



CORNY JOKE OF THE WEEK: WHAT DO YOU CALL A SHOE MADE FROM A BANANA? SEE PAGE 4

Message from the President: First Beach open after testing

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Upcoming Events

8/6	YOGA ON THE BEACH, 9-10 a.m. at First Beach Pavilion
8/7	KIDS ARTS & CRAFTS, 7-8 p.m. at First Beach Pavilion
8/8	KIDS BINGO, 7-8 p.m. at First Beach Pavilion
8/11	KARAOKE WITH TIM CUFF, 7-11 p.m. at First Beach Pavilion

Contact POALH:

POALH

P.O. Box 230

Colchester, CT 06415

carie@lakehaywardct.com

Walk-up mailbox:

83 Wildwood Rd.

Many of us love to swim on a hot day, especially our children. That is why it is sad that we had to close First Beach last week because of high E. coli readings.

E. coli stands for *Escherichia coli*. This is the formal name for a species of bacteria found in our gut. Not all E. coli causes disease and it only becomes an issue if levels are high. Levels acceptable for swimming are established by the State Health Department and we test the water at our beaches weekly. We take three samples at each beach and then send the water to a lab to perform culturing to determine how much E. coli is present in 100 mL of water (100 mL is slightly more than three ounces of water). The number of E. coli cells should not exceed 250 per 100 mL of water. If this criteria is exceeded, we test the water a second time and, if still high, the Chatham Health District closes the beach until the numbers of E. coli go down.

What: PARTY AT THE PAVILION

When: 6:30 p.m. Saturday (Munchies Food Truck); 7-10 p.m., Dis-Connected Band.

Where: First Beach Pavilion.

MUNCHIES FOOD TRUCK

SATURDAY AUGUST 5TH
6:30 PM - 10:00 PM
FOOD TRUCK 6:30 PM
DIS-CONNECTED 7:00 PM

dis-connected

Come down to the pavilion, grab some munchies from Munchies and enjoy the sweet sounds of dis-connected.

dis-connected is a New Haven based acoustic duo playing music from the 60's to today and putting their own spin on some old favorites. Come join us under the stars.

"It doesn't have to be plugged in to be good"
www.dis-connected.net

E. coli originates from many sources, including human waste from poorly functioning septic systems, bird droppings, agricultural runoff from the farms at the top of the hill or even naturally occurring E. coli present in the soil. Rainwater drains into the lake pulling various sources of E. coli with it and it is not unusual to have higher readings after storms and near the storm drains. It is very important to have your septic systems cleaned every three years or so depending on usage.

The only way it can make you sick is through swallowing water, which is easy to do if your head is in the water. Chatham Health District's warnings are established to ensure that you don't get sick when you swim. We don't want to take a chance, so we ask that you not swim when we have the no-swimming signs up. But there is no reason to panic. There are usually two other beaches open if one is closed and high E. coli levels don't always indicate you will get sick.

- Cari Eckert

Movie on the Beach returns next week

'Despicable Me' is the next Movie on the Beach on Aug. 12. Villain Gru and his hilarious crew of mischievous minions plot to pull off the craziest crime of the century: *steal the moon!* But when he enlists the help of three little

girls, they see something in him that nobody else has ever seen: *the perfect dad!* What will happen? Come to First Beach at dusk to find out what happens in this heartfelt, funny and imaginative comedy for all ages.

Lake Quality Committee: Why is filtering runoff so important?

Geese are not our only problem. Runoff occurs when there is more water than land can absorb. The excess liquid flows across the surface of the land and into our lake. Runoff occurs naturally as soil is eroded and by human-made issues such as roads, driveways, roofs, and lawns and can end up in our storm sewer system.

A sanitary sewer system and a storm sewer system are not the same. Water that goes down a sink or other inside drain flows to either a wastewater treatment plant or to a septic system for treatment. Storm sewer flows are not treated. Water that flows down driveways, streets and outside areas into a storm sewer or ditch flows directly to nearby creeks, fish and wildlife habitats, downstream recreational

areas, and drinking water supplies. What can we do?

*** Don't dump anything down storm drains:** Be sure to clear away leaves and debris.

*** Consider disconnecting your downspouts:** You can plant a rain garden to absorb storm water runoff. You can also use a rain barrel to help collect runoff from your roof and gutters to be used on your lawn and garden.

*** Use lawn care chemicals sparingly:** Choose organic alternatives when possible and check the weather forecast to avoid applying them before a storm.

*** Keep your septic system well-maintained to prevent leaks:** A leaking

septic system can leach harmful bacteria into storm sewer systems and local waterways.

*** Consider minimizing impervious surfaces around your home:** Use bricks, gravel, cobbles, natural stone or permeable pavers instead of asphalt or concrete when possible.

And please consider planting native vegetation at the bottom of a sloping green lawn to absorb runoff.

This is important for any location in our beautiful community. Please check out "A Guide to Healthy Lakes Using Lakeshore Landscaping" which can be found on our Lake Hayward website by clicking on Lake Quality and then Water Wise Landscaping.

In My Opinion: We need to keep kids involved through our many events and traditions

By Bill Taylor

Third Beach rep

When my family made the decision to purchase a year-round home at Lake Hayward, we were greatly impressed by the number of activities the association offered, especially for the children. With Lake Hayward Days came the races, carnival, beach games, plus much more. Swim lessons were another big plus. I believe if one can learn to swim in a lake, you can swim just about anywhere. With the decision to adjust the delivery of the POALH newsletter came the

loss of kids in the various districts to meet and interact one-on-one with their neighbors and possibly start to learn the value of an earned dollar from tips. The teen club, which engaged the older kids is another program to go by the wayside.

Today, kids have distractions that were not even thought of when many of the adults who make the decisions were their age. To start to eliminate the various programs that draw the kids of today out of their homes is to lose the very people we want to be in a position to promote the

POALH for all it has to offer. Having the opportunity to spend many summers of my youth on a lake was to me a joy never to be forgotten. I was fortunate enough to offer this to my children. Moving to Lake Hayward I expected this to continue with my grandchildren.

Who will promote the activities of the future at Lake Hayward? We are slowly removing the activities that encourage kids to get involved. As time goes by, we may see less participation in all aspects of life in the association.

Lake quality committee Permit to Discharge drawing

Lake Quality Improvement Committee holds Permit to Discharge drawing \$250 to lucky winner

Permit to Discharge drawing will be held at POALH's Annual Meeting on Aug. 20. Drawing is open to all east and west side Lake Hayward residents. You need not be present to win. Can't find your permit? Call Chatham Health District for a copy @ 860-365-0884.

To enter:

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

Meeting on Aug. 20 or drop it off in Corinne Halliday's mailbox at 271 Haywardville Rd.

*limit one permit per address. Sponsored by Lake Quality Improvement Committee.

Classified

Harvey vinyl double-hung window with full-size screen, double pane with argon gas and grids between the glass (8 over 8). Installed in 2010 and carefully removed when doing 2016 house addition and stored in garage since. Exterior dimensions 42"W x 62"H and is all white. Also available is the internal trim that was around the window. Window is in excellent condition. Asking \$150. Please contact Randy at 203-464-8126.



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It's August now, so that means Lake Hayward Days are just around the corner

Aug. 18: Night at the Races

Join Tim Pelton "the Aquatic Weed Guy" on Friday night, Aug. 18 as he again emcees the popular Night at the Races, starting at 7 p.m. at the pavilion. Decorate your table, decorate your hat and don't forget your singles for wagering. Ten races in all will be held with payouts on every race. BYOB (and your Lake Hayward plastic wine or beer glasses) to this adult event. Prizes will be awarded for the best hats and table decorations.

Aug 21: Cake Walk

Bring a dessert (preferably homemade) that will become someone's prize and bring your quarters, as it will cost you 25 cents for each chance to win that cake or pie. Jeff and Matthew Conway are sponsoring this event that starts at 7 p.m. at the pavilion.

Aug. 22: Doggie Costume Parade

Dress your dog up and bring him/her to the pavilion at 7 p.m. for goodies and the chance to win a trophy for the cutest, funniest, most original and the Lake Hayward Mascot. Linda Abel is hoping for a good turnout so even if you don't have a four legged friend, come down to enjoy the fun.

LAKE HAYWARD DAYS REPORT

Aug. 23: Chocolate Bingo

Come to the pavilion at 7 p.m. and try to win chocolate prizes of all kinds. Bingo cards are \$2 each or three cards for \$5. This family-friendly event is always a big hit so come early to try your luck. Linda Abel and Fran Fantozzi will accept donations of chocolate for prizes the night of the event.

Aug. 25: Ladies Night

Ladies, join your friends and make new ones at the eighth annual **Ladies Night** Friday, Aug. 25 at the pavilion. Just \$15 gets you a catered Italian buffet from Illiano's (with gluten-free and vegetarian options), sweets from Angelo's, two raffle tickets and NO dishes to wash. Come for cocktails (with your Lake Hayward plastic wine or beer glasses) at 5 p.m.; the buffet will be served between 6:30 and 7.

This event sold out the last four years so don't wait. Pre-registration by Tuesday, Aug. 22 is required. Contact Bob Sudell at



RobertSudell@aol.com or 860-678-1392. Raffle donations are welcome.

Aug. 26: Triathlon, Beach Games, Carnival, Cookout, Movie on the Beach

The fourth annual Lake Hayward Triathlon, sponsored by Heather Taylor, starts at Second Beach at 8 a.m. Following the triathlon, the tradition of beach games, a carnival and a cookout continue at First Beach, followed by a movie on the beach. Adam Thompson is coordinating the beach games and Heather Taylor is organizing the carnival, with Dave Edgington's crew cooking up hot dogs, hamburgers and other delights. Watch for more details next week.

Third Beach work party set for Aug. 12 with lunch

Third Beach will be holding a workday during the summer this year. The date will be Aug. 12 at 9 a.m. There has been interest shown for the opportunity to help with minor projects not just in the offseason. These should be relatively small jobs that will not last more than a couple of hours.

We have several small projects that will assist with the overall improvements to the beach.

These projects could include spreading mulch over the 8' x 15' garden area at the south end ramp area; adding a handrail to the ramp at the south end access ramp; installing a shelf in the shed; scraping and painting two benches; cleaning out broken

toys; cleaning toy box; and removal of brush growing along the fence.

These may not be the only projects that need attention. If you have an idea to improve on a Third Beach area, please let me know, especially if you will need help or material support. Please plan to bring any tools for the help you wish to give such as a shovel, wheelbarrow, rake, saw and hammer.

At the conclusion of the work there will be a lunch served to all those that help.

Please contact either Bill Taylor (williamt@lakehaywardct.com) or Gail Miers (gailm@lakehaywardct.com) if you are interested in helping.

Corny Joke answer:



A slipper!

Sand art at arts & crafts

Please join us on Aug. 7 for a returning favorite: sand art. We get requests for this every year. Only two weeks left to this season, so come on down Aug. 7 and 14 at 7 p.m. at the pavilion for some crafting fun. If there are any questions, I can be reached at 860-930-9137.

Summer concert series continues Mondays by the Goodspeed

All free concerts are held on Monday nights from 6:30-8:30 p.m. at the green of the Goodspeed Opera House.

If it rains, the concerts will be moved to the Hale-Ray High School Auditorium (please call the Recreation Office 860-873-5058, check www.easthaddamrec.com or our Facebook page if weather is questionable).

Great food and drinks are available to purchase at the Gelston House or bring a picnic dinner. Free parking is available in the Goodspeed Opera House parking lot, with additional parking and a shuttle bus from Eagle Landing in Haddam. The Music on the River site is made possible through the generous support

Summer concert series

of Goodspeed Musicals. All children under the age of 16 must be accompanied by an adult. No dogs, smoking, vendors or soliciting at the concerts and no parking on residential streets are allowed.

Aug. 7: Neal and the Vipers

Neal & the Vipers are a Rhode Island based band, playing American Roots Music encompassing blues, rock & roll, rockabilly, and surf, entertaining their fans for more than 30 years. You can feel the chemistry as they play original hit songs from their multiple CD's as well as covering the classics.

Aug. 14: Don Bryant

Raised in the bosom of the church, Bluff City, Tenn., native, Bryant began his career performing with his brothers and later with the Four Kings. Following, Bryant began working with Hi Records impresario Willie Mitchell. Singing for Mitchell's band and as a solo artist on Hi in the late 1960s.

For the last few decades, Bryant has played the role of songwriter and supportive husband, turning the spotlight to his wife and fellow Hi great Ann Peebles. Bryant wrote or co-wrote signature hits for Peebles including "I Can't Stand the Rain," "99 Pounds," and "Do I Need You." Moving behind the scenes, Bryant worked as a songwriter for Solomon Burke.

Kids summer movie series offered at Colchester theater



Kids Summer Movie Series

Colchester Theater: \$2; Wednesdays 10 a.m.

Aug. 9: Willy Wonka

Aug. 16: Ice Age 5

Aug. 23: Angry Birds

Social report: Jim Holmes takes home trophy in cribbage tourney

The calendar located at <http://lakehaywardct.ct.com/html/calendar.html> is your reference to the season's events. Please visit often as updates are made frequently.

Thanks to Dave Edgington for sponsoring the 2017 Cribbage Tournament. Adding another trophy to his mantle is Jim Holmes as he edged out last year's winner Don Fantozzi. Congratulations, Jim. See you next year.

Join us for Karaoke Friday on Aug. 11 from 7-11 p.m. with Timothy Cuff. Cuff is the best area karaoke DJ with a great sound system and song selection. He's the lead singer in a band and runs karaoke at the Atrium Lounge at Foxwoods.

Submit all materials by 6 p.m. Sunday for entry into the following Saturday's newsletter



One more chance to take the CPR class on First Beach; sign up for the next session on Aug. 12

Bonnie Sudell will be at the pavilion on Saturday, Aug. 19 at 1 p.m. to teach the American Heart Association's **Family and Friends CPR** course to all interested members.

Family and Friends teaches CPR and relief of choking in adults, children and infants. It

is designed for members of the general public who would like to learn basic CPR, including families with children or elderly relatives, and those who do not need a course completion card. The course fee of \$10, payable the day of class, includes a textbook and participation card.

Pre-register if possible by emailing Sudell at bonnies@lakehaywardct.com with CPR in the subject line or by calling 860-678-1392.

Please include your name, lake address and phone number.

4th Annual Lake Hayward Triathlon

August 26, 2017/Rain Date: August 27, 2017

Second Beach Start, First Beach Finish!

Start Time: 8:00 AM

Entry Fee: \$25/Individual

\$40/Two-Person Team

\$50/Three-Person Team

The fourth annual Lake Hayward Sprint Triathlon is less than three months away! 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 risks associated with this event. There will be no lifeguards on duty and roads will be open to traffic. All participants must wear swim caps during the swim and helmets while riding. Swim caps are provided.

Please mail/drop off entry form and fee to:

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

Registration Deadline: July 31st. Event limited to the first 50 registrants.

Please contact Heather Taylor at htay9996@gmail.com with any questions.

Name _____

Lake Address _____

Phone _____

Email _____

T-Shirt Size: S M L XL XXL

Emergency Contact(s)

Name _____

Phone _____

Name _____

Phone _____

Relay Team (Optional):

Teammate 1

Name _____

Please circle your event:

Swim Bike Run

T-Shirt Size: S M L XL XXL

Teammate 2

Name _____

Please circle your event:

Swim Bike Run

T-Shirt Size: S M L XL XXL

Help Wanted!!! This event is only a success because of our awesome volunteers! 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 _____

T-Shirt Size: S M L XL XXL

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 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 permit.
11. Beaches and Association properties are closed from Midnight to 6 a.m. Police take notice.
12. No smoking on the beaches.

Contacts

Cari Eckert — President/First Beach Representative	860-268-1834; carie@lakehaywardct.com
Bonnie Sudell — Secretary/Second Beach Representative/Public Safety	860-678-1392; bonnies@lakehaywardct.com
Gail Miers — Third Beach Representative	860-531-9008; gailm@lakehaywardct.com
Gary Petersen — Properties Committee/Representative At Large	860-324-9029; garyp@lakehaywardct.com
Don Smith — Second Beach Representative	860-338-1659; dons@lakehaywardct.com
Bill Taylor — Third Beach Representative	860-537-0480; williamt@lakehaywardct.com
Adam Thompson — First Beach Representative	860-214-1030; adamt@lakehaywardct.com
Corinne Halliday — Representative At Large/LQIC chairwoman	corinneh@lakehaywardct.com
Mike Trocchi — Newsletter and Website	webmaster@lakehaywardct.com
Lee Griffin — Treasurer	860-656-6938; treasurer@lakehaywardct.com
Ed Bader — Tax Collector	860-295-8769; taxcollector@lakehaywardct.com
Jason Griffing — E-mail alerts/membership directory /Representative At Large	jasong@lakehaywardct.com
Moir Boone—Promotional Items	mfboone@optimum.net
Resident State Trooper	860-537-7500
East Haddam Police	860-873-1226
Confidential Tip Line	860-873-5013
Connecticut Water Company	800-286-5700

Events for August 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
31 Monday Kid's Arts & Crafts 7:00pm-8:00pm	1 Kid's Bingo 7:00pm-8:00pm	2	3	4	5 Lemay -Private Event dis-Connected Band 7:00pm - 10:00pm / Munchies Food truck 6:30PM	6 Yoga on the Beach with Karia
7 Kid's Arts & Crafts 7:00pm-8:00pm	8 Kid's Bingo 7:00pm-8:00pm	9	10	11	12 Kid's Fishing Derby 8:30am-10:00am - Adult Fishing Derby 6:15pm - 9:00pm Yoga on the Beach with Karia Movie on the Beach - Dusk	13 Don Smith - Private Event 11:00am-5:00pm
14 Kid's Arts & Crafts 7:00pm-8:00pm	15 Kid's Bingo 7:00pm-8:00pm	16	17	18 Lake Hayward Days - Night at the Races 7:00pm-10:00pm	19 POALH Board Meeting 9:00am-12:00pm Family CPR Class 1:00pm-4:00pm Latitude Band - Pot Luck Dinner 6:00pm- 10:00pm	20 POALH Annual Meeting 10:00am-12:00pm
21 Lake Hayward Days - Cake Walk - 7:00pm- 10:00pm	22 Lake Hayward Days - Doggie Costume Parade 7:00pm- 10:00pm	23 Lake Hayward Days - Chocolate Bingo 7:00pm-10:00pm	24	25 Lake Hayward Days - Ladies Night 5:00pm- 10:00pm	26 Lake Hayward Days - Lake Hayward Triathlon 7:00am Registration, 8:00am-11:00am Triathlon Lake Hayward Days - Beach Games - TBD Lake Hayward Days - Carnival and Cookout - TBD	27
28	29	30	31	1	2 Pot Luck Dinner - 3rd Beach 5:00pm-8:00pm	3