

Highland Lake News

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

Summer **2017**

President's Message *by Sam Sciacca*



As I write this (May 15), summer still seems far off. Temperatures, after soaring for a couple of days in early spring, have cooled again, and rain seems to be the order of the day. On a good note, however, the lake refilled from the winter drawdown at a pace not seen for a number of years. As little as three months ago, 100% of the state was in some degree of drought, with nearly 30% of the state (including the Highland Lake watershed) categorized as in a state of extreme drought. As of May 9, less than 25% of the state shows any degree of drought conditions. You can view the complete data map provided by the US National Drought Mitigation Center at

<http://droughtmonitor.unl.edu/Home/StateDroughtMonitor.aspx?CT>.

Summer sees a number of changes to the watershed community. The most visible is the amount of boat traffic (sport and recreation) which takes place. While not directly an issue of watershed preservation, boat traffic and boater safety are primary concerns of residents and visitors alike and are elements of the charter of HLWA's original Articles of Incorporation. Over the winter and spring, a representative group of HLWA members has been meeting with the Town Manager and Chief of Police to discuss the operation of the marine patrol. The Board has also taken the position to contribute a significant amount of money toward the refurbishment of the Town's patrol boat, including repowering it to improve both performance and reliability. The Board recognizes this decision will not be totally free of criticism by some who feel the presence of a marine patrol may somehow infringe on their enjoyment of the lake. Ultimately, however, the Board feels compelled to adopt a posture which supports the Town's responsibility to enforce CT DEEP Boating Division regulations and promotes the safe and legal operation of vessels. On page 2 is a reminder of those regulations.

The Board has also worked with the Town to award a contract for the application of herbicide to those portions of the lake which are experiencing growth of invasive milfoil. The Board recognizes this a concern to some who have reservations about the introduction of pesticide into the lake where people play and wildlife either lives or depends upon it for sustenance. The decision to do so is not made lightly and is weighed against not taking steps to control invasive plant species, the consequences of which have been observed in other lakes in our region. We have also explored with a professional limnologist the alternative of nonchemical mitigation methods and have been advised the results of such attempts can be more devastating than doing nothing at all. The plan is to have the application made prior to the weekend preceding July 4 so the 24-hour ban against swimming in the treated areas has the least disruptive effect to people's recreational plans.

I am happy to note there has been a marked improvement this year in interest of members to serve on the Board. Much of the credit goes to our Nominating Committee which scoured our

(continued on next page)

Save the Dates!

- July 8, 9 a.m. - Annual Meeting at St. Joseph Franciscan Center
- July 8, 6 p.m. - Evening on Highland Lake
- August 5, 8 p.m. - Boat Parade at Holland Beach

Welcome new advertisers on pages 7 and 8! And check out all our other wonderful advertisers!

Effective June 15, 2017, our new email address is hlwa@hlwa.org

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President's Message (cont.)

membership rolls, contacted dozens of people, and developed a robust list of excellent candidates who will serve to provide an injection of new ideas and energy into the HLWA. Some of these candidates will be presented to the membership for approval at our annual meeting. Others will likely join the Board to replace current members who may resign before completion of their term. The Board looks forward to the energy and innovation these new Board members promise to bring to our organization.

Finally, our annual meeting will take place July 8. This is the most important event on the HLWA calendar, as it is the Board's way of reporting to you, the membership, on our activities of the year and to solicit your input on what issues you would direct your Board to address in the coming year. I hope to see as many of you there as possible.

Boating Rules and Regulations

It is quite possible new Highland Lake residents or visitors to the lake from other states may not be aware of some of the many rules and regulations governing boating on Highland Lake or on water bodies elsewhere in the state. Below are some of the more important regulations, but for a complete listing of all those that apply, please look in the 2017 Connecticut Boater's Guide published by the Connecticut State Department of Energy and Environmental Protection. These guides are available in the Town Clerk's office in Town Hall or online at http://www.ct.gov/deep/lib/deep/boating/boating_guide/boaterguide.pdf.

Certification

Connecticut residents who have registered their boats in Connecticut must have a Safe Boating Certificate (SBC) or a Certificate of Personal Watercraft Operation (CPWO) to legally operate any boat with a motor or a sailboat 19 1/2 feet in length or longer.

Any person operating a personal watercraft must possess either a CPWO issued by Connecticut or a state recognized by Connecticut.

You must have either an SBC or CPWO on board at all times while operating your boat.

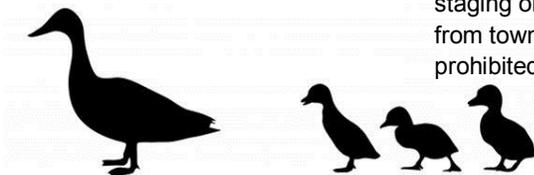
Towed Water Sports

In order to operate a vessel that is engaged in tubing or water skiing, you must (1) be at least 16 years old; (2) hold a valid U.S. Coast Guard-issued vessel operator license or a valid boating certificate issued by CT, MA, NH, NY or RI; and (3) have a CT Safe Water Skiing Endorsement issued by DEEP.

Registration

Boats must be registered with the Department of Motor Vehicles (DMV) and the registration card issued by the DMV must be available on the boat. In addition, the validation decals issued by the DMV must be displayed on the side of the boat.

Documented boats numbered by other states which are moored, docked or operated more than 60 days in Connecticut must obtain a validation decal. In addition, the owner of the boat must acquire a boating certificate to operate the boat in Connecticut water bodies.



Personal Flotation Devices (PFDs)

There must be a wearable lifejacket on board for each person aboard each boat. Each lifejacket must be readily accessible and must fit the intended wearer. Any child under 13 must wear the lifejacket at all times while the boat is underway.

Any person operating a PWC must wear a lifejacket. Any person being pulled behind a boat (such as towing or skiing) must also wear a lifejacket.

Additional Safety Equipment

Sound Producing Devices – Whistle (Horn): There must be some means of making an efficient sound signal.

Boating Regulations

Exceeding noise levels is a serious problem. The state reports Marine Police will be targeting areas to check for compliance. Exceeding noise levels will result in a fine of \$220. Failing to submit to an on-site noise level test will result in a fine of \$435. Subsequent failures to submit will result in a fine of \$535.

Water-skiing is forbidden between ½ hour after sunset until sunrise or when visibility is restricted to less than 100 yards.

Towing of a person or persons on an inner tube without handholds is prohibited.

No person shall operate a motorboat, excluding a personal water craft, at a speed in excess of Slow-No Wake (less than 6 miles per hour) within 100 feet of shore, or a dock, pier, float or anchored or moored vessel, unless taking off or landing a water skier.

No person shall operate a personal water craft at a speed in excess of Slow-No Wake (less than 6 miles per hour) within 200 feet of shore, or a dock, pier, float or anchored or moored vessel, unless taking off or landing a water-skier.

Specific Local Regulations for Highland Lake

Regulations: 6 mph limit from ½ hour after sunset to ½ hour before sunrise, and 6 mph limit from 5:00 p.m. Sunday to ½ hour before sunrise on Monday (Sunday before Memorial Day to Sunday preceding Labor Day.) 45 mph limit on Saturdays, Sundays and holidays. Boats greater than 22 feet in length and pontoon boats greater than 30 feet in length are prohibited. No staging or personal watercraft, motorboat or water-skiing activities from town-owned beaches or park. Overnight mooring is prohibited.

How to Stay Safe Walking

Taken from information in an article published on the VeryWell website

Walking is a healthy activity, but you need to know the rules of thumb of pedestrian safety. To stay safe, follow these rules of the road.

Walk Facing Traffic When Walking on the Side of the Road. If there is no sidewalk and you must walk on the side of the road, choose the side where you are facing oncoming traffic. This gives you the best chance to see traffic approaching closest to you and take evasive action when needed.

Cross Safely. Look both ways before crossing any street. Make eye contact with any drivers who may be turning. Give them a wave. Make sure they see you. In a car-walker interaction, you can only lose.

Walk Single File. Unless you are on a sidewalk separated from the road or you are in a wide bike/pedestrian lane, you should walk in single file. This is especially important *on a road with lots of curves and where traffic has only a split second chance of seeing you before hitting you.* While it can be enjoyable to walk down the road two to three abreast chatting merrily, drivers don't expect it and you may lose your best walking buddies.

Stay Aware of Bikes and Runners. Share the road and path with bikes and runners. Bike riders should alert you when approaching from behind with a bike bell or a "passing on the left/right." Listen for them, and move to walk single file, allowing them to pass safely. Runners should also call out for passing. Bike-walker collisions can result in broken bones or head injury for either — and you aren't wearing a helmet.

Be Visible. Wear bright colors when walking in daytime. When walking at night, wear light-colored clothing and reflective clothing or a reflective vest to be visible. Drivers are often not expecting walkers to be out after dark, and you need to give them every chance to see you. Be just as cautious at dawn or twilight, as drivers still have limited visibility or may even have the setting or rising sun directly in their eyes.

Watch the Hills. When they crest hills, drivers' vision can suddenly be impaired by factors like sun glare or backdrops.

Be Predictable. Make a practice of staying on one side while walking rather than weaving randomly from side to side. Watch your arm motions, or you may end up giving a black eye to a silently passing walker, runner, or biker.

Keep the Volume Down. Don't drown out your environment when listening to your earbuds or headphones. Keep the volume at a level where you can still hear bike bells and warnings from other walkers and runners. Your audiologist will also thank you.

Hang Up and Eyes Up. Chatting, texting, or playing games like Pokemon Go on a mobile device while you walk is as dangerous as doing those things while driving. You are distracted and not as aware of your environment. You are less likely to

recognize traffic danger, passing joggers and bikers or tripping hazards. Potential criminals see you as a distracted easy target. Adopt habits that can keep your phone in your pocket, or at least stop in a safe place to complete your phone tasks before moving on.

Walk Dogs on Short Leashes. It is terrifying and tragic to witness dogs running out in to traffic or getting into a fatal dog fight, whether on leash or off leash. But there is also a danger when walking your dog on a long leash that you will trip other walkers or bikers. Keep your pet and yourself safe by learning proper leash walking.

What Is Electric Shock Drowning (ESD)

Taken from the website electricshockdrowningmn.com.

ESD occurs when an electric current of sufficient magnitude leaks into the water and a victim in the water (human or animal) encounters the resulting electric field. The water-borne current produces voltage gradients in the water that can be very dangerous. Deadly current leaks can, depending on magnitude, paralyze the limbs, incapacitate the lungs, or cause the heart to stop pumping blood. ESD is also used to describe other in-water, electrically induced deaths, including death by electrocution where the victim makes direct contact with electrically energized metals while in the water.

ESD is unique to freshwater environments, such as inland lakes, rivers, pools, ponds, etc. Fresh water is not a good electrical conductor. Because it is not a good conductor, the alternating current looks for something better. A human body in fresh water becomes that something better. The high amount of salt in humans make our bodies' far better conductors of electrical current than fresh water. It is unlikely an ESD event would occur in salt water environments, such as coastal waters, although direct contact can still result in electrocution.

The amount of current required to kill a victim (humans or pets) can be very minimal. As little as 10 milliamps through the body can cause muscular paralysis. 100 milliamps — or a third of the amount of electricity need to light a 40-watt light bulb — can kill a person in seconds.

In the marina environment, these current leaks can be caused by an electrical fault in the dock equipment or wiring, your own boat's equipment or wiring, a nearby boat's equipment or wiring, or some other electrical source. Electrically-powered boat lifts, dock lighting, receptacle outlets, and submerged irrigation pumps are just some of the other possible sources of current leaks. There is a genuine cause for concern and caution wherever shore-based AC power is utilized near a body of water, large or small.

A victim may feel a tingling sensation, in which case the person should turn around and swim away from perceived source and warn others; or may become partially or totally disabled and require assistance.

If you witness an ESD?

* Have someone turn off the shore power connection at the meter base and/or unplug shore power cords.

- * Tell anyone in the water to move away from the dock.
- * Stop anyone else from entering the water.
- * If you believe someone has been shocked - **reach, throw, row**, but **don't go** into the water to get to anyone who you think has been shocked.
- * Call for help. Use 911.
- * Try CPR on the victim; don't stop until trained help arrives.

Membership in HLWA

It is time to renew your membership for the fiscal year July 1, 2017 to June 31, 2018. If you are new to the area or a returning member, we welcome you.

Please consider volunteering to be a board member, work on a committee or a single event. We would love to have your help with some of the important and fun activities below:

- ◆ Walk the wooded properties preserved by our Legacy Program to monitor for any misuse of the properties
- ◆ Plan, work on or host a social event
- ◆ Visit new residents to the Highland Lake area
- ◆ Help obtain water samples and water quality measurements
- ◆ Help with the newsletter – write articles, edit or proofread, solicit ads
- ◆ Attend Town meetings that may impact Highland Lake

These are just some of the many "jobs" handled by our member volunteers, and your involvement is important.

A membership application is included in the newsletter on page 9. We look forward to having you as a member!

Laurel Festival

The HLWA is sponsoring candidate Dylan Thomson.

Dylan is the son of Robert and Susan Thomson, and they live on West Wakefield Boulevard. He is a junior at The Gilbert School, where he is a member of the National Honor Society and a three-sport athlete in basketball, soccer and baseball. He is currently captain of the soccer and basketball teams. Dylan bowls in Laurel Lanes duckpin league where he helped his team win second place in the national tournament. He plans on attending a four-year college and hopes to play soccer.



We wish Dylan the best of luck in his future endeavors!!

Blue Circle Award

by Clare Stevens

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.



There are ways you can enhance the beauty of your land and do your part in preserving the water quality of Highland Lake (see a list of possibilities in the spring edition of this newsletter). 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.

Found:
Kayak found in 3rd bay near Barton's Point on 4/23/17. Call 860-605-6206.
 Proof of ownership is requested.

Highland Lake Boat Parade

Saturday, August 5, 8:00 p.m.

Join us for a slow cruise around the lake. The parade begins at Holland Beach and will proceed around the lake in a counter-clockwise pattern.

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.

After the parade, 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.



Spring Cleaning 2017

by Jackie Mulvey

We 25 members in shirts of blue
 Looked upon a dismal view
 Of lakeside roads
 All lined with loads
 Of litter old and new.

Six from Gilbert joined our crew
 A St. Anthony's boy and a family too.
 Cups and cans – bottles and rags
 Trash went into our big black bags
 Our junk pile quickly grew.

But in a few short hours of time
 The change we made was quite sublime
 The roadside now clean
 Our lake view pristine
 Our workers feeling proud and fine.

The somewhat dirty and hungry band
 Were ready to eat a potluck grand.
 We gathered at the cottage homey
 Of our dear Betty Formaggioni
 And her daughter Gyurko, Jan.

In the Fall we will do it again
 Do come and join us and bring a friend.



Above, Candy Perez



Above, Bet Hales, Jeanette and Becky Purdy



Left, Ray Juros and Jackie Mulvey

Legacy Program

Become a Land Steward Volunteer

by Dick Labich and Mike Peacock

The mission of the Legacy Program is to preserve land around the lake to protect our water quality, scenic views, and ultimately our property values. Since initiating the program back in 2009, HLWA has acquired just over five acres – mostly through donations of small parcels on the east side of the lake.

Owning undeveloped land requires a certain amount of “stewardship” – visiting each of the properties at least once a year to check locations of survey stakes, removing any trash that has accumulated (not often), and identifying any encroachment from abutting properties (rare). Stewards also inspect potential land donations to insure the land is clear and free of any encroachments.

Our first-rate crew of land stewards – Mike Peacock, Mike DeClement, Willie Platt and Jen Perga – would love to share their love of being outdoors and walking in the woods with some new volunteers. For those folks who like to be outside in the fresh air, land stewardship is a fun, healthy and rewarding activity.

Become a Land Steward and visit the beautiful forested areas around the lake you might never have a chance to see otherwise. If you are interested in volunteering to become an HLWA volunteer Land Steward, please contact Dick Labich at 860.738.0167 or by email at popgolfer@aol.com.



Email us at hlwa@hlwa.org (new email!!)

Website: www.hlwa.org

Visit our **Facebook** page and “Like” us!

Co-Ops, New and Old, in Winsted

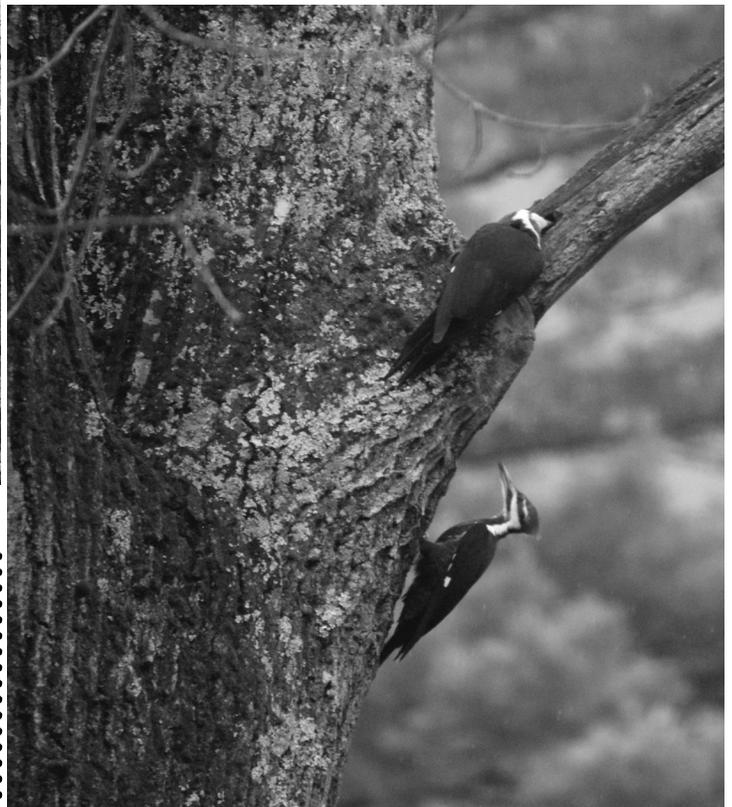
There has been a lot in the paper and social media lately about the possibility of a new co-op in Winsted. Below is some information on that, as well as info on an existing nonprofit co-op.

According to the website, madrivemarket.com, the “Mad River Market is a community-owned, cooperative business that is committed to keeping a grocery store in downtown Winsted. It will carry familiar products and offer fresh, locally-sourced, and delicious food that is available to all. We want to keep jobs, retain and attract customers, and assure great food for the region.”

Mad River Market is one of the growing number of food co-ops in New England. They want to attract customers and shareholders from throughout the Northwest Hills. They need 500 shareholders by Summer 2017, so they are selling shares through the website, costing \$50 for a regular share (installment version) up to \$250 for a premium share (installment version).

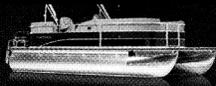
The Northwest Community Co-Op has been in existence for a few years. According to their website, <http://nwcommunitycoop.com>, they are “a group of members who wish to make better food choices and purchase at lower prices. Members may split orders and/or have the opportunity to buy in bulk at a cheaper price. Many food items are organic or have a percentage of organic makeup.”

Though we are all sad to see Winsted Super Saver go and wish



Pileated woodpeckers near the lake.

Bruce's Detail Service, LLC



152 East Lake St.
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Bruce R. Boada

Owner
Brucerboada@aol.com



Cleaning products used are marine safe and biodegradable.

HLWA Standing Committees

- Water Data Collection - Rose Molinelli
- Membership Services - Beth Papermaster/
Pat Masucci
- Marketing - Terry Platt
- Government Relations
- Legacy - Dick Labich
- Finance - Carol Zacchio

HIGHLAND LAKE WATERSHED ASSOCIATION, INC. MEMBERSHIP APPLICATION

P.O. Box 1022, Winsted, CT 06098

Property owners in the Highland Lake watershed are eligible for voting membership. Others who wish to support the mission of the Association are eligible to join as an Associate Member. Membership dues are \$50.00 per year (**July 1-June 30.**) Dues and donations paid to HLWA qualify for IRS consideration as a contribution to a charitable organization and may be tax deductible.

Primary Residence *Correspondence will be mailed to your primary residence unless you indicate otherwise*

Name: _____

Street: _____

Town: _____

State: _____ Zip: _____

Phone: () _____

Email: _____

Lake Residence *Do you want the summer newsletter mailed to your lake address?* Yes ___ No ___

Lake Street: _____

Winsted, CT 06098

Phone: () _____

Email: _____

Dues for fiscal year 7/1/17 to 6/30/18 \$ _____; additional donation \$ _____ *Please make check payable to HLWA*

Volunteer opportunities:

<input type="checkbox"/> HLWA Board of Directors	<input type="checkbox"/> Water Data Collection
<input type="checkbox"/> Town Meeting Attendance	<input type="checkbox"/> Newsletter
<input type="checkbox"/> Social Activity Planning	<input type="checkbox"/> Cleanup Campaigns
<input type="checkbox"/> Welcoming New Owners	<input type="checkbox"/> Marketing/Fundraising
<input type="checkbox"/> Website Maintenance	<input type="checkbox"/> Finance

(Form also available on website www.hlwa.org)

WINSTED FARMERS MARKET
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HELD TO A HIGHER STANDARD

CROWLINE

Hurricane

Recipe Corner

by Marlene Rouleau

Now that the warm weather is almost here, I have an easy recipe for a luncheon or light supper.

French Bread Meatloaf

- 8 oz. loaf of French bread
- 1 lb. lean ground beef
- 1 cup cottage cheese
- 1/2 cup ketchup
- 2 tsp. Worcester sauce
- Salt and pepper

Cut slit in the underside of an 8-ounce loaf French bread. Remove the inside bread, tearing into cubes. Mix bread cubes with remaining ingredients. Stuff bread shell with meat and cheese mixture. Wrap in foil. Bake about 50 minutes at 350 degrees. Slice and serve with a nice salad and dessert.

It's quick and easy and delicious. My family loves it!



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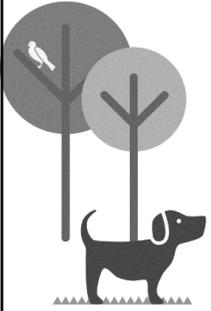
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Tickets will not be distributed; names will be held at the door.