



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

Summer 2020

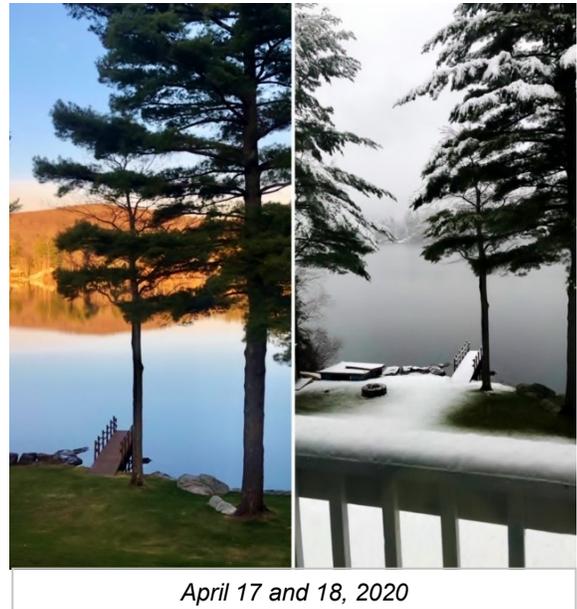
President's Message by Beth Papermaster

The past several months have changed the way most of us go about our daily lives. For me, along with the many challenges of limited contact with family and friends and the anxiety of going anywhere in public, there has been a bright light. Since mid-March my family and I have been spending more time at Highland Lake. Watching the transition from winter to spring and into summer, even seeing snow in May, has been a delight. It makes me appreciate the lake and the work the HLWA does even more.

While we may not see each other in person, the work of HLWA continues. Members of the HLWA Board of Directors spend hours every week year round, doing the important work to maintain HLWA and protect Highland Lake. Without our volunteer board members and other volunteers, HLWA would cease to function.

Let me give you some examples:

- * HLWA monitors water quality and tracks water data results. This allows problems to be identified quickly and long-term trends to be tracked and analyzed by a limnologist. Typically volunteers take monthly water samples May through October, and Northeast Aquatic Resources (NEAR) takes samples in April and November. Due to concerns about COVID-19, HLWA hired NEAR to conduct the water sampling until such time when volunteers feel comfortable working in close proximity. This is an unexpected but important \$6,000 expense.
- * Highland Lake has many varieties of native weeds, two varieties of invasive milfoil and one newly detected protected species of pond weed. For the past several years, an herbicide has been used to kill the invasive milfoil. NEAR conducted the pretreatment weed survey in May, and less than 1/4 acre of milfoil was discovered. This is significantly less than the 10 acres treated last year and the 80 acres treated the year before. We are investigating reasons for this, and NEAR will be conducting some further tests. It was decided, therefore, to pivot to hand-harvesting of the milfoil this year, a first for us. We are fortunate the Town of Winchester pays for weed treatment and lab analysis of the water. However, it is the HLWA Board that works with the Town to secure bids, award contracts, communicate with contractors to ensure the work is completed, as well as review reports and make recommendations. Without the HLWA Board as stewards, there wouldn't be any entity focused on these very important tasks.



April 17 and 18, 2020

Check out our new advertisers on page 16 and all our other wonderful advertisers!

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President's Message (cont.)

- * CT DEEP has certain requirements before any weed treatment. This year a mussel survey was required because there is a protected species of mussel in the lake. HLWA coordinates this survey to make sure it is done in a timely manner. Even the boat parade requires a permit from CT DEEP which HLWA applies for.
- * HLWA stewards nearly six acres of donated land under our Legacy program. This forested and protected land helps to limit runoff into the lake which can introduce both harmful sediment and nutrients which feed aquatic plant life and harmful algae.
- * One of the biggest threats to the health of Highland Lake is runoff from your property and from the road. HLWA is exploring how we can play a role with the Town in creating and implementing a Storm Water Management plan. This would focus on the roads and the hundreds of storm drains around the lake. But you, as a property owner, can do your part to protect the lake from your roof and driveway runoff and other harmful activities near the water. Rain gardens, riparian gardens, terracing land as well as limiting impervious surfaces can all reduce velocity of water runoff.
- * The HLWA website and newsletter educate and inform the public about important issues related to lake stewardship, safe boating, lake history and issues of interest to the community.

We appreciate your membership and support of and trust in HLWA. Thank you to those of you who generously donate above and beyond the \$50 membership dues. This year we need your support more than ever. Due to social distancing guidelines, our much enjoyed "Evening on Highland Lake" is cancelled. This event is more than just a great night on the water with friends. It is HLWA's big annual fundraiser. The loss of revenue from this event and the added expense of hiring NEAR to collect water data mean a \$6,000-\$10,000 loss to our annual budget. Please consider making a donation to HLWA. To show our appreciation, all donors of \$100 or more will be recognized in an upcoming newsletter. To donate, please send checks to HLWA, PO Box 1022, Winsted, CT 06098 or Venmo @highlandlakewatershedassociation. Your support is greatly appreciated. (Please let us know if you prefer your gift to be anonymous.)

If you have any questions or would like to know how you can help, please email me at president@hlwa.org. Stay safe and be well.

Mussel Survey on Highland Lake

by Jim Welton

If you saw scuba divers on the lake on June 8-10, they were here to check on the health of the eastern pondmussel in our lake. Highland Lake is home to several species of mussels, but one of them - the eastern pondmussel - is listed as a "Species of Special Concern" in Connecticut. Many of its historic populations are thought to be extirpated or in decline, and there are few remaining populations that are considered healthy and stable. Environmental pollution and habitat degradation are considered the primary reasons for its decline. It is also listed as special concern in Massachusetts. The two divers shown in the picture, Corbin and Matt, are biologists from Biodrawversity, a Massachusetts firm hired by the Town, to make sure our population of eastern pondmussels is doing well and not being impacted negatively by the weed treatment on the lake. They do this by counting them in similar areas as were previously tested, and comparing those counts to those of previous ones which took place in 2015 as well as in 2011 and 2008.

In short, they want to compare the population of younger and older mussels and how they are doing in treated areas (with herbicides) vs. nontreated areas. The eastern pondmussel can grow to 4-5 inches and has a sharp, pointed end. They are not found in every lake, and their natural habitat is in the Connecticut River and its tributaries. Muskrats, raccoons and beavers enjoy eating them and they like to leave shells on the lake bottom in piles at the shoreline.

Thanks to Jordan, Jeanne and Eric at The Marina on Highland Lake for donating their boat launch and allowing the divers to moor their vessel for two nights.

Special note: Just before publishing we received a brief note from Biodrawversity indicating the "pondmussel population is doing great!" They will recommend switching to 10-year monitoring, but final approval for that lies with CT DEEP.



WAKE RESPONSIBLY

1 Stay at least 200 feet away
from the shoreline, docks, or other structures.

2 Keep music at reasonable levels.
Sound travels well over water. If it's loud enough to hear at 80 feet back, it is likely loud enough for homeowners to hear, too.

3 Minimize repetitive passes
on any one portion of shoreline. Once you've run the same line for a while, move on to another area.

REMEMBER, YOU ARE RESPONSIBLE FOR YOUR OWN WAKE.



wsia
WATER SPORTS INDUSTRY ASSOCIATION
"To Promote & Protect"

Wake On. Wake Responsibly.

The Water Sports Industry Association (WSIA) is the towed water sports industry's leading advocate. Their mission is "to promote and protect all towed watersports." WSIA created a Wake Responsibly campaign that encourages boaters to be respectful of the shoreline and other people on the water. Wake Responsibly promotes three simple ways for all to, well, wake responsibly:

- 1. Stay at Least 150 Feet Away** - Those massive wakes that are prime for your surf game are not so prime for the shoreline and structures on your waterway. Staying at least 150 feet away from docks and beaches allows boat wakes to reduce enough to minimize any adverse effects when they hit the shore. (Personal watercraft has to stay away 200 feet from shore.)
- 2. Keep Music at Reasonable Levels** - We realize marine audio stereos are better and louder than ever before. Although water activities and cranking tunes go hand in hand, it is important to be considerate of the time and situation as well as homeowners who might prefer calm and peace over the weekend's new album on blast.
- 3. Minimize Repetitive Passes** - Repetitively driving back and forth in the same line can damage shores and docks. After a few passes . . . take a break, move to another location, and return later.

(courtesy of www.wakeresponsibly.com)

"Those massive wakes that are prime for your surf game are not so prime for the shoreline and structures on your waterway."



Keeping Busy During Quarantine

Caleb and Mason Goodell have kept busy by pursuing their hobbies of quading (driving a 4-wheel all-terrain vehicle) and running. They have also added a little friendly competition by playing several games of ping pong over the past couple of months. To top it off, they cleaned up their neighborhood and picked up five large bags of garbage at Taylor Brook Park for this year's Earth Day. By the way, they are willing to do yard work, lawns, etc., for hire - email gandrews229@yahoo.com if interested.

Protect Your Lake Toys

Affixing the "If Found" sticker on your kayaks, canoes, standup paddleboards and other nonregistered boats helps recover missing property.

The waterproof stickers are available free of charge to Connecticut residents and provide space for your name and two phone numbers. It's important to list two phone numbers; if you fall overboard, your cell phone may end up in the water with you and no longer work.

Request a sticker by emailing the Boating Division at deep.boating@ct.gov. Include the number of stickers you need and your mailing address.

Vessel Identification Sticker
IF FOUND - CONTACT

Name: _____

Phone: _____

Phone: _____

Use waterproof marker. Place in a visible, weather protected area.

To report a boating emergency in Connecticut,
use VHF Channel 16 or call (860) 424-3333.

Water Quality/ Environmental Update

by Clare Stevens

Does the Lake “Sleep” During the Winter?

Here we are in the middle of summer when the lake is in its busiest season. Once again we swim, boat, fish and enjoy a myriad of water activities. It is a privilege to pursue our “people pleasures” of exercise, socializing (keeping in mind “social distancing”) and eating outdoors. We feast our eyes on the lake’s beauty. We mark the opening of the “lake season” with Memorial Day celebrations and are refreshed by a more relaxed, uplifting mind set. Perhaps unconsciously we are making merry while the sun shines.

As the summer slips away all too quickly, we reluctantly begin to notice the daylight hours are growing shorter and the air temperatures are lowering. We are not alone. Nature also begins to respond to all of the environmental changes, some of which are very apparent and others quite inconspicuous.

Toward the end of August the upper layer of lake water, which the sun has warmed all summer, gradually cools to the point that it is uncomfortable for most people to swim. As winter begins to set in, the upper layer of lake water continues to cool until it reaches 39.2 degrees Fahrenheit, when it is most dense. The colder water temperature gradually migrates lower in the water column and ultimately reaches the lake’s bottom. Finally, the water temperature is nearly the same from the lake’s surface to the bottom. This process continues until the surface water freezes.

Have you heard the lake “turns over”? What does that mean?

We hear it said the lake is “turning over” since the bottom water mixes with the upper water. Don’t confuse this by thinking the lake water turns upside down like an upside-down cake. It means the lake is more like homogenized milk. “Turn over” is driven by the change in water temperature. During the “turn over” process, some of the oxygen, from the upper layers of water, is distributed throughout the entire water column. You may notice the water looks more brownish and less clear. Particles of silt from the lake’s bottom get suspended throughout the water column. There is no need to be alarmed; this is a natural process. Gradually the silt will sink and we can see nice clear water once again.

What happens to the oxygen, fish and amphibians?

Fish adapt to survive the winter below the ice by having their metabolism slow down. Respiration, digestion and activity level are reduced, and they hunker down in areas in the water they find most comfortable. Warm water fish, such as crappies, migrate to the warmest water that is at the bottom of the lake. Cold water fish, such as largemouth bass and salmon, stay more active and prey on other organisms in all the lake depths.

When ice forms across the lake surface, it seals off the water from oxygen that is in the air. The ice even blocks out much of the light needed by aquatic plants and phytoplankton (small vegetation) to produce oxygen in the water. Phytoplankton produce thick-walled cells to resist the cold and settle to the lake bottom. Zooplankton

(tiny amphibians) feed on phytoplankton and produce a resting stage that allows them to winter over in the warmer lake sediments. Many aquatic plants die back, but their roots stay intact and store energy to produce new vegetation. Decomposition of the plant foliage consumes quite a lot of oxygen. Throughout the winter, lake oxygen levels slowly decline. If the lake stays frozen too long, oxygen levels can become low enough to kill the fish. Our lake has never reached that condition. Therefore, the lake is very much awake during the winter. Next time you are out walking, skating, ice fishing or snowmobiling, pause to think about what is happening beneath you.

How does the lake “wake up” in the spring?

In the spring, when more intense sunlight returns, the ice cap melts. The water temperature gradually rises and the “turn over” process begins. Again, driven by the water temperature, the same water mixing takes place including the silt rising toward the surface. Thus, we see another episode of lower water clarity that may appear brownish. Given a little time, the silt sinks and lake water becomes clear again.

Therefore, in one year, the lake water “turns over” twice and regains its oxygen when wind and lake activity stirs the air into the upper levels of water. Between April and November, HLWA’s Water Data Collection Committee collects water samples in order to monitor the oxygen levels, alkalinity, water clarity and important nutrients such as phosphorus and nitrogen. Our limnologist, Dr. George Knoecklein, sends the samples to a testing laboratory. He analyzes the test results, records the data and tracks the changes monthly from year to year and can see long-term trends. By keeping a close watch on the data, Dr. Knoecklein advises us regarding the lake condition and possible steps we can take to maintain it. Any problematic data gives us the facts we need to pursue such corrective actions as repairing the Sucker Brook Dam and replacing road storm water piping with catch basins. HLWA has recommended to the Public Works Department the use of Ice-Be-Gone, instead of sanding icing roads, in order to mitigate the filling of the lake with sand. The Town Highland Lake Water Level Committee studies the data and impact of winter draw downs. It works with Dr. Knoecklein when developing a scientifically effective five-year schedule for draw downs.

Maintaining a positive condition of the lake depends on each of us to be diligent in caring for our properties. I view myself as a “steward” of my property as opposed to only a property owner.

Tips for Preparing Your Property for Winter

1. Rake leaves, bag and take to the street for town pickup. Please DO NOT throw leaves into the lake. They would decompose, consume even more oxygen and add to the silt in the lakebed.
2. Remove leaves and debris from your gutters to assure they work effectively.
3. If there is a catch basin near your property, remove leaves and twigs and bag them for pickup. The Public Works Department doesn’t have a large enough crew to do this after every storm event. You can help keep our lake clean by helping

throughout the year.

4. Remove dead limbs from trees on your property. Winter ice and wind may break them off and blow them into the lake or your windows.
5. Remove floating docks, swim floats, trampolines and boats/jet skis that can be damaged by ice, particularly during ice-off. Some people leave boatlifts in the lake, but they can be dislodged and bent. Winds blow the melting ice with tremendous force and can badly crush and damage such objects.
6. Put away outdoor furniture that can blow and cause damage.
7. Remove planters or other containers you may have on your waterfront; they can be blown as well.

If we all take a part in being good stewards of our lake property, we can make a significant difference in protecting our lake presently and preserving it for future generations.

Highland Lake (From a Runner's Perspective)

by *Jeanne Marchand*

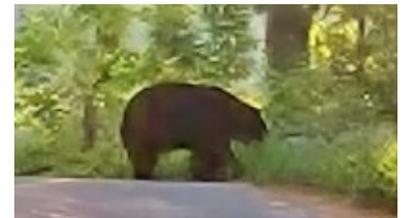
I moved to Highland Lake six years ago and can't count how many times I've run around the lake. I recall the first few times thinking how challenging the hills on the east side were. I even tried to run in the opposite direction, thinking it may be easier; changing directions was even harder!

B.C. (Before Covid-19) we would run in the evening since I work full time in Hartford. During the summer months it was nice, but as the seasons changed, and the days got shorter, eventually we had to gear up with head lamps and reflective vests and run in the dark. We had to exercise with extreme caution due to icy spots and some large potholes to avoid getting injured.

D.C. (During Covid-19) we started running early in the morning since I've been working from home. Now, we get to experience the lake from a completely different perspective. When the sun rises on the lake, there is an extreme stillness. To me, it's the calm that helps relieve anxiety and stress. It's pretty marvelous to witness the first boat or water skier break that stillness. Even though I am running, it is therapeutic for me.

It seems like each morning brings a different experience. Some mornings, the colors from the pink sky reflect on the lake, making it look like a Monet impressionist painting. In March, the lake would sometimes have a blanket of fog that the sun would break through. I've tried to take photos to share this beauty, but it's not possible to capture the moment with my iPhone.

There is so much more beauty to see "on-foot" rather than driving in a car - the beautiful homes with stunning landscaping, along with the sweet aroma of flowers. Just a word of caution, if you hear dogs barking like crazy that early, keep your eyes peeled for bears! We just witnessed the biggest black bear in third bay by the dam. We slowed down and started to walk around the corner as the dogs were howling, and the black bear walked right up to the front porch! Then, the dogs started to growl and bark more and as I turned around there was an even larger black bear behind me! I definitely ran faster on the way home that day! There are so many animals to see in the morning - bunny rabbits, deer, porcupines, and, my least favorite, squirrels.



Even though I've experienced the same route over and over, the run never gets old and there always seems to be something new to look at! It's a magical paradise filled with wildlife, painted rocks, creative cottage names and breathtaking views. Take a deep breath, lace up your sneakers and enjoy.



Dock and Mooring Ordinance

Just a reminder that the Town of Winchester has a “Dock and Mooring” ordinance. The complete ordinance is on the Town’s website www.townofwinchester.org, and a link is on our website www.hlwa.org.

The dock section of the ordinance indicates “*Reflectors shall be affixed to the ends of a dock.* A street number of the property (in numerals at least 3 inches high) shall be affixed to the end of a dock so as to be visible from the watercourse.” In addition to safety reasons, the property number on the dock can help locate the owner when there is a “runaway” dock, and we had a few of those in the last year. Local hardware stores are a good source for the numbers and reflectors.



Challenging Times

The Highland Lake Watershed Association donated \$250 to the Winsted Salvation Army in support of their efforts to provide food for those in need in our community. In addition, HLWA donated \$250 to Winsted's Neighbors Helping Neighbors, providing meals from Rowley Grill for 50 individuals. The work by these, and other organizations, to help people through challenging times is what makes Winsted strong.

Friend of the Lake Award

Longtime lake residents Pat and Donald Masucci spent many years working tirelessly to strengthen and enrich the Highland Lake community. At any lake or town event you would find Patty and Donald on site promoting and selling an array of Highland Lake merchandise. Patty curated a wonderful “store” of Highland Lake swag and Donald was always by her side doing the heavy lifting and showing his support.



Patty is one of the lake’s biggest cheerleaders. As a member of the HLWA’s Board of Directors from 1990 until 2017, Patty served as Chairperson of the Membership Committee. Under Patty’s direction, the HLWA Welcoming Committee visited all lake newcomers, bringing good cheer and special treats. As Social Activities Chair, Patty planned winter dances, lake cleanup



lunches and summer picnics. She also ran Evening on Highland Lake, HLWA’s signature fundraising event, growing the event over the years to become the highlight of everyone’s summer. Donald

was always ready to do what was needed from storing and moving boxes of HLWA merchandise, selling raffle tickets, putting up tents, and handing out trash bags on cleanup day.



Patty and Donald are indeed a dynamic duo, and our lake community is stronger and better thanks to their many years in service for us all. With deep respect and gratitude, it is our honor to bestow upon them the Friend of Highland Lake award.



Colors of Hope

by Melanie Lloyd

Three years ago in eighth grade, I wrote a poem called Colors of Hope with my friend Tara and performed it at our Relay for Life fundraiser to help fight cancer. Now, impacted by the coronavirus, when we can't be with our loved ones, friends and extended families, these words have a different and significant meaning. A few lines in the poem have been changed to be more meaningful now. Reading this, I hope it brightens your outlook, especially if you are feeling down, scared or hopeless. There is still so much beauty and so much goodness in the world - and there's a lot of hope as well.

I See a Rainbow

In Red, I try not to see the sadness
of lonely hearts,
and Love that is unable
to reach out its caring arms.

In Red, I choose to see an
atmosphere of unbreakable bonds,
passion and excitement.

In Orange, I try not to see the fire of pain.
The tears from your eyes flow as a river,
dry like a drought settling after a flood.

In Orange, I choose to see
perseverance, having to fight through
the world's hardships;
yet making it through stronger than before.

In Yellow, I try not to see
the hope in your eyes fade away.
Your scared soul frightened
by the shadows of doubt.

In Yellow, I choose to see
the sunshine, creating brightness
and joy that radiates around the Earth,
and settles happily in your smile.

In Green, I try hard not to see the grass
that was once a playground of Life,
now devoid of shrieks and giggles.

In Green, I choose to
see nature,
touching each and every
flower;
the leaves on the trees
being blown by
a gentle breeze.

In Blue, I can't help but
see eyes filled
with longing for the ones you love the most.
My heart yearns to understand
the concept of hope.

In Blue, I see calming waves -
peaceful, as you look up at a sky
that holds endless possibilities.

In Violet, I try not to see the ending
of a life too tired to keep on.
I am sorry, I am sorry I couldn't
be there to hold your hand.

In Violet, I see a community of workers,
neighbors and friends coming together
to make a difference.



We see a rainbow!
I try not to see the colors of hurt;
And I choose to see the Colors of Hope.

Citizen Scientist Needed - How to Help Your Lake

For many years, Clare Stevens served as our resident "citizen scientist," tracking and correlating data on water quality at the lake. This information was critical in a number of aspects to HLWA and was relied on by the Board for the development of HLWA policies, input to CT DEEP permitting, and instrumental in obtaining a grant for the Town to provide native eastern pondmussel surveying which has been required by CT DEEP every five years. Since Clare's move to Florida, we haven't had anyone willing to step into this role, and our concern is we are losing the continuity of data collection/correlation which is vital to identifying patterns and trends in water quality which sometimes take years to become evident.

The Board is reaching out to see if there is anyone who might be willing to help out in this area. A healthy interest in online research is helpful, along with a familiarity with charts, spreadsheets and numbers, but no specialized training or technical degree is necessary (Clare did all of this with a background in education/counseling). Ideally, this person would also become a member of the HLWA Board of Directors, but if you have an interest in helping out with water quality and are not ready or able to make a commitment to serve on the Board, this could be arranged.

If you have an interest in working with water quality or know of someone we should contact about this, please contact president@hlwa.org.

Be a Good Lake Neighbor

On land

- Notify your neighbors if you are having a party. Be sure to follow State of CT guidelines for social gatherings at this time.
- Have guests park so they don't block neighbors' driveways.
- Starting a bonfire? Check the wind. Neighbors may not want your smoke in their house!
- End loud gatherings, loud noise, and loud conversations at a reasonable hour - remember, sound travels and amplifies over water.
- Remember that police enforce Connecticut fireworks laws.
- Control your pets from excessive barking; respect leash laws.
- Clean up after pets – it keeps bacteria out of the lake.
- Don't feed geese or ducks – bread is unhealthy for them; their droppings are unhealthy for you and your property!
- Use power tools and mowers 7:00 a.m. - 9:00 p.m. Monday - Saturday, 9:00 a.m. - 9:00 p.m. Sundays and holidays (Town regulations).
- Keep grass clippings, leaves, and yard debris out of the water – they contribute to weed growth and will float to your neighbors' property! Remind your lawn care company!
- Respect speed limits when driving your car - people are out for walks and bike rides.

On the water - know the rules of the lake

(For local and state boating regulations go to: www.ct.gov/DEEP/boating)

- 6-mph motorboat speed limit from 1/2 hour after sunset to 1/2 hour before sunrise.
- Personal watercraft cannot be used between sunset and sunrise.
- 6-mph speed limit for all after 5:00 p.m. Sundays from Memorial Day weekend to Labor Day.
- Slow-No-Wake speed for motorboats applies within 100 feet from shore unless taking off or landing a water skier (200 feet for personal watercraft).
- Jetpacks and Flyboards cannot be used in a Slow-No-Wake area, within 200 feet of any dock or shore, or within 100 feet of any vessel except to transit the area.
- No boats longer than 22 feet or pontoon boats longer than 30 feet are allowed.
- A mooring buoy must be located so no part of the vessel moored to it shall at full swing be more than 50 feet from shore.
- No motorized activities (skiing, etc.) can be started from town-owned beaches or parks.
- Overnight mooring is allowed only at authorized docks, mooring buoys or lifts.

Thank you for being courteous and following the regulations! They are for the benefit of all!

Ever Wonder About . . .

by Kevin Winn



visualize the possibilities and began to gut the inside in order to stabilize the structure. That took the rest of the summer and fall season. While we were in the process of doing this, we realized the beauty of the location and the incredibly wonderful, constant breeze that comes from the lake even during the hottest weather.

Our plans for the future are just to preserve the building as it stands and retain a tiny piece of my family history to enjoy in retirement. We will be putting up a sign saying "Fred and Laura's Basket Stand" since this is how we would like the little cabin to be remembered.

It was the mid 1940s. My grandparents, Fred and Laura Winn, had managed to slowly acquire several lots of land on East Wakefield Boulevard bordered by Philmar Road and Wynne Road. My uncle (Billy) built a home at 659 East Wakefield Boulevard, which would become my grandparent's house. My parents (Fred and Barbara) built their first home next door at 626 Wynne Road. Another uncle (Laurence) built a small cabin at 657 East Wakefield Boulevard. This cabin originally had two front doors; Uncle Laurence's vision was to create a two room building and rent out the rooms to overnight guests who came to visit the lake. This idea came about because my grandfather's lots were located across the street from the old dance pavilion and next door to Electric Park, the trolley stop.

After moving to the lake, my grandparents (Fred and Laura) opened a basket business, selling baskets from a platform on the corner of East Wakefield and Philmar. Eventually they moved the business to the building at 657 which became known as "The Basket Center." My grandfather would spend his days sitting up on the ledge watching life go by and selling a few baskets to people who stopped in. Following their passing, my Uncle Laurence became the owner of 657. He eventually signed it over to his goddaughter (my cousin) Laurie Winn Nash. Laurie and her husband Butch are in the process of renovating the cabin. Here are Laurie's visions for the building:

A few years ago I was fortunate enough to acquire this piece of Winn and Highland Lake history from my uncle, Laurence T. Winn. My wish would have been to be able to restore it while he was alive as he had wanted to see it made into a museum with artifacts from the lives of his parents, Fred and Laura. Unfortunately, that did not happen. However, in 2016 my husband and I decided to tackle the cleanout of the building. This alone was a major undertaking, as mice and squirrels had taken up residence there. Once it was cleaned out, we were better able to

Custom Highland Lake Items

Highland Lake plaques and a Highland Lake cribbage board! Plaques are \$150 each. The cribbage board is available for \$80. Email president@hlwa.org if interested.



In Gratitude - We're With You, Winsted!

The Highland Lake Watershed Association (HLWA) would like to express our gratitude and appreciation for the personal risk, acts of kindness, and sacrifices many members of our community are making during these difficult times.

You, the health care workers, all town employees (fire, police, public works, etc.), postal workers, local businesses, grocery employees, and all individuals who have continued to work and support us during this pandemic are greatly appreciated. (See <https://www.fomswinsted.org> for updates on business openings.)

We would also like to thank our advertisers who stand with us in your support.

Membership Update

Thank you members! As of June 20, we have 205 members, including 14 new members. This is a wonderful response to our membership drive, but we are looking for 100 more members. Please join your friends and neighbors and become a member today. Help us support our mission to protect Highland Lake, and in the words of a member - keep it a "great place" to live.

MEMBERSHIP APPLICATION

HIGHLAND LAKE WATERSHED ASSOCIATION, INC.
P.O. BOX 1022, WINSTED, CT 06098-1022

The Highland Lake Watershed Association (HLWA) is a nonprofit organization dedicated to the preservation and protection of Highland Lake and its watershed.

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.

Annual membership **dues** for 2020 are: \$50.00

I would like to make an additional **donation** of: \$ _____

Please make check payable to **HLWA** and mail to above address.

TOTAL enclosed: \$ _____

(Dues and donations paid to HLWA qualify for IRS consideration as a contribution to a charitable organization and may be tax deductible.)

Name(s): _____

Primary/mailling address: _____

Lake address if different from mailing address: _____

If your primary address is not in CT, do you want the summer newsletter mailed to your lake address? Yes___ No ___

Primary phone: _____ Cell or lake phone: _____

Email: _____

Volunteer opportunities:

<input type="checkbox"/> Become an HLWA Director	<input type="checkbox"/> Collect Water Samples & Meter Readings
<input type="checkbox"/> Steward HLWA-Owned Land	<input type="checkbox"/> Write for the Highland Lake News
<input type="checkbox"/> Plan Social Activities	<input type="checkbox"/> Cleanup Campaigns
<input type="checkbox"/> Welcome New Owners	<input type="checkbox"/> Word Processing Skills
<input type="checkbox"/> Maintain Website	<input type="checkbox"/> Serve on the Finance Committee
<input type="checkbox"/> I would like to volunteer. Please have someone call me with more information.	

Your volunteer commitment can be one time, recurrent, or seasonal.

Application is also available on our website (hlwa.org)

Winn's - Weather, Walk, Wine and Water

(Pandemic 2020)

by Marcia Winn

We are "fair weather" Highland Lake residents. We usually come up late March and close by late October and are here primarily on the weekends for the summer. We have a cottage here.

We opened early in late February 2020 as I was bored at home (Cromwell) and decided I needed a change of scenery. We were here a couple of nights over a few weeks and had stocked the fridge/cupboards.

On Tuesday, March 10, I was at work and everyone was talking about COVID, closings, being isolated and stocking up on supplies. I had had enough of this and told my husband I wanted to escape it all and come to the cottage. Our plan was to stay here through Sunday and then attend a function in West Hartford on our way home. By the time Thursday came around, our West Hartford event was cancelled, we were staying put, and basically the world changed.

Our 25-year-old daughter, Brenda, living in Boston, announced to us she was going to the lake early the next week and didn't really care if we were there or not; she was **not** going to Cromwell. We brought her back here on March 18, and the rest is history!!!!

Brenda stayed till June 1. She had to go back to Boston as she was having way too much fun here and not getting any work done - seriously!! We are staying now until we close late in October. **Never** did I think I'd be here that long.

I refer to our quarantine time here as "forced vacation." It has been AMAZING and I do feel very guilty that we've had it so easy and that we've had such fun. We have never had Brenda with us for so long 24/7 and that was a mother's dream. We watched many movies and TV shows together. We played board games. We did zoom sessions for both work and fun. We spent HOURS on Facebook and email and Google search. We had our daily newspaper delivery transferred to here. We established ourselves with USPS for mail delivery. We cooked a ton and ate very well. We made certain all the holidays involved a special meal. Luckily, I had a stash of yeast and flour and we could bake. Brenda started sourdough starter immediately and made us wonderful sourdough items - bread, focaccia, scones, waffles, rolls and desserts. We cooked lots of great Dutch oven foods. Brenda experimented with many dishes from other countries and we devoured each one! She became quite the chef and now I must plan and make dinner each night.

St. Patrick's Day, Passover, Easter, Brenda's birthday, my birthday, Mother's Day and my husband's and my anniversary were all celebrated by only us three. Brenda's amazing apartment mate put together a video from all her quarantined friends wishing her a Happy Birthday as their original plan of partying together in Boston couldn't occur. Our wish for each of these holidays was that we all stayed/stay healthy. And that next year they would be celebrated in person with all our loved ones.

While we have clothing that always stays up here, we were not prepared for the weather. We saw more snow here during our time than we did the entire time before we came up. I have never

had to run our furnace so much, and we learned that it is easy to quickly burn through propane when it's running all the time due to the COLD. We soon got tired of our clothes here as while we keep cold weather clothes here, we did NOT realize we would be wearing them for MANY weeks. We have promised ourselves we will each replace much of them over the next few months. We quickly learned how to order ANYTHING online that we needed/ wanted that I could not easily buy at the grocery store. AND all our special occasion presents this year were delivered by carrier.

I had some craft sewing projects I thought I'd work on here for the original five days and brought my sewing machine and assorted fabrics/notions. Those projects still need to be completed as by the end of March, Brenda and I were sewing masks for all and mailing them to friends/family. In all, we made 150 masks!!! I became a regular at the Winsted and Torrington post offices.

Our days were planned around the **WEATHER** starting with hats, coats, scarves, rain boots, leggings, heavy socks (multiple pairs) and lots of fleece. Slowly winter wear was put away and shorts, bathing suits, sandals and t-shirts became our daily wear.

We **WALKED** miles. We quickly got tired of walking around the lake and started to drive to State parks and areas for marked trails. The Susan Grossman path was walked several times as well as walking end to end downtown. A few times we adventured out on bicycles when it was warm enough, and Brenda ran when the wind wasn't howling.

WINE was an almost everyday activity at 5 o'clock. Curbside pickup was used for the first time ever, and it was Brenda who would place our order, adding in whatever she wanted. We tried to drink lakeside and didn't think twice about bringing blankets down for our chaise chairs. Some days we thought the air was cool enough to keep our drinks cold without any ice cubes. Windburn became an almost daily occurrence. Moisturizer has finally been replaced with suntan lotion.

We watched the **WATER** turn from being frozen to slush to free flowing and then start to warm up. We sought out streams and waterfalls and brooks and other lakes for variety for our walks.

When we think back to our pandemic time, we three will have wonderful memories. It was super quality time. It was time to be together and to be thankful for our health and to try to stay as healthy as we could. While we read the newspaper daily and were OVERLY aware of what was going on around us, it wasn't really occurring in our backyard since that yard is either wooded or next to the lake. Being lakeside kept us sane. Thank you for having us here at Highland Lake.



AmazonSmile

Don't forget, you can support the HLWA by going to smile.amazon.com when you shop. When you select a charitable organization to receive donations from eligible purchases, select Highland Lake Watershed Association. They will remember your selection, and then every eligible purchase you make at smile.amazon.com will result in a donation. Thank you!

CT Department of Energy and Environmental Protection Boater's Guide Highlights

Personal Watercraft

Any person operating a personal watercraft must possess either a Certificate of Personal Watercraft Operation issued by Connecticut or a certificate issued by a state with a reciprocal agreement with Connecticut. Connecticut recognizes certificates from MA, NH, NY, and RI for use upon our waters.

Restricted Operating Distances and Speed Areas

- No person shall operate a vessel or cause a water skier to pass within one hundred feet of a flag, buoy or other device, marking the location of an underwater swimmer or diver.
- No person shall operate a motorboat, excluding a personal watercraft, at a speed in excess of Slow-No-Wake 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 watercraft at a speed in excess of Slow-No-Wake within 200 feet of shore, or a dock, pier, float or anchored or moored vessel, unless taking off or landing a water skier.
- When within 100 feet of buoys marking a restricted swimming area or boat access area, vessels shall be operated at Slow-NoWake.

Speed Regulations

When no limits are posted, operate the boat so it will not endanger others. The boat must be able to stop safely within the clear distance ahead. When passing near marinas, fishing areas, swimming areas, a vessel at anchor, or similar places, reduce speed. Operators are responsible for damage caused by their wakes.

*****Every vessel must, under crowded conditions or in reduced visibility, slow down and operate with careful regard for existing circumstances and conditions. Actions such as speeding in confined or restricted areas or skiing at prohibited times or in restricted areas can also be construed as reckless or negligent operation.*****

Reckless Operation

Reckless operation is the failure to exercise the degree of care necessary to prevent endangering another person or their property.

Age Restrictions

- No person under the age of 12 may serve as the observer for a vessel engaged in water skiing.
- No person under the age of 12 may operate a vessel that is propelled by greater than 10 horsepower unless accompanied by a person who is at least 18 years of age and who has an SBC or CPWO.
- Every person under the age of 13 must wear a USCG approved PFD when the vessel they are aboard is under way, unless that person is below deck or in an enclosed cabin.
- No person under the age of 16 may operate a PWC or a JAV.
- No person under the age of 16 may operate a vessel that is engaged in recreational towing activity, such as water skiing or tubing.

Regulations Specific to Highland Lake!!!

- **6 mph** limit from 1/2 hour after sunset to 1/2 hour before sunrise, **and 6 mph limit from 5:00 p.m. Sunday to 1/2 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 of personal watercraft, motorboat or water-skiing activities from town-owned beaches or park.
- Overnight mooring prohibited.

Summer Salads

This is my pea salad recipe for your Recipe Corner Contest. I've made this many times, and it's always been a hit (even for people who do not like peas). - **Verna Gilson**

Tangy Pea Salad

Salad Ingredients

- 1 16-ounce bag frozen peas (uncooked)
- ½ package of bacon (cooked and crumbled)
- ½ cup sharp cheddar cheese (cubed)
- 2-3 small dill pickles (diced)
- 1 fresh red, orange or yellow pepper (diced)
- 1 small red onion (diced)
- Handful of fresh herbs - dill, cilantro and/or parsley (chopped)



Dressing

- ¼ cup mayonnaise
- ¼ cup sour cream or plain yogurt
- 2 teaspoons lemon juice or apple cider vinegar
- 2 tablespoon blue cheese dressing or ¼ cup crumbled feta or blue cheese
- 2 teaspoons stone ground mustard
- 1 teaspoon horseradish
- Salt and pepper (to taste)

Directions

1. Slightly defrost the frozen peas in the refrigerator while preparing the salad ingredients and dressing. It is not necessary to cook the peas.
2. Fry the bacon, then drain, crumble and refrigerate it.
3. Prepare the salad dressing ingredients in a small mixing bowl, and refrigerate it as well.
4. Place the peas in a medium mixing bowl, along with the bacon and other salad ingredients.
5. Pour the dressing over the salad, and gently toss until evenly coated.
6. Transfer the pea salad to a decorative serving bowl, and keep it refrigerated until ready to serve.
7. Makes 6 to 8 servings.



This recipe is from my husband Tony's brother and a family favorite - **Carol Zacchio**

Dom's Caesar Dressing

- 1 cup olive oil
- 5-6 garlic cloves minced
- 2 tablespoons wine vinegar
- Squeeze of concentrated lemon juice
- Salt and pepper to taste
- Dash of Worcestershire sauce
- 1 can anchovies, cut up or mashed with fork
- 2 large eggs, coddled and stirred slightly



How to coddle an egg -

- Bring a small pot of water to boiling.
- Set up an ice bath (lots of ice and cold water in a bowl).
- When water begins to boil, submerge whole egg into the pot for exactly 1 minute.
- Remove and immediately place in an ice bath for 1 to 2 minutes.

Mix all ingredients well. Can be stored in refrigerator for 2-3 weeks. Use dressing sparingly over romaine lettuce to just coat the lettuce. Add Romano cheese and croutons.



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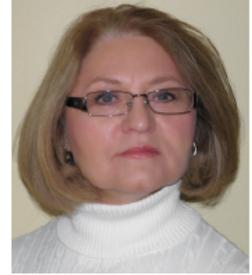


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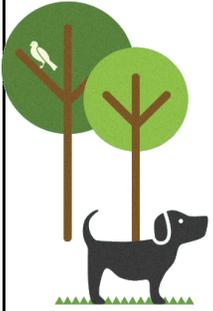
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