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Selectman's Corner

I hope you all had safe and happy holidays! A lot has happened since my last article.

Rossi Property – After much discussion and years of debate, the voters at our town meeting on November 9th approved purchasing the property. On December 12th, we were officially notified by the Department of Economic Development that our request for a \$1.5 million for environmental remediation of the property was approved. That's great news! Like the grant we got for the Scovil Hoe remediation, there is no requirement for matching funds from the town. The closing for the sale was scheduled for December 21st.

Scovil Hoe – We closed on the Scovil Hoe property (DOT garage) on November 21st so that is officially town property. You may have seen the pictures on Facebook of the drilling at the site. It's the beginning of the environmental remediation.

HES – Thanks to the efforts of Representative Christine Palm, we were awarded a \$480,000 grant to repair the roof and a multi-generational park at HES. The funds are in addition to the \$400,000 we budgeted for the roof. We hired an architectural firm to design and oversee the roof repairs.

Higganum Cove – Thanks to Senator Norm Needleman we received a \$280,000 grant for improvements at Higganum Cove. We already have \$100,000 budgeted for work at the cove. The Higganum Cove Advisory Committee has been working with

a landscape architect to develop a master plan for the cove. The draft plan just received an award from the CT Chapter of the American Planning Association for the "Exemplary Site-Specific Master Plan."

Other News

The Fall Festival was held on the last weekend in October. The turnout was phenomenal. More than \$6,000 was raised for the Haddam Fuel & Food Bank.

The holiday pop-up market ran from November 18th until December 18th at HES. The proceeds from the pop-up market will go to the Haddam Fuel & Food Bank.

The sidewalks in Haddam Center and on Bridge Road are complete. There is still work remaining on both projects but the new sidewalks are walkable.

Thanks for taking the time to read this update. It's a little shorter than usual but as you can see we're making progress!



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18 Industrial Park Road, P.O.Box 205

Centerbrook, CT 06409
860-767-9087 Fax 860-767-0259
email: print@essexprinting.com
www.essexprinting.com

PUBLISHER
William E. McMinn

LAYOUT & AD DESIGN
Lynne Hardt

SALES REPRESENTATIVES

ESSEX • WESTBROOK
CLINTON • MADISON
Ward Feirer 914-806-5500
wfeirer@gmail.com

OLD SAYBROOK
OLD LYME • EAST LYME
Betty Martelle 860-333-7117
betty@eventsmagazines.com

CHESTER • EAST HADDAM
EAST HAMPTON • HADDAM
Contact Essex Printing 860-767-9087
print@essexprinting.com

GUILFORD • LEDYARD
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COVER PHOTO
Sigrid Kun

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Board of Assessment Appeals

From January through March of each year, a window of opportunity opens for those of you who disagree with the town's assessment of your property, personal property declaration or a supplemental motor vehicle. This is the time when you may apply to appear before the Board of Assessment Appeals, who will decide whether your particular assessment should be adjusted. Here's what you need to know.

When you will need to apply: Applications will be available at the Assessor's Office or online beginning in mid-January. **Your completed application must be received in the Assessor's Office by noon February 17, 2023.**

When the hearings will be held: The Board of Assessment Appeals will hold hearings in March of 2023. You

will be notified of the date and time of your appointment via a phone call. The Board will try its best to accommodate your schedule with daytime and evening appointments.

What you will need to attach to application: You should bring any evidence that supports your position i.e. a recent appraisal (not bank appraisal), invoices, contracts, photographs, maps, letters, etc. In addition, the Board may decide to schedule a site visit to see the property first hand.

What happens next: An Action Letter with the Board's decision will be sent to you within 1 weeks of your hearing.

See you in March!

David Beckman, Craig Salonia, Jo Ann R. Woickelman, Chairman



Brainerd Memorial Library's Annual Agricultural Day

Saturday, June 3rd
10 am – 2 pm

We're in our planning stages but anticipate featuring, along with a main attraction [TBD] for children and families:

- Animals
- Presentations and displays
- Plants, books, & baked goods for sale
- Music
- The CT DEEP Nature Center Mobile Unit
- Free Crafts [like fairy gardens]
- Farm equipment
- Hot dogs, hamburgers, beverages, popcorn & ice cream!
- A bounce house
- A raffle and more!



We will need sponsors to help defray the costs and participants to help make this event a success!

You're invited to sponsor the program or provide: crafts, displays, plants, livestock, farm equipment, program supplies.... If you are interested please call the library at 860-345-2204 and ask for Marissa or Robbie. Or email us at library@brainerdlibrary.org. Thank you!



Essex Printing Announces Publishing of Book by Local Author

Essex Printing is pleased to announce the publishing of an exciting new book by local author, Sigrid Kun. "Who Will Save Me?" takes the sheer beauty, grandeur, and allure of thoroughbred horseracing and combines it with real world, daily life struggles of people in all walks of life. There's the high life enjoyed by the rich and influential – the big names, the big races, the big money. There's the flip side in this upstairs/downstairs world with those who toil each day in a struggle to survive.

"We are proud to be associated with this superb novel. It's intriguing. It's suspenseful. It leaves you wondering what will happen next," says Essex Printing President, William McMinn. "It's really a psychological thriller of sorts. Who should you trust? There are unlikely liaisons; opportunists creating turmoil. There's love, hate, hope, despair. There's murder, destruction, drama . . . demons to be conquered, lost opportunities and second chances."



The novel follows a young woman's unlikely journey in the complex world of thoroughbred horse racing. It's a dream job for her at the track. But that's soon followed by strange twists and turns as imperfect people at all walks of life face their personal struggles.

"I think what makes this novel special is its authenticity," adds McMinn. "While it is fiction, Ms. Kun isn't a stranger to writing or horse racing. She was a journalist, for one. She's also been a racehorse owner, trainer, and exercise rider so she has that experience to draw upon."

For more information or to purchase a copy of the book, contact Essex Printing at (860) 767-9087 or print@essex-printing.com.

Essex Printing is a full-service commercial printing, publishing, and marketing company located in Centerbrook, CT. Essex Printing has been proudly serving its customers for over 27 years. For more information call 860-767-9087 or go to www.essexprinting.com. Essex Printing's operations are part of the same company that produces and publishes Events Magazines for 13 towns along the Connecticut Shoreline and into the Connecticut River Valley.

Sigrid Kun is a former journalist, longtime horse owner, racehorse trainer, exercise rider, lawyer, small business owner, and horse lover. She resides in Connecticut on her family farm.

Community Foundation of Middlesex County Awards \$25,000 Grant to Pathfinders' Deer Lake Project

Award made possible by the Mary Janvrin and Natalie Janvrin Wiggins Fund for Birds, Other Animals and Nature

The Community Foundation of Middlesex County (CFMC) wrapped up its 25th anniversary celebration in December with a surprise \$25,000 grant to Pathfinders, Inc. for its Deer Lake Project. The award was given in recognition and support of the nonprofit's hard work, persistence, and strong passion for making a difference by fostering outdoor education and recreation for all at its recently purchased property, Deer Lake, a 255-acre woodland and bird sanctuary in Killingworth.

The grant was made possible by the generosity of the Mary Janvrin and Natalie Janvrin Wiggins Fund for Birds, Other

Animals and Nature at CFMC. Mary Janvrin and Natalie Janvrin Wiggins shared a life-long love for all nature, particularly birds. They established the Fund to preserve, protect, and steward land, waterways, and wildlife habitats for the county's ecosystem and enjoyment of all area residents.

The Pathfinders organization and its "Save Deer Lake" Initiative are true examples of the conservation efforts Mary Janvrin and Natalie Janvrin Wiggins intended to ensure through their Fund at the Community Foundation. The CFMC Board of Directors and Janvrin Fund Committee felt that a surprise grant was a meaningful and long-lasting way to not only honor the sisters' wishes but also celebrate Pathfinders' efforts and CFMC's 25th Anniversary.

"We are so grateful to the Janvrin Fund and the Community Foundation of Middlesex County," said Pathfinders, Inc. Board of Directors Member Cathy Iino. "This generous gift is especially valuable because it allows Pathfinders to build its capacity to communicate with the public, to maintain the Deer Lake property, and to develop a durable organization."

"The Community Foundation is pleased to support Pathfinders' mission," said CFMC President and CEO Cynthia Clegg. "The life passions of Mary Janvrin and Natalie Janvrin Wiggins are supported now and forever through their Fund at CFMC. The impact their generosity has on Pathfinders is just one instance of their profound legacy."



(Pictured from left to right) Pathfinders Treasurer Mike Sarlin, CFMC President & CEO Cynthia Clegg, Pathfinders President Ted Langevin, Pathfinders Board Member Cathy Iino, CFMC Killingworth Community Fund Committee Members Wally Jones and Annie Stirna

Haddam Land Trust, Inc.

The Haddam Land Trust will hold its Annual Business Meeting on Saturday, January 28, 2023 at 6:00 pm at the Haddam Fire-house #1, at 439 Saybrook Road in Higganum, CT.

The business meeting will be followed at 6:30 by a pause for refreshments and at 7:00 pm the feature program about the history and production of charcoal.


Throughout the forests in Higganum and Haddam lie the scattered remains of a once booming charcoal industry. Our speaker, Thomas Worthley, a Higganum resident is an Associate Extension Professor at the University of Connecticut Cooperative Extension Service. He is also our local expert on the production and use of charcoal in the town of Haddam.

The program is free and open to the public. Bring the entire family!

Face masks are optional.

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Haddam Historical Society

Winter Woolies IS BACK!

Knitting Circle at the
Thankful Arnold House Museum

Sundays

January 22, 2023 & February 5, 2023

1:00 p.m. to 3:00 p.m.

Thankful Arnold House Museum
14 Hayden Hill Road, Haddam, CT

Do you have a knitting or needlework project that has been sitting around waiting for you to finish it? Join Beth Hartke to work on that neglected piece or start a new one and enjoy the company of others with NO modern-day intrusions. Registration is required, since space is limited. Admission is free.

For further information call Lisa at
Haddam Historical Society 345-2400 or
contact@haddamhistory.org.



About Haddam

Haddam, which is located in the lower Connecticut River Valley in Middlesex County, is a vibrant community with a rich heritage, historic architecture and distinct villages including Haddam, Higganum, Haddam Neck and Tylerville.

The town has the unique distinction of being the only town in the state of Connecticut that is bisected by the Connecticut River with residents on both sides. The river has long played a significant role in the development of Haddam as a source of income, transportation and recreation. Today the town is primarily a bedroom residential community with an excellent school system, acres of recreational open space and residents who care about the past, present and future of their "hometown."

The earliest residents of Haddam were members of Wangunk tribe of Native Americans who hunted, fished and grew corn, beans and tobacco. The Wangunks had numerous settlements in the Haddam area and had relatively peaceful relationships with neighboring tribes.

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A Look Back, A Leap Forward.

The new year is always a time of great celebration and reflection at the Community Foundation of Middlesex County (CFMC). 2022 was extra-ordinary as our 25th anniversary year ended with abundant enthusiasm and momentum for more good things to come. As we reflect on 25 years of COMMUNITY and look to an even brighter future, we think of all of you in our community who are caring, kind and generous. YOU are how we at CFMC define COMMUNITY every day as, together, we work to build a better today and a brighter tomorrow for all.

We see COMMUNITY through the generosity of our donors with gifts large and small. Over the years, YOU have helped us do so much in the Haddam community. From one of our earliest grants, helping build an eagle viewing station, to our recent funding of Haddam Historical Society's website, surprise



COMMUNITY
FOUNDATION
of Middlesex County

grants to Brainerd Library and Haddam Library to our partnership with Liberty Bank and the Haddam Rotary to support the Haddam Food Pantry, it is our honor to help YOU create a better today and a brighter tomorrow for everyone in Haddam.

We are grateful for all you do to make great things happen in Haddam and throughout Middlesex County. As we begin the new year, we extend a hearty and sincere "Thank You" for being our ambassadors, our cheerleaders, and our friends. We are honored to work with

each and every donor and committed to meeting their personal philanthropic goals, regardless of donation level or area of interest. We are grateful for everyone who steps up and lends a hand to make a difference by supporting what matters to them. Quite simply, we're honored to be YOUR Community Foundation. We look forward to a new year of more good things to come and invite you to learn more about how you can help your community thrive. Give us a call at 860-347-0025 or visit us online at MiddlesexCountyCF.org. Happy New Year!

A Cause for Celebration 25 Years of Helping Good People Do Great Things!



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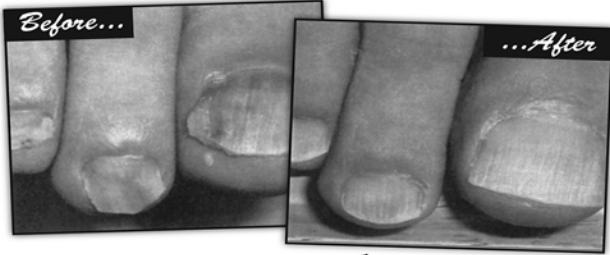
We salute our founders and donors, the visionaries who pooled resources to provide immediate and future support to local nonprofit programs.

We value all of you who establish funds supporting animal welfare, arts and culture, health and social services, the environment, history, education, economic security, civic improvements, recreation, and so much more.

We honor every donor, volunteer, nonprofit, friend, and neighbor. You help us respond to rising and changing community needs. Together we are building a better today and brighter tomorrow for all.

As we celebrate, we look forward to another 25 years of helping our local communities thrive. Contact us at (860)347-0025 or visit us at MiddlesexCountyCF.org.

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Town Clerk's Office

Happy New Year!

The Town Clerk's Office would like to wish all Haddam residents a safe, happy and healthy new year!

Reminder of Land Records

We would like to remind residents that Haddam Land Records are now viewable online. As of August 1, 2022 you are able to view the land records online for free. Visit the Town Clerk's page at: www.haddam.org/town-clerk. Select "Haddam Land Records" on the left side of the page. You will be directed to create an account, once you do that, you will be able to view records. If you would like to print any, there is a \$2.00 service charge with a \$1.00 charge per page.

Website Updates

We are consistently updating our office as well as our website with new information. Recently we added a list of current Justices of the Peace, information about Marriage Licenses, as well as new forms and applications that residents may need. Please also note that 2023 DEEP licenses are available. Again, please visit our website haddam.org for updates throughout the year.

Batteries for Smoke Detectors

Twice a year our Fire Marshall provides batteries to the public for free to change for their smoke detector. We currently have some left that are available on our counter. It is first come first serve.

Swing Bridge Project

I'm sure you are aware of the East Haddam Swing Bridge project (and how it can be frustrating with traffic) but please know this is necessary for all of our safety in the future. Construction will take approximately 3 years, from the fall of 2022 and run until spring of 2025. Please be advised that unforeseen circumstances have the potential to impact all scheduled construction operations. If you have any comments or questions about the project, they can be submitted via their website or by email at: easthaddamswingbridgeproject.com or DOTProject40-141@ct.gov. Stay informed by visiting the project website and sign up for email notifications to receive traffic alerts and construction notifications throughout the project's duration. You can also monitor traffic conditions at the bridge from their 'live feed' cameras viewable on the project website.



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Emergency Alerts

As the winter season is upon us, please note that you can sign up on our website at haddam.org/alerts. The Town of Haddam will provide essential information quickly in a variety of situations, such as COVID information, severe weather, fires, floods, unexpected road closures, evacuation of buildings or neighborhoods, and crime watch emergencies.

Town Clerk Hours

Monday – Wednesday: 8:30 am - 4:00 pm

Thursday: 8:30 am - 6:00 pm

Friday: 8:30 am – Noon

Please feel free to contact the Town Clerk's Office at:
860-345-8531 ext. 212 or 211
townclerk@haddam.org
townclerkasst@haddam.org

News and Deadlines from the Assessor's Office

Important Application Deadlines from the Assessor's Office

State of Connecticut Homeowner's (Circuit Breaker) and the Town of Haddam Senior Abatement Program – The application period for these exemptions is February 1, 2023 to May 15, 2023. Persons who file must be 65 years of age by December 31, 2022 or totally disabled. Please call the Assessor's Office at 860-345-8531 Ext 213 or 226 to make an appointment or to discuss your qualifications.

Additional Veteran's Exemption – The application period for Additional Veteran's exemptions is February 1, 2023 to October 1, 2023. Please call the Assessor's office at 860-345-8531 Ext 213 or 226 to make an appointment or to discuss your qualifications.

Proof of income is required when filing for the above programs. Income includes all taxable and non-taxable income as well as social security income.

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

If you have any questions please do not hesitate to call us at 860-345-8531 Ext 213 or 226.

Reporting Address Changes is Crucial to Taxpayers!!!

It is imperative that you report any change of mailing address in writing, by regular mail or email, to the Assessor's office. The mailing address on the Assessor's records is what is used for all tax bills and other correspondence such as assessment information, assessment appeals information, etc. Not only is this information used by the tax collector it is also used by the land use office,

continued on page 13

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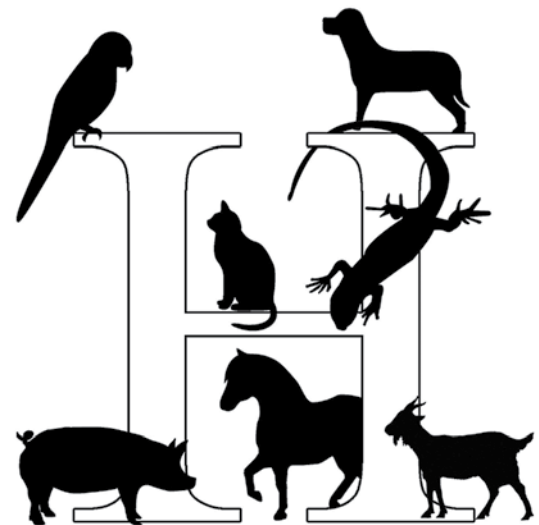
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Vista Life Innovations partners with Musical Masterworks to celebrate the art and power of making music

Vista Life Innovations, a provider of services for adults with disabilities along the Connecticut shoreline for over 30 years, recently partnered with Musical Masterworks of Old Lyme, CT, whose mission is to bring musical mentoring and special projects to organizations that center around the art and power of making music.

Wendy Hayes, Managing Director of Musical Masterworks states: "This program has been in the works for several years but was delayed with the pandemic. We are delighted to be collaborating with Vista Life Innovations to present a series of musical workshops for their community. We are working with Decoda, a fabulous, affiliated ensemble of Carnegie

Hall, whose musicians provided a set of workshops for the Vista community designed to give members an opportunity to discover and expand their musical creativity while creating their own masterworks!"

A component of Musical Masterworks' mission is to bring professional chamber music to the shoreline area while also helping diverse and perhaps musically underserved communities discover music from within and learn how to express it in a meaningful way. "Thanks to a grant from Connecticut Humanities and additional funds from Samuel Freeman Charitable Trust," said Wendy, "this idea came to life, and we couldn't think of a more deserving and enthusiastic community than Vista Life Innovations!"

For this effort, four musicians from Decoda ensemble gathered on Vista's

continued on page 13



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Vista Life ...continued from page 12

Madison Campus, leading small groups of Vista members in several sessions to find and build their creative expression! "Over the course of two workshops, we introduced our instruments and collaboratively created some brand-new music that was shared at a small concert at the end of the workshop. Brittany Czajkowski, Quality of Life Manager at Vista Life Innovations shared: "Participation in the arts is incredibly rewarding for our members."

For more information regarding this collaborative effort, contact Brittany Czajkowski, Quality of Life Manager at Vista Life Innovations at (860) 399-8080 x269 or bczajkowski@vistalifeinnovations.org.

To learn more about Vista Life Innovations, visit <https://www.vistalifeinnovations.org>

To learn more about Musical Masterworks, visit <https://musicalmasterworks.org>

Assessor's Office...continued from page 11

building department, selectman's office and other departments.

We have come across many circumstances where the mailing address on record has been incorrect. These incorrect addresses may result in interest penalties and other charges imposed by the Tax Collector's Office due to the claim that no tax bill was received. Non-receipt of a tax bill does not negate your liability to pay the bill including any interest or penalties. We are trying to spare our residents any problems which may arise from an incorrect mailing address.

Remember, if you move, your mail is only forwarded by the post office for 6 months. In some cases, because the tax bills aren't generated until the following July, your forwarding address has expired leaving the Tax Collector with no current address. According to Connecticut General Statutes we are only obligated to send it to the last known address.

If you elect to receive your mail via a post office box, please note that we are unable to access that information through the post office or any other means, so PLEASE inform our office immediately, in writing, of any change of that type.

Another important point regarding mailing addresses is that if your taxes are paid by your mortgage company we may not have your current mailing address because the bill

continued on page 14



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Haddam Senior Center

Hours: January 9th - January 20th
(Monday, Tuesday & Thursday)

January 16th:

CLOSED - Holiday -
Martin Luther King, Jr. Day

January 17th:

Open from 10:00 am - 2:00 pm

January 19th:

Open from 10:00 am - 2:00 pm

Lunches will resume on
Tuesday, January 17th

Assessor...continued from page 13

is forwarded to them for the life of the mortgage. While this may not affect your tax bill during the mortgage period once the mortgage is paid off or refinanced we may not have your proper address.

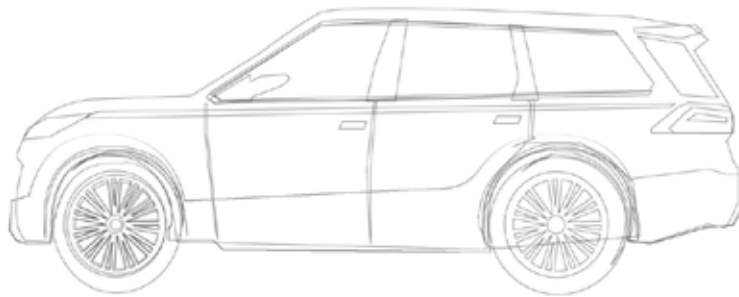
If you are unsure of your current mailing address, you may call the Assessor's Office to verify the address that we have on file.

Motor Vehicle Supplemental Tax bills were sent out in late December 2022 cover a period of time from October 2, 2021 to September 30, 2022

The Department of Motor Vehicles (DMV) does not notify the Assessor's office of any motor vehicle changes or change of address. We hope the following information will assist our taxpayers in determining the course of action should the status of your motor vehicle change. This will ensure that you receive any credit that may be due. All documentation must be dated and include the vehicle identification number (VIN).

HAS THE STATUS OF YOUR MOTOR VEHICLE CHANGED? Sold, totaled, moved out of state, junked or donated????

Please Note: IF YOU TRANSFERRED YOUR REGISTRATION PLATE TO ANOTHER VEHICLE YOU DO NOT NEED TO DO ANYTHING. As long as you



transfer the plate you will receive credit for the old vehicle when you are billed for the new vehicle on the Supplement List.

TWO FORMS OF PROOF ARE REQUIRED TO REMOVE OR PRORATE A VEHICLE:

1. PLATE RECEIPT from DMV indicating that the registration has been canceled, lost, junked or stolen.
2. IN ADDITION TO # 1, ONE OF THE FOLLOWING PROOFS. ALL MUST INCLUDE IDENTIFYING INFORMATION ABOUT THE CAR INCLUDING THE VIN NUMBER
 - a) SOLD - A bill of sale or an affidavit listing the buyer, seller and car info
 - b) MOVED OUT OF STATE - A copy of registration showing the date the vehicle was registered outside the state of Connecticut
 - c) STOLEN- A copy of the police report indicating that the car was stolen.
 - d) TOTALED - A statement from the insurance company indicating that the vehicle totaled.

e) JUNKED - A receipt from junk yard or towing company.

f) TRADE IN - A copy of the purchase agreement identifying the trade-in vehicle.

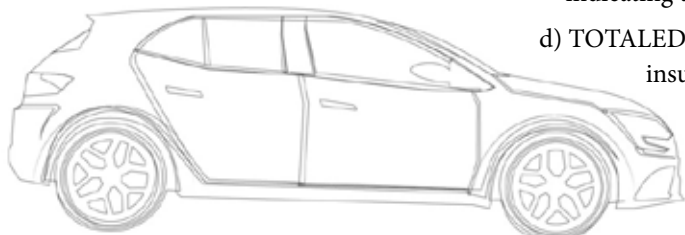
g) DONATED - A statement or letter from the organization

If you move you must, report your change of address to the DMV. You must be sure that the tax town code is changed. This will ensure that your vehicles will be included on the new tax town's tax list. It is important that when you change your address with the DMV that you change BOTH your driver's license AND your motor vehicle registration.

If you receive a tax bill for a vehicle you no longer have in your possession, please do not ignore it.

Please call our office at 860-345-8531 with any questions.

If you have any question we can be reached by phone at (860) 345-8531 ext. 226 & 213; via email at assessor@haddam.org or assessordept@haddam.org or you may stop by the office.



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The Probate Court and You

Do I Need a Lawyer for Probate?*

A common question asked at the Probate Court is, "Do I need a lawyer for probate?" The short answer is no. That being said, however, below are some factors that may cause you to consider hiring a lawyer to navigate the probate process:

- There is any sort of litigation involved, such as a Will contest.
- The decedent owned many complex and highly valued assets.
- The decedent has a Connecticut taxable estate (\$7.1 million in 2021 and \$9.1 million in 2022).
- You feel overwhelmed by the prospect of navigating the probate process on your own.
- You are in the midst of your own life challenges and do not have the time to devote to probating an estate.



Judge Jeannine Lewis, Saybrook District Probate Court, Photo courtesy of Laura Matesky Photography

- You live out of state, you are unable to easily travel to Connecticut, and the decedent owns real property in Connecticut which needs to be cleaned out and sold.
- You do not like filling out paperwork, reading/following instructions, or doing math. For example, if you hire an accountant to file your income taxes for any of those reasons, this may be a good indicator that you would prefer to work with an attorney for probate.

- The beneficiaries of the estate are fighting.
- You need more guidance than the probate clerks can give (they cannot give legal advice).

If you do hire a lawyer to assist you with the probate process, select an attorney with a lot of experience in this area of the law, just as you would select a cardiologist to assist you with medical issues concerning your heart. Also, define the assistance you would like to have (help with a particular form or assistance with the entire process), and receive a written engagement letter from the attorney you select which will define the fees to be charged.

Finally, if you decide to proceed without a lawyer and are feeling overwhelmed, don't be afraid to ask the court for help. We are sensitive to your loss, and we are devoted to helping you navigate the probate process.

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HK Recreation Winter/Spring Programs

The Haddam-Killingworth Recreation Department is offering many fun and exciting programs this spring. The flyer is posted on www.hkrec.com.

Online registration is available at <http://hkrec.recdesk.com/recdeskportal/>

A variety of Youth/Teens programs will be offered such as:

- 2nd Grade Basketball — Saturdays, 10:30 am; Jan. 14 – Feb. 25 (No 2/18) at Killingworth Elementary School
- Running Rams — Wednesdays, at Killingworth Elementary School, 5:00 pm; Jan. 4 – Jan. 25
- Vale Indoor Soccer Clinic (Gr. K – 2) — Mondays, Jan 9 – Feb. 27 (No 1/16, 2/20), 3:30 pm at Burr Elementary School
- Swim Lessons (ages 4 +) — Tuesday or Thursdays beginning, Jan. 17, 6:45 pm
- Gymnastics — Tuesdays, 3:30 pm; Jan. 10 – Jan. 31 at Burr Elementary School
- Skyhawks Basketball — Thursdays, 3:30 pm; Jan. 12 – Feb. 16 (No 2/2) at Burr Elem
- Karate — Wednesdays, 3:30 pm; Jan. 11 – Feb. 22 (No 1/25) at Burr Elementary School
- Creative Art — Tuesdays, 3:30 pm; Feb. 14 – Mar. 21 (No 2/21, 3/7) at Burr Elementary School
- Mandalorian Training with Lego — Thursdays, Jan. 12 – Feb. 16, 3:30 pm at Burr Elementary School
- Fantastic Kid Artists — Mondays, Jan. 23 – Feb. 27 (No 2/20), 3:30 pm at Burr Elementary School
- Zumba Kids — Fridays, Jan 20 – Feb. 17, 3:30 pm at Burr Elementary School
- Science Anyone? — Fridays 3:30 pm; Jan. 20 – Feb. 24 (No 2/17) at Burr Elementary School
- Girl Power! Teen Strength & Fitness — Mon. & Wed., Jan. 23 – Feb. 1. 2:30 pm at HK Health & Fitness
- When I'm In Charge — Wednesdays, Jan 18, 5:30 pm at HK High School Lower Media Center
- Spins & Sparkles (Ballet & Jazz) — Tuesdays, Feb. 14 -Mar. 14, 3:30 pm at Burr Elementary School
- Crossroads Driving (Zoom) — Mondays – Thursdays, 2:45 pm or 6:30 pm, Starting January, 3rd; February 1st; March 1st or April 3rd)



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Adult programs include:

Fitness Yoga — Tuesdays (in person at HK IMS Café) & Thursdays (Zoom), 7 pm, Jan. 10 – Feb. 16

Pottery — Wednesdays, Jan. 11 – Feb. 22, 5:30 pm at the Hk High School Art Room

Aqua Aerobics — Mondays & Wednesdays, Feb. 2 – Feb. 27 (No 2/20) at HK High School Pool

Pickleball — Mondays (Intermediate/Advanced), Jan. 9 – Mar. 6 (No 2/20), 6:30 pm at Haddam Elementary School or Wednesdays (Beginners) Jan. 11 – Feb. 22, 6:30 pm at Haddam Elementary School

Adult Co-Ed Volleyball — Wednesdays, Jan. 4 – Feb. 22, 7:30 pm at the High School Field House

Adult/Child/Infant CPR, First Aid & AED — Mon. & Tues. 2/27 & 2/28, 5:30 pm at the HK Lower Media Center.

Family programs include:

Snow Tubing at Powder Ridge — Sunday, Jan., 29 or Saturday, Feb. 4; 3:00 pm Must have own transportation. A Min. of 10 per date is needed.

For more information about any of our programs, please visit the Haddam-Killingworth Recreation Dept. Facebook Page or visit www.hkrec.com.



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860-388-0788
or janeellis@ctcancerfoundation.org

ABOUT CONNECTICUT CANCER FOUNDATION (CCF)

CCF was founded in 1987 by Connecticut native John Ellis, a former catcher for the New York Yankees and cancer survivor, to financially assist cancer patients and their families and fund cancer research.

For the past 35 years, through its *CT Cancer Patient Assistance Program*, CCF has granted over \$5 million to more than 6,000 Connecticut families

dealing with the financial hardship that often follows a cancer diagnosis. In addition, CCF has donated more than \$2 million to support ongoing cancer research at Memorial Sloan Kettering.

CCF is a 501(c)(3) Non-profit organization.

For more information, please visit us at: www.ctcancerfoundation.org.

January is cervical cancer awareness month. Yearly in the US, about 13,000 women are diagnosed with cervical cancer. The CT Cancer Foundation (CCF) was recently able to help Maggie, a 47-year-old woman from Middletown who was diagnosed with cervical cancer in September 2022. Maggie has undergone extensive treatment for her cancer and will have to continue her aggressive chemotherapy treatments indefinitely. Due to her illness and treatment related side effects, Maggie has been unable to work and has had to move in with her elderly mother. She has gone through the lengthy process to get approved for disability but during that time she had no income and was struggling to afford her monthly living expenses. As we approached this winter, Maggie

was incredibly stressed and had no idea how she was going to pay even the budget plan for heating oil for their home on top of a large semi-annual property tax bill. She reached out to CCF for help and we were able to provide funding for 3 months' worth of heating oil and a portion of her tax bill thanks to the generous support we receive from our wonderful donors!

Unfortunately, Maggie's is not the only terribly sad story that we hear in the course of a month at the CT Cancer Foundation. If you ever wonder where your donations go when you support a non-profit organization, this is where funding to CCF goes. Your contributions make a difference to people right here in CT. Please consider donating today. www.ctcancerfoundation.org.

Install Wi-Fi thermostats



You can save up to \$145 per year on your heating and cooling costs with a properly programmed Wi-Fi thermostat.

Dry two or more loads in a row



Your dryer has already generated a wealth of heat during your first load, so take advantage of that heat to lower energy use.

Use the locks on your windows and doors



Locking windows and external doors will ensure they seal shut and keep out drafts.

Top Recommended Products & Programs for Winter Energy Savings

Cold temperatures, chilling winds, and blustery days can lead to cozy evenings at home. These winter conditions usually mean your heating system is working hard. Other parts of your house – holiday lights, drafty doorways, hardwood floors – can also all result in your home using more energy this time of year compared to other seasons. Below, we've outlined some of the resources that you can leverage this winter and beyond, including no- and low-cost ways to use less energy. Here are some of our top recommendations for keeping energy use down and staying comfortable throughout the season.

ELIMINATE AIR-LEAKS AND DRAFTS near doors, windows, attics, and basements by weatherstripping and air sealing.

A leaky home is less comfortable and uses more energy, especially in the winter. A home weatherization project is one of the most effective ways to improve your comfort and reduce energy use year-round. Properly insulating your home can help you reduce heating and cooling costs by an average of 20%.

INSTALL WI-FI THERMOSTATS.

Wi-Fi thermostats allow you to control your home temperature settings from your smartphone or tablet, so you can adjust and save energy whenever, and wherever, works best for you. Smart thermostats offer various energy-saving features such as automatically adjusting the temperature based on whether you are present or away, based on the weather forecast, or with a schedule customized by you. You can save up to \$145 per year on your heating and cooling costs with a properly programmed Wi-Fi thermostat.

DRY TWO OR MORE LOADS IN A ROW to take advantage of the heat from your dryer.

Get more done with less energy by throwing in a second load of laundry right after the first. Your dryer has already generated a wealth of heat during your first load, so take advantage of that heat.

REVERSE YOUR CEILING FANS.

Normally, ceiling fans spin counterclockwise, allowing you to feel cooler in the warmer months. However, most ceiling fans have a reverse switch that will force them to turn clockwise, producing a downdraft and moving the warm air that collects near your ceiling down into the rest of the room.

BUNDLE UP AND HEAD OUTSIDE!

Although we tend to curl up inside during the winter months, spending a few hours outside with family and friends can reduce stress on your overall

household. Consider unplugging those electronics (if you don't have an advanced power strip) and spending quality time together building a snowman or trying a seasonal sport such as snowshoeing.

MAKE SURE YOUR HOME DEVICES ARE SET to save power.

Check your computer, monitor, TV, and other electronics to make sure they are set to conserve energy. If you are looking for a new device, check for the ENERGY STAR® logo.

LAY DOWN RUGS ON HARDWOOD FLOORS.

Add an extra layer of insulation to your home and save money and energy. Rugs help trap cold air underneath and keep it from circulating around the room.

HAVE A HEAT PUMP? Set it and forget it.

Turning your heat pump on and off, or constantly adjusting its temperature settings, may use more energy and cause comfort issues. Generally, it's advised to find a temperature that's comfortable and leave it there.

THIS ALL SOUNDS GREAT – where do I start?

Eversource, a Sponsor of Energize ConnecticutSM, offers on-the-spot air sealing through Home Energy SolutionsSM and up to 75% off approved insulation projects. This is one of the best ways to get started and knock some items off the list above. If you meet income eligibility requirements, you may receive the initial visit at no cost and up to 100% off an approved insulation project and incentives for additional energy-saving upgrades. Visit the URL, give us a call, or scan the code at right to get started.

Learn more at eversource.com/home-energy-solutions or call us at 1-877-WISE-USE.



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