

East Mountain News

East Mountain Neighborhood Association Waterbury, Connecticut

Check our WebSite <http://www.EastmountainCT.com>

Next Meeting
Wednesday
September 21st

September 2005



From the Editor

A special thanks to all those who contributed their time and energy to make this newsletter happen. The creation of the articles and the contacting of the advertisers helped make this newsletter possible. A special thanks to Marge Horzepa for enduring the hot days and personally contacting the Advertisers

EMNA Meeting Dates

September 21, 2005	January 18, 2006
October 19, 2005	February 15, 2006
November 16, 2005	March 15, 2006
December 21, 2005	April 19, 2006
	May 17, 2006
	June 21, 2006

East Mountain Sign

Thanks to Bob Perigard for the new sign located at the Mart on the corner of Pearl Lake and Rt 69



Terrific Issue

This issue is full of fun and interesting things.

Ned was busy trying to find out about old house history, Mike was concerned about the litter and waste issues that we need to understand to keep East Mountain as clean as we would like it to be.

Pam was interested in the past inhabitants of East Mountain and the history of our Park.

There's a really in-depth article about the graveyard at the church property, and Mike Farrell from Engine 5 reminds us to protect our families with working smoke detectors.



Our Lady of Lebanon Maronite Catholic Church
8 East Mountain Road
Waterbury, CT 06706-2815
EMNA

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Letter From the President



Here we are at the start of another exciting new year for the East Mountain Neighborhood Association. Last year we took on many new projects and look forward to working on many more this coming year.

When you drive up Route 69 you will see the new sign that was installed which we will be using to advertise the meeting dates and upcoming events. After three years of forming a bucket brigade to get water from the reservoir, we purchased a gas-powered pump to make the job of watering the flowers on the dam easier and safer. We held our second annual ziti dinner and will be planning another one for this year. We have been in contact with the Water Department and will be getting the necessary supplies we need to fix the fencing down along the street of our Adopt-A-Spot. We have also, at the request of members, worked with the city and had "Children at Play" and speed limit signs installed on Rockledge Drive and East Mountain Road near the park. At our December meeting, we will be holding the election of officers.

We, along with the East Mountain Athletic Association have been working to see that the renovation project to East Mountain Park continues to move forward. Bids have been sent out and should be finalized this month and then contracts can be signed and reviewed for the various subcontractors. Unfortunately, it looks like the work will not start until the spring of 2006. We have been in touch with our state representatives and senators of the Waterbury delegation to ask them to go back to Hartford to ask for additional funding so that the park can be done correctly the first time. In doing research on the park we found that from the date the park was first proposed to the date it was completed took thirteen years, the renovation may take just as long.

We look forward to working with everyone to make East Mountain the best neighborhood in the city. We need your help and support through your dues and your participation. If you have something that needs fixing on your street please give us a call. If you have someone who you think would make an interesting speaker at one of our meetings please give us a call. This Association is for every one of us who live on the mountain. Come out and join us and get involved.

Sincerely,
Michael Ptak, President

East Mountain Park History

The East Mountain residents and the East Mountain Community Club of the '50's, '60's and early '70's worked very long and hard to make a leisure place for people of Waterbury to enjoy. This is the story of how they achieved that goal in a way that can only touch on the many struggles they had and obstacles they endured before success was realized. Now history repeats itself as is evident in the following chronicle.

The Club was a formal one, with its by-laws and officers, which changed, of course, over many years, but their mission was to develop the land on the banks of the East Mountain Reservoir into a park and playground. If not for their persistence, the dream, perhaps, would not have come true. The project was for a long time a "bone of contention," among those who were against it for various reasons, such as, traffic hazards, preservation of natural watersheds, and preservation of natural commodity against which the city could borrow money. Other objections were the danger of unsupervised swimming, boating, hiking areas being opened to the general public.

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Trash Collection

The Refuse Department is located at 181 East Aurora Street and can be reached at 203 574-6857. The Director of Refuse is Mr. Louis Spina. The hours of the Department are Monday through Friday between the hours of 5:00am to 3:00pm.

The Waterbury transfer facility is located on Mark Lane. Summer hours of the facility (March 1st - November 30th) are Tuesdays through Saturdays from 7:00am to 3:00pm. Winter hours (December 1st - February 28th) are Monday through Friday between the hours of 7:00am and 3:00pm.

Residential Trash: Residential trash is to be placed out at the curbside the evening before collection day. (No more than 24 hours prior to collection; no later than 5:00am on the day of collection). Please note that with new city ordinances, individuals putting out their weekly trash more than 24 hours prior to pick up may be subject to a \$100.00 fine.

Special Pick-Ups (Bulk Waste)

Special pick-ups of bulk items are by appointment only. Please call the Refuse Department at 203 574-6857 to schedule an appointment. No more than five (5) items will be picked up at one time.

Bulk items include couches, mattresses and other large furniture. Metal appliances such as washers, dryers and stoves are included. Please note that with new city ordinances, individuals putting out their bulk items without making a prior appointment maybe subject to a \$100.00 fine for each day the items are at curbside until they are collected.

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 Member of East Mountain Association

East Mountain Neighborhood Association Board Members
 President: Mike Ptak
 Vice President: Jean Guisto
 Treasurer: Turner Langdon
 Secretary: Pam Mencio

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	June 21, 2006

You can view minutes and association information at our web site: www.EastmountainCT.com

Yes, I want to help my neighborhood (PLEASE PRINT)
East Mountain Neighborhood Association
2006 Membership Form
 Dues are \$ 10 Annually per household

Even if you don't think you can make our monthly meetings, your contribution helps us help our neighborhood

Name: _____

Address: _____ Phone: _____

Email: _____

Checks payable to: East Mountain Neighborhood Association,
 Turner Langdon, E.M.N.A. Treasurer,
 444 Peach Orchard Road, Waterbury, CT 06706 (756-0749)
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2006

Editor's Corner

The revitalized East Mountain Neighborhood Association had given us the opportunity to meet and know our neighbors. We have seen terrific membership participation ... \$ 10 per year is a bargain membership to help us make the Association work.

The Association has provided a great tool to inform us of events and decisions that have an effect on our neighborhood through the web site ... www.EastmountainCT.com ... and the e-mail announcements and notices to our members.

As we start our 2005-2006 year, we need to help make our projects and interests even better. It's important to achieve greater participation from all the members. Our Board has carried the major load of the club's operation and needs new volunteers.

Monthly meetings could be helped by a "meeting committee" that would make sure we had someone to be in charge of getting the refreshments, arraigning an interesting speaker, making sure the agenda is established and provided and having the meeting room set up.

My interest is to make sure that our Association provides not only information, but gives us the opportunity to have fun and social events. The ideas of "pot-luck" dinners, dances, tag sales, block parties, trips and special events have been suggested, but someone needs to "champion" the idea and, with the help of others, work toward getting it done.

The Board is a great resource for helping achieve each suggestion, but they should not be the main project managers. Each of our projects, Flags on the telephone poles, Flower Flag, Student Scholarship, membership, newsletter and programs desperately needs your help. It's your participation that helps us get stronger and better. You have talents that can help the Association, let us know about them.

We Salute the Flower Flag

We salute all those who helped with the flower flag this year. First, thanks to Tony Loechner for reaching so many by asking for assistance when planting day arrived. Even before planting day a brand new frame for the garden was the fashioned and embedded in the dam, thanks to Bob Perigard, Turner Langdon, with the help of Ned Mencio, Bill Burnes and Mike Ptak.

The Mencio's shopped for the flowers and cared for them until the big day. The big day brought out around twenty gardeners and helpers. The planting was much easier this year thanks to the frame and the carefully measured strings that were placed as guides for each row of stars and stripes. Kudos to all the volunteers the planting time was half what it was in previous years and everyone was able to have a break from their work.

The volunteers were Harold and Gail Andrew, Carol Amedeo, Maureen Mead, Claudette LaFlamme, Larry Davino, Bill Hubbell, Mike Ptak, John Keane and his two children (great job, kids!). Daniel and Michael Mencio came from Watertown and pitched in to help, Bob McGovern rode by and offered his assistance, Nancy Ptak also came by to help.

Bill Burnes went to work to find a way of getting water to the flowers from the reservoir and came up with a pump, which he and his helpers actually connected to the reservoir, and which made watering easier and safer. Many thanks to Larry and Cecile Davino and Harold Andrew for being so faithful to the watering. (The flowers look great this year)

We already have a volunteer to help again next spring: Bill Hubbell, who is moving off the mountain and who has helped ever since he came to the area has offered to return and help next time. Thanks, Bill.

File For Life

The East Mountain Neighborhood Association in conjunction with Captain Mike Farrell and the crew from Engine 5 have started a program for the residents of the neighborhood and the city called the "File for Life". This program allows important medical information to be made available to emergency medical personnel in your home in the event you are incapacitated or incoherent and time is of the essence.

By participating in the program you and your family members will receive a packet, which includes a magnetized holder, and informational sheet, which is completed, and placed on your refrigerator. The information packet has your name, address, and telephone number and social security number on it. It also asks for any medications that you are currently taking, your medical history, medications you may be allergic to, and insurance carrier contact information. There is also a spot on the sheet which asks if you have a "DNR" (Do Not Resuscitate) form on file and its location. Once all the requested information is completed just fold the form up and place it into the holder and affix it to your refrigerator. If it is ever needed it will be located in a handy spot where emergency medical personnel will be trained to look. The packet will be located in your home and this information will only be used in the event of an emergency and not available to anyone else.

Packets will be made available at the firehouse of Engine 5 located on East Main Street. Residents may call or stop by the firehouse to pick up available packets. This program is now available to residents citywide through all of the firehouses.

Waterbury Federal and State Representatives

State Senator Christopher Murphy
1-800-842-1420
Murphy@Senatedems.ct.gov

State Senator Joan Hartley
1-800-842-1420
Hartley@Senatedems.ct.gov

Senator Christopher Dodd
Putnam Park
100 Great Meadow Road
Wethersfield, CT 06109
860 258-6940 (CT)
202 224-2823 (Washington D.C.)

Senator Joseph Lieberman
One Constitution Plaza
7th Floor
Hartford, CT 06103
860 549-8463
202-224-4041

Governor M. Jodie Rell
Executive Office of the Governor
210 Capitol Avenue
Hartford, CT 06106
860 566-4840
1-800-406-1527
Governor.Rell@po.state.ct.us

Lt. Governor Kevin B. Sullivan
State Capitol - Room #304
Hartford, CT 06106
860 524-7384
ltgovernor.sullivan@po.state.ct.us

Representative Reggie Beamon
46 Catalina Drive
Waterbury, CT 06704
203 755-1963
Reginald.Beamon@po.state.ct.us

Representative Jeffrey Berger
134 Gaylord Avenue
Waterbury, CT 06708
Jeffrey.Berger@po.state.ct.us


Representative David Aldarondo
107 Draher Street, Apt. #3
Waterbury, CT 06708
203 759-7600
David.Aldarondo@cga.ct.gov

Anthony D'Amelio
64 Wellington Avenue
Waterbury, CT 06708
203 574-3434
1-800-842-1423
Anthony.D'Amelio@housegov.state.ct.us

Selim Noujaim
104 Dinatali Drive
Waterbury, CT 06705
203 591-9190
1-800-842-1423
Selim.Noujaim@housegov.state.ct.us

It is amazing what you can accomplish if you do not care who gets the credit.
Harry S Truman

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Mattatuck museum

From June 10- September 18, 2005

In commemoration of the 50th anniversary, the Mattatuck Museum presents the exhibit: **FLOOD !**

On August 10, 1955, Waterbury and neighboring towns along the Naugatuck River were struck by a devastating flood.

Using images, oral histories, film footage and maps, this exhibit explores the immediate and long-term impacts of the flood.

Mohegan Sun Trip EAST MOUNTAIN ATHLETIC ASSOCIATION

A bus trip to Mohegan Sun is planned for Saturday, October 15, 2005

The bus will leave Hamilton Avenue commuter parking lot at 4:00 p.m. and return at 1:00 a.m. (please be on the bus by 3:45)

The cost of tickets will be \$25.00 and you will receive a \$10.00 food coupon & \$10.00 towards the monthly casino special.

Please call Mike Guisto at 575-9180 for tickets



Big E

Home and Garden Event: The Big E, Springfield, MA

The Big E (Eastern States Exposition) is a fair held annually in West Springfield, MA. The dates for the Big E fair are September 16 - October 2. Landscaping enthusiasts can pick up plenty of tips at the Big E.

One merchant who regularly attends puts on a knockout display of artificial water gardens. Many merchants sell home and garden accents of interest. Others display tools and equipment that can make landscaping easier.

Of course, there's also just a lot of pure fun at the Big E! If you live nearby and have never attended, this may be the year to experience the 9th largest fair in the U.S.

Entertainment Books 2006

Turner Langdon will have the newest Entertainment Books for 2006 for sale at the September 21st meeting.

The profits from the sale of these books that save you money at various restaurants and entertainment venues helps us fund our projects.

Turner can get books that cover any area in Connecticut as well as across the United States.



East South Peach Tree Road

by Ned Mencio

The old house at 190 Peach Orchard Road was very recently sold, having been on the market for many weeks. For some time, now, the ancient house has been badly in need of someone to care for it, as one can readily see, since it stands where East Mountain Road meets Peach Orchard Road and on land that is slightly elevated, making it a sort of beacon when one approaches it from East Mountain Road.

It is reported that many prospective buyers would have razed it, but the new owner(s) intend to save it, to the benefit of all of East Mountain. The house is two hundred fifteen years old. It could be the oldest house on the mountain.

We have been curious about the old house for some time, especially as it seemed more and more sad-looking each time we passed it. Then, two weeks ago, an estate sale was held at the old place and so our chance to see it finally became a reality. We learned, that day, that the old house was built in 1790. As we passed from room to room (all of which were very small), we learned that the house had always been a two-family house, which may have been built to house farmhands. It was built without closets and had no bathrooms, so it may have been more spacious in its original state. We were told that the attic still shows wooden pegs that were used before nails began to be used in construction, (nails were not used until the 1860's.) We observed for ourselves that the cellar has a dirt floor and the foundation is stone.

Our interest in the place was sparked and we converged on City Hall to try to trace the history of the house in terms of owners as listed in public records. After hours of searching, with the help of a very interested young man named Adam, who worked backward through the years, starting with the most recent owners, we were left with many missing pieces to the puzzle. We were able to track back from the present through the early 1950's, and picked up the trail again in the late 1920's to 1916, after which we found no further records. Just as we were about to suspend our search, we found a deed dated October 3, 1780. The deed was drawn by George Prichard, (ergo Prichard's Pond), for his son Isaiah Prichard. George turned over to Isaiah "eighteen acres and one hundred and seventeen rods lying on the West side of the East Mountain."



The conclusion we draw from the search is that George Prichard owned the land upon which the house sits, at 190 Peach Orchard Rd, known then as East South Peach Tree Road. George gave that land to his son, Isaiah, who most likely farmed it, and probably built the house on that land ten years later.

We tell this story in honor of the old Cape Cod style house because it has served as a symbol of East Mountain's birth for over two hundred years, making us wonder what stories it would tell if it could. We feel that we've uncovered a treasure that had been standing there before our eyes and that we were seeing only a teetering, dismal relic.

It is with great anticipation that we await its transformation into a proud symbol of our neighborhood's evolution once again.

If readers have knowledge of or ownership of a very old house on East Mountain, please share your story with us.

We are eager to learn more about our area and about it's early history. Photos, drawings, maps, letters are of special interest.



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Litter on the Mountain

Many of us enjoy an early morning or evening walks through our neighborhood for exercise. During these walks we look at many properties and admire the landscaping and the pride many residents take in their property. However there is something that many have been noticing more of each day, and that is litter and weeds in the curbs on our streets.

There are many who believe that the city should take care of the weeds and overgrowth along side of the road and in the sidewalks. In a perfect world this would be true but over the years the manpower in the street department has been drastically reduced. In truth there are not enough workers to adequately take care of the streets in the city.

Look at your property alongside the edge of the street and pick up any litter that may have been thrown there. If you have a sidewalk in front of your house, take care of the weeds that may be growing up through the cracks. There are a variety of products that you can purchase at the local hardware store to spray on the weeds early in the season to prevent them from growing through the summer. When using these products please read the warning labels and follow the instructions carefully. If you are concerned about using some of these products you can use Clorox or even white vinegar to get rid of the weeds.

Please keep an eye on the storm drains that may be around your property. They should be kept free of litter, grass, weeds and sand in order to prevent flooding of our streets. We can also help our friends at Engine 5 and ourselves by making sure our fire hydrants are open and not surrounded by weeds and debris during the summer and kept clean of snow and ice during the winter months.

East Mountain can set the standard for the rest of the city and keep our neighborhood clean, litter and weed free. We need to partnership with the city to take care of our little piece of the American dream.

Shopping on the Internet

Before you shop on-line, search for promotional discounts for clothing, appliances, shoes, electronics, music and more. These discounts are applied during checkout if you include the proper code. Retailers put these codes on other sites as advertisements to lure you to their sites. Best sources for promotional codes: www.currentcodes.com ... www.dealcatcher.com www.deal hunting.com

Vacation Gardening

To keep houseplants moist while you are away, soak plant soil with water, then seal plants in clear perforated plastic bags, such as those often used by dry cleaners. Water rises up inside the bags during the day and drips down at night ... air penetrates through the holes. Place plants out of direct sunlight. Plants will stay healthy for up to 12 weeks.

Cell phone for kids

Firefly is designed for kids ages eight to 12. Only 22 phone numbers (including ones for Mom and Dad) can be preprogrammed into the phone, and they are the only numbers that can be called or from which call can be received.

The five large buttons allow for easy dialing. The Firefly phone, available nationwide, cost \$ 99.99, including 30 minutes of air time.

Additional minutes cost 25 cents each. 800 347-3359, www.fireflymobile.com



Great Bread

3 loaves (400 degrees 1/2 hour)
24 rolls (350 degrees 20 min)



1 c	whole wheat flour		
5-7 c	white flour (King Arthur's is best)	6 T.	butter
3 T	honey	2 T.	yeast (3 pkgs.)
1 c.	dried powdered milk	2 T	salt

Mix whole wheat flour + 3 cups white flour w/dried milk, yeast & salt

On Stove, heat 4 c water, honey & butter to 120 – 130 degrees.

Pour into flour, beat 2 min
Add 1 1/2 cup flour, beat 2 min.

Add enough flour to make a stiff dough. Put on flat surface & knead until no longer sticky. Let raise 1/2 hour.

Punch down, divide
Roll flat & roll up
Put in bread pan,
After putting in pan, let rise until double (around 45 minutes)
bake 400 degrees for 1/2 hour

GENERIC CREAM SOUP BASE

Makes 4 to 6 cups

1 cup nonfat dried milk powder
1 tablespoon dried onion flakes
2 tablespoons cornstarch
2 tablespoons chicken bouillon powder
1/2 teaspoon dried basil, crushed
1/2 teaspoon dried thyme, crushed
1/4 teaspoon black pepper

Mix all the ingredients and store in an air-tight container.

TO MAKE SOUP

2 cups cold water
1/2 cup main ingredient

To make soup: Add the water to the mix in a large saucepan and stir constantly over medium heat until thick. Add the main ingredient of your choice—mushrooms, for example—and cook until done. If the soup is too thick, add more water and stir thoroughly over medium heat. Add other seasonings of your choice



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Tue. - Wed 3:00pm - 9:30pm
Thu., Fri., Sat. 11:00am - 10:00pm
Sunday 3:00pm - 9:00pm

GRINDERS

All Grinders Served Hot Unless Specified Cold

CHICKEN PARMIGIANA
Sliced Breaded Chicken Breast topped with Tomato Sauce and Mozzarella

EGGPLANT PARMIGIANA
Sliced Breaded Eggplant topped with Tomato Sauce and Mozzarella

SAUSAGE PARMIGIANA
Sliced Sausage topped with Tomato Sauce and Mozzarella

MEATBALL PARMIGIANA
Chunks of Meatballs topped with Tomato Sauce and Mozzarella

PHILLY CHEESE STEAK
Thinly Sliced Steak sautéed with peppers and onions and now baked with American Cheese

HOT COMBO PARMIGIANA
Chunks of Meatballs, Sliced Sausage and Sweet peppers topped with Tomato Sauce and Mozzarella

ITALIAN COMBO
Ham, Salami, Mozzarella and Parmesan Cheese. Topped with Lettuce and Tomato

HAM & CHEESE
Ham, American Cheese and Mozzarella Topped with Lettuce and Tomato

SALAMI & CHEESE
Salami, Provolone and Mozzarella Topped with Lettuce and Tomato

TURKEY & CHEESE
Turkey Breast, American Cheese and Mozzarella Topped with Lettuce and Tomato

VEGGIE GRINDER
Sautéed Broccoli, Sliced Olives, Fresh Mushrooms, Peppers and Onions Topped with Mozzarella

TUNA & CHEESE
100% White Albacore Tuna with Mozzarella and American Cheese Topped with Lettuce and Tomato

PEPPERONI GRINDER
Sliced Pepperoni topped with Tomato Sauce and Mozzarella Cheese

Authentic Italian Brick Oven Pizza

GOURMET PIZZAS

MEDIUM...\$12.00 LARGE...\$14.99

1. **RICOTTA** - Ricotta Cheese, Mozzarella, Basil & Garlic
2. **QUATTRO STAGIONI** - Artichoke, Sliced Mushrooms, Sliced Ham, Tomato Sauce & Mozzarella
3. **ORTOLANA** - Eggplant, Sliced Tomatoes, Onions, Tomato Sauce & Mozzarella
4. **MEAT LOVERS** - Pepperoni, Mushroom, Sliced Sausage & Ham
5. **CONTADINA** - Breaded, Sliced Tomatoes, Black Olives, Tomato Sauce & Mozzarella
6. **ARRABBIATA** - Sliced Sausage, Sliced Jalapeno, Onions, Tomato Sauce & Mozzarella
7. **ITALIANO** - Onions, Sliced Tomatoes, Ricotta Cheese & Mozzarella
8. **SEMPLICE** - Garlic, Sliced Tomatoes, Black Olives, Anchovy, Tomato Sauce & Mozzarella
9. **OCEANICA** - Chopped Clam, Shrimp, Onions, Garlic (Use Oil & Mozzarella Please Cheese—Fish or Without Tuna)
10. **CHEESE LOVERS** - Mozzarella, Pro Cheese, Grated Romano, Sliced Tomatoes & Onions (Fish)
11. **CLAMS CASINO** - Bacon, Chopped Clam, Olive Oil, Garlic & Mozzarella (Please Cheese—Fish or Without Tuna)
12. **RUSTICA** - Sautéed Peppers, Spinach, Sliced Tomatoes & Mozzarella (Please Cheese—Fish or Without Tuna)
13. **FIORENTINA** - Sliced Tomatoes, Sliced Provolone, Sliced Mushrooms, Tomato Sauce & Mozzarella
14. **VEGETABLE** - Sliced Mushrooms, Onions, Mixed Sweet Peppers, Breaded, Sliced Olives, Sliced Tomatoes, Sliced Eggplant, Onions & Mozzarella
15. **FORCHETTA** - Sliced Ham, Bacon, Sliced Provolone, Tomato Sauce & Mozzarella
16. **WORKS** - Pepperoni, Sliced Sausage, Mushroom, Onions, Sliced Mushrooms, Mixed Sweet Peppers, Tomato Sauce & Mozzarella
17. **GIOVANNI** - Sliced Chicken Breast, Sliced Mushrooms, Garlic, Sliced Tomatoes & Artichoke (Fish)
18. **BUFFALO** - Diced Chicken Breast, Hot Sauce, Tomato Sauce & Mozzarella (Come with Side of New Cheese Dressing)
19. **BBQ** - Diced Chicken Breast, BBQ Sauce, Tomato Sauce & Mozzarella
20. **CHICKEN & BROCCOLI** - Ricotta Cheese, Breaded, Diced Chicken Breast & Mozzarella Cheese
21. **PESTO** - Pesto, Basil, Mozzarella and Your Choice of (2) Toppings
22. **HAWAIIAN** - Sliced Ham, Pineapple, Tomato Sauce & Mozzarella
23. **PHILLY STEAK** - Breaded Steak, Mixed Sweet Peppers, Onions & Mozzarella (Fish)
24. **SICILIAN** - Thick Crust, Olive Oil, Garlic, Basil, Tomato Sauce & Mozzarella
25. **CLAM** - Chopped Clam, Garlic, Onions & Mozzarella (Please Cheese—Fish or Without Tuna)
26. **BRUCHETTA** - Sliced Tomatoes, Garlic, Olive Oil, Pro Cheese & Mozzarella (Please Cheese—Fish or Without Tuna)

BAKED DISHES

All Served with Choice of Soup or Salad

STUFFED EGGPLANT ROLLATINI
Baked Breaded Eggplant Stuffed with Ham, Ricotta and Parmesan Cheese. Topped with Tomato Sauce and Mozzarella Cheese. Served with Side of Ziti

MANICOTTI
Baked Pasta Sheets stuffed with Ricotta Cheese. Topped with Tomato Sauce and Mozzarella Cheese

BAKED ZITI
Pasta Sheets with Ricotta Cheese. Topped with Tomato Sauce and Mozzarella Cheese

STUFFED SHELLS
Lumpy Pasta Shells Stuffed with Ricotta Cheese. Topped with Tomato Sauce and Mozzarella Cheese

EGGPLANT PARMIGIANA
Breaded Eggplant Topped with Tomato Sauce and Mozzarella. Served with Side of Ziti

LASAGNA
Pasta Sheets Layered with Ground Beef, Ricotta, Mozzarella Cheese and Sauce. Topped with Tomato Sauce and Mozzarella Cheese

PASTA COMBO
Lasagna, Manicotti and a Single Shell. Topped with Tomato Sauce and Mozzarella Cheese

MEATBALL, SAUSAGE & PEPPER CASSEROLE
Chunks of Meatball, Sliced Sausage and Sweet Peppers. Topped with Tomato Sauce and Mozzarella Cheese. Served with Side of Ziti

CREATE YOUR OWN PIZZA

	MEDIUM	LARGE
BASE PRICE	\$8.75	\$9.95
EACH ADDITIONAL ITEM	\$1.00	\$1.50
EXTRA THICK PIZZA ADD	\$1.00	\$1.50

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Engine 5 Serving the East End



Mike sent this to us in the spring, but it is just as important now, in the Fall.

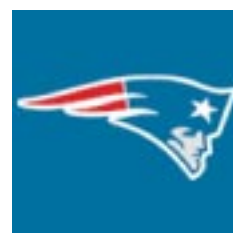
Hello East Mountain neighbors. I would like to fore-go the usual agenda for a moment, and ask you indulge me in a brief moment of serious business. As I write this article, I have just read of a fatal fire which occurred in Bridgeport this past February. Killed in this fire were a young 27 year old mother, and her two sons, ages 5 years, and 5 months. What struck me most about this fire was that all 3 people died of asphyxiation from smoke and carbon monoxide inhalation. No burn injuries at all. While the blaze was spectacular, by most news accounts the fire damage was limited to only a portion of the home. The room where the victims were sleeping was not even damaged by fire! Indications from the report are that there was a smoke detector present, but it was "not working." Imagine how senseless, and how preventable this loss is. A young family devastated by tragedy, at the expense of a \$2.00 battery. When you read of a fire fatality, it is important to understand that most victims of home fires die from smoke and carbon monoxide inhalation, not burn injuries, as these 3 did. What this is, essentially, is acute poisoning from the many highly toxic by-products of combustion. With the presence of more and more synthetic materials in most every home furnishings today, the toxicity of a hostile fire in a home is almost immediately crippling, even to a healthy person. This reduces escape time and the preservation of your motor coordination to just a few quick breaths, or a few short steps. So what's the answer? Simple- install and maintain working smoke and carbon monoxide detectors in every level of your home. For an average 2 story, 1200 square foot house this will cost less than \$100.00 for total replacement, with an annual operating cost for batteries of about 10.00. There is nothing deep, nothing profound about this message. It is taught to elementary schoolers at every school across the country, yet amazingly enough, the message is lost on adults in those same communities. Consider it more of a plea from those of us who have first hand experience of the unnecessary devastation and tragedy that rears it's ugly head from an unheeded message.

The city of Waterbury's fire department initiated a program years ago where we will issue a new battery, or a working smoke detector to any homeowner who does not have one, or cannot afford one. Regardless for the reason of the call for service, we routinely do not leave a residence without making sure there is a working smoke detector present. I cannot urge you strongly enough to take advantage of this program, or to take it upon yourself to make sure you and your loved ones are protected by detectors you choose to purchase yourself. If you are elderly, or otherwise in need of assistance or guidance in the installation or selection of these units, please call us and we will help. You have heard me state this at the many public speaking events I've had the privilege of being invited to, and again the message bears repeating.



The most important and fundamental service the Waterbury Fire Department can provide its community is to prevent some harm from occurring to you, or your loved ones. It is this "behind the scenes" work which are the quiet successes we enjoy as a department in partnership with the community. The school visits, the replaced battery, the home safety inspections, the proverbial "ounce of prevention" is where your tax dollar truly works most to safeguard you. You have an awesome fire department, who when the bell hits, under combat conditions is quite frankly, second to none. But the reality of our true mission is that we would rather never have to test our skills at our neighbors expense again. Please check your smoke and carbon monoxide detector batteries, change them every time you change your clocks (spring and fall), and help us continue to keep Waterbury one of the safest communities in which to live, work, and visit.

Captain Michael Farrell
Engine Company # 5



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Voting Rights

The Executive Board of the East Mountain Neighborhood Association would like to remind everyone of the by-laws of the Association regarding voting on issues raised at the monthly meetings. Article III, Section 3 of the by-laws states:

Membership in good standing is established through a minimum attendance of at least four (4) regularly monthly meeting per year, paying dues and supporting the objectives of the organization **OR** minimum attendance of at least two (2) regularly scheduled monthly meetings per year, participation in at least one committee per year, paying dues and supporting the objectives of the Association.

Article III, Section 4 also states that members in good standing shall have voting rights with regard to all EMNA business. Voting rights are one vote per household.

These sections of the by-laws will be strictly enforced in the upcoming meetings. It is not fair to those who attend monthly meetings, have their dues paid timely and participate in events to have the same vote as those who do not attend and do not have their dues paid. With some very important items that will be addressed at future meetings (park renovations, golf course sale) these sections need to be enforced. Therefore when you sign in, your name will be checked off of the current members list and verified that your dues are paid and you are a member in good standing. A card will be issued to those in good standing and those holding such a card will be allowed to vote on any motions made and seconded before the Associations. Copies of the by-laws will be made available upon request.

Thank you for your understanding as to why this needs to be enforced.

East Mountain Neighborhood Association Board Members
 President: Mike Ptak
 Vice President: Jean Guisto
 Treasurer: Turner Langdon
 Secretary: Pam Mencio

We would love to get your support.

Even if you don't think you can make our monthly meetings, your contribution helps us help our neighborhood

East Mountain Park Renovations

According to city officials in the Park and Recreation Department the renovations of the East Mountain Park are moving along. As you know the city received \$600,000 from the State of Connecticut Bonding Commission led by then Representative Tom Conway.

This funding will be used to renovate the two existing baseball fields with new material placed in the infields, top dressing of the existing fields with topsoil and an upgraded irrigation system. There will also be a new t-ball field added. In order to make room for this new field two of the existing three tennis courts will be removed. The basketball court will be moved closer to the street and new playscape equipment will be added and the old items removed. One of the newest additions will be the installation of a walking path around the inside perimeter of the park. This walking path will allow many of our neighbors to get their daily exercise without having to deal with the many hills in the area. Due to the cost of maintaining the structure and the target it makes for vandals, the bathroom facilities will be eliminated. However, the Park Department will be placing two port-o-lets on site for those using the park if facilities are needed.

Due to the amount of funding and the renovations to be completed, it looks like the remaining tennis court may be eliminated. It is the reasoning of those in the Public Works Department that tennis is not as popular as it was in years past and the court is not needed. The feeling is also that if anyone wishes to play tennis they can go to the courts located at Crosby High School or Hamilton Park. Also scheduled to be eliminated is the spray pool. The reasoning behind the elimination is that with current changes with in the city, the Department of Public Works will now have to pay for water used to supply the spray pool. According to officials, spray pools across the city may not be in use next year because of this reason.

The plan according to officials in the Department of Parks is that renovations will start more than likely in the spring of 2006, but this estimate looks highly unlikely. Bids for the renovations are due back in the city by September 22nd and then need to go through the arduous process of being approved by various city boards and of course the oversight board.

This process will take a long time and we are still ways from seeing the light at the end of the tunnel. Plans still need to be finalized and we have been in contact with members of the Waterbury delegation to the Connecticut Senate and Representatives who are looking to secure an additional \$400,000 for renovations. We have also been in contact with members of Senator Dodd and Senator Liebermans office about the availability of federal funds.

Please consult the local newspaper for any additional information that may be available in the future concerning the renovations. Please feel free to contact the Department of Parks at 574-6793 or the Department of Public Works at 574-6851 with any questions or comments concerning the park.



Sadie Hawkins Day

When: Always on November 13

Here is a holiday that originated from a cartoon. It all began in Al Capp's "Lil Abner Cartoon in the 1930's. In the cartoon series, the mayor of Dogpatch was desperate to marry off his ugly daughter.



So he created Sadie Hawkins's Day. On this day, a race is held and all the single men were given a short head start. If a woman catches her man, he had to marry her.

Sadie Hawkins Day races and events grew in popularity during the course of Al Capp's long running cartoon. This cartoon made holiday largely died out after 40 years when the cartoon was discontinued. It can occasionally be seen celebrated on college campuses.

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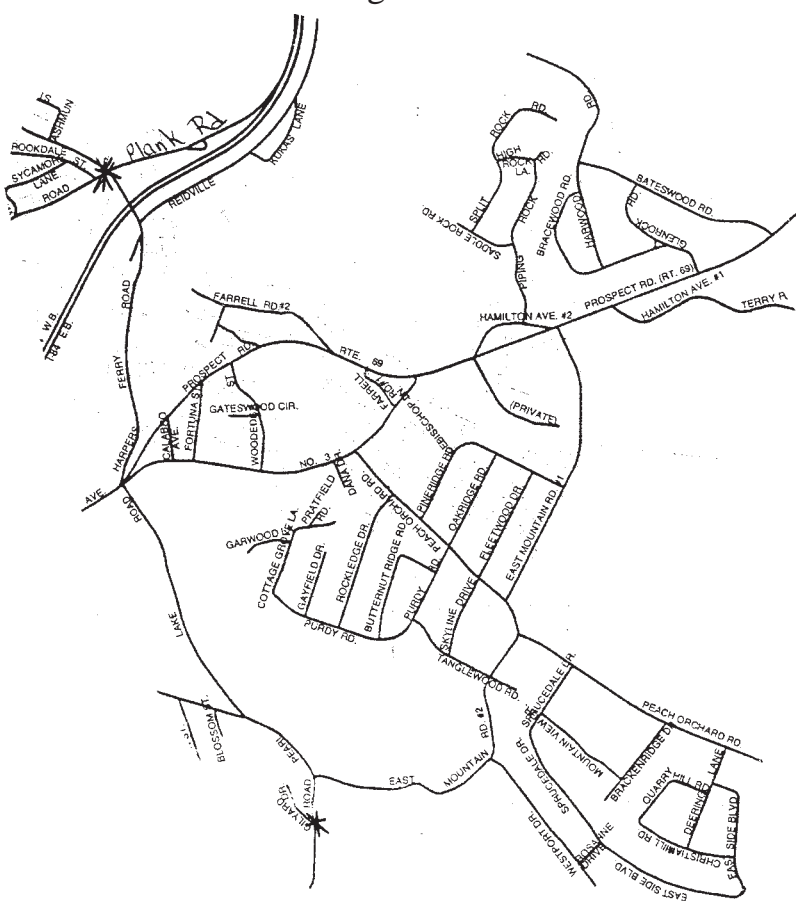
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- | | | |
|--------------------|--------------------------------|----------------|
| Bateswood Rd | Garassino Pl | Perazzini Rd |
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| Brackenridge Dr | Gateswood Cir | Piping Rock Dr |
| Butternut Ridge Rd | Gayfield Rd | Prospect Rd |
| Calabro Ave | Glenrock Rd | Purdy Rd |
| Christian Hill Rd | Hamilton Ave | Quarry Hill Rd |
| Cottage Grove Ln | Harpers Ferry Rd (to Plank Rd) | Rockledge Dr |
| Dana Dr | Harwood Rd | Rosanne Dr |
| Deering Ln | High Rock La | Saddle Rock Rd |
| East Mountain Rd | Mountain View Dr | Skyline Dr |
| Eastside Blvd | Oakridge Rd | Split Rock Dr |
| Farrell Rd | Peach Orchard Rd | Tanglewood Rd |
| Fleetwood Dr | Pearl Lake Rd (to Gilyard) | Terry Rd |
| Fortuna St | | Westport Dr |
| | | Woodedge St |

East Mountain Neighborhood Association Board Members
 President: Mike Ptak
 Vice President: Jean Guisto
 Treasurer: Turner Langdon
 Secretary: Pam Mencio

Wendell Cross PTA Calendar of Events

September	January
8 th -22 nd Jeannine Fundraiser Kickoff	Friday 20 th Family Movie Night 6-8 pm
Saturday 17 th Golf Tournament	Domino's Pizza Superbowl Fundraiser
East Mountain Golf Course	
October	February
1 st -15 th Pie Sale	Friday 10 th a Child/Parent Dance from 7-9 pm
(Delivered by Thanksgiving)	
11 th Scholastic BookFair	March
Friday 28 th 7-9 Halloween Party	Thursday 14 th Rollerskating Night 6-8 pm
	Yankee Candle Fundraiser (Dates not set)
November	April
Thursday 3 rd Ziti Dinner 6-7:30 pm	Friday 7 th Talent Show 9-9 pm
Sunday 20 th Family Bowling Nite 5-8 pm	Thursday 27 th Ziti Dinner 6-7:30 pm
	May
December	Wednesday 17 th 6-8 pm
Saturday 3 rd Pancake Breakfast with Santa Clause as well as a carol sing-along and Puppet show 9-11am	Volunteer Appreciation Dinner
13 th - 15 th Christmas Shoppe. Held during school hours	

East Mountain Park History (continued from Page 2)

Despite the numerous objections, the effort continued, as is evident in the Community Club newsletter of June, 1960, which contained a small clip asking all neighbors to attend a meeting at the golf course club house on June 7, 1960 @7:15 PM and later that evening to attend a Board of Works meeting at 8 PM to try to obtain the parcel of land adjoining the reservoir to make a "ball diamond". On August 3rd of that year the land was released by the Works Board to be used by the Park Department for recreation. The Park Department disapproved of leasing the land to a private organization. The people understood that it would be a public recreation area and not limited to the East Mountain residents. It was announced that there was, however, "no money in this year's budget" for development.

The years passed with no movement, until, finally, in 1972, on August 1st, a delegation of East Mountain residents with children in tow, converged on the Park Board to ask when their neighborhood would have a playground. At that time they were informed that the project was in the hands of HUD (a federal agency), which would decide whether or not to subsidize half the cost of the venture. HUD had been in possession of the application since the previous February. James Curtin, director of Parks and Recreation estimated the cost at \$50,000. The city stood to lose the HUD funds if the work proceeded without their approval. The delegation was assured that the park would be completed with or without HUD money and that it should be completed by the following spring. (1962). It was not until 1973 that the park finally became a reality.

The East Mountain Reservoir Park was officially dedicated and opened on July 7, 1973. The ceremony was led by EMEA president, George Dinkle. A second dedication of the ball fields was made to the late Harry Northrup, past president of the East Mountain Athletic Association. Harry valiantly drove the effort to have the ball fields built. A stone, inscribed "Harry Northrup Athletic Fields", was placed in the ground near the tennis courts. Many "mountaineers" were personally and actively involved in the physical completion of the fields, namely: Richard Pagano, Armand D'Angelis and Gus, Julius and Carmen Fidanza. The athletic coaches and teams finally had a home base. The teams had been formed in the early 1970's and had previously had to try to find other city park fields to play their games as two of the original coaches, Bob Perigard and Ned Mencio (still actively involved in neighborhood efforts) can remember.

Continued on Page 11

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Our once-a-month meetings let the members guide our projects and let us hear relevant speakers that help us understand neighborhood issues and meet the people who are involved with East Mountain : City and State representatives as well as representatives from parks, fire, police, and businesses.

Our Web Page and e-mail notifications keeps members informed of events and issues that affect our community.

We Need To Hear From You

If you would like your club, group, or organization information included in our newsletter, please let us know.

You can send the info to Tony Loechner, P.O. Box 7137 Prospect, CT 06712-0137 or email us at tonyL@Loechner.com . We will be mailing our newsletter 3 times a year.

Acupuncture: The Ancient Art that is Turning Some Modern Heads.

By Dr. Thomas Patavino of Thoracic Park Alternative Health

Health care is changing every day. Modern medicine and cutting edge technology are constantly looking to make new advances in the eradication of disease. However, it sometimes seems that the more things change, the more they stay the same. Despite all the great advances we have made with modern medicine we shouldn't discount the effectiveness of some "good old fashioned remedies".

I'm sure some of us know people that rely on grandma's home remedy to get rid of a cough or run straight for the Epson salt when the muscles start to ache. These remedies have stood the test of time because at one time or another, they helped alleviate symptoms. Unfortunately, scientists have never tested grandma's magical cough remedy for validity, so it will never change the face of health care.

We live in a world where we need facts to support our beliefs. We use scientific studies to determine if a treatment is effective or not and all other claims are usually dismissed. Alternative medicine such as chiropractic, naturopathic, herbal medicine and acupuncture have all had their share of receiving the same concerns as grandma's cough potion. People appear to get better, but there aren't enough supporting studies to achieve public acceptance. With that in mind, it is refreshing to see that not only has a recent study been performed testing the validity of an alternative treatment option, but that it received recognition on a national level.

CBS Early Show released the results of a study demonstrating the effectiveness of acupuncture for arthritis relief. The University of Maryland School of Medicine tested the effectiveness of acupuncture on 570 patients with arthritis of the knee and found not only a significant decrease in pain, but also an improvement in function.¹ This was ground breaking news as many alternative health studies often fail to receive the funding or exposure to receive the recognition they deserve as viable treatment options. More importantly, arthritis sufferers now may find relief with a safe treatment that doesn't possess the associated health risks that have been discovered with the use of medications like Vioxx, Aleve, Celebrex and Bextra. Recent reports have linked these pain medications to increasing the risk of cardiovascular damage.

Many of us have heard of acupuncture, but might not know too much about the principals of this treatment. The art of acupuncture has been utilized in Asia for approximately 5000 years. The principals behind acupuncture are based on balancing the body and allowing proper energy flow. To begin, the Chinese believe we have an energy force that runs throughout our body. This energy force, named Qi (pronounced chee) is responsible for our physical, spiritual and mental health. When flowing properly, we are healthy individuals. When there is disruption, our health becomes challenged and we are susceptible to pain, distress or illness. Any disruption in our natural energy flow reduces our immune system and leaves us vulnerable to ailments. An ailment can be almost any condition. Chronic back pain, arthritis, asthma, infertility, smoking addiction, obesity and weight management difficulties, and poor immunity are some common conditions that have been linked to imbalance in Qi.

Acupuncture is a safe, bloodless and surprisingly painless procedure that has been one of the most utilized forms of eastern medicine. Tiny needles not much thicker than a human hair are specifically placed on points of the body. The positioning of the needles are believed to stimulate the body to release natural chemicals to dull pain and restore natural energy flow to promote healing. Typically treatment sessions last between 20 and 30 minutes and are recommended 2 to 3 times a week initially for optimum results.

Acupuncture has been used for pain management in chronic musculoskeletal conditions and sports injuries. Patients with conditions like fibromyalgia and chronic fatigue syndrome often find it difficult to thrive with traditional medicine alone. Clinically, acupuncture has been found to reduce pain and increase energy in these conditions and current studies are exploring the future possibilities of improving the lives of those who suffer from these syndromes. Acupuncture has been used to help patients curb their cravings for nicotine and food promoting weight loss and helping people quit smoking.^{2,3} Fertility specialist often recommend the use of acupuncture to help with conception as statistics show a greater increase in reproductive function when patients undergo treatments.⁴

It is refreshing to see that an interest in growing in alternative medicine. With all the controversy surrounding harmful side effects associated with certain medications, it was only a matter of time before people would seek safer alternative treatment options. The effectiveness of Acupuncture has been seen in Eastern Medicine for thousands of years. It should not be viewed as a new treatment, but rather an untapped resource that many have never considered as an option to approach what ails them.



Wendell Cross PTA Golf Tournament Saturday, September 17th East Mountain Golf Course **Hole-In-One Prize 2005 Chevrolet**

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7:00 am – registration and breakfast

8:00 am Shotgun Start

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**Wendell Cross PTA Schedule of Meetings
2005-06**

Wednesday, Sept 7 th , 2005	Thursday, January 5 th , 2006
Thursday, October 13 th , 2005	Tuesday, February 7 th , 2006
Tuesday, November 1 st , 2005	Wednesday, March 8 th , 2006
Wednesday, December 7 th , 2005	Thursday, April 6 th , 2006
	Tuesday, May 2 nd , 2006

All scheduled PTA meetings are held in the **school library** at **7:00 pm**.

A supervised activity (movie & a snack) for children ages 3 & up will be provided during the meeting. We have chosen rotating days for our meetings. And have tried to schedule on different days of the week – hoping to accommodate more of our parents/guardians.

WE NEED YOU!
The Wendell Cross PTA officers
wendellcrosspta@yahoo.com

The Wendell Cross PTA Officers

Nancy Silva, President	Andrea Belanger, Vice-President
Samantha Conway, Treasurer	Sandy Eldredge, Secretary
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Fender skirts (found on the internet)

I haven't thought about "fender skirts" in years. When I was a kid, I considered it such a funny term. Made me think of a car in a dress.

Thinking about "fender skirts" started me thinking about other words that quietly disappear from our language with hardly a notice. Like "curb feelers" and "steering knobs." Since I'd been thinking of cars, my mind naturally went that direction first.

Any kids will probably have to find some elderly person over 50 to explain some of these terms to you.

Remember "Continental kits?" They were rear bumper extenders and spare tire covers that were supposed to make any car as cool as a Lincoln Continental.

When did we quit calling them "emergency brakes?" At some point "parking brake" became the proper term. But I miss the hint of drama that went with "emergency brake."

I'm sad, too, that almost all the old folks are gone who would call the accelerator the "foot feed."

Didn't you ever wait at the street for your daddy to come home, so you could ride the "running board" up to the house?

Here's a phrase I heard all the time in my youth but never anymore - store-bought." Of course, just about everything is store-bought these days. But once it was bragging material to have a store-bought dress or a store-bought bag of candy.

"Coast to coast" is a phrase that once held all sorts of excitement and now means almost nothing. Now we take the term worldwide" for granted. This floors me.

On a smaller scale, "wall-to-wall" was once a magical term in our homes. In the '50s, everyone covered his or her hardwood floors with, wow, wall-to-wall carpeting! Today, everyone replaces their wall-to-wall carpeting with hardwood floors. Go figure.

When's the last time you heard the quaint phrase "in a family way?" It's hard to imagine that the word "pregnant" was once considered a little too graphic, a little too clinical for use in polite company. So we had all that talk about stork visits and "being in a family way" or simply expecting."

Apparently "brassiere" is a word no longer in usage. I said it the other day and my daughter cracked up. I guess it's just "bra" ow. Unmentionables" probably wouldn't be understood at all.

It's hard to recall that this word was once said in a whisper "divorcee." And no one is called a "divorcee" anymore. Certainly not a gay divorcee." Come to think of it, "confirmed bachelors" and "career girls" are long gone, too.

I always loved going to the "picture show," but I considered "movie" an affectation.

Most of these words go back to the '50s, but here's a pure-'60s word I came across the other day - "rat fink." Ooh, what a nasty put-down!

Here's a word I miss - "percolator." That was just a fun word to say. And what was it replaced with? "Coffeemaker." How dull. Mr. Coffee, I blame you for this.

I miss those made-up marketing words that were meant to sound so modern and now sound so retro. Words like "DynaFlow" and ElectraLuxe." Introducing the 1963 Admiral TV, now with "SpectraVision!"

Food for thought - Was there a telethon that wiped out lumbago? Nobody complains of that anymore. Maybe that's what castor oil cured, because I never hear mothers threatening their kids with castor oil anymore.

Some words aren't gone, but are definitely on the endangered list. The one that grieves me most - "supper." Now everybody says "dinner." Save a great word. Invite someone to supper. Discuss fender skirts.

Someone forwarded this to me, and I thought some of us of a "certain age" or know some-one that's a "certain age" that you can send this to that would remember most of these.

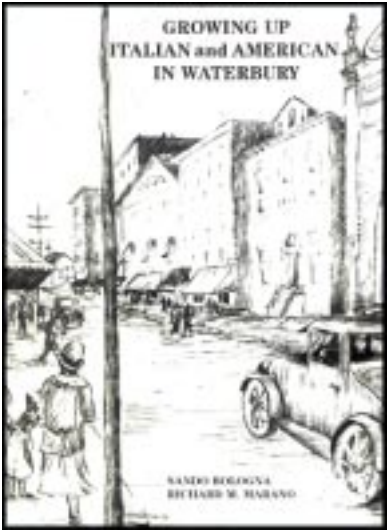
Here's a few more:

Wash Tub is now a Flower Planter
Wringer washer
Chicken Wire now it's called netting
Chicken Scratch is now Poultry Grain



The Italians of East Mountain

This story is an excerpt of an interview with an East Mountain resident, Katherine Fossaty found in the book "Growing up Italian and American in Waterbury", by Sando Bologna and Richard Marano.



The Italian immigrants who settled in East Mountain were mostly, if not all, Piemontesi, which is the name of the district in Italy from which they came to America. Katherine Fossaty, a well-known East Mountain resident was born on Harpers Ferry Road in the Bauby house. Her family later settled on Hamilton Avenue near Silver Street; still later the family built their home on Farrell Road, called "Little Italy" in those days. Farrell Road was named for a local landowner. Katherine attended the East Mountain School on Old Prospect Road. The building still stands on Route 69 and presently houses "Homecare Professionals". Katherine recalls that during her school days, heat was provided by a pot-bellied stove, which the teacher would light each morning.

East Mountain was home to all the Piemontesi who settled in Waterbury. They spoke the same dialect, worked in the city industry (Scovill's, Chase, Farrel Foundry, " the button shop", Mattatuck Mfg.) or in a trade. The Piemontesi did not interact with other Waterbury Italians, but did utilize the city facilities. They formed their own social clubs and had dinners, dances and Bocci clubs for entertainment. They worshipped at Our Lady of

Lourdes Church. Travel was on foot or by horse and buggy.

Families kept chickens, sheep and hogs and made wine. They cooked their own versions of Italian food, such as polenta, gnocchi, ravioli; they baked their own bread. Laundry was done by hand, outdoors, in cold water, in tubs. Those were the days when there was no Route 69, but only Hamilton Avenue and the old East Mountain Road (known, now as the forty eight bumps). The rest of the land was cow pasture.

Some names from the early days were: Vassallo, Carcerino, Montagno, Viarengo, Tocchio, Garassino, Brunetti, Dovano, Nosenzo, Carisio, Piola (Piola Monuments of Hamilton). In 1990, there were approximately 1,388 Italians on East Mountain.

East Mountain Park History (continued from Page 8)

Other parts of the park were completed earlier by city contractors: three tennis courts, the playground and basketball court. By the time the park was completed and dedicated, the Community Club, which was so instrumental in delivering the recreation area to the city, was no longer active, but their legacy has provided a place to play for everyone.

Thirty three years have passed since the park opened. Remember that the original cost was \$50,000 and notice that in all those years no renovations or updates have ever been made to the park.

Many teams and coaches have come and gone; hundreds of children who grew up in the park are now middle aged and all of the equipment is worn out, rusted and literally unsafe for today's children. The coaches and teams are playing on fields that have needed care for many years.

For years the residents have been trying to get help for the park until, finally, three years ago, when the EMAA obtained \$750,000 from the state for renovations that are estimated to cost at least \$1,000,000. Already \$150,000 has been rescinded by the state, leaving only about one half of what is need to make the park safe and operable once more.

The newly reprised Community Club, now known as the East Mountain Neighborhood Association, which was activated less that four years ago, has joined in the efforts to restore the park in trying to obtain more funding by requesting assistance through all the state representatives and senators; they attend meetings of all the city planners, architects and invite all the city officials to monthly meetings.

The city, however does not subsidize the project in any way. Presently the plan is (due to insufficient funds), to do away with some of the original gear and to add a few items that most contemporary parks have as standard equipment. It's very interesting to note that in thirty- three years, the park has cost a total of \$50,000. (half of it HUD money). That translates into a mere\$ 1,511 per year.

East Mountain Neighborhood Association 2005-2006 Meetings

The Neighborhood Association meets at 7 pm at Our Lady of Lebanon Maronite Catholic Church, located at the reservoir (East Mountain Road and Route 69). Father David, of Our Lady of Lebanon Maronite Catholic Church, has again graciously offered meeting space for us this year.

Health Hints

The following information is learned from Readers' Digest "Health Heart" articles.

Cholesterol Health

LDL is Low Density Lipoproteins or "bad cholesterol" present in the blood. HDL or "good cholesterol" is High Density Lipoproteins. If the blood has too many LDLs, some of them will plant themselves in the artery linings, and later will become plaque. Plaque narrows the arteries and decreases the blood that goes to the heart muscle. There should be a balance of both LDL and HDL in the blood to have a healthy level of blood cholesterol.

Triglycerides are fat cells in the blood and can cause heart disease. These fat cells lose control when we overeat, smoke and consume too many carbohydrates.

Eating Healthy

1. Protein—3 servings per day— fish, chicken, turkey, lean red meat, pork, beans—Serving size, fish, poultry, meats, 3-4 ounces; beans, 1 cup.
2. Whole Grains— 2-4 servings per day—whole wheat bread, brown rice, whole wheat pasta, whole wheat couscous, whole grain and high fiber cereals including oatmeal—Serving size, 1 slice bread, ½ cup rice, pasta, barley, couscous; 1 cup dry cereal; ½ cup oatmeal
3. Dairy—2 to 3 servings per day—low-fat or fat free milk, yogurt, cheese—Serving size, 8 ounces of milk, 1 ounce low-fat, low-sodium cheese; 1 cup yogurt
4. Fruits and Vegetables—3 to 4 servings of fruit, 4 to 5 servings of vegetables—any and all produce—Serving size, 1 medium fruit; 1 cup raw, cooked, canned or frozen vegetables; 6 ounces 100% fruit or vegetable juice; 1 cup leafy greens; ¼ cup dried fruit
5. Fats—1 to 3 servings per day olive oil, canola oil, nuts—Serving size, ½ tablespoon of oil; 1 ounce of nuts.

Healthy Pizza

Whole wheat pita topped with 1 tsp. Oil, chopped fresh tomatoes and cooked veggies (broccoli, mushrooms, spinach, etc), fresh basil, oregano, black pepper, minced garlic, skim mozzarella. Heat in toaster or conventional oven until cheese is melted.

Slow down and enjoy life. It's not only the scenery you miss by going too fast - you also miss the sense of where you are going and why.

Eddie Cantor (1892 - 1964)



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Bob Lyons contributed this picture. "This is a picture of a baby fox (I think they are called kits) taken at the East Mountain Golf Course in the spring. The mother was, as you could imagine, very protective. When she saw me, she barked at me, followed by a high pitched yelp which signalled the kits to run into the den and hide. I did not see them for the rest of the day.

Scholarship Recipient

Claudette LaFlamme, chair of the Scholarship Committee introduced Joseph Stublic, son of Mr. And Mrs. Ivan Stublic, as the 2005 recipient of the annual EMNA Award.

Joseph graduated in June from Crosby High School and will attend Porter & Chester Institute in the Fall.

While at Crosby, Joseph was not only recognized for his academic achievements, but also for the leadership positions that he held in his extra curricular activities. He also participated in sports and earned all-city and NVL titles.



Joseph gave a brief presentation of his achievements, which are many, including: Cross Country, track, Latin Club president, National Honor Society and many awards.

This scholarship award is presented in honor of Harry Northrop, an original resident of East Mountain who was responsible for beginning the East Mountain Athletic Association (EMAA) and one of the original members of the East Mountain Community Club.

Beverly Guevin, Harry Northrup's daughter and his granddaughter, Leslie presented a check in the amount of \$500 to Joseph at the

June East Mountain Neighborhood Association meeting

Payne Cemetery

Located at
Our Lady of Lebanon Church
East Mountain

by Daniel M. Lynch,
updated 11 Nov 2004
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From : www.greaterwaterbury.com

HALE HEADSTONE INSCRIPTIONS

224-20
Payne Cemetery
Copied by Andrew Bell
Dec. 6, 1934

Payne, Thomas J.,
died Nov. 22, 1858, age 58 yrs.
Stone - Broken - age 78 yrs.
Martha A. his wife, died Jan. 1872
(On same stone)

According to the Hale notes, this cemetery was located near the residence of Mr. Charles J. Debisschop at the time of their visit. There were 3 stones found in this cemetery (as of December 6, 1934).



In an effort to further pinpoint the location of this cemetery, I first consulted the 1930 U.S. Federal Census. The home of Charles J. De Bishop (age 47, head of household) was listed as 1442 Hamilton Avenue (part of the 5th Ward). Mr. De Bishop was listed as born in New Jersey and descendant of parents both born in Belgium. His line of work was "road construction".

Waterbury Land Records show that 18 and 1/2 acres were purchased by De Bisschop (volume 273, pg. 114) and the boundary to the West was listed as "land of Thomas M. Payne". Review of several property maps did not show a cemetery, but a large 1909 surveyors map of the city of Waterbury (hanging on the wall inside the vault) shows property marked as "J.J. McCarthy" with a rectangular portion noted as "Payne Cemetery". A partial image of the map appears below (click on image to view larger version).

It appears that the lot is now part of the property of Our Lady of Lebanon Maronite Catholic Church (corner of East Mountain Road & Prospect Road). After conducting a personal inspection of the property (with permission), there were no obvious headstones, but leaves, brush, and trees made a careful inspection difficult. The Pastor of the Church was vaguely aware that there was a cemetery someone on the property and also seemed interested in pinpointing the location of the gravesites. Stay tuned for future updates.

Other leads still being worked on....

The 1850 U.S. Federal Census for Waterbury (New Haven) Connecticut shows: Thomas M. Payne (age 25) living with a Lucinda Payne (age 22), assumed to be husband/wife

Thomas J. Payne (age 49) farmer, living with Nancy Payne (age 49), assumed to be husband/wife and the following children

Alonzo(?) Payne (age 16), male, farmer

Maria Payne (age 10?), female

Edward Payne (age 3), male

(Neighbors included Samuel Bronson, Hotchkiss, Farrell, Baldwin,

By 1860, the Payne family members in Waterbury included:

- Charles Payne Waterbury, New Haven, CT 30 1829 Connecticut Male
- Rebecca Payne Waterbury, New Haven, CT 50 1809 Connecticut Female
- William Payne Waterbury, New Haven, CT 53 1806 Connecticut Male
- Ellen N Payne Waterbury, New Haven, CT 13 1846 Connecticut Female
- Thomas W Payne Waterbury, New Haven, CT 35 1824 Connecticut Male
- Lucinda Payne Waterbury, New Haven, CT 32 1827 Connecticut Female
- Emmeline D Payne Waterbury, New Haven, CT 4 1855 Connecticut Female
- Nancy M Payne Waterbury, New Haven, CT 60 1799 Connecticut Female
- Maria Payne Waterbury, New Haven, CT 21 1838 Connecticut Female
- Edward Payne Waterbury, New Haven, CT 13 1846 Connecticut Male

By 1870, the Payne family members in Waterbury included:

- Charles Payne, age 7 born about 1862 Connecticut White Male
- Cornelia E Payne, age 39 born about 1830 Connecticut White Female
- Delia Payne, age 14 born about 1855 Connecticut White Female
- Edward Payne, age 9 born about 1860 Connecticut White Male
- Henry Payne, age 37 born about 1832 Connecticut White Male
- Irving Payne, age 2 born about 1867 Connecticut White Male
- Jane Payne, age 35 born about 1834 Connecticut White Female
- Joseph F Payne, age 51 born about 1818 Connecticut White Male
- Lucinda Payne, age 42 born about 1827 Connecticut White Female
- Lucy Payne, age 5 born about 1864 Connecticut White Female
- Lydia Payne, age 43 born about 1826 Connecticut White Female
- Mary H Payne, age 49 born about 1820 Connecticut White Female
- Nancy Payne, age 70 born about 1799 Connecticut White Female
- Stephen H Payne, age 53 born about 1816 Connecticut White Male
- Thomas Payne, age 20 born about 1849 Ireland White Male
- Thomas M Payne, age 5 born about 1864 Connecticut White Male

Of the 1870 records listings, two were of particular interest:

- Payne, Lucinda (age 42), female head of household, keeping house
 - Delia (age 14), female, at home
 - Thomas M. (age 5), male, at school

Payne, Nancy (age 70), female head of household, keeping house

by Daniel M. Lynch, updated 11 Nov 2004
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A message from Engine 5

Scholarship Bar-B-Que

We all managed to get our fill of hot dogs and hamburgers at the June meeting.

The dessert table was full of goodies that were gobbled down.



Water over the Dam

The design team of Bill Burnes and Bob Perigard created this portable pump assembly for the crews that watered the Flower Flag this summer.



Hello East mountain neighbors, just a few quick seasonal notes to help keep you safe. With the fuel crunch in full swing, the trend to turn to alternative fuel sources is greater than ever. These include conventional fireplace burning, wood and pellet stoves, wood burning inserts, fuel fired space heaters (kerosene, propane, etc.), and electric space heaters. They all have their own inherent safety concerns, so common sense should prevail.

For any fireplace or flu-pipe heating method, have your chimney inspected to assure it is not obstructed or cracked. Give space heaters a wide berth, clear combustibles well away from them, paying special attention to items which can be blown near them by fans and open windows, or knocked onto them by animals in your absence. Remember, hot coals from fireplaces and stoves can stay hot enough to ignite combustibles for up to 24 hours after they are removed from a residence. Use a metal ash pail, and never store them near or in your house. Never use a household grade extension cord for electric heaters, and always flake the cord out across a floor or hang it on rafters.

Never coil up or pinch an extension cord used with high draw appliances. In the event of a power outage, use flashlights, not candles, and immediately turn off any heating appliances such as stoves, electric heaters, etc., so that when power is restored, they do not come on inadvertently while unattended.

Put it on your calendar today to check your smoke detectors when you change your clocks (we provide free batteries if needed), buy a carbon monoxide detector if you don't have one, don't warm up your car in or near your garage this winter, and make sure you have visible house numbers on your house, not just your mailbox, 'cause you know Murphy's Law,

the one mailbox the plow guy takes out on your street will be yours!

Thank you for your indulgence. I appreciate the good people of East Mountain, and the respect they show Engine 5. We enjoy being a part of your organization, and look forward to sharing your continued successes. As always, if we can be of assistance, please call the firehouse. Have a great fall, and we'll see you at the meetings.

Cap't. Farrell
Engine Company # 5



Jane K. Fletcher
*Assistant Vice President
Business Development &
Sales Manager*

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