



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

## Winter

2018-19

### President's Message by Beth Papermaster



When I decided to accept the presidency of the Highland Lake Watershed Association, I had a vision of the issues I wanted to tackle during my term. Then an unexpected event popped up, putting those issues on the back burner. In early October, it was observed that Sucker Brook Cove looked particularly cloudy. It was quickly discovered a major breach of a diversionary conduit had occurred.

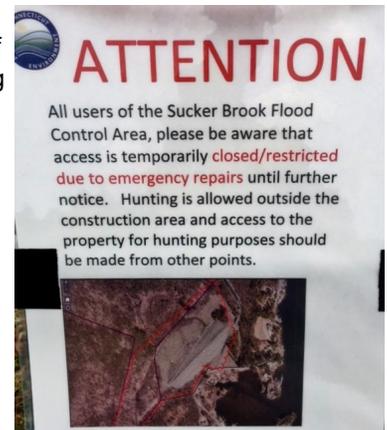
First, some background. In August 1955, as two back-to-back hurricanes struck Connecticut, Winsted experienced devastating flooding. Following the flood, the Army Corps of Engineers built the Sucker Brook flood control dam, which is to the west of Highland Lake. Just over a year ago, the Army Corps of Engineers completed building a diversionary waterway that was built to help maintain flow of the everyday water around the dam and not form a permanent stagnant pond in the area. During the first week of October 2018, after heavy rain, it was discovered there was a significant failure of this diversionary waterway. Excessive amounts of silt and fines (tiny soil particles) flowed into Sucker Brook Cove (adding to the layer of silt already collecting at the bottom of the cove) and into the lake, causing brownish cloudy water throughout most of third bay. This presents a serious problem for the lake because until the breach is permanently repaired, there is a risk more silt and fines will flow into the lake.

HLWA, Winsted's Mayor Candy Perez, and our State Representative Jay Case jumped into action. Connecticut's Department of Energy and Environmental Protection (DEEP) came in immediately to assess the situation. Safety was everyone's primary concern, followed by concern about the environmental impact of the conduit's failure. With the area secured, DEEP brought in a contractor to work on preventing further erosion and decreasing the amount of silt coming into the lake.

I reached out to Congressman John Larson's office to inform them of the situation. The Congressman's office is now aware of what happened and is communicating with the Army Corps of Engineers to stay updated. Congressman Larson's office will be working with HLWA as necessary in the months to come.

DEEP installed *DO NOT TRESPASS* signs to temporarily keep people off of the site. This will help keep people safe, allow work to be done, as well as protect the land. The contractors diverted a stream through the woods, away from flowing into the lake. Big stone rip-rap walls

*(continued on next page)*



**Drawdown Ends at Significant Iceoff.**  
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**President's Message (cont.)**

were installed to control silt. However, in early November, after more heavy rainfall, the water breached a hole in one of the rip-rap walls. DEEP was once again quickly on the scene and the breach repaired.

After the site is stabilized, DEEP will develop plans for a permanent solution and work with the Army Corps of Engineers to secure proper permits. The repair progress is slower than anticipated due to the inability to get equipment to certain areas given the saturation of the property. Then, at some point in the near future, there will be discussions about remediation to Sucker Brook Cove and Highland Lake.

It will be difficult, if not impossible, to truly know how much silt and fines poured into the lake and what impact that will have. Sucker Brook Cove bore the brunt of the collapse, and HLWA will advocate for remediation. This will take time and come with a huge price tag, but the damage must not be ignored. I will keep you updated as we learn more, but please be assured we are taking this very seriously and have the right people focused on the problem. We will all continue to work hard to keep Highland Lake the beautiful and special place we all love. If anyone has any questions, please feel free to contact me. Have a wonderful holiday season.

## Important Change in Distribution of *Highland Lake News*

Your membership and support of the Highland Lake Watershed Association allow us to do our job working to protect the lake and its watershed. In partnership with our members, we work with the community and State and local government in the interest of the health of our lake. We also keep our members informed through the *Highland Lake News*, our quarterly newsletter, our website [www.hlwa.org](http://www.hlwa.org), the annual meeting, and important emails.

There will be a change in the distribution of *Highland Lake News* starting with the Spring 2019 edition. **HLWA members only** will continue to receive printed copies mailed directly to their homes. However, postcards will be mailed to nonmembers within the watershed informing them the latest issue is available on our website.

The HLWA Board is very proud of our informative, educational and entertaining newsletter. There is a great deal of excitement about the expanded selection of topics that now appear in each issue. The Fall 2018 edition was our largest newsletter to date with twenty-four pages. Articles have been published from new authors on a wider variety of topics. There is something in each edition for everyone! Anyone can submit an article or an idea for an article to Jan Gyurko, Marketing Chair, at [marketing@hlwa.org](mailto:marketing@hlwa.org), and advertisers are always welcome and appreciated!

Your support matters! Our members are important to Highland Lake and to HLWA, and we thank you.

*(A membership application can be found on our website, [hlwa.org](http://hlwa.org).)*

## Water Quality/Environmental Update

### Safety on the Ice

by Jan Gyurko

When I was a child, there was a neighborhood dog who would come down our driveway, trot across the ice, and disappear into the woods on the other side. We had a family joke that when the dog came, the ice must be safe.

So, how do you know when ice is safe for winter activities? Jim Lagassie of the Winsted Fire Department was kind enough to send me the following information. Please read this carefully and think about which bay you are in and what activities you are planning on doing. Ice freezes differently in shallower areas than it does in deeper ones.

**For new, clear ice only. Minimum thickness, ICE IS NEVER 100% SAFE.**

#### UNDER 4" - STAY OFF

4" - Ice fishing or other activities on foot

5" - 7" - Snowmobile or ATV

8" - 12" - Car or small pickup

**Many factors other than thickness can cause ice to be unsafe.**

White ice or "snow ice" is only about half as strong as new clear ice. Double the above thickness guidelines when traveling on white ice.



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

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

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### Dock Bubblers

by Sam Sciacca

Some residents use bubblers to keep their docks/boatlifts free of ice during the winter. While effective, there are some precautions residents should take for the safety of others.

- Use a timer to limit the operation of the bubbler to the minimum time required. Excessive operation can *cause large thin spots in the ice which can radiate a significant distance from the bubbler location.*
- Put up adequate warnings for the safety of others. In daytime, a "Danger, Thin Ice" sign should be clearly visible in the area of operation. At night, an amber (NOT RED) flashing light should be used. A red light could be construed as an operating snowmobile and other snowmobiles may be inclined to venture into that area.

Discuss the use with your neighbors. Many people access the lake ice from their property. Please be courteous and considerate of the effect of the bubbler on neighbors' use of the lake ice.

### Surprise Donation to HLWA

by Jill Ricci

Many of you have donated generously to HLWA over the years, and we can't thank you enough for your support! It is you, our friends and members, whose generosity allows us to continue the important work of advocating for and safeguarding the health and protection of our beloved lake and its watershed. We also know you join us in giving back to our local community by participating in many of the activities that bring us together and support our town. Therefore, we thought you'd like to know when our community offers its support back to us! In addition to the many local businesses and establishments who contributed to our successful fundraising event this past July, we would like to acknowledge an additional surprise donation from Little Red Barn Brewers. Even though they are relatively new in town, Little Red Barn Brewers, located at Winsted Edge Works on Lake Street, has been embraced! In celebration of their warm welcome to our town, they have made generous donations to several local charities as well as to HLWA. We are very appreciative of their commitment to us and our community!



## Home Fire Preparedness Campaign

by Jan Gyurko

No one ever wants to think about a fire at their home or cottage! However, being prepared can be the best thing a property owner can do. One of my mom's smoke detectors was chirping, and when I went to change the battery I noticed all of her detectors were pretty old. I called the Winsted Fire Department to ask if they had any programs for free installation of new smoke detectors. The answer was yes! Free smoke detector installation is a joint effort of the Winsted Fire Department, the Fire Marshal's office and the Red Cross. I set up an appointment and Capt. James Lagassie (WFD Fire Prevention and Public Education) came and installed three brand-new smoke detectors which were provided by the American Red Cross. Capt. Lagassie also checked the house for any fire hazards and talked about escape routes should a fire ever occur. It was an excellent experience and it is something that is available to anyone in Winsted.

The switch to and from Daylight Savings Time is when we are all told to check the batteries in our smoke detectors. How about this: check the date your smoke detectors were manufactured. If they are more than 10 years old, they should be replaced. The new ones provided by the Red Cross have ten-year batteries so having to check them twice a year will no longer be necessary. The Home Fire Preparedness Campaign flyer will give you all the details including contact information. Take the time to keep your home safe!



## HOME FIRE PREPAREDNESS CAMPAIGN

Reducing fire injury and deaths one home at a time

At no cost to you, we would like to share some simple steps you can take at home that will help you protect your family against fire. In addition, the Red Cross will install FREE smoke alarms within your home. Visits generally last 20 minutes and can be scheduled at your convenience.

### During your home visit you will receive:

- Installed smoke alarms if needed
- Guidance in the development of a Family Disaster Plan
- Valuable emergency preparedness tips and information

All demonstration and installation services are performed by Red Cross trained volunteers and/or licensed/insured professionals.

Register at [www.redcross.org/ct/schedule-a-visit](http://www.redcross.org/ct/schedule-a-visit) or call 1-877-287-3327 and choose option 1 to schedule your visit.



## Fish Tales

by Jim Welton

I admit I'm a bass fisherman at heart, but I really would love to learn how to catch the monster brown and lake trout in the depths of Highland Lake. While you can definitely catch some trout when bass fishing, the techniques are very different. For example, trolling is quite popular while trout fishing but rarely used when bass fishing. I would welcome an article from any trout aficionados out there who would like to share their expertise. In the meantime, here are some points of interest:

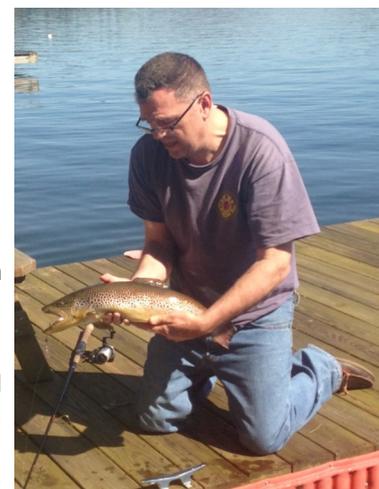
- \* The picture of me is in the spring when I had good success in shallow water using Mepps spinners.
- \* Highland Lake is designated by the State as a trophy lake for trout, and only one trout greater than 16" can be taken each day. Also, there is a slot limit of 12"-16".
- \* Most trout in Highland Lake are lake, brown and rainbow trout.
- \* 500 rainbows greater than 12" were stocked by the CT DEEP in late October 2018.

- \* Speaking of stocking, the State dumped 50 jumbo brown trout in the winter of 2014. Several exceeded the State Record for brown trout of 18 lbs. Can you imagine the size of them now? Does anyone have a picture of a big one you can send me?

- \* Ice fishing for trout is very good at Highland Lake, and it is not uncommon to catch one more than 5 pounds. As evidence of this, there is a YouTube video of a 12-lb. brown trout coming through the ice.

- \* As I write this, they're getting ready to draw down the lake, so be careful while fishing.

See you on the water in the spring!



## A Trip Around Highland Lake

*The following is the text from a trip around Highland Lake from Friday, June 24, 1910, put on by the Young Men's Christian Association. Can you find a relative or identify your property?*

*Part 3 is continued from the Highland Lake News Summer and Fall 2018 editions.*

The new and commodious cottage of Andrew Fox is the first to command attention on the east side. The cottages beyond this point as far as Highland Lake Park, eleven in number, are situated so far away from the boulevard that few if any of them can be seen from it. They are: Cottage formerly owned by Pearl Simmons and acquired this spring by Mrs. Howard Rathbun of Burrville; Idle Ease, owned by W. T. Geraty; cottage formerly owned by Rev. George W. Judson and purchased this spring by Earl Baxter; new bungalow of Wallace R. Cramer of New Britain; Salmahadgid, owned by Dr. S. G. Howd; Comeagain, owned by Rev. S. Wolcott Linsley; Kamp Kill Kare, owned by Mrs. D. C. Barton; Grand View, owned by John Maher; Bide-A-While, owned by Robert Ensign; Edgewater, owned by John T. Norton; and Fairview, owned by F. S. Cogswell of Torrington. A private roadway makes most of the foregoing cottages easy of access.

Highland Lake Park is owned by the Connecticut Company and is again under the management of W. M. Harris, who resides in the cottage near the large pavilion on the right. Churches and Sunday schools from many towns in this and other counties in the state meet at the park in annual picnics, as do other societies, fraternal organizations, etc. The park is well conducted.

The next five cottages are owned by Torrington people – Frank Grant, George Farnam, F. H. Baldwin, Henry J. Allen and F. S. Brown. Hartford parties are domiciled in Mr. Brown's cottage for the season. Camp Upa and Uma, close to the shore, is owned by Robert Maher. The cottage of John Maher has been rented to New York parties for the season. Roughland is owned by George S. Alvord and Promised Land by James O'Houlihan of Torrington.

Other cottages dotting the east shore of third bay are owned by A. J. Morse of Torrington, Rev. J. Chauncey Linsley of Torrington, whose place is named As You Like It; F. H. Cann of New York, Idle Hour; H. S. Thrall of Torrington, Lake Holme; S. L. Kellogg of Rochester, Ingle Neuk and Overlake; H. E. Munson and W. M. Bartlett of Torrington, C. L. McNeil of Torrington, Macmere; William Spence of Brooklyn, two; F. C. Stratton of New York, Rockhurst; L. M. Blake, Tanglewild; Joseph A. Norton, two; M. G. Carroll et al, The Broken Oar; E. A. Perkins of Torrington, The Gables; F. P. Carter, Wayside; M. G. Wheeler, Point Comfort and Shawandasee; Frederic Strong, Rocks Mount; Joseph F. Carey, George Richards estate, two; George T. Stockham of New York, two; W. H. K. Godfrey of Litchfield, The Hermitage; Miss M. L. Gaylord of Boston, Rockmere Lodge; Charles M. Miller of New York, Bonnie Loch; E. R. Holmes, Stony Lonesome; J. C. Burwell, Laurel Cliff; J. E. Spaulding, Rock Ledge; John B. Adams, Cairndarrach; E. B. Gaylord, The Bungalow.

At the second narrows, between second and third bays, and on second bay Joseph F. Carey has three cottages, making four in all. Two of them were built this season. The cottage of L. B. Murphy is on second bay, as are also the two Morton-Crossley cottages, Echo, owned by Eugene Warren, and Maple Shade, E. L. Hull, owner. The cottage of E. F. Hitchcock is the last and only one on the east side of first bay. The termination of the Wakefield Boulevard marks the end of the journey around Winsted's attractive lake.

## Cottage Names

*by Jan Gyurko*

Now that the last segment of "A Trip Around Highland Lake" has been published, I will be looking into some more history. Since the beginning, cottages and homes around the lake have had names. As I drive around the lake, I've noticed some of the old name signs are still hanging. Our cottage name was Whatchamacallit. My grandfather had a bit of memory loss at times and would use that term to reference a person or place he couldn't remember. It became the name of the cottage. I still have the original sign. It's no longer nailed to the front of the cottage but has become a keepsake decorating an inside wall.

What's your cottage name? Do you have a photo? Can you tell us the story behind the name? Send what you have to [marketing@hlwa.org](mailto:marketing@hlwa.org) for a memory in a future newsletter! (Hey Lisa Traub – want to tell me more about Woodland Cottage?)



## Winchester Police Department Annual Awards – HLWA Recognized

*by Jan Gyurko*

In August, the Highland Lake Watershed Association and Dan and Beth Papermaster received invitations to attend the 3rd Annual Winchester Police Awards Ceremony to be held on Thursday, September 13, 2018. The awards were for outstanding police work for the 2017 calendar year. Awards to Police Officers included Medal of Valor, Lifesaving, Chief's Award, Meritorious Service, Benevolent, and Officer of the Year. Unit Citations went to the Winsted and Winchester Fire Departments. Two of the civilian recognitions went to Highland Lake Watershed Association and Dan and Beth Papermaster.

The 2017 Awards Committee was tasked with reviewing the various reports and letters submitted by the Chief of Police for selection of the most

appropriate award. The Awards Committee was made up of members of the community and not officers from the police department. The members are:

- Judith Palmer - Superintendent of School for Northwest Regional #7
- Michael Emanuel - Retired Torrington Police Department Lieutenant and head of Northwestern Community College's Criminal Justice Program
- Todd Arcelaschi - Town of Winchester Selectman
- Melissa Bird - Town of Winchester Selectman
- Robert Geiger - Town Manager
- Candace Bouchard - Town Selectman/Former Mayor
- Beau Black - Resident
- Dick Labich - Resident
- Sheila Sedlack - Town Clerk
- Lara Green-Kazlauskas - Resident, Photographer
- Rose and Steven Molinelli - Residents

Introductions and opening comments were made by Chief William Fitzgerald, Mayor Candy Perez, Town Manager Robert Geiger, Town Selectmen Todd Arcelaschi and Melissa Bird, with Melony Brady-Shanley being Master of Ceremonies. Melony Brady-Shanley reinforced her childhood upbringing that a police officer is the one to run to for help; Chief Fitzgerald emphasized his



commitment to "Excellence through Community Partnerships," and Todd Arcelaschi appropriately recognized the "... valiant lifesaving efforts and willingness to go above and beyond in service to their community." The detailed stories of the incidents resulting in the awards given - including the bravery, commitment, calmness, resourcefulness and quick thinking from the officers, fire personnel, EMTs and dispatchers - was awe inspiring. We are so fortunate to have these people supporting and protecting our community!

An award presented to HLWA by Chief Fitzgerald stated: "In recognition and sincere appreciation to the members of the Highland Lake Watershed Association for your individual and collective support of the Winchester Police Department, its officers, the Marine Patrol Division, and the citizens of this town as well as all those who come to enjoy the recreational amenities of Highland Lake and are safer as a result of your support of the Marine Patrol, I present to you this Civilian Appreciation Award on this 13th day of September 2018." HLWA was given the award for helping the Police Marine Patrol purchase a new outboard motor for the police boat. A second Civilian Appreciation Award was given to Dan and Beth Papermaster for their donation of a boatlift for the Marine Patrol boat to protect it from damage at the dock.



## When I Grow Up . . .

by JoAnn Serkey

Ahhhh . . . Highland Lake . . . such a wonderful place. Some have no idea just how lucky we are to be able to enjoy its awesomeness.

My story about Highland Lake started as a toddler in the late 50s. My aunt, Lillian (Pillarella) Rossi and uncle, George Rossi, were longtime residents of Highland Lake. They owned a home at the south end of Perch Rock Trail. In the summer, my Dad would take us there almost every evening after supper. I learned how to swim there as did most of my five sisters. We were allowed to swim at the spillways back then, Taylor Brook Park when that was still open, Holland Beach, Resha Beach . . . a treat from Bruno's Market . . . or a slow car ride around "The Lake" while eating our Dairy Queen . . . Ahhhhhh . . . I loved every minute of it.

When I was a kid, people would ask me, like they did most kids, what was I going to be when I grew up. I would respond with . . . "I'm going to have a house at Highland Lake." It would get a few snickers and a smile . . . How cute I was . . . Fast forward quite a few decades to 2017. My life has been like many, fast and furious. I've lived just outside of Boston and out toward the end of Long Island. I came back to Connecticut to raise kids, and now grandkids. With a career that's winding down, it's time to relax. One evening I said to my husband Randy - now is the time for the pool I have been asking for. The one you've been promising for the last 30 years . . . and then things went sideways.

That was a weird night . . . I pushed my husband for the pool he has been avoiding for all of these years . . . I became a little angry inside. I then looked at my husband. I saw a look on his face I had never seen before. I said to myself, "Do you really want to go



Photo by Georgi Andrews

over that edge?" Well, before my next words, my husband said "I don't want a pool so much; you can buy a house at Highland Lake!" WHAT?? I had no words.

So, the search began. Online searches and drives around the lake brought us to "our little beauty." I suppose beauty is in the eye of the beholder. Any of you who drive East Wakefield Boulevard have seen "our little beauty" in the process of being updated. We have had many comments from "what the heck did you buy that for," or another popular one would be "Oh my gosh! Are you crazy?"; . . . but when you fall in love, well, they say love is blind but the neighbors ain't . . .

The little yellow cottage was built in the mid-1930s and was in the hands of the original owners until 2003. After that sale, it became a rental property. Something made me fall in love the day I saw it. I do believe I will have it until the end of my time and hopefully be able to leave it to my kids and grandkids for their enjoyment. I spent many afternoons there this past summer, in the water with my grandkids, having great fun and watching the progress on the cottage. It deserves the respect it is being given.

We are on the upswing with "our little beauty." The old foundation that had been deteriorating due to water and weather has been replaced with a new foundation thanks to an awesome concrete company. All of the site work and rerouting of the massive amount of water that comes off the mountain in back are in the capable hands of a good friend. The bracing of the house while the old foundation was removed and the reconstruction of our front porch and other touches are also in good and capable hands.

My husband and I want to thank everyone for their kind words and patience until my childhood dream comes to fruition. Being born and raised in Winsted and having lived out of state for a while, my return home has given me a real appreciation for Winsted and Highland Lake. Both Winsted and Highland Lake have made many transitions throughout time as have I. Now "my little beauty" will be transformed as well.

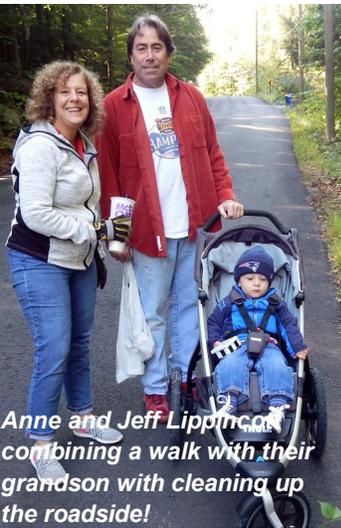
meeting friends along the roadside as everyone pitched in to keep the lake area clean. A huge thank you to everyone who helped out at this semiannual event.

Our next cleanup will be in the spring! We are looking to have HLWA provide lunch to all helpers. If you think you may be interested in hosting this lunch, please contact HLWA. Following winter, it will feel great to get outside and reconnect with "lake" friends.

Stay tuned for the following events being planned by our social activities committee:

A winter gathering! We will send out more information in the near future.

A summer gathering! Evening on Highland Lake where HLWA will be celebrating its 60th anniversary in 2019!



*Anne and Jeff Lippincott combining a walk with their grandson with cleaning up the roadside!*



*Darlene Gauthier taking it slow to pick up trash instead of her normal running of the roads!*



*Gilbert High School students*



*Forman School students*



### Social Activities: Fall Cleanup Success and Upcoming Events

Autumn at the lake means no more swimming, no more paddle boarding, very few wake surfers and skiers, and very few boats zipping around the lake. It does mean the troops were out in force for "fall cleanup"! There were groups of lake residents as well as students from both The Gilbert School and The Forman School. It was a beautiful September Sunday, just right for

## HLWA-Morsel Munk Photo Contest

by Beth Papermaster

After a one-year hiatus, the HLWA-Morsel Munk Photo Contest returned. Over 250 beautiful lake photos were submitted. Selecting winners was so difficult, the judges decided to add four Honorable Mention winners, each of whom received a \$10 gift card to Morsel Munk.

In selecting the winning photos, the judges considered how each photo captured the lake, how people enjoy the lake, the beauty of the lake, the diversity of seasons, and the joy the lake brings to us all. We are grateful to everyone who submitted a photo. Look for your photo to appear on the HLWA or Morsel Munk website.

The judges loved that the first place photo "Shakas from Highland Lake" captures joy, action, family and love of the lake! The shaka is a famous surfing hand sign meaning "Hi," "Thank You," "All Right," "See You," "Peace," "Goodbye," "Take Care," and "Chill Out." This photo is of Michael Goncalves and his 7-year-old daughter Marion displaying Shakas while doing doubles on a surfboard. Michael explained: "When Marion was very little, she loved being towed around on a boogie board, dancing around, doing spins, etc. When she was 5 and 6, she inexplicably flatly refused to do anything behind the boat. At the end of last year we bribed her. For a Jojo Sewa Bow (she's fancy), she got on the board with me and got hooked again. She now surfs on her own, but still loves going doubles . . . and so do I. The lake has been such a wonderful place to enjoy with our family and friends. We feel so lucky to have "found" it. The memories we make there will be ingrained in us all forever."

Second place goes to Lisa Traub for her photo "Reflections." Lisa commented: "Jerry and I were sitting on the cottage porch enjoying the beautiful fall day, and Jerry said there are more seasons to enjoy at the lake than just summer!!" This beautiful shot captures fall at Highland Lake in all its glory!

Third place photo, "Early Morning Slalom" by Brian Ney, perfectly captures the ideal combination of an accomplished skier and calm waters. Says Brian: "There's nothing more thrilling and invigorating than an early morning ski run with friends and family. Ever since I learned to water-ski when I was 12 years old, water-skiing has always been a passion and a huge part of my life. Us "regulars" really appreciate the early morning glassy water."

Honorable mention prizes were given as follows:

- "Fishing" by Richard Nardella
- "The Rowboat" by Kristen and David Preusse
- "Lake View" by Eileen and Jim Pagano
- "Winter Fun" by Georgi Andrews

Congratulations to all of the winners!

Don't pack away your cameras now! It is never too late to start snapping photos for next year's photo contest!

Photos can be seen in color at [hlwa.org/hlwawinter2018-19.pdf](http://hlwa.org/hlwawinter2018-19.pdf).

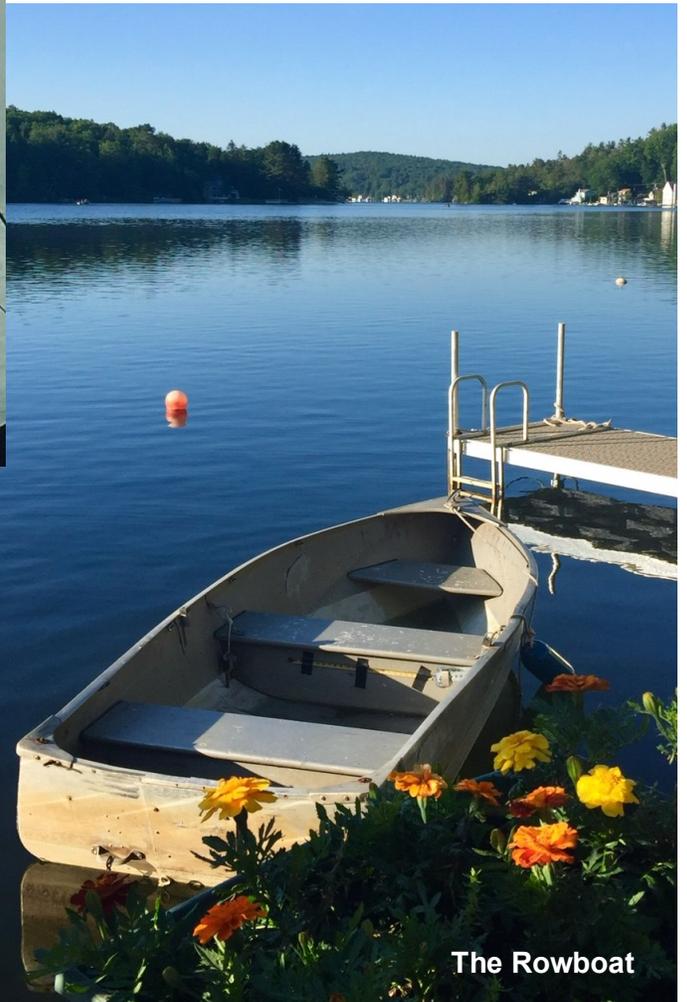




Winter Fun



Fishing



The Rowboat



Lake View

## Freezin' For a Reason

by Beth Papermaster

Fifteen years ago, lifelong lake resident Matt Smith and his son, Patrick, first became involved with Special Olympics Connecticut's Penguin Plunge at Highland Lake. That first year just 50 people participated. Over time, the rest of the Smith family became involved - first Samantha, and then, when Peder turned twelve, he plunged in the frozen lake for the first time. Joanne Smith is always there supporting her family and cheering on all of the plungers.

Matt's friends, State Representative Jay Case and Joe Longabucco of Greenwoods Country Club in Torrington, had family members who were Special Olympians, and that drove Matt and his family to make the Penguin Plunge at Highland Lake even bigger. Last winter the Smith Family Team had more than 125 plungers and raised more than \$62,000, making the total \$840,000 over fifteen years.

Two years ago, Winsted Mayor Candy Perez suggested holding a fishing derby for children in conjunction with the plunge. Lake resident Keith Tracy took on this fabulous project. Children are provided with fishing poles and there are great prizes.

Many people and organizations help make the Penguin Plunge a reality. Jeff Dutton plows the plunge area. After the Winsted Fire Department cuts out the ice, Matt and Samantha decorate the ice before the plunge. HLWA serves hot chocolate and food to the plungers and volunteers.

Matt says, "To me, the Penguin Plunge is all about doing something great for the people at Highland Lake and Winsted,

and it is for such a great cause." One half of the funds raised go to Special Olympics and the other half goes to LARC in Torrington, which supports local Special Olympians. Not only does Matt open his heart to the Special Olympians, but he literally opens his home, inviting the Connecticut Special Olympics' Bocci team to practice on his home Bocci court while he prepares dinner for everyone.

Some of the Smith family costumes that are most memorable are Braveheart, Superheroes and Villains, and Mad-Hatter. Join in the freezing fun for a special cause and create your own themed team with creative costumes.

The Plunge at Highland Lake is **Saturday, March 2, 2019, 10:00 a.m. check-in; 12:00 p.m. plunge; 1:00 p.m. awards**. Your participation provides funding to support more than 13,000 athletes who participate in Special Olympics Connecticut's programs, including year-round training and competition in 27 sports.

Costumes are encouraged – awards are given for the best costumes! Many Penguins form teams to band together and share in this one-of-a-kind experience. To join in on the fun, Penguins need to raise a minimum of \$100. In addition to the awards for top fundraisers and best costumes, Penguins receive incentive prizes for their fundraising efforts.

Register for the Penguin Plunge on Highland Lake online for your free event T-shirt! Visit [give.classy.org/winstedplunge](http://give.classy.org/winstedplunge) or [www.soct.org/penguinplunge](http://www.soct.org/penguinplunge) for more information and to sign up today!! In addition, HLWA is looking for volunteers to help serve refreshments to the plungers - please email [hlwa@hlwa.org](mailto:hlwa@hlwa.org) to volunteer.







# Weddings on the Lake



## I Do!

by Beth Ballentine

To our kids, summertime has meant Highland Lake for as long as they can remember. Our family has been on the lake since 1993, when we rented a small cottage in the first bay for the month of August. Our son was six and our daughter three, and we found we loved spending time on the lake even more than we had expected. We rented a bigger place in the second bay the next two summers, and spent all of July and August. By 1996, we owned our own lake house. We've been here ever since. Each year we'd move out to the lake the day school let out and not go home until the day before school started up again. Summer days were filled with swimming, boating and lawn games, extended family and friends, cookouts, marshmallow roasts, and sleepovers.

Once our kids grew up and left home, our lake house remained the place to come back to. Friends and loved ones fill our house virtually every weekend from Memorial Day to Labor Day. Our children's significant others came to love the lake as much as we did.

So last year when my daughter Shanie and her fiancé were looking for a meaningful place to get married, it was no great surprise they chose to have their ceremony on our lawn at Highland Lake. With rain in the forecast the whole wedding weekend, we were ready with a tent bigger than our house. But shortly before guests arrived, the clouds parted, the sun came out, and the day was beautiful. Our son performed the very tender and personal ceremony, and our daughter-in-law was a bridesmaid. Our daughter's and son-in-law's vows centered on caring, commitment and cherished family. I've heard from so many of our guests that this was one of the most loving and heartwarming ceremonies they had ever been to. And in its own way, the wedding gave our lake house even greater significance - not as just a fun vacation home, but as a place that symbolizes love, family and happiness.



*Shanie and Philip LaRocca*

## Another Wedding!



*Dan Lopez and Vanessa Biondi*



## Recipe Corner

by Jan Gyurko

### Hubbard Squash Soup

#### Ingredients

- 1 hubbard squash (butternut squash works great, too!)
- 1 tablespoon extra-virgin olive oil, or coconut oil
- 2 tablespoons rice flour, or other flour
- 3 cups of water or broth
- 1/2 teaspoon salt
- 1/8 teaspoon ground pepper
- 1 tablespoon butter
- 1/4 teaspoon ground nutmeg, or more to taste

#### Directions

1. Preheat oven to 400 degrees. Cut squash horizontally, scoop out the seeds and pulp and discard. Brush oil onto the flesh of the squash until it's lightly covered. Sprinkle salt and pepper lightly to season. On a cookie sheet lined with aluminum foil or parchment paper, place the squash cut side down. Bake the squash for 45 minutes to 1 hour until the flesh is soft.
2. Scoop out the cooked squash and blend or mash very well. You should have about 3 to 3 1/2 cups of squash.



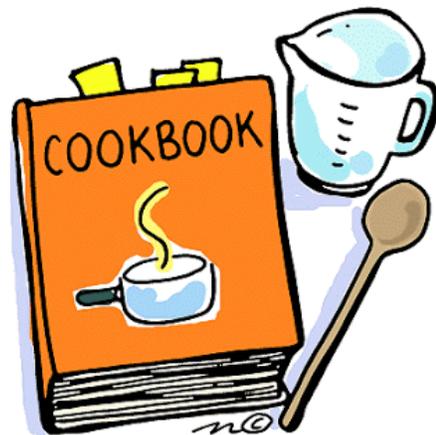
3. Slowly add a cup of water to your blender/food processor and puree until your squash is pureed. You want your consistency to be a little on the liquid side after the puree.
4. Once the squash has been pureed, move the mixture to a large pot.
5. Cooking temperature should be set to medium-high. Add in the rice flour, 2 more cups of water, salt, pepper, butter and ground nutmeg.
6. Cook the soup until it comes to a rolling boil. Turn down the burner to medium heat once it reaches the rolling boil.
7. Let your soup simmer for about 10 to 15 minutes, stirring as needed. Add more salt and pepper as needed per your taste.

## Recipe Request

by Jan Gyurko

The lake is a great place for entertaining, events, parties - and also for quiet alone time. All those things call for great food! Marlene Rouleau has been our go-to person for years and years to fill the spot called Recipe Corner. Marlene has put in her time and we thank her profusely for her yummy contributions! I made her easy Apple Crisp last week – it's one of my favorites!

Now it's your turn! What's your best recipe for a large group? Or a special event or party? How did you grill that huge bass or trout your family fisherman caught? Or what do you cook just for one or two? Send your recipes to [marketing@hlwa.org](mailto:marketing@hlwa.org), and if you have a photo of the food or the folks enjoying it, send that along too! Get published in the Highland Lake News!





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## Highland Lake Reflections - Reprints Available!

A collection of personal stories, photos and pieces of the history of Highland Lake written by the owners, residents and visitors who made the memories! The cost is \$35 plus \$5 postage. Email [hlwa@hlwa.org](mailto:hlwa@hlwa.org) to order yours now!



## HLWA Accepts Venmo

Pay membership fees, pay for events, and donate to HLWA using Venmo! PayPal has been great, but they charge fees for their services. You can now send money to "Highland Lake Watershed Association" and no fees will be charged to HLWA. It's so easy!

Follow the instructions below to sign up for Venmo:

1. Download one of their mobile apps: iOS and Android (Venmo does not have a Windows app)
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3. Choose your signup method and create a secure password (between 8 and 32 characters long).
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You can also sign up for Venmo from your computer at [venmo.com](https://venmo.com) and find help and how-to articles at <https://help.venmo.com/hc/en-us>.

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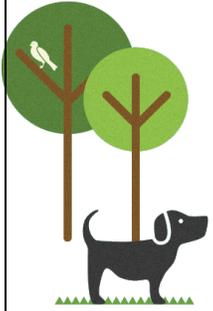
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