

# EAST HADDAM GREEN COMMITTEE

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## December 2010 /January 2011 Newsletter



### Eco-friendly Ice Melt

This year when you stock up on ice melt and snow removal supplies, you might consider foregoing salt and instead use sand and/or calcium magnesium acetate (CMA).



Salts (sodium chloride, calcium chloride, and potassium chloride) are the most commonly used ice melters for walkways and driveways. The problem is that salt can damage plants, shrubs and trees.

Excess salt builds up in soil, preventing plants from absorbing moisture and nutrients. Salts also leach heavy metals which can contaminate streams and water supplies.

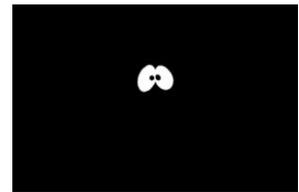
Sand will help provide traction on slippery surfaces. CMA is a salt-free melting agent made from dolomitic limestone and acetic acid. It is safe for the environment and won't damage concrete or plants. Try mixing it with sand for added traction.

If you have pets, it's best to remove slushy snow melted with chemicals as soon as possible, or just use sand. Sand won't melt ice, but will provide some traction.

### Stocking Up for Emergencies

How prepared are you for a winter storm or other emergency? Every year we have winter storms that often cause power outages. Are you prepared to do without power for 24 hours, or even a few days?

A three-day supply of basic necessities should be kept on hand at all times, a three-week or even a three-month supply is better, since storms or other events could disrupt the delivery of goods to stores. Grocery stores and warehouses keep only three days worth of food on hand. Stocking up during a time of plenty will reduce the demand on resources during an emergency. Another benefit is that buying a few extra cans of food each week helps keep the cost down. Some basic supplies to keep on hand at all times are:



- At least one gallon of water per person per day, more for nursing mothers & children.
- At least three days worth of canned or packaged non-perishable food that can be eaten without cooking.
- At least three days worth of all prescription medications.
- Flashlights and/or lanterns with plenty of batteries.
- Battery-powered radio.
- Non-electric can opener, cooking tools and fuel.

For a more comprehensive guide check out *Connecticut's Guide to Emergency Preparedness* at <http://www.ct.gov/dph/lib/dph/communications/pdf/preparedness12pg.pdf>.

## East Haddam Community Food Bank Garden



The volunteer community garden in front of the old Middle School has expanded, with the help of a grant from the Rockfall Foundation. As of November 1, the garden has provided more than 122 pounds of fresh produce to the Food Bank. Local residents and businesses have donated seeds, plants, fencing, and manure to benefit the garden. Nancy Pincus, the garden's initiator and primary volunteer, created a display for the Rockfall Foundation's Annual Awards Event on November 18 in Middletown.

## Remember to Blue Bag it! this Holiday Season

East Haddam has its own reusable shopping bags. The bags are for sale at the Grist Mill Market, the Nathan Hale Pharmacy and the Gillette Castle gift shop. Using reusable shopping bags helps to reduce the need for about 1,000 plastic bags per year, per person.

Keep the bags in your car and remember to Blue Bag it!

## East Haddam Goes Green with Single Stream

In June, 2010, East Haddam joined many other towns in Connecticut by adopting single stream recycling. What can be combined in your recycling bin now?

- All plastics #1 - #7, including plastic milk jugs & detergent bottles, plastic buckets, crates, flower pots.
- Paper of all colors, including newspapers, magazines, catalogs, brochures, paper bags, hard and soft cover books, phone books, envelopes (incl. windows), shredded paper (put in a paper bag).
- All cardboard - corrugated and paperboard (cereal boxes, egg cartons).
- Paper milk & juice cartons/boxes.
- Empty aerosol cans, metal jar lids and steel bottle caps.
- Tin & aluminum cans, aluminum foil, pots, pans.
- Glass – clear, green & brown.

ALL CONTAINERS MUST BE EMPTY AND RINSED CLEAN – NO FOOD WASTE

The average American produces about 4.4 pounds of trash *per day*, which works out to 1,600 pounds a year, according to the Environmental Protection Agency. Recycling conserves natural resources, saves energy, decreases emissions of greenhouse gases that contribute to global climate change and helps sustain the environment for future generations.

***Every ton our town recycled is a ton we don't have to pay to dispose of as trash.***

For information on how to recycle or dispose of other items contact the Public Works Department at 860-873-5043.

The DEP's website at <http://www.ct.gov/dep/site/default.asp> also has information on how to recycle and/or dispose of other items.



## Buried in Junk Mail and Catalogs?

Have you been overwhelmed by catalogs this season? Check out [www.catalogchoice.org](http://www.catalogchoice.org), which offers a free service to help you control the amount of junk mail that you receive, including catalogs and phone books. And until the flow is under control, remember – it's easy to recycle them now!

## Victory Gardens During WWI & WWII

The US government promoted home gardening and food preservation during both WWI and WWII. Known as War Gardens, Liberty Gardens, or Victory Gardens, they were a way to enlist the help of citizens on the home front and help make sure that enough food would be available to feed the troops and help America's allies overseas. Posters were used to encourage people to participate, and in 1941 the government distributed a film on Victory Gardens, stating that "A Victory Garden is like a share in an airplane factory. It helps win the War and pays dividends, too." The film can be seen at this link [http://www.archive.org/details/victory\\_garden](http://www.archive.org/details/victory_garden).



Detailed garden plans were distributed, along with gardening advice, planting dates, and crop rotation plans. Seed varieties were recommended, home food preservation was encouraged, and states offered canning demonstrations. Twenty million Americans grew Victory Gardens in 1944 and produced almost half the vegetables consumed in America.

**HAVE A WONDERFUL NEW YEAR!**

## Volunteer Opportunities

The East Haddam Green Committee is charged with surveying the town's eco-footprint, reporting on the results, and helping to promote a more eco-friendly town.

We're looking for a few new volunteers to join our committee. Meet residents with similar values and interests. Make a difference to your community and the environment. Join the East Haddam Green Committee! To become a member, attend one of our monthly meetings or go to the First Selectmen's Office and complete a Committee Volunteer application. Committee members or alternates must be town residents and at least 18 years old.

### East Haddam Green Committee

Meets the First Wednesday of each month at 7:00 pm  
at the River House behind the Town Hall

#### **Current Committee Members:**

Ken Simon, Chairman  
Chad Peterson, Vice-Chairman  
Martha Hansen, Secretary  
Jean Breuler  
Nancy Pincus  
Yvonne Rubin  
Sue Staehly

Any comments or suggestions, please email the Green Committee at [easthaddamgreencommittee@gmail.com](mailto:easthaddamgreencommittee@gmail.com)

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