



# Lake Hayward

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## Upcoming Events

8/2	<b>Turkeyfoot,</b> 8-11 p.m. at the First Beach Pavilion
8/5	<b>Kiddie Arts and Crafts,</b> 7 p.m. at the First Beach Pavilion
8/6	<b>Kiddie Bingo,</b> 7 p.m. at the First Beach Pavilion
8/8	<b>Movie on First Beach</b> at dusk

## Contact POALH:

POALH  
P.O. Box 230  
Colchester, CT 06415  
**Walk-up mailbox:**  
83 Wildwood Rd.

## Message from the President: Board openings

I am sure that reading POALH bylaws is not on your top 10 summer reading, but during the season, many of us keep this document handy as a reference. As a result, we are often reminded that this living document needs some work. However, it is a guide to how we are organized and mandates that the board needs to adhere to; i.e., board representation.

Every year we have a number of board openings that need to be filled. POALH operates with a board of 9 members. Typically, the representation is two members from each beach district (with alternating 2-year terms) and 3 At Large Reps with 3-year terms, also alternating start and end dates. The objective is that the boards always have some experienced members to help with the new board transition. We don't have term limits, so we are fortunate that when we lack qualified nominees for the board, many who serve agree to stay on. During my tenure, I have seen 1-year board reps up to those who have been active for 8 years.

In order for the board to conduct any business, we need to maintain a quorum of six members. At this time, we have four board openings with only two nominees on the slate. We are prepared to go into next season

**At this time, we have four board openings with only two nominees. Perhaps you wonder what are the qualifications?**

with positions unfilled and continue with our recruiting efforts. However, this is not our preference because it adds to the workload of others. Our board is diverse. It doesn't matter if you are seasonal or year round – close or far away. In the winter months, the meetings are few and obviously activities dormant but planning is not. The season doesn't automatically come together. The board often communicates through conference calls, online meetings, and rotate meetings throughout the area. And yes, it isn't always all work, we do have fun! If I haven't lost you yet.

Perhaps you wonder what are those qualifications? Simply put, you must be a property owner, be able to participate in monthly board meetings throughout the year, agree to be active on a committee, be able to work and respect others in a diverse team environment with diverse experiences and, most importantly, want to make a contribution. Sometimes, it is time to “give

back” to a community who gave much to your enjoyment over the years or sometimes it is just a way to understand the operations of our community as a new owner and want to meet others by jumping right in. Whatever the scenario, won't you please contact me or any other member of the board to explore a board position?

Next year's focus will be to start the work of reviewing and updating our bylaws and working with the town to address our long-range planning needs to address drainage and lake-quality concerns. Read more about this in Bob Sudell's report in this newsletter.

### August upcoming events include a new one

On a final note, Yours Truly and Michelle Lusardi are co-chairing men's night, scheduled for Thursday, Aug. 14. In order for this event to run, we need your RSVP during this week. So gentlemen, time for the ladies to treat you like kings. But you need to pick up the phone and call me or Michelle Lusardi to reserve your ticket. It is only \$15 per person and you can pay at the door. Phone reservation will ensure this event will run.

Looking forward to seeing you Saturday night – another Band and a great one at that! Don't miss TurkeyFoot...

## *Social and recreation: You can register now for Ladies Night*

Ladies, join your friends and make new ones at the fifth annual Ladies Night on Thursday, Aug. 21 at the First Beach pavilion. Just \$13 gets you an Italian buffet catered by Illiano's, two raffle tickets and NO dishes to wash.

BYOB (and your Lake Hayward plastic wine glasses) to this event which will start at 6 p.m. The buffet will be served at 7 p.m. This event sold out last year so don't wait. Registration by Tuesday, Aug. 19 is required. Contact Bob Sudell at robertsudell@aol.com or 860-678-1392 today. Raffle donations are welcome.

### **Band Turkeyfoot**

**Tonight:** First Beach Pavilion from 8-11 p.m.

### **Junior Chef Workshop**

Saturday, Aug. 9: Two sessions kids ages 5-11 at 10 a.m. and kids ages 12 and up 1 p.m.

Please register your little chef as soon as



possible. Mary Jo is returning this year as our instructor. Small fee of \$5 per student. Class will be held at the Pavilion.

### **Adult Chef**

Saturday, Aug. 9 at 5:30 p.m.: We'll make glorious appetizers and follow up with a Happy Hour at 7 p.m.

B.Y.O.B - no glass - \$10 fee per adult chef. All are invited to attend Happy Hour....and sample the appetizer. Yum!

### **Happy Hour**

**Aug. 9 at 7 p.m.:** The Pavilion at First Beach – All are welcome

### **Karaoke**

**Aug. 9 at 8 p.m.:** The Pavilion at First Beach – After Happy Hour join us in a fun filled evening of Karaoke....

### **Dance Aerobics Classes**

Classes will be held Monday mornings 9 a.m. at the First Beach Pavilion. Carol Moriarty will lead us in a wonderful dance class...no experience necessary. Free class!

### **Yoga with Karla**

First Beach Pavilion classes start at 9:00. Please bring a mat if you have one and/or a towel. The Association has purchased mats to use as well as blocks to assist with poses.

Please bring water. Drop-in rate of \$5 applies. All yoga levels class.

## *Enter your permit discharge for a chance to win \$200 prize on Aug. 17*

Submit a copy of your current and valid "Permit to Discharge"\* from the Chatham Health District

Drawing will be held at POALH's Annual Meeting on Sunday August 17.

Drawing open to all East & West side Lake Hayward residents. You need not be present to win.

**Drawing will happen on Aug. 17 at the POALH meeting.**

Can't find your permit? Call Chatham Health District for a copy at 860-365-0884

### **To enter**

- 1) Bring your permit copy to the annual meeting on Aug. 17 or
- 2) Submit your permit copy in advance (OK to leave in mailbox): Felicia Tencza, 22 Forest Way. \*limit one permit per address. Sponsored by the LQIC (Lake Quality Improvement Committee).

## *Sunshine and low score highlight the annual Lake Hayward golf tournament*

A record-tying field of 48 golfers enjoyed good food, friendship, and fewer strokes at the Lake Hayward Golf Outing last Saturday. In the Open Division the team of Scott and Shawn Bernier, Travis Simpson, and Allen Hansrisuk finished with an amazing (for the conditions) minus-9. Three strokes behind in second place was the team of

Gary and Chris Peterson, Andrew Wojcik, and Greg Zoll. In the Classic Division, the winning team with a minus one was Larry McNichol, Mark Cabciaferro, and Gary and Tish Magao. Second place at even par was Sandy Kersell, Vicky Russo, Sue Waz, and George Stepczyk. Long drive winner for the women was Cari Eckert and Kevin Bian-

camano. Closest to the pins awards went to Dr. Bob Chupas and John Vitello. Following golf the players had a fabulous buffet barbecue served by Brenda and her crew at Jack's Place Café at the course. Chairmen Don Biancamano and Fred Odell appreciate the contributions of the golfers and the POALH for their support.

## Behind the scenes: Jeff Soboleski, 15, steps up to help community

If you have been around the lake for a number of years, many of you might be familiar with the name Soboleski.

Jerry and Joan, Kevin and Janet, and family have lived year-round on the lake for years with the next generation likely to follow suit. Fifteen-year-old Jeff Soboleski is growing up right in front of us and has been active around the lake..

Whether he is raking the beaches, delivering newsletters, mowing our lawns, sailing his boat or winning in the junior fishing derby, Jeff has demonstrated his affinity for Lake Hayward and is his happiest when he is by the water whether it be the ocean or the lake. Jeff is soon to be a sophomore at Norwich Technical High School where he will be studying HVAC.



He loves mountain biking, fishing, sailing and he very active in Boy Scouts, currently working towards his Star rank. Eventually, his goal is to become an Eagle Scout As with most Boy Scout

Achievement Programs, community service plays a part. This season Jeff is working closely with Scott Miers and assisting with our lake quality water testing program.

Every week, Jeff collects water samples from each beach and transfers samples to the testing unit to monitor for dangerous levels of bacteria. Having Jeff involved in this process saves the association money and resources and allows us to test more frequently, if needed. Jeff is learning that Lake Hayward is ranked very high as one of the most cleanest lakes in Connecticut!. Thank you, Jeff, for the work you are doing this season. We hope you will continue next year.

## Classified ads

**Looking for a volunteer to take over distributing the weekly newsletters and organizing the newsletter carriers starting next summer.** This involves picking up the newsletters on Friday at Copies Plus in Colchester and then handing them out to the carriers on Saturday mornings. Please feel free to give me a call if you would like to do this or if you have any questions. Thank you. Janet Soboleski 860-537-1012.

**Lost: I lost my Kayak paddles (black) at 2nd Beach 3-4 weeks ago.** If you found them, please call me at 203 415-9690. Thank you, Christine Bartley.

### FREE 4 person hot tub

Located at last home by spillway. Please call Corinne at 203-209-3352.

### Electric Water Heater for sale.

38 gallon, approximately five years old. \$75 or best offer. 860-537-2817.

### 17 1/2 ft. O'Day Sailboat and trailer.

Two sails, spinnaker, 2nd mast and boom. Good size for the lake. \$1,200 or best offer. Contact Cliff Smith at 203 727 6667.

**Wanted: Stationary exercise bike.** Call Don at 860-537-0295.

### Stillwater by Old Town canoe

16 foot - good shape hasn't been used in years, small tear in front seat caning. \$400 or BO. - Call Tom Kress @ 860-537-5779 or email: tomkresscapentry@comcast.net

### Yard Workers

Looking to earn a little extra money before the school year starts next fall by helping out our fellow lake friends. Any yard work that needs to be done give us a call at 860.933.4421. Ask for Angel or Luis.

### Furniture for sale

We have 3 beautiful items for sale for \$5 each - A large unframed mirror-4' X 5' feet for \$5; A 10 drawer dresser (holds lots of clothes) 4' 4" long by 18" wide by 32" high \$5 and large trifold dresser mirror, in a wooden frame that is very ornate on the top. Please call during the week at 401-247-2744 and on the week-ends at 401-457-6547. The furniture is located at 119 Longwood.

**Missing kayak?:** Is anyone missing a kayak from last season (that floated away). Describe it and its yours. Call 860-886-3019.

**Wanted:** Pontoon boat. Battery-operated. Call 860-917-5646.

**Babysitter needed? Briana Soares, 20 years old** I have been CPR-certified since 2006 and was recertified on July 5. I charge

\$15/hr any additional kids is \$5 more an hour and you can contact me at 860-908-7830, if I do not pick up please leave a voicemail.

**FOR SALE:** Roof rack. to fit a Hyundai Elantra Touring, and may fit other cars. less than 3 months. available. \$125.00. Janlyn at 860-334-8982.

**FOR SALE:** Minn Kota bow mount electric motor. 40 lb. thrust. excellent condition. \$200. Also for sale 14 ft. Escape sailboat with aluminum transport dolly. \$650.00. Call 860-537-4708 or Email jers5865@sbcglobal.net.

### First beach cottage with double lot

Driveway is on Lookout and Ridgewood. 6 rooms, 2 bathrooms, laundry room, private outside hot shower, WIFI and cable TV in three rooms. Air conditioning on main floor (living room) and 2 bedrooms sleeping 5. Additional private sleeping loft with window, wall air conditioner and cable sleeps 4. Fully equipped kitchen. Deck facing brook. Outside fire place and additional fire pit. Dates available in July, August and September. Rental period for any block of days from a minimum of 5 to a maximum of 22 depending on availability. Rates depend on number of days chosen. Please call 860 795-6505 or 860-537-0618.



# *Fun in the sun: Golf winners, Lego Olympics and kiddie bingo*



(Above) Scott Bernier, Shawn Bernier, Allen Hansrisuk and Travis Simpson were the winner of the Lake Hayward golf tournament.



Plan ahead with our events calendar (see the full list at [www.lakehaywardct.com](http://www.lakehaywardct.com))

# August 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 setback tournament, 7 p.m.	2 CPR, 9 a.m.; yoga 9 a.m.; Band Turkeyfoot 8-11 p.m.
3	4	5 kiddie arts and crafts, 7 p.m.	6 kiddie bingo, 7 p.m.	7	8 movie on the beach at dusk	9 junior chef, 10 a.m.; adult chef, 5 p.m.; karaoke 8-11
10 swim races 1 p.m.; boat parade, 4 p.m., BBQ, 5 p.m.	11 last week of swim lessons (Monday-Wed.)	12 kiddie arts and crafts, 7 p.m.	13 kiddie bingo, 7 p.m.	14 men's night 6-11 p.m.; band Latitude 8 p.m.	15 movie on the beach at dusk	16 fishing derby, 7 a.m.; yoga 9 a.m.
17 annual meeting, 10 a.m.	18 bike, wagon and costume parade, 6 p.m.	19 cake walk, 7 p.m.	20 chocolate bingo, 7 p.m.	21 ladies night, 6 p.m.	22 night at the races, 7 p.m.	23 beach game 11 a.m.-3 p.m.; carnival 4-6 p.m.
24	25	26	27	28	29	30 band Skyway, 7:30 p.m.; 3rd Beach potluck, 6 p.m.
31						

## *Protect your septic system for better lake quality and improved health*

Maintaining your septic system not only protects Lake Hayward and nearby ground water, which is a source of drinking water, from being contaminated, but also protects your health and your investment in your home and property.

A properly designed, constructed, and maintained system can provide long-term, effective treatment of household wastewater.

### **How to Maintain your Septic System**

Regularly inspect your system (every 1 to 3 years) and pump your tank (as necessary, generally every 3-5 years).

Don't dispose of household hazardous wastes, pharmaceuticals, or other Cloggers or Killers in sinks or toilets.

### **Care for your drain field**

- Plant only grass or groundcover with shallow roots. Deep roots from trees or shrubs could clog and damage the field. Only irri-

gate grass to establish.

- Don't drive or park vehicles on your drain field or compact the soil in any way.
- Divert downspouts and other surface water away from your drain field. Excessive water keeps the soil from adequately cleansing the wastewater.

### **Be Wastewater Wise**

Waste water from your home can impact Lake Hayward if not properly treated. Please follow these tips to help protect the Lake and make sure that your septic system continues to work properly.

### **Use water efficiently in your home**

Using less water means less stress on the system, helping it operate properly.

- Install high-efficiency showerheads
- Turn off faucets while shaving or brushing your teeth
- Run the dishwasher & clothes washer only when they're full
- Maintain your plumbing to eliminate leaks
- Install aera-

tors in faucets • Replace old dishwashers, toilets, and clothes washers with new, high efficiency models • Do laundry over several days instead of multiple loads all in one day • Don't allow the backwash from home water softeners to enter the system.

If you don't pump your tank routinely, the solids in the bottom can build up and make their way out into your leach field, clogging it and eventually ruining it.

You might not know you have a problem until it is too late and you need a new leach field.

### **Septic Care**

Flush only human waste & toilet paper. Your toilet is not a trash can - don't use it like one!

Wastewater treatment systems are not designed to treat hazardous chemicals - which can diminish the effectiveness of the systems and pollute groundwater and Lake Hayward.



## *POALH board addresses drainage/runoff issues*

Drainage is an issue that arises periodically, especially after the unusually heavy rains we've had this season. Please recognize that the POALH is a summer community without a Department of Public Works. However, the Board has recognized the severity of the drainage issues and has begun discussions with the Town of East Haddam and other professionals to develop a plan to address the issues.

Historically, our roads were designed to allow water to flow gently across properties and filter into the ground.

Rough landscaping, trees and shrubs slowed the water down to accomplish this. Contributing factors include:

- Clusters of severe storms dumping an inch or more of water in a short time.

- Changing the nature of our properties altering the ability of the ground to absorb water.
- Paving our roads throughout the Association.
- Installation of curbs directing the flow of water into catch basins not designed for the additional flow.
- Lack of maintenance of drainage ROW's including removal of leaves and excess growth.

Solutions are complex and will take time to implement. We will need to balance the control of runoff while maintaining lake quality and working within the guidelines of the various regulatory agencies.

To properly address these issues, the Board is developing a Lake Management Plan to

encompass both water quality and the flow of water into the lake. The primary component will be educating our members on the need to allow water to flow across properties in a controlled manner without impacting septic systems and washing out properties.

### **Garden Club news**

For the next few Saturday nights we will be doing a 50-50 raffle to help fund our projects. So come down to the Pavilion Saturday for a fun time and a chance to win money. Oh, and don't forget your dollars for the 50-50.

### **Lego Olympics**

Matt Cohen did a stellar job with the Lego Olympics for the third year in a row. We had 19 young people building and competing for ribbons and candy.

### **Newsletter Submissions:**

Deadline is on Tuesday at noon. Email

[miketrocchi@yahoo.com](mailto:miketrocchi@yahoo.com)

### **Newsletter Delivery:**

Please note that our carriers do not get paid. They give up their Saturday mornings to get the newsletters out to you. Please remember them with a tip. Visit [www.lakehaywardct.com](http://www.lakehaywardct.com) for newsletters, by-laws, contact numbers and calendar.

Matt had team and single competitions. Winners included: Matt F. 1st and Henry B 2nd for a lego dog. Grace C. 3rd, Louis U. 1st and Wyatt N. 2nd for lego robot. In the castle team challenge for 5yr. and under ;Matt F. and Henry B. For 8 yr. and under; Colin B., Wyatt N. and Ashley N. for 11 and under Mason B., Grace C. 2nd and Jose D., Isabella D. and Patrick S. for 1st.

## *News and notes: Boat parade returns next week; prizes will be awarded*

The Boat Parade is only two weeks away. Pick a theme and decorate your kayak, rowboat, pontoon boat or sailboat, then come to First Beach Sunday, August 10th at 4 p.m. to show us how creative you are.

Boats will parade from First

Beach to Third Beach then back to Second Beach, where prizes will be awarded in both youth (under 14) and adult categories. For information, contact contact Gary Petersen at 860-324-9029 or Neil Murphy at 860-463-0026.

This event was a favorite for

many years, revived two years ago, is and growing in popularity. After the boat parade, join us for a barbeque at Second Beach at approximately 5 p.m.

Bring an appetizer, salad, side or dessert to share and a chair.

Congratulate the winners and

enjoy the company of your Lake friends.

You don't need to participate in the Boat Parade to come to the barbeque. But we hope you'll cheer on the boats as they parade by our shores!

## *Last chance to RSVP for the inaugural Men's Night dinner*

Gentlemen, join us for a beach/Caribbean style 3-course dinner prepared and served by your favorite ladies from 6-8 p.m. on Aug. 14. Dinner begins with appetizers on your table, followed by a buffet including

Pork Barbecue with a variety of sauces, Jerk Chicken, and Caribbean-style Meatballs, along with homemade coleslaw and potato salad, baked beans, and cornbread. Sweet and unsweet tea will be available (BYOB of your

favorite libation, if you so choose). A special coconut and rum trifle is planned for dessert.

Cost is reduced to \$10 per person. RSVP by Aug. 6 to Michelle Lusardi [michlusardi@gmail.com](mailto:michlusardi@gmail.com) or 860 416 7647

Then, invite your favorite Lady to join you for a wonderful beach and folk-rock music concert with Michelle and Tom Becker of "Latitude" joining us from Pawleys Island S.C.

**1<sup>st</sup> Annual Lake Hayward Triathlon**  
**August 31, 2014**  
**First Beach**  
**Start Time: 8:00 AM**  
**Check-in Begins at 7:00 AM**  
**Entry Fee: \$25**

We are very excited to announce the first annual Lake Hayward Sprint Triathlon! This end of summer, non-competitive event invites Lake Hayward residents, of all ability levels, to enjoy swimming, biking and running around our beautiful Lake. The event consists of an approximate 1/3-mile swim, 12 mile bike ride and 4 mile run around Lake Hayward.

\*Participants assume all risk associated with this event. There will be no lifeguards on duty and roads will be open to traffic. All participants must wear helmets while riding.

**Please mail/drop off entry form and fee to:**

**POALH**  
**83 Wildwood Rd**  
**Colchester, CT 06415**

**Registration Deadline: August 4<sup>th</sup>. Event limited to the first 30 registrants.**

Please contact Heather Taylor at [htay9996@gmail.com](mailto:htay9996@gmail.com) with any questions.

First Name \_\_\_\_\_

**Relay Team (Optional):** Each participant must register separately and complete the form below.

Last Name \_\_\_\_\_

First and Last Name \_\_\_\_\_

Lake Address \_\_\_\_\_

Please circle your event:

Phone \_\_\_\_\_

Swim            Bike            Run

Email \_\_\_\_\_

First and Last Name \_\_\_\_\_

T-Shirt Size:    S            M            L            XL            XXL

Please circle your event:

**Emergency Contact**

Name \_\_\_\_\_

Swim            Bike            Run

Phone \_\_\_\_\_

**Help Wanted!!!** We need volunteers to help make this event a success. Please complete the information below if you are able to volunteer at this event (7:30 AM-11 AM). You will be contacted via email with further details.

Volunteer Name \_\_\_\_\_

Email \_\_\_\_\_

## *Beach Rules*



1. Parents or chaperones are responsible for their child's safety and their child's actions at all times.
2. Children cannot be left at the beach unattended.
3. Infants must be in leak-proof diapers at all times.
4. No fishing from the beach and within 25 feet of swim area.
5. Dogs are never allowed on the beach.
6. Vehicles are not allowed on any beach at any time.
7. No glass on any beach or in the pavilion.
8. All trash and cigarette butts must be removed from the beach and beach area and disposed of properly.
9. Use of the beach and beach area is limited to Association members and their guests.
10. Cars parking in a beach parking area must display a current POALH parking sticker or current guest pass.
11. Beaches and Association properties are closed from Midnight to 6 a.m. Police take notice.

## *Board member contacts*

Gail Grzegorzczak — President	860-531-9008
Bob Sudell — Vice President/Representative At Large	860-537-0286
Bonnie Sudell — Secretary/Second Beach Representative	860-537-0286
Gary Petersen — Properties Committee/Representative At Large	860-324-9029
Deborah Smith — Second Beach Representative/Water Company Liason	860-338-1659
Diane Nelson — Social Committee/Representative At Large	860-305-7305
Linda Nuzzo — Recreation Committee/First Beach Representative	860-620-7016
Mike Trocchi — Newsletter and Website/Third Beach Representative	860-537-5928
Lee Griffin — Treasurer	860-656-6938
Brenda Armstrong — Tax Collector	203-627-8241
Ed Bader — Budget Committee	edbader@aol.com
Jason Griffing — E-mail alerts and announcements	ilikeicecream@msn.com
Janet Soboleski — Memorial Fund/Newsletter Delivery/Lake Hayward Cookbook	860-537-1012
Don Smith — Pavilion Reservation	860-338-1659
Lynn Booth — Hospitality	860-537-5064
Gail Edgington — Promotional Items	203-314-2764
Shannon McKane — Promotional Items	203-815-2585
Kathy Petersen — Garden Club	860-878-7599
Felicia Tencza — Lake Quality Improvement Chairwoman	bmr948@yahoo.com
Resident State Trooper	860-537-7500
East Haddam Police	860-873-1226
Confidential Tip Line	860-873-5013
Connecticut Water Company	800-286-5700