

Highland Lake News

Published by the Highland Lake Watershed Association - A Nonprofit Organization Dedicated to the Preservation and Protection of Highland Lake

President's Message by Sam Sciacca

Summer 2016



As I write this (Memorial Weekend), our nearly nonexistent spring has given way for full-blown summer weather. It's 85+ degrees, and the lake is teeming with boaters, fishermen, and swimmers taking advantage of the recreation the lake has to offer on this unofficial start of the summer season.

Save the date (July 9) to attend the Annual Meeting. While many of you have come to associate HLWA with events such as the summer fundraiser, dinner dance, and picnic, our primary role/purpose is educating the public on water quality and the health of the lake. Our Annual Meeting (which is open to both members and guests) is an important element of sharing this information with the membership, and it is the most effective way you can bring your comments and concerns to the

attention of the association.

Some of you might have noticed the staging of large drain pipes at the end of Sucker Brook Road. These are part of an effort to do some much-needed repair to the dam. The dam is a "dry" dam, meaning during normal operation, no water is contained in the impoundment area behind the dam and Sucker Brook flows freely into Highland Lake. However, if major flood activity were to occur, the impoundment area would fill rather than permit a swollen Sucker Brook to flow unimpeded into the lake and then into the Still River. This serves a twofold purpose . . . providing flood control on the Mad/Still River system and preventing water-borne silt from entering the lake. HLWA was instrumental in bringing to light the condition of the dam and the need for repairs, which are now being implemented by the State and Army Corps of Engineers. Watch for more information in a future newsletter on the hydrology of the Winchester water system, which includes the Mad River, Highland Lake, Crystal Lake, and the Rugg Brook Reservoir.



We also have worked with the Town in the bidding process for the application of Diquat (which will hopefully be done before the 4th of July period). The Board recognizes the topic of applying herbicide to control milfoil, which is invasive, highly prolific and detrimental to the aquatic wildlife of the lake, remains a concern for some. But the alternative of not controlling the milfoil poses a far greater threat to fishing, boating and swimming activities. This year, as in previous years, application of herbicide will occur only in areas of major milfoil growth and will be performed in accordance with Connecticut DEEP-approved procedures.

Finally, as we approach the end of the HLWA fiscal year (June 30), I want to profoundly thank all the directors, members and volunteers who have contributed time, money, ideas and even physical effort for the continuation of the HLWA mission. Without you, none of this would be possible.

Welcome new advertisers on pages 13 and 15! And check out all our other wonderful advertisers!

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Legacy Program

by Dick Labich

Open space land acquisition to preserve our water quality, scenic views and property values

Since the Board of Directors announced the introduction of the Legacy Program in 2009, we have emphasized the importance of the program to protect the value of the lake for residents in the watershed as well as the citizens of Winchester and of the State. We have published articles in the Highland Lake News and on our website on the importance of continued environmental protection of the lake to maintain property values as well as to maintain the lake as a recreational asset for the Town. In addition to the Legacy Program, the Board of Directors closely monitors the clarity and the chemistry of the water to understand trends affecting the aging process of the lake.

The HLWA's mission is to protect Highland Lake by working to keep the water clean, protecting its value, as well as property values, for present and future generations. The Legacy open space program will help to ensure the environmental protection of Highland Lake for many years to come.

Preserving forest land around the lake limits the storm water runoff and the resulting phosphorous that serves as a nutrient for the support of weed and algae growth. Once the land is preserved, the potential harm to the lake is reduced for present as well as future generations.

In 2007, with the help of generous donations from lake residents and a grant from the State, we purchased the eight-acre parcel on the west side of the lake known as Long Pond Ridge and turned it over to the Winchester Land Trust (WLT) for its preservation as open space. In 2014, the HLWA, together with the WLT, purchased the five acres on East Wakefield Boulevard known as the Martin Property and turned it over to the WLT as open space.

Since the Legacy program began in 2009, we have closed more than 36 other properties in the watershed. The assessed value of the properties we hold deeds to is nearly \$160,000. We are also currently in the closing process on four more donations.

These donors of land are aware of our goals for preservation of the lake but realistically realize the tax benefits that are available for these donations. The HLWA also continues to receive very generous monetary donations for the Legacy program of open space as well.

I would like to take this opportunity to send along a special thanks to Thomas A. Flaherty and his colleagues who recently donated eight lots on the east side of the lake for our program. Tom has been a generous friend of the Legacy program and understands what the program means to the future of the lake.

While I am handing out kudos, I should mention our stewards who work behind the scenes, keeping an eye on the environmental protection of the properties we own as open space. It is hard work and they are devoted to protect the environment. They are Mike Peacock, Willie Platt and Mike DeClement.

It should be noted anyone considering a donation to the Legacy program should make out a check payable to the "HLWA Legacy Program" and send it to P.O. Box 1022, Winsted, CT 06098. Before considering any donation to the Legacy Program, you should consult your tax accountant or financial adviser. If you have any questions, please call me at 860.738.0167.



Picture of an immature eagle with a fish in its talons taken on May 11, 2016.

HLWA Board of Directors

Sally Carotenuti	860.803.2344
Fran Delaney	860.379.7701
Ray Fugere	860.738.9781
Dick Labich	860.738.0167
Pat Masucci	860.379.2303
Rosy Molinelli	860.379.5495
Beth Papermaster (Vice President)	860.238.7695
Terry Platt	860.379.0017
Jill Ricci (Treasurer)	860.324.7631
Sam Sciacca (President)	203.464.5703
Clare Stevens	860.379.1596
Carol Zacchio (Secretary)	860.379.3267

Email us at hlwa@snet.net

Website: www.hlwa.org

Visit our **Facebook** page and "Like" us!

Water Data Collection Update

Rosy Molinelli, Water Testing Committee Chair

The 2016 Water Testing Program has already begun!

Prior to its inception, a great deal of data review, planning, and ongoing communication has taken place. HLWA President Sam Sciacca and the Board of Directors, Dr. George Knoecklein - Northeast Aquatic Research Analyst, Shirley Allshouse - Chair of the Town of Winchester Water Level Committee, and the HLWA Water Testing Committee have all participated in a group effort to examine and refine the water testing program of the HLWA.

Our common goals were to clarify the distinct roles of the Town Water Level Committee and the HLWA Water Testing Committee - including the separation of Town budget line items, clarification of Dr. Knoecklein's individual contractual roles with the Winchester Water Level Committee and the HLWA Water Testing Committee, and, most important, ensuring accurate record keeping and water testing procedures are in place.

In 1997, the Winchester Board of Selectmen created an advisory Water Level Committee. Its charge was to create a long-term water level policy for Highland Lake which would be presented to the Board of Selectman for acceptance or rejection. If accepted, it would then be forwarded on behalf of the Town of Winchester to the Inland Wetlands and Watercourses Commission (IWWC) for a permit. This Commission is the agent of the State of Connecticut and controls the diversion of water from a public body of water such as Highland Lake. It is important to note the Public Works Department implements the policy as permitted by the IWWC. At some point, for an extended period of time, an HLWA Director served simultaneously as Chair of the HLWA Water Quality Committee and as Chair of the Town's Water Level Committee. Eventually, funding for both Committees became necessary and the Town accepted requests under the budget line "Highland Lake" for both entities. This commingling of funds resulted in an unintentional and inappropriate process that had potential for mishap since the individual committees were drawing from the same line item.

At a recent HLWA board meeting, President Sciacca brought this issue before the board. To avoid any potential confusion, the board directed President Sciacca to request a separation of budget lines. Sam Sciacca, together with Shirley Allshouse, worked cooperatively with the Town of Winchester to separate our individual budget lines and clarify the role of Dr. Knoecklein with each respective entity. Their efforts were successful.

Water testing is conducted by the Water Testing Committee each month, beginning in May, when lake water is completely thawed, through the month of October. The November and April testings are performed by Dr. Knoecklein.

In an effort to ensure the HLWA's testing program is effectively implemented, Dr. Knoecklein and an assistant will be joining our

HLWA Committee for its May Testing Program. He will be assessing our current equipment, providing instruction for new participants, and supervising our water testing procedures. The HLWA Water Testing Committee is excited to have Dr. Knoecklein literally "On Board" and is looking forward to providing our members with ongoing information on the efficacy of Highland Lake water.

HLWA Annual Meeting

The 57th Annual Meeting of the Highland Lake Watershed Association will be held on July 9 at 9:00 a.m. in the Franciscan Center, 31 Oak Street, Winsted. Registration will be from 8:15 to 8:45 – come early to enjoy some refreshments supplied by Dunkin' Donuts.

Featured speakers will be Robert Geiger, Town Manager, and William Fitzgerald, Chief of Police. There will be time for questions and answers, but we suggest you submit your questions ahead of time to hlwa@snet.net to facilitate more time for discussion.

Special Tribute to Bob Moore

We will also be honoring the memory of Bob Moore, who was a special friend of Highland Lake and countless people in our community who knew and respected him. Let's come together to pay tribute to this amazing man and his family.



Swimming and Quiet Hours

Highland Lake's state-imposed boating regulations require powerboats observe a six-mile-per-hour limit during certain times of the day. These periods of time, which are also known as "quiet hours" or "no wake period," are one half hour after sunset (Monday – Saturday) to one half hour before sunrise of the next day, and 5:00 p.m. Sunday afternoon to one half hour before sunrise on Monday.

Many people use the evening period, particularly on Sunday afternoon, to swim in the calm waters this regulation produces. There may even be a temptation to swim substantially far from shore. However, swimmers are cautioned they may be very difficult to see in the water (particularly at dusk), and a powerboat traveling at 6 mph can still present a very dangerous situation to a swimmer. An additional point of concern is many boaters who are out during the 6-mph restriction period often cruise closer to shore than other faster boating activity.

Swimmers are advised to be aware of boating traffic and take precautions to be as visible as possible if swimming further off shore. Boaters are reminded there can be activity in the lake other than boats at any time and to remain alert for swimmers and objects in the water, both during unrestricted and restricted (6 mph) boating periods.

Blue Circle Award

by Clare Stevens



One of the precursors to spring's arrival is our annual appeal for nominees to be recognized as having landscaped their lake property in an environmentally protective and enhancing manner. Several years ago, HLWA began presenting the Blue Circle Award to an HLWA member/family that demonstrates "best management practices" on their property. Likewise, the State of Connecticut Department of Energy and Environmental Protection has awarded HLWA the Green Circle Award for such projects as the biannual road cleanups on the entire perimeter of the lake.

I am always pleased to see so many of you who not only take pride in the appearance of your roadside and lakeside land but find creative ways to reduce erosion on the steep slopes of our glacially formed lake. Below are some of the ways you can enhance the beauty of your land and do your part in preserving the water quality of Highland Lake.

- Look at your land carefully and notice if there are areas where erosion is evident. Torrents of rain will carve out troughs, move soil and silt into the lake and add to the filling of the lakebed and general degradation of the water quality.
- Assess the slope of your land and think of ways to break the surface flow of water that erodes soil into the lake. Plateau the slope of your land with dividers such as rocks, pavers and railroad ties. Plants that develop extensive root systems, such as hostas, can border dividers and absorb surface runoff water.
- Since impervious surfaces prevent precipitation from being absorbed into the ground and enhance the likeliness of erosion, reducing the amount of surface area you cover with asphalt, cement, house and garage structures, etc., is very beneficial (smaller is better). Alternative materials include pavers, gravel, mulch and ground covers such as pachysandra and ivy. Use your imagination and create designs with interesting shapes, colors and levels.
- Divert water coming from roofs by channeling it into dry wells at the corners of your home/garage, catching it in rain barrels or using curtain drains. Check gutters and clean them out regularly so they'll work effectively.
- Eliminate the use of phosphate-containing fertilizers. Have your soil analyzed to determine the appropriate type and quantity of fertilizers you might apply to your yard or garden to support healthy plant life. Try composting to add natural, indigenous nutrients to your soil. Soil-testing kits are available for \$8.00 from Litchfield County Cooperative Extension Service at the Torrington Branch of UConn (860.626.6240).
- Reduce lawn size by creating "buffer gardens" near your waterfront. Plant ground covers, decorative grasses or low-growing shrubs; they will take up phosphorus before it enters the lake and be a last-stop measure to deter erosion.

I view the area of our yards facing the lake as a life preserver. It is the ring around the perimeter of the lake that is the final area with the opportunity of reducing the impact of erosion and curtailing the input of phosphorus, nitrogen and chemicals such as pesticides and power-washing ingredients. Thus, **if you notice a neighbor who is demonstrating good "stewardship" of our watershed, please take the time to let us know.**

Nomination/Application for HLWA Blue Circle Award

Name _____

Address _____

Phone _____ Email _____

Please write a brief description of the actions you or your nominee take that demonstrate your stewardship of Highland Lake. Refer to examples above or others you may think of.

If you have any pictures that show the stewardship activities, they would be very helpful. Please include them with this application. **The application deadline is July 1.**

Please email your application to hlwa@snet.net or mail to Highland Lake Watershed Association, P.O. Box 1022, Winsted, CT 06098.



Highland Lake Nature

by Mary Barbro

It's spring, so it's baby animal time. A couple of times now I've seen the proud geese parents with their newly hatched little balls of yellow fluff. There's also a mama bear in my neighborhood with two little ones who accompany Mom on garbage can raids on Boyd Street, and I hear they like to romp in the vacant lot at the end of Woodland Avenue. No tags on this mother bear. There are five little skunks following their mama in this area as well.

My copy of *All Animals* put out by the Humane Society of the United States arrived yesterday and had a feature on skunks. The article mentioned wild animals understand the language of skunks - the raised tail, foot stamping, lowering of the front end - so they take heed and don't have a problem with getting sprayed. The little black and white creatures are terrified of the excitable behavior of dogs. These gentle animals are not looking for a fight. They try their best to get a predator to go away and spray only when nothing else works. Baby skunks only a few inches long start practicing their feet stamping and eyeballing their targets while curling into a U shape to display their business ends. They'll charge their litter mates, then slam on the brakes and fall over because they are not yet coordinated. They would, however, rather run than spray and only do so when they fear for their lives.



The article stresses skunks are a great form of pest control. They eat grubs, mice and baby rats, and just their presence deters a lot of rodents. They like grasshoppers and beetle larvae. Usually you can just safely sit back and enjoy watching this little creature. However, if something goes wrong and you or your dog do get sprayed, they recommend using this neutralizer: *a quart of 3% hydrogen peroxide, one quarter cup of baking soda, and one teaspoon of liquid dishwashing soap.*

On another note, it's nice to be able to report a happy human/animal interaction. This is a situation where people working together really helped out a pair of ducks on Highland Lake. The first animal helpers were the people who noticed what had happened to this unfortunate pair of ducks and wanted to help. They saw the female had a fishing hook through her bill and had a long piece of line dragging behind her. The male had ended up with a piece of this line wrapped snugly around its foot. The two onlookers whose names I don't know but whose actions got the ball rolling to helping these poor creatures called a wildlife rehabilitator to report the situation. This rehabber had just recently become acquainted with Terry Platt, whom she contacted to look into the situation for her. Terry sent her husband Willie to check out the situation, and he was able with some time, effort and assistance from a couple of fishermen in a boat to actually remedy this situation. It was not easy to get such frightened creatures to succumb to being helped, but the very happy and grateful male duck was cut free from the line and the hook was removed from the even more terrified female. Hats off to all

involved having the compassion, wherewithal, fast thinking, and common sense to see this difficult situation through to its fortunate ending.

While wildlife rehabbers are the ones to call in these situations, sometimes we come across a situation that demands our attention. Thank you to all involved for giving it your attention. If you see something happening that requires intervention you can't provide or involves wildlife, here is a website (CT DEEP Dealing with Distressed Wildlife) with ways to deal with distressed animals and contact information for the appropriate wildlife rehabilitators. http://www.ct.gov/deep/cwp/view.asp?a=2723&q=326228&depNav_GID=1655.

We all need a little help sometimes.

Membership Services Report

by Patty Masucci

Calendar of Events

June 3 – 5 **Laurel Festival** – We are sponsoring a Laurel Festival king candidate - Jake Wendel from Gilbert High School. He is a senior, plays basketball and soccer and has many school activities. He has a 3.6 GPA and will matriculate at Western New England University in Springfield, MA. Janet Closson is in charge of our float in the Laurel Parade – I am so excited for us this year!

July 9 **Annual Meeting**– The new Police Chief will be addressing us this morning, in addition to the new Town Manager. Come early for coffee and donuts.

July 9 **Boat Parade** – Come and participate in the annual boat parade around Highland Lake. It begins at 8:00 p.m. at Holland Beach and will proceed around the lake in a clockwise pattern. Decorated boats will be judged on originality, etc., and one prize will be awarded to a land group that has parried and decorated. Prizes will be given in other areas - keep an eye on our Facebook page and website for that information!

July 16 **Evening on Highland Lake** – Pizza and Pints at the home of Karen and Stew Jones, 201 East Lake Street. This is our major fundraiser, so please plan to come - because if you come, you help your lake!!

August and September – no events planned yet.

October - we will have another fall cleanup campaign. Details will follow in the next newsletter.

Membership Services is looking for more people to join our group. The more volunteers you have, the merrier it will be - and many hands make less work! With those thoughts in mind, you just might find you are not as busy as you thought and you might feel like helping. If you want to meet some of your neighbors, this is the place to do it. Right now I am looking for someone with a boat to act as a **judges for the boat parade**. I have signs for your boat and instructions for whomever volunteers. I will provide prizes for the winners. It is a fun event, and all the lake residents watch for it to proceed around the lake.

Second Annual HLWA-Morsel Munk Photo Competition

by Beth Papermaster

The Highland Lake Watershed Association and Morsel Munk are proud to announce the second annual HLWA-Morsel Munk Photo Contest. Get out your cameras and start snapping shots of Highland Lake - wildlife, water action shot, fishing, family fun, etc.!

To enter, email your digital photo to bbpapermaster@comcast.net. Please include your name and the title of your photo. **No professional assistance or photo editing allowed.**

The deadline for submissions is midnight on Saturday, August 5, 2016. Winners will be announced Saturday, August 12, 2016.

Awards will be presented as follows:

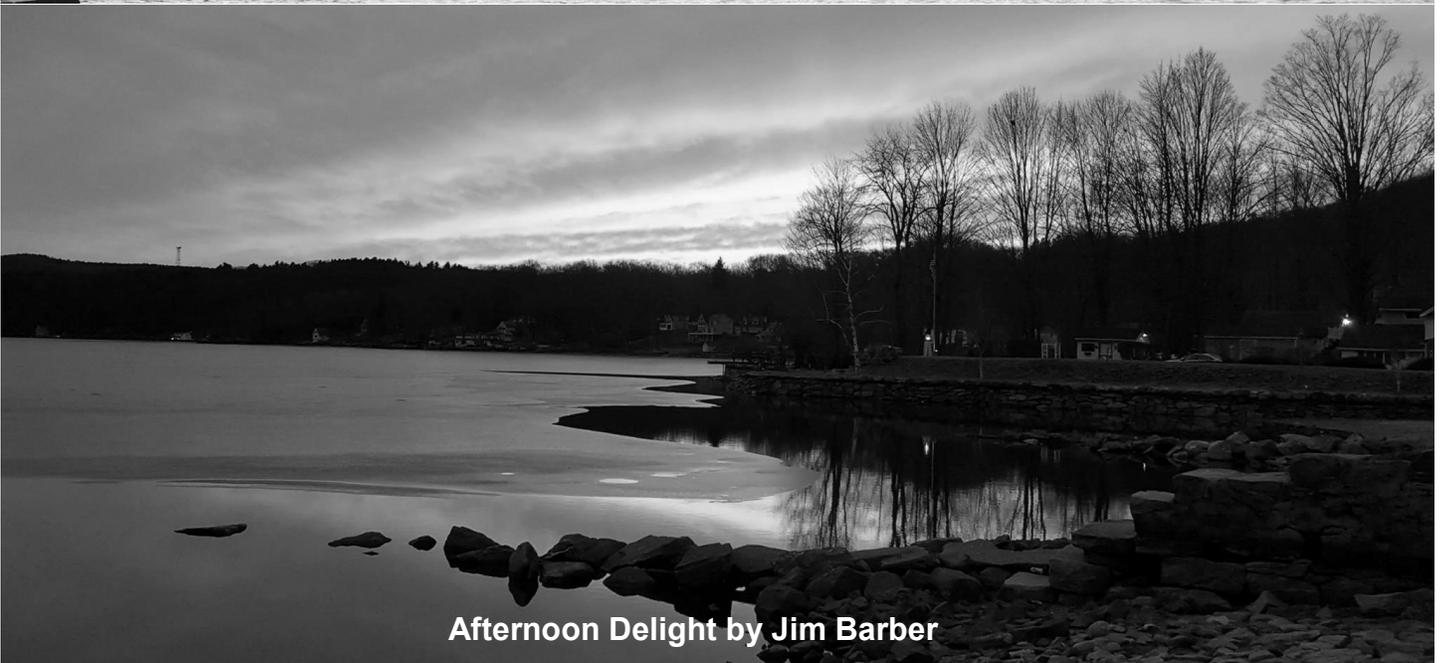
First Place: \$75 gift certificate to Morsel Munk
Second Place: \$50 gift certificate to Morsel Munk
Third Place: \$25 gift certificate to Morsel Munk

All photos may be featured on the HLWA and Morsel Munk websites, Facebook pages and other forms of communication. Below are two of this year's pictures.

Questions? Contact Beth at bbpapermaster@comcast.net.



Toy Time by Alan MacDonald



Afternoon Delight by Jim Barber

Volunteerism in the City of Winsted

by Jean Labich



Where would the boards, commissions, clubs (school and church), sports programs and other activities in our Town be without its volunteers - energetic, selfless, passionate, intelligent people? (There's a song in there someplace.)

An organization I have been connected with is the Open Door Soup Kitchen here in Town, and there are at least four other lake residents who volunteer. Carrie Delaney, the President of its Board of Directors, has written the following history of the Open Door.

The Open Door Soup Kitchen was founded on October 1, 1991 by a group of individuals, specifically Anna Harding (who ran the local Salvation Army). Mrs. Harding felt everyone should be able to enjoy a fresh home-cooked meal daily, with no questions asked as to why they were in need. She and a group of like-minded individuals came up with a plan to start a local soup kitchen.

After searching for a central location of operations, they contacted St. James Church and were able to secure a lease. The mission statement was quite simple: anyone could walk into the Open Door and receive a fresh-cooked meal daily with no questions asked. The mission statement remains in place today.

In the early days of operations, bagged lunches were donated by Winsted Memorial Hospital. A group of women who were working in the kitchen decided this was a ridiculous way to run the kitchen. Menus were drawn up and meals were created, and not just any meal but delectable entrees such as chicken parmesan and homemade soups and breads.

The Open Door runs entirely on donations; no Federal, State or local funds are used for operating costs. The Open Door receives monetary donations from local businesses and individuals. The Open Door is run entirely by volunteers. Twice a week, Regional #7 sends some students to assist with our daily operations; this teaches these young people necessary life skills. There are also two managers who oversee daily operations. The Open Door is governed by a board of directors who meet bimonthly.

The Open Door serves an average of 11,500 people yearly. In addition to feeding people, Community Health and Wellness of Torrington sends a health care worker to the Open Door on Wednesdays to ensure anyone in need of a doctor, dentist, or pharmacist is directed to

the right facility. On Friday, a representative from the Snap Program is at the kitchen to make sure everyone in need of food stamps has their paperwork in order.

So to sum things up, the Open Door serves an average of more than 11,000 meals yearly. All operating costs are covered by donations - electric heat, air conditioning in the summer, miscellaneous repairs, and a Christmas party in December with gifts and bags of groceries. The mission statement stands: The Open Door is open and available to anyone in need of a fresh-cooked meal daily, no questions asked, and free of charge.

This is only one of many opportunities the Town of Winchester gives us for volunteering. So perhaps it's time to stand up, raise our hands and be part of Winsted's success.

P.S. The Soup Kitchen always needs volunteers!!!

Boat Parade

by Patty Masucci

The HLWA annual boat parade will again take place the same day as our annual meeting - July 9. Please attend the meeting and then go home, decorate your boats and enter the yearly boat parade contest.

The parade will start at 8:00 p.m. at Holland Beach and proceed in a clockwise direction around the lake.

Prizes will be awarded - Landlubbers (for a display along the shoreline), Most Original, and Judge's Choice, for example. Check out our Facebook page and website for a complete listing when it's available. Now get creative - put on your thinking caps and come up with some wonderful, fun decorated boats and property. (Below is the Tiki Bar from last year!)

You can vote on the boat *you* like! Either go to our website (hlwa.org), follow the instructions, and click on the link provided; or go to our Facebook page (Highland Lake Watershed Association) and click like on the picture of the boat you like best.

Let's get the **spirit** moving across the waters of Highland Lake!! Get creative and win!!



Grinder Pump Reminder

For those of us on the lake with a grinder pump sewage system, it is important to remember that cleaning products which are advertised as "sewer safe" can still be a problem. Many products that are safe for a gravity sewer system can cause the grinder pump to jam up. Of particular concern are fibrous material such as disposable wiping cloths. If you do have a problem with your pump, the red light on the junction box will light up. If it does, call the Town Public Works to arrange for the situation to be remedied. A nonfunctioning pump can result in raw sewage entering the lake - as well as spoil your weekend plans and create a nasty cleanup problem on your property.

Did You Know?

- ◆ Most lakes last only a few thousand years and then disappear.
- ◆ In the last 15 years, more than 100 lakes have disappeared due to drought and heavy demand for irrigation.
- ◆ Most of the world's lakes are in Canada, Alaska, Russia, Sweden and Finland.
- ◆ The study of lakes, ponds, and other freshwater bodies is called limnology (pronounced lim-NOL-o-gee).
- ◆ A do-it-yourself lake science app is available from the National Science Foundation. You can download it from Apple iTunes.
- ◆ The difference between a lake and a pond is a pond has a relative uniform temperature throughout. In summer the difference between the surface and bottom of Highland Lake can differ by 40 degrees!
- ◆ Lakes tend to release more carbon dioxide to the atmosphere than they absorb, making them net sources of greenhouse gasses.

How We Do It!

Did you ever wonder where and how HLWA gets our information on lake management and water quality? One important source is through our membership in the North American Lake Management Society (NALMS). NALMS make a wealth of information available to members with regards to watershed preservation, water quality testing, certification of lake managers and lake professionals, and other useful resources. They also serve as a good bulletin board for lake-related activities. A quick look at their website (www.nalms.org) shows that in July there will be a national Secchi Dip In event. Data from over 7,000 waterbodies will be uploaded into a database to compare water quality around the country.

They also discuss Lake Observer, a mobile application launched in July 2015. It has streamlined the way research and citizen scientists record and share water quality data while working in the field. The Global Lake Ecological Observatory Network (GLEON) has made Lake Observer available for Android (Google) and iOS (Apple) devices and is partnering with the U.S. Geological Survey and Esri to innovate new mapping and data-visualization features.

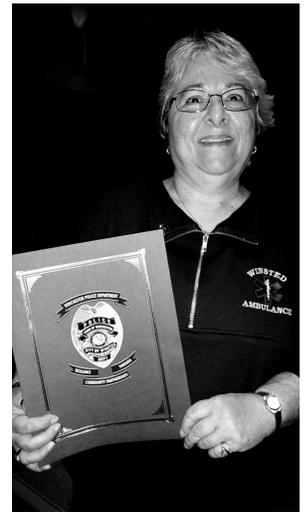
HLWA will be looking into how we can participate in these programs to improve our water quality stewardship.

HLWA Board Member Recipient of Police Award

Sally Carotenuti, an HLWA board member and former treasurer, received an award in the Winchester Police Department's Awards held on May 18, 2016. Sally received the award in recognition and appreciation for her "professional response and emergency medical care to an unresponsive citizen on July 20, 2015, which resulted in that person's life being saved."

Sally acted in coordination with the other responding officers and emergency medical personnel, who were directly responsible for saving the life of this individual. Her actions "demonstrated great teamwork as well as exemplary service in not only saving the victim's life, but also in their consideration for the family members present . . ." She was awarded the Department's Civilian Life Saving Award.

Sally has been a volunteer driver for the Winsted Ambulance Association for four years.



***YOUR AD COULD
BE HERE!***

Email hlwa@snet.net for details

Spring 2016 Cleanup



The HLWA spring cleanup this year was held on April 24. As you can see from the picture below, we had a large turnout! Not everyone was able to come to the luncheon held at Dick and Jean Labich's house, where that picture was taken, and we missed those who didn't make it.

The picture on top is of the kids from Forman School, with their teacher Brooke Crossman on the right. On the right is Celeste Bergamo, who went above and beyond the call of duty in her first time volunteering for the cleanup. She brought her rake and clippers and really prettied up the area!



An Evening on Highland Lake

the 12th annual benefit for the
Highland Lake Watershed Association Presents...

Pizza and Pints

SATURDAY, JULY 16, 2016

6:00-9:00 P.M.

201 East Lake Street

Home of Stew and Karen Jones

Brick Oven Pizza

Beer & Wine Tasting- courtesy of Ledgebrook Spirit Shop

Music by Keybar,

Auction & Contests, and more

\$60 per person

Questions? Please contact bethpapermaster@gmail.com

Please clip this response card and mail by July 8 to:

HLWA, PO Box 1022, Winsted, CT 06098

We will attend

We are unable to attend but would like to make a donation

Name(s): _____

Address: _____

City: _____ State: _____ Zip: _____

Telephone: _____ Email: _____

Enclosed is a check, made payable to HLWA, in the amount of: \$ _____

Tickets will not be distributed; names will be held at the door



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Recipe Corner

by *Marlene Rouleau*

Here's an easy late spring/early summer meal using wild caught salmon (fresh or frozen) and tender spring asparagus with pasta.



Salmon and Asparagus Pasta

Marinade for Salmon (or other fish)

2 tbsp. olive oil
2 tbsp. balsamic vinegar
2 tbsp. lemon juice
2 tbsp. Kikkoman's Teriyaki Sauce
2 tbsp. chopped parsley or dill
2 tbsp. drained capers (optional)
3/4 lb. salmon

Preheat oven or grill to 425°. Line baking tray with foil. While oven or grill is preheating, marinate fish 15 minutes. Cook salmon 12 minutes or till cooked through.

Asparagus Penne Pasta

1/4 lb. pasta
2 tsp. olive oil
1 cup sliced sweet onions
1/2 lb. fresh asparagus, cut into two-inch pieces
Salt and ground pepper to taste
2 tbsp. grated parmesan cheese

Boil 3 to 4 quarts water. Meanwhile, heat oil in a large skillet. Add onions, cook 5 minutes or until golden. Add penne pasta to boiling water. Cook 5 minutes. Add asparagus, cook 3 to 4 minutes. Add 1/4 cup pasta water to skillet, drain pasta and asparagus. Add to skillet. Toss with salt and pepper and sprinkle with parmesan cheese.

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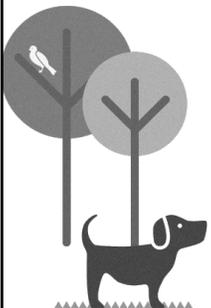


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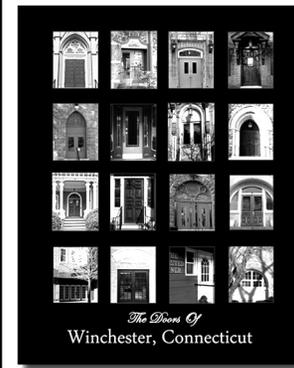
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