

Colchester CONNECTION

The Official
Publication of
the Town of Colchester
www.colchesterct.gov

Adult Education • Assessor • Cragin Memorial Library • Finance Department • Fire Department
Health Department • Parks & Recreation • Planning & Zoning • Police Department • Probate Court
Public Works • Senior Center • Sewer & Water • Tax Collector • Town Clerk • Youth & Social Services

Winter 2011

Featured
in this
issue:

Public Works
Parks & Recreation
Youth Services
and Much more!



Merry Christmas
and
Happy New Year

Joy to the World

1 Joy to the world, the Lord is come! Let earth re-ceive her King; Let
 2 Joy to the earth; the Sa-vior reigns; Let men their songs em-ploy; While
 3 No more let sin and sor-row grow, nor thorns in-fest the ground; He
 4 He rules the world with truth and grace, and makes the na-tions prove The

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• Home
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TOWN LEADERS: First Selectman, Greg Schuster (Above) Greg Cordova, Rosemary Coyle, James Ford and Stan Soby.

As fall fades away and winter takes over, most farmers have harvested their crops and are enjoying a break until it is time to plant in the spring. However, many of the farmers in Colchester have been busy working expanding agriculture in Colchester and building off the success of this summer's farmer's market.

At a Board of Selectmen meeting, we heard a presentation from local farmers about the possibility of forming an Agriculture Commission. The commission would be advisory in nature and would help promote agriculture and farming in Colchester. After the presentation, the board voted to endorse the concept of the commission.

The next step in the process of forming this commission is to draft the ordinance language and consult with other land use boards. After that process is completed, the ordinance will come before the Board of Selectmen to be approved and forwarded to a town meeting. I hope that we will all welcome this opportunity to continue to help farms succeed in Colchester.

As we approach the holidays and New Year, please remember that while most of us are able to provide for ourselves and our families, there are many amongst us who can not. The economy has not yet recovered, unemployment is high, and in town we have seen the demand for social services increase substantially.

Throughout the holiday season, there will be many opportunities for you to donate some time, money, or food to a worthy cause. Our food bank and fuel bank is prepared to help as many people as we can this winter, and we hope we'll have enough to meet the demand. Every week in the paper, you're bound to see various organizations conducting food drives or other efforts to help assist those in need.

Please take the opportunity to give something to those less fortunate if you are able to. There are many worthwhile charities out there. Additionally, our Youth and Social Services Department can assist you if you are looking to help out in any way.

And of course, I hope you and your family have a happy holiday season and a great New Year!

Gregg Schuster

First Selectman
Town of Colchester
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87 Broadway
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Free Adult Education Programs

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Classes are now in Session

Adult Basic Education

Adult Basic Education classes are designed for the student who needs additional skills prior to entrance into the GED preparation classes. Students work individually with the classroom teacher on the basic skills of literacy. Instructional levels range from beginning literacy to pre-GED readiness.

GED Preparation Classes

The GED test series is designed to offer students age 17 or older an alternative route to a high school diploma. The test series consist of English, Writing Skills, Social Studies, Interpreting Literature and the Arts, Science and Mathematics. Students take these exams from the State of Connecticut. Tests are given monthly throughout the year. The GED preparation class has open enrollment throughout the school year for students 16 or older and prepares them for the GED exam.

In order to register for the GED examination, an individual must be 17 years of age or older and no longer enrolled in school. Applicants 17 or 18 years of age must submit documentation that they have been officially withdrawn from school at least six months prior to the test date, or that the class they entered ninth grade with has graduated. An applicant 21 years of age or older and a non-veteran must pay a fee of \$13 to take the test. The retake or reapplication fee is also \$13 for individuals 21 years of age or older. Accommodations on the GED test are available for qualified individuals with a disability.

High School Credit Diploma

Students in the High School Credit Diploma program are enrolled in classes based on graduation requirements. Credits may also be awarded for work experience, military service, and other specific training such as CPR and Nurses Aide. **Students wishing to register for the Credit Diploma program must provide a current transcript and a photo ID at the time of registration.**

English as a Second Language (ESL)

Any student who wishes to increase fluency in English may participate in ESL (English as a Second Language). Class placement is predicated on the student's level of English. Students practice speaking, listening and writing with their peers under the guidance of the teacher. Classes are

small to allow for active participation. This is a wonderful opportunity to experience a variety of cultures.

National External Diploma Program

The National External Diploma Program (NEDP) provides an alternative path to achieve a high school diploma for adults in the workforce who have acquired their academic skill through lifetime work experiences and have demonstrated competence in a particular job, talent, or academic area. This program offers **no classroom instruction** but is a series of assessments. An adult who successfully completes the **portfolio assessment**, as required, is awarded a high school diploma.

**For Information call
Vernon Adult Education:
Days: 860-870-6000 ext. 139
(Toll Free): 866-564-2368
Evenings: 860-870-6060**

or visit their website at www.vrabe.org



The Adult Basic Education, G.E.D., High School Credit Diploma and English as a Second Language will meet from
4:30 p.m. – 7:30 p.m.
Monday and Tuesday evenings
at Bacon Academy,
611 Norwich Ave., Colchester.

Adult Education

Free Adult Education Programs

Sponsored by the Colchester Board of Education in cooperation with Vernon Regional Adult Basic Education

The following programs are offered in Manchester and Vernon. Registration dates, times and places vary according to programs. Please call 860-870-6000 ext. 139 or toll free at 866-564-2368 for more information.

College Transition

This 12-week course helps students successfully transition to college study, providing the support and counseling to help students accomplish this goal with confidence. It offers students the opportunity to review writing, reading, and math skills.

Citizenship

These classes will prepare students for the test given to individuals desiring to become American citizens. Students must be able to read and converse in English well enough to pass a listening appraisal test. This listening test is administered the first night of class. Call for the schedule.

Worksite Education

A collaboration with several businesses in the area will allow for specific curriculum to be written for each company. Students will engage in activities that will promote basic skills and increase productivity in the work place.

Workforce Preparation

This 10-week course will allow participants to explore avenues toward entry or re-entry into the workforce. Computer skills, career exploration, basic skills acquisition, ESL competencies (where applicable) and employability training are the foundation of this course. Upon completion, participants will have created a career portfolio.

Technology Classes

A variety of computer classes are offered throughout the school year for the region's residents and staff. These include Word, Excel, PowerPoint and Publisher. Class offerings vary by location and time. Levels include novice, intermediate and advanced.

Statement of Non-Discrimination

In compliance with regulations of the Office for Civil Rights and with Equal Opportunity practices as determined by state and federal legislation, Colchester Adult Education as a matter of policy, does not knowingly condone discrimination in employment, assignment, program or services, on the basis of race, gender, color, religion, national origin, age, sexual orientation, disability or related abilities to perform the duties of the position.

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- National External Diploma Program (NEDP)
- General Education Development (GED)
- Addult Basic Education (ABE)
- English as a Second
- Language (ESL)
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FOR MORE INFORMATION CALL Richard Welk at 860 870-6060 EXT. 24 or visit www.vrabe.org/Content/Job_Training.asp



8 Linwood Avenue, Colchester, CT 06415
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Welcome to your public library!

Library hours
10 am to 9 pm - Monday through Thursday,
10 am to 4 pm - Friday and Saturday.

The Library provides free high-speed Internet access with 20 public computers and free Wi-Fi access. Community members stop in to check e-mail, prepare resumes, job hunt, complete coursework, or simply enjoy the web.

Library programs are always free of charge and are listed in our monthly newsletter, available at the Library or online at www.colchesterct.gov/library.

We Want Your E-Mail!

Your e-mail address allows the Library to serve you better and reduce costs. You will receive "Due Date Alert" notices (with a link to renew most items online), "Hold Available" notices, and overdue notices. The Library will not send junk mail or spam. Your e-mail address is private and will not be shared or sold. Many families use one e-mail for several family members' library cards, allowing one family member to keep track of due dates. Just stop by a desk and let us add your e-mail address to your account.



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How to Access Your Account

- Have your library card in your hand.
- Open your browser.
- Type in the Library's website: www.colchesterct.gov/library (and bookmark it!)
- Click on **Catalogs & Useful Links**.
- Click on **Renew My Materials Review My Account**.

Your choices will be:

- **Review/Renew**—allows you to see what you have checked out, what holds you have placed, whether or not you owe any fines, or if a reserved item has arrived for you. You can also cancel a hold, renew renewable items—generally all 3-week loan items that haven't been renewed twice or requested by another library user.
- **User Pin Change** - allows you to change your PIN, or password, to your account. Everyone's initial PIN is CHANGEME.

Two Ways to Borrow Free Downloadable Books and Media

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<http://libraryconnection.lib.overdrive.com>
Overdrive is CONNECT's shared and growing collection of 3,000+ downloadable audio book, 210 e-book, and 500 video titles. Just visit the Overdrive website and type in your Cragin Library card number to discover a library open 24 hours a day! E-books are a new addition to the collection and work on PCs, iPhones, the Nook, and Sony e-reader. (The Amazon Kindle and Apple iPad will not download the free Overdrive library titles.)



Connecticut State Library Downloadable Collection

Audio books can also be downloaded from the Connecticut State Library's collection at: <http://connstatelib.mylibraryaudio.com/>. This collection of about 1,700 audio book titles offers many popular adult and classic children's titles. Audio books can be downloaded to your home computer or transferred to your iPod, iPhone or media player. Just have your library card with you when you want to download a title.

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Job Now! Live Job Assistance

This free service is available to all Cragin Memorial Library cardholders, seven days a week from 3 – 11 pm by following the links to the Library's webpage at www.colchesterct.gov. Get help writing a résumé or cover letter, one-on-one career coaching and live interview chat sessions from your library or home computer.

Be a Friend of Cragin

The Friends of Cragin Memorial Library promote awareness of Library needs and help develop new services through fundraising. Meetings are on the second Thursday of the month at 7 pm in the Library. New members are always welcome! The Friends conduct an ongoing book sale of children's and adult books. Coffee, teas and hot chocolate are always available at the Friends' Coffee Bar. The Friends are always looking for volunteers to sort donations and to help with book sales.

Book Donations

The Friends of the Library will accept books in good condition in the blue bin in the Library's vestibule beginning January 3. Gently used books, free of mold, must, and mildew are welcome. Please do not donate textbooks, encyclopedias, or Reader's Digest Condensed books as they do not sell and will be thrown away.

Cragin Board of Trustees

The Library's advisory board meets quarterly in the Library on the first Tuesday of March, June, September and December. The December 7th meeting is scheduled for 6:30 pm. The Trustees encourage all members of the community interested in the library to attend.

Book Repair

The Library welcomes volunteers to help us keep our well-used books in good condition. Book repair sessions take place at the Library every Monday from 1 – 2 pm. Please stop by or call 860-537-5752 if you're interested.

Museum Passes

Patrons may check out passes that provide free or discounted admission to the following area attractions:

- The Children's Museum/Roaring Brook Nature Center
- Children's Museum of Southeastern Connecticut
- Connecticut's Old State House
- **NEW!** Connecticut Science Center—20% off discount coupon
- Connecticut State Parks Pass
- The Florence Griswold Museum
- Lutz Children's Museum
- Mashantucket Pequot Museum
- Mystic Aquarium
- **NEW!** Mystic Seaport
- Peabody Museum of Natural History
- Roger Williams Park Zoo
- Wadsworth Atheneum Museum of Art

Passes are for free or reduced price admissions and are available to all Connecticut library card holders. Passes are available on a first-come, first-served basis and may be borrowed for two days. Museum passes are made available through the generosity of The Friends of Cragin Memorial Library.

Display Cabinets

There's always something interesting to see in our display cabinets in the Reference area and in the Children's Department. Collections have included items from miniatures to minerals, toys to teapots, and widgets to watches. If you would like to bring out your collections and show them off, call 860-537-5752 to reserve the display space.

Story Times

The Library offers free story times for children ages 12 months through second grade during the school year. Sessions are six weeks long and require registration to participate. Please see Children's Programs for further information.

Art Displays

A changing exhibit of works from local artists is featured in the Norton Room each month. If you are an artist or know one who would like to display at the Library, please call to reserve the exhibit space.

Local Color Threads, featuring the work of Julianna Cameron, Sylvina W. Rollins, Dianne Gorrnick, and Jacqueline J. White will be on exhibit through December 31.



Winter 2011 Programs for Adults

Time for Taxes

Wednesday, January 12, 2011, 7 – 8 pm

It's not too early to start planning your tax-filing strategy. Come to a brief overview of what you can find on the IRS website, how to get the forms and instructions you need, and what free services are available to help you get your taxes filed on time. No registration is required.

Independent Film Series

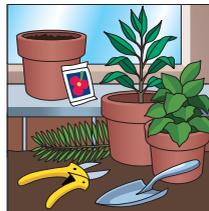
Thursdays, January 13, 20 & 27, 7:00 pm

Join us for free showings of the international sensation Millennium Trilogy on Thursdays in January. January 13: The Girl with the Dragon Tattoo, January 20: The Girl Who Played with Fire and January 27: The Girl Who Kicked the Hornet's Nest. Please note these films are Rated R.

Houseplants

Tuesday, February 15, 2011, 7 – 8:30 pm

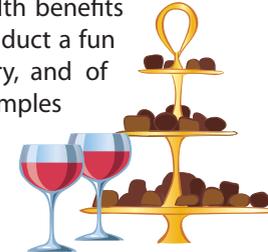
Keep gardening through the winter; turn your home into an indoor oasis. Mary K. Inman, of the Connecticut Agricultural Experiment Station, will discuss the basics of plant care, how to select the correct plant for existing growing conditions, and how to recognize and manage common houseplant problems. No Registration is required.



The Perfect Pairing: A Wine & Gourmet Chocolate Seminar

Thursday, February 10 or 17, 7 pm

Kim Larkin & Kelly Ferreira are sisters and owners of a chocolate company located in Connecticut, Klassic Kreations Gourmet. Their fun and informative workshop will include chocolate industry trends, instruction on pairing wines with different types of chocolate, and the history and health benefits of both wine and chocolate. They conduct a fun chocolate quiz, read chocolate poetry, and of course, provide delicious chocolate samples for all. This program has been made possible through the generosity of the Friends of Cragin. Registration for this free program opens January 10.



Introduction to the Internet Classes

Mondays, January 10 & 24, February 7

11:00 am to noon

Thursdays, December 9, January 13 & 27, February 10 & 24
7:00 – 8:00 pm

Free single-session classes for individuals with little or no experience with the Internet. For more information or to register, please call the Library at 860-537-5752.

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December School Vacation Week

Monday, December 27 – Friday, December 31

Children's Programs

Open Craft: Snowman

Monday, December 27 10:00-3:00

Drop in and visit the Open Craft Room to make a special snowman craft to bring home. Free and open to all. Children under 8 must be accompanied by an adult.



Movie: *Ramona and Beezus*

Monday, December 27 at 10:30 a.m.

Rated G. Free popcorn.

Movie: *How to Train Your Dragon*

Thursday, December 30 at 10:30 a.m.

Rated PG. Free popcorn.

For Older Children and Teens

Cool Crafts:

Tuesday, December 28, 10:00 a.m. – 2:00 p.m.

Visit the Open Craft Room and make a mosaic picture frame from recycled CDs! Free and open to grades 5 and up.

Movie: *The Twilight Saga: Eclipse*

Tuesday, December 28 2:00 – 4:00 pm.

Rated PG-13. Free popcorn.

Wii all day long

Wednesday, December 29

10:00 a.m. – 4:00 p.m.

Come in and play *American Idol*, *Super Monkey Ball Banana Blitz*, or *Lego Star Wars* on our 8' screen with your friends or family. Open to all ages but please register for a half hour slot.



February School Vacation Week

February 22 – 25 (Closed on Monday, Feb. 21)

Programs for Children and Teens

Look for free movies and popcorn, Open Crafts, Wii games, a visit from the Connecticut Science Center and more! Check the Library's upcoming February newsletter at www.colchesterct.gov/library for more information.

Winter Programs for Children

Healthy Travel Information

Story Times

Story time programs for young children ages 12 months through second grade stimulate the imagination, prepare youngsters for school, and develop rich vocabulary and early literacy skills. Parents and caregivers are vital partners in the story time setting for the youngest children, modeling attentiveness and learning playful, enriching activities to use at home.

Two 6-week story time sessions will be offered this winter:
Early Winter Session: January 10 – February 18, 2010. Registration opens on January 3 at 10:00 a.m., in person or by phone.

Late Winter Session: March 7 – April 15, 2010. Registration opens on February 21 at 10:00 a.m., in person or by phone.

Wild Ones

Wednesdays at 10:30 a.m. or 11:15 a.m.

For toddlers 12 to 24 months old with a parent or caregiver. This fun-filled lap-sit program of short stories, rhymes, circle dances, and finger plays will introduce your wild one to fun at the library.

Tremendous Twos and Threes

Mondays at 10:30 a.m. or 11:15 a.m.

For children ages two and three years with a parent or caregiver. Stories, songs and rhymes will nurture a love of books in toddlers.



Fabulous Fours and Fives

Tuesdays at 10:30 a.m. or 1:00 p.m.

For older preschoolers who can attend comfortably without a parent. This program introduces children to longer, more detailed books. Children are encouraged to participate in finger rhymes, songs, crafts and flannel board activities as they gain confidence in a group setting without a parent present.

Terrific Thursdays, K-2nd grade

Thursdays 3:45 - 4:45 p.m.

After-school fun for children in Grades K-2. Join us for a snack with stories and a craft. The works of award-winning authors and illustrators will form the focus for this relaxed program for children who can focus on longer stories.

About Registration and Attendance

In order to provide focused and coherent programs, the Children's Department will limit program size to fifteen registered children. Children may join groups with open registration spots at any time during the session. Please notify the Children's Department if your child is unable to attend the first meeting due to family travel or illness, or your child's slot will be given to children on the waiting list.

Siblings and Multiples

Different age siblings may attend any program with their parent or caregiver, and we will ask if any sibling will attend regularly, so that they may have a name tag, too. Siblings often enjoy each other's programs and are valued members of the group. However, please understand that each program is designed for the specific developmental needs, attention span, and motor skills of its designated age group.

Other Children's Programs

Down Syndrome Playgroup

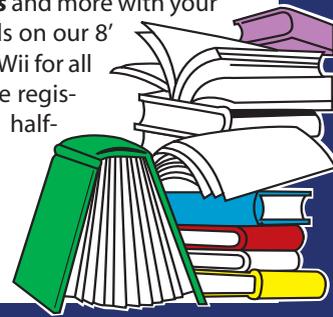
Saturdays from 10:30 – 12:00 on January 22 and February 10, 2011.

Get together for an opportunity to play and socialize with other families. (No meeting in December.)

Wii on Wednesdays

Wednesdays 2:00 – 4:00 p.m.

Come and play *American Idol*, *Super Monkey Ball*, *Banana Blitz* and *Lego Star Wars* and more with your family or friends on our 8' screen! Open Wii for all ages; please register for a half-hour slot.



Do your holiday plans include travel? Whether your plans involve travel by plane, boat, or car, there are certain precautions you should take before you leave to reduce your chance of exposure to illness and accident. Regardless of your method of travel, your first source of information should be the Centers for Disease Control and Prevention website. The CDC has comprehensive travel health information at www.cdc.gov/travel.

If you will be traveling internationally, the CDC site will provide you with health information by destination, as well as inform you whether travel notices are in effect, what vaccinations you should have before you leave, and trip preparation tips. Make sure to plan at least 4 to 6 weeks before departure to receive vaccinations from your medical care provider, if necessary. Travel during the flu season can be challenging, particularly if you travel by airplane. Follow the link for "Illness and Injury Abroad" on the CDC travel page for tips about how to stay healthy during airplane travel.

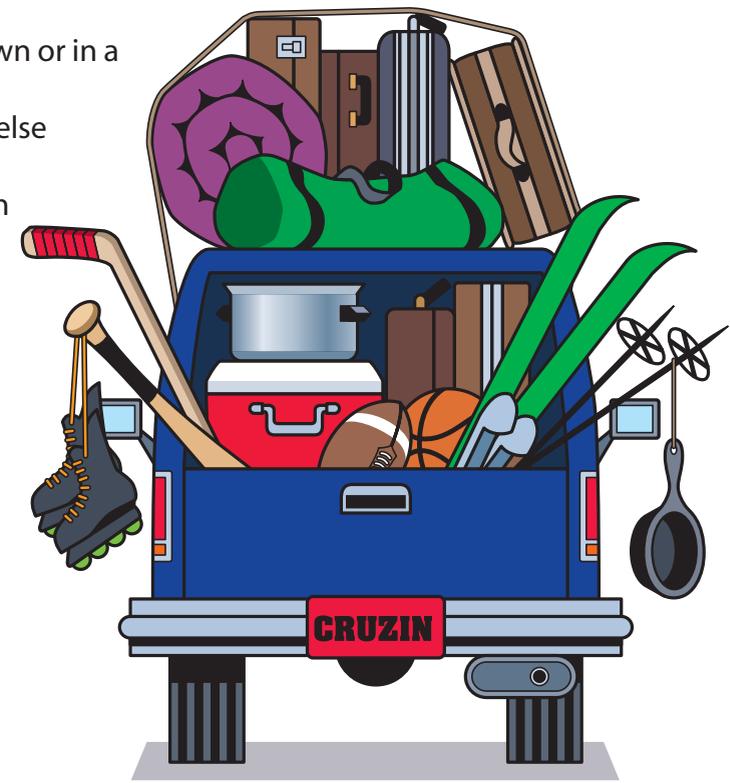
Cruise ship travel brings you and thousands of other cruise-mates to new exciting locations. Wash your hands often on cruise ships, using soap and warm water. If soap and water are not available, use hand sanitizer containing at least 60% alcohol. Make sure all the food you eat is thoroughly cooked and at the appropriate temperature. (hot foods must be hot, cold foods must be cold). For more cruise safety information, go to www.cdc.gov and enter "healthy cruising" in the search bar.

If your travel is to another part of the United States, be aware that there have recently been outbreaks of diseases such as measles and pertussis (whooping cough) and mumps in certain areas of the United States. It is worth asking your doctor or your host at your travel destination if there have recently been outbreaks of illness of which you should be aware.

During any travel by motor vehicle, whether across town or in a foreign land, these tips can help keep you safe:

- Don't drink and drive, and don't let someone else drink and drive
- Wear your seatbelt every time you drive or ride in a motor vehicle
- Always buckle children in the car seat using the appropriate safety seat or seat belt for their age/height/weight.

Have a safe and healthy holiday trip!



*We want to hear from you!
Any questions or comments?
Call or drop us an e-mail.*

Keep This Important Information!

127 Norwich Ave, Colchester, CT 06415

PARKS & RECREATION ADMINISTRATION

Interim Director, Greg Plunkett
reccdirector@colchesterct.gov

Office Manager, Liz Kessler
ekessler@colchesterct.gov

Recreation Supervisor, Anita Pizzutiello
apizzutiello@colchesterct.gov

Recreation Specialist, Joshua Medeiros
jmedeiros@colchesterct.gov
Phone: (860) 537-7297
Fax: (888) 468-6093

PARKS & RECREATION COMMISSION MEMBERS

Sean O'Leary, Chair
Chris Ferrante, Vice Chair
Norm Kaplan,
Lynette Dimock, Secretary
Lynne Stephenson, Jody Barr

Melissa Kennedy, Eric Kundahl
Albert Spranzo (Alternate)
Clint Williams (Alternate)

PUBLIC OFFICE HOURS

Monday - Friday 8:30am - 4:30pm

PARK MAINTENANCE CREW

Tim Angell, Crew Leader
Neal Trecarten, Mike Ryder,
Jessie Layhue, Alan Veazie,
Bob Slocum

SPORTS LEAGUES - WHO TO CONTACT

Although many organizations use town's facilities, the following groups do not come under the direction of Colchester Parks & Recreation. Unless otherwise specified, sports leagues can be reached through their voice mailbox on the **Parks & Recreation Infoline: 537-7200 ext. 1004.**

YOUTH

Basketball: Matthew Willauer
basketball@colchesterct.gov
Cheerleading: Kimberly Smithwick-Gross
cheer@colchesterct.gov
Football/Cheerleading:
Paula McDowell
football@colchesterct.gov

Lacrosse: Sue Trama (537-6928)
lacrosse@colchesterct.gov

T-Ball, Baseball & Youth Softball:
Tom Lambert (367-6256)
baseball@colchesterct.gov

Youth Soccer: Thomas Carey
soccer@colchesterct.gov

Youth Wrestling: Jenn Barber
wrestling@colchesterct.gov
www.colchesterwildcats.org

ADULT

Men's Softball: Mike Gatesman
menssoftball@colchesterct.gov

Women's Softball:
Lynn Stephenson (674-0143)
cwsf@colchesterct.gov

Men's Soccer: Hugo Vivero
menssoccer@colchesterct.gov

Men's Baseball: Chris Ferrante
mensbaseball@colchesterct.gov

Colchester Special Olympics: Necia Stopa
nstopaharp@yahoo.com

Titanic – the Musical

Come experience the intrigue and the drama of the sinking of the Titanic, as Colchester Community Theatre presents "Titanic – the Musical," a grand musical production, presented through special arrangement with Tams-Witmark Music Library, Inc. Even though nearly 100 years have passed since the disaster, the story of the Titanic continues to enthrall audiences around the world. Titanic-The Musical begins with the boarding of the grand ship by amazed and awestruck passengers who are excited to be aboard its maiden voyage. The grand scale of the ship and the excitement of the passengers to be aboard are overshadowed only by the disaster which we know awaits. The show touches on issues surrounding social status, survival, and our powerlessness in the face of nature.

Performance dates for "Titanic" are **Friday and Saturday, February 18 and 19 at 7:00 pm**, and **Sunday, February 20 at 2:00 pm** at **Bacon Academy High School Auditorium**, 611 Norwich Avenue in Colchester. Ticket prices are \$10.00 for adults and \$8.00 for seniors and children, age 12 and under. Tickets will be on sale beginning in January. Please check your local newspapers or our website at www.colchestercommunitytheatre.com for updated information on where tickets can be purchased, as well as production updates.

Be a part of the show! Casting for the show is complete, but if you would like to assist in production (costumes, sets, makeup, publicity, etc), CCT welcomes the help. Please contact Laura Brown at 537-3259 (rtr1982@aol.com) or Wallis Johnson at 267-1023.

CCT is sponsored by Colchester Parks & Recreation.



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Jeremiah J. Lowney, D.D.S., M.S.
Jennifer J. Lowney, D.M.D.
Susan J. Davis, D.M.D., M.S.

Norwich 100 Sherman Street 860-886-1466
Colchester 79 Norwich Avenue 860-537-1918

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State of Connecticut Department of Children & Families

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If you are interested in this DCF Program, come to an **OPEN HOUSE/ INFORMATIONAL MEETING!**

Tuesday December 7, 2010 7:00 pm Griswold Town Hall 28 Main Street Jewett City, CT	Monday December 13, 2010 7:00 pm Waterford Public Library 15 Rope Ferry Road Waterford, CT	Wednesday December 22, 2010 7:00 pm Groton Public Library 52 Newton Road Groton, CT
Tuesday January 4, 2011 7:00 pm Montville Youth Services Bureau 289 Norwich-NL Turnpike Uncasville, CT	Wednesday January 12, 2011 7:00 pm Norwich DCF 2 Courthouse Square Norwich, CT	Wednesday January 19, 2011 7:00 pm Waterford Public Library 15 Rope Ferry Road Waterford, CT
Thursday January 27, 2011 7:00 pm Colchester Town Hall 127 Norwich Avenue Colchester, CT	Wednesday February 2, 2011 7:00 pm Norwich DCF 2 Courthouse Square Norwich, CT	Tuesday February 8, 2011 7:00 pm Groton Public Library 52 Newton Road Groton, CT

For more information call 860-886-2641 or 1-888-KID-HERO
www.ct.gov/dcf

The Colchester Civic Orchestra and Choir

The Colchester Civic Orchestra and Choir present their 9th annual holiday concert on Saturday, December 4th at 3:00 pm. with a snow date of December 5th. This event will be held at Bacon Academy, 611 Norwich Ave, Colchester. Admission is \$5 in advance, \$7 at the door, children under 12 are free. Advance tickets are available through Parks and Rec and at Tracy's Tunes. Rehearsals for the spring season will resume in January. New members are invited to join at this time. The CCO is a community group sponsored by Colchester Parks and Rec, and open to musicians of any experience level. Current members range in age from 10 to 70 and are from towns all over Connecticut. For more information visit the website at www.colchestercivicorchestra.org, or call John Ringo at 860-267-6271.



Grow, Grow, Grow Your Garden!

Colchester Garden Club

Growing non-profit community group focused on horticultural learning, volunteer community gardening and social activities. For more information about the club contact: Katherine Kosiba, President, kmk178@att.net or 860-267-4471. For membership information, contact: Cathy Pompei, Vice President at (860) 267-8705 or cathy.pompei@gmail.com

Dog Park Update

Come visit the recently-opened Colchester Dog Park located at 89 Old Amston Road in Colchester near the transfer station. The park is a designated off-leash area for well-behaved dogs and is open to Colchester and non-Colchester residents. The dog park is funded by citizens like you so donations are needed to keep the park going and growing. You can contribute to the dog park by sending a check to Colchester Parks & Recreation c/o Colchester Dog Park or by purchasing a brick for the park entrance walkway at www.brickrus.com/colchesterdogpark. To learn more about the Colchester Dog Park, join the committee or donate visit colchesterct.gov/dogpark or join their Facebook group at <http://groups.to/colchesterdogpark>.

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Dr. Steven C. Lakes, DMD



Dr. Richard Schwab, DDS
Dr. Gerard Venture, DDS
Theresa Beeman, RDH
Shannon Briggs, RDH
Barbara Papandrea, RDH

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GENERAL INFORMATION

Insurance Information

We are unable to assume responsibility for injuries/accidents occurring at programs or on park facilities. Such insurance would make programs & user fees prohibited.

Photo Permission

Participants permit the taking of photographs and videos of themselves and their children during activities for publication and use for promotional purposes unless otherwise stated.

Inclusion Policy

Colchester Parks & Recreation recognizes that every person is unique and brings with them a wide range of skills and abilities. We continuously strive to provide challenging experiences so that all can achieve their full potential. As such, we encourage and support individuals with disabilities to fully participate in all programs offered by our department. Please let us know how we can accommodate you. **The town of Colchester abides by all guidelines of the 1990 Americans with Disabilities Act (ADA)**

Find a Mistake

It is our policy to include something for everyone. Since some people like to find errors, we regularly include a few in our brochure to meet this need. A Parks and Recreation water bottle will be awarded to the first caller to report an error.

Program Changes

Every effort has been made to ensure the accuracy of the information presented in this program guide. However, all courses, instructors, locations and fees described are subject to change.

Weather/Cancellation Policy

Please check our website at www.colchesterct.gov for weather cancellations. For your convenience you may also call our office to hear a special recorded message. We do what they do! If there is no school, there are no programs unless otherwise noted.

How To Register

Re. Procedure: Please remember to include the Activity Number and Activity Name on your Reg. Form. See example below.

Women's Basketball

2000.303 WJJMS Gym 6:00pm - 9:00pm Th

1. Walk-In

Stop by the Parks and Recreation office, Suite 107, First Floor Town Hall. We are open to the public Monday thru Friday, 8:30 - 4:30pm.

2. Mail-In

Mail in Reg. form and fee (payable to the Town of Colchester) Parks & Recreation 127 Norwich Avenue Colchester, CT 06415

Location Abbreviations:	
BA:	Bacon Academy
TH:	Town Hall
WJJMS:	William J. Johnson Middle School
CES:	Colchester Elementary School
JJIS:	Jack Jackter Intermediate School

3. Drop Box

Drop it in the drop box slot to the left of the front doors of the Town Hall. You can do this anytime the office is closed.

4. Fax or E-mail to Fax (888) 468-6093 ekessler@colchesterct.gov

5. Online Registration

Colchester Parks & Rec is part of the Active.com network to provide you with access to our programs 24/7. If you go to www.colchesterct.gov you can access all Parks & Recreation program information and register on-line at your convenience! To access program information, click on Parks & Recreation PROGRAMS. This will link you directly to Active.com's website. You will find all programs offered listed at this location to sign up for a program on line, you must register with Active.com initially to log on. There is a small processing fee to register this way. Sorry, program discounts and credits are not redeemable when registering on line.



Satisfaction Guarantee

"Colchester Parks & recreation stands behind all of its programs and activities with a satisfaction guarantee. If you are not completely satisfied, we will do what it takes to make things right."

Late Fee Policy:

Program registration deadline is one week prior to the start of the program. If we can accommodate a registration after the deadline there will be a \$10 late registration fee.

Return Check Fee:

All checks returned for non-sufficient funds (NSF) will be charged an additional \$25 fee.

Inability to Pay

If a hardship exists, the applicant may be granted a reduced or waived fee. Forms are available upon request. Confidential written applications may be made to the Parks and Recreation Director.

Non-Resident Policy

Colchester residents' registrations will be processed first. Non-residents are eligible to participate if space allows. Non-resident registrations will be processed one week after registrations begin. there will be a \$20.00 non-resident fee. Nonresidents may be placed on a waiting list, and will be called after all Colchester residents from the waiting list are contacted. Non-residents are ineligible to participate in a lottery. This policy excludes bus trips.

Waiting List

All registrations are accepted on a first come, first served basis. Enrollment cannot be guaranteed. If your desired class is filled, you will be notified and placed on a waiting list. We will make every effort to accommodate those on the waiting list by adding classes if possible. If additional class openings become available, we will use the waiting list to fill the class. If no openings occur, we will make a full refund.

Seasonal Brochures

Seasonal brochures are published 4 times per year. Fall (Aug.), Winter (Nov.), Spring (Feb.), Summer (May). They are distributed on the last Thursday of the respective month within a complimentary edition of the Colchester Bulletin. Submissions deadlines are the 1st of the month prior to publication (e.g. July 1 for the Fall issue.)

PLEASE READ!!!

LOW ENROLLMENT PROCEDURE

The Early Bird Gets the Worm!

Don't let a great program get canceled due to low enrollment!

REGISTER EARLY!

If a program does not meet its minimum enrollment number one week prior to the start of the program, it will be cancelled.

PLEASE CUT OUT THIS FORM BEFORE SENDING IN.

You Must Pre-Register for ALL Programs

REGISTRATION FORM for Parks & Recreation

NO REGISTRATION WILL BE COMPLETED WITHOUT PAYMENT

FOR OFFICE USE ONLY

DATE: _____ REC'D BY: _____
 CASH/CREDIT/CHECK # _____
 RECWARE WAIVER CONFIRMATION

Name:/ Adult: _____

Mailing Address: _____

Has this Address changed since you last registered? _____ yes _____ no

Evening Phone: _____ Day Phone: _____ Email: _____

Secondary Emergency Contact: _____ Phone: _____

MEDICAL INFORMATION

Physician: _____ Phone: _____

Please list any allergies, medications, or previous conditions which we should be aware of: i.e. ADD, ADHD, Hearing impaired, Visually impaired, Special Ed, etc. Allergies i.e. Peanuts, Laytex, Bee Stings, etc.

Do you need an accommodation because of a disability to enjoy this program? _____ YES _____ NO

Wheel Chair Access for Bus Trips

ASSUMPTION OF LIABILITY

Participation in the activity may involve risk of injury. AS a parent, guardian or participant, I am aware of these hazards and my ability to participate. I hereby agree to release, discharge and hold harmless the Town of Colchester, its employees contracted instructors and volunteers from the liabilities which may occur while participation in the activity. I understand that participation in any recreational or sport activity involves risk. I further understand that the Town of Colchester does not provide accident/medical insurance for program participants. In addition, I give permission for the child(dren) to be treated by qualified medical personnel in the event that the above named parent/guardian can not be reached at the phone numbers provided.

Signature (Parent/Guardian if participant is under 18) _____ Date _____

Other signature (All those listed below over 18 years of age must sign the release.) _____ Date _____

Please circle: Credit Card #: _____ Expiration Date: _____

Name on card: _____ Signature: _____

Participant	Sex	Date of Birth	Grade	Activity #	Cost	Activity Name

Make check payable to: Town of Colchester

Please send this form to: Parks & Recreation
 127 Norwich Ave., Colchester, CT 06415
 or fax to (888) 468-6093

Non-Resident Fee \$20.00 per class
Scholarship Fund Donation
TOTAL DUE

Please Note: It is our goal to provide all participants with the best possible experience. Children are not permitted to attend adult programs.

Ballroom Dancing

Ages: 18 & Older

So you think you can dance! Learn basic ballroom steps to get you out on the dance floor! This class makes a great night out! Get ready to dance the night away. Each six week class will concentrate on the basics of two different dances. Dances may include but are not limited to the following: Swing, Waltz, Hustle, Rhumba, Tango, Foxtrot, Cha-Cha, Salsa and more. Participants may wear comfortable clothing. Ballroom shoes or dance shoes are preferred (can be pre ordered through The Dance Academy of Colchester 537-3888) Students may also wear socks. In order to protect the studio floor, no street shoes are permitted.

Day/ Date: Thursdays, Jan 13 – Feb 17

Time: 7:30 – 8:30 p.m.

Location: Dance Academy of Colchester

Fee: \$75 Non-Res. Add'l \$20

Activity #: 4103.227

Cardio Kick w/ Weight Training

Ages: 16 & Older

This class is a "circuit- style strength training" giving you a core workout creating the most effective calorie burning class! The class also utilizes different types of planks to strengthen every part of the body. (Can be modified to help build core stability for beginnings). Includes an explosive abs work out with the most effective routine. Please bring 3lb weights, water bottle or juice, mat and towel to each class! The program will be led by personal trainer April Gura who is also available before and after class for one on one advice to stay motivated this year!

Day/ Date: Thursdays, Jan 13 – Feb 17

Session A: Mondays Jan.24-Mar.7

Activity #: 4122.109

Session B: Wednesdays Jan.26-Mar.9

Activity #: 4122.113

Time: 6:00-7:30pm

Location: WJJMS Cafeteria A

Fee: \$28 per session Non-Res. Add'l \$20

Cardio Kick-Free Try It

Come try a free night of Cardio Kick with Weight Training led by personal trainer April Gura. All participants need to pre-register for the class. Sign up now, you have nothing to lose! Except the weight...

Day/ Date: Wednesday Jan.19th

Time: 6:00-7:30pm

Location: WJJMS Cafeteria A

Fee: FREE

Activity #: 4103.990

Co- Rec Pick-Up Indoor Soccer

Ages: 18 & Older

Ever want to be a part of world-class soccer, but never had the chance? We have the next best thing for you. Bring your sneakers and get ready to match up against some of Colchester's best. Take part in an opportunity to stay in shape, exercise, socialize and of course, play soccer! Men and Women of all skill levels and abilities are encouraged to participate.

Day/ Date: Tuesdays Jan.18-June.7

Time: 7:00-9:00pm

Location: WJJMS Gym A

Select the best payment option for you below:

Option A: Pay for the entire year from Dec.9-June 7 for \$40. This option makes sure you don't have to worry about coming back to re-register.

Option B: Pay for the Winter/Spring season for \$25. Jan.18-June 7

Option C: Pay at the door for only \$3. This is good for those individuals who can only make it a few times during the year or who want to bring a friend for the night to try it out.

All participants must check in at the door with the gym supervisor. Anyone not pre-registered must fill out a registration form and submit the \$3 entry fee.

Men's Pick-Up Basketball

Ages: 18 & Older

Think you got game? From Beginner to Advanced, Pick-Up Basketball has something for everyone. Bring your best and challenge others for a little 5 vs. 5. Whatever it is, you can play! Non residents are welcome to participate if space allows for an additional \$20 fee.

Day/ Date: Mondays Jan. 24-June 13

Time: 7:00-9:00pm

Location: WJJMS Gym A

Select the best payment option for you below:

Option A: Pay for the entire year from Dec.2-June 13 for \$40. This option makes sure you don't have to worry about coming back to re-register.

Option B: Pay for the Winter/Spring season for \$25. Jan.24-June.13

Option C: Pay at the door for only \$3. This is good for those individuals who can only make it a few times during the year or who want to bring a friend for the night to try it out.

All participants must check in at the door with the gym supervisor. Anyone not pre-registered must fill out a registration form and submit the \$3 entry fee.



Men's Winter Basketball League

Ages: 18 & Older

Come and play in Colchester Parks and Recreations first annual Men's Basketball league. Get together a group of your best guys and come compete against the best Colchester has to offer. This is a 5 on 5 league. Each team is guaranteed seven regular season games and one playoff game. Games will be played on Thursday nights. Cost includes an official team t-shirt for up to 10 team members. Team shirt colors are given at a first come first serve basis, sign up early to get the color of your choice!

Day: Thursdays

Time: 6:00-9:00pm

Location: WJJMS Gym A

Sign up teams of 10 players

Fee: \$425 a team before Dec.8

\$475 a team after Dec.8

Non' Residents add \$20 per player

Activity #: 4122.503

Captains meeting will be held at Town Hall 6-7pm Tuesday December 28th.



"Spring Edition" 4 v 4 Flag Football

Ages 18 and up

Whether you've played football your whole life or just like to play catch in the backyard this is the football program for you. This unique style of flag football creates a fun fast paced environment for participants to enjoy a healthy form of competition. Teams consist of 6 players with 4 playing at a time. The program runs Sunday mornings and is over in time for you to get back and watch the first kick-off. Sign up as an individual to be "Drafted" or as a team and save money. The price for a team is only \$145, \$35 for an individual. So gather your friends and sign up to see if you have what it takes to win the Spring 4 v 4 Flag Football league. Winning teams receive trophy and champ long sleeve shirts!

Day/ Date: Sundays April 3-June 26

Time: 9:00am-noon

Location: RecPlex R6

Fee: \$145 a team, \$35 an individual

NYSCA Coaches Training

Ages 18 & Older

Initial Level Membership: Introduction to coaching youth sports program: To become a member, coaches participate in an NYSCA interactive video training clinic, successfully complete an exam and sign a pledge committing them to uphold the NYSCA Code of Ethics. Volunteer coaches who are interested in becoming initial members start by taking a 3 hour training course called a "Clinic". Please call the office to register for this program at (860) 537-7297. This is not sport specific-coaches of all sports are encouraged to attend. For additional information you may also visit the NYSCA's website at www.nays.org (National Alliance for Youth Sports)

Day/ Date: Wednesday Feb.15

Time: 6:00-9:00pm

Location: Meeting Room 2 Town Hall

Fee: \$20 Non'Res: \$20

Activity #: 4102.200

Colchester's Healthiest Loser

Ages: 18 & Older

The Healthiest Loser Challenge is a 6-week program designed to help people lose weight in a healthy manner. Teams of 2 to 4 work with a personal trainer and health counselor weekly to incorporate healthier choices into their lives. Meetings include an interactive educational workshop, goals discussion and exercise program. Prizes are awarded to the team that loses the most weight. Challenge will be led by Cheryl Hancin, MS, MBA, Integrative Health Coach and Personal Trainer.

Day/ Date: Mondays Jan 3-Feb.14

Time: 7:15-8:30pm

Location: CES H22

Fee: \$60 an individual \$100 for teams of two

Activity #: 4103.500



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860-537-4607 860-423-6311
www.mackeysinc.com

Grocery Store Tour

All Ages
Are there times when you are not sure what to buy in the Grocery Store? We will stroll together through every department to show you exactly what should be in your cart and what food choices you are currently making that are undoubtedly keeping you from health and weight loss success. From Produce, Bakery and Breads, Deli Area, Meat Department, Refrigerated Section, Frozen Foods, and the Inside Aisles. I will list out and explain what the best choices are, what foods are no-no's, and healthy tips. Led by Cheryl Hancin, MS, MBA, Integrative Health Coach and Personal Trainer.

Day/ Date: Wednesday Jan.19
Time: 6:30-8:00pm
Location: Meet at Stop and Shop Reception Desk
Fee: \$8
Activity #: 4103.797



Indoor Adult Boot Camp

Ages: 16 & Older
Challenge your body with a cross training program that focuses on your cardiovascular health, flexibility, core strength, muscle strength, agility and endurance. This all level program uses a variety of techniques, and very simple equipment. Cardio exercises such as running, sprints, plus strengthening with push-ups, squats, lunges, and pull-ups. A WHOLE LOT of FUN!!! Reach your goals by joining the fun in this 6 week boot camp!

Day/ Date: Thursdays Jan.13-Feb.17
Time: 6:00-7:00pm
Location: WJJMS Gym B
Fee: \$66 Non-Res. Add'l \$20
Activity #: 4103.769

Nutrition Series II- Healthy Foods to Jump Start the New Year

Ages: 18 & Older
In this life transforming workshop, you will sort out the maze and learn how to bring joy, energy and passion into your life through FOOD! Come and learn ways to help yourself achieve a healthier diet and lifestyle. Food samples will be prepared and served weekly. This course will offer some new material not yet seen in Nutrition Series I. A great class for both Nutrition Series returners and new participants!

Week 1- What are you eating? Become Nutrition Detectives and learn how to read what really is in your food.

Week 2- The Dirty Dozen! The 12 most pervasive and detrimental food additives and substances you can eat. Get them out of your diet NOW!

Week 3- Great Grains! - What is this Quinoa stuff? Learn how to add the essential enzymes, iron, dietary fiber, vitamin E and B-complex vitamins into your body to provide you with sustained and high-quality energy.

Week 4- Greens, Greens, Greens! The health benefits of adding leafy greens to your diet!

Day/ Date: Mondays Jan. 24-Feb.14
Time: 6:00-7:00pm
Location: CES H22
Fee: \$60 for complete session
Activity #: 4103.401

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Pilates Boot Camp

Ages: 18 years & Older
What is Pilates? Pilates is a great form of low-impact exercise that virtually reshapes your body. As founder Joseph Pilates said, "In 10 sessions you'll feel the difference...in 20 sessions you'll see the difference...and in 30 sessions you'll have an entirely new body!" Develop core strength, increase your flexibility, and strengthen and lengthen your muscles. Class includes a fun warm up to music and unbelievably effective body-shaping mat exercises. Bring your 2-3 lbs. weights and we'll tone your upper-body too. Get ready for a new you! Registration deadline 12/28/2010.

Day/Date: Tues. Jan 4 – March 1
Time: 6:30 – 7:30 p.m.
Location: Dance Academy of Colchester
Fee: \$75 Non-Res. Add'l \$20
Activity #: 4103.226

Taekwondo Intro

Ages: 11 years & Older
The Colchester Chung Do Kwan Academy is offering an introductory program in Taekwondo. This program is offered to anyone ages 11 years old and up! This is a perfect family class! These Taekwondo classes will teach basic knowledge of Taekwondo as well as helping to increase flexibility and physical fitness. This is a one-month, new student, program that offers a very flexible training schedule. You are welcome to train during any and all class times that are open for your age. Come and try out this exciting and challenging sport! Registration deadline is Dec 30 and the registration fee includes a free uniform! You may only participate in this program once.

Day/Date: Monday & Wednesday -6:30-8:00 p.m.
Tuesday & Wednesday - 7:00-8:30 p.m.
Location: Colchester Chung Do Kwan Academy
Fee: \$50
January Activity #: 4103.229

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Yoga Moderate/All Levels

Ages: 16 years & Older
Yoga Moderate/All Levels: This class is great for all levels of yoga practice! Learn pranayama (breathing practice) along with yoga postures to improve your strength, flexibility and relaxation. Beginners are welcome as modifications will be given and alignment of posture will be emphasized. Take some time from your busy week to release tension and stress! (Wear loose clothing and bring a yoga mat and a towel)

Day: Thursdays
Time: 5:45 – 7:00 p.m.
Location: JJIS Media Center
Fee: \$36 Non-Res. Add'l \$20
Session 1: Jan. 6 – Feb 3 Registration deadline 1/3/11. No class 1/27
Activity #: 4103.230
Session 2: Feb. 10 – March 10 Registration deadline 2/3 No Class 2/24
Activity #: 4103.231
Session 3: March 17 – April 7 Registration deadline 3/10
Activity #: 4103.232
Session 4: April 14 – May 19 Registration deadline 4/7 No class 4/21, 5/12
Activity #: 4103.233
Session 5: May 26 – June 16 Registration deadline 5/19
Activity #: 4103.234

Zumba

Ages 13 years & Older with registered adult
Zumba eliminates the "work" from "working out" by combining irresistible Latin & International music with dynamic, yet simple exercise moves to create a fun dynamic fitness program. Zumba utilizes the principles of fitness interval training and resistance training to maximize calorie output, fat burning and total body toning. This Latin-based group exercise class is fun and easy to do. No dance experience required!

Day: Tuesdays
Time: 6:30 – 7:30 p.m.
Location: JJIS Room 79
Fee: \$28 Non-Res. Add'l \$20
Session 1: Jan 4 – Feb 15 Reg deadline 12/28
Activity #: 4103.207
Session 2: March 1 – April 12 Reg deadline 2/25
Activity #: 4103.217
Session 3: April 26 – June 7 Reg deadline 2/19
Activity #: 4103.220

Day: Thursdays
Time: 6:30 – 7:30 p.m.
Location: JJIS Room 79
Fee: \$24 Non-Res. Add'l \$20
Session 1: Jan 6 – Feb 10 Reg deadline 12/30
Activity #: 4103.215
Session 2: March 30 - April 7 Reg deadline 2/24
Activity #: 4103.218
Session 3: April 28 – June 2 Reg deadline 4/21
Activity #: 4103.221





Zumba GOLD

Ages 12 years & Older

ZUMBA® GOLD is designed to take the exciting Latin and International dance and fitness program created in the original ZUMBA® program and bring it to the beginner, active older adult and all participants needing modifications for a successful class. Created to emphasize the basic steps of ZUMBA®, this explosive program is so easy to follow, that EVERY ONE of all ages can do it! A ZUMBA® GOLD class is guaranteed to provide ALL participants with a safe and effective total body workout! ZUMBA® GOLD just as our regular ZUMBA® classes create a party like atmosphere that is incredibly fun, different, easy to follow and effective.



Zumba Step Review

Ages 13 & Older with Registered adult

Step review consists of a simple breakdown of the basic moves used for each rhythm in this sessions choreography.

Day: Thursdays
Time: 6:00 – 6:25 p.m.
Location: JJIS Room 79
Fee: \$18
Session 1: Jan 6 – Feb 10
Activity #: 4103.210
Session 2: March 3 – April 7
Activity #: 4103.219

Day: Mondays
Time: 2:45 – 3:30 p.m.
Location: WJJMS Café A
Session 1: Jan 10- Feb 7, Reg. deadline 1/3. No class 1/17
Activity #: 4103.223
Fee: \$32 Non-Res. Add'l \$20
Session 2: Feb 28 – April 4, Reg deadline 2/21
Activity #: 4103.224
Fee: \$48 Non-Res. Add'l \$20

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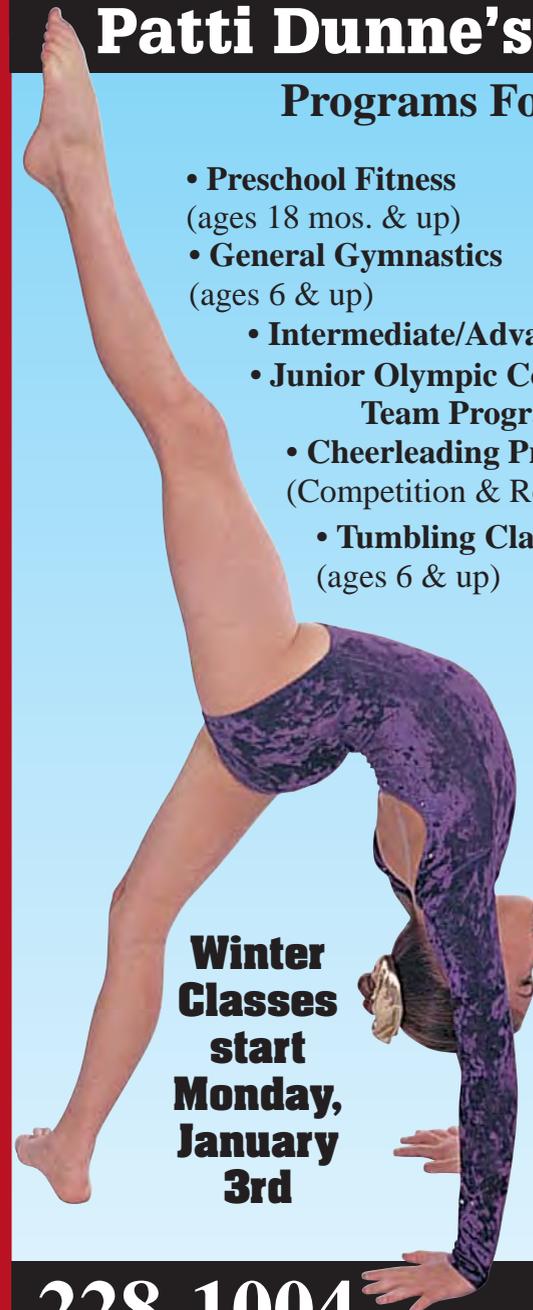


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Register Now For Winter Classes at Patti Dunne's School of Gymnastics

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- **Intermediate/Advanced**
- **Junior Olympic Comp. Team Programs**
- **Cheerleading Programs** (Competition & Recreational)
- **Tumbling Classes** (ages 6 & up)



Winter Classes start Monday, January 3rd

NEW

BACK HANDSPRING CLINIC! STARTING THIS JANUARY
 Call Office for Details and Times

\$15 members, \$20 non-members
 This one hour clinic will focus on structured drills & exercises to help create fluid back handsprings. Whether you are preparing to try out for a cheerleading squad, you're already on a squad or a team gymnast wanting to perfect a back handspring...
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228-1004

for info & class schedules, visit us online at: www.dunnesgymnastics.com



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After School at CES

Parents MUST send a note to school each week giving their children permission to participate in any after school program. Children without notes will not be able to participate. Space is limited; register early. Students will be dismissed to the cafeteria where they will be greeted by the instructor and escorted to the class location. Please pick your child up in the class location indicated in the description.

Late Fees: Our after school programs are over at 4:30 p.m. We ask that you pick your child up at that time. If you arrive after 4:35 p.m. you will be charged \$1.00 per minute late charge. Please be considerate! For class cancellations please visit our website at www.colchesterct.gov. If there is no school, there are no programs. You may bring a snack and drink.

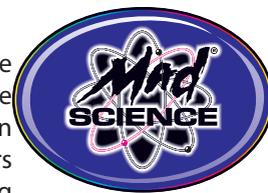
Mad Science at CES

Grades 1 & 2

Mad Science Academy of Future Space Explorers: Mad Science brings you the excitement and wonder of space, in our Academy of Future Space Explorers After School Program. Featuring exciting student activities from the N.A.S.A Langley Center. Weekly Topics Include: Planets & Moons, Rocket Science, Space Travel, Sun & Stars, Living in Space, and Space Technology. In every class children build a fun, and educational take home to fuel their future explorations!

Day/Dates: **Fridays, Jan 21 – March 4, No class 2/21**
Registration deadline 1/18.

Location: CES Room H28
Fee: \$87
Activity #: 3103.215



Squeaky Sneakers 1 & 2

Get active and have fun after school with Mr. Levine! Join us for an enthusiastic approach to physical activity and recreation. Help your child attain their daily recommended amount of physical activity! This program will keep kids busy with lots of games and various sports. Dress appropriately, we'll be outside as much as possible! Please note this is a 6 week class. Registration deadline one week prior to the start date.

Day: **Fridays**
Session 1: **Jan. 14 – Feb. 18**
Activity #: **3103.220**
Session 2: **March 4 – April 8**
Activity #: **3103.221**
Location: **CES Gym**
Fee: **\$42 per session**

Squeaky Sneakers Kindergarten

Get active and have fun after school with Mr. Levine! Join us for an enthusiastic approach to physical activity and recreation. Help your child attain their daily recommended amount of physical activity! This program will keep kindergarteners busy with games and sports. Dress appropriately, we'll be outside as much as possible! Please note this class is 6 weeks. Please wear sneakers! Registration deadline one week prior to the start date.

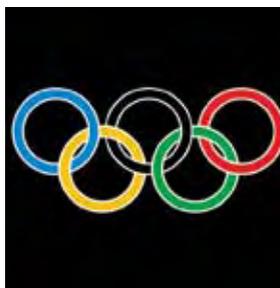
Day: **Thursdays**
Session 1: **Jan 13 – Feb 17**
Activity #: **3103.218**
Session 2: **March 3 – April 7**
Activity #: **3103.219**
Location: **CES Gym**
Fee: **\$42 per session Non-Res: \$20.00**

After School Olympics

Grades K-2nd

This exciting after school sports medley will introduce children to a wide range of sports they can partake in. Each week new sports are introduced through exciting drills and fun filled games. Is your child not sure which sport is their favorite? No worries this class has something for everyone. Activities include: soccer, bowling, basketball and more! Closing out the fun will be a non-competitive Sports Olympics with fun challenges and prizes!

Day/Dates: **Mondays Feb.28-April.4**
Location: **CES Gym**
Fee: **\$40**
Activity #: **3103.444**



Krafty Kids

K-2 grade

Arts and Crafts, Music, Literacy and Writing all wrapped into one. This brand new after school program has something for every child. The program will be led by Ms. Julia a Junior at Uconn majoring in a 5 year Special Education Masters program. She has worked for summer camps for five years and has extensive experience with children of all ages. This two hour experience will combine fun and education into one as children get to experience a variety of activities to keep them engaged and learning after school.

Day/Dates: **Thursdays, Jan.20-Feb.17**
Special Time: **3:15-5:15pm (2 hours of after school fun!)**
Location: **CES Classroom H22**
Fee: **\$45**
Activity #: **3103.555**

Wizard's School of Magic

Learn five magic tricks from Tom O'Brien, a professional magician, whose credits also include appearances on the Fox 61 Morning Show and WFSB's Better Connecticut. Tom is a master at his craft and is a wonderful and entertaining teacher as well. All students will receive their own magic kits containing the props necessary to perform them at home, and a magic wand! Hocus Pocus! New materials will be had each session so sign up for one, two or all three magical workshops!



Day: **Mondays**
Session 1: **Hocus Pocus- Jan.31**
Activity #: **3103.567**
Session 2: **Abra Kadabra- Mar.21**
Activity #: **3103.568**
Session 3: **Ala-kaz-am- April.4**
Activity #: **3103.569**
Location: **CES Classroom H28**
Fee: **\$25 per session**

After School at JJIS

Parents MUST send a note to school each week giving their children permission to participate in any after school program. Children without notes will not be able to participate. Space is limited; register early. Students will be dismissed to the cafeteria where they will be greeted by the instructor and escorted to the class location. Please your child up in the class location indicated in the description.

Late Fees: Our after school programs are over at 4:30 p.m. We ask that you pick your child up at that time. If you arrive after 4:35 p.m. you will be charged \$1.00 per minute late charge. Please be considerate! For class cancellations please visit our website at www.colchesterct.gov. If there is no school, there are no programs. You may bring a snack and drink.

Funtastic Fitness

3rd-5th grade

One hour of pure FUN! This class is designed for all abilities! It's a fun and unique program that will introduce your child to fitness, yoga and sports 101 in a non-competitive environment. We'll use balls, hoops, obstacle courses, music, yoga poses and fitness techniques. Join us with a friend and keep active in 2011!

Day/Dates: **Tuesdays Jan.11-Feb.15**
Location: **JJIS Cafeteria**
Fee: **\$60**
Activity #: **3103.247**

Sculpture Works

Grades 3rd-5th

See what you can do in 3-D. We will start with Model Magic and learn about mixing color and creating shapes. Then you will explore sculpty, a great medium that comes in many colors and hardens when you bake it. This form of clay has lots of different possibilities. Let's get our hands into it! Class will be taught by local professional fine artist Julianna Cameron.

Day/Dates: **Thursdays Jan.13-Feb.17**
Location: **JJIS Art Room**
Fee: **\$72 includes all materials and supplies**
Activity #: **3103.195**

Mad Science at JJIS

Mad Science Academy of Future Space Explorers: Mad Science brings you the excitement and wonder of space, in our Academy of Future Space Explorers After School Program. Featuring exciting student activities from the N.A.S.A Langley Center. Weekly Topics Include: Planets & Moons, Rocket Science, Space Travel, Sun & Stars, Living in Space, and Space Technology. In every class children build a fun, and educational take home to fuel their future explorations! Registration deadline one week prior to the start date.

Day/Dates: **Fridays, Jan. 21 – March 4 (No class 2/24)**
Location: **JJIS Art Room**
Fee: **\$87**
Activity #: **3103.224**



After the Bell at WJJMS (Preview)

An exciting new camp program is in the works for student's grades 5-8 for After School at William Johnston Middle School. The focus of After the Bell is to combine academic success with health and wellness through recreation. This program will provide a safe and fun environment for students and will allow them to achieve, connect, and thrive through continued education, friendship development, and personal growth. This program will keep students at the intermediate and middle school level engaged after school in meaningful activities combining academics with recreation to enrich them and enhance the quality of life and future success!

If this is a program that you would be interested in having your child participate in please contact Joshua Medeiros, Recreation Specialist at jmedeiros@colchesterct.gov. With your support this program will become a reality!



CAMP CAMP and More CAMP!

**Arctic Adventure Camp
Grades 1st-6th**

Arctic Adventure Camp is the coolest place to be this winter vacation! Campers will enjoy a variety of exciting activities including group games, sports skills, arts and crafts, music, dance and more. Campers are required to bring a snack and packaged lunch each day, **No Peanut products please**. Come dressed in sneakers and comfortable clothes as camp is an active environment.



The Freeze-tastic Theme Days include:

- Mon. - Polar Plunge into Fun
- Tues. - Penguin Parade
- Wed. - Art-ic and Crafts Festival
- Thurs. - Frosty Frozen Treats
- Fri. - Igloo Groove Dance and Music

Day/Dates: Week of December School Vacation:
Dec.27-Dec.31

Time: Day Camp 8:00-3:00pm
Extended Adventure 3:00-6:00pm

Location: M, T, F program meets at St. Andrews Church
W, Th program meets at CES Cafeteria

Payment Options:
Full Week of Day Camp

Fee: \$125

Activity #: 7122.232

Full Week of Extended Adventure

Fee: \$40

Activity #: 7122.300

Single Day Fee: \$35 per day for regular camp 8:00-3:00pm

Single Day Fee: \$10 per day for extended adventure 3:00-6:00pm

Camp Blizzard

Grades 1st-6th

Fly around the world during the week of February vacation with each day featuring exciting new exploration quests. The camp will feature themed games, team building, arts and crafts, music and much more! This epic kid-venture will include discovery, learning, and of course... fun! From paper Mache mummies, to island dancing, to kangaroo hopping races this camp will feature something for every child. Don't miss out on this blizzard of fun during February break!



- Around the World Theme Days:
- Mon- Egypt: Unraveling the Mysteries
 - Tues- China: In search of the Dragon
 - Wed- Greece: Ancient Adventure
 - Thrs- Australia: Ollie Down Under
 - Fri- Madagascar: Island Jam

Day/Dates: Week of Feb. School Vacation: Feb. 21-Feb. 25

Time: Day Camp 8:00-3:00pm

Extended Adventure 3:00-6:00pm

Location: M, T program meets at St. Andrews Church

W, Th, F program meets at CES Cafeteria

Payment Options:
Full Week of Day Camp

Fee: \$125

Activity #: 1103.200

Full Week of Extended Adventure

Fee: \$40

Activity #: 1103.206

Single Day Fee: \$35 per day for regular camp 8:00-3:00pm

Single Day Fee: \$10 per day for extended adventure 3:00-6:00pm

Camp Spark

Keep your eyes out for the spark-tacular April vacation camp during break April 18-22. For all the details and shockingly fun theme days check the upcoming Spring brochure.





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Mon., Tues., Fri. 10-6; Thurs, 10-7; Sat. 9-2

Family

**CPR and First Aid- Adult and Child
Ages 11 & Older**

This hands-on skills training prepares students to respond to breathing, cardiac and first aid emergencies in adults and children's. Updated with the latest science from the American Red Cross in CPR and emergency cardiovascular care the class will include both video segments and actual practice on mannequins. Successful completion of the course will result in Red Cross certification in Standard First Aid and CPR-Adult and Child.



Instructor: Joshua Medeiros

Day/Dates: Tuesday, Jan.18

Time: 6:00-9:30pm

Location: CES Classroom H22

Fee: \$40 includes fee for certification

Activity #: 8103.789

Family Fitness

All Ages Welcome

Is your family looking to kick the New Year off right with a better, healthier lifestyle? If so this is the program for the whole family! Workout as a group with personal trainer Kim Cale as you focus on cardiovascular health, flexibility, core strength, muscle strength, agility and endurance!

Want to work out but don't have a babysitter? No worries bring the stroller with you and work out all together. This class accommodates all ranges of skills and every family member is welcome!

Day/Dates: Tuesdays, Jan.4-Feb.8

Time: 6:00-7:00pm

Location: WJMS Cafeteria A

Fee: Pay for the whole six week session for the following fee's:

Solo participation fee is \$60

Family of Two fee is \$76

Family of Three fee is \$88

Family of Four or More fee is \$100

Activity #: 8103.999

Preschool

Lil' Kickers Introductory Program

Ages 3 - 5 years old

The Chung Do Kwan Academy of Colchester is offering a 4 week introductory Lil' Kickers Program. This specialized Taekwondo class is offered to children ages 3-5 years. The Lil' Kickers Program focuses on improving pre school-age children's basic motor and listening skills. In the Lil' Kickers classes, your child will be exposed to positive social interaction, learn to work with others and follow directions from the instructors through Taekwondo

training. The curriculum consists of developing 8 major skills that are necessary for participation in any sport or activity. These skills are focus, teamwork, control, balance, memory, discipline, fitness and coordination. Registration deadline 1/3. Child must be 3 years old by 1/1/11.

Day/Dates: Thursdays, Jan 6 - Jan 27

Session 1: 9:30 - 10:10 a.m.

Activity #: 6103.211

Session 2: 12:45 - 1:25 p.m.

Activity #: 6103.212

Location: Colchester Chug Do Kwan Academy

Fee: \$50 per session

Million Dollar Babies

Ages 2 & 3 years old with adult

Have fun with your little one! Parent and child can experience the world of dance together in this six-week workshop. Children ages 2-3 will be introduced to dance through rhythmic games, basic dance vocabulary, and spatial awareness exercises. Musical rhythm and loco-motor movements are explored in a fun and interactive way. Registration deadline 1/3.

Day/Dates: Saturdays, Jan. 8 - Feb. 12

Time: 9:45 - 10:30 a.m.

Location: Dance Academy of Colchester

Fee: \$85

Activity #: 6103.210

Family Games Night

Saturday, January 22

5:00 - 7:00 p.m. Town Hall

Have fun as a family as a wonderful variety of age appropriate board games will be provided to explore and introduce your children to classic family fun. By the generosity of S & S Worldwide over the years have provided several games like Monopoly, Pay Day, Sorry and Yatzee which will be available. There are many games appropriate for teens as well. You will have the option to play as a family or as a team against your neighbors! In addition, S & S Worldwide will also provide participants with food and drinks. Of course we'll play a few rounds of BINGO too. Prizes will also be given to the winners of the BINGO games.



Please pre register your group. There is no charge for this event. Registration deadline January 18th.

Pre Ballet & Tap 2 Thurs

Ages 4 – 6 years Old

Bring your child to the next level of dance through Pre Ballet 2. As your child grows our dance class grows with them while extending your child's dance knowledge at the same time. Learn through stories, instruments, games, songs and much more. We will be introducing Tap to this class. Dancers must have completed Miss Mary's Pre Ballet 1 class or have prior dance experience. Suggested attire for Pre Ballet & Tap classes: pink leotards and tights or children can wear sweatpants or shorts with t-shirts. Please no jeans or regular pants are to be worn in class as they restrict movement and could cause harm to the dancer. Hair should be pulled back. Dance shoes: Ballet slippers or water shoes. All shoes should fit snugly with no space between the shoe and foot. Tap: hard soled shoes that tie or fasten or Tap shoes. Please bring a folder to class. The dance program will conclude with a dress rehearsal on April 13th followed by the dance recital open to family and friends on April 14th in the Bacon Academy Auditorium. In order to be in recital you need to participate in all of Winter Session. Costume & recital fees are included. Parent involvement is greatly appreciated.

Day/Dates: Thursdays, Jan 20 – March 24 No class 2/24

Time: 4:30 – 5:30 p.m.

Location: JJIS Room 120

Fee: \$68

Activity #: 6103.207

Pre Ballet 1

Ages 3 – 6 years Old

Introduce your child to body awareness! We teach the joy of movement through basic ballet steps, games, and songs by using natural flexibility and curiosity. Suggested attire for pre ballet dance classes: pink leotards and tights or children can wear sweatpants or shorts with t-shirts. Please no jeans or regular pants are to be worn in class as they restrict movement and could cause harm to the dancer. Hair should be pulled back. Dance shoes: Ballet slippers or water shoes. All shoes should fit snugly with no space between the shoe and foot. Recital costume fee is included in the class fee. Please bring a folder to class. The dance program will conclude with a dress rehearsal on April 13th followed by the dance recital open to family and friends on April 14th in the Bacon Academy Auditorium. In order to be in recital you need to participate in all of Winter Session Parent involvement is greatly appreciated. No class 2/23. Costume & recital fees are included.

Day/Dates: Wednesdays, Jan. 19 – March 23

Session 1: 4:30 – 5:30 p.m.

Activity #: 6103.205

Session 2: 5:30 – 6:30 p.m.

Activity #: 6103.213

Location: JJIS Room 120

Fee: \$64 Non Res. Add'l \$20

Start Smart Basketball

Ages 3 – 5 years Old with Adult

This is a preschool sports readiness program for children 3-5 years years old with a parent or guardian. Have fun playing with your kids!! This program focuses on teaching children and their parents basic basketball skills such as dribbling, ball handling, shooting, passing, catching, running, and agility without the threat of competition or the fear of getting hurt. Mandatory parent meeting on Thursday, January 20th in the Town Hall Room 2 from 6pm -7pm. If you have already attended a Start Smart parent meeting, you are excused. Registration deadline one week before first class. Due to the size of the class we ask that only registered children and one adult attend the program.



Day/Dates: Mondays, Jan 24 - March 7 No class 2/21

Time: 6:00 – 7:00 p.m.

Fee: \$35 Non Res. Add'l \$20

Activity #: 6103.208

Start Smart Multi-Sport

Ages 3 – 5 years Old with Adult

This is a preschool sports readiness program for children 3-5 years old with a parent or guardian. Have fun playing with your kids!! Help your child develop basic motor skills such as throwing, catching, kicking, batting and agility without the threat of competition or the fear of getting hurt. **Mandatory parent meeting on Thursday, March 17 in the Town Hall Room 2 from 6pm-7pm.** If you have already attended a Start Smart parent meeting, you are excused. Registration deadline one week before first class. Due to the size of the class we ask that only registered children and one adult attend the program.

Day/Dates: Mondays, March 21 – May 2 No Class 4/18

Time: 6:00 – 7:00 p.m.

Fee: \$35

Activity #: 6103.209

Alice in Wonderland

The Dance program will conclude with a dress rehearsal on April 13th followed by a recital open to family and friends on April 14th. In order to be in the recital students need to complete the winter dance session. Costume and recital fess are included. Parent involvement is greatly appreciated. Please Note: Please be respectful of the custodian during evening hours and keep the hallways clear.

Act! Sing!

The Mega Center

Dance! Learn!

Phone: (860) 537-1317
Located at 52 Mill Street
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Dance Program

During Daycare Hours
4:00pm - 5:00pm
Monday - Ballet
Wednesday-Jazz/Hip Hop
Thursday – Tap

After-hours Dance Program!

Starting
January 15, 2011!
Pre-professional
Dance Classes
For ages 3 to 15
6pm - 8pm

Monday-Ballet1&2
Tuesday-Jazz1&2
Wednesday
Creative Movement 1&2
Thursday-Tap1&2

Professional
Audition
Opportunities
with
The West Hartford Ballet
Theater Academy

Pizza Day Thursdays!

No need to pack a lunch!
\$5 Pizza, juice and fruit
Ice-cream sundae included.

Look for our other
advertisements
and calendars.

Performing Arts Daycare

6:30am - 6:00pm
Monday – Friday
\$150 Full Time
Snacks Included!
Accepting ages 3 -13

Part time up to
one day a week.
Looking for school
vacation coverage?

Preschool Program!

Are you looking for dynamic preschool program offering skill development and performance based classes that ignite the imagination, encourage creativity and nurture self-esteem? Join us for our interactive circle time 8:30-9:45 Appt necessary.

“Specials” include
Mon.-Gymnastics
Tues.-Yoga/Stretching
Wed.-Creative Dance
Fri.-Zumba
12:45-1:30
During our preschool day!

Theater Program

Performances and Plays
22'x13' stage
Not too late to participate in the February show!
Peter Pan Play Rehearsal!
Open to all ages
4pm - 6pm
Tuesday/Thursday

Cast Parties
Nutcracker Tea Party
Holiday Skit and
Open House

Daycare Holiday Party
Christmas Caroling
Coffeehouse-Style Events

Join our Traveling Troup as
We perform and bring a smile to our Senior locations.

Festive Fridays!

The third Friday of every
Month!
4pm - 6pm

Movies
Popcorn and Snacks
Face Painting
Temporary Tattoos
Balloons
Crafts

November 19-Spa Day
December 17 -
Dress up Holiday Party
Make your own ornament,
decorate a sugar cookie!

Coupon for 1month at \$130 for a full time week, based on yearly full time enrollment.



Trips

Don't be left stuck at home this year! Registration has begun for the following bus trips Reserve your seats today!

New York City on your Own

Travel to New York City for the day and explore what the city has to offer from holiday shopping, restaurants, Radio City, Rockefeller center, museum of art and so much more! The day is yours to explore and there is bound to be something for the whole family to enjoy. Drop off locations include Museum of Art, Rockefeller Center Area, Times Square and Macy's. Don't miss out on this exciting and fun filled day that is sure to create lasting memories in the Big Apple!

Date: Saturday December 11, 2010
Time: Departs from Colchester Town Hall 7am leaves NYC at 6pm
Fee: Super Low Fee of \$40 a ticket!
Activity #: 5103.200

Bronx Zoo

Enjoy a day at the Bronx Zoo for a day of fun no matter what age you are! This deluxe package includes motor coach transportation departing from Colchester Town Hall, general admission to the zoo and an amazing experience for the whole family. Some highlights include the Bug Carousel, Wild Asia Monorail, Congo Gorilla Forest, the Children's Zoo, Butterfly Garden and the new 4-D Theatre! This is one wild safari you don't want to miss!!!



Date: Saturday May 7, 2011
Times: Bus departs Colchester Town Hall; 7am-6pm
Fee: \$72
Activity #: 5103.999

Block Island Adventure

All Aboard the Block Island Ferry Point Judith, Rhode Island to Block Island for a fun day. See the North Lighthouse, visit the Old Harbor and Clay Head Cliffs. Go biking, hiking, shopping and dining, or relax on the beach watching the yachts go by. More trip details will be available in the upcoming Spring Brochure.

Date: Saturday July 16, 2011
Times: TBA; Bus depart Hebron Town Hall
Fee: \$40
Activity #: 5103.275

Green Mountain Flyer

Board the fast moving Green Mountain Flyer and enjoy the fall foliage on the rails for a delightful 2-hour round-trip ride along the Connecticut and Williams Rivers between Bellows Falls and Chester Depot, Vermont. Relax and experience a narrated journey into Vermont's rich history and scenic splendor on fully restored vintage passenger trains. Shop at Yankee Candle and then

enjoy a classic New England feast at Chandler's Tavern located at Yankee Candle in Deerfield, MA with a choice of Roast Turkey, baked Boston scrod and warm apple crisp. More details will be available in the upcoming Spring brochure.

Date: Saturday October 15, 2011
Times: TBA; Departs East Hampton Town Hall
Fee: \$80
Activity #: 5103.456

Contact the Parks and Recreation office and ask about the new Around the World Passport program that begins in 2011. The program can save you money on trips and earn you exciting prizes including free spots on upcoming trips!



Youth

**Taekwondo Intro
Ages 11 & Older**

The Colchester Chung Do Kwan Academy is offering an introductory program in Taekwondo. This program is offered to anyone ages 11 years old and up! This is a perfect family class! These Taekwondo classes will teach basic knowledge of Taekwondo as well as helping to increase flexibility and physical fitness. This is a one-month, new student, program that offers a vary flexible training schedule. You are welcome to train during any and all class times that are open for your age Come and try out this exciting and challenging sport! Registration deadline is Dec. 30 and the registration fee includes a free uniform! You may only participate in this program once.

Days/Time: Monday & Wednesday -6:30-8:00 PM
 Tuesday & Wednesday - 7:00-8:30 PM
Location: Colchester Chung Do Kwan Academy
Fee: \$50
Jan. Activity #: 4103.229

**Ballet & Tap Youth
Ages 5 - 13 years Old**

Your child will learn the technique of Classical Ballet and Tap, through Ballet Barre, center and across the floor exercises. They will gain knowledge of dance, a sense of music socialization, self confidence and make new friends! Suggested attire for Ballet & Tap classes: black leotards and tights or children can wear sweatpants or shorts with t-shirts. Please no jeans or regular pants are to be worn in class as they restrict movement and could cause harm to the dancer. Hair should be pulled back. Dance shoes: Ballet slippers or water shoes. All shoes should fit snugly with no space between the shoe and foot. Tap: hard soled shoes that tie or fasten or Tap shoes. Please bring a folder to class. No class 2/24. The dance program will conclude with a dress rehearsal on April 13th followed by the dance recital open to family and friends on April 14th in the Bacon Academ

Auditorium. Parent involvement is greatly appreciated. In order to be in recital you need to participate in all of Winter Session. Costume & recital fees are included. Registration deadline 1 week prior to the first class.

Day/Date: Wednesdays, Jan 19 - March 23,
Time: 6:30 - 7:30 p.m.
Activity #: 7103.216
OR
Day/Date: Thursdays, Jan. 20 - March 24,
Time: 5:30 - 6:30 p.m.
Activity #: 7103.218
Location: JJIS Room 120
Fee: \$68 Non-Res. Add'l: \$20

Dance Dress Rehearsal

The Dance program will conclude with a dress rehearsal on April 13th followed by a recital open to family and friends on April 14th. In order to be in the recital students need to complete the winter dance session. Costume and recital fess are included. Parent involvement is greatly appreciated.

Please Note: Please be respectful of the custodian during evening hours and keep the hallways clear.

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 www.castlekid.org

**Sports Conditioning
Grades 6th-12th**

Get a leg up on the competition with this conditioning class!! This 6 week class is designed for athletes to improve their movement patterns, flexibility, functional muscle strength, power, speed and quickness. The drills used in this class are the same drills professional football, soccer, basketball, hockey and baseball players use to reach their top performance.

Date: Fridays Feb. 18 - April, 1
Times: 4:00-5:00 p.m.
Location: WJJMS Gym B
Fee: \$70
Activity #: 3103.491



Band Lessons

This program is available to all Colchester Band students. Lessons will be offered for flute, clarinet, saxophones, trumpets and bass guitar. If you want to make more progress than can be accomplished in group lessons, prepare for auditions and/or the JJIS Solo Ensemble concert this is for you. Lessons are 30 min. Lesson start times are 3:30, 4:00, 4:30 p.m. Mr. Coyle will contact you to schedule your lesson time. Registration deadline is one week prior to the first lesson.

Day/Date: Mondays, Feb. 7 - March 28
Activity #: 7103.226
Day/Date: Mondays, April 4 - May 23
Activity #: 7103.227
Day/Date: Wednesdays, Feb. 2 - March 23
Activity #: 7103.228
Day/Date: Wednesdays, April 6 - June 1
Activity #: 7103.229
Day/Date: Thursdays, Jan 27 - March 17
Activity #: 7103.230
Day/Date: Thursdays, March 24 - May 12
Activity #: 7103.231
Location: JJIS Music Room
Fee: \$154

**Baseball Conditioning Program for Pitchers
Grade 9 - 12**

The Parks & Recreation Department will host a preseason baseball conditioning program for pitchers. The goal of the program is to condition the arms and legs in preparation for the spring and summer baseball season. We believe conditioning the arm prior to the try-outs and competitive season will reduce/ prevent injuries and build confidence. Baseball conditioning will consist of throwing mechanics, stretching, and running activities. The program will be held in the Bacon Academy gymnasium by certified baseball coaches on Monday, Wednesday & Friday mornings. This program is before school and is for Bacon Academy students only. Registration deadline is 2/7.

Days/Dates: Mon., Wed., & Fri. Feb 14 - March 11;
 No program on 2/21, 2/23, 2/25.
Times: 6:30 - 7:15 a.m.
Location: BA Gym
Fee: \$10
Activity #: 7103.224

Challenger British Soccer

Challenger British Soccer is coming to Colchester and introducing the skill development program for soccer lovers! The program has been running for 11 years and has expanded and grown due to the high demand for professional soccer training. All of the coaches come from Britain (England, Ireland, Scotland and Wales) and holds a minimum FA license



**Youth Development
6th to 9th grade**

As the players progress in age we must now spend time developing their decision making process as well as raising their tactical awareness, this guide of sessions will look at developing their game play and also develop a player/ team style of play.

Day/Date: Fridays Feb.4-Mar.4
Times: 6:00-8:00pm
Location: WJJMS Gym A
Fee: \$78 Non-Res Add'l: \$20
Activity #: 7103.457



Early Touches

1st to 5th grade

At this young age the players must work to improve their technical ability, this guide of sessions will look at primarily improving the player's technical ability and improve their understanding of the game. In this exciting, fast paced 4-week skill building training students will practice passing, control and movement, dribbling, shooting, volleying and other technical skills in the game.

Day/Date: Wednesdays Jan.26-Feb.16
Times: 6:00-8:00pm
Location: WJJMS Gym B
Fee: \$78 Non-Res Add'l: \$20
Activity #: 7103.456

Hip-Hop All Boys

Ages 8 – 13 years Old

Boys get ready to pop, lock, and drop! Learn hip-hop dancing in this fun and exciting eight-week class. Hip-hop fundamentals and vocabulary will be explored in an upbeat and athletic way. Participating students will have the option to perform in our annual Spring Performance at Bacon Academy! Don't miss this opportunity for boys to show that they can be masters of the dance floor! Registration deadline 12/28/10.

Day/Date: Tuesdays, Jan 4 – March 1; No class 2/22
Times: 4:45 – 5:30 p.m.
Location: Dance Academy of Colchester
Fee: \$85 Non-Res Add'l: \$20
Activity #: 7103.223



Jazz & Tap Thurs

Ages 5 – 13 years Old

This is NOT your typical dance class! Dancers will learn a combination of Hip-Hop and Lyrical Jazz movements-today's hottest moves-music video style! This class uses popular music of today's youth. Kids will also learn a few great tap dances. Come and learn the newest moves with your friends! All lyrics are age appropriate. Suggested attire for Jazz & Tap classes: black leotards and tights or children can wear sweatpants or shorts with t-shirts. Please no jeans or regular pants are to be worn in

class as they restrict movement and could cause harm to the dancer. Hair should be pulled back. Dance shoes: Lightweight sneakers (no hightops) and knee pads. All shoes should fit snugly with no space between the shoe and foot. Tap: hard soled shoes that tie or fasten or Tap shoes. No class 2/24. The dance program will conclude with a dress rehearsal on April 13th followed by the dance recital open to family and friends on April 14th in the Bacon Academy Auditorium. Parent involvement is greatly appreciated. In order to be in recital you need to participate in all of Winter Session. Costume & recital fees are included. Registration deadline 1/13

Day/Date: Thursdays, Jan. 20 – March 24
Times: 6:30 – 7:30 p.m.
Location: JJIS Room 120
Fee: \$68 Non-Res Add'l: \$20
Activity #: 7103.220

Taekwondo Intro

Ages 4 – 11 years old

The Colchester Chung Do Kwan Academy is offering an introductory program in Taekwondo. This program is offered to anyone aged 4-11 years old. Students will receive the basic knowledge of Taekwondo as well as physical fitness training. This is a great activity for children because it helps increase focus, concentration and discipline. This is a one-month, new student, program that offers a very flexible training schedule. You are welcome to train during any and all class times that are open to beginners. Come and try out this exciting and challenging sport! Registration deadline is December 30th.

Day/Times: Monday & Wednesday 5:30-6:30 PM;
 Tuesday & Thursday 6:00-7:00 PM
Location: Colchester Chug Do Kwan Academy
Fee: \$50 Non-Res Add'l: \$20
Jan. Activity #: 7103.225



Rob Stula Manager with Steve Cheli who joins Mark's United Auto Parts

Mark's United Auto Parts is proud to welcome Steve Cheli to their team of parts specialists. Steve brings with him a vast knowledge of the auto industry with over 30 years experience.

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Coupon Codes on Facebook

Our growing base of "Fans" on Facebook are now being rewarded with special coupon codes! On top of the fun videos and interesting information we regularly post to our Colchester Parks & Recreation Facebook page, we are now periodically posting codes for discounts on program registration. If you are not already a fan, be sure to sign up soon and start saving money. You can link to our Facebook page from our web site or go directly to www.colchesterct.info/facebook.



TOWN RECREATIONAL FACILITIES

Maps and complete information are available on the Parks and Recreation section of the Town web site: www.colchesterct.gov/parks.

Day Pond State Park - Located off Westchester Road, the park offers well-marked scenic hiking trails leading to old foundations, extinct bridges, and the Salmon River. Remains of an old mill are at the west end of the pond. A sandy beach offers swimming. Picnic areas are spread throughout the park.

Salmon River State Park - Located off Route 16, the park boasts the beautiful Comstock Covered Bridge, plenty of picnic areas along the Salmon River, hiking trails and fishing.

Chanticlair Golf Course - Located on Old Hebron Road, it is a privately-operated nine-hole public golf course with an adjacent driving range.

Town of Colchester Recreation Complex - Located on Old Hebron Road, this park offers softball and baseball fields, tennis courts, basketball courts, soccer fields, horseshoes, walking trails, playscapes, picnic pavilion, skate park, spray park, wireless internet and more.

Schuster Park - Located off Mill Hill Road, it is operated by the Colchester Fire Department and offers picnic shelters.

Lions Club Skating Pond - Located on Halls Hill Road, it is open to the public and offers a concession stand and picnic areas.



Ruby and Elizabeth Cohen Woodlands - 193 acres of open space located on McDonald Road. The land includes a pond, marshland, trails, picnic areas and a gazebo.

Air Line Trail State Park - Approximately seven miles of the old Airline Rail Trail runs through Colchester and is an excellent area for hiking and biking, as well as cross country skiing and snowshoeing in the winter months. Parking is available at the Commuter Lot by Exit 16 off of Route 2, on Bull Hill Road, and at the Salmon River State Forest off of River Road.

Colchester Spur - Extending south from the Air Line Trail in Hebron is a town-owned trail that terminates by the old train depot on Lebanon Avenue in Colchester.

School Grounds - At the many schools in town are playgrounds and sports fields that are open to public use during non-school hours.

Town Green - Host to many town-wide events, such as carnivals and art shows, it is also home to a large gazebo and a softball field.

Colchester Dog Park - The newest addition to our recreational facilities, this 2 acre park is located on Old Amston Road. With separate areas for small and large dogs, this is a safe and legal place for dogs to run off-leash, and for dog owners to meet and mingle.

Facility Reservation Process Group use of Colchester park facilities, school ballfields and gyms, and the Town Green must be coordinated through the Parks and Recreation Office. Permit applications are available upon request and on the Town web site. Insurance certificates and rental fees may be required.

SMOKING AND ALCOHOL PROHIBITED IN PARK

Please remember that smoking, alcohol and other narcotics are prohibited in the park, as well as on school premises. There are many reasons for these rules, not the least of which is that the Town and the Board of Education wish to have safe havens for our community's children, where they can learn healthy behaviors. When they see athletes and other adult role models drinking and smoking, that sends the wrong message to our kids.

PLEASE RESPECT YOUR PROPERTY

This is your park. It's just like your very own back yard. Please take a moment to teach your children respect for public property. Remind them to pick up after themselves, use trash containers, and to leave trees and flowers alone for all to enjoy.

PLEASE! DOGS MUST BE LEASHED!

Town ordinance requires dogs to be leashed on public property, including town parks. Also, please clean up after your dog. People (especially children) are playing everywhere! This is unhealthy and inconsiderate. Please don't give the majority of dog owners & dog lovers a bad reputation.



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PLAYSCAPE SAFETY

Did you know that the older kids' playscape units are designed for bigger sized hands to grasp, bigger legs & stronger muscles? Children under 6 are not developmentally ready for these activities and could get hurt. They could also collide with a larger child. Please let common sense decide what's safe, not the kids. Adult supervision is best.

Summer Facility Work Update

For the benefit of the community, we will be providing a seasonal update of the many significant repairs and improvements, beyond routine and seasonal maintenance, that have taken place in our parks and school grounds.

For more information about any of these items, please contact the Director of Parks & Recreation.

Completed projects:

- Restore R8 field
- Repair sidewalk at WJJMS
- Repair grinder pump at Recplex bathrooms
- Oversee WJJMS courtyard
- Prepare Air Line Trail for Trail Day

Lightning Safety

According to the National Lightning Safety Institute, the following precautions should be taken when outdoors and lightning or thunder is first seen or heard:

- Avoid water.
- Avoid the high ground.
- Avoid open spaces.
- Avoid all metal objects including electric wires, fences, machinery, motors, power tools, etc.
- Unsafe places include underneath canopies, small picnic or rain shelters, or near trees.
- Where possible, find shelter in a substantial building or in a fully enclosed metal vehicle such as a car, truck or a van with the windows completely shut.

If lightning is striking nearby when you are outside, you should:

- Crouch down. Put feet together. Place hands over ears to minimize hearing damage from thunder.
- Avoid proximity (minimum of 15 ft.) to other people.
- Suspend activity for 30 minutes after the last observed lightning or thunder.

TOP 5 SIGNS THAT FIELDS ARE UNSAFE TO PLAY

1. Fields have standing puddles of water
 2. Footing is unsure or slippery
 3. Ground is water logged & squishy
 4. Grass is easily pulled out of ground
 5. Lightning or Severe Weather Storms
- When games are played under these conditions, it can often cause irreversible damage to the field. It takes months, sometimes years, for the field to recover. It is also unsafe, causing pulled muscles due to slips & strains.



Pavilion Rentals

Looking for a great place to hold a birthday party, family reunion or other gathering?

How about our Pavilion at the Recreation Complex!

It's simple and inexpensive to reserve:
Colchester Residents - \$40/4 hrs; \$80/8 hrs
Non-Residents - \$80/4 hrs; \$160/8 hrs

The reservation form and policies are available on our web site at:
<http://www.colchesterct.gov/parks>

Pavilion amenities include up to 12 picnic tables, and 2 charcoal grills. Pavilion renters, like all park goers, may make use of any of the other facilities in the park, as available, including:

Spraypark • Skatepark • Playscapes

Learn more about the Recreation Complex at:
<http://www.colchesterct.gov/parks>

Note:

Reservations are not required for pavilion use - anyone may use it if it is open. However, a reservation, along with a permit from Parks & Recreation, will guarantee its availability. If a group shows up with a reservation permit, it must be vacated. A calendar of reservations is posted weekly on the board behind the backstop of R1.

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SNOW AND ICE CONTROL PLAN SUMMARY

On 14 October 1999, the Colchester Board of Selectmen adopted a Snow and Ice Control Plan prepared by the Town Public Works Department. The Plan (which has been updated as needed) defines the responsibilities of both the Town of Colchester and the public during snow and ice control activities. A copy of the Plan is available in the Town Clerk's, First Selectman's, and the Public Works offices in the Colchester Town Hall. Included below are highlights from the Plan, as well as some general information and winter reminders presented in an effort to assist everyone living and working in Colchester to minimize the inconvenience associated with winter weather.



product onto the road either prior to the storm or as early as possible in the storm event to reduce the snow's ability to freeze to the road surface making it difficult to remove. The mixture is applied throughout the storm as deemed appropriate for conditions.

Street Prioritizing – Collector streets and bus routes between the schools are plowed the earliest and most frequently. On occasion, to improve efficiency, some of the side roads are plowed either in conjunction with the collector road or as the truck is on its way to the collector road. As a general rule, one lane in each direction is cleared during the storm event. When the storm has stopped, the roads are cleared to their full width. Because it takes roughly four hours to cover a snow route with one pass, it may appear a

truck has not plowed the individual street. This is not true. Each road on the route is important but because some roads are exposed to greater volumes of traffic or have difficult hills, they may be plowed more frequently than lower volume roads.

Public Policies – The Town has a Snow and Ice Control Plan that was first adopted by the Board of Selectmen on 14 October 1999. The Plan has been updated as necessary since that time. The Plan outlines the Town's and the Public's responsibilities regarding winter snow and ice control activities. Notwithstanding the circumstances involved with changing climatic conditions, the Town will endeavor to keep Town-maintained roads in a reasonably safe condition for travelers. Travelers who use Town-maintained roads are expected to demonstrate due care and reasonable caution, especially under adverse weather conditions.

Governing Statutes and Ordinances: There are also State Statutes and Local Ordinances that effect Snow and Ice Control operations:

- Connecticut General Statute 7-163A removes liability from the Town for persons injured by the presence of snow and/or ice on a public sidewalk.
- Town Ordinances 304 and 305 identify the responsibility of the occupant or owner of the property that abuts a public sidewalk to remove snow and ice (as well as other debris) and maintain the sidewalk in an unimpeded and safe condition. Violators are subject to a fine.

Winter Snow Budget - The Town snow budget for fiscal year 2010/2011 totals \$299,130 and consists of anticipated expenses associated with overtime costs for Town personnel, contractor services, sand and salt purchase, and some equipment and materials expenses related specifically to snow and ice control services. Because of the variability in snow and ice quantities and timing from year to year, preparing a budget for these expenses is difficult. If the budget is exceeded, payment for these services must be made up by reducing expenditures in other portions of the Town's operating budget.

Staffing and Equipment – The winter snow and ice control program consists of nine Highway crew members, two Transfer Station workers, and three contractors that are responsible for the thirteen road plow routes. Six Park Maintenance crew members and one contractor are responsible for the public facilities, school roadways and parking lots, and sidewalks that abut Town property. The School Board is responsible for sidewalks around all school properties. The Town has eleven full size plow trucks with sanders, four pick-up trucks, one backhoe and two loaders. The contractors provide and are responsible for their own equipment.

Plowing and Salting Policies – The Town of Colchester uses an organically coated magnesium chloride (treated salt) for control of snow and ice on Town roads. The goal of the Department is to apply a thin layer of the anti-icing

Public Works

•Town Ordinance 710 – Parking Ban Ordinance for Snow automatically comes into effect for snow accumulations of ½ in. or greater making it a violation to park on Town-maintained roads until 12 hours after completion of the storm. Violators are subject to a fine and towing expenses.

Who to Contact – Calls during regular business hours (8:00 a.m. to 4:30 p.m. Monday through Friday, except holidays) should be made to the Public Works Department at 860-537-7288. An answering machine is available during non-business hours. If a problem exists during a storm event that occurs during non-business hours, a message can be left at 860-537-1086. This number is checked frequently during snow and ice control operations. During storm events, it may be necessary to close the Town Transfer Station to allow staff to assist with snow and ice control services. Call 860-537-3169 to check if the facility is open.

Reminders of What the Public Can Do to Help

The public can cooperate and help in winter snow and ice control activities by complying with the State and local regulations; by removing vehicles from the roads during storms; by waiting until the street is plowed before clearing driveways openings (to the extent possible); by clearing sidewalks and crosswalk openings and around fire hydrants (all shall be cleared within 24 hours after completion of the storm); by not shoveling, plowing, or throwing snow into the roads (this creates a driving hazard for others); by making sure their vehicles are equipped for winter driving; by not allowing children to dig or tunnel into snow banks(although they make an attractive recreation area, the drivers cannot see the presence of a small child playing, especially if it is snowing); and by using reasonable care when driving. In addition, basketball poles should be removed or relocated from within the Town Right-of-way to avoid damage. The hoop that extends into the travel lane can cause damage to passing vehicles and equipment and should be placed well off the roadway as not to interfere with passing traffic. Mailboxes and posts should be installed the proper distance and height behind the edge of pavement or curb. Garbage and recyclable containers should not be placed within the roadway because we are responsible for clearing the snow back to the curb.

Thank you again for your cooperation in keeping our roadways safe and have a safe and happy winter!

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Senior Center

COLCHESTER SENIOR CENTER

"Proud To Be Part of the Community"
**The Colchester Senior Center is an open
door to the community.**

Monday-Friday 8:00 a.m. – 4:30 p.m.
We enjoy everyone's visit!

95 NORWICH AVE.
COLCHESTER, CT 06415
Phone: (860) 537-3911
Fax: (860) 537-5574
E-mail: csc@colchesterct.gov

SENIOR CENTER STAFF:

Patti White, Director/Municipal Agent for the Elderly
pwhite@colchesterct.gov

Priscilla Clesowich, Program Assistant
pclesowich@colchesterct.gov

Donna Paty, Administrative Assistant
csc@colchesterct.gov

Steve Mekkelsen, Recreational Therapy Coordinator
smekkelsen@colchesterct.gov

Louise Plocharczyk, Driver
Ginny Stephenson, Driver
Noella Daigle, Driver

Jane Moreno, Nutrition Site Server

Maureen Shelto, Easter Seals Program Aide

The Colchester Senior Center is an evolving recreation and resource center for older adults who want to connect. Programs are offered in health, fitness, dance, crafts, card games, Wii sports, and art and computer classes. The center offers a range of day, overnight and international trips.

Information and referral services on various programs and benefits affecting seniors are provided, including: housing, health care, energy assistance and other benefit and entitlement programs.

PROGRAMS/ACTIVITIES:

Beginners Computer/Internet Class: (Six week course) - Learn the basics of how a computer operates, computer hardware, get accustomed to using the keyboard and mouse, accessing the internet and sending and receiving emails. Classes will be held every Thursday afternoon 1:00-2:30 from January 7-February 10. No fee but advance registration is required.

Arts/Crafts - Tuesdays at 10:00. Come and see what you can make! Your ideas for new projects are welcome.

Scrabble - Mondays from 10-12. Join your friends and stretch your brain to play an old favorite... Scrabble.

Needlework - Mondays at 1:00. Share your talents; learn to knit, crochet or create needlework with others.

Card Games - Setback, Mondays at 12:45 - Phase 10, Tuesdays at 12:30 - Pinochle, Tuesdays at 12:45 - Bridge, Wednesdays at 12:45. Cribbage, Fridays at 1:00.

Line Dancing- Thursdays at 1:00.

Pokeno- Tuesdays at 10:30.

Bingo- Fridays at 10:00.

Wii Bowling - Thursdays from 9-10:30.

Golden Glow Singing Group - Mondays at 10:30



Halloween party at Dublin Village

ONGOING HEALTH AND WELLNESS PROGRAMS:

“Friendly Visitors” - provides “social visits” and/or phone calls by screened and trained volunteers to homebound seniors needing. Volunteers are matched with a senior for weekly visits/calls of approximately one hour. For more information, or to volunteer or request a friendly visitor/caller, please contact Patti White.

Low Vision Support Group - third Thursday of the month at 10:30. Come and learn new vision techniques from guest speakers and enjoy the camaraderie of others with all levels of vision impairment. Sponsored by the Colchester Lions and Senior Center.

Free Hearing Clinic- second Wednesday of the month from 9:30-12 by appointment.

Blood Pressure - second Monday of the month from 10:30-11:30 (call ahead).

Retired Senior Volunteer Program- “RSVP”- the group meets on Wednesdays at 10:15. Join us to work on volunteer projects for local hospitals, nursing homes and non-profit organizations.

Exercise Classes- Be Good to Yourself! Participate in our invigorating exercise classes led by a certified instructor. Classes include mild aerobic, improving flexibility, and strength building activities. M,W,F at 9:00 am. Call the office for more information on how to enroll.

Tai Chi Style Exercise- on Tuesdays at 10:00. (This program is group lead with Tai Chi style movement.) Tai Chi a mind/body practice is sometimes referred to as “moving meditation.” Practitioners move their



Senior Center “Silver Stars” Line Dancing at the 57 fest.

bodies slowly, gently, and with awareness all while breathing deeply.

Senior Yoga- Hatha style Yoga with a certified instructor on Thursdays at 10:30. Class begins with a gentle massage and will include gentle Yoga postures and deep breathing. Bring a mat and wear comfortable clothing. A \$4.00 fee per class is to be paid directly to instructor.

“MAKING MEMORIES” Program- A Recreational Therapy program for individuals facing early signs of memory loss and/or impaired cognitive functioning. This program is supported by the Senior Resources –Agency on Aging with Title III funds made available under the Older Americans Act. Additional funding for the program is made possible by the Brookdale Foundation. For more information contact Patti White at 537-3911.

REGULAR MEETINGS AT THE SENIOR CENTER:

Senior Center Group Meeting - Second Friday of the month at 12:30. Join us to discuss ways to improve and support the activities of the center.

Commission On Aging Meeting - Second Monday of the month at 1:00.

Senior Center Study Group - Second Thursday of the month at 5:30.

AARP Chapter# 4019 – First Tuesday of the month at 1:30.

IMPORTANT INFORMATION:

Additional Help for Medicare Recipients- Did you know that many seniors and individuals with disabilities who rely on Medicare for healthcare can save nearly \$100.00 each month on their healthcare premiums by enrolling in the Medicare Savings Program? This is because the eligibility level for Medicare Savings Programs was raised to match that of the ConnPACE Program. To find out if you might be eligible contact Donna or Patti in the office.



Colchester Seniors enjoying a USO party in New London

Benefits Counseling:

You may qualify for Rent Rebate, fuel assistance, health insurance, food stamps, the Medicare Savings Plan or other service programs and not even know it! The income guidelines for many of these programs have risen and because of that more people now qualify for help. In December appointments can be made for the 3rd and fourth Wednesday of the month from 9-12:00. **Beginning in 2011 the schedule will change to the second and fourth Monday from 9-12:00. Call the senior center to schedule an appointment. All appointments are confidential. Information needed to collect the Benefits Check Up:**

- Month/Year of birth
- Citizenship Status, Marital Status and Veteran Status
- Residence type (own home or rent)
- All sources of income for all in household.
- All sources of assets for all in household. (cash, automobiles, retirement/investment accounts, life insurance, burial accounts, etc.)
- Estimates of monthly living expenses (rent, mortgage, taxes, fuel, electric, etc.)
- All out of pocket expenses for medical (including co-pays and insurance premiums)

Open Enrollment for Medicare Part D:

Open enrollment for Medicare Part D (prescription plan) begins on November 15th and continues until December 31st. During this time if you feel that your plan is not working, you can make a change. Keep in

mind that before switching plans it is important to make sure that all your medications are on the plan formulary and that you also consider the monthly premium cost and the cost of your prescriptions. All of these questions can be answered by calling and speaking to a plan representative. If you need assistance please contact the senior center.

Energy Assistance Program

The CT Emergency Assistance Program is designed to help offset the winter heating costs of CT's lower income households. (Last day for deliverable fuel is March 15th.) For more information or if you would like an appointment contact Donna at 860-537-3911.

Transportation:

Out of town transportation is provided on a first come, first served basis. Please call (537-3911) after 2:00. Giving as much notice as possible will increase the chances that we can fill your request. For all other regular in town transportation needs please call before 12 noon to secure your reservations for the following day or unfortunately we may not be able to grant your request

UPCOMING EVENTS/ACTIVITIES:

Department Store Shopping Trips

December 8th- Buckland Hills Mall

January 6th- Rocky Hill Kohls or Walmart

February 10th- Waterford Mall, Target or Walmart

March 10th- Lisbon Landing

Holiday Grocery Shopping

December 20th - Big Y or Shoprite in Norwich

FUN HAPPENINGS:

December 16 - A return trip to the Willimantic Tech School for their special holiday luncheon. Choose between Prime Rib or Baked Stuff Shrimp served with soup, salad and yummy desserts for \$12. Suggested transportation cost \$3.00

December 23 – 11:00 am Holiday Concert: Our Golden Glow Chorus will be joined by singers from Hebron Senior Center and beautiful music by flutists from local schools. Cocoa and cookies will be served.

December 24 – Holiday Breakfast 9:30 am at the senior center. Spend a part of your Christmas Eve at the senior center with your friends enjoying a festive holiday breakfast get together. Sign up with Donna in the office by December 16th.

January 19 - A Beach Party! Dance to the Beach Boys while enjoying your grilled hotdog. Beat the Winter Blues and bring some sunshine to your life.

February 14 -Spend Valentine's Day enjoying home baked herbal bread, tea, salad and quiche while learning about the magic of herbs with Master Gardener Sue McCaffrey.

January 25 -Yantic River Inn Lunch Bunch Outing

February 2 - Infinity Palace Buffet in Norwich Lunch Bunch Outing

Bermuda in May 2011 - May 1st -8th – 8 days/7 nights cruise on the Holland America's Veendam to Hamilton and St. George's. Transportation (Coach Bus) from the senior center to the NY Pier. Inside Cabin cost is \$699.00 per person twin (not including the Port Charges and Government fees)



Fall Fun!!

GENERAL INFORMATION:

AARP Tax Aides- are needed to help prepare income tax during the upcoming tax season at the senior center. Volunteers assist low to middle income taxpayers of all ages, with special attention to those 60 and older in filing their Federal and Connecticut income taxes. To volunteer, send an e-mail to ctvoltage@juno.com.

Donation Policy: While we greatly appreciate the kindness of our donors, due to significant space limitations and health and safety issues, we are not accepting any tag sale donations until late spring when we hold our annual summer tag sale. Please do not drop items off at our door as they will likely be discarded.

To find out more details about the programming and services offered by the senior center look for our monthly newsletter, (the Busy Bee Bulletin) which is available at the center, doctors offices in town, Stop & Shop, CVS and Cragin Library as well as the Town Clerk and Selectman's Office. It is also available on the town's web site at www.colchesterct.net. Monthly calendars of events/activities and lunch menu are featured.

If you would like a copy of our newsletter emailed to you on a monthly basis please email us at csc@colchesterct.gov.

Inclement Weather Closing: Stay tuned to Channel 3 on your TV or on the radio at WICH, WCTY, WNLC or WKNL.

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From the Director

Every day I am reminded of how fortunate we are to be part of such a generous and caring community. Not a day goes by that we do not receive some kind of gift: whether it's a food donation, financial contribution, or the valuable time of a volunteer. We truly appreciate the generosity and selflessness of each individual, club and business that ensures that no one in our community has to go hungry and that our kids have opportunities to grow and be successful.

Volunteers do a wide variety of jobs at Youth & Social Services including: participating on our Boards and Coalitions, working in the food bank, baking for our bake sales, and fundraising for a new van. Our food bank volunteers work every week to sort donations, pack food orders, coordinate food drives, and even coordinate the other volunteers! Currently, the food bank is serving more people than ever, so we need each and every one of our dedicated people.

In addition to all of the volunteers, we also have hired a new Social Services Coordinator; her name is Amy McClafferty and we are thrilled to have her on board. She has been extremely busy processing energy assistance applications and "learning the ropes". Amy is really excited to get to know more of the community and to help anywhere and anyway she can.

As the cold weather moves in, we are also reminded that the holiday season is once again upon us - this means Thanksgiving and Christmas dinner baskets and the Santa Anonymous programs. These programs are the work of the Colchester Rotary Club, Lion's Club and the generous people who operate the Santa Anonymous program. Nearly 150 Colchester families benefit from one or all these programs. Each of these organizations believes that no one in Colchester should go without a holiday meal and every kid in should have gifts for the holidays.

Our department is committed to assisting residents' meet basic needs and we will do all we can to realize that goal. Collectively, we recognize that if we fail to invest now in social services, at a time when the most vulnerable are at risk, then we risk rolling back the progress made so far to reduce the impacts of poverty and improve the quality of life for our residents.

Sincerely,

Valerie

Valerie Geato
 Director

GENERAL INFORMATION

Colchester Youth & Social Services provides a coordinated system of programs and services designed to improve the quality of life for the youth, families and individuals in Colchester.

The Youth & Social Services offices are located in the Town Hall, Suites 203 & 205. Questions and comments should be directed to youthservices@colchesterct.gov or call us at (860) 537-7255. The office is open Monday-Friday, 8:30 a.m. - 4:30 p.m. and Thursday evenings until 7:00 P.M.

STAFF

Valerie Geato, Director
vgeato@colchesterct.gov

Lyn Marra, Program Coordinator
lmarra@colchesterct.gov

Amy McClafferty, Social Services Coordinator
amclafferty@colchesterct.gov

Michael Schaff, Program Coordinator
mschaff@colchesterct.gov

Kathleen Spangler, Administrative Assistant
kspangler@colchesterct.gov

Elizabeth Allard, Program Supervisor
eallard@colchesterct.gov

Youth Center Supervisors

Jennifer Blais
Dale Dion
Dan Streppa
Ginnie Streppa

YOUTH CENTER

The Youth Center is located at 40 Norwich Ave., a.k.a. the "Old Town Hall". If you are trying to reach a youth during a program you should call the center at (860) 537-5479. Otherwise all calls should be directed to the office at Town Hall.

REGISTRATION INFORMATION & GUIDELINES

ALL PROGRAMS HAVE A LIMITED NUMBER OF SPACES AVAILABLE AND ARE FILLED ON A FIRST COME, FIRST SERVED BASIS!

ALL TRIPS LEAVE FROM AND RETURN TO TOWN HALL UNLESS OTHERWISE NOTED.

SCHOLARSHIPS ARE AVAILABLE AND ARE BASED ON FINANCIAL NEED. APPLICATIONS ARE AVAILABLE IN OUR OFFICE AND ON-LINE.

IN ORDER TO PROVIDE THE SAFEST AND MOST ENJOYABLE PROGRAMS THAT WE CAN, WE ASK THAT YOU PLEASE ADHERE TO THESE RULES AND GUIDELINES:

When A Phone Call Just Won't Do: When it comes to trips, you will be registered when a signed permission slip and payment are received in our office. Just calling doesn't reserve a spot.

"Oh no, I can't swim!": Please be sure that you know what your child's capabilities and limitations are and pass that information on to us. Be sure that they meet the criteria listed in the program descriptions. Our expectations of all program participants, is that they will be willing and able to abide by all guidelines and established rules for each trip. If kids are unable to do so, our trips may not be the best option for them.

Refund Policy and Cancellation Policy: In most cases, refunds will only be given for fees if cancellation is received in our office at least 48 hours prior to the trip. In the case of extenuating circumstances, refunds may be given at our discretion.

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HOW TO REGISTER

Walk-In: Stop by our office in Town Hall. We are open Monday through Friday, 8:30 a.m. to 4:30 p.m.

Mail-In: Mail completed permission forms and payment (payable to Town of Colchester) to CYSB.

Drop Box: Drop it in the drop box slot to the left of the front doors of the Town Hall.

Permission slips are available on-line at www.colchesterct.gov/youthservices or on the bulletin board outside our office in Town Hall



Looking for some help shoveling, raking or doing household chores? If so, Hire-A-Youth!

Call Youth Services for details!

860-537-7255





COLCHESTER YOUTH SERVICE BUREAU REGISTRATION FORM

Participant's Name: _____ Birth Date: _____ Grade: _____

Address: _____

Parent(s) / Guardian(s) Name(s): _____

Phone (H): _____ Phone (W): _____

Phone (C): _____ E-mail: _____

Emergency Contact (other than parent): _____ Phone: _____

Please list any allergies, medical, behavioral or developmental issues: _____

Please list any current medications: _____

In consideration for the opportunity to be transported and to participate in activities, I hereby agree to release, discharge and hold harmless the Town of Colchester, its employees and volunteers from the liabilities which may occur from participating. If I can not be reached at the phone numbers provided, I give permission for my child to be treated by qualified medical personnel. In addition, I permit the taking of video or photographs of my child during activities for publication and use by the Town of Colchester for promotional purposes unless otherwise stated.

Parent/Guardian Signature _____

Date _____

TO BE COMPLETED BY PARENT/GUARDIAN			OFFICE USE
Program Name	Program Date	Cost	Waitlist
		\$	<input type="checkbox"/>
Please return this form to: Colchester Youth Services • 127 Norwich Avenue • Colchester, CT 06415 Make checks payable to: "Town of Colchester" For more information call: (860) 537-7255 or visit our website: www.colchesterct.gov/youth			Subtotal
			Discount
			Total Due
For Office Use Only	Amt Rec'd: \$ _____	<input type="checkbox"/> Check <input type="checkbox"/> Cash	Date
		Rec'd By	ISR Comp. <input type="checkbox"/> Yes <input type="checkbox"/> No
			Scshp. Rec'd <input type="checkbox"/> No <input type="checkbox"/> Yes, _____%

Youth Programs

The goal of the Youth Service Bureau is to provide a variety of services that will offer youth the opportunity to develop in a positive way so that they may reach their full potential as healthy members of society. Our programs aim to give young people the chance to build skills, exercise leadership, form relationships with caring adults, and help their communities. We believe that positive growth & development are fostered when adolescents develop a sense of competency, a feeling of connectedness to others, a belief in their control over their fate in life and a stable identity. This framework places value on young people regardless of their situations and emphasizes their strengths and potential.

Some of the programs we offer include: youth center drop-in, community service programs, leadership training, social skill development, parenting classes, substance abuse education, and youth employment programs. Throughout the year we also offer a variety of cultural and recreational programs that provide young people with opportunities to try new experiences, find a hobby, express themselves artistically, or just have fun! Please take some time and explore the services we will be providing this winter, and we hope you are able to take advantage of some of these rewarding programs.

Youth Action Council

Date: Tuesdays throughout the school year
Time: 2:30pm – 3:30pm, activities vary
Grades: 9-12, members only
Fee: none

Youth Action Council (Y.A.C.) is a community service group for high school students that meets weekly at the Youth Center. The group's mission is to provide students with an opportunity to develop leadership qualities



while creating and participating in volunteer activities. This year's members are: Dan Brainard; Matt Caples, Vice President; Jenna DeVoe; Janelle Gagnon, President; Zach Konan; Kay McComiskey; Randie Marino; Destiny Shanks, Publicist; Brittany Spalla, Secretary; Jordan Spalla and Courtney Wilson. To date, members have painted pumpkins with residents of Harrington Court Genesis Eldercare, made holiday tray favors for patients at Backus Hospital, worked in the Colchester Food Bank, visited with children at the TVCCA Family Shelter and raised funds during Y.A.C.'s annual World AIDS Day Wake-A-Thon. One of December's goals will be to prepare a meal to be shared with residents of OMEGA House (a safe and sober home for residents who are HIV positive and at risk of homelessness) and to bring them the donations raised at the Wake-A-Thon. After the holidays, members will determine what goals they want to complete in the coming months. The group is currently filled.

Youth Force Group

Date: Wednesdays (with occasional meetings on other days)
Session 1: Sept-Dec; Session 2 Feb-May
Time: 5:30pm-7:00pm (times vary depending on the project)
Grades: 6-8, members only
Fee: None

If you are looking for a fun and exciting way to help the community and learn about the needs of others, this group is for you. The mission of the group is to increase youth awareness and compassion for less fortunate individuals. This will be accomplished through educational presentations, hands-on service projects, and community awareness initiatives. Members will have pizza at the beginning of every meeting and will work in teams to accomplish community service tasks while having fun working together towards a common goal. Past projects have included: making dinner at a soup kitchen, hosting a holiday party at a homeless shelter, organizing a fundraiser for penguins and facilitating the bingo table at the special olympics. We are now accepting applications from enthusiastic and reliable students to join the group. To accommodate the large number of applicants, the curriculum has been condensed into 2 separate ½ year groups. Applications for session 2 will continue to be accepted until all the spots are filled. The application is quick and you can download it from www.colchesterct.gov/youthservices.



Open Youth Center

Time: 2:00pm – 4:00pm (Please note: The Youth Center is only open if there is a FULL day of school)

Grades 7 & 8: Mondays
Grade 6: Wednesdays
Fee: None

OYC provides a time for middle school youths to hang out with their friends in a supervised, safe environment. An after school snack is provided. We have a pool table, Wii, Guitar Hero, Air Hockey, a craft room, and a reading/homework area. Weather permitting, outdoor activities are also offered. Attending the Youth Center is a privilege and kids are required to be respectful of staff, their peers, and the equipment. Pre-registration is not required. Registration forms are completed on the first day. Questions? Just give us a call.



The Spot

Dates: Friday nights
Time: 7:00pm – 9:00pm
Grades: 9-12
Fee: None

Are you in high school and need somewhere fun to hang out on Friday nights? Then the Youth Center is the spot to be if you're in High School and looking for something to do that's fun and free! Come hang out and play Guitar Hero, Dance Dance Revolution, pool, cards, air hockey and much more. There will be pizza and snacks as well as coffee and desserts too! So if you're in High School come check it out. You don't have to sign-up in advance, just show up. Questions? Ideas? Call us or e-mail us.



Girls' Circle

Date: Thursdays beginning December 2nd
Time: 2:30pm – 3:30pm
Grades: 7, members only
Fee: none

Girls' Circle is a group that provides opportunities for 7th grade girls to meet in a safe and supportive environment where they can share feelings and ideas and talk about subjects important to them. The group's mission is to foster self esteem, enhance abilities and talents and work on having healthy relationships. Meetings will be held at the Youth Center on Thursdays after school with occasional fun trips and community service activities. Referrals for the group are made through the school guidance counselor.

After-School Crew

Date: Tuesdays & Thursdays; February – June
Time: 2:00pm – 4:00pm
Grades: 6th Grade Boys
Fee: None

"That was the best experience of my life!" After rave reviews such as this quote from last year's group, we will embark on another year of the After-School Crew. The After-School Crew is designed to aid in the development of social skills and self-esteem through team challenges and group discussions. This year's Crew is sure to be another huge success as it is a collaborative effort between Youth Services and Alternative Education Staff. This exciting group will consist of 9 sixth grade boys who will meet twice a week at the Youth Center. The students will have an opportunity to bond with friends, go on exciting trips, and explore new experiences in a safe and caring environment. There are no openings in this group as spots are filled through the school staff.

College Tours

Date & Time: See the Bacon Academy Guidance Office
Grades: 11-12

Decisions, decisions... After successfully navigating the first few years of high school, upperclassmen are met with an even more daunting task: to look beyond the horizon of their graduation and make a decision about the future. Whether you are on the fence about going to college, or you are narrowing your list of schools, College Tours can help you make that all important decision. We will be offering a wonderful opportunity for upperclassmen to visit local colleges where they see the residential halls, speak with current students and receive a campus tour. Trips to places like UConn, Eastern and UHart will be a great opportunity to experience the campus environment and see first hand the strengths and weaknesses of each school. Further details, including dates, schools and registration information, can be found in the school guidance office, or by calling our main office at the Town Hall.

FEBRUARY VACATION PROGRAMS:

Flicks & Flops

Date: Tuesday, February 22
Time: 8:15am – 4:30pm
Grades: 6 – 12
Fee: \$33

Could a day of snow tubing on February vacation get any better? When you add in a trip to the movies afterwards, the answer is YES! We will go to the Yawgoo Snow Tube park for 2 hours of unlimited heart pounding snow tubing, where they have a lift so you don't even need to climb the hill! We will then go to the latest PG-13 movie in Lisbon. The registration cost will cover everything except movie snacks and lunch. You can bring a bag lunch or money for lunch at Wendys. Be sure to dress warmly for tubing and bring extra clothes for the movies.



Mexican Jumping Beans

Date: Wednesday, Feb. 23
Time: 11:30am – 4:15pm
Grades: 6-12
Fee: \$20.00 (Lunch included)

This trip is sure to get you jumping out of your seat! We will start the day with a delicious Mexican lunch at On The Border Restaurant. We will then head down the street for an intense session of fun at BounceU. BounceU is a giant stadium filled with fantastic inflatables. In addition to the amazing inflatables, you will be bouncing under their cosmic strobe lights, black lights and heart pounding music! Bring money for their arcade if you want. Socks are required to participate at Bounce U.



This trip requires an additional waiver to be completed

Teens In Action

Date: Thursday, February 24
Time: 9:00am – 2:30pm
Grades: 6 - 12
Fee: None

Looking for a fun and rewarding way to help the community? We will be going to the Covenant Soup Kitchen to help prepare and serve lunch. The Covenant Soup Kitchen is a wonderful opportunity for less fortunate individuals to sit down and have a nice hot meal or get food from the food bank and bring home groceries for their families. The soup kitchen serves thousands of meals and feeds hundreds of residents each month and depends heavily on donations from the community and especially volunteers to help in a variety of ways. Come with us as we help to prepare and serve their Thursday lunch with the guidance of experienced staff. What better way to spend a day off than helping those in need in your community. Remember to bring a bag lunch and we'll stop for ice cream on the way home. Sign up quickly as there are VERY few spots for this trip!

Uconn Men's Basketball Game

Date: Thursday, February 24th
Time: 5:45pm – 10:30pm (estimated time of return)
Grades: 6 – 12
Fee: \$16

Come check out one of the nation's best basketball team take on the Golden Eagles of Marquette at the XL Center. This is a great opportunity to see some high-flying dunks, jaw-dropping passes and a future NBA star in Kemba Walker! Since we are going as a group, we are able to offer the trip at ½ the cost it would be to go on your own! The fee includes everything except food and souvenirs inside the arena. Be sure to sign up ASAP for this great opportunity as spots are sure to fill up quickly for this popular event.

Social Services

Colchester Youth & Social Services provides a coordinated system of programs and services designed to improve the quality of life for the youth, families and individuals in Colchester. The services provided include:

Applications and Referrals – Assistance filling out applications and forms for programs such as food stamps, medical assistance (HUSKY/Title 19), and Social Security Disability. Referrals to other programs are also provided.

Back-to-School Supplies – Each fall, children can receive school supplies such as back packs, notebooks, pencils and pens and other needed classroom supplies. Families can also request additional items throughout the year to replace exhausted supplies. Most of the school supplies are generously donated by members of the community.

Energy Assistance – Social Services serves as an intake site for the CT Energy Assistance Program which is administered by TVCCA in Norwich. The program provides qualified residents with heating, gas and electric bill assistance. Social Services also coordinates with Operation Fuel and Project Warm Up to help keep families warm during the winter months.

Food Bank – The Food Bank helps individuals and families supplement their grocery budgets with nutritious items. Residents who need to access the Food Bank are asked to call ahead and make an appointment for Thursday pick-up. This allows volunteers to have boxes pre packed and fresh items purchased for the boxes. Residents are asked to use the Food Bank once a month or more often if there is an emergency situation. Food Bank supplies are provided thanks to the generosity of residents who donate food items and money to purchase needed items. Watch the local papers each week for the "Food Bank 5" (items that are especially needed that week.)



Fuel Bank - The Colchester Fuel Bank is funded entirely by donations from generous community members. The Fuel Bank makes it possible for residents in need to receive small oil deliveries during the winter months to cover the gap between other heating delivery programs.

Holiday Dinners – In collaboration with the Colchester Rotary, Lion's Clubs and local churches, families in need can receive Thanksgiving and Christmas baskets with all the foods for a wonderful holiday meal. These local civic groups coordinate with Social Services to ensure that anyone needing a holiday dinner will receive one.

Personal Hygiene Supplies – Items that cannot be purchased with food stamps are donated for residents who access the Food Bank. In addition to personal hygiene items, soap, shampoo, laundry detergents and paper goods are also available.

Santa Anonymous – Parents can ask to have their children receive gifts and a visit from Santa thanks to the generosity of the many residents who donate, organize and carryout this program.

Donations – We are very appreciative of the tremendous generosity of Colchester residents. Without the monetary donations, contributions of goods, and the many volunteer hours given, we would be unable to offer residents the variety of needed services that we provide. Unfortunately, due to the lack of space we are unable to accept certain items. If you wish to make donations, but are unsure if we can take them, please give us a call.

Accepted Donations

- Diapers
- Health and beauty products
- Non- perishable food items
- Paper goods – toilet paper, tissues, paper towels
- Personal hygiene items
- School Supplies
- Soap and laundry detergents

If you would like to donate an item that is not on our list, here is a list of local agencies that accept additional donations:

Goodwill Industries – Norwich, 860.204.0018

Appliances, clothing, electronics, furniture

Madonna Place – Norwich, 860.886.6600

Books, some children's items

Salvation Army – Willimantic 860.423.0977,

Norwich 860.889.2329

Clothing, electronics, books, toys, household furnishings

WAIM – Windham Area Interfaith Ministries, Willimantic

860.456.7270

Clothing, household goods and furniture

Parent and Family Support

At Youth Services, we know that raising kids who are healthy and well-adjusted is the hardest job on earth. If you should find yourself with a family situation that seems unmanageable, please call us. We can provide:

- Referrals to other public and private agencies to help with mental health issues, out-of-control kids, substance abuse treatment, domestic violence, or any other issues your family may be facing.
- A lending library with some of the newest and most popular books on parenting that offer insight into the various stages children and teens go through.

Some of the books available include:

"GIRL WARS – 12 Strategies That Will End Female Bullying"

"Helping The Child Who Doesn't Fit In"

"Too Old For This, Too Young For That – Your Survival Guide for the Middle-School Years"

"Trust Me Mom – Everyone Else Is Going!" – The new rules for mothering adolescent girls

- Free brochures and pamphlets on substance abuse, suicide, stress, eating disorders, and hundreds of other topics.
- Parent Education – at different times during the year, we offer parenting seminars on a variety of topics of concern to parents/ care givers. If there is a subject you would like to see addressed, please let us know.

Youth Employment

Hire a Youth – This program matches area youth with potential employers. Youths age 12 – 18 complete a registration form that is also signed by a parent or guardian. On the form, the student checks off the type of jobs he/she is interested in doing such as yard work, painting, office work, store work or taking care of pets. After the application is approved, the student's name is put on file. Residents who need help with various jobs, call us and are then given the names of students who are interested in doing that type of work. The youth and the employer decide on the fee that will be paid for completing the work. Please call us if you need someone to help you with chores or if you would like to apply for the program.

Babysitter Board – We provide a swap board in our office for parents looking for babysitters and for babysitters who are looking for employment. Parents can come in and post their requests and also pick up information that babysitters have posted. Teens can post their experience and information about themselves for parents and can also pick up information that parents have posted on the board. You must come in to utilize the swap board. We cannot make referrals or give information over the phone.

Workplace Rules for Kids

The Connecticut Department of Labor has provided information for kids who want to work. A few rules are listed below, but more details can be found on the D.O.L. website, www.ctdol.state.ct.us

If you are 16 or 17 years old some of the places you can work are retail, restaurants and hairdressing salons. Working papers are required and can be obtained at the Guidance Office at Bacon Academy. Students can work up to 6 hours a day on school days and 8 hours on week-ends.

If you are 14 or 15 years old some of the places you can work are farms, banks, offices and camps. You cannot work more than 3 hours a day on school days and 8 hours a day on non-school days.



Boards & Coalitions



Youth Services' Advisory Board

The Youth Services Advisory Board is charged with the mission of advising and making recommendations on overall policy and program direction for the Bureau. The Advisory Board is comprised of youths, parents, school representatives, town officials, and concerned citizens.

Responsibilities of the Advisory Board include:

- Resource development/fundraising
- Public Awareness of Youth Services
- To educate, encourage, and aid the community in recognizing its responsibility and role in the alleviation and solution of social problems involving youth.
- Advocate on behalf of policies and services that promote the healthy development of children and families.
- Provide an example of community involvement and volunteerism to our youth.

We are actively seeking new members! Our goal is to recruit at least five new members who are parents of kids who participate in our programs. Please consider volunteering. Advisory Board membership is constituted by the State Department of Education. If you are interested in becoming a member of the Board, call our office. Meetings are held on the first Wednesday of every month (except July and August) from 5:30-7:00 p.m. at the Youth Center, 40 Norwich Ave.

Members Include:

- | | |
|-------------------------|------------------------------|
| Tom St. Louis, Chairman | Lorraine Marvin, Vice- Chair |
| Chris Bennett | Kerry Parker |
| Heather Pelletier | Wynet Reynolds |
| Pamela Scheibelein | Rob Suchecki |
| Ellen Weinick | Kathy Wonderly |

Youth Services' Local Prevention Council is now Youth FIRST - a group of concerned and committed members of the community who meet monthly to increase public awareness focused on the prevention of drug and alcohol abuse. Members include: teens, parents, school representatives, clergy, business owners and town officials. The Youth FIRST coalition is funded by a grant through the Department of Mental Health and Addiction Services. Currently, we are developing plans for the remainder of the year and would greatly appreciate feedback and input on potential programs. Youth FIRST is currently seeking youths, parents and concerned community members to join the group in order to build a stronger, more effective and permanent council that truly reflects our community. We meet at the Youth Center on the 2nd Monday of each month from 5:30-7:00 PM. Please contact us with any questions or for more information. The question remains.... who will solve the problem of youth drug and alcohol use in our community?



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The answer is... All of us, together.

Members Include:

- | | |
|--------------------|-------------------|
| Chris Bennett | Brittany Berube |
| Deanna Bouchard | Shirley Ellis |
| Kristen Francis | Valerie Geato |
| Barbara Gilbert | Aaliyah Gonzalez |
| Cathy Maher | Christine Miskell |
| Eli and Beth Ojeda | Kathy Smolenski |
| Ofc. Rob Suchecki | |

Juvenile Review Board

The Juvenile Review Board (JRB), in conjunction with local and State police, offers meaningful alternatives to the Criminal Justice System and works to reduce the number of repeat juvenile offenders in Colchester. These alternatives are aimed at promoting responsible behavior and solving problems that may be at the root of the behavior. The Review Board will attempt to develop personalized intervention strategies to address any issues of the youth and his or her family. These alternatives will include, but not be limited to: counseling, family counseling, restitution, community service, and educational programs.

Referrals are made by the police, school administrators and in some cases, parents.

Who is eligible for the JRB?:

Youth (16 and under) who are first time offenders; have no prior JRB involvement; and are willing to take responsibility and consequences for their actions. Offenses include:

- Delinquency Offenses—a misdemeanor offense, or a violation of a local or municipal ordinance
- Family with Service Needs—a child with no prior record who ran away from home; was beyond control of the parent/guardian; engaged in indecent or immoral conduct; is truant with four or more unexcused absences from school in one month or ten in one year or was defiant of school rules

Anti-bullying Initiative Committee

An Anti-bullying Initiative Committee met for the first time on Tuesday, Nov. 2, 2010 at the Colchester Youth Center. The committee is comprised of representatives from the Colchester Youth Services, the Colchester Public Schools, the Colchester Lions Club, the Leos, Rotary, area churches, the synagogue, as well as students, the School Resource Officer, and community members.

The committee will discuss anti-bullying programs and strategies in our schools and our community and work to raise community awareness. We hope to develop resources to promote anti-bullying as a community.

The committee meets the first Tuesday of each month from 5:30 – 7:00 PM at the Colchester Youth Center. The public is invited to attend.

For more information please contact: Diane Hettrick at 860 537-1683 or dmhettrick@aol.com.

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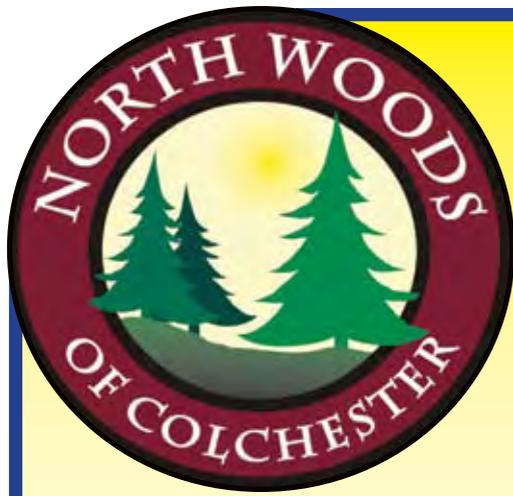


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J Jr., Hebron, CT

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J & B, Clinton, CT

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B & J, North Woods

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