

# LAKE HAYWARD

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## PRESIDENT'S MESSAGE

The board, and a few members of our association met with Ed and Chris, our trash haulers, last week. According to them, they are being forced out of the East Haddam transfer station

If they are forced to haul our trash to a transfer station farther away we will see a significant upcharge in our trash fees. At their suggestion the board has requested a meeting with the first selectman in East Haddam. We will keep you posted.

Another great Sat. night last week. The band was terrific and kept those with "happy feet" very busy.

There will be a meeting for all who can help out with the carnival on July 22nd. Please come to the pavilion and let Jeff Flynn know how you can help.

Have a great week.  
Cindy



## UPCOMING EVENTS:

- **July 18** - Pasta Dinner 6PM
- **July 19** - Celebrate Images of our Lake 4-6PM - see pg 3
- **July 19** - East West Mtg. 5:30 Pavilion.
- **July 20** - Garden Tour. 11AM
- **July 22** - Carnival/ Beach Games MTG Pavilion - 7PM
- **July 25** - Cribbage Tournament. 7PM \$2 Fee
- **July 26** - Chocolate Bingo. 7PM \$2 Fee
- **August 2** - Pot Luck Dinner. 6PM

## SOCIAL

On Sat. July 19th we are having a East - West Informational meeting at the pavilion.

Fri. July 25 we will once again have our Cribbage tournament. Young and Old come down and lets have some fun B.Y.O.B.

Dave

See Updated Social Calendars for July & August on pages 7 & 8.

## CHOCOLATE BINGO!!!

**Chocolate Lovers Young & Old!! Back by popular demand—Chocolate Bingo**

**Saturday July 26, 7 PM** \$2.00 admission includes 1 card, additional cards will be sold for the more avid players. Please bring bingo markers or pennies because our supply is limited. All prizes will be chocolate or chocolate related---(you will be surprised)--with special games for adults and children. If you would like to donate a chocolate prize please see or call Linda Abel or Fran Fantozzi (537-1988). ~~ And a piece of chocolate for the bingo caller would be appreciated!

## RECREATION

### Arts & Crafts

Meet us at the pavilion on Wednesday nights from 7-8 pm beginning July 9<sup>th</sup>. Please keep in mind that parents should plan to stay during arts & crafts to help small children.

### Kiddy Bingo

'Come On Down!' to Kiddy Bingo every Monday from 6:30 - 7:30. There's terrific toys and candy. Don't worry, everyone wins.

### Swimming Lessons

Swimming Lessons scheduled for Tuesday July 22 will be done on Friday July 25 due to weed treatment of the lake.

### Carnival & Beach Games

There will be a meeting Tuesday July 22, 7:00 at the Pavilion for those interested in helping with the Beach Games and Carnival.

Jeff Flynn

## PARKING & SECURITY

There have been a few changes in guest passes. The old yellow passes are now null and void. You must obtain new guest passes from myself. There are two guest passes allotted per household, or lot, which are permanent and reusable. To find out more information about such passes, please contact my house @ 537-9202. Please remember that new permanent parking passes were distributed last year and are still good until 2010. These passes are white with blue lettering. If you or your immediate family need the permanent parking passes, please contact me at the aforementioned phone number.

To the people that email me, please understand that I do not check my email on a daily basis, but I will get back to you ASAP. If anybody sees any non-lake members without a valid pass, please contact me with a license plate number. I will be forwarding all information to the East Haddam Police Department. Please remember that this is our lake and we all need to help keep out non-members or uninvited guests.

In the event of an emergency, it is easier to find your house when it is clearly numbered. Please check your house and make sure that your house number is clear and visible from the street. This will make the emergency responders respond to your needs faster.

Rich Harmon

## MEMORIAL FUND

Special thanks to Irene & Carl Braren of Lake Shore Dr. for their generous donation in memory of Regi Kress. Our fund drive continues --- please join in.

Thanks.  
Alice Miles

## TENNIS UPDATE

Youth Tennis Lessons: Unfortunately, we did not have enough kids to make a viable tennis lesson group this year. I apologize to those of you who already either signed up or expressed interest when I spoke to you on the phone. Next year, tennis lessons will be run in the mornings and will be coordinated with swim lessons so that those children who want to participate in both can do so.

Adult Tennis Tournament: If you are interested in participating in a tournament (men's singles, women's singles, mixed doubles) please call me at 531-9194.

Jeff Walter

**LAKE HAYWARD GARDENERS**

**Lake Hayward Garden Tour** - The Lake Hayward Gardeners will be hosting a walking garden tour on Sunday, July 20th from 11AM - 1PM. We've selected a number of beautiful gardens to tour - both small and large. Please use the Map on page 9 for a self-guided tour. The tour may be done in any order. The Lake Hayward Gardeners will meet up at the Pavilion at 11AM if you would prefer to walk with us. Remember to wear comfortable shoes and clothing. You may complete the tour at your own pace, however, please do not enter gardens listed as "Walk in Gardens" outside of the 11-1 timeframe. Enjoy!

Our next meeting will be held on Sunday, July 27th at 10AM at 3rd beach. Come prepared to garden. All are welcome.

**CELEBRATE IMAGES OF OUR LAKE**

Dress up your cottage walls with beautiful images of Lake Hayward. See photographs transformed into personalized works of art (historic lake photos available too). Photos, frames, albums, display boards etc. available to purchase. Your own photos can be enhanced and personalized as well. At Carol's cottage, 204 Lakeshore Drive Saturday, July 19th. Drop in between 4 PM and 6 PM. Soft drinks and snacks.

RSVP to Carol at 537-1262

**LAKE HAYWARD CLASSIFIEDS**

**FOR SALE:** Refrigerator...10 years old, good working cond. Canoe (large) - needs some repairs. Best Offer. 11 Forest Way or Call 537-1104

**Child, house, and pet sitting.** Available 24/7. Prices vary. Call Lauren at 537-0635 or 860-933-1052.

**BOARD MEMBERS AND CONTACTS**

|                                                             |                     |                                                                            |
|-------------------------------------------------------------|---------------------|----------------------------------------------------------------------------|
| <b>Cindy Biancamano - President</b>                         | <b>860.537.3577</b> |                                                                            |
| <b>Ray Brignano - Vice President /Pavilion Reservations</b> | <b>860.537.3129</b> |                                                                            |
| <b>Vicki McDonald - Secretary</b>                           | <b>203.988.3654</b> |                                                                            |
| <b>Jeff Flynn - Recreation</b>                              | <b>860.537.5806</b> |                                                                            |
| <b>Rich Harmon - Parking &amp; Security</b>                 | <b>860.537.9202</b> | <a href="mailto:poalhparking@sbcglobal.net">poalhparking@sbcglobal.net</a> |
| <b>John Jacoby - Roads &amp; Beaches</b>                    | <b>860.537.6908</b> |                                                                            |
| <b>Alice Miles - Treasurer</b>                              | <b>860.537.3611</b> |                                                                            |
| <b>Dave Edgington - Social</b>                              | <b>203.634.3576</b> | <b>203.314.1096 (Cell)</b>                                                 |
| <b>Jeff Walter - Board Member at Large</b>                  | <b>860.531.9194</b> |                                                                            |
| <b>Don Biancamano - Tax Collector</b>                       | <b>860.537.3577</b> |                                                                            |
| <b>Betsy Guala - Newsletter &amp; Website</b>               | <b>860.537.0706</b> | <a href="mailto:bguala@yahoo.com">bguala@yahoo.com</a>                     |
| <b>Dean Anderson - Water Quality</b>                        | <b>860.537.4778</b> |                                                                            |
| <b>Bill Lytle - Newsletter Delivery</b>                     | <b>860.537.0635</b> |                                                                            |
| <b>Resident State Trooper</b>                               | <b>860.537.7500</b> |                                                                            |
| <b>East Haddam Police</b>                                   | <b>860.873.1226</b> |                                                                            |



## A MAGNIFICANT 75TH BIRTHDAY PARTY!

More than 100 family and friends celebrated long time Lake Hayward resident Pat Walton's 75<sup>th</sup> Birthday on Saturday July 5<sup>th</sup>. What a party it was. Pat's 8 children and their families including 22 children came from at least 6 different states and one son arrived from the Ukraine with his Russian wife and twin babies, all staying in many rented cottages. Pat's parent's, Margaret and Francis Byrnes, had arrived in Lake Hayward in 1948 when she was a teenager. Beautiful family pictures dating back as far as Pat's then young grandfather and his family through today's generations, as well as Lake Hayward memorabilia, were presented in a in Florida published photo album. This was a party to remember including a DJ and a professional photographer taking family pictures on third beach the next day, to conclude this amazing family reunion and celebration. **Happy Birthday Pat** from all your many friends at Lake Hayward!

## WEED TREATMENT COMING UP ON MONDAY

As the weed control program continues to play out this summer, Lake Hayward is scheduled for a 'booster treatment' on Monday July 21<sup>st</sup>. There will be a boat with a gasoline engine operating on the lake that Monday and the use of the boat is part of the treatment permit issued by CT DEP. The signs will be posted at each of the beaches recommending that recreational use of the lake for swimming or fishing be avoided on the day of the treatment. Control of the fanwort weed is progressing well and is on track. The jury is still out regarding whether or not one additional booster treatment may be needed later this year. The weed treatment firm *Aquatic Control Technology* continues to monitor the lake closely and will advise us if we need to do any additional treatments. I am hopeful that the upcoming treatment does not create an inconvenience for anyone everyone and that we all appreciate the need to preserve and protect our precious lake.

Should anyone have any additional questions, please feel free to give me a call at 203-213-0834.

Tim Pelton

## EAST WEST COMMITTEE

The East/West Committee of Lake Hayward wants to remind you that **this Saturday, July 19, 2008, at 5:30 p.m., at The Pavilion** we are sponsoring our third Community Informational Meeting and Social Time. Featured Speaker on **Invasive Plants** is **Roslyn Selsky** of the Connecticut Agricultural Experimental Program, New Haven, who will present a power-point lecture and have live plants samples to share. Questions/Answer period to follow will include panel participants:

**Sue Merrow**, former First Selectman of E. Haddam and past national president of The Sierra Club, currently lobbyist for environmental groups; and

**Randy Dill**, Chair, or another representative from the Inland Wetlands Commission.

Come with your neighbors, bring something to drink and nibble and/or share, meet each other, and learn more about how we can best care for Lake Hayward. This is FREE entertainment, not to be missed!

Linda E Ryder-Munet (537-2052), chair; Kathy Kline (537-6070); Sheila Laverty (818-2350);

Randy Miller (203-641-9902); Pat Thomas (537-6517); and Sandy Zawistowski (537-5229).

**RECIPIE OF THE WEEK****GRILLED CHICKEN WITH SWEET CORN & BLACK BEAN RELISH**

Chicken breasts are sprinkled with Creole seasoning, grilled and topped with a relish of corn kernels, black beans, tomatoes, avocados, & cilantro.

**Ingredients:****Salsa/Relish:**

- 2 large ears of fresh (white) sweet corn, peeled
- 1 15 oz can of black beans, rinsed and drained
- 2 large tomatoes, diced (about 2 cups)
- 2 Haas avocados, peeled, seeded and cut into 1/2-inch pieces
- 1/3 cup finely chopped red onions
- 2 Tablespoons chopped fresh cilantro
- 2 Tablespoons extra-virgin olive oil
- 1 Tablespoon fresh lemon juice
- 1 teaspoon salt
- 1/2 teaspoons fresh ground pepper

**Chicken:**

- 4 skinless, boneless chicken breast halves (about 6 oz each), flattened to an even thickness
- 1 Tablespoon olive oil
- 1 teaspoon Creole seasoning

**Method**

Bring a medium saucepan of water to a boil. Add the corn and simmer until tender, about 4-5 minutes. Drain. When cool enough to handle, cut the kernels from the ears and place in a medium bowl. To the corn, add the black beans, tomatoes, avocados, onions, cilantro, olive oil, lemon juice, 1/2 teaspoon of salt, and 1/4 teaspoon of the pepper. Toss to combine and set aside. Preheat grill to medium heat. Lightly brush the chicken breasts with the olive oil and season each side evenly with creole seasoning and remaining salt and pepper. Grill (or broil) for 10 minutes or until done, turning once. Serve on plate with large portion of relish on top.

Notes: You will love this recipe. Contrasting flavors make for a very interesting meal to share with your family and friends.

Number of servings: 4

FROM BETTER RECIPIES.COM

## LYME DISEASE SYMPTOMS (FROM THE CDC)

The Lyme disease bacterium can infect several parts of the body, producing different symptoms at different times. Not all patients with Lyme disease will have all symptoms, and many of the symptoms can occur with other diseases as well. If you believe you may have Lyme disease, it is important that you consult your health care provider for proper diagnosis.

The first sign of infection is usually a circular rash called erythema migrans or EM. This rash occurs in approximately 70-80% of infected persons and begins at the site of a tick bite after a delay of 3-30 days. A distinctive feature of the rash is that it gradually expands over a period of several days, reaching up to 12 inches (30 cm) across. The center of the rash may clear as it enlarges, resulting in a bull's-eye appearance. It may be warm but is not usually painful. Some patients develop additional EM lesions in other areas of the body after several days. Patients also experience

symptoms of fatigue, chills, fever, headache, and muscle and joint aches, and swollen lymph nodes. In some cases, these may be the only symptoms of infection.

Untreated, the infection may spread to other parts of the body within a few days to weeks, producing an array of discrete symptoms. These include loss of muscle tone on one or both sides of the face (called facial or "Bell's palsy), severe headaches and neck stiffness due to meningitis, shooting pains that may interfere with sleep, heart palpitations and dizziness due to changes in heartbeat, and pain that moves from joint to joint. Many of these symptoms will resolve, even without treatment.

After several months, approximately 60% of patients with untreated infection will begin to have intermittent bouts of arthritis, with severe joint pain and swelling. Large joints are most often affected, particularly the

knees. In addition, up to 5% of untreated patients may develop chronic neurological complaints months to years after infection. These include shooting pains, numbness or tingling in the hands or feet, and problems with concentration and short term memory.

Most cases of Lyme disease can be cured with antibiotics, especially if treatment is begun early in the course of illness. However, a small percentage of patients with Lyme disease have symptoms that last months to years after treatment with antibiotics. These symptoms can include muscle and joint pains, arthritis, cognitive defects, sleep disturbance, or fatigue. The cause of these symptoms is not known.

There is some evidence that they result from an autoimmune response, in which a person's immune system continues to respond even after the infection has been cleared.

**“Untreated, the infection may spread to other parts of the body within a few days to weeks, producing an array of discrete symptoms.”**

# JULY 2008

| SUN | MON                         | TUE | WED                        | THU | FRI                                              | SAT                                                       |
|-----|-----------------------------|-----|----------------------------|-----|--------------------------------------------------|-----------------------------------------------------------|
|     |                             | 1   | 2                          | 3   | 4                                                | 5<br>Pig<br>Roast<br>4pm<br>Band 6-                       |
| 6   | 7<br>Kids Bingo<br>6:30 PM  | 8   | 9<br>Arts & Crafts<br>7PM  | 10  | 11                                               | 12<br>Live Band<br>7PM                                    |
| 13  | 14<br>Kids Bingo<br>6:30 PM | 15  | 16<br>Arts & Crafts<br>7PM | 17  | 18<br>Pasta Dinner<br>Teen Club<br>6pm<br>\$5.00 | 19<br>East-West<br>Informa-<br>tional Meet-<br>ing 5:30pm |
| 20  | 21<br>Kids Bingo<br>6:30 PM | 22  | 23<br>Arts & Crafts<br>7PM | 24  | 25<br>Cribbage Tour-<br>nament 7PM<br>\$2.00 Fee | 26<br>Chocolate<br>Bingo 7PM<br>\$2.00 Fee                |
| 27  | 28<br>Kids Bingo<br>6:30 PM | 29  | 30<br>Arts & Crafts<br>7PM | 31  |                                                  |                                                           |

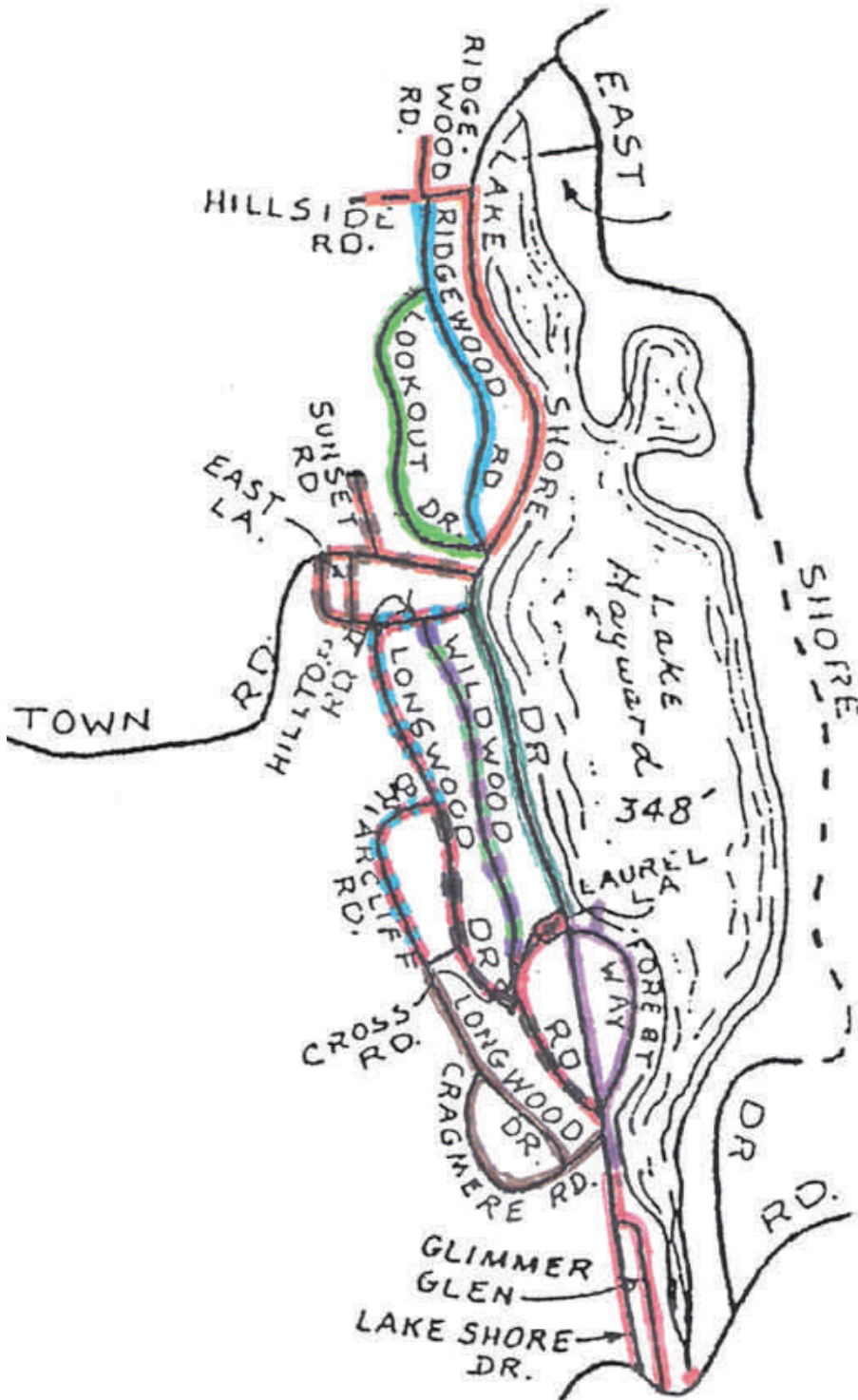
# AUGUST 2008

| SUN                                                        | MON                                    | TUE                       | WED                                           | THU                  | FRI                                                                             | SAT                                                          |
|------------------------------------------------------------|----------------------------------------|---------------------------|-----------------------------------------------|----------------------|---------------------------------------------------------------------------------|--------------------------------------------------------------|
|                                                            |                                        |                           |                                               |                      |                                                                                 | 1<br>Pot Luck Dinner 6 PM<br>We need volunteers to run this. |
| 2                                                          | 3<br>Kids Bingo<br>6:30 PM             | 4                         | 5<br>Arts & Crafts<br>7PM                     | 6                    | 7                                                                               | 8<br>Setback<br>Tournament<br>7pm<br>\$2.00 Fee              |
| 9                                                          | 10<br>Kids Bingo<br>6:30 PM            | 12                        | 13<br>Arts & Crafts<br>7PM                    | 14                   | 15<br>East-West<br>Informational<br>Meeting 6:30                                | 16<br>Chicken BBQ<br>Teen Club 5-8pm<br>\$8.00               |
| 17<br>Annual Meeting 10 AM<br>Kids sand castle competition | 18<br>Little Miss Lake Hayward<br>7 PM | 19<br>Halloween<br>6:30PM | 20<br>Tennis & Basketball Tournaments<br>7 PM | 22<br>Cake Walk 7 PM | 23<br>A night at the races<br><u>A adult</u> night out 8PM More info to follow. | 24<br>Swim Races 10-12<br>Beach games 1-3<br>Carnival 6-8pm  |
| 25                                                         | 26                                     | 27                        | 28                                            | 29                   | 30                                                                              | 31                                                           |



# LAKE HAYWARD GARDENERS' TOUR - SUMMER 2008

PLEASE USE THIS MAP EITHER AS A SELF-GUIDED TOUR,  
OR YOU CAN MEET UP WITH THE HAYWARD GARDENERS  
AT THE PAVILION - WE LEAVE AT 11AM.



## STREET ADDRESS

- 145 LAKE SHORE DR Walk in Garden
- 113 LAKE SHORE DR Walk in Garden
- 29 GLIMMER GLEN Walk in Garden
- 50 GLIMMER GLEN
- 82 LONGWOOD EXT.
- 22 BRIARCLIFF RD. Walk in Garden
- 80 LONGWOOD RD.
- 25 WILDWOOD RD. Walk in Garden
- 83 WILDWOOD RD. Walk in Garden
- 89 WILDWOOD RD. Walk in Garden
- 92 WILDWOOD RD.
- 108 WILDWOOD RD.
- 140 WILDWOOD RD.
- 141 WILDWOOD RD.
- 4 HILLTOP RD.
- 9 SUNSET RD
- 15 SUNSET RD Walk in Garden
- 33 RIDGEWOOD RD.
- 30 LOOKOUT Walk in Garden

PLEASE RESPECT OUR NEIGHBORS GARDENS & REMEMBER:

- DO NOT TOUCH ANYTHING
- DO NOT PICK ANY FLOWERS
- DO NOT LEAVE ANYTHING BEHIND

"WALK IN GARDEN" SITES ARE AVAILABLE FROM 11-1 ONLY