will need to secure Zoning and Building Permits. Your plans will also need to be reviewed by the Chatham Health District.

Please submit to this office a site plan of your property showing the proposed location and dimensions of your proposed activity. Your site plan will also need to include the

location of the well, septic system, property lines, and the distances from your proposed activity to the property lines. If you do not have a site plan of your property, I will be more than happy to supply you with copies of any maps or documents that we may have here on file so that you will be able to prepare that site plan and get your project going.

You will also need to provide structural plans which will in many instances need to be reviewed by The Chatham Health District and then sent on to the Building Inspector.

Oh, and one more thing ... are there any wetlands on your property? If the answer is yes, I will need to meet with you to determine whether or not you will need to submit your project and plans to the Wetland Commission.

As always, I am here to help and assist you with your Zoning and Wetland concerns.

Jim Puska, ZEO/WEO

Haddam Garden Club Members Are Busy

Members of the Haddam Garden Club have been very active this summer, involved in a variety of projects to spruce up our town in time for the big 350th Anniversary Celebration of the founding of our town. Several committees of hard-working members, sometimes with additional help from our Men's Auxiliary, are hard at work about town.

In June five members met to make five large baskets of flowers for the H-K Middle School Graduation. Garden Club members from left to right are Lorraine Riess, Gail Christie, Clare Hoover, Melanie Giamei and Louise Carlson. Several members gathered and contributed flowers from their own gardens to create these beautiful arrangements.

Also this spring, Bob Waller and his committee have worked with various town officials including the town's Economic Development Committee to paint and refresh all the town signs throughout both Higganum and Haddam. Thanks to a sizable grant from that committee we will be able to install a Welcome to Haddam directional sign and the intersection of Route 154 and Exit 7 off of Route 9 in addition to several other smaller signs around town. Plantings of hydrangeas and oak leaf dwarf maples have been added around the base of these signs. The Town Road Crew has been especially helpful with this project as well as first selectmen Paul DeStefano. Bob has also spoken with members of a local woodcarving group that meets at the Haddam Senior Center and made arrangements



In June five members met to make five large baskets of flowers for the H-K Middle School Graduation. Garden Club members from left to right are Lorraine Riess, Gail Christie, Clare Hoover, Melanie Giamei and Louise Carlson. Several members gathered and contributed flowers from their own gardens to create these beautiful arrangements.

with them to carve a large sign for us this winter which will be paid for from Haddam Garden Club funds and town funds.

Another committee spear headed by Barbara Stellenwerf has been hard at work recreating the Haddam Green. Phil Goff and a town crew took down a large pine tree which had overgrown its spot. Chip Frey helped with the electrical and Vic Marek brought fill to get the project off to a good start. Club members purchased a large stone urn and filled it with colorful flowers, added rocks then holly trees and an oak leaf hydrangea and lastly mulched the whole area. A new flag was purchased and a few local VFW members helped raise it in time for a small ceremony on July 4th Rose bushes were planted around the blue historical sign which gives the history of our town as well as lists the founding fathers. Members of the Men's Auxiliary have also been actively working to clean up the sign and help with digging the holes for the plantings, and moving into position the large rocks which were donated by Duane Brookes. Thanks also to Bob Glazier of Town and Country Nursery for their continuous support of our many projects throughout the years.

Although the Haddam signs and the Haddam Green are still works in progress, we are very pleased with the results so far and are looking forward to completing most of these projects in time for the September celebration. It truly does take a lot of time, money and effort by many people, both Garden Club members and their spouses, as well as the tireless support from many local businesses and individual townspeople and town funds to bring this all to fruition. We are grateful to everyone and thank you all for working with us to make our town as attractive and welcoming as possible. We should all feel lucky to live in this beautiful river town that our forefathers settled and named Haddam.

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HK Recreation

SKYHAWKS BEGINNER LACROSSE CAMP. This camp is for children in ages 7 – 10 and meets Monday through Friday, August 6 - 10 from 9:00 - 12:00 pm at the HK High School Multi-Use Field. The fee is \$105. Non-residents may register for an additional \$10. Lacrosse combines the basic skills used in soccer, basketball and hockey into one fast-paced, high-scoring game. Learn all the fundamentals of stick handling, cradling, passing, and shooting in a fun, non-checking environment. Our staff helps campers learn not only the sport of lacrosse, but also important life skills such as respect, teamwork, and discipline. This camp ensures that every athlete will come away with a deep understanding of the game and it's traditions. This is an introductory skills camp, so helmets and protective gear are not necessary. Please 2 snacks & water bottle. Fee includes a T-shirt & merit award.

SKYHAWKS VOLLEYBALL. This camp is for boys and girls ages 10 - 14 and will be held Monday – Friday, August 6 – 10 at the HK High School Fieldhouse from 9:00 – 12:00 pm. The fee is \$105. Non-residents please add \$10. Skyhawks Volleyball takes the energy and excitement of this great team sport and puts it together into one fun-filled camp. All aspects of the game are taught through drills and exercises that focus on passing, setting, hitting and serving. This co-ed program is designed for the beginning and intermediate player. Our volleyball staff will assist each athlete in developing fundamental skills through game-speed drills and daily scrimmages aimed at developing the whole player. The participant-to-coach ratio is approximately 12:1. Please bring 2 snacks, water bottle, and knee pads. Fee includes a T-shirt & merit award.

ACADEMY INTERNATIONAL FIELD HOCKEY CAMP. The HK Recreation Department is offering an Field Hockey camp for students ages 12 - 18 this summer from August 20 – 24. It will meet from Monday – Friday from 9:00 – 12:00 pm (gr. 6-9) or 4:00 – 7:00 pm (gr. 10-12) at the HK HS Field Hockey field. The fee is \$225. Beginning players will be introduced to the fundamentals and rules of the game as well as develop stronger stick handling skills. Advanced players will sharpen their skills and focus on strategies for attack, defense and midfield as well as improve their overall performance. Coaches all possess either national team, collegiate or premier club playing experience. Visit www.academyinternational.net. Includes a T-shirt and player evaluation. Please bring bring stick, shin-guards, ball, mouthguard, and water bottle.

Play-Well LEGO™ Engineering. This camp meets Monday – Friday, August 6 - 10 from 9 – 12 pm (ages 5-6) and 1 – 4 pm (ages 7 – 9) at the HK HS Lower Media Center. The fee is \$139 (non-residents add \$10). Returning students will work on new projects and challenges. Please bring a peanut free snack.

I: Pre-Engineering (ages 5-6) - using LEGOS™, kids will create, play, and learn. Build a town, city, or star base with houses, buildings, pyramids, bridges, tunnels, towers, and more. Build motorized cars, trains, buses and trucks; race them, crash them, repair them. Explore the many possibilities of LEGO™ building systems while learning useful construction techniques.

II: Engineering FUNdamentals (ages 7-9) - using LEGOS™, kids will explore concepts in physics, mechanical engineering, structural engineering and architecture while playing with your favorite creations. Learn how to design and build motorized machines, catapults, demolition derby cars, trucks and suspension bridges, buildings and other constructions. Each session will include directed projects with instruction, performance-oriented projects with guidance, and free-building time to construct that “really great project” with huge quantities of LEGOS™. This is a fun, challenging, hands-on, and minds-on camp suitable for LEGO™ novices to “maniacs.”

PRE-SCHOOL SWIM CLASSES. There will be lessons for 3 year olds held the weeks of August 6 - 17 from 9:00 – 9:30 am. The fee is \$82 / \$67 with new pool membership (non-residents add \$10). This class is a perfect opportunity for your toddler to start swim lessons. They must be able to partake in a group instructional setting without the parent. For more information, please call the HK Recreation Department at 860-345-833 or visit www.hkrec.com to register on-line.

SWIM LESSONS FOR CHILDREN. The HK Recreation Department has openings in children's swim lessons. Each session has a limited number of spots available for all levels of swimmers. Classes are conducted at the HK High School Pool and are for kids ages 4 and up (must be able to participate in a group instructional setting. Levels offered are Pre-Beginner, Beginner, Advanced Beginner, Intermediate, and Swimmer. Daytime lessons meet Monday through Friday. Dates and times are:

8/6 - 8/17	Session 12: 9:50 – 10:30 am
8/6 - 8/10	Session 13: 10:40 – 11:20 am (1 wk session/camp session)
8/13 - 8/17	Session 14: 10:40 – 11:20 am (1 wk session/camp session)

Session 12 is \$82/\$67 each with a new pool membership, \$92 for non-residents. Sibling discount is \$10 (2nd child).

Sessions 13 & 14 are \$41/\$34 each with new pool membership and \$10 for non-residents. Sibling discount is \$5 (2nd child).

The HK Recreation Department's Fall Brochure will be mailed to all households by the end of August. Please check out www.hkrec.com for more information.

— *Robyne Brennan*
Assistant Director of Recreation

For town updates & information:

www.haddam.org

Higganum Village Farmers' Market

August 10: 4th Annual GOIN' GREEN ON THE GREEN!

The best way to go green; energy and eco-friendly vendors and businesses! With Haddam's Premier Rock Band: PRO FORMA BAND.

August 17: AUTHOR! AUTHOR! Come meet and greet local authors! With: Lyrical folk and Celtic musician GALE GARDINER.

August 24: NO CHILD LEFT INSIDE! Step away from the electronics and explore the outdoors! Come and find out how you can get your whole family up and outside. Today, we are very proud to have the debut of our fantastic HADDAM TRAILS INITIATIVE with Dan Dachelet; and Rachael Sunny from the Hartford Chapter of "No Child Left Inside." Additionally, Cheryl Chandler from our Haddam-Killingworth's Youth and Family Services will be on hand. A walk on one of the two trails from Higganum Center will start off during the market! With musical rock & roll guests: 81 SOUTH.

August 31: PRESERVING ALL THIS GOOD STUFF! Learn about canning and preserving summer's bounty. Now's the time to think of how good freshly preserved food will taste come winter! With blues-rocker, guitarist: CONRAD "COYOTE" DOTY.

September 7: A PRELUDE TO HADDAM RIVER DAYS. More fun stuff to get you in the mood for the big Haddam 350th Birthday Parade at Haddam River Days, on SATURDAY at Haddam Meadows. With the artistry of acoustic musician BEN MIKULA.

September 14: HANDCRAFTED FROM NATURE. Demos of things easily sourced from the great outdoors. Recommended for children aged 10 and above. With the Old Timey music with fiddlers, guitarists and stand up bass – from Local favorite musicians: BACK SWAMP.

September 21: ENJOY THE LEAVES...and the fall atmosphere on the Higganum Green with one of the market's favorite home town musicians – Chantey man and Educator at Mystic Seaport, Haddam's own KEN SWEENEY.

September 28: HOORAY! IT'S OUR FIRST FIBER ARTS DAY! The Higganum Green will be filled with all kinds of artists and crafts people who spin, weave, knit, crochet, quilt, sew, felt, draw, paint and design beautiful things from wool, fiber, paper, and more! Explore new crafts and visit old favorites! Our autumn afternoon will be enhanced by the music of folk-rock musician BILL BENSON.

October 5: HOW TO HAVE A \$100.00 Holiday. Based on Bill McKibben's book of the same name – we'll have a few hours to learn how to pare down the madness at the holidays. Pre-registration is required so that an ample inventory can be on hand. See our website and Facebook for all details. Returning mellow musician BEN MIKULA.

October 12: POLITICALLY SPEAKING & WINTERIZING GARDENS. Come and meet and greet our local Politicians and learn how to winterize your gardens. Conversation and compost all at the same time! With local musician JIM FRANCESE.

October 19: BAKING BREAD 101 with Pastor Mike Malone and his wife Laurie. For several years, the First Congregational



Edna and Frank enjoy a picnic made with farm fresh foods from the Higganum Village Farmers' Market every week! You can too!

Church of Haddam has sold their delicious breads at the market to raise funding for "Bread for Heat," their endeavor to help out folks who need assistance during cold weather. Pastor Mike will be on hand to demonstrate the finer points of making and baking bread and talk a little bit about this great cause. Musician CONRAD COYOTE DOTY belts out the tunes for market goers.

October 26: It's finally HARVEST TIME at the market! We'll have the scarecrows of the Haddam Grange all around – nothing like a scarecrow and that early spooky fog rolling in off the CT River to give an eerie chill to the Higganum Green. Musical Guest BILL BENSON returns to tuck the market on the Green away 'til next year!

REMINDER: NOVEMBER and DECEMBER means the Higganum Village Farmers' Market goes indoors to Haddam's VFW Hall on Candlewood Hill Road – opposite the Green. All your favorite best vendors with late season produce, crafts, and gift-giving ideas, the world's best coffee and more! Watch our Facebook page and Website for more info.

Your Local Center of the Universe every week on the Green in Higganum. Every Friday from 3:30 to 6:30 pm.

WANT TO ADVERTISE?

Call Betty Martelle

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Town Clerk's Office

Office Hours: Monday thru Wednesday 8:30 a.m. to 4:00 p.m. Thursday 8:30 a.m. to 6:30 p.m. Friday 8:30 a.m. to noon. Phone (860)345-8531 Ann ext. 212, Ann R. ext. 211 Fax (860)345-3730. Email: Ann Huffstetler, townclerk@haddam.org - Ann Riebold, townclerkasst@haddam.org.

HADDAM TRANSFER STATION

Hours: Wednesday, 8:00 a.m. - 3:45 p.m. Saturday, 8:00 a.m. - 3:45 p.m. Sunday, 8:00 a.m. - 11:45 a.m. Transfer Station permits must be renewed by July 1st of each year. To insure that there is a clear understanding of the rules, please read below:

- Permit must be clearly displayed and adhered to the driver's side window shield.
- Registration must be written on the permit itself. Any vehicles without a current permit or without a sticker on vehicle will not be allowed to leave its contents at the Transfer Station. Loose permit stickers will be required to be applied to the vehicle before dumping or vehicle will be turned away.
- In order to begin or resume use of the Transfer Station, please come to the Town Clerk's Office and have the following available: **1.** Proof of residency. **2.** Automobile registration. **3.** \$50.00 payment. Cash or Check – We do not accept credit or debit cards. Persons requesting additional stickers must have vehicle registration certificate and \$50.00 for each vehicle.

The Transfer Station is located on Route 154, just north of the Haddam Meadows State.

DOG OWNERS

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

SPORTSMEN

2012 SPORTS LICENSES are available. Additional information regarding regulations, permits, conservation education/ firearms safety courses are available on line at <http://www.dep.state.ct.us>. DEP reminds anglers age 65 and older that the free resident "lifetime" inland fishing, hunting and trapping licenses for individuals age 65 and older became "annual" licenses effective October 1, 2009. All "age 65 and older" free inland fishing, hunting and trapping licenses obtained since October 1, 2009 must now be renewed annually. Additionally, all "age 65 and older" free marine fishing licenses must be renewed annually. Holders of age 65 and older "lifetime" Connecticut inland fishing licenses obtained prior to October

1, 2009 are not required to reregister for a new license. However, should one lose this "lifetime" license, they will need to obtain a free replacement by accessing the licensing system from their home computer, or by visiting a town hall, DEP office or other participating vendor. All individuals with "lifetime" hunting or combination hunting & fishing licenses will need to register themselves in the Automated Licensing System to obtain the appropriate permits and tags along with their unique Conservation ID#. In subsequent license years, this Conservation ID# will be re-used and the free hunting license will need to be selected annually prior to obtaining permits and tags. For assistance in renewing these licenses, contact DEP Licensing and Revenue at (860) 424-3105.

MARRIAGE LICENSE INFORMATION

The Connecticut license must be obtained in the town where the marriage will take place. You will be asked to show your driver's license, or other form of legal identification. There is no waiting period; the marriage may take place at the time the license is issued. The marriage must take place within 65 days of issuance of the license. The partners do not need to appear at the same time but both must come in and sign the license in person. Cost for a marriage license is \$30.00. The cost for a certificated copy of the license is \$20.00.

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

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HADDAM NEWCOMERS' GUIDE

Welcome to Our Town!

On behalf of *Events Magazines*, welcome to Haddam. Whether you are new to Connecticut or just new to Haddam, you will find wonderful people and places to visit in town. Whether you choose Haddam River Days, the Haddam Neck Fair, or the Youth and Family Services "Pumpkin Run", Haddam has something for everyone. Below are important phone numbers. Please tear out this page and keep it for future reference. *Events Magazines* and Essex Printing support local businesses.

Please use this guide and "Buy Local" – we do!

BUSINESS & PROFESSIONAL SERVICES

CHURCHES

First Cong. Church of Haddam . . . (860) 345-2742
 Haddam Neck Cong Church (860) 267-4255
 Haddam Neck Covenant Church . . (860) 267-2336
 Higganum Cong. Church (860) 345-4304
 Higganum United
 Methodist Church (860) 345-4622
 St. James Episcopal Church (860) 345-2445
 St. Peter's Catholic Church (860) 345-8018
 Valley Bible Church (860) 345-8932

CLUBS AND ORGANIZATIONS

American Legion Post 75. (860) 347-9575
 Haddam Junior Womens Club. . . . (860) 345-1002
 HK Recreation Department (860) 345-8334
 Middlesex County Community
 Foundation (860) 347-0025

LIBRARIES

Brainerd Memorial Library. (860) 345-2204

MUSEUMS/ATTRACTIONS

Shad Museum (860) 267-0388
 Thankful Arnold House (860) 345-2500
 Veterans Museum (860) 345-5105

POST OFFICES

Haddam Post Office (860) 345-4770
 Higganum Post Office (860) 345-2703

SCHOOLS

Haddam Elementary (860) 345-4551
 Burr Elementary (860) 345-4584
 H-K Middle School (860) 663-1241
 H-K High School (860) 345-8541

STATE PARKS

Haddam Meadows State Park (860) 424-3000
 Haddam Island State Park (860) 424-3000

USEFUL NUMBERS

Consumer Protection (860) 566-2294
 East Haddam Senior Center (860) 345-2480
 Youth and Family Services. (860) 345-7498
 Superintendent District 17 (860) 345-4534

ATTORNEY

Peter Charbonnier (860) 526-1780
 Polito & Quinn (860) 447-3300

AUTO SERVICE

Eddie's Auto Body Specialists. . . . (860) 873-9044

BANKS

Essex Savings Bank (860) 767-2573
 Liberty Bank. (860) 345-2453

BUILDERS/CONTRACTORS/REMODELING

Mark Reeves, Builder (860) 388-3825

COMPUTER SERVICE

Tech Net Computing (860) 740-0328

COOLING/HOME HEATING

Foley Furnace. (860) 345-3218

DENTIST

Higganum Dental Associates (860) 345-4538
 Keith E. Campbell DMD. (860) 345-2282

EYE PHYSICIAN

Middlesex Eye Physicians (860) 347-7466

EXTERMINATOR

Professional Exterminating
 Company Inc. (860) 388-4483

FIREWOOD

J.R. Wiese Enterprise. (860) 345-2429

HAIR CARE/BEAUTY

Karma Skincare Studio (860) 510-9323
 Roseann Annino Hair Stylist. (860) 391-1193

HOSPITALS

Middlesex Hospital
 www.middlesexhospital.org/jointreplacement

INSURANCE

Archambault Insurance, Inc. (860) 526-9587

MARKET

Grist Mill Market (860) 345-4500

OIL/FUEL COMPANY

Moroni & Son (860) 388-2298

PODIATRIST

Haddam Foot Care Specialist. . . . (860) 345-3674

PRINTING

Essex Printing. (860) 767-9087

PUBLIC TRANSIT

9 Town Transit (860) 510-0429

REAL ESTATE

Century 21 Heritage Company (860) 526-1200
 William Raveis - Betty Martelle . . (860) 333-7117

SENIOR LIVING

Saybrook at Haddam (860) 345-3779

VETERINARY CARE

Higganum Veterinary Clinic. (860) 345-3366

Want to be listed on the Newcomers' page?

Call Betty Martelle at (860) 333-7117

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Since we are located on the shoreline, we can easily come to your home or office or other location to discuss how our extensive trust services can meet your specific needs. Contact Granville Morris or Moira Martin at 860-767-4414 to schedule an appointment and to learn how you can keep your trust right here in Connecticut.



Essex, 35 Plains Road, 860-767-2573

Essex, 9 Main Street, 860-767-8238

Madison, 99 Durham Road, 203-318-8611

Old Saybrook, 155 Main Street, 860-388-3543

Old Lyme, 101 Halls Road, 860-434-1646

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