



Monthly Newsletter

June 2023

“In early June, the world of leaf and blade and flowers explodes, and every sunset is different.” — John Steinbeck



News and Information for Everyone

SAVE THE DATE | JUNE 24, 2023

FREEDOM DAY

JUNETEENTH celebration

Riverfront Park, Portland, CT | 11am-2pm

Speakers | Food Truck | Art | Games | Entertainment

Get involved **Become a sponsor!**
Sign up your business/organization for a table at the event

For more info or to sign up, contact portlandctsolidarity@gmail.com



from the Department of Environment and Energy Protection (DEEP) website: [Department of Energy & Environmental Protection](#)

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Since the 1950's when Eastern coyotes were first documented in Connecticut, they have expanded their range and are common throughout the state. They resemble a small lanky German shepherd dog but have wide pointed ears, a long muzzle, yellow eyes, and an uncurled, bushy tail which is carried low to the ground. They weigh 30-50 lbs. Coyotes are opportunistic and use a variety of habitats, including developed areas like wooded suburbs, parks, beach fronts, and office parks. A coyote's diet consists predominantly of mice, woodchucks, squirrels, rabbits, turkeys, deer, some fruits, carrion, and when available, garbage. As coyotes have become more common and occasionally prey on small pets and livestock, public concerns about coyotes attacking people, especially children, have increased. Although they do exhibit bold behavior near people, the risk of attacking a person is extremely low. However, the risk can increase if they are intentionally fed and learn to associate people with food.

Tips on Preventing Conflicts with Coyotes

Do not allow pets to run freely. Keep cats indoors, particularly at night, and dogs on a leash and always under close supervision. If approached by a coyote while walking your dog, keep the dog under control and calmly leave the area. Do not run or turn your back.

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Never, ever, feed coyotes. Do not put food out for them and make sure to clean up bird seed below feeders. Secure garbage in dumpsters.

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If approached by a coyote, attempt to frighten it away by making loud noises: shouting or using an air horn or your car alarm; and acting aggressively: waving your arms, throwing sticks, or spraying with a hose.

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If you observe a coyote behaving abnormally or exhibiting unusually bold behavior: approaching people for food, attacking leashed pets with their owners, stalking children, chasing bikers, etc. or staggering, seizures, and extreme lethargy, it may be indicative of rabies. (However, daytime activity is not uncommon and does not necessarily indicate rabies). If any of these incidents occur, contact DEEP immediately: (860) 424-3011.

Top Dog

The iconic “Top Dog” hot dog stand on 221 Marlborough Street (you know the unique set up with a hot dog-shaped trailer hitched to a taxi), after having been operating for 43 years, has closed up shop and put the business up for sale. We will miss your tasty hot dogs.



Living with Coyotes



Event Calendar

Father's Day
Sunday, June 18, 2023
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Juneteenth,
Monday, June 19, 2023
Office will be Closed
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Board Meeting
Monday, June 20, 2023
Quarry Heights
Community Room

Main Office (860) 342-1688

Carol Diaz, ext. #110
Administrative Housing Assistant
cdiaz@portlandha.org
Susan Nellis, ext. #113
Administrative Housing Coordinator
snellis@portlandha.org
Holly Kobayashi, ext. #115
Resident Service Coordinator
hkobayashi@portlandha.org
Dan Rafaniello, ext. #112
Staff Accountant
drafaniello@portlandha.org
Jeffrey Costa, ext. #114
Maintenance Staff
jcosta@portlandha.org
For Maintenance Emergencies
Call: 860-519-3251

Hours of Operation

Monday-Thursday
8:30-4:30 p.m.
Friday
8:30-1:30 p.m.

Please call before visiting

Covid-19 Clinic

Chatham Health District will be at Quarry Heights on Tuesday, June 6th from 1:00-4:00 p.m. for Covid vaccines.

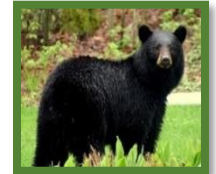


Year of the Bobcat, Posted 4/21/23 in East-Hampton-Portland, CT *Patch* by Patch staff writer Rich Kirby.

Bobcats are top predators, and they have been reported in every city/town in Connecticut. Sightings are on the rise. While males are polygamous, female bobcats, called “queens,” don’t stray far from their moms. Bobcat moms breed between February and March with one to four (usually two) kittens born in April. Bobcats are active year-round; however, they are more noticeable in the winter because there is less foliage. Bobcats seem to prefer human living space over deep woods or open country likely due to “easy prey sources.”

Suburban Connecticut's famously manicured lawns give the cats an even greater advantage over their prey and present an irresistible killing field. "They feast on mice, squirrels, rabbits, woodchucks, and birds, etc.," but are also known to prey on domestic animals such as cats, small dogs, poultry, small pigs, and goats." Keep in mind though "Bobcats that live in more suburban or residential areas are really great for the ecosystem," Melissa Rusczyk, a technician with DEEP said. "These animals are eating a lot of what people would consider pests. They're doing a great job at keeping those smaller species in check." The best way to keep them at bay is to rid your yard of anything that the cat might deem attractive to the animals it hunts, such as bird feeders. If you have a concentration of the food that the prey species enjoy, you will attract those species' predators, as well.

Be Bear Aware, (DEEP) website: Department of Energy & Environmental Protection



Black bears are increasing in numbers and being seen more frequently in Connecticut. They are rarely aggressive toward humans but can create a variety of problems. If fed either intentionally or accidentally, they can become habituated and lose their fear of humans. Residents should take steps to avoid problems with bears. And don't forget to report bear sightings to DEEP at (860) 424-3011 or online at www.ct.gov/deep/blackbear

Do's	Don't
<ol style="list-style-type: none"> 1. Remove bird food/feeders from late March to November. 2. Eliminate food attractants by placing trash inside dumpsters. You can add ammonia to trash to make it unpalatable. 3. Clean and cover grills tightly with a tarp. 4. Make your presence known by making noise and waving your arms if you see a bear while hiking. 5. Keep dogs on a leash and under control. A roaming dog might be perceived as a threat to a bear or its cubs. 	<ol style="list-style-type: none"> 1. Intentionally feed bears. Fed bears can become accustomed to finding food near your home environment and may make them problem bears. 2. Approach or try to get closer to a bear to get a photo or video. Back away slowly if you surprise a bear nearby. 3. Leave pet food outside overnight. 4. Climb a tree. If possible, wait in a vehicle or building until the bear leaves the area. 5. Leave meats or sweets outside dumpsters.



2 Snakes to Know on your Walks, Jogs, and Hikes around Connecticut
The 2 Venomous Snakes Found in Connecticut



The Northern Copperhead

Timber Rattlesnake

Posted 4/4/23 and updated 4/16/23 in East-Hampton-Portland, CT *Patch* by Patch staff writer Rich Kirby.

Copperheads and rattlesnakes become active from April after winter brumation (hibernation in the reptile world) through October. They are spread out in Connecticut, but the greatest abundance of copperheads is found in the Central Connecticut Lowland ridges, as per DEEP. These ridges are located on the western side of the Connecticut River in Hartford, Middlesex, and New Haven Counties.



As predators and/or prey, snakes play an important role in the ecosystem. Without them, rodent populations would explode in areas where there is plenty of food — for example, those areas where humans are the dominant species. Conversely, snakes are a good food source for birds, mammals, and other reptiles. But the good snakes do go even deeper. If all the vipers in the world suddenly didn't exist and rodent populations were allowed to grow exponentially, diseases such as the bubonic plague, which killed millions of people in Europe during the Middle Ages, could see a resurgence. Though treatable, the plague has never been completely eradicated, according to the U.S. Centers for Disease Control and Prevention. Humans typically get the plague when they're bitten by a flea that is carrying the plague bacterium or by handling an animal infected with the plague. Also, some medications used to treat diabetes and heart disease have been derived from venom produced by snakes and other venomous creatures.



Snakes and People: There's no need to kill snakes. Most encounters with snakes are in passing. If you encounter any of the above snakes, observe from a distance and allow them space. Quick movements often scare snakes and may provoke a defensive strike. Try not to agitate them by getting too close/handling them. Snakes retreat from humans if given the chance.



What To Do If You Get Bit: If you're hiking, camping, or spending time in the woods or any other place where snakes are found, have a plan on how to get emergency medical help — a good idea any time you're out enjoying nature. And make sure you have a fully stocked first aid kit, including a snakebite kit. Snake bites require immediate medical attention. After you've called 911, keep the person who was bitten calm and still so as to slow the spread of venom. Make sure the site of the bite is below the level of the heart; wash the wound with warm, soapy water; and cover the bite with a clean, dry dressing from the first aid kit.

Portland Schools

Last Day of School
Wednesday
6/14/23
(Early Dismissal)



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Graduation
Wednesday, 6/12/23

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Congratulations High School

Graduates:



Lillian Clark
Natalie Liranzo
Ervin Rosario
Maureen Reyes

Youth and Family Services (PYFS)



Mobile Petting Zoo and Ice Cream on the town green, June 27th from 3:30-4:30 p.m.

Portland Public Library

Happy 125+2 Anniversary Celebration June 11th from 11:00-2:00 p.m. On the green and in the library.

Games and magic performances for kids of all ages, painting sessions for adults, a Portland Historical Society exhibit, and more. Food may be available for sale with free frozen treats. Come join in the fun.



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Summer Reading Volunteer Training

Thursday, June 1st @ 3:30 p.m.: Kids and teens entering grades 7-up are welcome to apply for Portland Library's Summer Reading Volunteer program, an excellent way to get involved in your community, beat the heat, get some enriching work experience for your resume, and have lots of fun! Interested applicants should visit the library or the Teen section of our website to apply. Volunteers are needed for program preparation and assistance, logging reading minutes and awarding prizes, and staffing the summer reading desk. Volunteers will be expected to attend a mandatory training session on Thursday, June 1 at 3:30 p.m. For details, call the library: 860-342-6770.

Summer Camp Information for You and Your Children

Summer Quest Base Camp Begins 6/27

6/27/2023 -8/11/2023, 1st-9th grades. Register now—spots are filling quickly. For more information/registration: [Programs \(recdesk.com\)](http://Programs(recdesk.com))
 Financial aid assistance may be available so don't forget to ask.



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SUMMER ENRICHMENT CAMP

2023 - 9 Weeks of Camp! June 19th - August 18th
Discover a Summer of Fun: Learn. Play. Grow!

Licensed by the State of Connecticut for children entering 1st-6th grade. Small Group Staff to Camper Ratio. Caring and experienced YMCA directors and youth development professionals plan and facilitate weekly theme-based curriculum. Field trips and presentations will be offered each week that relate to the weekly themes. Weekly themes immerse campers in activities that encourage creativity, critical thinking, and hands-on exploration. Financial aid is also available for YMCA members receiving Open Doors Assistance. Care for Kids accepted. A 10% sibling discount is available. Before Care is available from 7:00-8:00 AM for an additional \$30 per week. For more information/registration: call (860) 342-6218 or visit website:

[Middlesex YMCA Summer Enrichment Camp Information \(midymca.org\)](http://MiddlesexYMCA Summer Enrichment Camp Information (midymca.org))

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Northern Middlesex YMCA CAMP INGERSOLL



For children who love adventure and the great outdoors, The YMCA Camp Ingersoll offers four one-week sessions and four two-week sessions held at the 77 YMCA Camp Ingersoll property. Registration opened during January for returning families and in February for new families. The remaining spots have been filling quickly! Camp days are run on an eight-period schedule that includes two swim periods, literacy, specialty areas (ropes, nature, boating, archery, arts & crafts, lunch, and counselor planned activities) 94 Camp Ingersoll Road Portland, CT 860-342-2267 or visit website:

Day Camp | YMCA Camp Ingersoll | Portland



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 The Town of Portland recently announced the installation of a solar photovoltaic (PV) system at Brownstone Intermediate School on 14 Main Street. This system is projected to save the Town more than \$10,000/year in energy costs and more than \$206,000 over the term of the power purchase agreement (PPA). Not only will Portland save on energy costs thanks to Connecticut Green Bank's Solar MAP, but also, it will be helping the environment with clean energy. *Patch*, 4/6/23.

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 Middlesex Community College (MXCC) has modernized their allied health and phlebotomy lab facilities at Snow Hall to better accommodate students pursuing high-demand career programs in the health industry. The new facilities, a new lab and upgraded labs, and the campus room simulating a hospital room, have enabled MXCC to run multiple courses and, in 10 weeks, get students into the workforce. Also, good to know: MXCC is among 12 community colleges merging on July 1, 2023, to become CT State College, one of the largest community colleges in the country and largest in New England. CT State students will be able to apply once and take classes at any campus. *Patch*, 4/6/23.



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 Unfortunately, no residents took advantage of the **CONN-NAHRO 2023 JOHN J. KELLY MEMORIAL SCHOLARSHIP** (award worth \$3500). Housing will try again next year.

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Keep on the lookout for next month's newsletter with follow-up on the CPR classes and Canvas and Cupcake event with photos.

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Liberty Bank will be here on Tuesday, July 11th at 5:00 p.m. (Community Room) to talk about what they have to offer first-time homebuyers. A local real estate agent will also be there to talk about the Portland, CT real estate market. Look out for fliers!!

Quarry Heights News

From the Portland Senior Center and Historical Society

From the Portland Senior Center



Knit and Stitch: 10:00 a.m. on Thursdays for knitting and/or stitching and conversation. Great time for QH residents to make new friends.

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\$5 lunch via Sarah's on June 9th and June 23rd: Please register at the Senior Center the Monday of the week they are serving lunch with payment in full.

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Senior Center Summer Party with Mobile Petting Zoo on June 27th @ 2:30 P.M. and **Senior Citizen Ice Cream Social** to follow for Seniors (indoors—rain or shine) courtesy of UR Community Cares. Must register by 6/24 to attend.



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The Ruth Callander House Museum of Portland History: Open to the Public: 2nd Sundays, some months, 2:00-4:00 p.m., 492 Main Street. Next date museum is open to the public is June 11, 2023 (from 2-4 p.m.). Why not take a Sunday stroll with family and/or friends and visit Portland's wonderful history. Visit their website for updates: www.portlandhistsoc.org



Don't Forget about the Connecticut Renter's Rebate Program 2022

You can now schedule Rent Rebate appointments through the Tax Assessor's office at: (860) 342-6744 or (860) 342-6745. Appointments are being made for June and beyond. If you have questions on what information you need to compile and bring to your appointment, check with Holly, RSC.

Foodshare Updates



Connecticut Foodshare Mobile Pantry at the Portland Senior Center on 7 Waverly Avenue in Portland is ending at a new time. It is now from 1:00-1:45 p.m. every other Monday. The change in time started on 5/8/23. If a holiday falls on a Monday, there will be no Foodshare that week. Thanks for sharing, Julio.

Resident "Stuff"



Resident Kerry Bodamer finally got his support dog as a gift and will be getting some great doggie supplies through generous donations from Twilight Wish. Say hello to our new resident Barkley when you see him. He's incredibly friendly.

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Reminder: If you would like to share a photo, brag about a triumph or accomplishment, tell a personal success story, or send a photo of your pride and joy support animal, or even want to share information important to other residents, please reach out to Holly, RSC. She loves to post resident news and information in the monthly newsletter.

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Please do not throw garbage in dumpsters directly from your own bins without it being in a separate bag from your bin. We are coming into the summer months and the stench from the heat will be unbearable for those residents living close to the dumpsters. Thank you.

Resident's Corner

Additional Information



It is noticeable and several residents have been complaining that dogs are not being curbed. If it can be proven that a resident has not removed pet waste (feces) from the grounds, a removal charge of \$25/occurrence will be assessed against the dog owner.



Resident of the Summer: Housing has changed the "Resident of the Season" awards to "Resident of the Summer" and "Resident of the Winter." Residents are strongly encouraged to nominate other residents for the summer award, one of whom will be chosen in July. However, if we do not receive nominations, there will be no award winner chosen and the award will remain with the prior winner until the winter season's (January 2024) award winner is chosen ("Resident of the Winter"). Remember, in order to nominate someone, another resident must demonstrate in writing, why the specific resident deserves the award.



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New Computer Room: Housing now has a computer for resident use in the office across from Holly, RSC's, office. The computer and room are available to residents when Holly, RSC, is here Mondays & Tuesdays from 8:30-4:30 p.m. If a resident would like to set up an account or check email, set an appointment with Holly, RSC.