

Haddam Killingworth News

AN INDEPENDENT COMMUNITY NEWSPAPER COVERING HADDAM, HIGGANUM, HADDAM NECK AND KILLINGWORTH

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December 12, 2019

For breaking news go to Haddam-KillingworthNow.com every day

Free weekly

Liberty Bank, Lions Club combine to support Haddam Food Bank

By Steve Denison

The Liberty Bank / Rotary Club Thanksgiving drive is in its 16th year helping families in the local communities by raising money to put food on tables of those in need. This year the Liberty Bank teams in Haddam and Higganum partnered with the Haddam Lions club to raise money for the Haddam Food Bank. The fund raiser ran from

October 14 through November 23, 2019 and consisted of branch customer donations in exchange for displaying their name on paper turkey legs. These turkey legs filled the branches in Haddam and Higganum as many people in our community offered money to support the less fortunate.

"Some of our customers gave

Continued on page H2



Back row: (left to right) Tim Tierney, Don Roche (President Haddam Lions) Stephen Denison (Branch Manager Liberty Bank), Joe Markim (Liberty Bank Investment Services) Middle Row (left to Right) Lisa Tierney, Barbara Simone, Arline Bruenn, Victoria Vinci - (All Liberty Bank) Front Row (Left to Right) Kelley McGuinness (Liberty Bank), Debra Carson (Liberty Bank), Jessica Condil (Haddam Food Bank), Terry Gowac (Liberty Bank). Photo by Jaclyn Denison.

Evening of Holiday Song, Dance for kids in need

By Carrie Smith,
The Dance Corner, Director

The Dance Corner, of Killingworth, Conn., presents its eleventh annual performance of The Winter Follies: A Celebration of the Season Through Song and Dance. The performance is Friday, December 20, at 6:30 p.m. at the Andrews Memorial Town Hall Auditorium on East Main Street in Clinton, Conn.

This toy drive performance has become a holiday tradition on the shoreline. The Dance Corner joins forces with Corner Music, Old Saybrook and Shoreline Singers, Haddam to bring together dancers, singers and musicians for an evening of fun and festive songs and dance. The Winter Follies show will surely put you and your family in the holiday spirit!

Carrie Smith, director of The Dance Corner says, "This event is very important to me because it's about giving back to our community and



Photo courtesy of The Dance Corner.

helping those in need. At The Dance Corner we are teaching more than just great dance. We are dedicated to helping our students become great people. The Winter Follies doesn't have all the flashy costumes and flowers and trophies of our annual recital, but for our students performing in this show is more significant, because it is about

family, friends and our community coming together to make needy child's holiday special. The 2018 Winter Follies performance collected over 360 donations for Madison Youth and Family Services and Yale New Haven Children's hospital. That was a record for us.

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Christmas/Hanukkah 2019 Worship Schedule

Schedules for the following churches/synagogues have been provided:

- Congregation Beth Shalom Rodfe Zedek (CBSRZ), 55 East Kings Highway, Chester
- First Congregational Church of Haddam, 905 Saybrook Road, Haddam
- Haddam Neck Congregational Church, 408 Quarry Hill Road, Haddam Neck
- Haddam Neck Covenant Church, 17 Haddam Neck Road, East Hampton
- Higganum Congregational Church, 23 Parsonage Road, Higganum
- Higganum United Methodist Church, 248 Saybrook Road, Higganum
- Killingworth Congregational Church, 273 Route 81, Killingworth
- St. Peter Roman Catholic Church, 30 St. Peter Lane, Higganum
- St. James Episcopal Church, 498 Killingworth Road, Higganum
- St. Lawrence Catholic Church, 7 Hemlock Drive, Killingworth
- Valley Bible Evangelical Free Church, 220 Turkey Hill Road, Haddam

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COMMUNITY

HKHS Project Graduation seeks decorating volunteers

By Jessica Jackson

What is Project Graduation? You probably read and hear about it, but do you truly know what it is? If you go to our web site on rsd17.org, you can read our Frequently Asked Questions and what we are really all about! Go to www.rsd17.org, click on the link for High School and then the link for Boosters and Support Groups. There you will find the final link to Project

Graduation.

On a monthly basis, we run our gift card program and you can donate to us through Amazon Smile! For more information, visit our web site (mentioned above) or visit us on Facebook at HKHS Project Graduation.

You can view pictures from past years' celebrations and get the latest news!

Our decorating committee will start meeting soon and we need volunteers! Please follow us on Facebook to see dates and times.

We meet at 7:00 p.m. on the second Tuesday of the month in the lower media center at Haddam Killingworth High School. Please join us!



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CONTINUED FROM H1



Henry the turkey.

Food bank

Continued from page H1

money every week when they came in, and some wanted to give more money to have their paper turkey leg repositioned in the branch," said Arline Bruenn, the Operations Supervisor in the Haddam Office. "We all had a lot of fun with this, and were proud to support such a great cause."

In addition to the money raised in the branch, the Higganum branch hosted a Saturday morning with Henry, a beautiful 40-pound white turkey. Henry was available outside of the branch and offered opportunities for people to pet the turkey and donate money. It was a huge hit with people coming to the branch Saturday morning, and even attracted many people who were going to Jack's for breakfast. "That morning alone we raised over \$550.00 for the food bank," said Debra Carson, assistant manager of the Higganum office.

In addition to branch contributions, the Haddam Lions club made a sizable donation to the fundraiser to benefit the food bank. The Haddam Lions club is a very active organization and recently presented the Haddam Food Bank directly with a sizable check from their Haddam Duck Race so their donation to this fundraiser was a true act of generosity and shows their support to our community.

When the fund raiser ended on November 23, 2019 the Liberty Bank Foundation contributed an additional \$.25 per dollar raised. This ended up becoming a donation of over \$600 from the Liberty Bank Foundation to add to the amount collected. All of these funds were added up and on Tuesday November 26, 2019 the branch teams from the Haddam and Higganum offices, along with members of the Haddam Lions club presented the Haddam Food Bank director, Jessica Condil with a check for \$3,196.61 to provide food for Haddam families.




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In and About The Haddams: Local News December 1919

Selected from the pages of The Middletown Press and lightly annotated by Sally Haase

Killingworth, Dec. 1, 1919: Ernest Kay's Birch and Witch Hazel mills on West Main street in Chester, which have been equipped with new stills and machinery during the past few months, have started to operate. Mr. Kay wants large quantities of witch hazel and birch brush and will pay \$7 per ton on delivery.—adv.

Moodus, Dec. 2, 1919: Friends are sorry to learn that Calvin Cook is suffering with a carbuncle.

A party of ten composed of the Roberts and Chaffee Kimball families partook of Thanksgiving dinner at the home of Mr. and Mrs. Arthur W. Chaffee.

Haddam, Dec. 5, 1919: In the United States court yesterday, Emil Schutte of Haddam entered a plea of guilty to charge of profiteering in sugar in a sale to E.A. Selden of East Hampton; his case was continued to February.

Haddam, Dec. 6, 1919: The Witch Hazel Mill is soon to start running and all necessary repairs are being made. The work will be in charge of Arthur Brooks, Jr.

Godfred Modhen is conveying the mail to and from the [railroad] station.

Killingworth, Dec. 6, 1919: The Ladies Aid Society of the Congregational church will hold a sale of fancy and useful articles in the Grange Hall December 9th. An oyster supper will be served at 25c each.—adv.

Moodus, Dec. 9, 1919: Every effort will be made to make the "Welcome Home" affair, given to our returned soldiers, a grand success. Be anxious and ready with your pocket-book open when solicitors call.

East Haddam, Dec. 9, 1919: W.C. Reynolds has sold his coal screenings [in light of the national coal strikes] to the Russell Manufacturing Company who is using them to conserve the supply of soft coal.

Middletown, Dec. 10, 1919: The Berkeley Divinity school, [a seminary of the Episcopal Church] in this city, has been made a spawning place for Bolshevik propaganda and radical socialist principles. Church and city circles are greatly stirred up by the revelations, and much indignation is expressed that doctrines bordering on anarchy should be disseminated from the famous school. The speaker came here under the auspices of the Berkeley Divinity school of

this city. The fact that he was allowed by Dean Wm. Ladd to continue his lecture throughout and to extol the Soviet Government and condemn the Allies led many to believe that the Dean sympathized with the speaker. Several attendees got up and left.

Middletown, Dec. 12, 1919: The most significant development in the bolsheviki lecture disclosure was the arrival in Middletown yesterday of government officials to investigate. Next in importance was information that the government had been watching the speaker, Wilfred Humphries, for three months. The Press repeatedly offered Dean Ladd an opportunity to state his side but he refused.

Higganum, Dec. 15, 1919: A very large crowd attended the minstrel show at the hall Saturday. Mr. Spencer, who had the management of this troupe, was a Higganum boy, having attended school in this place in his boyhood days. He is the son of Mr. and Mrs. Henry Spencer.

Haddam Neck, Dec. 16, 1919: At the annual meeting of the directors of the Agricultural Association the following officers were elected: President John L. Kruger; vice-president, Thomas Cavanaugh; secretary, C.G. Crocker; treasurer, A.T.S. Clark.

Middletown, Dec. 17, 1919: With a view to securing congressional action on the increasing activities of the "red," I.W.W. (International Workers of the World) and Bolsheviks within the land, the local lodge of Elks ratified a resolution with a view of deep concern of the spread of disloyalty and the spread of seditious sentiment [by these groups.] "We believe the time has arrived when Americans should exert themselves and drive them from these shores... [The] law should further provide for the cancelation of citizenship papers of any naturalized citizen who shall affiliate with any such organization.

Higganum, Dec. 19, 1919: David Burr, a lifelong resident of the Burr district, was found frozen to death in his home by two boys from a nearby school. Mr. Burr was unmarried but for many years employed a housekeeper. The housekeeper was in the hospital for treatment. Neighbors and school children called at the home daily to see to his needs. Floyd Burr and Paul Wychdig found the body. Some livestock kept on the place were being fed by some of the neighbors. A dozen chickens were found frozen to death

in an outhouse on the place.

Old Saybrook, Dec. 19, 1919: Tug boats, by working all day kept the channel clear and made a passage for the steamers to make their trips to and from Hartford last night. Today, the tug Sachem tried to get to Claves island but gave it up.

East Haddam, Dec. 20, 1919: The mercury is reported from 8 to 16 below zero about the town the past two mornings.

East Haddam, Dec. 24, 1919: The school in the Center Dist. closed with a program of singing and recitations followed by refreshments and last of all—distribution of gifts and oranges from a beautiful Christmas tree.

Springfield, Mass., Dec. 27, 1919: Sixty-Nine Dead From Drinking Wood Alcohol. The death toll in the Christmas "Whiskey horror" has mounted to 69 this afternoon. Scores, plunged into great agony by a concoction of wood alcohol, were reported dying in hospitals and private homes. A cure that will save the lives of those stricken was found by Dr. George Gagne who adopted the old method of using leeches to take poisoned blood from the veins of his patients. Scores are in the hospital in horrible agony, blindness being the worst feature of the cases. The victims died terrible deaths, most of them becoming paralyzed.

New York, Dec. 29, 1919: Authorities believe that they have solved the mystery of the source of the "whiskey" which caused more than three score of deaths in Connecticut and Massachusetts. One of the men, a New York dealer in groceries and wines, said, "A friend of mine in Hartford telephoned me to get him some 'booze' at any price for the holidays." The total dead in the Connecticut valley is 79, distributed as follows: Chicopee 45; Hartford 13; Holyoke 10; Springfield 3, Hadley 3; Greenfield, 1, Thompsonville 2; and Meriden 2.

Springfield, Mass., Dec. 29, 1919: On the farm of Vincenzo Perrotti, in Westville, Conn., the authorities raided a whiskey still in which was manufactured they believe, the bogus whiskey which caused 80 deaths in Connecticut valley communities and brought terrible suffering to scores of others.

100 years ago, much has changed and, then again, nothing has changed.

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Updates from the Killingworth Library

By Genie Dethloff, Killingworth Library

Native Reptiles and Amphibians of Connecticut

Presented by Killingworth Library

Please join us at the Killingworth Fire Department on Tuesday, Jan. 14 at 7pm for "Native Reptiles and Amphibians of Connecticut," presented by Russ Miller, the ranger at Meigs Point Nature Center at Hammonasset State Park. Meet the native reptiles and amphibians of Connecticut. Learn what is special about each of Connecticut's 14 species of snakes, including how and what they eat, their habitats and natural history. The talk will dispel myths about snakes. Also learn about the nearly 20 different amphibians living in Connecticut - what makes them an amphibian and what makes them unique. There will be a variety of live animals for comparison.



Ranger Russ Miller. Photos courtesy of Genie Dethloff.

Ranger Russ Miller has been the director of the Meigs Point Nature Center at Hammonasset State Park since 2001. Prior to that, his work with D.E.E.P. was as an environmental educator at Rocky Neck State Park starting in 1988. He has an associates degree from Northwestern Connecticut Community College in Park and Recreation Management, and a bachelors degree in biology from Eastern Connecticut State University.

Throughout his time with the Department he

has taken on the task of bringing high-quality environmental education to millions of school children and adults. Russ is constantly looking for new ways to plant the seeds of environmental awareness in the minds of young and old alike. Russ never has a bad day and works tirelessly to impart his enthusiasm for nature and the environment to others. This enthusiasm is contagious and spurs others to continue to speak on behalf of the animals, plants and ecosystems that depend on our stewardship.

The Firehouse is at 333 CT-81. The program is free but advance sign-up is required. Please call the Killingworth Library at 860.663.2000 or visit www.killingworthlibrary.org for additional details.

The Killingworth Library just added a New Service For Children - Bookflix for Kids. Learn to Read, Then Read to Learn!

This is not just a kid's version of adult e-books, but an online resource that pairs classic video storybooks that spark curiosity with related nonfiction e-books that allow for deeper discovery of a subject; it includes Spanish versions for many of the titles. An example is the fiction story: Children Make Terrible Pets, and the paired non-fiction news magazine: Pets of The White House. There's also related Puzzlers: Word Matching, Which Came First, and Fact or Fiction. For further exploration, approved websites have been selected for each subject. All patrons need to access it is their library barcode number. You can find BookFLIX on the left-hand side of the home page of our webpage, www.killingworthlibrary.org. Please call the Killingworth Library at



Lorraine Lieberman.

860.663.2000 for additional details.

Celebrating 20 Years of Dedicated Service

On Saturday, Nov. 23, Killingworth Library's main room was filled with both laughter and good food as friends, family, co-workers and library board members gathered to celebrate 20 years of dedicated volunteer service by Killingworth resident Lorraine Lieberman. At 95, Lorraine was Killingworth Library's oldest circulation desk volunteer, and those who visited the

library on Wednesday mornings could always count on Lorraine's smile and warm welcome. As Killingworth Library Board President, Lucinda Hogarty, described it: "Lorraine represents the best of what Killingworth's volunteer spirit is about."

FAITH / COMMUNITY

St. Lawrence Christmas Concert: December 15

By Eileen Boulay

Saint Lawrence Church in Killingworth hosts its annual Christmas Concert on Sunday, Dec. 15, 2:00-3:30 p.m. The event features congregational signing of carols, songs by the adult choir, instrumentals, vocalists, and refreshments. It is open to the public. For more information, contact stlawrence@yahoo.com or visit stlawrencechurch.com. St. Lawrence Church is located at 7 Hemlock Drive, Killingworth.



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HELL AND THE LAKE OF FIRE


You don't have to go there, and you don't belong there.

Hell was not created for you. Hell was created for the devil and his angels—not for you! "But because you are stubborn and refuse to turn from your sin, you are storing up terrible punishment for yourself. For a day of angry wrath is coming, when God's righteous judgment will be revealed" (Romans 2:5 NLT). In that day, Jesus will say, "...Depart from me, you cursed, into everlasting fire, prepared for the devil and his angels" (Matthew 25:41).


This is why the apostle warns: "Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour" (1 Peter 5:8). The devil wants you in hell; however, God will not give you His permission to go there: "...He is being patient for your sake. He does not want anyone to be destroyed, but wants everyone to repent" (2 Peter 3:9 NLT). Jesus said, "...If you do not believe that I am He [your savior], you will die in your sins" (John 8:24). He died for us to pay for our sins. It makes no sense to God that you should end up in hell when He has made a way to save you from it.

God said, "The soul who sins shall die..."²¹ But if a wicked man turns from all his sins which he has committed...he shall surely live; he shall not die.²² None of the transgressions which he has committed shall be remembered against him...²³ Do I have any pleasure at all that the wicked should die? says the Lord God, and not that he should turn from his ways and live?...³¹For why should you die..." (Ezekiel 18:20-23). "If you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved" (Romans 10:9).

Believe in Jesus! "For Christ also suffered once for sins, the just for the unjust, that He might bring us to God, being put to death in the flesh but made alive [raised from the dead] by the Spirit..." (1 Peter 3:18). You can be certain of eternal life by faith in Christ. "Repent and believe the gospel!" (Mark 1:15).



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Vitamin B12 Deficiency- The Case of Pins & Needles

We have all probably gone without all the right amount of vitamins at one time or another, and in the majority of occasions this is not an issue. But, take the case of this 62-year old man who'd developed numbness, pins & needle sensations in his hands, had trouble walking, along with joint pain, turning yellow, and experiencing shortness of breath. The cause was lack of Vitamin B12 in his bloodstream. As it turns out, it could have been worse, because B-12 deficiency can lead to deep depression, paranoia, delusions, memory loss, loss of taste & smell. The body need B-12 to make red blood cells, DNA, as well as other functions. B-12 is not made by the body, and can only come from food or supplements, and there are people who might eat enough, but their bodies cannot absorb enough. One source quotes that The National Institute of Health believes 3.2% of Adults over 50 have seriously low B-12 blood levels, and another 20% of adults have a borderline deficiency.

Various causes of Vitamin B-12 deficiency are: drugs such as Metformin, a mainstay of diabetes therapy, heartburn drugs, i.e.. - proton pump inhibitors such as omeprazole and H-2 blockers such as famotidine, vegetarian diet, weight loss surgery, and aging- because our bodies cut back on stomach acid production as we age, all just to name a few.

So symptoms to watch for: Strange sensations, numbness, tingling in hands, legs, or feet., difficulty walking (staggering/balance problems), swollen tongue, yellowed skin, difficulty in thinking, paranoia, weakness or fatigue. Call your doctor!! A blood test tells the story.

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Evening of song and dance to benefit children in need

Continued from page H1

We are planning to crush that record this year. We have set a goal of 400 toys!"

The cost of admission is \$10.00 per person however; we encourage all attendees to bring a new, unwrapped toy to benefit the Madison Youth and Family Services and Yale New Haven Children's Hospital. Admission price with a new, unwrapped toy is FREE. Tickets are available at The Dance Corner, 206 Route 80, Killingworth through December 14, 2019. After that any available tickets will be sold at the door. The program is about 70-80 minutes long and suitable

for adults and children of all ages. Please call The Dance Corner at (860) 663-3738 for more information or visit TheDanceCorner.com.

The Dance Corner welcomes students of any age or level to take a free trial dance class. The studio is currently accepting Fall-Spring session registration. It is never too late to register for class. To register or find out more about our dance classes visit TheDanceCorner.com.

The Dance Corner, LLC, located in Killingworth, CT, is dedicated to providing its students with a well-rounded education in all facets of dance. Their

classes are designed to increase confidence, build self-esteem and develop coordination in an interactive, group environment.

With instruction for all ages and levels of experience, The Dance Corner is committed to providing its students with a positive learning environment to enjoy the art of dance. The Dance Corner has been providing students from Killingworth, Madison, Clinton, Deep River, Chester, Essex, Ivoryton, Centerbrook, Haddam, Higganum, Westbrook, Guilford and East Haddam with quality dance training for over 20 years.

Holiday 2019: Christmas, Hanukkah worship schedules

Continued from page H1

Sunday, December 15

9:00 a.m. Lessons, Carols, & Bells (A beautiful weaving of scripture and music by our Bell Choir telling the wonderful story of God's tender and relentless love for the world revealed in Jesus Christ) – Haddam Neck Covenant Church

11:00 a.m. Hanukkah Celebration (for kids of all ages: food, games, crafts, music, and fun. Open to all) – CBSRZ

11:00 a.m. 3rd Sunday of Advent Service – Haddam Neck Congregational Church

4:00 p.m. Christmas Songs in the Sanctuary (Filosi Trio, Connecticut Yankees Quartet, and the HKMS Chorus, plus the church organ and hand bells). Donations are \$20; free for children. All proceeds will support the Preservation 2020 fundraising campaign – Killingworth Congregational Church

Sunday, December 22

9:00 a.m. Celebrate the Grace of Giving Love – Haddam Neck Covenant Church

9:00 a.m. Christmas Sunday Service – Higganum United Methodist Church

10:00 a.m. Christmas Pageant Worship – Killingworth Congregational Church

10:00 a.m. Worship Service – Valley Bible Evangelical Free Church

11:00 a.m. 4th Sunday of Advent Service – Haddam Neck Congregational Church

Tuesday, December 24

3:30 p.m. Carol Sing – St. James Episcopal Church

4:00 p.m. Christmas Eve Service – St. James Episcopal Church

4:00 p.m. Christmas Vigil/Mass – St. Peter Catholic Church

4:00 p.m. Christmas Eve Service – Valley Bible Evangelical Free Church

5:00 p.m. Family Christmas Eve Service – Haddam Neck Covenant Church

5:00 p.m. Christmas Eve Candlelight Service – Haddam Neck Congregational Church

5:30 p.m. Christmas Eve Service – Valley Bible Evangelical Free Church

7:00 p.m. Mass – St. Lawrence Catholic Church

7:30 p.m. Christmas Eve Worship – Killingworth Congregational Church

7:30 p.m. Christmas Eve (7:30-8:00 musical interlude; 8:00 p.m. Candlelight Service) – First Congregational Church of Haddam

11:00 p.m. Christmas Eve Candlelight Communion Service – Higganum United Methodist Church

12:00 p.m. Midnight Mass – St. Peter Catholic Church

Wednesday, December 25

8:00 a.m. Mass – St. Lawrence Catholic Church

9:00 a.m. Christmas Day Mass (come early to enjoy the Christmas music) – St. Peter Roman Catholic Church

10:00 a.m. Christmas Day Service – St. James Episcopal Church

Friday, December 27


6:00 p.m. Hanukkah Service and Celebration (Starting with potluck dinner – please bring a non-dairy dish to share – enjoy freshly made hot latkes (potato pancakes); following dinner there will be a Hanukkah service, with music and dancing and traditional desserts for all. All are welcome to attend) – CBSRZ

Wednesday, January 1

8:00 a.m. Holy Day of Obligation Mass – St. Peter Catholic Church

If you belong to a church or other place of worship in town and you would like your services included on this list, please email us at editors@haddamnews.org.

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HADDAM-KILLINGWORTH TOWN & COMMUNITY CALENDAR

Please visit www.haddam.org, www.townofkillingworth.com or haddam-killingworthnow.com for the most current information, including cancellations, location changes, time changes.

Thursday, December 12

Gregory Bousquet Holiday Wish Drive – Killingworth

November 27 - December 12

After Killingworth residents Jackie and Bob Bousquet's son Gregory's tragic death in 1995, the drive was established in his living memory. Every year, the Killingworth community comes together to help its neighbors during the holidays by donating gifts to families in need. For more info contact info@kwoct.org or Teresa at 860 664-5652

The Haddam Town Office Building is holding an open house on December 12 from 4-6. The HK Jazz band will be playing for us!

Love 2 Sign with Jaye – Sign Language for Children 6 mos. to 6 yrs.

Thursdays 10 – 10:30 am from December 5 – February 6 at Killingworth Library

Online sign up begins December 2. Space is limited and Killingworth residents are given priority. Register by visiting our online calendar at: <http://killingworthlibrary.org/>

ABC Amigos – Bilingual Storytime for Preschool Children

Thursdays 10 – 10:30 am from December 5 – February 6 at Killingworth Library

Online sign up begins December 2. Space is limited and Killingworth residents are given priority. Register by visiting our online calendar at: <http://killingworthlibrary.org/>

Killingworth Conservation Commission meeting Town Office Bldg. 7:00pm – 9:00pm

HKHS Chorus Concert/Fall Show 6:00pm – 7:00pm HKHS Auditorium

Toddler Tunes – Brainerd Mem. Library - December 12th

Thursdays at 10:30 am Alternates with Music with Margie

A music and movement program for toddlers and their caregivers. Sing, dance, make music, and read a simple story. Miss Kelly brings musical instruments. Appropriate for children ages 1 to 3, but siblings are always welcome. Registration is not necessary.

Friday, December 13

Cafe Nights – Wesleyan Potters, 5:00 pm - 8:00 pm

Music and the holidays seem to go together, so please join us on Friday evenings during our Annual Sale to enjoy some music, shopping and socializing. Guests may shop throughout the evening, mingle with a few of our artists, and enjoy some complimentary food and drink. A different music group will be featured each week, entertaining our guests from 7:00-8:00 p.m.:

Zoo Front – December 13, 2019 <https://www.wesleyanpotters.com/> 860 347-5925

HKHS Fall Show 6:00pm – 7:00pm HKHS Auditorium

Osaki-san William Gillette's Gentleman Valet, 6:30 pm - 7:30 pm

Brainerd Memorial Library, Friday December 13th 6:30pm – East Haddam Stage Company will be presenting the one man show, Osaki-san, William Gillette's Gentleman Valet. This one-man drama brings to life the true story of Yukitaka Osaki, the second son of a warrior-class family from Kanagawa Prefecture, Japan. Yukitaka Osaki became a confidante and friend to William Gillette. It was 1888 when Yukitaka and his older brother Yukio came to visit the US from Japan. Yukio went on to become a leader in Japanese politics, and would give Washington, D.C. the famous Cherry trees. Come discover the story of the elusive brother behind the famous politician. Osaki lived in the Victorian era through the turn of the century and both World Wars.

Poignant and life affirming, here is what you may not know about Victorian actor William Gillette, creator of Sherlock Holmes and the quiet soul who worked by his side.

H-K Players present A Christmas Carol on Friday, Dec. 13 & Saturday, Dec. 14, 2019 at 7:00 p.m. at the Haddam Killingworth High School Auditorium. Ticket prices are \$10 per seat. Tickets can be purchased at the door or by calling 860-345-8541 X3240.

Saturday, December 14

Make It & Take It – Seasonal Crafts for Families Saturday Mornings in December from 10:00am -12:00pm at Killingworth Library Drop in format; no registration required but space is limited.

Higganum Congregational Church will host their 13th Annual Christmas Cookie Walk on Saturday, December 14, 2019 from 9:00 a.m. – 1:00 p.m.

LET US DO YOUR HOLIDAY BAKING FOR YOU” – a chance for you to fill a box or two with your choice of an abundance of fresh, homemade Christmas Cookies lovingly baked by our locally celebrated HCC members. As an added bonus, we also offer yummy homemade soups for sale by the quart. The selection of cookies and soups varies from year to year, but it is definitely worth the trip.

Haddam Volunteer Fire Company welcomes all residents of Higganum and Haddam to our annual Children's Christmas Party!

Doors open at 5:30 p.m. Santa arrives by firetruck at 6 p.m.

H-K Players present A Christmas Carol on Saturday, Dec. 14, 2019 at 7:00 p.m. at the Haddam Killingworth High School Auditorium. Ticket prices are \$10 per seat. Tickets can be purchased at the door or by calling 860-345-8541 X3240.

Sunday, December 15

Saint Lawrence Church in Killingworth hosts its annual Christmas Concert on Sunday, December 15, 2019, 2:00-3:30 p.m. The event features congregational signing of carols, songs by the adult

choir, instrumentals, vocalists, and refreshments. It is open to the public. For more information, contact stlawrencec@yahoo.com or visit stlawrencechurch.com. St. Lawrence Church is located at 7 Hemlock Drive, Killingworth.

Monday, December 16

Haddam Committee on Aging meeting 10:00am – 12:00pm Town Hall Annex

Haddam BOF Mtg. 6:30pm – 8:30pm Town Hall Annex

Tuesday, December 17

Preschool Storytime – Brainerd Mem. Library

Every Tuesday at 10:30 AM

Themed stories, songs, finger plays, and crafts. Appropriate for children ages 2 to 5, but siblings are always welcome. Registration is not necessary.

LEGO™ Group – Brainerd Mem. Library – December 17 5:00pm

1st & 3rd Tuesdays of each month 5:00 PM. The 1st Tuesday of the month will have a theme and the 3rd Tuesday will be a free build. Creations will be displayed until next session. For ages 5 & up. Registration is not necessary.

Blood Drive – St Peter's Church – Knight of Columbus & Ladies Guild 1:00 pm - 6:00 pm

St. Peter's Church, 30 St. Peter's Lane Higganum

Killingworth Health & Safety Committee Mtg. 2:30pm - 4:30pm Town Office Bldg.

Killingworth P&Z Public Hearing 7:00pm

Killingworth P&Z meeting 7:10 pm - 9:00 pm

The Haddam Lions Club sponsors monthly Setback tournaments at the Haddam Firehouse (439 Saybrook Road, Haddam). Doors open at 6:00 p.m., games start at 6:30 pm.

RSD17 BOE meeting HK Middle School 7:00pm - 9:00pm

Thursday, December 19

Haddam P&Z meeting 7:00pm – 9:00pm

Love 2 Sign with Jaye – Sign Language for Children 6 mos. to 6 yrs. Killingworth Library 10:00 am - 10:30 am Space is limited, and Killingworth residents are given priority. Register by visiting our online calendar at: <http://killingworthlibrary.org/>

ABC Amigos - Bilingual Storytime for Preschool Children Thursdays 10 - 10:30 am from December 5 - February 6 at Killingworth Library Online sign up begins December 2. Space is limited and Killingworth residents are given priority. Register by visiting our online calendar at: <http://killingworthlibrary.org/>

Music with Margie 10:30am Thursday Dec. 19th Brainerd Mem. Library

A multi-sensory music program that builds skills in order for children to reach the developmental goals they need to enter kindergarten. Margie brings items such as beanbags, scarves, puppets, and instruments. Appropriate for children ages 2 to 6. Registration is not necessary. The theme for December is “Winter Holidays”.



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Food for Thought: Cookies Anyone?

By Janet Verney

'Tis the season for indulging in some holiday cookies! Cookies here, cookies there, cookies everywhere... And if you are like me and have a hard time resisting these tasty morsels, then it is good to be prepared by making your own "health'd-up" versions to keep you from too many temptations! These healthier cookies also make great gifts from your kitchen!

I find that an occasional cookie, made the usual way, filled with butter, sugar, gluten, and all the other unhealthier ingredients, can be tolerated now and then, but too many and wowza, I feel all inflamed and downright yucky! Refined sugar and white flour, which both are bleached and likely contain pesticide residue, are quite inflammatory to the body. If you have any signs of inflammation in the body, like joint aches and pains, gut issues, auto-immune conditions, etc..., then you are best to avoid these goodies altogether and find some suitable alternatives. I'm sure you have heard this before, but I think it is worth repeating – too much chronic inflammation in the body can lead to some serious and often life threatening illnesses and none of us want that! I love being a grandma and my goal is to be the most energetic, best version of me so I can do all the fun things the kiddos like to do!

In the recipes below I do my best to source healthier and organic ingredients, like nut butters with no added ingredients, avocado oil, raw honey, pure maple syrup, whole grain and sprouted flours, coconut palm sugar, turbinado sugar, stevia or Lakanto sugar (diabetic friendly), dark vegan chocolate, and psyllium husk (this is an Indian herb you can purchase at a health food store, or online) or flax meal (egg substitutes). You may not see all of these ingredients in the recipes below, but they are what I keep on hand to create new recipes. I encourage you to take some of your favorite cookie recipes and make a few substitutes. Make half a batch to see how they come out. I always make notes for myself so

the next time I go to make them I know to add a bit more or less of this or that. You can always contact me for ideas too at connect@roots2wellness.com.



Photos courtesy of Janet Verney.

Gingerbread Bites Vegan, GF, Nut-free, Grain-free

My one bowl, health'd-up version of this old holiday classic, is not only easy, it is deliciously healthy and allergy friendly.

Wisk the following together:

- 1 Tbsp. Psyllium husk
- ¼ cup water
- 1 Tbsp. Avocado oil
- Add:
- 1 cup Coconut Palm Sugar
- ½ cup Molasses
- 1 cup Avocado oil
- ¾ tsp. sea salt
- 1 Tbsp. Baking soda
- 1 tsp. cinnamon
- 1 tsp. allspice
- 1 tsp. ginger
- 1 tsp. cloves
- 3-4 cups loosely packed chickpea/garbanzo bean flour

The dough should be stiff. You can roll it in one inch balls, then flatten with the bottom of a glass,

or roll it between two sheets of parchment paper to use cookie cutters. Embellish, if desired with raisins, then bake at 350 degrees, on a cookie sheet lined with parchment paper, for 8-9 minutes. Makes about 24 cookies.

Chocolate Chip Cookies Vegan, GF, Nut-free, Grain-free

Wisk in large bowl & allow to sit until thick:

- 1 Tbsp. whole psyllium husk
- 1 Tbsp. avocado oil
- ¼ cup water

Add:

- 1 Tbsp. vanilla,
- ¾ cup avocado oil
- 1 ¾ cups coconut palm sugar,
- ½ tsp. sea salt,
- 1 tsp. baking soda,
- 1 tsp. baking powder

Fold in 1 pkg. dark chocolate chips (I use Enjoy Life)

Stir in 3 cups chickpea flour until just blended.

Scoop by spoonful's and press flat onto cookie sheet lined with parchment paper, bake at 325 for 8-10 minutes.

Best kept refrigerated or frozen (place on a cookie sheet and set in fridge until chips are solid, then place in container for storing).

Oatmeal Cookies Vegan, GF, Nut-free

Wisk in large bowl & allow to sit until thick:

- 1 Tbsp. whole psyllium husk (this is an Indian herb you can purchase at a health food
- 1 Tbsp. avocado oil
- ¼ cup water

Add:

- 1 Tbsp. vanilla,
- ½ cup avocado oil
- 1 ¾ cups coconut palm sugar
- 1-2 tsp. ground cinnamon
- ½ tsp. sea salt,
- 1 tsp. baking soda,
- 1 tsp. baking powder

Fold in 1 cup or dried raisin or dried cranberry, or a mix of both

Stir in

- 5 cups chickpea flour until just blended
 - 2 cups sprouted, GF rolled oats (I use One Degree)
- Scoop by spoonful's and slightly press onto cookie

Continued on page H12

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December edition: A Gardener's Holiday

By Terry Twigg

Hello, Haddam gardeners! This is my first article for the Garden Club blog, and I'm more than a little intimidated to be stepping into Cindy Tillson's shoes. She's a hard act to follow! I came to Haddam two years ago from Branford, where I was (and remain) a member of the Branford Garden Club, so I have a double perspective on club activities. Branford has one of the largest garden clubs in Connecticut, with over 140 members, while Haddam's roster hovers around 36, so the two have very different personalities. I was touched by the warm welcome I received as a new member, and so impressed to learn that, with only a fraction of the membership, my new club still manages to maintain at least as many municipal gardens. Those gardens have been put to bed, but this week you'll be seeing holiday decorations all around town: in the library and municipal buildings; on the Greens, and brightening up the "Welcome to Haddam" signs. All are made by members, using materials gathered from our own gardens. It's just one piece of the club's tradition of giving back to our community.

Haddam gardeners have a wonderful resource: the Connecticut Agricultural Extension Station on Route 154. They'll answer just about any question you come up with about the wonders in your own back yard: What the heck is this plant? Is this a good bug or a bad bug? Just ask. The station is staffed by volunteers, all of whom have taken the Master Gardening course. Signing up for the course was one of my first priorities when I moved here, and I just graduated in October. I expected the course to focus on 'Gardening' in its narrowest sense—planting flower borders, choosing vegetable seeds, maybe an hour on the mysteries of pruning. We studied those, but also learned how our practices affect, and are affected by, the larger picture. We were introduced to principles of soil chemistry, water quality, plant diseases, and pest management, and so much more. In my articles, I'll do my best

to share what I've learned (trying not to preach!) because insects, pollutants, and invasive plants don't care about property lines.

And now, to make sense of the title, some thoughts on being a gardener in December:

First, there may still be plenty to do outdoors. Even in December, if the last few weeks haven't been especially cold, the ground may not be frozen solid, so it's not too late to plant those last few bulbs you didn't get around to. While you have your shovel out, dig a hole now if you plan to buy a live Christmas tree, and cover the soil with a tarp. Your tree will have the best chance of survival if it spends the winter in the ground.

Then, walk around the yard, taking the time to notice interesting bark, the shapes of branches, and the overall layout of your gardens. All these will be obscured by colorful summer flowers, but you want it to look good through the cold months, too. Admire the peeling bark of birches and the colorful stems of red twig dogwood—and if you have none, put them on your spring shopping list. Take note of winter food sources for wildlife: Do you have holly, beautyberry and winterberries, all good natives? Did you leave your coneflower seed heads standing, and let rose hips and crabapples linger? Some people like to clear everything away for winter, while others, like me, are happy to let it stand until spring. If you're on Team Neatness, please try to leave one corner a little bit wild, to provide food and winter cover. Keep your bird feeders filled. A water source is important too; most of us in Haddam are not very far from water, but if there's none nearby, birds will appreciate your help.

After Christmas, don't just haul your tree to the transfer station. Cut it up and use the branches for mulch. Or, set it up near a window, spend an afternoon with children making birdseed 'cookies,' and hang the ornaments for the birds (be sure to remove every bit of tinsel first). All your evergreens will need some help after a heavy snow. Don't shake off the snow, which could cause already-stressed

branches to crack. Instead, gently brush it off.

Holiday house plants are a joy, but if you have young children or pets, you need to be alert to possible poisons. Poinsettia has a bad reputation, but some recent research concludes that its dangers are overrated because the toxins aren't very concentrated. Christmas cactus and African violets are safe choices. Berried plants, like holly, mistletoe, and yew, are all toxic to some degree. ALL lilies are fatal to cats. If in doubt, check out a good online resource.

Gifts for gardeners: For a very different gift, book a trip to a holiday-themed horticultural event, such as the New York Botanical Garden's Holiday Train Show. None of us would ever turn down a houseplant, a gift certificate to a local nursery, or a new pair of gardening gloves, but why not take it a step further? Every gardener—every household—should have a copy of Douglas W. Tallamy's book, *Bringing Nature Home*. In straightforward, easy-to-understand language, Dr. Tallamy suggests simple and easy ways to give our co-habitants on this planet a fighting chance, and why it matters. Most of the time, doing it right takes no more work or money than doing it wrong. I can't recommend this book highly enough.

How about membership in an organization like the Connecticut Horticultural Society, the Connecticut Botanical Society, the Connecticut College Arboretum, or Friends of Connecticut State Parks? How about a donation to the Haddam Land Trust? (Full disclosure: I receive no benefit whatsoever from recommending Dr. Tallamy's book, except the knowledge that I've shared something important. However, I did recently join the board of the land trust.)

Since we've all chosen to live in a small town with a lot of open space, most of us probably already know that our connection to the natural world is central to our well-being. We garden, we farm, we hike, hunt, fish and play on the river. My holiday wish for all of us is that we each take a step closer to safeguarding the irreplaceable.

TO THE EDITOR

Thank You for your support

Greetings to the Fine Folks of Higganum and Haddam,

The signs are all down and election season is over. I want to thank you for the opportunity to run for first selectman. I was looking forward to serving the people in our amazing town.

Although the vote was not in my favor, I am sad, but not disheartened. I appreciate those who supported me and I have heard from many people who were disappointed. I am extremely grateful for our slate of candidates that put themselves out there and ran with me for the good of the town. We can be proud of our clean, honest hard work throughout the campaign. Campaigning is a very interesting process, one that I actually enjoyed. It was great to meet fabulous people and to hear your concerns, opinions, and ideas. I was able to see different parts of town that I typically do not get to visit.

We truly live in a beautiful area, one right out of a postcard. We have so much to be grateful for.

One of the downsides of campaigning is the negativity on Facebook, sadly some of it coming from people that were just elected into office. We really need to stop that nonsense for the good of all Haddam residents.

Your ideas, thoughts and concerns are important. I encourage you to get involved, maybe join a committee, attend meetings, read minutes, watch videos, and stay active and informed. I will continue to be your voice on the Board of Education for the next two years.

I have many great ideas and plans for Haddam. I really believe in putting people over politics, leading

by example, open and honest communication, using my business and leadership experience, and working together to unite Haddam. In 2021, I just might run again.

Be well and Happy Holidays!

Brenda Buzzi
Higganum

Thank You for coming out to vote

It was an exciting election season. Many good candidates ran for office, and ran vibrant, organized campaigns. Constituents engaged and showed up to the polls in record numbers in Killingworth. We had over 60% of the registered population come out and vote.

Running for office is an interesting experience. One learns about the desires of constituents, the perspective of other candidates and it's hard to escape learning a few, new things about yourself. All in all, as imperfect as it is, it seems to work. I don't mean to say that the "right" people win, but that the process works.

Now we govern. And, the most important thing to remember is what we learned from the process of getting elected and to use it effectively to make decisions and act on behalf of the community.

I'd like to thank everyone who came out to vote, especially in Killingworth. I'm grateful for your support and look forward to serving for four more years on the Haddam/Killingworth Regional School District Board of Education.

Honored to serve,

Suzanne Sack
RSD #17 Board of Education

HOLIDAYS 2019

HUMC Coffeehouse/Open Mic Night: December 21

The Higganum United Methodist Church's outreach, intergenerational, audience-participation hot spot invites musicians, singers, poets and comedians to the stage on Saturday, Dec. 21, 2019, from 6:00 – 9:00 p.m. Pizza will be service and there will be Christmas themed music! Since HUMC opened the coffee house in April of 2012, its stage has been graced by elementary-aged children to senior citizen performers from all over the state and country!! The average number at Soup and Song nights ranges between 20-80, with about a dozen performers.

Open Mic: sing, play an instrument, tell a joke or recite a poem, OR just come! FUN for all ages!! And FREE FOOD. Located at 248 Saybrook Road, Higganum.

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Killingworth Author Joseph Bradley: The Lyme Conspiracy

By Kathy Brown

Joseph Bradley has lived in Killingworth for 15 years with his wife and three children. After high school, he joined the Army. When he got out of the Army in 1979, he opened a martial arts school, and was rated #1 in fighting in New England by Karate Illustrated Magazine. He eventually ran eight martial arts schools. In 1986, Joe became a police officer where he was part of a Gang Unit in Springfield, Mass. for 6 years. He was a police officer for 12 years, and has a Masters degree in Criminal Justice. After he left the force, he started writing murder mystery/thriller novels. "The Lyme Conspiracy" is his fourth novel, which he started 12 years ago after he contracted Lyme disease.

He became very sick from contracting Lyme disease, as many do, especially if they don't get diagnosed right away. Lab tests are notoriously inaccurate, unfortunately, so many people go undiagnosed, or misdiagnosed, for months, or even years. "The main reason I wrote this book was because I wanted to make people aware that [Lyme disease] is a wide-spread chronic disease and it can be fatal," said Joe. "I provide these details in dialog in the story." In the novel, Taylor Marshall, a female homicide detective with the Major Crimes Unit of the State of Connecticut, teams up with a reporter from the New Haven Register to investigate the murders of two retired scientists who worked on Plum Island, situated between Connecticut and Long Island. They work to find a connection between the murders and a government coverup.



Killingworth author Joseph Bradley, above, has released "The Lyme Conspiracy, below, his fourth novel.



In the novel, when Detective Marshall is talking to Gary Mitchell, the reporter, many facts about Lyme disease are shared. Gary Mitchell says, "Most people don't know it, but Lyme disease does kill people. It mimics other diseases including multiple sclerosis, lupus, chronic fatigue syndrome, Parkinson's, and even Alzheimer's and rheumatoid arthritis, fibromyalgia and acid reflux." Detective Marshall gets an education about Lyme disease during the course of the book, and so does the reader.

"My background and what I have been through in my life has a profound impact on my stories and my characters," said Joe.

Joe has previously published The Alpha, Ticket to Paradise, and Bottle Park, all of which can be found on Amazon.com. Lions and Men will be published in January. He is currently working on his sixth novel, The Twelve Step Killer, which will feature Detective Marshall again.

The ideas often come to Joe "in dreams, or during my solitary time." Typically, he writes an outline, which he follows while he writes. His routine is to write every morning for 2-3 hours, then again at night if he still has the energy. It takes him about three years to write each book, often going through four drafts during the process. "The first draft is written from the heart; the second from the brain," says Joe. For people who want to write a book, he advises, "If you write one page every day, you'll have a story in

one year!"

He writes the type of books he likes to read. "To me, novels have to be page turners, or I get tired. Nothing worse than spending a month reading a book to have an anti-climactic ending," said Joe. "All my stories have twists and turns with surprise endings." The Lyme Conspiracy has quite the surprise ending! Joe did a lot of research on Lyme disease after contracting it, and "learned about Plum Island and the experiments conducted there with the inoculations of ticks for biological warfare purposes."

When asked about the publishing process, Joe said, "It's a crazy and different world. It doesn't matter how good your stories are — it's all about money." He has a literary agent, but it is difficult to get a deal with any of the major publishers unless you have "a brand large enough to guarantee them millions." The publishers make most of the money. He said that he had a small publisher publish two of his books. "They gave me \$2 a hard cover and they took the other \$25." When he self publishes, he gets to keep more of the money, and "I have control." Though it isn't all about money for him. "I write for myself, not money or fame. It's my passion and it's what I'm good at, and it's what I love to do."

If you're interested in reading more about Joe Bradley, check out his website, and for those interested in Lyme disease, check out thelymeconspiracy.net.

COMMUNITY

HKMS Students strive to save the ocean by selling bracelets

By Kathy Brown

Sixth grade social studies students at Haddam Killingworth Middle School have started selling "Save the Ocean" bracelets after being inspired by a new World Geography course this year, taught by sixth grade Social Studies teacher, JoAnn Smith.

Students in grades 4-8 at HKMS/HKIS can purchase the bracelets at school for \$1 each; all proceeds will help the byebyeplasticbags.org foundation, which was founded by two young girls in Bali, Indonesia. Melati (age 17) and Isabel (age 15) were only 12 and 10 years old when they were inspired by a lesson in school. Bye Bye Plastic Bags was founded by them in 2013 and has grown into an international movement.

Like Melati and Isabel, Haddam and Killingworth students wondered what they could do, after Mrs. Smith read the book *Gone to Drift* by Diana McCauley with her class, about plastic in the ocean. The students wanted to help. Emerson Golden, Sydney Wrinn, Addie Harkin, Paisley Hardgrover, and Reagan



Aronson came up with the idea, and the other students wanted to help. First they made some bracelets, then purchased rubber ones that say "HK Cares 2019-20" on one side, and "Save Our Oceans" on the other.

Students in other classes and grades can purchase the bracelets during lunch from students who sell the bracelets during each lunch wave. They are hoping to make around \$300 to donate to Bye Bye Plastic Bags.

"The students say it feels really good to know that they are helping to make the world a better place," said Mrs. Smith. "Like Helen Keller said, 'Alone we can do so little, but together we can do so much.'"



Celebrate the Season with an Open House at the Town Office Building

December 12th from 4:00 pm -6:00 PM

Live Christmas music to be performed by the Haddam Killingworth Jazz Band!

Refreshments will be served



Lally urges Killingworth residents to step up & volunteer

By Clark Judge

Jim Lally has been a resident of Killingworth since 1972, and, as a former Killingworth Ambulance Association board member, says he's "passionate" about the association. But as a resident who contributed so much to the community that he was named Killingworth Citizen of the Year in 2012, Jim Lally admits he's also concerned about the KAA's future.

The reason: A shrinking pool of volunteers serving as first responders.

"There are good people in Killingworth who want to volunteer," said Lally, who owns and manages Schumack Engineered Construction in Clinton, "but the ambulance association needs to get out there and let people know: Get involved!"

Lally has a point. The KAA is not unlike other emergency volunteer services in the area ... or the country ... trying to interest persons in becoming EMTs or EMRs. There's a shortage of volunteers, with the KAA last year hanging a "Volunteers Needed" sign outside its Route 81 headquarters. That was when its number of EMTs shrunk to 17 from a high of 25. It is now at 22, with one EMR.

That's better than many rural areas but not enough to prevent NBC News last month from detailing what it termed a national "crisis" in a story entitled, "What if you call 911 and no one comes?" It's a good question and one that has so much of Lally's attention that, when he made his annual donation to the KAA this summer, the contribution was so substantial it gained special attention at a board meeting.

"Why did I do it?" he said. "Because I'm very passionate about the ambulance. I feel so much about it."

To understand why, you must return to the summer of 1960 when Lally, then 20, drove his sister home from Madison to Wallingford. It was late June on a rainy Tuesday evening, and the roads were slick from a heavy rain. As Lally passed through Guilford on Route 1, his car slid on the wet surface, spun out of control and skidded off the road — not stopping until it hit a tree.

Lally suffered life-threatening injuries, but survived. His 18-year-old sister did not.

"I put the steering wheel through my chest," he said, "and I was in the hospital almost six-to-seven months. But my life was saved by the Guilford ambulance crew. That's how good they were, and I'm very thankful. After that, I always said I'd give back to an organization like that ... because it's a matter of saving lives. And that's critical."

Lally admitted he hadn't volunteered before. But all that changed that evening. When he recovered, he jumped at opportunities to help where and when he could.

"I felt I owed it," he said. "I got to know a couple of guys (Guilford EMTs) after the fact. I kept in touch with them. And I always felt it's im-



portant — if you can afford to — to give back. It doesn't have to be money. It can be time."

Or it can be both, and Jim Lally is proof.

Not long after moving to Killingworth, he joined the KAA and served on its board for nearly a decade. Then he donated the services of his construction company toward the building of the KAA's two-story headquarters in 1982 (it was completed in 1983). In fact, he still has a 4X6 color photo of him driving a bulldozer as he grades the building's parking lot.

"Jim was quiet," said Don McDougal, a KAA board member who made the group's third-ever ambulance run in 1971 as an EMT. "But if you needed anything done, he did it. And I know he did a lot for the ambulance (KAA) when we first started. No questions asked. He just did it."

Lally has been chairman of the Killingworth Parks and Recreation Department. He co-chaired construction of the new EOC building. He donated the services of Schumack Construction toward the creation of Eric Auer Park ... the renovations to Irene Sheldon Park ... construction of the Sugar Shack at Parmelee Farm ... and work at Rocco Reale Memorial field and the Killingworth Elementary School. He also supported youth sports leagues, the HKYFS, Pumpkin Run and Lions Club Concert Series and provided materials for the Killingworth Town Picnic.

In short, his fingerprints are everywhere in town.

"I love the volunteer spirit," Lally said. "And I love the volunteer spirit of Killingworth. It's the engine that drives this town."

One of Lally's favorite stories involving the KAA and its volunteers dates back to the 1970s when former KAA president, founder and EMT Charlie Smith answered an emergency call on Route 81. Smith, so active locally that people who know him call him "a professional volunteer," rushed to the scene and helped pull a pig out of a burning building. Nobody was injured, but Smith was so concerned about the pig that he stayed behind to comfort it, rubbing snow that had fallen along its injured back.

"It made me feel better," Smith said, smiling when retold the story, "but I don't know about the pig."

Another story Lally recites involves EMTs rescuing a grandson after he was injured in an ATV accident at Cockaponsett State Forest. It happened when the vehicle in which he was riding crashed into a tree, injuring the young man so seriously that he was rushed by ambulance to Hartford Hospital.

He not only survived but works for Lally today.

"The ambulance company saved him," he said. "He was in shock, but they got there when they could and they stabilized him. They saved his life."

"Those are the kinds of things that people don't know, and it's the kind of thing that needs to be brought out about volunteers. There are stories like that all around."

Then he paused.

"We cannot let ourselves fall into the trap of having someone tell us we don't have enough responders," he said. "That would break my heart."

Lally's concerns are echoed by Madison Ambulance Association director Chris Bernier, who in October said the group is "not receiving the funding that is adequate for the town's safety" and asked for more help to provide for additional paramedic support. According to a recent report in Philadelphia's City Journal, "declining volunteerism is especially pronounced in America's rural counties, many of which — with aging populations and a declining financial base — must support increased support for ambulatory and fire services."

"Everyone has the problem," Lally said. "What I don't want is to have a professional ambulance have to come to us ... where we have to pay them ... because we don't have enough responders. That would be catastrophic. But that's where we are now. We need to get more people there and more interest — because if you're passionate, there's no stopping it."

Jim Lally is passionate. That's why he continues to support the Killingworth Ambulance Association, continues to support the town of Killingworth and continues to call volunteers to action.

"With the Killingworth Ambulance Association," he said, "you have an organization that lays its heart on the line. I just hope people see the need more than there is now."



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Haddam Knights support Xavier High School

By Craig Salonia

St Peter's Knights of Columbus Council 14590 presented Xavier High School, Middletown a \$500 donation to the school's general fund. The gift, and a similar donation to the Wounded Warriors Project, was made possible by proceeds of the Knights' fourth annual Cars and Clams benefit event held in October.

The Cars and Clams event, as the name implies, featured an impressive array of classic cars from all over New England. Live music, awards, and raffles accompanied the all-you-can eat clambake and family-style meal provided by the Knights. The annual event held at St. Peter Church in Higganum not only serves as the Council's key annual fundraiser but has become a community-wide event benefiting both the Church and select charities.

"It's a terrific community function that keeps growing in popularity" said Grand Knight Glenn



Left: Grand Knight Glenn Salamone (1988), Xavier High School Advancement Director Greg Jaskot, Xavier student Vincent Salamone (2023) and Knights of Columbus Chancellor Steve Banaletti, outside the school's entrance during the November 4 check presentation. Photos courtesy of J. Adametz.

Salamone. "The public is welcome to enjoy great food, classic cars, terrific fellowship and beautiful weather before winter starts closing in."

This event is designed to bring families and the community together, Salamone stressed. The day was also a hit with kids who enjoyed the many activities for them including cotton candy, bounce houses

and a chance to win bikes, scooters, and many other raffle items.

Xavier High School was selected because of its positive influence in our community. Not only are several of the Knights alumni but many current students are Haddam residents.

"The values of our organization and the school are closely linked.

We hope this contribution assists in Xavier's mission of educating stu-

dents who give back to their communities and people in need," Salamone said.

As this annual event grows in popularity, the St Peter's Knights of Columbus Council 14590 is committed to recognize and support organizations that positively impact our community.

CONTINUED FROM PAGE H8

Food for Thought: Cookies Anyone?

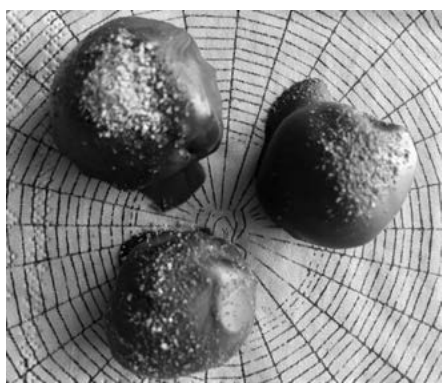
Continued from page H8

sheet lined with parchment paper, bake at 350 for 9-11 minutes.

Best kept refrigerated or frozen

Peanut Butter Balls Vegan, GF, Grain-free

These are super simple and make a lovely gift. Gently melt two dark chocolate bars and set aside off heat (I use Theo brand, one bar at 75% and one at 85%)



In a food processor blend:

1 cup organic peanut butter, or your favorite nut butter, or even sunflower seed butter if you are nut free.

5 Tbsp. organic almond flour, or rice flour if nut free

2 heaping Tbsp. of maple cream or maple syrup
Pinch of sea salt

Roll the above mixture into small ½ inch balls, dip in the dark chocolate and place on a cookie sheet lined with wax or parchment paper. Set in the refrigerator until the chocolate has hardened. Box them up for yourself or as a gift!

Acorn Truffles Vegan, GF, Grain-free

These are so simple, fun to create, delicious, and make an adorable gift packaged in a little take-out box.

12 meljooon dates, cut in half and pitted

Organic Almond butter
1 bar organic dark chocolate
Crushed almonds

Cut the dates in half, making a little cup out of each half. Stuff with almond butter. Melt the dark choc-



olate and dip the flat end into the chocolate, then dip into a bowl of crushed almonds. Set on a cookie sheet lined with wax paper and place in the fridge until solid. Package into cute take-out-boxes.

Okay, after writing this I am now wanting a cookie! Off to the kitchen to make something yummy! Happy Holidays to all!

Janet E. Verney is an Author, Integrative Nutrition Health Coach, Wellness Designer, and Healthy Food Chef who resides in Higganum and loves helping oth-

ers to "health-up" their lives! Have a burning health or nutrition question, write to Janet at connect@roots2wellness.com. To learn more, visit her website at roots2wellness.com.

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A visionary approach to cataract surgery.

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ynhh.org/shoreline



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HADDAM VOLUNTEER FIRE COMPANY

HVFCo responds to Haddam structure fire

By Olivia Drake, Public Information Officer, HVFC

At 4:20 p.m. Nov. 29, Haddam Volunteer Fire Company, Middletown South Fire District, and Durham

Volunteer Fire Company responded to a structure fire at a residence on Candlewood Hill Road. Other mutual aid companies were requested but canceled.

Upon arrival, crews encountered smoke billowing from a detached, three-car garage. Upon further investigation, firefighters noted that the smoke was coming from a lean-two structure located behind

the garage. Firefighters quickly knocked down the fire using a line from Haddam's Engine 6-13.

Crews also removed a section of wall, where the fire had extended into the building's upstairs interior.

A section of Candlewood Hill was blocked during the incident. The fire is under investigation with the Haddam Fire Marshall Office.

COMMUNITY / ARTS

Shakespearean acting for Teenagers at Oddfellows Playhouse

By Dic Wheeler

Oddfellows Playhouse will be offering a six week intensive training program in Shakespearean Acting for teenagers this winter.

"The Complete Shakespearean" will meet Monday evenings, 6:30 – 8:30 pm, from Jan. 6 through Feb. 10 at the Playhouse, which is located at 128 Washington Street in Middletown. The course is designed to prepare teens to audition for Oddfellows' Teen Repertory Company's Spring Production of Romeo and Juliet.

The course, taught by ARTFARM Artistic Director Marcella Trowbridge and Oddfellows Artistic Director Dic Wheeler, plus guest artists, will provide actors ages 14 – 20 with fundamental training in classical acting, voice, text analysis, movement and stage combat. Both instructors have many years of experience directing and performing Shakespeare, and specialize in providing tools for young performers to better understand and perform Shakespeare.

Space is limited for this course, so participants are encouraged to enroll early to ensure a place. Tuition for the six week course is \$100. Anyone completing the class will get a \$75 credit toward tuition for Romeo and Juliet. Financial aid and work-study options are available to all who need it.

Auditions for Romeo and Juliet will be March 2 and 5, and the performances will be May 14 – 23.

Oddfellows Playhouse Youth Theater is Connecticut's oldest and largest theater program for young people. To register, or for more information, go to www.oddfellows.org, call (860) 347-6143, or email info@oddfellows.org.

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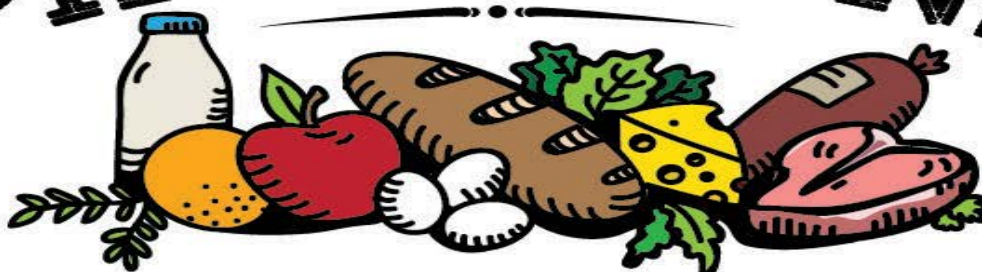
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