

East Haddam News

AN INDEPENDENT COMMUNITY NEWSPAPER COVERING MOODUS, LAKE HAYWARD, HADLYME AND EAST HADDAM

November 21, 2019

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Free weekly

COME AND GET IT

A diverse harvest at Four Root Farm

By David Holahan

With four of their 13 bucolic acres under cultivation, the four farmers of Four Root Farm are dedicated to growing their business while staying small. Sweat equity is more in evidence than farm equipment on their certified organic vegetable and cut flower homestead atop Tater Hill. They don't even own a tractor.

But make no mistake, this four-some can grow stuff—regular stuff, familiar fare like red round tomatoes; but they also revel in cultivating “fringe stuff,” as touted on their website: “the weirder, the better.”

In addition to raising the usual suspects, Rachel Berg, Elise Cusano, Aaron Taylor and Caitlin Taylor offer up a cornucopia of exotics, from purple kohlrabi and fairytale eggplants (white and violet striped) to tomatillos, shishito peppers, and a rainbow of gnarly tomatoes. Vegetables don't have to be dull.

When asked what the farm's cash crop was, Aaron said there isn't one: “For us, it's about variety. One method of farming is to find one vegetable, like tomatoes, and go all in on that. Our feeling is that's risky, so we have built up a business model around lots of variety so it's hard to point to one thing as our cash crop. We have lots of little specialty things in pint containers that are valuable, like our greens. At the farmers markets, we have 30 or 40 varieties at a time, things people can't find elsewhere.”

In addition to vegetables, riotously colorful cut flowers account for about a quarter of the farm's income.



Rachel Berg has her hands full of shallots. Photo by Caitlin Taylor.

For the holidays, wreaths handmade by Elise from local fixings start at \$30 plus tax (<http://www.fourrootfarm.com/shop/wreath>) and can be picked

up at the farm (257 Tater Hill Road) or delivered locally for a modest fee. Otherwise, the farm's produce is

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Repairs won't deter Gillette fun

By David Holahan

Work is underway to replace a retaining wall just north of Gillette Castle and, barring a stoppage for bad weather, the job is expected to be completed in January.

Access to the 184-acre state park—to hiking trails, the castle grounds and terrace overlooking the Connecticut River, as well as for scheduled holiday activities—is not affected, according to Bill Coleman, a civil engineer overseeing the project for the Connecticut Department of Energy and Environmental Protection.

According to the DEEP website: Gillette Castle will be hosting “Holidays with Friends” when the castle will be decorated by various Friends group volunteers and open for tours from Saturday November 30 to Sunday December 22, Saturdays and Sundays only from 10 a.m. to 4 p.m. In addition, to kickoff the holiday season, there will be a special opening on Friday, November 29 from 10 a.m. to 4 p.m. Last ticket is sold at 3 p.m. and last entry is at 3:15 p.m. Tickets are \$6 for ages 13 and older, \$2 for ages 6-12 and free for 5 and under. There is no charge to enjoy the great outdoors.

Coleman said that Mattern Construction of Baltic is doing the work based on its bid of \$729,000. A portion of the retaining wall had collapsed. “The new wall will have a concrete core and the stone from the old wall will be used as veneer,” Coleman said. “The intent is to have it look as close to the existing wall as we can.” He added that if there is winter weather interruption, the completion date will be moved to the spring.

In This Issue: Obituaries, Page EH3 • To the Editor, Page EH4 • Business of the Month, Page EH4 • Classifieds, Page EH8

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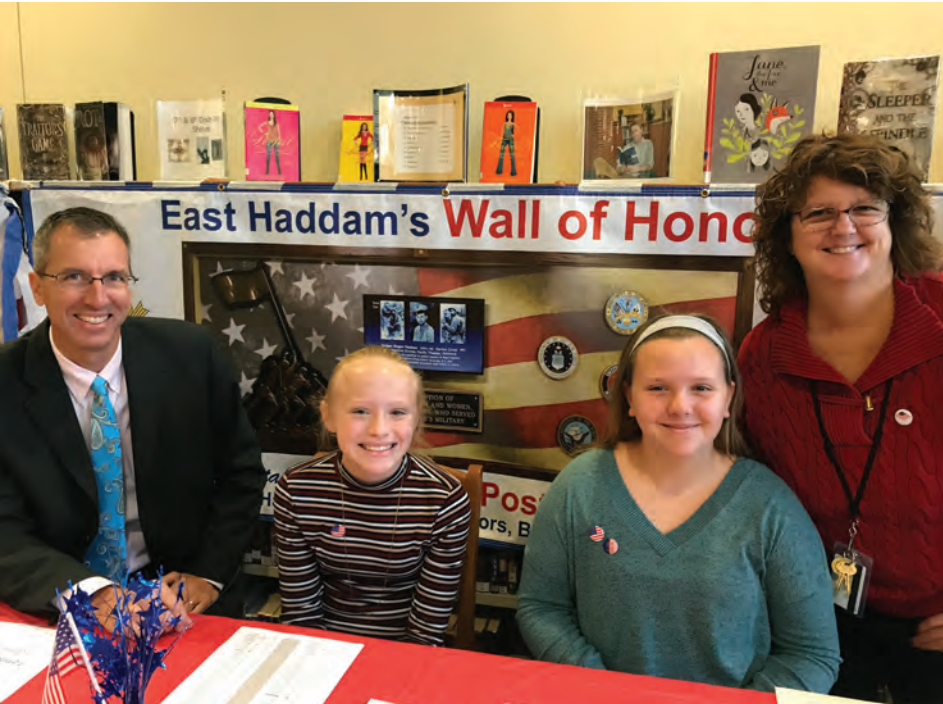
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Students honor, hear from visiting local veterans



On Veterans Day at the East Haddam Middle School, U.S. Coast Guard retiree Steve Little and his wife Diane visited with their grandson Coltin. Little served from 1969 to 2010 and reminds us that not everyone makes it home. Just this past month, the remains of a World War II Coast Guard Lieutenant was repatriated back to his home from the Pacific Theater. Little has made it one of his missions to remind the public that there are still POW and MIA Americans who need to be found and returned home. *Photos by Honora Myers.*



Cate Tarnowski, left, and Abby Martin were among several students who volunteered to assist town veterans in completing information to post on the East Haddam Wall of Honor. Teacher Christina Bernard is this year's Veterans Day Program Chair at the East Haddam Middle School. Principal Jason Peacock is at left. The Veterans Day program is designed to have every grade level in the Middle School participate in the day's activities both in the classroom and at other internal school venues.

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By Honora Myers

On Monday November 11, 2019, Forrest Anderson stepped out of his car in the Middle School general parking lot and took with him a brown briefcase that he has used for many missions. This mission was going to be met with great enthusiasm and interest by the seventh graders who were awaiting the results of the Veterans of Foreign Wars (VFW) essay contest. As every good veteran does, he checked his VFW cap, buttoned his jacket and walked with a purpose.

The day was already moving quickly with the Pledge of Allegiance at 7:30 a.m. and veterans began to arrive with their family members and were guided down the hall by Mrs. Tina Bernard and her team of Noise Makers for breakfast prepared by student mothers. Principal Jason Peacock had already inspected the Wall of Honor table and Vice Principal Roy Parker was at the first event in the library. Then at 9:30 a.m., the Stars and Strips flag was raised by the Connecticut National Guard with the assistance of the local Boy Scout troop. Military vehicles were parked on display in the back of the schoolyard for students and guests to view. After an intense day of classroom activities, the flag ceremony would end the day at 1:30 p.m.

Wait a minute, why is school being held on Veterans Day?

The answer can be found in an idea conceived a few years ago by Vice Principal Parker. What can students learn about patriotism, sacrifice, leadership, and honor? It turns out there is much to learn each year in November about the lives of those who have served and those who continue to serve. Parker proposed holding school on Veterans Day.

He remembers that it was met with doubt. However, the Board of Education took the chance to start something new. Now every year students are able to thank their own family veterans, learn about their efforts, and ask questions that only a veteran can answer. What better way to capture students' attention, invite veterans to partner with the program,

Continued on page EH5

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Eddie's Auto Body is Business of the Month

The East Haddam Economic Development Commission has named Eddie's Auto Body as the November Business of the Month. With ingenuity and innovation, Eddie Lupinek and his wife, Carol have transformed his father's business into a lean, mean and efficient machine.

They have always looked to improve the shop's efficiency, including equipment. He had wanted to redesign his cross-flow paint booth for years, but just couldn't figure out how to accelerate the curing process. They discovered the missing link at a trade show: a medium-wave infrared drying system. "This gave us the ability to go outside the box with spray booth design," he said.

Installing the drying system into the booth allowed Eddie to create a drive-through setup, which lets cars leave the shop right from the booth. The new renovation, which merely heats the paint film without air movement, fully cures water-based color to dry in six minutes and clear coat in ten. "It gives us a real edge in that it saves us a lot of time in moving cars through the shop and decreases bay tie-up time," said Eddie. It also uses a "clean room," which takes air from the shop's ceiling and filters it three times before entering the booth. This process generates a consistent flow of warm air, not only making the work environment more efficient but safe as well. "The body men are getting fresh air and using it first," he explained. This booth redesign also presents a huge cost savings to the shop.

The redesigned booth isn't the only innovation of Eddie's. He also takes pride in his custom bumper rack that he attached to a garage door opener. With a remote control or wall-mounted unit, the bumpers are safely lifted out of harm's way up to the ceiling, theoretically adding an extra bay of space. "Whatever can get mounted on the wall, does help," said Carol.



East Haddam Economic Development Chairman Bob Casner presents co-owners Carol Lupinek and Eddie Lupinek of Eddie's Auto Body with the Business of the Month Proclamation. At left is East Haddam First Selectman Rob Smith.

"We're always looking for ways to make the shop cleaner and run more efficiently."



Eddie also recognizes how important it is for his employees to have a clear view of what they're working on. To fulfill this need, he affixed a waterproof spray booth light to a base with wheels to create a portable, ultra-bright lamp. It even includes a handle so users can pick it up and carry it around. "It takes up very little space, about the size of a person standing, and it has an extension cord built right into it," said Eddie. "We've been on an extreme course on finding

ways to continually make the shop run better." That goal goes for the shop's operations, too. Every Sunday, cars are dropped off at the shop by 5 p.m. Eddie then draws up each car's location on a sketchpad and arranges them accordingly. "We're maximizing work area and putting two undamaged sides together so there's no activity between [two cars]," Eddie explained. The next morning, the techs come in to find each car's parts laid out and ready to go. "It saves hours every week by bringing the cars in on Sunday night," he said.

If you visit the website for Eddie's Auto Body at www.eddiesautobody.com, one of the things you'll notice is the great amount of information related to consumer rights and car repair. As the former president of Connecticut Auto Body Association and current member of its Board of Directors, Eddie feels it is his duty to protect his customers' rights by being honest and fair with them. "We educate them on their choice of the parts to be put in their cars," said Carol. The couple has aftermarket parts in the shop to show to customers, but chooses to exclusively use OE (original equipment) parts.

"I find it to be really helpful to tell the truth and tell the customers how things really are," said Eddie. "We've found that by being very transparent and truthful, the customers appreciate that. We're busy, even when direct repair shops are slow, because of our very strong customer base."

It seems that the sky's the limit with Eddie's and Carol's business. By putting customers first and educating them about collision repair as much as possible, as well as maximizing efficiency through creative inventions, Eddie's Auto Body hopes to thrive for years to come. To reach Eddie's Auto Body, call (860) 873-9044 Monday through Friday 7 a.m. to 5 p.m.



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Community Budget Forum**

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7:00pm**

**Nathan Hale Ray Middle School
Cafeteria**

Please join the Board of Education for an open forum to discuss the school district's budget process, goals and priorities.

For more information, please contact the Superintendent's office at
860-873-5090

East Haddam News

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COMMUNITY

AT THE CRAFT FAIR



Molly Bickford, left, sits with her son Thaddeus, a seventh grader who makes para-cord creations. They were attending the annual craft fair at St. Bridget of Kildare Church in Moodus. Standing with them are, from left, Kay Novinski, Alice Kostoss, Cecilia Golub, and Mary Alice Rossini—all devoted volunteers. *Photo by Honora Myers.*

CONTINUED FROM EH2

Veterans Day

Continued from page EH2
and create a tradition upon the tradition of honoring their service.

A combat engineer, missile site operator, military policeman, finance specialist, counter intelligence officer, submariners, and a clarinet player in the Army Band were all present along with current members of

the National Guard.
The Veterans of Foreign Wars, the American Legion, the Connecticut Patriot Guard, and the Connecticut National Guard are all contributing partners with the East Haddam Middle School in this annual educational event. Two other schools in East Haddam also held Veterans Day programs for students.

TO THE EDITOR

Giving thanks for EMTs

As my sister and I think of the things we are thankful for, the local EMTs are at the top of our list. We have called 911 several times this past year and each time they were so kind and skilled. They immediately turned a stressful situation into a calming, helpful scene.

Thanks especially go out to Rich Harmon, who lives so closely to our home and is here so quickly.
*Alice Hinchcliffe and Donna Carlson
East Haddam*



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St. Stephen's to host 'Applepalooza'

St. Stephen's Episcopal Church will host "Applepalooza!"—a celebration of all things apple—on Sunday November 24 from noon to 4 p.m. at its East Haddam location.

Now in its fifth year, the event brings together the community for an afternoon of cooking, crafts, games, and more at no cost to the public. St. Stephen's will have 20 cases of apples and other ingredients on hand for attendees, who only need to bring a pie plate if they want to bake an apple pie, or any other containers to bring home their treats. Those who attend will have the opportunity to make fresh cider, apple fritters and cookies, and other

apple-based items to enjoy on-site or to take home, all for free.

"Harvest time is a wonderful season to reflect on our blessings, gather with our friends and neighbors, and share the bounty of God's creation," said the Rev. Adam Yates, Rector of St. Stephen's. "The joy Applepalooza! brings to the community is always a sight to behold, and we're fortunate that we can provide nourishment and hands-on fun to East Haddam in what is becoming a town tradition."

For more information on the event, go to www.ststeves.org/event/applepalooza/ or www.facebook.com/events/808244986261315/

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Stuff a Cruiser for the Holidays

The 14th annual Stuff a Cruiser Toy Drive is Saturday December 7 from 9 to 4 p.m. in the Municipal Office Complex parking lot. New, unwrapped and unopened toys and other gifts are needed for children from infants to 18 years old.

All donations will be distributed through the East Haddam Youth and Family Services to children in the community.

Schools hold budget forum

The East Haddam public schools are holding a budget forum on Thursday, November 21 at 7 p.m. at the Nathan Hale-Ray Middle School cafeteria.

The public is invited to join the East Haddam Board of Education to discuss the school district's budget process, goals and priorities. For more information, contact the Superintendent's office, (860) 873-5090

Pisciotti new Board of Ed chair

At the East Haddam Board of Education meeting on November 6, the day after the municipal election, Marc Pisciotti was voted Chair and Karin Blaschik was voted Secretary.

Bryan Perry, who is still on the board, had been the Chair and Pisciotti had been the Secreary.

Last call for fresh turkeys

Locals looking to buy local birds for Thanksgiving can order one (or more) today, November 21, from CT Farm Fresh Express, at 24 Mount Parnassus Road in East Haddam. The store is open today from 11 to 5 p.m. Or people can order online: <https://www.ctfarmfreshstore.com>.

The birds are fresh, all natural, and free-range from Ekonk Hill Turkey Farm in Sterling and are processed right on the farm, according to Deb Marsden. Her business sells and delivers Connecticut grown produce and food products year round.

Newberry Farm on Newberry Road in East Haddam reported at press time that they were sold out of turkeys.

Our deadlines

To ensure your local news item gets in the East Haddam News, please email them two weeks prior to the issue date to Editor@easthaddamnews.org.

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Pinterest Party: Friday November 22 from 6 to 8 p.m. at EHFPL,

Get Pinspired! Make holiday crafts, including hand-made gift-tags.

Storytime: Monday, November 25 from 10:30-11:15 a.m. at Rathbun, Make a craft and listen to stories. Please register.

Magic the Gathering: Monday, November 25 from 6 to 8 p.m. at EHFPL, Newbies are encouraged, veterans are welcome. Bring a deck if you have one, or use one of our starter decks. This event is all about playing cards and having fun.

Storytime: Monday December 2 from 10:30-11:15 a.m. at Rathbun, Make a craft and listen to stories. Please register.

Ultimate Werewolf Legacy: Tuesday December 3 from 6:00-800 p.m. at EHFPL.

American Girl Club: Wednesday, December 4 from 3:30-4:30 p.m. at Rathbun.

Baby Time: Wednesday December 4 from 10:30-11:15 a.m. at Rathbun, Bring your little one to the library for simple stories, games, and songs. Please register.

Family Night on the Moodus Green: Wednesday December 4 from 6 to 8 p.m. at the Moodus Green Join your friends and neighbors for the annual Family Night on the Moodus Green for a free, fun events and activities put on by members of the local community!

Baby Time: Thursday December 5 from 10:30-11:15 a.m. at Rathbun,
Bring your little one to the library for simple stories, games, and songs. Please register.

Dungeons & Dragons: Friday, December 6 from 5 to 8 p.m. at EHFPL,

Holiday Flute Music performed by Erin Vivero: Saturday, December 7 from 3 to 5 p.m. at Rahtbun

Light Up the Holidays Auction Party sponsored by East Haddam Community Lions: Saturday December 7 from 2 to 7:00 p.m. at Rathbun, Get in the holiday spirit, place your final bids, and enjoy light refreshments and good company! All proceeds benefit local charities.

Storytime: Monday December 9 from 10:30-11:15 a.m. at Rathbun, Make a craft and listen to stories. Please register.

Baby Time: Wednesday, December11 from 10:30-11:15 a.m. at Rathbun. Bring your little one to the library for simple stories, games, and songs. Please register.


Science Club: Wednesday December 11 from 3:30 to 4:30p.m. at Rathbun.

Baby Time: Thursday December 12 from 10:30-11:15 a.m. at Rathbun.
Bring your little one to the library for simple stories, games, and songs. Please register.

Mystery Book Club: Friday December 13 from 2:00-3:00 p.m. at Rathbun. Do you like mysteries? If you answered yes, the Mystery Book Club is for you! Check the Circulation Desk, our website, or Facebook to find out our monthly selection.

Pop-Up Holiday Market: Saturday, December 14 from 9 to 2 p.m. at Rathbun. Interested in buying some handmade holiday gifts? Talented crafters from the local area will have items that will make perfect gifts and/or decorations.

Storytime: Monday December 16 from 10:30-11:15 a.m. at Rathbun, Make a craft and listen to stories. Please register.



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— ACTS 10:43





















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 <p>Lynn Gardiner 860-729-1215 lynngardiner5@gmail.com</p>	 <p>Jim Harrington 860-966-9966 jim@harrs.com</p>	 <p>Amy Howard 860-716-5475 amyhowardrealtor@gmail.com</p>	 <p>Cieara Juliano 860-227-1660 ciearasellct@gmail.com</p>	 <p>Mike Mallon 860-338-5037 mjmallon1@live.com</p>
 <p>Lynn Minnick 860-989-7267 lynnminnickrealtor@gmail.com</p>	 <p>Brian Mitchard 860-834-3204 brianmitchardrealtor@gmail.com</p>	 <p>Bill Nelson 860-395-9139 william.m.nelson@comcast.net</p>	 <p>Kelly Niddrie 860-465-7995 kellyniddrierealtor@gmail.com</p>	 <p>Christopher Passera 860-657-6578 cmpassera64@gmail.com</p>
 <p>Caitlin Reilly 203-667-7436 caitlinreillyct@gmail.com</p>	 <p>Koreen Ryan 860-250-6799 koreenryan1@gmail.com</p>	 <p>Tania Sones 860-918-5100 sonesrealtor@gmail.com</p>	 <p>Michael Varni 860-335-7380 michael@harrs.com</p>	 <p>Gladys Yeager 860-944-9772 gladysyeager@sbcglobal.net</p>
				

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Family Night on Moodus Green, plus library events

On Wednesday, December 4 from 6 to 8 p.m., join your friends and neighbors for the annual Family Night on Moodus Green.

Santa, Moodus Drum & Fife, the East Haddam Fire Department, and First Selectman Rob Smith will kick off the night on Moodus Green by lighting the town tree, followed by the annual carol sing led by the Girl Scouts.

Afterwards, kids can meet Mrs. Claus and receive a free toy at the East Haddam Free Public Library. Outside the library, Christ Community Church is hosting a Nativity Petting Zoo. Children can make reindeer food and decorate cookies at the East Haddam Little Village preschool.

Santa Claus will be at the Municipal Office Complex. Kids can write their letters to Santa as they wait, and deliver them to him in person. Santa will work on a reply as soon as he gets back to the North Pole. Special thanks to East Haddam Youth & Family Services and Parks & Rec for coordinating with Santa and his elves.

Check out these new books & movies from the libraries:

Adult Books: “Blue Moon” by Lee Child; “Find Me” by Andre Aciman, and “The Body” by Bill Bryson.

Kid Books: “Sulwe” by Lupita Nyong’o; “Goodnight Little Blue Truck” by Alice Scherte; and “Diary of a Wimpy Kid: Wrecking Ball”by Jeff Kinney.

Youth & YA Books: “Warriors: The Broken Code: The Silent Thaw” by Erin Hunter; “The Secret Commonwealth” by Phillip Pullman; and “The Toll” by Neal Shusterman.

Movies: “Fast & the Furious: Hobbs & Shaw;” “Angry Birds 2, Art of Racing in the Rain” Poldark Season 5.

Light Up the Holidays

On Saturday, December 7, please stop by the Rathbun Library during the Village Stroll to place your bids on dozens of holiday items, gift baskets, gift certificates, and more at the East Haddam Community Lions’ Annual Light Up the Holidays Silent Auction fundraiser. All proceeds go to the Food Bank, Fuel Bank, and Youth & Family Services. Food and drink will be had at 7 p.m. when the final bids are placed and the winners are announced.

Pop-Up Holiday Market

Interested in buying some unique handmade holiday gifts? Nearly 30 talented crafters and vendors from the local area will have items that will make perfect gifts and/or decorations on Saturday, December 14 from 9 to 2 p.m. at the Rathbun Library.

Salmon River Christmas Bird Count is December 15

On Sunday, December 15, the Mattabesek Chapter of the National Audubon Society will participate in the 45th annual Salmon River Christmas Bird Count.

The Salmon River Count territory includes a 15-mile diameter circle centered on the Old Comstock Bridge on the Salmon River in Colchester. The circle includes parts of East Haddam and Moodus, Cobalt, Colchester, East Hampton, Haddam, and Marlborough. You do not have to be an expert birder to participate. All are welcome! Please email one of our co-compilers Sharon Dellinger (rsdell@comcast.net) or Doreen Jezek (dajezek@gmail.com) if you would like to participate in the field, or have any questions about the count.

If your home is in the count circle and you would like to remain indoors, you are still able to participate that way. Keep an eye on your backyard and count the different birds that you see (species and numbers) on December 15. If you see anything unusual, be sure to write down as many details about the bird as you are able. Download and print A Christmas Count Tally Sheet available on our website (audubon-mas.org) and forward that information to one of our compliers. Finally, if you feed the birds in the winter, please be sure to have your feeders filled on the 15th. Happy Birding!

LEGAL NOTICES

TOWN OF EAST HADDAM
ZONING BOARD OF APPEALS
LEGAL NOTICE OF PUBLIC HEARING

The East Haddam Zoning Board of Appeals will hold a public hearing and meeting on Tuesday, December 3, 2019 at 7:00 pm at the Municipal Office Building, Meeting Room #2 to hear the following:

Appeal - #1119 – 12 Ridge Road, Gerard & Pamela Ciccarello, requesting a variance to Section 10.1 of the East Haddam Zoning Regulations to construct a garage 4.5' (drip edge is 4.5', foundation is 6') from the side property line where 25' are required. Assessor's Map 47, Lot 89.

At this hearing interested persons shall be heard and correspondence received.

Dated at East Haddam, CT this 13th day of November, 2019.
J. Gregory Daigle, Chairman

The Town of East Haddam shall endeavor to post its Legal Notices with the East Haddam News publication. In the event that the weekly publication cannot meet the Town's statutory requirements, the Hartford Courant shall be utilized to meet said statutory deadlines. Courtesy copies will be published to *East Haddam News* that may or may not be timely. The Town's website is: www.easthaddam.org.

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Wanted

Pipe-frame building with or without covering. Please call (860) 334-8788. (12/5).

Enclosed trailer 14’-16’ in length. Please call (860) 334-8788. (12/5).

Jazz & Rock LP Records. I have been a collector for 35 years. I do not resell. Call Mike, (860) 573-8678 (12/12).

For Sale

The Toro 1800 Power Curve 18 in. Electric Snow Blower is designed to move snow quickly and clean all the way down to patios, decks and driveways

while helping to eliminate clogging. The snow blower’s zip deflector provides a choice between high, low and in-between snow throwing while its 160° chute helps you direct the snow discharge in many directions. Used only twice! \$119.00 OBO, (203) 927-5744 (12/12).

Jen-weld Interior Door Slabs: Type C4000, 30”x80”, never installed, Qty 2, \$30. (860) 663-2675 (12/12).

Bilco basement doors, Size C, Fits 72 inches or 90” x 55” wide, \$500.00, call (860) 891 8643. (12/12).

10-inch Craftsman Table Saw w/side extensions. Emerson Electric era. New blade. Motor wired to 220, \$50, (860) 873-9411 Ask for Rod.(12.5)

Four Bridgestone Blizzak WS-80 snow tires: size 205/50 R17H (used for small SUV). Only one season of use last year. No rims. Asking \$450 for all 4. Please call (860) 873-1088 and ask for Becky or Sher. (11/28).

Kitchen cabinets: upper 1 by 3 by 6 feet; lower 20 by 32 by 62 inches; also glass panel ¾-inch by 35 x 78 inches, best offer, ask for Guy, (860) 873-9271. (11/21).

Troy-Bilt Chipper/Leaf Vacuum: Model 47282, 5 HP; self-propelled; attachments; all manuals; runs great; little use, \$300, (860) 729-5568. (11/21).

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CALENDAR

Ongoing

Monthly Stop The Bleed (STB) courses will be held at the East Haddam Municipal Office Complex through April of next year on the second Tuesday of each month, starting with November 12. Each class, which will have a maximum of 16 participants and two instructors, will be held in MOC Meeting Room 3 from 7 to 8:30 p.m. Classes also will be held on December 10, January 14, February 11, March 10 and April 14. To sign up for a STB class visit: <https://www.stopthebleed.org/>

Children from birth to 5 years old can gather, learn, sing, hear stories and create with others in a play-based setting on Mondays and Fridays from 10 to 11 a.m. at the Family Resource Center in the East Haddam Elementary School. The program runs through May of 2020. This no-cost registration is not required. Email or call Early Childhood Coordinator Lauren Kasperowski at lauren.kasperowski@yahoo.com or (860) 873-3296 with any questions.

Have your military service honored on East Haddam's Wall of Honor. Dedicated as a living memorial

to all our town's men and women, past and present, who served in our nation's military in war or in peace. By appointment: contact Forrest L. Anderson at (860) 873-8712 or forrest.l.anderson@mac.com

November 23

To help friends and neighbors in need this winter, stop by any of these spots to donate to the East Haddam Emergency Fuel Bank. on Saturday from 9 to noon: Two Wrasslin' Cats, Shagbark Lumber & Farm Supplies, East Haddam Transfer Station and First Church of Christ, Congregational at 499 Town Street East Haddam Donations are also welcomed via mail with check made payable to East Haddam Emergency Fuel Bank, c/o First Church, PO Box 445, East Haddam, CT 06423-0445. Assistance is awarded via referral through: Youth and Family Services (Toni McCabe (860) 873-3296), or Energy Assistance, Brad Parker at East Haddam Senior Center (860) 873-5034.

November 24

The public is invited to come to I-Park for its final

OPEN Studios of the 2019 season and for some holiday cheer. Visitors will experience a multi-disciplinary group of artists from around the globe and can also enjoy a walk of the art-filled trails. I-Park has been supporting artists from around the country and the globe since its first residency in 2001 and continues to offer fully-funded residencies to writers, composers, visual artists, film-makers, architects, etc. Visitors will get to meet these seven talented artists on Sunday, November 24 at 1 p.m. at I-Park, 428 Hopyard Road in East Haddam.

November 25 thru December 7

The East Haddam Community Lions Light Up the Holidays Silent Auction is under way. Silent auction times are on display at the Rathbun Free Memorial Library from November 25 through December 7 during regular library hours. View the over 70 items and make your bid. Additionally items may be viewed and bids placed on December 7 between 2 and 7 p.m. in connection with the East Haddam Village Stroll. A Holiday Party with refreshments will be held on Saturday, December 7, from 5 to 7:30 p.m.

BRIEFS

Community Lions Silent Auction

The East Haddam Community Lions Light Up the Holidays Silent Auction is under way. Silent auction times are on display at the Rathbun Free Memorial Library from November 25 through December 7 during regular library hours. View the over 70 items and make your bid. Additionally, items may be viewed and bids placed on December 7 between 2 and 7 p.m. in connection with the East Haddam

Village Stroll. A Holiday Party with refreshments will be held on Saturday, December 7, from 5 to 7:30 p.m.

Local student excels

Brittany Velikaneye of East Haddam, a senior studying biology and psychology, is among nearly 100 students participating in Eastern Connecticut State University's highly selective University Honors Program this academic year. The Honors Program accepts highly motivated and academically driven

students. When accepted into the program, students are required to complete several additional classes, including a capstone course in which students complete a thesis based on their academic major.

Central Connecticut State University announced these students on its Dean's List from East Haddam: **Sofia Collas, Michael Forbotnick, Jamison Hodson, Felicia Horeczy, Joseph Leach, and Emily Traceski; and from Moodus: Charles Bass, Brianne Patterson, Adam Stanulonis, and Daniel Varghese.**



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A diverse harvest at Four Root Farm

Continued from page EH1

available mostly offsite, in season at farmers markets in Madison (Wednesdays) and New Haven on weekends, as well as through pick up at the farm of orders placed with Healthy Planeat (<https://www.healthyplaneat.com>). They did the East Haddam Farm Market when it was during the week. They don't offer CSA shares. The Madison market is over for the season and one New Haven market ends at Thanksgiving and the other in mid-December.

The four partners connected in Connecticut, while working at a farm in Woodbridge, and decided to start their own operation. Aaron and Caitlin met earlier, while attending Wesleyan University, and have a young son, Ellis. Rachel is a University of Chicago grad and studied farming at the University of Vermont. Elise went to Skidmore College. Rachel and Elise are Connecticut natives. Caitlin has a day job as an architect, as a Design Director at MASS Design Group.

The foursome purchased the Miller Farm and have just completed their fifth growing season. Things are going well, but farming is not an easy occupation.

"We go home with money at the end of the season, and it's been increasing every year except last year when we stayed even," Rachel said. "We're not making what some people might consider a living wage, but we grow a lot of our own food. We're not quite where we want to be, but we're on the trajectory that we want to be on, so there's no reason to think we won't get there."

Besides Connecticut's mercurial weather, what makes farming challenging is critters, like deer, moles, voles and mice. "We have a ginormous deer



Aaron Taylor, right, puts a greenhouse together. Photo by Rachel Berg.

problem now, so we're going to invest in an eight-foot deer fence around the entire property," Rachel said. Aaron added, "It is going to cost us more than \$30,000, which is really scary, but one night the deer ate four beds of lettuce, maybe three weeks worth."

Another concern is getting enough well water to irrigate the fields. When it rains it pours, of course, but then it can get dry as a bone for weeks. One possible solution under consideration for elusive well water is a cistern system to harvest rainwater.

Four Root Farm has five large metal-framed, plastic-covered greenhouses, the largest three being 30 by 96 feet. All told, they cover about a half-acre of land, helping to extend the growing season for tomatoes and other crops.

Building and maintaining them gave Aaron an idea: he could make them himself and sell them to other farmers. He has entered a partnership with Toby Fischer of Gentle Giant Farm in Middlefield—called Connecticut Greenhouse Company LLC. They fabricate greenhouse kits and can also install and maintain them. To date, they have sold nearly 20 to Connecticut growers and plan to extend their market to the rest of New England next year. They sell for



Love at first bite: Ellis Taylor is eating healthy on Four Root Farm. Photo by Caitlin Taylor.

around \$10,000 and up, depending on what features are included; installation is extra.

With winter looming, the partners analyze the past season and make adjustments for the next one. "We do a lot of record keeping, tracking the harvest in pounds and bunches, what is selling when and where," Aaron said. "Crunching numbers affects what we plant next season and also the timing of the planting."

The partners have found East Haddam a welcoming place to put down roots. They have successfully applied for two matching grants from the Connecticut Department of Agriculture for infrastructure improvements, and they give the town's permitting process high marks. They say their neighbors have been welcoming, too. From discussion with fellow farmers, they know that not all Connecticut towns are farm-friendly.

Five years in, the small farm is getting bigger in small increments and that's the way they like it. "We feel good about how we're doing relative to how a lot of people do in this business," Aaron said. "But we still have a ways to go. We have to get more efficient. The getting-bigger trap that some farms fall into is something we're trying to avoid."



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PARKS/REC ACTIVITIES

Family Night on the Moodus Green: December 4 (rain/snow date December 5), 6-8 p.m. Holiday festivities kick off with parade, tree lighting and carol singing at Moodus Green. Don't forget to visit Mrs. Claus (free gift for each child) at the EH Free Public Library and Santa at the Parks and Rec Activity Room. Bring your wish list to share with Santa, decorate cookies at Little Village Pre-School and visit the Live Nativity and Petting Zoo.

Youth Open Gym for Grades 7-12: An opportunity for teens to get exercise and have fun with their friends in a safe environment. November 26, 2-4 p.m. and November 27, 12-2 p.m. (no bus transportation). December dates TBD. \$15.

Moving Water Tai Chi Circle Qigong Workshop- Preparing for the Cold Season: We will explore the many aspects of the Metal phase and the coming Water phase in meditation, visualization and movement Qigongs. All ages welcome. Children under 12 need to be accompanied by an adult. Saturday, November 23, 2-5 p.m., Parks and Rec Activity Room, \$45.

American Heart Association First Aid/CPR Class: Tuesday, December 10, 5:30-9:30 p.m., Parks and Rec Activity Room, \$60.

Gentle Yoga: October 30-December 11, 2019. Ages 16+, Sunday and Wednesdays: 6:30 p.m. at the Senior Center; Fridays: 10:30 a.m. at The Grange, \$65/session (1x/week) or \$10 drop-in.

Pickleball: Ages 18+, Tuesdays and Fridays 9:30 to 11:30 a.m., ages: 18+, Thursday 6:30-8:30 p.m., Sundays 4-6 p.m., Municipal Gym, \$5 drop-in or purchase Pickleball club card, 10 games for \$40.

Boot Camp Fitness: Ages 16+, Tuesday and Thursdays: 6 p.m. Saturdays: 8:30 a.m. Next session is November 19 - January 4. No class 11/28, 12/24, 12/26, & 12/31. Cost: 1 session/week \$45, 2 sessions/week \$69, 3 sessions/week \$87, Drop-in fee \$10.

Men's 30+ Pick-Up Basketball: Mondays. October 21 - December 30 (No session on 10/28, 11/4 & 11/11) 7 p.m.- 9 p.m., Municipal Office Complex Gym, \$15 for session, \$2 drop-In. Full session registration also includes admission to 18+ Basketball sessions.

Men's 18+ Pick-Up Basketball: Wednesdays 6-8 p.m. and Sundays 9-11 a.m., October 9 - December 29 (No session on 10/30 & 11/3) p.m., Municipal Office Complex Gym, \$15 for session, \$2 drop-In.

Adult Co-ed Dodgeball League: Tuesdays, October 8-November 26 (no session 10/29 & 11/5), 8-9:30 p.m., Municipal Gym, \$5 drop-in.

ARC Babysitting Course: Ages 11+, December 9, 11 and 16, 5:45-7:45 p.m., Parks and Rec Activity Room, \$60.


First Aid and CPR for Babysitters: This class is open to all who have previously taken our babysitting class. January 27 and 29, 5:45 - 7:45 p.m., Parks and Rec Activity Room, \$55.



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