

# Highland Lake News

From the Highland Lake Watershed Association - A Nonprofit Organization Dedicated to the Preservation and Protection of Highland Lake and Its Watershed

Winter

2019-20

## President's Message by Beth Papermaster



Flying Through Summer - that is the title of the 1st place photo in this year's Morsel Munk/HLWA photo contest. This wonderful photo captures the joy that I think we all feel when we take that leap, go flying through the warm air, and are just about to splash down into the refreshing water. (See pages 8-9 for other contest winners.)

The seasons on Highland Lake fly by far too fast! We blink and summer is over. As we put away our summer lake toys, we can't help but be a little sad. But then the beauty of fall descends and the lake is surrounded by magical colors. Winter is close behind with colder and shorter days. But then our lake freezes and winter activity bursts on the ice - snowshoeing, ice fishing, ice skating and walking from one end of the lake to the other "on the water." Spring returns before long, and as the ice melts, green and growth explode and we are thrilled to know that summer will return soon. So the cycle begins again and we are fortunate to enjoy Highland Lake in all its glory throughout the year.

I hope you enjoy the wonderful contest photos featured in this issue of Highland Lake News. Thank you to everyone who submitted photos. Selecting winners was incredibly difficult and we hope to share more of the submissions throughout the year.



**Flying Through Summer** by Jennifer Speziale

On behalf of the HLWA Board of Directors I wish you and your family a Happy Holiday and peace, love and joy in 2020.

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## On the Ice at Highland Lake

by Sam Sciacca

With winter coming, soon our thoughts will turn to activities on a frozen lake such as ice fishing, snowmobiling, skating, and XC skiing. It's hard to predict how well the lake will freeze to enjoy these activities. Within just the past five years, we've seen a winter with 20" of ice at its maximum and a winter in which the lake surface barely skimmed over. One of the questions that always arises is how safe is the ice based on a certain thickness? One resource on this topic is published by the Minnesota Department of Natural Resources (DNR). It can be found at the following URL: <https://www.dnr.state.mn.us/safety/ice/thickness.html>. There are also some pointers on ice safety, including useful tips on how to assist someone who has fallen through the ice. If you plan to enjoy the lake when it freezes over, you may find the material on this website very helpful.

Another winter topic that arises is the use of a bubbler around a dock to prevent freezing and subsequent ice damage to structures left in the water for the winter. Currently, Winchester has no regulations regarding the use of bubblers. If you do intend to use a bubbler, consider the following as a courtesy to both neighbors and recreational users who might venture into the area near your property from the lakeside.

- \* Operate your bubbler on a timer so it runs for the minimum time necessary to keep your dock clear. Operating longer can create open water or thin ice in your neighbors' littoral area, denying them access to the ice sheet. Also, excessive use of a bubbler can create thin patches of ice a great distance from your dock.
- \* Post "Danger: Thin Ice" signs to alert people approaching from the lake side that ice may not be as thick as expected.
- \* Install a yellow flashing light on your dock to alert people at night or in poor visibility that caution should be exercised. NEVER use a red light, as from a distance a snowmobile or ATV user might think it's another vehicle and come over to investigate.

A frozen lake can offer many opportunities for recreation, but please remember the lake surface is not patrolled in winter. Additionally, neither the city nor the state attempts to report on ice conditions to provide an assurance of safety. The Minnesota DNR website says it best:

"Your safety is YOUR responsibility"

## Mugging at the Town Hall

There are so many people who work tirelessly, and largely unseen, who keep the Town of Winsted humming. Our Highland Lake community is the beneficiary of their hard work. HLWA expressed our thanks to many town employees with a small token or our appreciation - a travel mug with the HLWA logo. It is our hope when enjoying a nice cup of tea or coffee, our friends in town will know they are appreciated.



The message on the note accompanying the mug read: On behalf of the Highland Lake Watershed Association Board of Directors and Members, please enjoy this small token of our appreciation for all you do on behalf of the town and its residents. Your hard work and dedication help make Winsted a safe, well run and growing place to live. We are grateful for our partnership with the Town of Winchester to preserve and protect Highland Lake.



Rhonda Roy, Caitlyn McSherry, Sheila Sedlack, and Janice Flaherty



## Fall Cleanup

by Anne Lippincott

Love of the lake drew more than forty people of all ages to Resha Beach on Sunday morning, October 6, for the semiannual Highland Lake cleanup. Everyone was there to socialize, fuel up with coffee and donuts, and gear up with gloves and garbage bags! Lively conversations ensued regarding what items would be found this time while cleaning up. There is always a wide variety of items found, but it was noted by many that small bottles are sadly in abundance around the lake.

A huge thank you to everyone who showed up to help clean around our beautiful lake. It is always great to see a bus full of students arrive from The Forman School ready to tackle the job! And it is equally great to catch up with lake neighbors before setting off to clean. At the end of the weekend, there was a huge pile of black garbage bags for the town truck to pick up - thank you!

Although this event is held twice a year (spring and fall), it is not uncommon to see individuals walking and picking up trash throughout the year. Thank you to all who set an example of how to preserve the lake and its watershed!

See you all in the spring!



## Litter Pickup at Highland Lake

by Jen Perga

Did you know plogging is a thing? No, it's not dancing in wooden shoes - it describes picking up litter while jogging and comes from Sweden where the term is actually "plocka upp." Why not try a combination of jog-walking and picking up trash here at Highland Lake?

When the HLWA conducts its biannual cleanups, volunteers have noticed quite a bit of garbage where people walk from West Wakefield Boulevard to fishing and swimming areas. The Winchester Land Trust, in partnership with HLWA, recently placed signs on the trails reminding visitors to "carry out" whatever they "carry in" on the land trust land.



I see more and more people walking with bags as they exercise at Highland Lake. Thanks to all of you. Let's get some exercise and cleanup our environment and join those already plogging.



## Water Level Policy

This year (2019), the drawdown will be maintained at 3 feet until the ice is sufficiently off the lake in the spring.

Drawdown for 2020 begins on October 1, 2020 to a maximum level of 8 feet down. If the gate is not already closed, it must be closed on December 30 to allow the lake to rise to the level of 3 feet down. As in this year, the 3-foot level will be maintained until the ice is sufficiently off the lake in the spring.

If you plan to do any work on your wall or dock during the 2020 deep drawdown, be sure to contact the Inland Wetlands and Watercourses Committee at the Town Hall to determine if a permit is required.

## Legacy Program

HLWA continues to grow with the recent acquisition of .6 of an acre of land on Philmar Road. This parcel of undeveloped land will remain as open space and will continue to protect Highland Lake. HLWA purchased this property at a very reasonable price thanks to the generosity of the heirs of Blanche McCarthy Sewell.

Blanche I. McCarthy Sewell, 86, of Torrington, CT, died this past May. She was the beloved wife of R. Malcolm Sewell for 23 years.

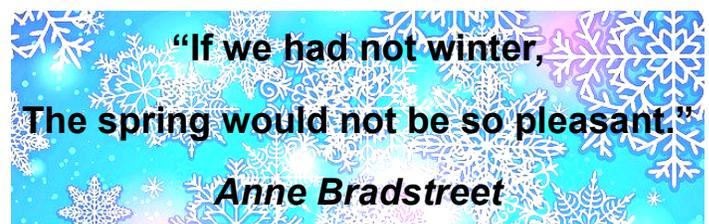
Blanche was committed to her community, she was the Director of the Blanche McCarthy Senior Center until her retirement, and she was a longtime active member with the Girl Scouts, Grange, as well as the Lions Club where she received the highest award. In her role as Director of the Senior Center, Blanche introduced many programs and services that continue to benefit older adults and people with disabilities who live in Winsted.



In addition to her husband Malcolm, she is survived by her three children, Vincent Ciriello, Deborah Ciriello and Christine Schick and their families.

Over several years, Blanche acquired small adjoining lots on Philmar Road. This land, located in the southeast area of the Highland Lake watershed, contributes to the land owned by HLWA and forms more of a protective buffer of the lake.

While Blanche did not live at the lake, she visited many of her friends who had cottages here. She considered herself a "country girl" at heart and cherished nature. We are incredibly grateful to Deb Ciriello and her family for facilitating HLWA's purchase of this land. It will serve as a beautiful legacy to Blanche.



## Highland Lake Life

by Nicole Welton



Back in 2006, when my parents told my sister and I we would be getting a lake house, I didn't really think much of it until they brought us up to see it. Immediately it captured my interest, and I knew we were going to love this place. 13 years later, it's my favorite place to be on this earth. I can't even begin to describe the joy it brings to my family and our friends. The lake has its own vibe - you can't feel it unless you are there. Days out on the boat, taking the jet ski out for a spin, the crazy tube rides where you can't stop laughing because it's so much fun . . . the countless get-togethers and parties with family and friends make this place so special.

"Lake Life," as we call it, has its own meaning. It's different from being at the beach. Summertime is the best time to be around the lake. The water is the warmest then, and the lake gets the most action. Music is heard playing from boat to boat, water sports such as wake boarding, water skiing and wake surfing take place. New friends are made and new memories happen every day. We sit around the fire roasting s'mores and talk about anything. You can see the stars so perfectly in the sky on the lake, it's breathtaking. Sitting at the end of the dock looking up into the night sky is something I truly enjoy doing. We are so little on this earth, it's incredible.

Autumn is even more beautiful around the lake. All the foliage and colors make the beauty stand out even more. You can still enjoy boat rides and everything else until it gets too cold.

Winter isn't so bad on the lake either. Winter activities take place that bring out a whole new joy to some people. Snowmobiling, ice hockey and ice fishing are just some activities that are fun to do. One of my favorite things to do on the lake is walk on the water when it's all frozen. It's like you're in a different world, walking across to the other side.

The snow sitting peacefully on the ground makes a perfect, cozy winter scene - especially when you have the fire going with some hot chocolate.

As much as winter isn't so bad, everyone is secretly wishing for it to be summer again. Long winter months turn to warm spring days and then to hot summer days. Paddle boarding on the water is one of my favorite activities to do in the summer. There is something about gliding across the water by yourself or with a friend that is just so relaxing. Usually I'll take a break and jump in when I get too hot. It's a great workout as well, might I add. The people who live and visit this lake all have one thing in common, and that is we love the lake and we cherish it so much. People who haven't experienced lake life really should, because the lake is one of the best places to be.

I could go on and on about the lake, but the last thing I'll say is it's a very special place, and I'm so thankful my family lives on Highland Lake, because some of our best memories have taken place here and will continue to take place. It's one of a kind, and it has my heart forever.

### Winter-Time

*Robert Louis Stevenson*

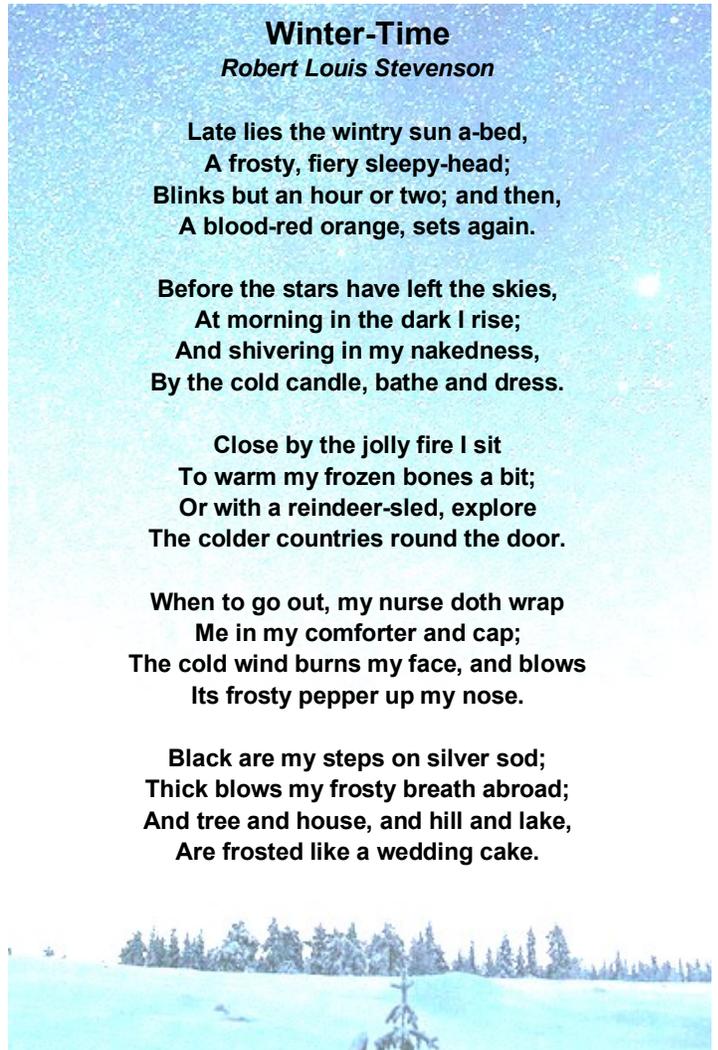
Late lies the wintry sun a-bed,  
A frosty, fiery sleepy-head;  
Blinks but an hour or two; and then,  
A blood-red orange, sets again.

Before the stars have left the skies,  
At morning in the dark I rise;  
And shivering in my nakedness,  
By the cold candle, bathe and dress.

Close by the jolly fire I sit  
To warm my frozen bones a bit;  
Or with a reindeer-sled, explore  
The colder countries round the door.

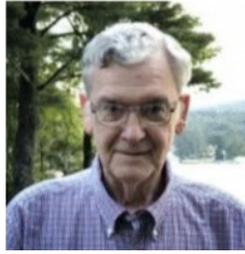
When to go out, my nurse doth wrap  
Me in my comforter and cap;  
The cold wind burns my face, and blows  
Its frosty pepper up my nose.

Black are my steps on silver sod;  
Thick blows my frosty breath abroad;  
And tree and house, and hill and lake,  
Are frosted like a wedding cake.



## In Memoriam

Longtime lake resident and former Highland Lake Watershed Association Board member, Raymond J. Fugere, Jr., died this October at the age of 81. Ray and his late wife, Sally, together with their children and grandchildren, enjoyed many years in their cottage on Highland Lake.



Ray attended Springfield schools and graduated from Classical High School in 1955 and Worcester Polytechnic Institute with a degree in Mechanical Engineering in 1960. In 1967 he received his MBA from the University of Connecticut. He was employed by Pratt & Whitney Aircraft, Fafnir Bearing, and The Torrington Company, retiring in 2001. He also served as a U.S. Army Lieutenant in Kitzingen, West Germany, during the "Berlin Wall" and "Cuban Missile" Crises.

Past HLWA Board member, Clare Stevens, shares these memories of Ray:

I met Ray through HLWA more than 20 years ago. As President of the Board, I welcomed Ray who soon became my Vice President. He served in that capacity as an honest, reasonable and devoted person for many years. I always listened to his opinions because I understood his objective and insightful manner. One of the more recent projects I worked on with Ray was the research and decision-making regarding the use of Ice-Be-Gone on the lake perimeter roads to help eliminate the amount of sand and salt that had been entering the lake annually. Ray had read about alternatives to salt and organized a visit to the West Hartford Public Works Department to speak firsthand with the director who was already using the product. We brought our findings and the Board's recommendation to the Board of Selectmen, and ultimately the product has been used every winter. This is just one example of the quiet and wise way that Ray worked.

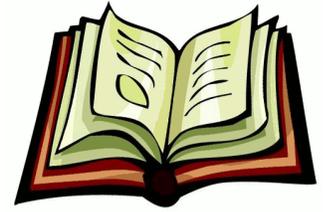
Ray and I were also members of the Bylaws Revision Committee. As many controversial issues were discussed, Ray provided his objective, rational and insightful opinions.

In his unpretentious way, Ray was a very valuable member of the Board and a devoted person to the cause of protecting and preserving Highland Lake. We have lost a wonderful person whose commitment to the lake water quality has helped to maintain the lake effectively.

## Highland Lake Book Group

by *Sheila Borla*

The women's book group was organized in 2003 by a very dear, departed lake friend, Sally Fugere. As friends and neighbors, we have bonded over the years through many lake community activities. This group brought us together to share our love of reading. There is a lot to consider when establishing a book club. Here is what has made ours work.



Members rotate hosting and facilitating the meetings in their home. We have limited our membership to twelve, making it easy to seat everyone comfortably around a dining room table or in a living room. We meet on the third Tuesday of each month 1:30 – 3:30 P.M. Our host graciously provides light snacks or dessert.

When choosing books, we try to vary the genre: fiction, nonfiction, biographies, histories, classics, etc. Members submit book titles to be put on a list. It is from this list we vote on what book will be read next. We have read a lot of books, both old and new. Some we looked forward to reading and some we would never have chosen on our own, but everyone is willing to take a chance. We have made it a point not to read more than a couple of one author's works.

Each meeting begins the same – what book will we read next; who will host and who will facilitate. Our facilitator sees the meeting stays on track. We discuss the author's background, writing style and other works. Members voice their opinion of liking or disliking the book and why. This is followed by questions and in-depth discussions about the book. We are all comfortable sharing our opinions, thoughts, feelings and insights, even if they are quite different.

In a friendly, relaxed atmosphere our book club works for us. If you have any questions, email me at

**[sheilaborla@outlook.com](mailto:sheilaborla@outlook.com)**



## Soldiers of the American Revolution Monument

by Terry Platt

In late October, my husband and I went to the cemetery tour at the Old Burial Ground on North Main Street. This event was arranged by the Soldier's Monument Commission.

One of the costumed participants, who represented the townspeople buried in the cemetery, mentioned the boulder used for the monument at the entrance of the graveyard was from Highland Lake.



After some help in researching something more about this, I found the following. This was taken from a DeMars & Bronson book, a green cover book that is available for looking at in the library. It is a great book pertaining to the town.

*“Another monument in memory of the Soldiers of the Revolution was placed at the entrance to the Old Burying Ground on North Main Street by the DAR. It was a rough granite boulder, secured from land of E. R. Holmes at Highland Lake. A bronze tablet attached to the rock contains the names of Winchester men who served in that war.”*

The monument was unveiled on July 14, 1907. We think the Holmes land may have been located on the west side of first bay.

I would encourage you to participate in these cemetery walks as there is always something new and interesting to learn about the former residents of Winsted!



Blast-Off by Karen Jones



2nd Place

*On the Rails by Gary Minetti*



3rd Place

*Serenity by Carol Zacchio*

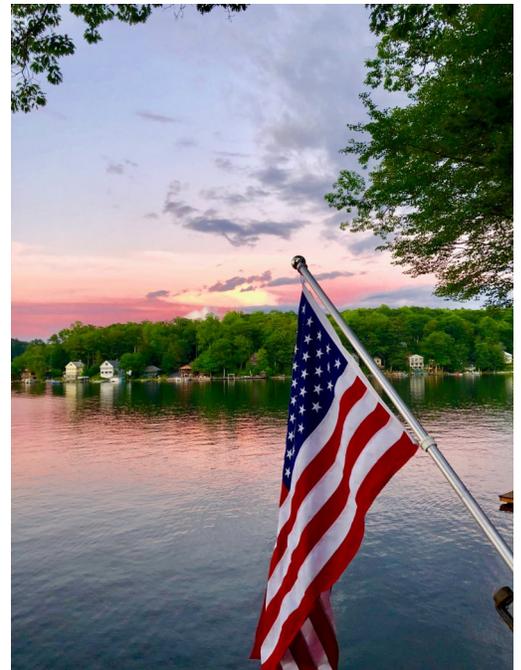
## Honorable Mention

Top left - Amazing Sky by Georgi Andrews

Middle left - Moon on the Lake by Terry Platt

Middle right - Freedom by Jim Welton

Bottom - Beauty After the Storm by Lisa Traub





80 Holabird Avenue, Winsted, CT 06098,  
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## Happy, Healthy & Safe - Adults Age 55+

by Jennifer Kelley

Nestled in the neighborhood, on the corner of Holabird Avenue and Chestnut Street in Winsted, is the Winsted Senior Center. The mission of the Center is to provide a welcoming place for members to gather and meet old friends and make new ones, have a great experience, take trips, practice healthy aging, learn about services and benefits . . . to ensure a community of happy, healthy and safe adults age 55+.

Programs and Services include: daily lunch program; daily free fitness classes; local van rides for medical appointments, shopping, socializing and errands; weekly "No Senior Left Behind" iPad classes; weekly "WW, Wellness that Works" (formerly Weight Watchers meeting) that is open to the community; weekly "Craft & Chats"; weekly card games; weekly BINGO; day and overnight trips; monthly veterans coffee hour; special holiday luncheons with entertainment; educational "Learn & Lunches"; "Farm to Senior Center Table" farmers market; monthly health screenings; simple income tax prep; Laurel Festival senior king & queen; AARP Smart Driver classes; and a yearly Healthy Aging Fair. The Center publishes a monthly calendar that lists all the programs and services offered along with the menu for our daily lunch program. The calendar is available at the Center and many locations in town, online, by email or it can be mailed to your home for a fee.

Membership dues are \$6 for the year, and thanks to generous grant funding from NW CT Community Foundation, Fit Together and NW CT United Way, the Center offers most programs for free.

### Our Fitness Classes are Free!

That's right! Give us a try . . . to participate, you must be a current Winsted Senior Center member and complete a short emergency contact information form.

**Balance Your Life**, Mondays and Fridays, 9:00 a.m.  
Practice warmups and gentle weight-bearing movements

that strengthen your body and improve your balance to help reduce the risk of falling. Most movements can be done either on a chair or standing . . .

**Sit & Get Fit**, Mondays, 2:15 p.m.

Gentle on the joints exercising along to your favorite fabulous music. Give this class a try all from the comfort and safety of a chair. Get out on Monday afternoon and join the fun!

**Tai-Ji Quon**, Mondays and Fridays, 10:15 a.m.

Learn warmups and gentle flowing movements to strengthen the body, relax the mind and help reduce the risk of falling. Movements can be done on a chair or standing.

**Stretch Your Body and Mind**, Tuesdays and Thursdays, 9:00 a.m.

Improve your flexibility, balance, range of motion and strength at whatever level you are comfortable with as well as focus on mindfulness to improve the quality of your life.

**Dancercize**, Wednesdays, 9:00 a.m.

Always fun! Work out along to easy-to-follow dance and exercise moves in fun combinations to popular and classic music. No experience required - give it a try.

**Line Dancing**, Wednesdays, 10:00 a.m.

Join the gang and learn the steps, shuffles and movements of this popular dance style. Newbies are always welcome.

Although the Winsted Senior Center has changed a lot over the 53 years since the doors opened, we have adapted to meet the needs and desires of older adults in our community, and the members lovingly refer to themselves as their family.

### Other WSC Programs . . .

#### Daily Luncheon

##### Monday through Friday at noon

Get out, enjoy a delicious meal, have some laughs and make some new friends. Monthly menus are available in the newsletter. The lunches provide 1/3 of the balanced mix of foods for an adult.

Cost: \$4, reservation must be made by 11:30 a.m. the day before by calling 860-379-4252 ext.2

#### Wellness that Works! Our WW Meeting Every Monday at 1:30 p.m.

Wellness that Works, (formerly Weight Watchers) meetings will help you make losing weight and forming new healthy habits easy. Learn from the wellness coach and get support from the members of the group.

Cost: Monthly fee, walk-ins welcome

**Watch, Taste & Learn Heathy Cooking Demo  
Tuesday, February 18 and April 21 at 1:30 p.m.**

Join Elizabeth as she shares her easy and delicious recipes and food samples and offers her nutritional guidance for better health. Thanks to Community Health & Wellness Center.

Cost: Free, registration required

**Free, Weekly iPad Classes  
Every Wednesday at 9:00 a.m.**

Thanks to a generous grant from NW CT Community Foundation, the Center will be offering iPad classes covering special topics and answering your questions. Bring your iPad or use one of ours. Reserve your spot in the class today!

Cost: Free, registration required

**Veterans Coffee Talk with Wayne  
Second Wednesday of each month at 8:30 a.m.  
at Winsted Health Center, 115 Spencer Street, lower level**

Wayne Rioux, a Vietnam-era Army veteran and veteran's liaison, will lead a discussion about updates, benefits, military culture and events. Open for veterans and spouses.  
Cost: Free, walk-ins welcome

**Bingo  
Every Friday at 12:45 p.m.**

Always a favorite game, join the fun and win prizes and snacks are served.

Cost: 50¢ per card



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South Point Saturday by *Brian Ney*

## Recipe Corner - Holiday Recipes!

**Ho! Ho! Ho!** 'Tis the season to be remembering sugarplums, mistletoe and cookies, delicious cookies. Back in the day, the Ladies of the Lake would gather at the Cookie Caper (*at Jean's house*) and share laughs, hugs and, of course, recipes for cookies, the likes of which can only be found at Highland Lake! Following is one of my favorites, baked and shared by our own Sheila Borla. Here's to great memories, a wonderfully Merry Christmas and a Healthy and Peaceful New Year!!!!!!

*Best Wishes to all, Jean Labich (and Dick)*

### Crème de Menthe Brownies

#### Brownies:

Cream together:	½ cup margarine	then add:	1 cup flour
	1 cup sugar		½ teaspoon salt
	4 eggs beaten		16 oz. can Hershey
	1 teaspoon vanilla		chocolate syrup



Pour into 9 x 13 pan (greased and floured). Bake at 350 degrees for 30 minutes. Cool

#### Mint Filling:

Combine:

- ½ cup margarine
- 2 ½ cups confectionary sugar
- 4 tablespoons crème de menthe liquor

(To make a spreading consistency, you may add a little milk if necessary.)

Spread over cooled brownies – place in refrigerator to harden a bit while making chocolate glaze.

#### Chocolate glaze for top:

Melt 5 tablespoons margarine and 6 oz. chocolate chips (they melt great in the microwave). Pour over cooled and hardened mint layer. Freeze for 30-60 minutes.

Leave them in the freezer until about ½ hour before cutting. You want the chocolate on top to soften some so it does not crack. Some people like to eat them right from the freezer, so you can put them back in when you've finished cutting them.



One of the best parts about Hanukah is arguably the fried food, especially the latkes! Emblematic of the olive oil that miraculously lasted eight days, latkes are a delicious way to tell the story of this eight-night holiday. Happy Hanukah!

### Potato Latkes

- 2 large Russet potatoes (about 1 pound), scrubbed and cut lengthwise into quarters
- 1 large onion (8 ounces), peeled and cut into quarters
- 2 large eggs
- ½ cup all-purpose flour
- 2 teaspoons coarse kosher salt (or 1 teaspoon fine sea salt), plus more for sprinkling
- 1 teaspoon baking powder
- ½ teaspoon freshly ground black pepper
- Safflower or other oil, for frying



#### PREPARATION

Using a food processor with a coarse grating disc, grate the potatoes and onion. Transfer the mixture to a clean dishtowel and squeeze and wring out as much of the liquid as possible.

Working quickly, transfer the mixture to a large bowl. Add the eggs, flour, salt, baking powder and pepper, and mix until the flour is absorbed.

In a medium heavy-bottomed pan over medium-high heat, pour in about 1/4 inch of the oil. Once the oil is hot (a drop of batter placed in the pan should sizzle), use a heaping tablespoon to drop the batter into the hot pan, cooking in batches. Use a spatula to flatten and shape the drops into discs. When the edges of the latkes are brown and crispy, about 5 minutes, flip. Cook until the second side is deeply browned, about another 5 minutes. Transfer the latkes to a paper towel-lined plate to drain and sprinkle with salt while still warm. Repeat with the remaining batter. Serve with sour cream and apple sauce.

Email us at [hlwa@hlwa.org](mailto:hlwa@hlwa.org)

Website: [www.hlwa.org](http://www.hlwa.org)

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for any Lost & Found articles)

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Lens Ball by Ryan Pelligrinelli



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- Anne Lippincott - 860.307.6591
- Evan MacDermott
- Beth Papermaster, President - 860.614.2740
- Willie Platt, Vice President - 860.379.0017
- Jill Ricci, Treasurer - 860.324.7673
- Nancy Reardon - 860.836.7506
- Sam Sciacca - 203.464.5703
- Jim Welton - 203.589.0542
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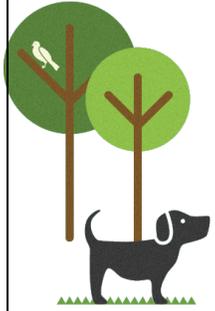
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*Sunday, February 9, 2020*

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*2:00 - 4:00 p.m.*

*This event is free for HLWA members, but registration is required*

*RSVP by February 4 to [hlwa@hlwa.org](mailto:hlwa@hlwa.org)*

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