

East Hampton **events**

VOLUME 8 • QUARTER 4 • 2023



DELIVERING TOWN NEWS



TO EVERYONE IN TOWN

Did You Know...

HSA/FSA – Your Health or Flex Savings Accounts may be expiring in December. Don't lose it. Use it. It's time for eye exams and new eyeglasses. Call for an appointment today.

DRY, SCRATCHY EYES? Many people suffer from annoying, irritating dry, red eyes that nothing seems to help. There is a brand new treatment option just being released that works with your natural tears to solve the dry eye problem. It may be a game changer. Call us.

DIABETICS: The best way to monitor your body's diabetic status is to look at the back of your eye. Health plans require it annually. Observe your retina with our high-resolution imaging system for early signs of diabetic changes. What is happening in your eyes is happening throughout your body. The eye is the only part of the body where we can see actual arteries, veins and nerve tissue under normal conditions without opening you up. And it's painless. Manage your diabetes by monitoring the eyes for diabetic changes once a year. And know your A1C. Diabetes can be controlled.

INSOMNIA SUFFERERS: If it's hard for you to get to sleep or stay asleep, there are now eyeglass lenses that block the wavelengths of light that have been shown to interfere with going to sleep and staying asleep. Wearing these lenses for at least 2 hours before bed helps the brain prepare to release natural sleep hormones to help you easily fall asleep and stay asleep. There are contact lenses also with these special filters that are relaxing for computer users and help eliminate eyestrain and fatigue.

UNCOMFORTABLE CONTACT LENSES? A new generation of contact lens has been released that has a wetting drop built into the lens! Incredibly comfortable. Available for astigmatism and multifocals. Don't suffer. Try these soft lenses for monthly or daily replacement.

MACULAR DEGENERATION, CATARACTS and GLAUCOMA: We are always checking for these medical eye problems when you have an eye exam. Early diagnosis and treatment can protect your vision from deteriorating later. Annual exams after age 65 always.


LIGHT SENSITIVITY SUFFERERS: Winter means more glare and a lower sun. There are new generations of Transitions lenses that get darker outdoors (and even in cars). The ultraviolet wavelengths in sunlight power the lenses to darken in seconds! And when you go inside, they completely lighten up in a couple minutes. 'TIS THE SEASON for sunglasses and Transitions lenses.

FLOATER SUFFERERS: Floaters are those annoying, shadowy spots that many people see in their vision that move away whenever you look at them. Most people have them. Some are annoying; some really interfere with vision. A study from Ireland concluded that almost 70% of participants who took a new once-a-day supplement reported a reduction or elimination of floaters after 6 months of use. We have had a number of patients report improvement. As us about it.

MIGRAINE SUFFERERS: There are new therapeutic eyeglass lenses available that may help stop a migraine before it starts or help it fade away faster. Based on a study from Harvard University, these lenses absorb wavelengths (colors) of light that aggravate migraines and transmit the ones that don't. If you experience severe light sensitivity during a migraine, these lenses may be as or more effective than medications. We have demo lenses to try. They can be life-changing for some.

HEADACHE, VERTIGO, DOUBLE VISION and CAR SICKNESS SUFFERERS: Calibrating your vision so that the vision is crystal clear at all distances AND that your eyes are precisely aiming exactly where they are supposed to aim helps many of these problems go away. It's what we do every day with eyeglasses and contact lenses. Advanced practice clinical optometry. The best.

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Everyone should have an annual eye exam. Call now to schedule yours.

Jeffrey M. Palmer, OD  Martin L. Hellman, OD, FAAO



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Town Manager's Corner

Hello East Hampton,

As I wrote this letter, the northwest part of the state was getting its first few flakes of snow! I guess winter will soon be upon us. That means that the holidays and winter fun will be upon us too! As the Public Works Department prepares to keep the streets clear, the Library and the Recreation Department are putting the finishing touches on the Jingle Bell Parade, which is scheduled for Friday, December 8 in the Village Center. The fun begins a little later this year based on feedback from previous years and starts at 5:00 pm in the Library and culminates with the tree lighting at the gazebo near Center School around 6:15 pm, which signals the beginning of the holiday season and kicks off the winter events.

As the Town is just electing and seating a new Town Council and other positions, I wish to take a moment and remind everyone that many opportunities exist for residents of the community to participate in local government. The Town has several advisory boards and commissions that are always looking for interested residents who want to share a little time and skill for the betterment of the community. From groups that focus on environmental matters to those that focus on the business community or the arts, opportunities are plentiful.

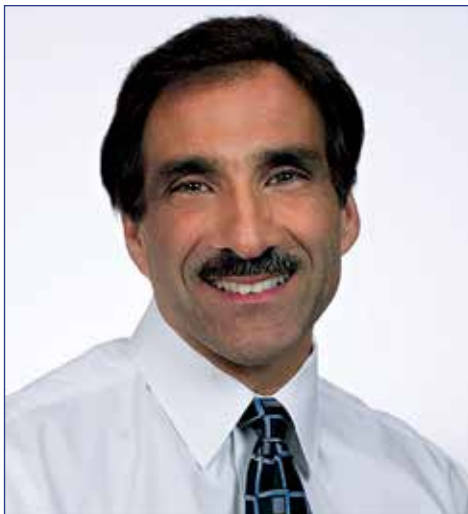
Most Boards meet only once per month and some active bodies might have extra events and activities as well. Nevertheless, volunteering on a board or commission is a great way to connect with the Town and to share a little bit of oneself and the unique perspective and skills each person brings. I hope all residents will consider volunteering. Visit the Town website at: easthamptonct.gov and find the button that says "Serve on a Board or Commission." That will connect with the location for an application. Of course, anyone may call or stop in the Town Manager's Office at the Town Hall to pick up the application.

As always, this edition of the Events magazine is full of information and fun activities in East Hampton. I hope you find it helpful and interesting. I encourage everyone to visit the many great shops and restaurants in Town, and especially those that have helped produce the magazine by advertising.

Stay well, stay safe and have a wonderful holiday season!
David E. Cox,
Town Manager



David E. Cox
Town Manager



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 13 towns every quarter.

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www.eventsmagazines.com

Office of the Assessor

REAL ESTATE CHANGE OF MAILING ADDRESS

The Office of the Assessor is responsible for all real estate mailing addresses. Once a mailing address is updated in our office the change is updated in the Collector of Revenue's Office for tax and/or sewer billing. If you recently changed your mailing address, please visit our office or our Change of Address Form on the Assessor's page of our website at: <https://www.easthamptonct.gov/assessor>.

Additionally, give us a call just to confirm your mailing address. Quite often, tax bills are sent to mortgage companies. To receive additional mail from the Town an address update might be needed. This is especially true for Post Office box holders in the Middle Haddam and Cobalt sections of East Hampton.

MOTOR VEHICLE REQUIREMENTS

If you no longer own a motor vehicle and have cancelled the registration at DMV, please bring the DMV plate receipt and one of the following forms of proof in order to receive a tax credit. The documentation must have the VIN# and all the corroborating information.

- A. A copy of the bill of sale.
- B. A copy of the transfer of title (i.e., receipt from junkyard, trade-in paperwork, donation receipt).
- C. A copy of the original registration issued to the person to whom you sold the vehicle.
- D. A copy of the registration in another state.
- E. Documentation from an insurance company, i.e., payment for a stolen vehicle, payment for a totaled vehicle, cancellation of coverage due to sale of vehicle.

The Assessor's Office may require a combination of additional information or verification of the preceding items, as necessary, for the removal or crediting of a motor vehicle assessment.

**UNREGISTERED VEHICLES STILL OWNED
AND LOCATED IN EAST HAMPTON WILL REMAIN
ON THE GRAND LIST AS PERSONAL PROPERTY.**

BOARD OF ASSESSMENT APPEALS

If you dispute your assessment and wish to provide proof of value to the Board of Assessment Appeals you must file the assessment appeal form. You may obtain the form on the Assessor webpage. REMEMBER THE FORM MUST BE RECEIVED BY FEBRUARY 20, 2024.

DISABILITY

Persons totally disabled receiving SSD benefits may be eligible

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Assessor... *continued from page 5*

for a \$1000 property exemption. Proof of award and application must be submitted by January 31, 2024.

HOMEOWNERS & TOTALLY DISABLED

Residents 65 years of age or totally disabled

may be eligible for a tax credit on real estate; income guidelines apply and are adjusted each year. You must request an application by February, 2024 and file it on or before May 15, 2024.

HOURS

The Assessor's Office is open Monday, Wednesday, Thursday 8:00 am to 4:00 pm, Tuesday 8:00 am to 6:30 pm and Friday 8:00 am to 12:30pm.

We can be reached at: 860-267-2510.

Office of the Collector of Revenue

SECOND INSTALLMENT INFORMATION

Tax bills for the second installment of real estate and personal property will be mailed in December, they will be based on the permanent mill rate of 36.06, the tax amount is likely to differ from the first installment.

Supplemental motor vehicle tax bills will be mailed in December as well, based on a mill rate of 32.46. Taxes are due and payable on January 1, 2024 and become delinquent after February 1, 2024.

WE NOW ACCEPT ONLINE PAYMENTS THROUGH INVOICE CLOUD

You may pay by American Express, Visa, Discover, Mastercard, PayPal, PayPal Credit, Google Pay, Venmo and Apple Pay. All credit transactions are subject to a 3.25% convenience fee.

You may also pay by ACH/E-Check by using your bank routing number with your checking or savings account number without a fee.

Social Services

East Hampton Social Services aids and facilitates programs and applications for residents residing in East Hampton, Cobalt, and Middle Haddam.

ENERGY ASSISTANCE

(CEAP-Connecticut Energy Assistance Program)

Contact our case manager to coordinate an appointment to apply for this program, which helps with your household's primary heating expense. It cannot be stressed enough the importance of applying for this program if your household falls within the income guidelines. All applications are handled by appointment only. Walk-ins cannot be accommodated for this program. You must reapply every year. Please refer to the following site for more specific details, as it will have the most up-to-date income limits and documentation requirements listed: www.crtct.org

Please call Christine at: 860-267-4468, ext. 3208, to schedule your appointment for the processing of your 2023/2024 winter energy assistance application. It is important that you do not wait until you need fuel, as approval of this program can take up to 45 days. If you are approved, any funds granted to you (for deliverable fuels), must be used by 4/1/24. Electric heat clients receive a credit on their statement before the close of the program.

Due to the volume of applications that are processed, please contact the Senior Center (860-267-4426), if you are 60 years of age or above, to schedule the processing of your application.

OPERATION FUEL

Starting January 2, 2024, you can apply online for this program (as always this date may change based on available funding). Operation Fuel is an emergency energy assistance program, which if approved, grants a one-time assistance once within a calendar year. Its income limits and criteria differ from the Connecticut Energy Assistance Program (CEAP). Please refer to Operation Fuel's site for its requirements and qualifications. You must apply directly through their link. If you need assistance completing your online application, please call Christine at 860-267-4468, ext. 3208. You can access this program and its details at: www.operationfuel.org/gethelp/

SPONSOR FAMILIES IN NEED

As we inch closer towards the holidays, Social Services is often asked how residents



can help other residents in need. For the last few years, the department has successfully (and anonymously) coordinated pairing up families in need with families wanting to sponsor them. The family in need is asked to provide very specific wish lists, so the sponsors can really help to make their holiday special. If you are in a position to sponsor a family this year, please contact Christine at: cwiesner@easthamptonct.gov. There are households of all sizes that we work with, so please specify when emailing if you have a certain size household you have in mind to sponsor. If you are a household who is experiencing hardship, and would like to be considered for this program, please also email Christine. You will be provided with a wish list form to be filled out. Every year in order to get ahead of the holiday rush, sponsor and recipients' information is collected as early as possible. This program requires a lot of planning and coordination, so it can ensure families experiencing financial hardship are able to enjoy their holidays, by alleviating the stress of providing gifts for their family. It truly would not be possible without the generous donations from the community,

residents, and of course without the help and continued success of the annual “**Stuff A Cruiser**” toy drive that the East Hampton Police Department organizes and hosts, typically in December. Please check the Police Department Facebook page as it gets closer for the specific date and time of this event. Everyone that helps and contributes to this program, whether it be by sponsoring a family, donating to the Stuff A Cruiser drive or dropping items to the office, your kindness and generosity is what makes this program such a success and it truly is appreciated!

If you would like to be a sponsor or are in need of being sponsored, please contact Christine as soon as possible.

APPLICATIONS & RENEWALS FOR DSS SERVICES

East Hampton Social Services continues to assist residents with applications and renewals for DSS services. While the department is not affiliated with the State’s

DSS, often assistance can be provided via the connect.ct.gov site. If you are in need of assistance with either, please call the Social Services office to discuss. These services can most often be handled remotely.

FOOD INSECURITY

If you are an East Hampton resident and are experiencing food insecurity, please contact the local Food Bank at: 860-365-5978. They are open Mondays & Thursdays from 9:00 am - 12:00 pm. If you utilize the Food Bank, and do not also receive SNAP benefits, please contact EH Social Services and you can be assisted with applying for this benefit. It is highly encouraged for you to apply for SNAP even if you also utilize the East Hampton Food Bank. In addition, if you apply and qualify for SNAP, that will also prequalify you for energy assistance benefits. For anyone in a position to give back, the Food Bank is completely run and operated by volunteers



and donations, so please contact them if you would like to donate food or make a monetary donation.

To determine if your household qualifies for discounted broadband/internet service through the **Affordable Connectivity Program**, please visit: fcc.gov.acp.

HOUSING

If you are searching for new housing, it is suggested you try searching the newspaper or through word-of-mouth. In matters of housing resources, you will be directed to 211, and while a wait list opening is not guaranteed or if they are accepting new applications to their wait list, you will be provided with the numbers to some local housing authorities. Also, individuals in need of housing are encouraged to visit: www.cthcvp.org. This is a list, through the United Way of Connecticut, of the housing authorities that have opened their Housing Choice Voucher Program, formally known as Section 8.

Youth & Family Services

Youth and Family Services welcomed two new marriage and family therapists, MFT, interns recently. Both interns will continue to provide therapeutic services to new and existing clients. Services within the department are free to the community; however, you must call to do an initial intake before you can be set up for services. The number is 860-267-9982. Callers can ask for Lauren.

Youth Services and Social Services have put together a pamphlet of resources for visitors. This trifold pamphlet contains resources for mental health services, services for the elderly, housing, and food assistance, etc.

Youth Services continues to work with the East Hampton Police Department as well as other town departments on juvenile-related matters. When Youth Services receives a “Handle With Care” notice for a minor, it means some trauma-related incident has occurred that may require additional support in school the following day or when the student returns. Youth Services, as well as the school, is notified via email that a Handle With Care has been issued. The department reaches out to the school administration where the minors attend to inquire as to whether

continued on page 8



of NLC, PC

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Youth & Family Services... *continued from page 7*

additional support is needed. The department also reaches out to the caregiver when it is indicated that counseling service may be helpful.

The Juvenile Review Board (JRB), a division within Youth Services, has begun its community service program using grant funds issued by Connecticut Youth Services Association, CYSA. To date, two minors

are participating in the program. Youth Services is working with Public Works and the Recreation Department on clean-up projects. At present, there are two active JRB cases.



105 Main Street, East Hampton CT 06424 | 860-267-6621

Please check our website and Facebook page for our most up-to-date news, programs and events. Program registration is available on our calendar of events. www.EastHamptonPublicLibrary.org

ALL AGES PROGRAMS

Jingle Bell Parade

Friday, December 8 at 5:00 pm

The annual Jingle Bell Parade returns! Meet at the Library for a craft and treats, then parade down to the Village Center to see East Hampton Recreation light the tree. Check the Library or Recreation website for full details!

All-Ages Book Bingo!

Monday, December 18 at 6:30 pm

Join us at the library for an evening of Bingo to win free books! Everyone is welcome at this all-ages event. Drop ins welcome, refreshments provided.

Family Movie Night

Wednesday, December 27 at 6:00 pm

Enjoy some family fun over winter break with

a movie night at the Library! Refreshments will be served. Movies at the Library are generously sponsored by the East Hampton Prevention Partnership.

CHILDREN'S PROGRAMS

New Year's at Noon: All Ages

Friday, December 29 at 10:30 a.m. in the Library Community Room

Celebrate the new year at the library! Magician and comedian Ed Popielarczyk returns this year with another amazing and interactive show, followed by a craft and the big balloon drop at noon! Drop ins welcome.

Take Your Child to the Library Day: All Ages

Saturday, February 3

Celebrate the library and all that it has to offer you and your child! Join us for a day of hands-

on activities and prizes. See website for more details.

Early Literacy Programs

Drop-ins and siblings always welcome. See our website's calendar of events for full list of dates.

Bubbles and Beats:

Ages 18 months-5 years

Most Mondays at 10:30 am in the Library Community Room

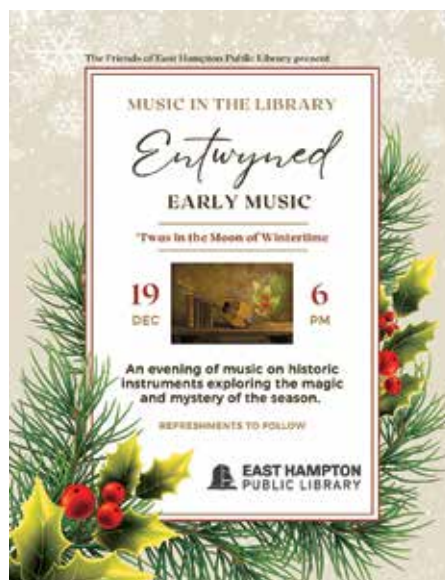
Join us for an early literacy program with an emphasis on MOVEMENT. Sing songs, dance to favorites, pop some bubbles, and find your happy place!

Toddler Time: Ages 18 months-3 years

Most Wednesdays at 10:15 am in the Library Community Room

A storytime just for toddlers that includes

East Hampton Public Library Holiday Events



music, a short book, and lots of free play!

Stories and Songs: Ages 3-5 years

Most Wednesdays at 11:15 am in the Library Community Room

Designed for children ages 3-5 years old and their caregivers, this program features longer stories and a simple craft, and is a great way to interact with other families in the community.

Baby Rhyme Time: Ages 0-18 months

Most Thursdays at 10:15 am in the Library Community Room

An early literacy program for children ages 0-18 months and their caregivers, this program combines music & movement, bounce & lullabies, fingerplays, puppets, and play time. Introduce your baby to the library and make new friends!

Family Storytime: Ages 3-5 years

Select Saturdays from 10:30 - 11:30 am

December 16, January 6, January 27

Join us on select Saturdays for stories, songs, and open-ended play in the community room! Participants will also have the chance to work on a craft to bring home.

All About Art! Ages 18 months-5 years

Wednesday, January 17 at 10:30 am

Explore process art with your child using a variety of different techniques and materials at this special storytime event!

Bluey Playdate: Ages 2-5

Thursday, December 28 from 2:00 - 3:30 pm

What better way to spend winter break than by playing pretend and using your imagination with your little ones! We'll have stations set up for you to play like Bluey and Bingo. Try Keepy Uppy, Magic Xylophone, Grannies, and more at our Bluey Playdate! No registration required.

SCHOOL-AGE PROGRAMS

Registration is required for some of these events and is available on our website.

DIY Days: Grades K-8

Select Saturdays from 11:00 am - 4:00 pm

Children and families in grades K-8 are invited to create a different toy, game, or treat together.

These activities are available while supplies last. No registration required, just drop in!

12/2 - Marbled Greeting Cards

1/13 - Hot Wheels Launcher

2/3 - Fake Worms

2/24 - Create Your Own Puzzle!

Cozy Yoga: Grades 1-5

Monday, December 4 from 4:30-5:30 p.m.

Put on some comfy clothes and join Amie Meacham, a Yoga200 Certified instructor, for an hour of yoga exercises and games!

STEMtastic: Grades 1-5

Select Mondays from 4:30 - 5:30 pm

Learn science and math skills through fun hands-on activities! Registration required, see website for more details.

December 11 - Build, Build, Build!

January 8 - Cubelet Robotics

January 29 - Lego Story Starter

February 5 - Lego Wind Racers

February 12 - Lego Jam Session

Nintendo Switch Game Play: Grades 1-5

Select Saturdays from 2:00 - 3:30 pm

December 9, January 13, and February 10

A Nintendo Switch hang out for elementary school-aged kids. Show off your gaming skills and meet other kids that like to play! All skill levels welcome. Registration required.

continued on page 10

Helping Our Community Thrive...



Through support for local nonprofits who make our towns a little better every day...

Through partnerships with businesses who want to make a difference...

Through volunteers who reach out and give a hand up...

Through community members who put their hearts and dollars to work for a better today, and brighter tomorrow for all.

Help make a difference where you live, work or play. Call us at (860)347-0025. Or visit us at MiddlesexCountyCF.org.



COMMUNITY FOUNDATION
of Middlesex County

Live Local. Give Local.

Library... continued from page 9

Ready to Read Book Club: Grades K-2

Select Wednesdays from 4:30 - 5:30 pm

December 14, January 24, February 28

Help your child learn to love reading with our new childrens' book club! We'll share our favorite early reader books and play games to improve literacy skills. Registered participants will receive a free book to take home.

CHILDREN'S TAKE-HOME PROGRAMS

Take and Makes

Each month the library debuts two take home activity kits for children, one for ages 3-5 and one for school age children, with all of the supplies needed to make a fun craft! Registration required.

MIDDLE GRADE & TEEN PROGRAMS

Registration is required for teen programs unless otherwise noted.

Middle Grade Dungeons & Dragons Learn to Play: Grades 5-7

Wednesday, December 27 from 3:30 - 5:30 pm

Interested in learning how to play Dungeons & Dragons? Unsure where to start? Join us for a "How-To" program all about this tabletop role-playing game!

Learn how to make your own D&D character, how to use your imagination and a character sheet for combat and storytelling and find out what all those "D&D dice" are really used for! No previous playing experience required; all supplies included.

Middle Grade Dungeons & Dragons One-Shot: Grades 5-7

January 10, February 7 from 4:30 - 6:00 pm

Come along for a short D&D adventure! No previous playing experience or past participation required—every program event is a new standalone game in a new world! We will provide basic, fifth edition characters; all supplies included.

Teen Dungeons & Dragons: Grades 8-12

Select Wednesdays from 5:30 - 7:30 pm

January 17, 31, February 14, 21, March 6

Join us for an exciting journey into the world of Dungeons & Dragons! No previous playing experience required. We will provide basic, fifth edition characters; all supplies included.

Nintendo Switch Game Play: Grades 6-12

Select Saturdays from 2:00 - 3:30 pm

December 2, January 20, February 3

Pull up a beanless bag chair in our Library Community Room for a big screen Nintendo Switch hang out! Come on down to play with friends and discover new games. All skill levels welcome.

Teen Advisory Board: Grades 6-12

Select Tuesdays at 6:00 pm December 12, January 23, February 20

Tweens and teens from grade 6-12 are invited to join our Teen Advisory Board. Have a say in programming, collection development and more!

The TAB group meets monthly and always welcome new members. Interested in joining and making a difference at the Library and in your community?

Contact Teen Librarian Keri Blanda for meeting times and details! And bring friends!

Exam Prep & Plan: Grades 9-12

Tuesday, January 16 at 6:00 pm

Get ready for exams at the Library. Find a quiet space to study alone or with friends. Snacks provided. Put together an exam survival kit to help you succeed.

Teen Movie Matinee: Age 13+

Friday, December 29 at 2:00 pm

Wind down your holiday break with a movie in the Library Community Room. Popcorn will be served.

Friday, February 16 at 2:00 pm

No school today!

Come on down to the Library for an afternoon movie with popcorn (and friends!)

Lessons in Culinary - a Teen Cooking Class: Grades 6-12

Tuesday, December 5 at 5:00 pm

Dip Date: Make a variety of dips from savory to sweet.

Tuesday, January 9 at 5:00 pm

No Bake Bonanza: Make a no-baking required dessert.

Tuesday, February 6 at 5:00 pm

Macaroni & Choose: Make mac & cheese and try a variety of mix-ins.

Bored? Games!: Grades 4-12

Tuesday, February 20 from 1:00 - 3:00 pm

Spend your day off from school in the Library Community Room with friends, enjoying a variety of board games. There will be snacks and prizes!

Teen Take & Make: Grades 6 - 12

Each month, the Library debuts a Take and Make activity just for teens! Inside your kit you'll find instructions and supplies to make a fun art or craft project. Registration opens on the first of the month, pickup follows on the second Tuesday of the month.

ADULT PROGRAMS

Registration is required for adult programs unless otherwise noted.

Cookbook Club

First Tuesday of every month at 6:30 pm

Cookbook Club is always delicious! Every month has a theme, from a culinary world tour to re-inventing the basics, you're sure to find something new and tasty. Bring a prepared dish and 12 copies of the recipe to share. Food should arrive ready to eat and we'll provide the plates and forks. We'll sample and talk about each recipe and take home new ideas!

Book Club

Tuesdays, January 16 and February 20 at 6:30 pm

Come together to read and discuss the monthly selection and enjoy the company of other avid readers. Copies of the month's book are available for checkout at the circulation desk.

Quilt, Craft, Create, oh my!

Most Thursdays from 12:00 - 3:00 pm

Drop into the Library Community Room with your current craft project and enjoy the company of other creative community members. Optionally, bring your own brown-bag lunch. The Library will have some craft supplies (crochet hooks, yarn stash, glue guns, scissors, etc.) on hand.

Belltown Book Brunch

Fridays, December 15, January 19, February 23 at 11:00 am

If you love chatting about all things books, then Belltown Book Brunch is for you! Drop into the Library on select Fridays for coffee or tea, a breakfast treat and bookish banter. Get a sneak peek at new releases, find out what's popular, and chat about what everyone is reading. Register or drop in.

LibraYoga with Amie Meacham

Tuesday, December 12 at 6:30 pm

Saturday, January 20 at 10:15 am

Tuesday, February 13 at 6:30 pm

Yoga 200 Certified instructor Amie Meacham leads an hour of gentle yoga for adults in the Community Room. All levels welcome, there

is a modification for every ability. Bring your own mat if you have one and wear comfy clothes.

Cabin Fever Series - Presented by the Chatham Historical Society

Saturday, January 13 and
February 24 at 11:00 am

History buffs and all community members are cordially invited to attend Chatham Historical Society's annual Cabin Fever Series in the Library Community Room. Check the Library website and social media for details on each event as the dates near.

Music in the Library: Entwynded Early Music

Tuesday, December 19 at 6:00 pm

The Friends of East Hampton Public Library generously sponsor this Music in the Library performance by Entwynded Early Music.

On historic instruments, this trio will perform pieces from the 13th-18th centuries that express the magic and mystery of the season. Light refreshments to follow the performance.

Tschudin Chocolates & Confections

Tuesday, January 30 at 6:30 pm

With Valentine's Day right around the corner, you might have chocolate on your mind. We welcome Tschudin Chocolates & Confections from Middletown for an evening of all things chocolate. More details to come!

Adult Take & Makes

Once a month we'll have a take-home craft activity kit just for adults! Inside your kit you'll find instructions and supplies to make a fun art or craft project. Registration opens on the first of the month, pickup follows on the second Tuesday of the month. Act fast; supplies are limited! Registration required.

CURBSIDE PICKUP

For your convenience and safety, the Library offers curbside pickup.

Call the Library with your requests or place your items on hold through our online catalog. When you're informed that your items are ready for pickup, just let a staff member know that you would like to pick up your items curbside. We'll put your items outside on our curbside pickup rack for your quick pickup.

RESOURCE SPOTLIGHT:

Tonies

The Library is excited to announce our newest circulating collection, Tonies!

The Toniebox is a soft, easily controllable, screen-free speaker for children. Using magnetic figurines called Tonies, toddlers and young children can independently listen to songs and stories told by their favorite characters.


The Library has both Tonieboxes and Tonies characters available for check out. This collection was generously funded by the Friends of the East Hampton Public Library.

Library Home Delivery


The East Hampton Public Library is pleased to provide home delivery of library materials to residents of East Hampton who are temporarily or permanently homebound due to illness, disability, or advanced age.

For more information, please contact Keri Blanda, Adult & Teen Librarian at: 860-267-6621 or by email at: kblanda@easthamptonct.gov.


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860.873.8108

East Hampton Rotary Club Grants

The East Hampton Rotary Club provides support
to many causes in our community.

If you or your organization would like to be considered for a grant,
please send us an email at: easthamptonctrotary@gmail.com
requesting a form.



The Middle Haddam Public Library

COME VISIT YOUR 2ND LIBRARY IN TOWN!

2 Knowles Road, Middle Haddam, CT

Hours: Monday: 10:00 am - 2:00 pm, Tuesday: 3:00 pm - 6:00 pm, Thursday: 10:00 am - 2:00 pm, Friday: 3:00 pm - 6:00 pm

www.middlehaddamlibrary.com

We have many exciting things happening in our library.

Yoga: with Erin Day of Ten Summit Yoga

Please register at: tensummitst@gmail.com

Monday at: 9:00 am & Tuesday at: 7:00 pm,

Saturday at: 9:00 am, Cost: \$15.00

Mahjong: Monday's at: 10:30 am, Open to all!

Fiber Arts: Thursday's 10:00 am - 12:00 pm

Bring your spinning wheel, knitting, weaving, embroidery. Open to all!

ComuniTea: 2nd Saturday of month 10:00 am

– gathering to visit patrons & neighbors, have a cup of tea or coffee

Meeting Room Space for small gatherings available and local artists displayed on the walls.

Historic Middle Haddam Library

WE HAVE SO MUCH TO OFFER!

Like us on Facebook



Commission on Aging

East Hampton Community Cares



The East Hampton Commission on Aging was created by the Town Council in 2008 to continuously study and analyze the needs of our older adults, to keep the Town Council informed about those needs and, most importantly, to advocate for facilities, programs and services that positively

impact the lives of East Hampton's older adults.

The Commission is made up of seven East Hampton resident volunteers and two alternates, who are appointed by the Town Council. We meet at 4:00 pm on the second Thursday of every month at the East Hampton Senior Center. The public is always welcome at our meetings, either in person or via Zoom. The meeting Zoom link is on page 2 of the month's agenda. Meeting agendas and minutes are available on the East Hampton town website at: www.easthamptonct.gov/commission-aging.

In 2021, we surveyed East Hampton older adults to learn about their housing, transportation, and health and wellness needs.

Survey results led to the Commission in the past year to:

- Aiding the East Hampton Town Council development of tax abatement programs for older adults
- Getting our state representatives involved in clearing the log-jam that was delaying Energy Assistance application processing
- Supporting the East Hampton Senior Center in their budget request to add staff and expand programming
- Providing information on alternative housing options for older adults with a public presentation on housing options

for older adults, including home renovations, alternate dwellings, and USDA grants and low-interest renovation loans for lower income older adults

Our major focus in 2023 is to develop and roll out East Hampton Community Cares, an organization linking volunteers in town with older or disabled adults who need services. Those services include inside the home, grounds maintenance, companionship, and rides. As our numbers of volunteers and recipients grows, we are actively fundraising from businesses, organizations, and soon individuals in town.

We will also continue to support East Hampton's older adults through our work on:

- Increased accessible and affordable housing
- Expanded tax abatement programs
- Increased Senior Center outreach and programs

HAVE QUESTIONS?

Want to lend your support to East Hampton's older adults by volunteering? Please contact us through COAChair@easthamptonct.gov.



WHAT IS 2-1-1?

It is Connecticut's free and confidential information and referral service. By calling 2-1-1, a toll-free number throughout CT, callers can reach knowledgeable, multilingual staff and get information, referrals or seek help in a crisis. 2-1-1 operates 24 hours-a-day, every day of the year. TDD access is available.

Visit the website for more information at: <http://www.211.org/#>



East Hampton Senior Center

105 Main Street, East Hampton, CT 06424 | 860-267-4426

Email: seniorcenter@easthamptonct.gov

Hours: Monday-Thursday 8:30 am - 4:00 pm, Friday 9:00 am - 4:00 pm



facebook.com/easthamptonseniorcenterct

WEEKLY EVENTS

Mexican Train: Mondays at 9:30 am

A fast-paced dominoes game involving chains and trains and stations. It is a fun, and easy to learn. Walk-ins welcome. Pre-registration not required. Free

Quilting: Mondays at 9:00 am

New Members welcome. Bring your own project or work on a collaborative community service project.

BINGO: Tuesdays at 1:00 pm

A wide variety of games are offered. Pre-registration not required. Cost: Up to \$3.00 depending on how many cards played.

Bible Discussion Group: Tuesdays at 1:00 pm

Non-denominational group meets to share their ideas of identified scripture. New members always welcome.

Cross Stitch Embroidery: Wednesdays at 1:30 pm

Learn basic counted cross stitch. Class size is limited, pre-registration required. One-time \$5.00 supply fee due at sign-up. Registration a must!

Writer's Workshop with Elizabeth

Virtual and in-person every other Thursday at 11:15 am OR Writer's Workshop with Elizabeth, virtual and in-person every Thursday at 10:00 am.

Open Art Studio:

Wednesdays from 10:00 am to 1:00 pm

Artists bring their own projects/supplies and critique each other's work, if asked, to help through the process. It is a quiet well-lit environment to work on your individual project.

Emily Nichols class from Center school played board games with the Older Adults at the Senior Center.



Yoga: via Zoom and in-person at the Senior Center Wednesdays, at 1:00 pm

This yoga class stretches your mind, body and soul. Call the Center for more information. \$20.00 fee for 10-week session. Next session will begin in February.

Setback:

Mondays and Thursdays at 1:00 pm

No partners needed. Please register ahead of time. Games start promptly at 1:00 pm.

Textile Group: Fridays at 1:00 pm

Don't let the title throw you! Our knitters and crocheters bring in their projects and socialize while they create. They are a great resource for each other when you get 'stuck!' New members welcome!

Mahjongg: Fridays at 10:00 am

This group challenges each other with this strategy making game. Stop by and check it out!

Cribbage Games: Fridays at 9:30 am

Join the gang for a friendly early morning game.

The East Hampton/CRT Community Café is open Monday through Friday. Lunch is served at 12:00 pm.

You can reserve your seat, on-line, on MyActiveCenter.com or call the Center. Please call before 11:00 am for more information at: 860-267-4426 ext. 230. The Estuary now provides Middlesex County Congregate meals and Meals On Wheels. Effective October 2nd the Estuary took over as our meal provider. Meals continue to be offered at noon Monday through Friday. You still can sign up by calling or signing up on the kiosk at the desk for your meals or by

using MyActiveCenter online. This Elderly Nutrition program is a federally funded Title III grant. Reservations need to be made at least 24-hours in advance. A \$3.00 donation is requested, although no one age 60+ will be turned away for lack of donation. For Meals On Wheels please call 860-388-1611.

Wonderfully Wicked Women (WWW) meet the first and third Monday of the month at 10:00 am

A time to make friends and share memories and learn a little on the way! This ever-evolving group is open to new members at each meeting.

Mighty Magnificent Men (MMM) will be meeting twice a month now, the second and fourth Monday at 10:30 am

The men gather to talk the talk! New members welcome.

MONTHLY EVENTS

Family History meets the third Friday at 10:30 am

Mr. Ken Doney will help you with your research of your family lineage. He will have monthly presentations and one on one interactions. Please call the Senior Center for more information. Please bring your own mobile device so you can research your family!

continued on page 14

Seniors... *continued from page 13*

Art with Karen

Sunday, December 17, January 28 & February 25 from 2:00 pm to 4:00 pm.

Karen will lead you through the basics of painting in acrylics. No painting/art experience required. All supplies are provided. Cost: \$5.00 for supplies due

at the day of class. Pre-registration required.

Book Club meets the 2nd Tuesday of the month at 10:30 am

Call the Senior Center for more details.

AARP Safe Driver Class: Monday, December 4, 2023

from 11:30 am to 3:30 pm

AARP volunteers offer this 4-hour class to help you hone your driving skills.

Cost: AARP members \$20.00 and Non-members \$25.00. Payment due at time of registration for class.

East Hampton Ambulance Association

Falls are Leading Cause of Injury Death in Adults 65 & Over

In 2019, there were over 34,000 deaths from falls; and there were over three million emergency room visits for older adults with over 800,000 hospital admissions. Every 20 minutes, an older person dies from falls. Falls can result in traumatic brain injuries and broken hips which have long term consequences. Fall risk factors include lower body weakness, problems with walking or balance, poor footwear, home hazards such as broken or uneven steps and throw rugs.



- Bathrooms are especially dangerous. Slippery floors and lots of hard surfaces contribute to the fall risk.
- Add grab bars inside and outside your tub and next to your toilet.
- Move slowly when changing positions or getting in or out of the tub.
- With winter coming make sure your sidewalks and driveways are clear and dry. It helps you and

it helps us get to you if we need to. (*Information from the CDC website*).

- Finally, a life alert pendant can summon help early before dehydration sets in and before you experience other problems that can occur when you are down for hours or days.

These factors can be minimized through some simple changes in your lifestyle.

- Ask your doctor about medications that may make you dizzy.
- Put railings on both sides of your stairs.
- Make sure your home has lots of light.
- Keep items you use often in cabinets you can reach easily without using a step stool.
- Use non-slip mats in the bathroom and on shower floors.
- Hardwood and laminate floors are beautiful, but they can contribute to falls. If you use throw rugs, make sure they have a no-skid bottom. For larger rugs, tape the edges down to reduce tripping. Get non-skid shoes or socks (like the ones in the hospital).
- There are many strength and balance exercises you can do to get stronger and improve your balance.
- When standing up from a sitting position, take a second to get your balance before moving.

The East Hampton Ambulance Association is committed to keeping our citizens safe and well. Should you fall, call 911 as soon as you can. Lying on the floor waiting until you get your strength back usually results in being unable to get up. If you are on the floor for several hours means that you will need to be transported to the ER. We will help you up and if you are not injured, you can stay home and avoid an ambulance ride. And don't forget your File of Life.

NEW MEMBERS

We are always looking for new members to help our town. If you are an experienced EMT you can become a member with no minimum number of hours. Contact us today at 860-267-9679.



East Hampton Lions Club

FOOD SHARE DATES

The East Hampton Lions are scheduled

to host Food Share on the following dates at St. Patrick's Church Parking Lot from 9:00 am to 9:30 am.

Thursdays: December 7, December 21, January 4 and January 18

Everyone is welcome to attend. There are no income restrictions. If you have any questions, please feel free to contact Lion Mary Krogh at: 970-977-5760.

HUMANITARIAN OF THE YEAR

East Hampton Lions are proud to announce that TED TURNER was nominated as their Humanitarian of the Year. A banquet will be held at Port 'N Starboard on Sunday, January 21st at 1:00 pm. Anyone that would like to share Ted's special day is certainly welcome to attend. More info will be forthcoming.

Prevention Partnership



As a Local Prevention Council, the East Hampton Prevention Partnership is dedicated to reducing substance abuse among young people.

Our mission is to foster a culture that values the wellbeing of East Hampton's youth. We strive to instill self-acceptance, self-confidence and goal-setting to promote healthy choices. In collaboration with community stakeholders, we offer educational programs and outreach initiatives.

Brooke Clavet is the new Prevention Coordinator for the Town of East Hampton. She received her Bachelor's Degree in Health Sciences from Eastern Connecticut State University. During her time at ECSU she took various public health courses. In one of her courses, she worked on a semester long research project about the opioid epidemic. She wants to continue having engaging and interactive activities for the youth at the High School and hopes to engage more with the students in the Middle School.

High School students are encouraged to join the **Bring Change to Mind** youth committee, where students run peer-to-peer campaigns to promote a healthy lifestyle and mental health among their classmates. Bring Change to Mind meets every other Monday after school.

We also encourage community members to join the Prevention Coalition. Meetings take place on the third Tuesday of every month. Join the Coalition and help our mission of reducing substance abuse among East Hampton's youth. Please email or call the Prevention Coordinator, Brooke Clavet, at: bclavet@easthamptonct.gov or 860-267-4468 Ext. 3227 to get more information if you would like to participate.

EHPP is also sponsoring the Public Library's movie license, and there will be a family movie night on December 27th. Check out the Library's website for more upcoming movies!

Want to reach every home in town?

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Events Magazines at:

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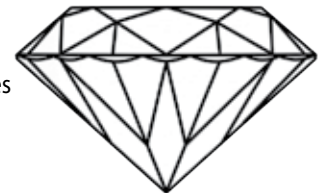
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Department of Public Works

As the 2023 construction season winds down, winter preparation work for the Department of Public Works is in full swing. Department staff have begun to prepare and



calibrate winter maintenance equipment to ensure it is operational

when needed throughout the winter season. In the upcoming weeks we will be wrapping up our construction projects and shifting to other work to prepare for the winter months including filling of potholes, gravel road maintenance, tree work and road side ditch clearing. This winter season the Department of Public Works has three new plow drivers added to our staff. We have spent a lot of time in training and preparing these new staff members for winter snow removal operations. That being said it is imperative that these new drivers start their plowing experience with the Town slowly and cautiously. This may lead to some routes not being cleared quite as quickly as they have been in the past or snow being placed in

new places where it hadn't been previously. It is also within the realm of possibly that a road might be unintentionally missed all together. The department thanks you in advance for your patience during this upcoming winter season and ask that should you encounter a situation with our snow removal operations that seems out of the ordinary that you please notify the Department of Public Works so we can have the situation rectified as soon as possible.

This past construction season has been very busy and successful. Along with our normal road and fleet maintenance operations the Department of Public Works has completed some major construction / pavement projects. Wopowog Road, Collie Brook Road, and Brook Hill Road were all shimmed and chip sealed which adds a new wearing surface to the road and increases the road's service life. The Department also completed some other smaller drainage in different areas of the town.

The Town Recycling Center is fully open and accepting normal recycling materials, brush and leaves. The hours of the recycling center are Saturdays from 7:30 am to 3:00 pm.

With winter knocking at our doorstep, the Department of Public Works would also like to ask all residents for their assistance in keeping all Town roads/rights-of-way clear of obstructions and vehicles during snow clearing operations. Keeping these areas clear greatly speeds our efforts and enables the department to get roads clear for motorists as quickly as possible. Garbage and recycling carts/containers should be kept behind the curb/edge of the road, and alternate off-street parking locations should be utilized during snow removal operations. Additionally, residents should not deposit snow onto any Town road or property.

If there are questions, please call the Department of Public Works, Monday through Friday, 8:00 am until 3:30 pm at: 860-267- 4747.

East Hampton Town Directory

www.easthamptonct.gov

Animal Control (24 hour dispatch).....	860-873-5044	Land Use	860-267-7450
Assessor	860-267-2510	Recreation	860-267-7300
Board of Education	860-365-4000	Police Department (non-emergency).....	860-267-9544
Building.....	860-267-9601	Probate Court	860-295-6239
Chatham Health District	860-365-0884	Public Library	860-267-6621
Chatham Historical Society.....	860-539-0988	Public Works.....	860-267-4747
Collector of Revenue.....	860-267-2300	Registrars.....	860-267-6720
Emergency Management.....	860-267-0088	Senior Center	860-267-4426
Finance Department	860-267-7548	Town Clerk	860-267-2519
Fire Marshal	860-267-0088	Town Manager.....	860-267-4468
Food Bank	860-365-5978	Water Pollution Control Authority	860-267-2536
Housing Authority	860-267-8498	Youth & Family/Social Services.....	860-267-9982
Human Resources	860-267-4468		



CONTACT INFORMATION

www.easthamptonct.gov | 860-267-7300

MAILING ADDRESS & PHYSICAL LOCATION

1 Community Drive, East Hampton, CT. 06424

MISSION STATEMENT: *The East Hampton Parks and Recreation Department is committed to providing innovative program opportunities and well-maintained facilities that enrich the East Hampton community.*

STAFF

Shawn Mullen, Acting Recreation Director
smullen@easthamptonct.gov
Sheri Yorker, Program Lead
syorker@easthamptonct.gov

ADVISORY BOARD MEMBERS

Deborah McKinney, Chairperson
Tim Adams Courtney Hyte
Kim Crabbe Daniel Roy
Natalie Hurt Jessica Rurka

AFTERNOON ADVENTURES

After-School Program

860-367-5429 – Memorial School location

YOUTH & FAMILY SERVICES

860-267-9982

SEARS PARK FACILITIES

All rental request forms are available online at: www.easthamptonct.gov.

PAVILION

Residents of East Hampton can rent the

Pavilion for events for full or half-day rentals. The fees are \$75 / half-day or \$125 / full day. All reservations require a security deposit of \$125.

LION'S PICNIC SHELTER

Sears Park patrons may use this shelter when it is not reserved. Reservations are posted daily on the small kiosk next to the shelter with the specific reservations for that day. There is no cost to reserve the shelter; however, a completed reservation form is required.

SEARS PARK BOAT RACK RENTALS

If you would like to rent a boat rack for a canoe or kayak at Sears Park seasonal rentals for the 2024 season will be available starting on January 2, 2024. The cost for the season is \$100 and rentals run from May 1 – November 1, 2024. All rentals are first come first serve, forms and information are available at: www.easthamptonrec.com or at the Recreation Office.

GOVERNOR WILLIAM A. O'NEILL PERFORMING ARTS GAZEBO

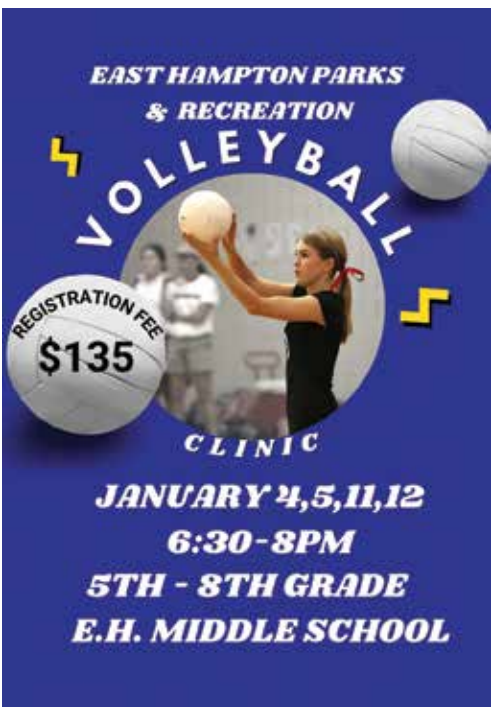
The Gazebo can be used for small family-oriented performances and programs such as small musical performances, magic shows, plays, variety groups, etc. Music concerts are restricted to acoustic, instrumental or small jazz venues. Weddings and other special celebrations will be considered. Venues are lawn seating. The gazebo will not be used for loud bands and/or concerts. The fees are \$75 per day and a \$25 additional fee is added if electrical or stage lighting is required. All reservations also require a \$125 security deposit.

REGISTRATION & PROGRAM INFORMATION

Program enrollments are accepted online at www.easthamptonrec.com. Registration forms are available online at www.easthamptonrec.com or at the Recreation Office. All registrations must include

continued on page 18

Recreation Department Winter Fun



payment. Payment is required at the time of registration. All registrations are taken on a first come, first serve basis. We accept MasterCard and Visa. Please make checks payable to East Hampton Recreation. Cash payments should be made in the office only. Please do not try to register or pay program instructors unless indicated.

Registration confirmations are available by e-mail if subscribed to on your main account page at: www.easthamptonct.gov. No other confirmations are provided; however, if you have registered with us and paid, you will be on the final roster.

Program Refund Policy

If you are unable to attend a program you have registered for, please contact us. You must contact us 7 days before a program starts to receive a 100% refund. Cancellations inside of 7 days will receive a 50% refund or be issued an account credit for another activity. After the program starts

no refunds will be issued. Our ability to refund money for trip cancellations depends on our contractual agreement with the travel companies. Program times are subject to change based on enrollment numbers. Programs will be cancelled if the minimum enrollment number is not reached.

Applications for reduced-tuition scholarships are available at the Recreation Office and Youth and Family Services. All information is strictly confidential. This is an

application process. Only programs run directly by East Hampton Recreation qualify.

A portion of your enrollment fee may be put into your Special Revenue Program account for the East Hampton Recreation Department to maintain or enhance this program or other programs. This fund is not associated with the General Fund of the Town of East Hampton



Recreation Programs

Programming

Programs are being added to the schedule as we have dates finalized. As they are finalized they will be posted to www.easthamptonrec.com. We have many great offerings scheduled for the upcoming seasons. Check out our website for all programs.

Fall & Winter Programming

Our many awesome fall and winter programs are currently posted to our website. There are many different options for all different age groups, and too many to list here individually. See www.easthamptonrec.com for a complete listing.

SELLING OR BUYING A HOME?



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860.916.3517

WILLIAM RAVEIS



MARGARET WILCOX TEAM

FREQUENTLY REQUESTED INFORMATION

EAST HAMPTON LITTLE LEAGUE

- www.easthamptonlittleleague.sportssignup.com
ehllplayeragent@gmail.com
- For boys and girls ages 6 - 18
(by July 31 of the current year)
- Registration takes place in January
- Practices for the season begin in late March
- Opening day is in April
- Fall season begins in September and is open for children ages 8 years and up

YOUTH FOOTBALL & CHERLEADING

- www.ehyouthfootball.org
- For boys and girls ages 7 - 14
email: info@ehhawks.com

EAST HAMPTON SOCCER CLUB TOWN RECREATIONAL LEAGUE

- www.easthamptonsoccerclub.org

- For boys and girls pre K-8
- Spring season is late March- June Registration for spring takes place in January
- Fall season is late August- October Registration for fall takes place in June

TRAVEL SOCCER

- www.easthamptonsoccerclub.org
- For boys and girls ages 8 - 18
- Email Soccer Club for tryout information

JOSEPH N. GOFF HOUSE

- Contact: Dean Markham
860-918-4400

EPOCH ARTS

- www.epocharts.org
- email: info@epocharts.org
- Contact: Elizabeth Namen
860-365-0337

Morning and Afternoon Adventures Before & After School Program

Afternoon Adventures meets at Memorial Elementary School before and after school each day from 7:00 am - 8:30 am and 3:00 pm - 6:00 pm. Students in grades K-5 may attend the program. Program attendance options are 2 days a week, 3 days a week, or 5 days a week. Registration is done on a monthly basis, either online or at the Recreation office. You must enroll for the whole month each month and pay in advance. There are a limited number of openings in this program.



Please send your child with a healthy snack each day. The children have time for play outside (weather permitting) every day or time in the gym. Everyone does homework or quiet reading; then they enjoy crafts, games, special guests and play with staff and their peers until pickup time. Care is provided on scheduled school half days from when school gets out until 6:00 pm for no additional charge. A discount is offered if doing both before and after school.

Options are: 2 days a week, 3 days a week or 5 days a week. When doing part time note the days of the week at checkout. Rates for the months are firm, there are no adjustments if your schedule does not align or you miss days of school.

Students from Center School are bussed to Memorial School in the afternoon, and from Memorial School to Center school in the morning.

Location: Memorial Elementary School.

Dates: First day of school to last day of school.

Times: 7:00 am-8:30 am and 3:00 pm-6:00 pm

If you are registering for both before and after care, put the before care portion in your cart first, and the after-school portion will be discounted 10% at checkout.



For pricing, please visit:
www.easthamptonrec.com or call the office at: 860-267-7300.

Chatham Historical Society

WINTER NEWS

The Chatham Historical Society's (CHS) three museum buildings will be closed during the winter months of December through March. They will reopen on the first Sunday of the month in April from 2:00 - 4:00 pm. If anyone needs historical information or an individual tour of the museum, please contact President Carol Morris at: 860-918-2248 or Marty Podskoch at: 860-267-2442.

"CABIN FEVER HISTORY SERIES"

The CHS and East Hampton Library will be co-sponsoring a "Cabin Fever History Series" during the months of January, February, and March 2024. The speakers' programs will discuss local and state history topics. A listing of the speakers will appear at a later date at the CHS Facebook page. The programs will be held in the East Hampton Library Community Room on Saturday, January 13, Saturday, February 21 and Saturday, March 16.



6 Bevin Blvd.,
East Hampton, CT 06424
860-267-8953
chathamhistoricalct.org

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General Rules to Heat Your Home Safely

General Rules for Heating Your Home

1. Select heating equipment that is rated by the manufacturer for the size space you intended to heat.
2. Have any installation done by a professional, if possible, and make sure all fuel-burning equipment is vented to the outside.
3. Keep your heating equipment and anything that can burn at least 3 feet apart.
4. Have your heating equipment inspected and cleaned every fall just before heating season.
5. Never use or store flammable or combustible liquids near or in rooms with heaters.
6. Make sure your heating equipment is allowed in your community.
7. Install carbon monoxide alarms in your home
8. Cooking appliances should not be used to heat a home



General Rules for Heating Your Home with Electricity

1. Keep your heating equipment and anything that can burn at least 3 feet apart
2. Plug power cords only into outlets with sufficient capacity and never into an extension cord.
3. Turn off heaters when you leave a room or go to bed.
4. Inspect for cracked or broken plugs or loose connections, and replace any before using.



General Rules for Portable Kerosene Heaters

1. Connecticut State Statutes states the Kerosene Heaters are prohibited in a place of human habitation.

General Rules for Heating Your Home with Wood or Pellets

1. Have installation done by a professional, if possible.
2. Make sure your heating equipment is allowed in your community.
3. Keep anything that can burn at least 3 feet away from your fireplace or wood stove.
4. Have your chimney, fireplace, or wood stove inspected and cleaned every fall just before heating season.
5. Burn only dry, well-seasoned wood that has been split, stacked, and allowed to dry for 12 months.
6. Have a sturdy screen on a fireplace, and allow ashes to cool before disposing of them in a metal container.
7. Install carbon monoxide alarms in your home.



Deadly NYC Apartment Fire 2022

Reminds us of the Danger Posed by Space Heaters

- Space Heaters are responsible for more than 25,000 residential fires and over 300 deaths per year
- Between 2014 and 2018, they account for 80% of heating-fire deaths, and approximately 6,000 burn injuries/emergency room visits.

If you have any questions, please do not hesitate to contact the East Hampton Fire Marshal. He can be reached at: 860-267-0088 or via email @firemarshal@easthamptonct.gov.



NATIONAL FIRE PROTECTION ASSOCIATION

The leading information and knowledge resource on fire, electrical and related hazards

Arts & Culture Commission

Grants to Support Annual East Hampton High School Capstone Projects

The East Hampton Arts & Culture Commission is accepting applications from East Hampton High School Juniors and Seniors for \$200 grants to support an annual East Hampton High School Capstone Project.

The grants will help support two student's proposed Capstone Project, a multifaceted assignment that serves as a culminating academic and intellectual experience for

students. Capstone projects may take a wide variety of forms including a long-term investigative project that culminates in a final product, presentation, or performance.

Applicants for the EHACC Capstone Grant will be invited to present his/her Capstone Project idea to commission members during an agreed upon commission meeting. Deadline to apply is February 1, 2024.

Applications are available at: www.artsforeasthamptonct.org and can be submitted to: arts@easthamptonct.org or can be mailed / dropped off at the Town Manager's Office at the East Hampton Town Hall.

Arts & Culture Commission Meetings

- When:** 3rd Thursday of each month
Location: Joseph N. Goff House
Time: 6:30 pm



East Hampton Police Department

training in September of 2021. Ardo has not fully recovered from the injury. Additionally, Ardo is trained to “alert” on the presence of certain drugs to include the odor of marijuana/cannabis, of which possession of certain amounts is now legal for adults over 21. Since Ardo cannot distinguish between marijuana and other drugs, he can no longer be used to establish probable cause or reasonable suspicion for a further search for any drugs. The Department, with the assistance of the Rotary Club, is currently embarking on a fundraising effort to raise funds for the new K-9.

your stopping distance is increased when the roads are covered with snow and ice. Please don't forget to clear ALL the snow off your car, including the roof, as motorists can receive a fine for failure to clean the snow off their vehicles. Snow flying off a vehicle can cause damage to other vehicles following behind.

After seven years of service with the East Hampton Police Department, the Town's K-9 Ardo will retire during the first quarter of 2024. As many in the community will recall, Ardo had surgery on his left rear knee to correct an injury sustained during

As the colder weather approaches, so does the possibility of snow and ice on our roadways. Please allow extra driving time during inclement weather and allow extra space between the car in front of you as

Please don't forget to lock your car, take the keys with you and secure your valuables. Your car should be locked even when it is in your garage. Do not leave your car running and unattended for even a minute. That's all the time it takes for someone to steal your car.

The members of the East Hampton Police Department want to wish everyone a safe and joyous holiday season.



East Hampton Rotary Club Ardo is Retiring! Help us fund East Hampton's new K9 Officer

After many years serving our community and responding to numerous calls for service to our citizens it's time for East Hampton's police K-9 Ardo to retire and live the good life. We thank Ardo and Officer John Wilson for their time serving together.

Ardo has had a long-distinguished career and has many certifications. He is cross trained as a patrol and narcotics K-9 also tracking and evidence recovery. Ardo and Handler John Wilson are also CT K-9 Olympians! Ardo has placed in the top 10 many times, his best performance was placing 4th overall and winning the tactical obedience competition.

Our new K-9 and handler will need training to continue this tradition of excellence and a slot has been reserved at the Connecticut State Police K-9 Academy in February for our town's next K-9 and handler, so time is of the essence.

The East Hampton Police Officer K-9 program has set a goal of \$20,000 to supplement the needs of the program. Please join Rotary in supporting our Paws for A Cause fundraiser. All proceeds will benefit the EHPD K-9 program.

PAWS FOR A CAUSE

All proceeds collected go towards funding the East Hampton Police Department K-9 program

\$3,000+	DIAMOND	Sponsor plaque, "Meet and Greet" with K-9 and handler, recognition in the local paper and on the Old Home Days banner, dinner for two at a Rotary meeting for recognition
\$2,000+	PLATINUM	Sponsor plaque, "Meet and Greet" with K-9 and handler, recognition in the local paper and on the Old Home Days banner
\$1,000+	GOLD	Certificate of support, "Meet and Greet" with K-9 and handler, recognition in the local paper and on the Old Home Days banner
\$500+	SILVER	Certificate of support, "Meet and Greet" with K-9 and handler, recognition in the local paper
\$250+	BRONZE	Certificate of support, recognition in the local paper
\$1-249	SUPPORTER	Recognition in the local paper

PAWS FOR A CAUSE
PLEDGE CARD

easthamptonrotary@gmail.com

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Sponsor Amount/Level _____ Check # _____

Please return this pledge card with your check made payable to East Hampton Rotary (note "K-9 in memo")
Mail to: East Hampton Rotary Club, PO Box 358, East Hampton CT 06424

Volunteer Fire Department Myth Busters (Part 1)

Over the years, many pre-conceived notions have developed regarding the effectiveness of volunteer fire departments, some of which can lead to a lack of confidence on the part of some community residents that their lives and property are adequately protected. Common jokes such as “Well, at least they saved the chimney...” or “Thankfully, the cellar is still there...” certainly don’t help the situation but do contribute to an unflattering and misguided perception of volunteer fire departments. This article is the first in a series that seeks to dispel some of those notions and provide insight into the operations of organizations that comprise over 85% of all the fire departments in the United States, with emphasis on the East Hampton Volunteer Fire Department.



In the State of Connecticut (as in most jurisdictions,) all firefighters must be certified to the minimum level of Firefighter I, and the standards and requirements are the same for both volunteer and career candidates. To achieve this entry-level certification, candidates must complete an extensive classroom / practical course under the auspices of the Connecticut Fire Academy, attain proficiency in over 100 specific fire-fighting-related skills, successfully pass both a written and practical exam and undergo live fire training.

Firefighter II certification is a more advanced level that expands upon skills and leads to qualification as a fire officer. Currently, of the 45 active members of the East Hampton Volunteer Fire Department, 7 are certified to the FF-I level, 30 are FF-II, 2 have achieved FF-III, 5 are probationary members undergoing training and 2 are certified Fire Police.

In addition to the formalized, structured certification courses, the EHVFD also conducts in-house training sessions twice a month on a wide variety of skills such as fire suppression, hose advancement, vehicle extrication, warm and cold-water rescue, hazmat and other techniques utilized in response to calls for emergency services.

So, “Yes, Virginia, a volunteer really is a firefighter . . .”

MYTH #1:

“Volunteers aren’t “real” firefighters”

FACT:

Yes, they are.



You can have your lake or watershed property evaluated to see what improvements you can make to your property to have a cleaner Lake Pocotopaug. You might also qualify for the Lake Smart Award that is given by the Conservation-Lake Commission (CLC).

The East Hampton CLC started the “Lake-Smart Award Program” to encourage property owners to improve the quality of Lake Pocotopaug by doing projects to prevent infiltration of phosphates, nitrates, pesticides, and other impurities from entering the lake. Those that achieve seven requirements will receive a Lake-Smart Award sign they can display on their property.

Some of the seven criteria property owners will be evaluated on are: Do they have a “buffer zone,” rain gardens, diversion ditches, etc.

Conservation-Lake Commission Sign up this Winter for a Lake Smart Evaluation

Marty Podskoch (right) a member of the East Hampton Conservation-Lake Commission recently awarded the Lake Smart Award to Kyle and Laraye Loomis for doing their part to keep Lake Pocotopaug healthy. Even though the Loomis’ don’t live on the lake, they live in the watershed near Clark Hill. The water that leaves their property eventually flows into Lake Pocotopaug. They have done many projects with their yard such as not using fertilizers, using a mulcher blade on their lawn mower, using plantings, rocks and mulch that prevent erosion to prevent contaminants from flowing into the nearby Christopher Brook that can then enter the lake itself. Photo by Cheryl Lobo.

that contain stormwater runoff before it reaches the lake. Do owners refrain from using chemical fertilizers containing phosphates and nitrates or using pesticides and herbicides. In mowing their lawn do they maintain the level of their lawn at 2 ½-3” and use a mulching blade instead of bagging grass clippings.

If interested, please contact CLC member Marty Podskoch at: 860-267-2442 to schedule an appointment.

Lake and water shed property owners can also apply for the Lake Smart Award Grant Program sponsored by the Friends of Lake Pocotopaug who are offering resident grants up to \$150 to make one or more Lake Smart improvements. They can apply after they have been evaluated and shown the need for improving their property.

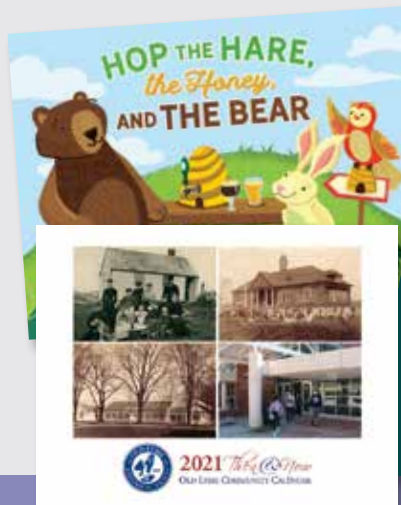
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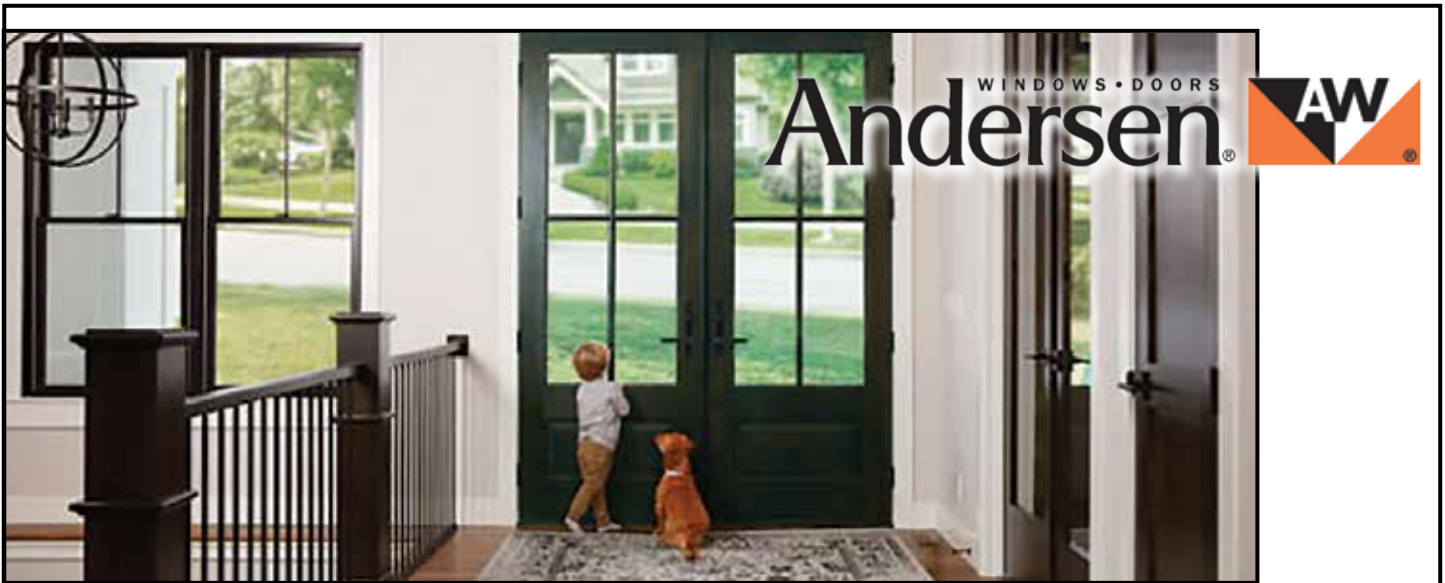
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