

July 6, 2019



Lake Hayward

VISIT SANTA AT THE PAVILION ON JULY 6TH!

Stay cool and enjoy the holiday weekend!

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Upcoming Events

7/6	FRIENDS AND FAMILY CPR CLASS 9am-12pm at First Beach
7/6	CHRISTMAS IN JULY 2-5 pm at First Beach
7/7	ADULT ARTS & CRAFTS 12-2pm at the Pavilion
7/9	KIDS ARTS & CRAFTS 7-8 pm at the Pavilion
7/10	KIDS BINGO 7-8 pm at the Pavilion

Contact POALH:

POALH
P.O. Box 230
Colchester, CT 06415
Walk-up mailbox:
83 Wildwood Rd.
Email: president
@lakehaywardct.com

If you like hot weather, this week is for you! We hope you had a wonderful 4th of July with family and friends, including cheering on the participants of the Bike and Wagon Parade. Saturday brings our first CPR class in the morning and a visit from Santa Claus in the afternoon.

Our nominating committee continues to interview candidates for Board of Governors' positions. If you would like to

be considered for the Board or have questions about the positions, please contact either Lynne Bagnati jcep3362@sbcglobal.net, Courtney Harmon courtpie@hotmail.com, Gail Miers gailwarning27@aol.com, or Kathy Petersen wil-drosekp47@hotmail.com.

If you're looking for something to read while you relax on the beach, check out our Little Free Library, located across the

street from the Pavilion. This library was made by our very own Sidney Bennett, as her Silver Award Project with Girl Scout Troop 10691. "Take a Book – Share a Book"

Remember if you are still celebrating Independence Day this weekend that fireworks are not allowed on Association property. Please be considerate of your neighbors and enjoy responsibly.

Sign up now for Men's Night, July 12th

The events committee continues its series of activities and special events this summer for the kids, the adults and, of course, family and friends.

● **CHRISTMAS IN JULY** celebration on July 6 from 2-5 p.m. at the pavilion. Parents, please bring a wrapped present for each of the children who will attend and Santa will hand it out. Refreshments will be served of pizza, lemonade and red and green cupcakes!

● **MEN'S NIGHT DINNER** Cajun BBQ is set for Friday, July 12, from 6-8 p.m. at the pavilion. St. Louis-style pork ribs, pulled pork sliders, bacon mac-and-cheese, smoked chicken

wings and much more. Gentlemen can BYOB; iced tea will be served. Advance ticket sales are \$15. For information, email jefc@lakehaywardct.com.

● **FIRE TRUCK & ICE CREAM SOCIAL** is set for Sunday, July 14, in the First Beach parking lot. We have created our own Fire & Ice Special event. Make your own ice cream sundae and climb a fire truck provided by the Colchester Fire Department.

● **YOGA & MEDITATION** with Lisa Rogers, our local expressive-arts therapist, is on First Beach on Sunday, July 21 from 11 a.m.

to 4 p.m. There will also be mixed media painting.

More details will be coming in the next few weeks in the newsletter including a **HAWAIIAN LUAU** on Saturday, July 20, from 5-7 p.m. Tickets are \$15 for the luau meal.

KIDS' ARTS & CRAFTS STARTS JULY 9th

The weekly kids arts and crafts program will start on Tuesday, July 9, and run through late August. Please join us at the pavilion from 7-8 p.m. for a fun time for kids.

Why it's better to keep leaves and grass clippings out of lakes and streams

Our June 22nd newsletter had a very good Lake Quality Improvement Committee article summarizing our current knowledge and approach to improving our lake health. There are a number of factors that contribute to the creation of algae. These include (1) external and internal nutrients added to the lake, (2) water temperature stratification, and (3) water chemistry.

The two key nutrients are phosphorous and nitrogen. External examples of nutrient loading include discharges from storm drains, water runoff from lawns and roads, septic effluent, etc. As homeowners, we have some control over these nutrients entering the watershed, by reducing and even eliminating phosphate fertilizers, not dumping leaves and grass clippings into the lakes and streams and pumping our septic systems every 3-5 years.

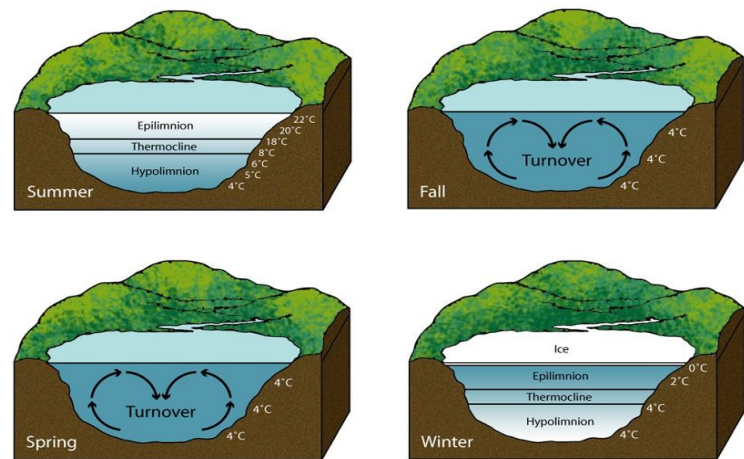
The amount of phosphorous measured in the bottom waters of our lake has trended upward over the last several years. Nutrients also enter the lake internally through the decomposition process of sediment in the lake.

Water stratification occurs over the summer when the surface of the lake warms up. The warmer water is less dense than the colder water below and the two thermal layers of water simply mix together less. Sometimes when you dive into the lake or explore 8-10 feet below the surface of the lake, you can feel the difference in water temperature. This stratification lends itself to algae production. When the water tem-

perature equalizes in the Fall, the layers of warmer and cooler water mix and the internal nutrients from the bottom join the external nutrients at the top to support algae growth closer to the surface. This is called Fall turnover.

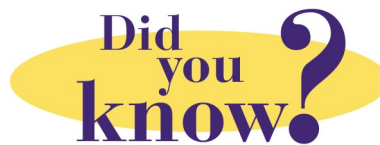
This is why homeowners are requested to dispose of grass clippings and fallen leaves off site.

Lake Turnover



Lake Hayward Emergencies and Package Deliveries

Please note that if you have an emergency and call **911**, please tell the dispatcher that you are from the **Lake Hayward section of East Haddam**. (If you say Colchester, you will lose precious time while the call is re-routed to the proper authorities!)



However, if you want a package to be delivered to your lake property, you should specify the town as Colchester and the zip code as 06415. (If possible, include Lake Hayward as your secondary address, below your house number/street.)

Pre-register for Pet First Aid and CPR Class

Pet CPR is more complicated than human CPR due to the huge variation in body size and structure between different breeds of cats and dogs. Join Kevin Ulin, instructor for the Emergency Care and Training Institute, for his lively and informative class at the Pavilion, Saturday, August 3rd from 2-5 pm. Learn about nutrition and general pet first aid and practice CPR and choking relief on a dog manikin.

Participants will receive a pet first-aid

field guide and a certificate of completion. Preregistration by July 15th is required and class size is limited to 20. A fee of \$40 will be collected that day. Email your name, lake address and phone number to bonnies@lakehaywardct.com to ensure a seat in this enlightening and entertaining class.



Newsletter Submissions

Send your submissions to webmaster@lakehaywardct.com. Deadline is Monday at noon. Present your submission using the following formatting:

- Word document
- Garamond 10-point type
- Single space after punctuation
- ½ page = maximum of 420 words
- 1 page = maximum of 840 words

6th Annual Lake Hayward Triathlon

August 17, 2019/Rain Date: August 18, 2019

Second Beach Start, First Beach Finish!

Start Time: 8:00 AM

Entry Fee: \$25/Individual, \$40/Two-Person Team, \$50/Three-Person Team

Registration Deadline: July 19th

The 6th Annual Lake Hayward Sprint Triathlon is less than two 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.

***** Kids Sprint Triathlon *****

Kids under 10 years old will have their very own Sprint Triathlon after the completion of the Triathlon.

*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 19th. This event is 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 _____

Kids Sprint Triathlon

Name(s)/Age(s) _____

**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

Volunteer Name _____

Email _____

T-Shirt Size: S M L XL XXL

Property Owners' Association of Lake Hayward 2019 Contacts

Board of Governors

Janet DePratti Representative at Large, water testing, Recording Secretary		860-578-5850 Jand@lakehaywardct.com Secretary@lakehaywardct.com
Jeffrey Conway Third Beach Representative, Social/Rec Chair		401-297-5602 Jeffc@lakehaywardct.com Events@lakehaywardct.com
Corinne Halliday Representative at Large, Lake Quality Chair		203-209-3352 Corinneh@lakehaywardct.com
Jason Griffing Second Beach Representative, Email alerts and announcements		Jasong@lakehaywardct.com
Neil Murphy First Beach Representative		860-463-0026
Gary Petersen Representative at Large, Properties Chair		860-324-9029 Garyp@lakehaywardct.com
Bonnie Sudell Second Beach Representative, Public Safety Chair		860-678-1392 (home) 860-836-5245 (cell) Bonnies@lakehaywardct.com
Bill Taylor Third Beach Representative		860-537-0480 Williamt@lakehaywardct.com
Adam Thompson First Beach Representative		860-214-1030 Adamt@lakehaywardct.com

Additional Contacts

Ed Bader Tax Collector, Budget Committee Chair		860-295-8769 (office) 860-214-9288 Taxcollector@lakehaywardct.com
Lee Griffin Treasurer, Assistant Secretary		860-656-6938 Treasurer@lakehaywardct.com POALH Walk-up drop box: 83 Wildwood Road
Mike Trocchi Newsletter and website		Webmaster@lakehaywardct.com
Moira Boone Promotional Items		mfboone@optimum.net
Pavilion Reservations		Treasurer@lakehaywardct.com
Connecticut Water Company		800-286-5700
All-Waste Control		860-873-9005
Resident State Trooper		860-537-7500
East Haddam Police		860-873-1226
Confidential Tip Line		860-873-5013
Correspondence and Tax Payments: POALH PO Box 230 Colchester, CT 06415		president@lakehaywardct.com taxcollector@lakehaywardct.com

STOP THE BLEED & BYSTANDER CPR

WHEN

July 20th 9am—11am

WHERE

East Haddam FD/EMS
Station # 1
440 Town Street

**ALL AGES
EVENT**

**ADVANCE
REGISTRATION
by Calling
860-873-2185**



**SPONSORED BY
East Haddam
Ambulance**



July 2019 Lake Hayward Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 Kids BINGO 7-8	4 Bike and Wagon Parade 10-2	5	6 CPR Class 9-12 Xmas in July 2-5
7 Adult Crafts 12-2	8	9 Kids Crafts 7-8	10 Kids BINGO 7-8	11	12 Men's Night 6-8	13 Private Party 10-10
14 Town Meeting 10-2 Fire Truck/Ice cream Social 11-1*	15 Private Party 5-8	16 Kids Crafts 7-8	17 Kids BINGO 7-8	18	19	20 Luau 4-7 Coconuts Band 7:30-10
21	22	23 Kids Crafts 7-8	24 Kids BINGO 7-8	25	26 Adult Crafts 6-9	27 Golf Outing 10-3 Teen Volleyball 10-2**
28 Private Party 12-9	29	30 Kids Crafts 7-8	31 Kids BINGO 7-8			

All events at First Beach Pavilion unless otherwise stated. All dates and times subject to change; check newsletter for updates.

* First Beach Parking Lot

** Second Beach

Visit the Lake Hayward Store

New this season: Boat totes, beach mugs and more!

Find us at the First Beach Pavilion:



- Sat. July 6th at Christmas in July
- Sat. July 20th at the Luau
- Sat. August 10th at DeeLish Band
- Sat. August 17th at Parkway Diner Band
- Sun. August 18th at POALH Annual Meeting
- Sat. August 24th 2-4pm
- Sat August 31st at The Savage Brothers Band

