



# *Colchester* **CONNECTION**

The Official Publication  
of the Town of Colchester

[www.colchesterct.gov](http://www.colchesterct.gov)

Adult Education • Cragin Memorial Library • Fire Department • Health Department  
Highway Department • Parks & Recreation • Senior Center • Youth & Social Services

**Featured  
in this  
issue:**

**Camps  
Adult Education Programs  
Cragin Library  
Youth Services  
Senior Center Programs  
and Much more!**

**Summer 2012**  
**the Chronicle**

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- Home
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If so, send your Fall scene submissions to Cheryl Hancin at  
RecManager@colchesterct.gov.

**Summer Cover image courtesy of**

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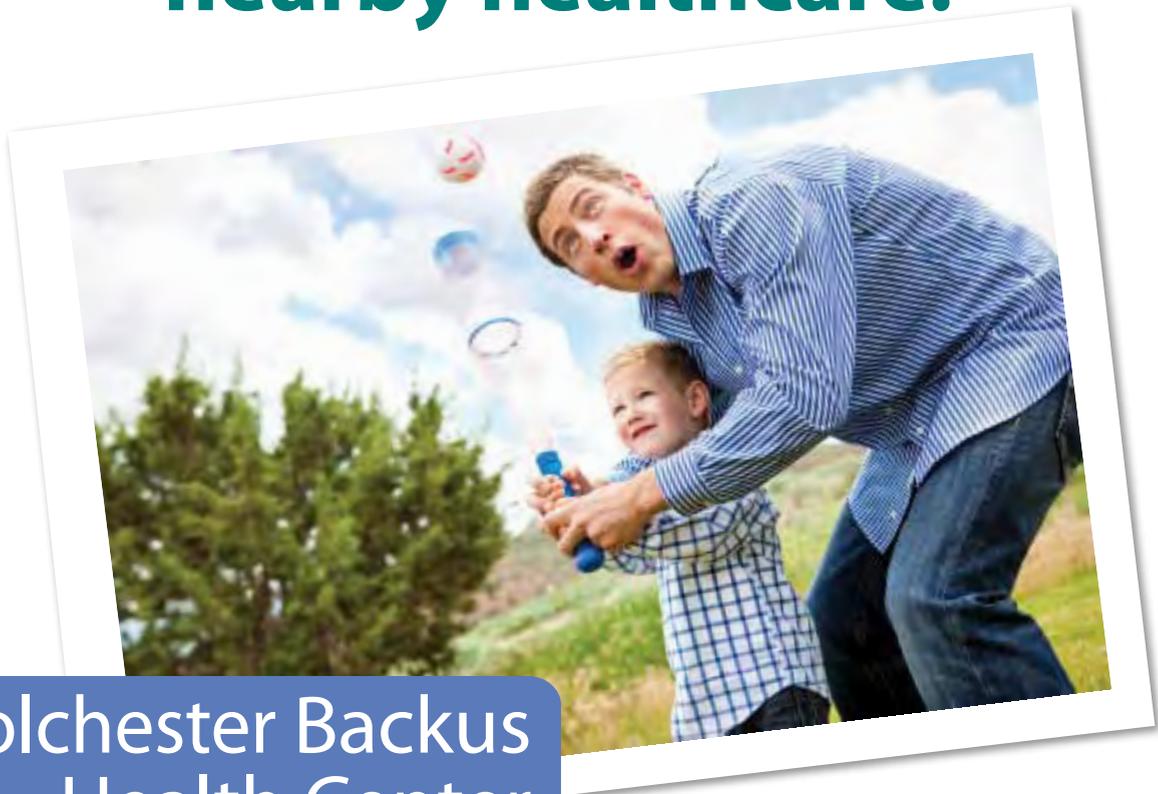
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# First Selectman's Letter



## Volunteering Keeps Community Strong

As Summer takes hold, I'm sure everyone is taking vacations and working on projects that have been put off. Time is a scarce commodity and it seems that we never have enough to get everything done. Knowing this, it makes it hard to ask residents to give up some of their precious time to help your town. However, I wouldn't be doing my job if I didn't ask.

Colchester is truly run by volunteers. Whether it is serving as an elected official, appointed board member, or supporting an organization, we are the recipient of thousands of volunteer hours. We simply could not run the town without the support of all of these individuals and I am extremely grateful for their contribution.

Unfortunately, we are seeing a decline in town volunteerism in many areas and I am asking everyone to consider giving some time to the town. We have opportunities that can fit into your schedule and availability. For instance, if you have a lot of time and really want to have a direct impact on the lives of others, the Fire Department is always looking for fire-fighters and EMTs. If you have limited time, some town boards only need people to serve for one or two hours a month.

Planning and Zoning, Zoning Board of Appeals, Economic Development Commission, the food bank, and the Fire Department are just some of the areas where we need volunteers to step up. You can always see a full listing of our vacancies on the town website and you are welcome to call my office if you want to discuss where you might fit in.

Please consider volunteering. Colchester is a great community due to the hard work of volunteers and I hope you will help keep this a wonderful town to live in.

Sincerely,

*Gregg Schuster*

**Gregg Schuster**

**First Selectman of Colchester**

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# Colchester Parks & Recreation



## We're Listening!

*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  
860-537-7297

### **PARKS & RECREATION ADMINISTRATION**

Recreation Manager, Cheryl Hancin  
recmanager@colchesterct.gov  
Recreation Supervisor,  
Anita Pizzutiello  
apizzutiello@colchesterct.gov

Administrative Assistant,  
Elizabeth Kessler  
ekessler@colchesterct.gov  
Recreation Specialist,  
Amanda Herzog  
aherzog@colchesterct.gov

**PUBLIC OFFICE HOURS**  
Monday - Friday 8:30am - 4:30pm

**PARKS & RECREATION  
COMMISSION MEMBERS**  
Sean O'Leary, *Chair*  
Chris Ferrante, *Vice Chair*  
Lynette Dimock, *Secretary*

Norm Kaplan, Lynne Stephenson,  
Jody Barr, Melissa Kennedy,  
Eric Kundahl  
Vacant (Alternate)  
Vacant (Alternate)

**PARK MAINTENANCE CREW**  
Gregory J. Plunkett, *Director of  
Facilities, Operations and Grounds,  
Town of Colchester Public Schools*  
Tim Angell, *Crew Leader*  
Mike Ryder,  
Jessie Layhue, Alan Veazie,  
Bob Slocum, John Desautels

### **SPORTS LEAGUES - WHO TO CONTACT**

Although many organizations use town facilities, the following groups do not come under the direction of Colchester Parks & Recreation. Please use the following contact information to get more information about the individual leagues.

#### **YOUTH**

**Youth Basketball: Matthew Willauer**  
mjwillauer@yahoo.com, 860-537-2858  
Website: [http://eteamz.active.com/  
colchesteryouthbasketball](http://eteamz.active.com/colchesteryouthbasketball)

**Cheerleading: Kim Gross**, 860-519-8738  
galaxyouthcheer@yahoo.com

**Youth Football: Paula Mc Dowell**  
papiggybank@aol.com, 860-798-4353

**Youth Football Cheerleading: Heather Parlee**  
heatherparlee@gmail.com, 860-608-8456

**Colchester Youth Lacrosse: Kathy Scott**  
Kathyscott67@comcast.net, 860-537-6928

**Youth Baseball/Softball/T-Ball:**  
Chris Ferrante  
President@cbsl.org

**Colchester Youth Soccer: Tom Carey**  
www.colchestersoccer.org,  
president@colchestersoccer.org,  
fields@colchestersoccer.org

**Colchester Youth Wrestling: Jenn Barber**  
Liljavis@comcast.net, 860-836-3742

#### **ADULT**

**Men's Softball: Mike Gatesman**  
mike@colchestersoftball.com

**Women's Softball: Lynn Stephenson**  
lstephenson01@comcast.net, 860-685-1731

**Men's Soccer: Hugo Vivero**  
menssoccer@colchester.gov

**Men's Baseball: Chris Ferrante**  
President@cbsl.org

# Managers Message

From the Recreation Manager:

With summer close at hand, I look forward to the excitement of this season as it is my favorite time of year. For Parks and Recreation, this is our busiest time and I continue to enjoy the adrenaline rush of it. My heart opens as I see the programs fill with participants and the parks full of active youth and adults.

In the pages of this brochure you will find many new and exciting programs to try out this summer. Headlining the activities is the Summer Concerts on the Green debuting on a NEW night, Thursdays starting June 28. We have a great line up of bands thanks to our many sponsors. Come check it out! We have our very popular Summer Day Camp and Kindercamp with new and exciting themes and trips, along with new Specialty & Sport camps for youth. We are also trying a new Mtn Biking class and a Little Sticks Hockey program. For Adults, we wanted to keep the fitness momentum going from spring. Look for several new Yoga classes along with a Total Body Strength and Zumba class! We continue to sell low priced tickets to theme parks: Six Flags, Lake Compounce and the now the CT Science Center. We constantly strive to create community with people, parks and programs and we hope to see you out there! I look forward to meeting all of you. If you have a new idea, call me anytime!

Sincerely,

*Cheryl Hancin*

Cheryl Hancin, Recreation Manager



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# 2012 Summer Concerts on the Green

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## *June 28 - Last Licks* (Rock & Roll)

LAST LICKS is a top shelf classic rock band based in central Connecticut. The band differentiates themselves from all other bands in the genre by pulling out the songs that are uncommonly played, yet very well known and loved. The band is talented, charismatic, and delivers a show that always leaves the audience wanting more.

*Sponsored by S&S Worldwide*

## *July 5 - Maestro's Men* (Polka)

Their unique sound and arrangements of traditional and original music offer an exciting and entertaining musical variety. Their diverse repertoire include: Polka, Obereks and Waltzes, Swing, Dixie, Rumba, Cha Cha, Mambo, Fox Trot, Big Band, Italian, Irish, German, Line Dances. The Maestro's Men currently have seven recording releases.

## *July 12 - Cover2Cover* (High Energy dance music from the 60's through the 80's)

*Co-Sponsored by Plum Tomato*

## *July 19 - Dizzy Fish* (R & B)

DizzyFish is a high energy live band playing their music in the moment. Every show promises great music with a slight chance of momentary enlightenment. DizzyFish will rock you and always leave you wanting more.

*Sponsored by Rockville Bank*

## *July 26 - The Bird 'n' Boys* (Energy-driven party band with the best in chick rock- Ellen Sackman!)

They have been playing danceable, energy-driven rock, country and blues since 2006. Two guitars, bass, drums and three vocalists provide a full, diverse sound.

*Sponsored by Toyota of Colchester*

## *August 2 - Larry Stevens* (Modern rock)

The band is comprised of full-time musicians playing everything from rock-pop originals to a variety of cover songs. Larry Stevens, the band's songwriter, front man, and lead singer recently had the privilege of opening for such artists as Huey Lewis, Kenny Loggins, Foreigner, and Todd Rundgren.

*Sponsored by Family Physical Therapy*

**Rain Dates: Aug. 9 and Aug. 16**  
**(Rain decisions will be made by 4pm)**

# Special Events/Camps

## Hartford Children's Theater Show

On Friday, July 27th Colchester Parks & Recreation will be hosting "Tales of a Fourth Grade Nothing" performed LIVE by the Hartford Children's Theater in the Bacon Academy Auditorium. Open to the public for a \$5 per person admission fee. There is no charge for Parks and Rec. campers. (Please use the auditorium entrance).

<b>Date</b>	<b>Day</b>	<b>Time</b>
7/27	Fr	1 pm
<b>Location:</b>	Bacon Academy	
<b>Ages:</b>	All Ages	
<b>Fee:</b>	\$5	



## Tour de Trail - National Trails Day

Colchester, Hebron and East Hampton Parks and Recreation will host a National Trails Day event in celebration of American Hiking Society's 20th Annual National Trails Day®. Come enjoy stations on the airline trail such as bike maintenance, trail history, nature interpretation, land conservation, arts/crafts, viaduct history and trail safety. A celebration of America's magnificent trail system.



<b>Activity #</b>	<b>Date</b>	<b>Day</b>	<b>Time</b>
9000.221	6/2	Sa	10-12 pm
<b>Location:</b>	Air Line Trail		
<b>Ages:</b>	All ages		
		<b>Free!</b>	

# Sports & Specialty Camps



## Skyhawks Mini-Hawk

This soccer, baseball and basketball program gives young children a fun and positive first step into athletics. Through games and activities, campers explore balance, hand-eye coordination, and skill development at their own pace. Campers will learn the rules and essentials of each sport through skill-based games and scrimmages. All campers receive a free t-shirt and merit award.



<b>Activity #</b>	<b>Date</b>	<b>Day</b>	<b>Time</b>
7001.231*	6/19-6/22 (No 6/18)	Tu W Th F	9 - 12 pm
		<b>Res. \$99/Non-Res. \$119</b>	
7001.232	7/9 - 7/13	M Tu W Th F	10 - 1 pm
		<b>Res. \$125/Non-Res. \$145</b>	

**Ages: 4-7**

**Location: WJJMS Gym B**

**Instructor: Skyhawks Staff**

**Min. 10/Max. 24**



## Skyhawks Multi-Sport



The Intermediate ability level is a comprehensive camp that focuses on developing a young player by refining his or her skills. These camps are taught through fast-paced drills, skill-building exercises, and game-speed scrimmages in a more competitive environment. Campers will be playing soccer, baseball and basketball. All campers receive a free t-shirt and merit award.

<b>Activity #</b>	<b>Date</b>	<b>Day</b>	<b>Time</b>
7002.231	6/19-6/22 (No 6/18)	Tu W Th F	9 - 3 pm
		<b>Res. \$120/Non-Res. \$140</b>	
7002.232	7/9 - 7/13	M Tu W Th F	9 - 3 pm
		<b>Res. \$150/Non-Res. \$170</b>	

**Location: WJJMS Gym B**

**Ages: 7-10**

**Instructor: Skyhawks Staff**

**Min. 10/Max. 20**



## Skyhawks Tennis

Grab your tennis racquet and get ready to play! Program focuses on skill refinement as well as practice and match play to develop consistent, well-rounded tennis players. Each player is given personal attention and taught through repetition in an enjoyable, lively atmosphere. Campers learn proper grips, footwork, strokes, volleys and serves during a series of drills designed to teach skills in a fun and dynamic way. All campers receive a free t-shirt and merit award.

<b>Activity #</b>	<b>Date</b>	<b>Day</b>	<b>Time</b>
7004.231	6/25 - 6/29	M Tu W Th F	9 - 12 pm
<b>Location:</b>	BA Tennis Courts		
<b>Ages:</b>	7-12		
<b>Instructor:</b>	Skyhawks Staff		
		<b>Res. \$125/Non-Res. \$145</b>	
		<b>Min. 10/Max. 24</b>	



## Skyhawks Tiny-Hawk

Campers will learn the essentials of soccer and basketball in a fun and safe environment with lots of encouragement. Children will learn balance, body movement, hand/eye coordination, and skill development through a series of sport-specific games tailored to their attention spans. All campers will receive a free t-shirt and merit award.

<b>Activity #</b>	<b>Date</b>	<b>Day</b>	<b>Time</b>
7000.231	7/9 - 7/13	M Tu W Th F	9 - 9:50 am
<b>Location:</b>	WJJMS Gym B		
<b>Ages:</b>	3-4		
<b>Instructor:</b>	Skyhawks Staff		
		<b>Res. \$69/Non-Res. \$89</b>	
		<b>Min. 10/Max. 12</b>	

## 8th Annual Colchester 57 Fest Mark your Calendars!



**Saturday, September 22, 2012**  
**Food, Fun, Fireworks & More!**  
 (Rain Date September 23rd)

**Skyhawks GOLF - S.N.A.G**

This program focuses on building the confidence of young athletes through proper technique and refining the essential skills of the game. Skyhawks has adopted the SNAG (Starting New At Golf) system to its curriculum. Developed by PGA professionals, SNAG is specifically designed for the entry-level player; SNAG simplifies instruction so that young players can make an easy & effective transition onto the golf course. No need to bring your own clubs, all equipment is provided. All campers receive a free t-shirt and merit award.

<b>Activity #</b>	<b>Date</b>	<b>Day</b>	<b>Time</b>
7005.231	7/16 - 7/20	M Tu W Th F	9 - 12 pm

**Location:** WJJMS Gym B & Field  
**Ages:** 5-8  
**Instructor:** Skyhawks Staff  
**Res. \$125/Non-Res. \$145**  
**Min. 15/Max. 24**



**Skyhawks Basketball**

At the beginner ability level, kids learn fundamentals and more about sports. Skill development is taught through an introduction of drills, skill-building exercises, and scrimmages. All campers receive a free t-shirt and merit award.

<b>Activity #</b>	<b>Date</b>	<b>Day</b>	<b>Time</b>
7003.231	7/23 - 7/27	M Tu W Th F	9 - 12 pm
7003.232	7/23 - 7/27	M Tu W Th F	9 - 3 pm

**Ages:** 6-8 .231  
**Ages:** 8-12 .232  
**Instructor:** Skyhawks Staff  
**Location:** WJJMS Gym A  
**Res. \$125/Non-Res. \$145**  
**Res. \$150/Non-Res. \$170**  
**Min. 15/Max. 20**

**Basketball Clinic-Girls**

Clinic will consist of drills, scrimmages and competition to learn fundamentals and improve skills. The clinic for girls entering grades 7 - 9 will be directed by former UCONN player John Shea who has coached at the junior high, high school, AAU and college level. The clinic administrator is Dave Shea, Norwich Bulletin's 2012 Coach of the Year who led the Bacon Academy Girl's basketball team to win the 2012 Class L Championship.

<b>Activity #</b>	<b>Date</b>	<b>Day</b>	<b>Time</b>
3200.231	7/30 - 8/3	M Tu W Th F	9:30 - 12 pm

**Location:** BA Gym  
**Grades:** 7-9  
**Instructor:** Shea, Dave & John  
**Res. \$68/Non-Res. \$88**  
**Min. 12/Max. 40**

**NEW! Skyhawks Volleyball**



All aspects of the game are taught through drills and exercises that focus on passing, setting, hitting and serving. This co-ed program is designed for the beginner and intermediate player and will incorporate essential life-lessons such as teamwork and sportsmanship. The staff will assist each athlete in developing the fundamental skills of the game through game-speed drills and daily scrimmages aimed at developing the whole player. Every campers will receive a free t-shirt and merit award.

<b>Activity #</b>	<b>Date</b>	<b>Day</b>	<b>Time</b>
7006.231	8/6 - 8/10	M Tu W Th F	9 - 12 pm

**Location:** WJJMS Gym B  
**Ages:** 10-14  
**Instructor:** Skyhawks Staff  
**Res. \$125/Non-Res. \$145**  
**Min. 15/Max. 24**

**NEW! Soccer Camp - Skills 'N' Thrills & Fun in the Sun**

The focus for the young ones 4-7yrs old is fun and exciting games to build confidence and teach the fundamentals of soccer. The focus for 8 & up is to enhance technical skills, build new skills, and learn basic tactics including attacking and defending. Over the week, players will be self assessed using standardized National Soccer Tests focusing on the technical aspects of the game, along with the 'UK Quiz', and World Cup Competition. Each child receives a t-shirt and certificate at the end of the week.

<b>Activity #</b>	<b>Date</b>	<b>Day</b>	<b>Time</b>	<b>Ages</b>
7100.231	8/13 - 8/17	M Tu W Th F	9 - 12 pm	4-7
7100.230	8/13 - 8/17	M Tu W Th F	9 - 3 pm	8-14

**Location:** WJJMS Soccer Field  
**Res. \$120/Non-Res. \$140**  
**Res. \$165/Non-Res. \$185**  
**Min. 10/Max. 30**  
**Instructor:** UK Staff

**2012 Tri-County Baseball School**



**Ages 6 to 13**  
**July 9<sup>th</sup> - 13<sup>th</sup>**  
**9:00 am to 12:00 Noon**

Located at Colchester Recreation Complex, Old Hebron Road, Colchester  
 An opportunity for players ages 6 to 13 to learn the fundamentals and improve their skills under the supervision of professional baseball men and talented high school and college coaches.

Individual instruction in all fundamentals of the game.

**DRILLS - COMPETITION - AWARDS**  
 Teaching "Basic" Baseball

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**Dave Shea, Director**

Former Professional Baseball Player - Kansas City Organization, 5 years  
 Head Baseball Coach - Bacon Academy, CT High School Coaches Association Hall of Fame

**Bill Holowaty**  
 Highly Successful Eastern CT  
 State University Coach

**Charles Baukus**  
 Former College and Semi-pro Player  
 High School Coach

**Robert "Buck" Merrill**  
 4 year Varsity Baseball Keene State  
 High School Coach NH

**John Konow**  
 E.O. Smith High School

**Jim Penders**  
 Head Coach East Catholic High School  
 CT High School Coach of the Year

**Roger Bidwell**  
 Head Coach UCONN Avery Point

**John Shea, Assistant Director**  
 Former UCONN Star and Professional  
 Player - Toronto Blue Jays  
 Specializes in Pitching Instruction  
 Assistant Coach University of Hartford

**Mike Turgeon**  
 Former Professional Player  
 Specializing in Hitting Instruction

**Richard Zalusky**  
 Coach - Bacon Academy  
 Assistant Camp Administrator

**Gerald Mitchell**  
 Assistant Coach - Bacon Academy  
 Active in Youth Baseball

For Further Information Call **Dave Shea** at (860) 537-5782

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# Camps

## Junior Tennis Camp - Beginner

This an exciting way to learn tennis! Through the use of smaller court dimensions, modified scoring, smaller racquets and special balls, kids learn more quickly while having fun! Lessons will be held at the RecPlex Tennis Courts. This is a 4-day camp. Bring your own racquet or request to borrow a racquet.

Activity #	Date	Day	Time
4900.231	7/9 - 7/12	M Tu W Th	9 - 11 am
4900.232	7/23 - 7/26	M Tu W Th	9 - 11 am
4900.233	8/6 - 8/9	M Tu W Th	9 - 11 am

Location: RecPlex Tennis Courts

Ages: 7-10

Instructor: Murphy, Sharon

Res. \$100/Non-Res. \$120

Min. 7/Max. 20

## Tennis Camp - Beginner /Adv. Begin

Learn the basics of tennis and proper scoring. The forehand, backhand, volley, overhead, approach shot and serve will all be covered as well as introduction to game play. Lessons will be held at the RecPlex Tennis Courts. This is a 4-day camp. Bring your own racquet or request to borrow a racquet.

Activity #	Date	Day	Time
4901.231	7/9 - 7/12	M Tu W Th	9 - 11 am
4901.232	7/23 - 7/26	M Tu W Th	9 - 11 am
4901.233	8/6 - 8/9	M Tu W Th	9 - 11 am

Location: RecPlex Tennis Courts

Ages: 11-17

Instructor: Murphy, Sharon

Res. \$100/Non-Res. \$120

Min. 7/Max. 20



## Engineering FUNdamentals



Students take on real-life engineering challenges that explore concepts in physics, architecture, mechanical and structural engineering with over 100,000 pieces of LEGO® material. From race cars to Battletracks, this is a hands-on and minds-on camp suitable for LEGO® novices to maniacs. Designed by engineers, the curriculum challenges both new and returning students to reach the next level of engineering comprehension, all while having fun.

Activity #	Date	Day	Time
7101.230	7/9 - 7/13	M Tu W Th F	1 - 4 pm

Location: JJIS Media Center

Ages: 8-10

Instructor: Play-Well Staff

Res. \$149/Non-Res. \$169

Min. 10/Max. 24

## Pre-Engineering

Students will build cities, bridges, and motorized cars/planes and explore the many creative possibilities of engineering with the LEGO® system. With access to over 100,000 pieces of LEGO®, your child will have the opportunity to build what they have only dreamed of with the support of an experienced Play-Well Engineering instructor to guide them.

Activity #	Date	Day	Time
7101.231	7/9 - 7/13	M Tu W Th F	9 - 12 pm

Location: JJIS Media Center

Ages: 5-7

Instructor: Play-Well Staff

Res. \$149/Non-Res. \$169

Min. 10/Max. 24

## CCT Summer Theater Workshop

The Colchester Community Theatre (CCT) has scheduled dates for its annual Children's Summer Theater Workshop. Children will participate in all aspects of the production process, rehearse music, learn choreography and memorize lines for a short musical, culminating in a show on July 21 at 2 pm. They will learn about costumes, props, acting, character development and other elements of theater. The musical for the workshop is to be announced.

Audition dates are Sun. June 3, 12 - 2 pm and Wed. June 6, 6 - 8 pm at St. Andrew Church Parish Hall. CCT is sponsored by Colchester Parks & Recreation. Children should come prepared with sheet music. An accompanist will be provided.

For additional information, go to the CCT's website - [www.colchestercommunitytheatre.com](http://www.colchestercommunitytheatre.com) or email Laura Brown at [RTR1982@aol.com](mailto:RTR1982@aol.com) or call Wallis Johnson at 860-267-1023.

Activity #	Date	Day	Time
5400.231	7/9 - 7/20	M Tu W Th F	9 - 12 pm

Location: BA Auditorium

Grades: Completion of 1st - 12th

Instructor: CCT Staff

Res. \$105/Non-Res. \$125

Min. 8/Max. 100



Explore. Create. Learn.

## What's Happening At CASTLE?

- Fun-filled summer program featuring weekly field trips, in house programs, and weekly swim trips with lessons. (Hurry, spaces are filling fast!)
- NAEYC Accredited preschool program for 3 & 4 year olds with early care option. (Sept -June)
- NAEYC Accredited Kindergarten Connection program providing wrap around care for half-day kindergarteners.
- High quality before & afterschool programs for grades K - 8.



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 860.978.2886



## Welcome to Camp Aboyer!!

(formerly known as Colchester Day Camp)



### THE DAY CAMP DIFFERENCE 2012

Last summer our super campers and staff developed Aboyer as a great team name during Olympic week and the name just had the feeling we were looking for. It's a combination of the names Abby & Sawyer our camp mascots who represent love, responsibility, affection, caring for others, laughter and fun!! So, finally Colchester Day Camp has a name!! Special thanks to the super campers and super staff of 2011 who thought of it!!

The Colchester Parks & Recreation Day Camp Team welcomes our new name along with first time and returning super campers to a summer that will exceed your imagination for surprises, unique experiences and new friendships! We are proud to introduce Camp Aboyer with new vision for 2012 and the continued implementation of positive character values to enrich the beautiful children of our next generation.

Your child's experience at Camp Aboyer will prepare him/her to navigate, adapt and lead the way through their future. All the while hoping to discover a passion he/she never recognized before. As you turn the pages in this brochure, we hope you feel the level of energy and commitment we have to making every day of summer 2012 the best day of the summer! It is our goal as a team to provide an environment for your child that cultivates friendships, provides opportunities to explore and develop new skills and make meaningful connections in a safe, nurturing and fun environment. This is our commitment to you ~ our camp community! It is our pledge to create a safe world of wonderful "memories that will last a lifetime." Many of our super staff returns each summer to enrich Camp Aboyer and be a part of the summer magic. It's the connections campers make with the entire camp community that enrich their lives. To provide that opportunity daily, the administrative team hand picks each super specialist, super counselor, and super CIT. Each member of our team brings their energy, knowledge and unique passion along with their goal to make a difference in the life of each camper every day. That is the Aboyer Day Camp Difference!

For eight weeks the day camp world creates the feeling of a camp family community and the development of this connection remains with campers all year long and we trust, throughout their lifetime. Our super staff is under the leadership of Parks and Recreation Supervisor, Anita Pizzutiello and Day Camp Co-Directors Kyle Tamosaitis and Shannon Tamosaitis (Miss T) Our Aboyer Administration team rounds out with five super specialists in the core areas of Sports & Games, Archery, Nature, Variety and Arts & Crafts. Our super staff is what makes us dynamic and stand-out above the rest! Our day camp administration and counselors are compiled of full-time teachers, college students, and mature high school students with several years of training and experience.

### STAFF TRAINING

We are very committed to maintaining and developing all our Day Camp super staff. The Colchester Parks and Recreation Department requires all staff to attend mandated extensive Camp orientation seminars prior to the start of camp. Counselors are active participants in training areas such as First Aid and CPR, Epi-Pen, safety and security, emergency response, splash pad safety, record keeping, staff manuals, department policies and procedures, customer service, positive youth development, and character building. All staff is required by state law and OSHA mandates to receive training in Bloodborne Pathogens Exposure Control (HEPb/HIV). In addition, there are speakers brought in to train staff in areas such as how to schedule activities, games and leadership, child development and behavior, mandatory reporting, and lots of hands on activities such as sports and games, arts and crafts, traditional camp games and songs.

### REGISTRATION INFORMATION

Day Camp is for kids entering grades 1 – 6 in Fall 2012. Register early for the best availability online, by mail or in our office. Sibling Discount: 5% (applies to 2+ campers & includes Kindercampers, does not apply to extended care). There is also a one-time \$10 administrative fee per child, which includes a 2012 Colchester Camp Aboyer t-shirt. Registration for Day Camp and Kindercamp requires a 50% deposit. ALL BALANCES MUST BE PAID IN FULL 2 WEEKS PRIOR TO THE START OF THE CAMP SESSION.

### COLCHESTER DAY CAMP- CAMP ABOYER - GRADES: 1-6

Activity #	Date	Day	Time	Fee
1201.231	6/25 - 6/29	M Tu W Th F	9 AM - 4 PM	Res. \$140/Non-Res. \$160
1201.232	7/2 - 7/6 (no 7/4)	M Tu Th F	9 AM - 4 PM	Res. \$112/ Non-Res. \$132
1201.233	7/9 - 7/13	M Tu W Th F	9 AM - 4 PM	Res. \$140/Non-Res. \$160
1201.234	7/16 - 7/20	M Tu W Th F	9 AM - 4 PM	Res. \$140/Non-Res. \$160
1201.235	7/23 - 7/27	M Tu W Th F	9 AM - 4 PM	Res. \$140/Non-Res. \$160
1201.236	7/30 - 8/3	M Tu W Th F	9 AM - 4 PM	Res. \$140/Non-Res. \$160
1201.237	8/6 - 8/10	M Tu W Th F	9 AM - 4 PM	Res. \$140/Non-Res. \$160
1201.238	8/13 - 8/17	M Tu W Th F	9 AM - 4 PM	Res. \$140/Non-Res. \$160

**Camp Aboyer – \$10 One Time Registration Fee** (includes camp shirt)

### CAMP ABOYER EXTENDED CARE

We have improved our Extended Care program to include organized activities, as well as an opportunity to unwind and relax. Extended Care does include a healthy snack to help beat the late afternoon slump. Extended Care is available for full day campers only. Please pre register for extended care. If an emergency arises and your child utilizes the extended care program a daily rate of \$20 will be billed to you. Day Camp staff is not permitted to accept payments. All payments must be made in our Town Hall office. Extended Care fees are not discountable. There is no fee for non-residents for Early and Ex-

tended Care. THERE WILL BE NO AFTERNOON EXTENDED CARE ON THE LAST DAY OF CAMP, AUGUST 17, 2012.

## CAMP ABOYER - EXTENDED CARE AM

Activity #	Date	Day	Time	Fee
1202.231	6/25 - 6/29	M Tu W Th F	7 AM - 9 AM	Res.\$25
1202.232	7/2 - 7/6 (no 7/4)	M Tu Th F	7 AM - 9 AM	Res.\$20
1202.233	7/9 - 7/13	M Tu W Th F	7 AM - 9 AM	Res.\$25
1202.234	7/16 - 7/20	M Tu W Th F	7 AM - 9 AM	Res.\$25
1202.235	7/23 - 7/27	M Tu W Th F	7 AM - 9 AM	Res.\$25
1202.236	7/30 - 8/3	M Tu W Th F	7 AM - 9 AM	Res.\$25
1202.237	8/6 - 8/10	M Tu W Th F	7 AM - 9 AM	Res.\$25
1202.238	8/13 - 8/17	M Tu W Th F	7 AM - 9 AM	Res.\$25

## CAMP ABOYER - EXTENDED CARE PM

Activity #	Date	Day	Time	Fee
1203.231	6/25 - 6/29	M Tu W Th F	4 PM - 6 PM	Res.\$25
1203.232	7/2 - 7/6 (no 7/4)	M Tu Th F	4 PM - 6 PM	Res.\$20
1203.233	7/9 - 7/13	M Tu W Th F	4 PM - 6 PM	Res.\$25
1203.234	7/16 - 7/20	M Tu W Th F	4 PM - 6 PM	Res.\$25
1203.235	7/23 - 7/27	M Tu W Th F	4 PM - 6 PM	Res.\$25
1203.236	7/30 - 8/3	M Tu W Th F	4 PM - 6 PM	Res.\$25
1203.237	8/6 - 8/10	M Tu W Th F	4 PM - 6 PM	Res.\$25
1203.238	8/13 - 8/17	M Tu W Th F	4 PM - 6 PM	Res.\$25

### SPECIAL SIBLING DISCOUNT!

Sibling Discount: 5% (applies to 2+ campers & includes Kindercampers)

### SCHOLARSHIP INFORMATION

There are a limited number of scholarships available to campers in financial need. Applications are confidential and can be obtained by contacting Valerie Gaeto in Youth/Social Services 860-537-7255.

### LOCATION

Day camp is held at the Colchester Recreation Complex (RecPlex) located on 215 Old Hebron Road, across from the golf course. This facility offers a variety of amenities to support a general daily activity schedule which includes playscapes, picnic pavilion, tennis & basketball courts, bocce courts, various ball fields, rest rooms and the very fun water splash pad and skate park!

### SIGN IN/SIGN OUT

You will notice when you arrive at camp you will be asked by your child's counselor to sign in and out each day. Upon pick up, please have your identification ready to ensure a quick and easy sign out. This is a great time to ask your child's counselor any questions you may have. Your feedback is encouraged and always welcome!

### ARRIVAL & DISMISSAL

Campers are dropped off in their designated area by the pavilion at the RecPlex each morning at 9:00 a.m. Campers are grouped by grade, 1 - 6. Your child's counselors will introduce themselves to you and your child, you sign them in and the wonderful world of camp begins! If your child arrives earlier than 9:00 a.m. they will be signed

in for morning Extended Care, fees will apply. Please pick up your children promptly at 4:00 p.m. at the same designated spot you signed them in. If your child is dropped off or has not yet been picked up within a 15 minute grace period, they will automatically be enrolled and signed into in Extended Care.

### WHAT WE DO AT CAMP

We have fun in a safe and nurturing environment all day, every day! Day camp strives to expand imagination, creativity and friendships. Team building activities, enriching games, and a variety of athletics provide a perfect vehicle for building self-confidence, self-esteem, and physical fitness in all our campers through a non-competitive positive environment. Children are encouraged to reach individual goals and levels of success while having FUN! At the same time they learn to feel wonderful about their individual abilities and talents while developing the values of teamwork, friendship and good sportsmanship. Each day at camp offers a variety of programs such as drama, nature, sports & games, archery, arts & crafts, tennis, music, journalism, and many other team building activities. Our special events are designed around our weekly themes complete with costumes and special guest performers that are a memorable part of every camper's summer. Its no wonder camp creates friendships that last a lifetime!

### HUGE HIGHLIGHTS FOR 2012!

In our continuous efforts to create the best possible experience for our campers, we are happy to share a number of exciting traditions we practice at our full-day camp!

### FIELD TRIPS

Drum roll please.... we have some new field trips this summer!!! Hip- Hip Hooray!!! All campers will attend these enriching and fabulous weekly field trips! See the super amazing camp calendar as we have added amazing new destinations to go along with our fresh new themes this year! What a great and fun way to end each week! Please note: trips are subject to change without notice.

### FAMILY FUN DAY

We invite and welcome parents and families to join us again during our family fun day this summer on July 19th from 4:00 p.m. to 5:00 p.m. Our campers and super staff want to share the magic of camp with the ones we love.

### ELECTIVE PERIODS

Each Monday, campers will choose a special activity elective they will take part in for one hour each day for the entire week. The elective groups will change from week to week as super staff share and teach the campers some of their special talents and interests! Our weekly Camp Newspaper is always a special choice offering for kids to participate in and learn about journalism and photography!

### 6TH ANNUAL BLOOD DRIVE

The American Red Cross returns to Camp Aboyer at JJIS on Tuesday, July 24th. We ask and encourage you to please come give the gift of life and donate! Our record breaking turnout the past five years has been amazing and we are thrilled to invite you back again this year! If you cannot be a blood donor, we ask that you support our blood drive by donating a baked good. A magnificent Thank You goes out to our super CIT's, super camp staff, community members, and all who volunteered and donated over the last five years, you are all so special!

## HARTFORD CHILDREN'S THEATER SHOW!!

On Friday, July 27th Colchester Parks & Recreation will be hosting "Tales of a Fourth Grade Nothing" performed LIVE by the Hartford Children's Theater in the Bacon Academy Auditorium. Drop off & pick up for Kindercamp and Camp Aboyer will be at Bacon Academy including AM/PM extended care. This performance will be open to the public for a \$5 per person admission fee. There is no charge for our campers. (Please use the auditorium entrance) Showtime 1:00 p.m.

## RED ZONE DAYS

Red Zone or Extreme Heat Days are WET & WILD at camp! Many extra water activities are scheduled throughout the day. The WATER SPLASH PAD will be open and running and sure to be a favorite for all campers! There will be endless amounts of creative fun. However, if the heat becomes a hazard, we will move campers to Jack Jackter Intermediate School located on Halls Hill Road. You may visit our website at [www.colchesterct.gov](http://www.colchesterct.gov) to confirm our location for pick up. We reserve the right to transport/bus campers locally as needed (rainy days, special events, etc.). Visit our website and subscribe to our mass email list and we will notify you of any changes or call the Day camp office 860-537-6583 for an updated recorded message.

## DISCIPLINE

Our Day Camp staff adheres to a fair but strict discipline policy. Campers whose behavior interferes with a positive camp experience or safety for other campers or staff may be subject to dismissal.

## NOTICES & FLYERS

If your child leaves camp before closing ceremonies or will be missing a day or two, please check with your child's counselor for information and reminders about upcoming special events or other activities your child will need to be prepared for upon his/her return to camp. All flyers, reminders etc. are distributed to campers at dismissal time.

## INSURANCE INFORMATION

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

## PHOTO PERMISSION

Participants permit the taking of photographs and video of themselves and their children during recreation activities for publication and use by the Parks and Recreation Department for promotional purposes unless otherwise stated.

## WHAT AND WHAT NOT TO BRING TO CAMP!

- **NO PEANUT BUTTER!** We are a peanut/nut free camp; please do not send anything containing peanuts or nuts. Please check the ingredients on granola bars, chex mix, trail mix, candy bars, cracker jacks etc.
- **LABEL EVERYTHING!!** In addition to all clothing, please label lunch boxes, towels, water bottles, backpacks, sunscreen etc. If your child loses something, check the LOST & FOUND located outside the Day Camp Office. All unclaimed articles will be donated to charity each Monday.
- **SANDALS ARE NOT ALLOWED!** All campers should wear sneakers. With the exception of CROC style shoes. Water shoes are required in the Water Splash Pad area. If a child does not have Croc's or water shoes, he/she will not be allowed to enter the splash pad that day.
- **NO GAMEBOYS, PS2'S, IPODS, MP3 PLAYERS, CELL PHONES** or other electronic devices. We are not responsible for lost or stolen items.

• **BATHING SUITS, TOWELS, LUNCH, SUNSCREEN AND A WATER BOTTLE** should be sent with each super camper daily, all labeled. (Campers will also have the option to order lunch ON LINE from Subway.

• **PLEASE APPLY WATERPROOF SUNSCREEN** to your child prior to their arrival at camp. We recommend that you send sunscreen with them daily and teach your child how to re-apply sunscreen at camp to protect them from sunburn.

## LUNCH

**PEANUT/NUT FREE CAMP!** Please send your camper with lunch and a healthy snack each day. Do not send glass containers. There is NO refrigerator available, so please include an ice pack. Please send your child with a water bottle, which may be refilled as needed throughout the day at the water fountain. Re-usable containers are encouraged to reduce waste at the water park. There will be occasions during special events when we will offer a special snack as it relates to a theme. Also we have a no tolerance policy for any knives or other dangerous objects. Please do not pack any butter knives for your child's lunches.

## NEW!! SUBWAY ON-LINE LUNCH ORDERS:

For your convenience SUBWAY lunch orders will now be accepted on line in addition to ordering at camp! Go to [www.SUBWAY.com](http://www.SUBWAY.com), click on the Order Online link at the very top of the page, follow the prompts to place your custom order and add your name and CAMP ABOYER where it asks you to do so. Credit/debit cards are accepted. You can order lunches for the day or the week! Online orders placed by 10:00 a.m. will be included in that days order.



## KINDERCAMP

Kindercamp is our specially designed camp for pre-school children. Under the guidance and care of our Kindercamp Director Deana Dignoti-Stella our mature, gentle staff, give our youngest campers a special and unique summer experience. Miss Deana has been our Kindercamp Director for over 15 years and brings with her more than 18 years' experience as a Head preschool teacher. Our program recognizes the social and motor skill level of pre-school children. It has been created to provide a warm, nurturing atmosphere where our youngest campers are encouraged to expand their horizons while feeling safe and cared for. With the wonderful world that has been created for them, it is no surprise that every day is magical for our youngest campers and that the Kindercamp experience establishes

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# 2012 Camp Aboyer (formerly Colchester Day Camp) Daily Schedule

Themes and activities are subject to change without notice. For information call Camp Aboyer Office (during camp hours): 860-537-6583. Parks & Recreation Office 860-537-7297. Campers are required to wear their 2012 Camp T-Shirt on Trip Days. CAMP RAIN LOCATION JJIS

## Week 1: June 25-June 29: Under the BIG Top - Circus Week

Monday	Tuesday	Wednesday	Thursday	Friday
<b>25</b> Meet & Greet Ice Breakers Camp Newspaper Pick Electives	<b>26</b> Make New Friends Circus Fun with Art Magic Tricks in Drama Special Weather Balloon Messages Reduce, Reuse, Recycle	<b>27</b> Juggling Tight rope tug Musical hula hoops Special circus snack (NO PEANUTS) Reduce, Reuse, Recycle	<b>28</b> Fantasy Face Paint by Ruth Circus Theme Bike Rodeo Reduce, Reuse, Recycle	<b>29</b> FIELD TRIP: Strawberry & Blueberry picking at Rose's Berry Farm, Glastonbury Wear your camp t-shirt!

## Week 2: July 2-July 6: Amazing America

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Camp Newspaper Pick Electives	<b>3</b> Annuals letters to American Troops in Iraq/Afghanistan Proud to be an American Party	<b>4</b> NO CAMP Happy 4th of July!	<b>5</b> American Spirit Wear RED, WHITE & BLUE American Chicken Soup for the Soul Hot dogs cookout for all	<b>6</b> FIELD TRIP: CT Science Center, Hartford or Essex Steam Train & Boat Ride Wear your camp t-shirt!

## Week 3: July 9-July 13: Camp Rewind - Bringin it Back

Monday	Tuesday	Wednesday	Thursday	Friday
<b>9</b> Camp Newspaper Pick Electives	<b>10</b> Mini Ticket 2 Ride Tie-Dye	<b>11</b> Annual JELL-O Extravaganza!! Tie-Dye Special reading of The Lorax	<b>12</b> CAMPARDY with KEITH ALAN Camp wide Birthday Party Tie-Dye	<b>13</b> FIELD TRIP: Old Saybrook Mini Golf, Ice Cream, Lunch at Harvey's Beach Wear your camp t-shirt!

## Week 4: July 16-July 20: Aboyer Camp Olympics

Monday	Tuesday	Wednesday	Thursday	Friday
<b>16</b> OPENING CEREMONIES... Camper Olympics Team Country, Team Colors, Team Chants Camp Newspaper	<b>17</b> Olympic team relay races Olympic competitions Olympic team banners Ultimate Frisbee Bubbles Relay	<b>18</b> FIELD TRIP: New Britain Rock Cats Baseball Game Wear your camp t-shirt!	<b>19</b> Scream For Your Team Pep Rally! Sportsmanship; Team Pride & Counselor Captains compete! Fantasy Face Paint by Ruth Family Fun Night 4-5pm w/Zumba Kids	<b>20</b> Last Chance: Super Thrills Super Chills Super Water Games for Olympic Team Points... CLOSING CEREMONIES

## Week 5: July 23-July 27: Time Travel Week

Monday	Tuesday	Wednesday	Thursday	Friday
<b>23</b> Camp Newspaper Pick Electives	<b>24</b> 6th Annual American Red Cross Blood Drive at JJIS Camp @JJIS Dance in the year "3000" & party like it's 1999	<b>25</b> Build your Rocket Ship for a Journey Through Time & Space Special Weather Balloon Messages	<b>26</b> CAMPARDY with KEITH ALAN Travel Back to the Wild West Search for Gold Lasso the Counselor	<b>27</b> FIELD TRIP: Camp at Bacon today! Auditorium Entrance=Drop off Children's Theater Academy-1pm show, parents & Public Welcome. Wear your camp t-shirt!

## Week 6: July 30-August 3: Solve the Mystery Week

Monday	Tuesday	Wednesday	Thursday	Friday
<b>30</b> Mystery Clue's Camp Newspaper Pick Electives	<b>31</b> MYSTERY CAMP CLUE #1 & #2 A mystery has occurred at camp. Follow the daily clues to solve the unknown...	<b>1</b> MYSTERY CAMP CLUE #3 Hip-Hop Dancers Austin Daily	<b>2</b> MYSTERY CAMP CLUE #4 Popsicle Treats, Musical Beats & Magical Feats	<b>3</b> FIELD TRIP: 4-H Auer Farm Bloomfield THE BIG CAMP MYSTERY REVEAL Wear your camp t-shirt!

## Week 7: August 6-August 10: Spirit Week

Monday	Tuesday	Wednesday	Thursday	Friday
<b>6</b> Favorite Color Shirt Day Camp Newspaper Pick Electives	<b>7</b> Wacky Hair Day CAMPARDY with KEITH ALAN	<b>8</b> Twins Day I Scream, you scream we all scream for Ice Cream!!!	<b>9</b> Opposite Day Dress opposite, backwards, or like someone else	<b>10</b> P.J. Day FIELD TRIP: Norwich 10 Pin Bowling Wear your camp t-shirt & socks!

## Week 8: August 13-August 17: Last Blast...Ticket 2 Ride

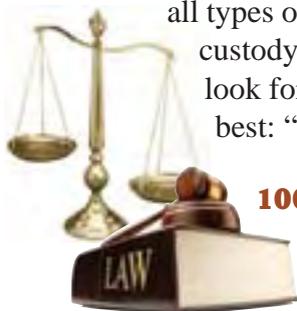
Monday	Tuesday	Wednesday	Thursday	Friday
<b>13</b> Talent/Fashion Show Sign Up! Balloon Toss with partners.	<b>14</b> Camp-wide Pie Eating Contest Cernadskrap Awards all groups vote Talent Show Group Practice Camp wide Singing Bee!!	<b>15</b> TICKETS 2 RIDE! 	<b>16</b> FIELD TRIP: Ice Skating at Cromwell Skate Rink (Camp Group Photos today) Wear your camp t-shirt!	<b>17</b> 1. LAST DAY OF CAMP AT JJIS! 2. NO EXT. CARE TODAY. 3. Cernadskrap Awards at 1pm 4. Talent/Fashion Show & Slide-show begin at JJIS at 2pm

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New economic conditions require clear thinking and planning for the future. We will be glad to discuss Wills and Estate Planning, Elder Law and Title 19 issues, Bankruptcy\* and foreclosure protection. This is in addition to our Personal Injury and Accident representation, Litigation Services (both civil and criminal), and assistance to business clients. We have an experienced real Estate department and also represent clients in

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Jennifer J. Lowney, D.M.D.

Susan J. Davis, D.M.D., M.S.

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Colchester  
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860-537-1918

## Adult Programs

### Basic Dog Obedience

In 7 weeks, create a deeper bond with your dog as we address behavior issues and help owners understand how their canines communicate. Six basic obedience commands will be covered as well as learning about different temperament types. Class is appropriate for dogs eight months and older. The first class is for OWNERS ONLY and will review class expectations. Enrollment will be finalized with a brief phone consultation with the trainer before the first class. Please bring a chair to the first class and wear comfortable clothing and footwear.

Activity #	Date	Day	Time
5100.222	6/4 - 7/16	M	6 - 7 pm
5100.223	7/24 - 9/4	Tu	6 - 7 pm

Location: Town Green

Ages: 18 & up

Instructor: Brown, Vanessa

Res. \$100/Non-Res. \$120

Min. 4/Max. 10



### INTERESTED IN TEACHING?

Please email us your proposal and resumé at  
[ParksandRec@colchesterct.gov](mailto:ParksandRec@colchesterct.gov)

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# Trips

## Boston - Duck Tour

This tour is unique and exciting! You'll see Boston by both land and water on the same tour without changing vehicles! Enjoy time on your own for shopping or browsing the many diverse shops and lunch on your own at QUINCY MARKET. The afternoon is an adventure by boarding a DUCK. A DUCK is an authentic, renovated World War II amphibious landing vehicle. You'll see the Boston Common, the Gold Domed State House, the Old North Church, Hancock Tower, and many more historical sites by Duck ending with a "SPLASHDOWN" into the Charles River. Bus leaves Colchester Town Hall at 8:30AM and arrives back at approximately 5PM."



Activity # 5208.221 Date 6/23 Day Sa Time 8:30 - 5 pm

Location: Colchester Town Hall  
Ages: All Ages Adult. \$75/Child. \$69

Activity # 5208.231 Date 8/18 Day Sa Time 9 - 5 pm

Location: Colchester Town Hall  
Ages: All Ages Res/Non-Res. \$35

## **NEW!** Wrentham Village Premium Outlets

Shop your heart out at the Wrentham Village Outlets featuring over 150 stores including the GAP, The Children's Place, OshKosh B'Gosh, Polo Ralph Lauren, Adidas, Nike, Puma, Levi's and many more. Everyone will receive VIP and Back to School coupons for extra saving. Bus leaves Colchester Town Hall at 9AM and arrives back at approximately 6PM.



Activity # 5208.231 Date 8/18 Day Sa Time 9 - 5 pm

Location: Colchester Town Hall  
Ages: All Ages Res/Non-Res. \$35

Activity # 5400.230 Date 8/18 Day Sa Time 7:45 - 6:30 pm

## **NEW!** World Trade Center & 9/11 Memorial

Join us on this trip to New York City to see the World Trade Center Site and the 9/11 Memorial. Honoring the lives of those who were lost is at the heart of this memorial. Occupying 8 of the 16 acres of the World Trade Center Site, the Memorial is a tribute to the past and a place of hope for the future. Following our visit to the Memorial, you will spend the rest of the afternoon on your own at South Street Seaport. Enjoy the harbor, museums, and wide variety of eateries. The bus departs from East Hampton Town Hall at 7:45AM and arrives back at about 6:30PM.



Activity # 5400.230 Date 8/18 Day Sa Time 7:45 - 6:30 pm

Location: East Hampton Town Hall  
Ages: All Ages Res/Non-Res. \$50

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Julie Shilosky, LMT

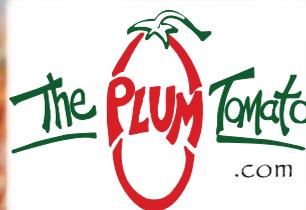
Sandy Dawiczuk, LMT

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or scan the  
QR Code  
with your  
mobile device



1 New London Rd  
Salem, CT 06420  
(860) 892-5295



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

**Chantclair 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.

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

**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

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.

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.

**PLEASE RESPECT YOUR PROPERTY**

This is your park. It's just like your very own back yard. Please take



**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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## 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)**

### 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](http://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 WJMS Gym 6:00pm - 9:00pm Th**

#### 1. 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](http://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. Sorry, program discounts and credits are not redeemable when registering on line.

#### 2. Walk-In

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

#### 3. Mail-In

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

#### 4. 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.

#### 5. Fax or E-mail to Fax (888) 468-6093

[ekessler@colchesterct.gov](mailto:ekessler@colchesterct.gov)

#### Location Abbreviations:

<b>BA:</b>	Bacon Academy
<b>TH:</b>	Town Hall
<b>WJMS:</b>	William J. Johnson Middle School
<b>CES:</b>	Colchester Elementary School
<b>JJIS:</b>	Jack Jackter Intermediate School



Satisfaction  
Guaranteed

### 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."**

#### 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 Recreation Manager.

### 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.

### 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.**



## REGISTRATION FORM

**You must pre-register for ALL programs**

*NO REGISTRATION WILL BE COMPLETED WITHOUT PAYMENT*

Participant's Name: \_\_\_\_\_ Birth Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Current Grade: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Parent's/Guardian's Name: \_\_\_\_\_

Day Phone: \_\_\_\_\_ Evening Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Secondary Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

Email Address (to receive receipt of registration): \_\_\_\_\_

### 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. Nuts, Dairy, Bee Stings, Latex, EPI PEN use, etc.

Does participant need an accommodation due to a disability to enjoy this activity?  YES  NO

i.e. 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 participating 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 participant 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 \_\_\_\_\_

### ACCEPTED FORMS OF PAYMENT (DO NOT MAIL CASH)

Check# \_\_\_\_\_ **Make checks payable to Town of Colchester**

Please circle:   Credit Card #: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Expiration Date: \_\_\_\_\_

Name as it appears on card: \_\_\_\_\_ Signature: \_\_\_\_\_

Participant Name	Sex	Date of Birth	Grade	Activity #	Cost	Activity Name
					\$	
					\$	
					\$	
					\$	

Please send this form to:  
 Colchester Parks & Recreation  
 127 Norwich Ave., Colchester, CT 06415  
 or fax to 1-888-468-6093  
 Phone: 860-537-7297

\$	Non-Resident Fee \$20.00 per class
\$	Scholarship Fund Donation
\$	<b>TOTAL DUE</b>

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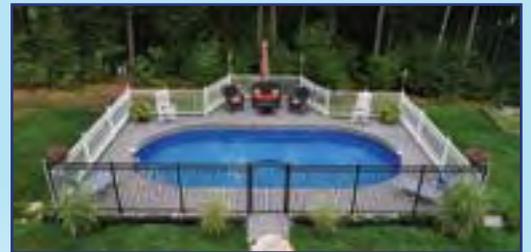
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(860) 537-7297 ph

(888) 468-6093 fax

[www.colchesterct.gov/parks](http://www.colchesterct.gov/parks)**ONE CAMPER PER FORM - PLEASE PRINT**

1 of 2

Camper's Name \_\_\_\_\_ Grade in Fall 2012: \_\_\_\_\_ D.O.B. \_\_\_\_\_

Name &amp; grade of siblings attending camp \_\_\_\_\_

**Parent/Guardian Information:**

Name: \_\_\_\_\_ Relationship to Camper: \_\_\_\_\_

Name: \_\_\_\_\_ Relationship to Camper: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: Day: \_\_\_\_\_ Evening: \_\_\_\_\_ Cell: \_\_\_\_\_

Email: \_\_\_\_\_

**Emergency Contact:** (Other than listed above)

Name: \_\_\_\_\_ Relationship to Camper: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: Day: \_\_\_\_\_ Evening: \_\_\_\_\_ Cell: \_\_\_\_\_

**Pick Up Authorization (Other than listed above)**

I hereby authorize:

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Relationship: \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Relationship: \_\_\_\_\_

to pick up my child from the Colchester Parks & Recreation Day Camp. Please list persons other than those listed above. Anyone other than those listed on this form are required to present advance, written pick up authorization. A current driver's license will also be required. If there are any changes in these arrangements I will give written notice.

**Extended Care**

Extended Care is available for full day campers only. Morning Extended Care is available from 7:00 a.m.-9:00 a.m. for a flat fee of \$25.00 per week. Afternoon Extended Care is available from 4:15 p.m.-6:00 p.m. for a flat fee of \$25.00 per week. If an emergency arises there is a \$20 daily fee to use extended care. If the camper is not registered for the appropriate extended care a one day fee of \$20 will be billed to the parent/guardian. If a camper is not signed out by 6:00 p.m. either Troop K or the Colchester Police will be notified.

I have read, understand and agree to ALL the above terms and conditions.

x \_\_\_\_\_

Signature Parent/Guardian

Date

Camper's Name: \_\_\_\_\_

Grade in Fall 2012: \_\_\_\_\_

**DAY CAMP Grades 1 – 6 Monday – Friday**

2 of 2

**Weekly Sessions:** (Trip Fee Included)

	<b>Full Day 9 a.m. to 4 p.m.</b>	<b>AM Ext. Care 7 a.m. to 9 a.m.</b>	<b>PM Ext. Care 4 p.m. to 6 p.m.</b>	<b>Total</b>
Week 1: June 25 – June 29	\$140 <input type="checkbox"/>	\$25 <input type="checkbox"/>	\$25 <input type="checkbox"/>	\$
Week 2: July 2 – July 6 (No camp 7/4)	\$112 <input type="checkbox"/>	\$20 <input type="checkbox"/>	\$20 <input type="checkbox"/>	\$
Week 3: July 9 – July 13	\$140 <input type="checkbox"/>	\$25 <input type="checkbox"/>	\$25 <input type="checkbox"/>	\$
Week 4: July 16 – July 20	\$140 <input type="checkbox"/>	\$25 <input type="checkbox"/>	\$25 <input type="checkbox"/>	\$
Week 5: July 23 - July 27	\$140 <input type="checkbox"/>	\$25 <input type="checkbox"/>	\$25 <input type="checkbox"/>	\$
Week 6: July 30 – Aug. 3	\$140 <input type="checkbox"/>	\$25 <input type="checkbox"/>	\$25 <input type="checkbox"/>	\$
Week 7: Aug. 6 – Aug. 10	\$140 <input type="checkbox"/>	\$25 <input type="checkbox"/>	\$25 <input type="checkbox"/>	\$
Week 8: Aug. 13 – Aug. 17	\$140 <input type="checkbox"/>	\$25 <input type="checkbox"/>	\$25 <input type="checkbox"/>	\$
			\$25 <input type="checkbox"/> <small>(NO PM EXT. CARE 8/17)</small>	\$
			<b>One Time Registration Fee</b> <b>\$10</b> <input type="checkbox"/>	\$

**KINDERCAMP 3 ½ - K (3 years old BEFORE 12/31/11)**

**Weekly Sessions:** 9 a.m. to 11:30 a.m.

	<b>Plan A: M-F</b>	<b>Plan B: M-W-F</b>	<b>Plan C: T/Th</b>	<b>Total</b>
Week 1: June 25 – June 29	\$67 <input type="checkbox"/>	\$50 <input type="checkbox"/>	\$40 <input type="checkbox"/>	\$
Week 2: July 2 – July 6 (no camp 7/4)	\$53 <input type="checkbox"/>	\$40 <input type="checkbox"/>	\$40 <input type="checkbox"/>	\$
Week 3: July 9 – July 13	\$67 <input type="checkbox"/>	\$50 <input type="checkbox"/>	\$40 <input type="checkbox"/>	\$
Week 4: July 16 – July 20	\$67 <input type="checkbox"/>	\$50 <input type="checkbox"/>	\$40 <input type="checkbox"/>	\$
Week 5: July 23 – July 27	\$67 <input type="checkbox"/>	\$50 <input type="checkbox"/>	\$40 <input type="checkbox"/>	\$
Week 6: July 30 – Aug. 3	\$67 <input type="checkbox"/>	\$50 <input type="checkbox"/>	\$40 <input type="checkbox"/>	\$
Week 7: Aug. 6 – Aug. 10	\$67 <input type="checkbox"/>	\$50 <input type="checkbox"/>	\$40 <input type="checkbox"/>	\$
Week 8: Aug. 13 – Aug. 17	\$67 <input type="checkbox"/>	\$50 <input type="checkbox"/>	\$40 <input type="checkbox"/>	\$
			<b>One Time Registration Fee</b> <b>\$5</b> <input type="checkbox"/>	\$

Accepted Forms of Payment (Do not mail cash) **Check #** \_\_\_\_\_

Exp. \_\_\_\_\_ **Name on Card:** \_\_\_\_\_

**Visa/MC #** \_\_\_\_\_

**Signature:** \_\_\_\_\_

\$20 Non- Res (per session)

Scholarship Fund Donation

**Total Due**

**DISCOUNT RULES:**

5% Sibling Discount (Only applies to initial registration)  
Kindercamp and Day Camp discounts CAN be combined.  
Discounts are calculated on initial registration only.  
Sibling discount applies to all campers.

**50% DEPOSIT MINIMUM**

PAYMENT PLANS ARE AVAILABLE FOR DAY CAMP & KINDERCAMP.  
CAMP BALANCES ARE TO BE PAID IN FULL 2 WEEKS PRIOR TO FIRST DAY  
CAMPERS WITH OUTSTANDING BALANCES WILL NOT BE ALLOWED TO ATTEND CAMP  
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## Free Adult Based Education Programs

sponsored by the Colchester Board of Education in cooperation with Vernon Regional Adult Based 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 or view schedules online at [www.vrabe.org](http://www.vrabe.org).

### 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. This course is only for students who do not have a high school diploma or GED.

### 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 more information, visit the VRABE website at [www.vrabe.org](http://www.vrabe.org).

### On-line Paralegal Certificate Course – NEW

**The Center for Legal Studies** has partnered with **Vernon Regional Adult Based Education** to provide on-line courses for individuals interested in becoming paralegals or legal assistants. The Center for Legal Studies is one of America's most respected legal education training centers, focusing solely on the educational needs of legal support professionals. Visit the Vernon Regional Adult Based Education website ([www.vrabe.org](http://www.vrabe.org)) or <http://www.legalstudies.com/> for additional information, on-line class dates, and registration information.

### 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, time and cost. Levels include novice, intermediate and advanced.

### Our Workplace Education Program Brings the Classroom to Your Company

Vernon Regional Adult Based Education

#### PROGRAMS:

- Credit Diploma Program (CDP)
- National External Diploma Program (NEDP)
- General Education Development (GED)
- Adult Basic Education (ABE)
- English as a Second Language (ESL)
- Computer Training
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Coventry	Mansfield	
East Windsor	South Windsor	

FOR MORE INFORMATION CALL Richard Welk at 860 870-6060 EXT. 24 or visit [http://www.vrabe.org/Content/Job\\_Training.asp](http://www.vrabe.org/Content/Job_Training.asp)

GED, High School Credit Diploma, and English as a Second Language registration will take place in September 2012. Look for the registration dates as well as the listing of fall semester Adult Computer classes in the August 2012 issue of the Colchester Connection.

#### Need Help with English?

#### Literacy Volunteers of Eastern Connecticut

**Students:** Use learning software at Otis Library in Norwich and OIC building in New London. Join small groups for discussion and conversation practice to improve your English skills. Fee: **Free**

**Volunteers:** Receive professional training and become a Tutor, classroom aide, computer lab consultant, or an office helper. Experience for yourself the satisfaction that comes with helping people become better communicators in English.

**For additional information call Literacy Volunteers of Eastern CT at (860) 443-4800**

#### 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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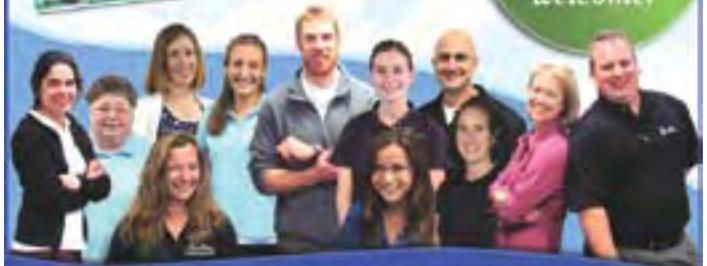


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## Welcome to your public library!

### Library hours

**10 am to 9 pm - Monday through Thursday,**

**10 am to 4 pm - Friday and Saturday.**

**21 Public Computers • Free Wi-Fi Access**

**Photocopier • All Programs are FREE**

The Library's collection of 67,000 items includes books, audio books, music CDs, DVDs, magazines, and newspapers for all ages to browse and borrow for free. The Library now offers access to an extensive downloadable collection of audio books and e-books provided through a shared online catalog at <http://libraryconnection.lib.overdrive.com>.

Library programs for all ages are always free of charge. Many are listed here, but more are added all the time. All programs are listed in our monthly newsletter, available at the Library or online at [www.colchesterct.gov/library](http://www.colchesterct.gov/library). Or Find us on Facebook®



## How do I get a Library Card?

All Colchester residents are entitled to a Cragin Memorial Library card. Adults must present proof of identification and town residency to apply. Parents must give permission for their minor children to have library cards and present their own library card or ID and proof of residency. It takes about five minutes to receive a library card.

## Your Cragin Memorial Library Card is a ConnectiCard

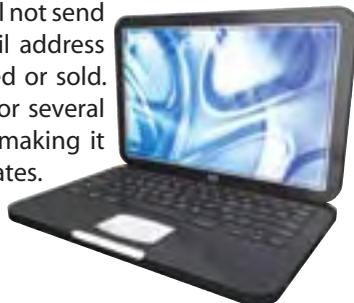


Since 1976 Connecticut residents have been able to use their hometown library cards in every public library across the state to borrow library materials. The State reimburses towns for serving non-residents.

## 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, making it easier 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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You can use the Internet to place and cancel holds, including Inter-Library Loans, review your account, and renew materials—all on your schedule!

### 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](http://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 places, 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

**New!** **Library E-books for Amazon Kindle lending!** Kindle e-readers are now compatible with the Library's e-book collection. Check out the library's e-book lending site below. Detailed directions for the Kindle are available on the Library's website: [www.colchesterct.gov/library](http://www.colchesterct.gov/library)



## Overdrive Downloadable Library Collection

<http://libraryconnection.lib.overdrive.com>  
Overdrive is CONNECT's shared and growing collection of 3,000+ downloadable audio book, e-book, and 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 compatible with PCs, iPhones and other smart phones, iPads, the Nook, Kindle, and Sony e-reader. For a complete list of compatible devices, just check the Overdrive website.

# Cragin Library

## Wondering about your energy consumption? Borrow a Kill-A-Watt.

Plug a Kill-A-Watt device into a wall socket, then plug a household appliance into the Kill-A-Watt and you will soon have a read-out on the appliance's energy consumption. Reserve one at the main desk.

## Connecticut State Library Downloadable Collection



Audio books can also be downloaded from the Connecticut State Library's collection at: <http://iconnect.oneclickdigital.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.

## 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 from the Library's webpage at [www.colchesterct.gov/library](http://www.colchesterct.gov/library). Get help writing a résumé or cover letter, one-on-one career coaching and live interview chat sessions from a library or home computer.



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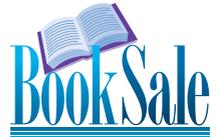
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Weekend Breakfast: Sat 6-11, Sun 7-11

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## Be a Friend of Cragin

The Friends of Cragin Memorial Library promote awareness of Library needs and support Library services through fundraising. Meetings are on the second Thursday of the month at 7:00 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.

## Tag Sale on the Green Book & Bake Sale at the Library



**Preview Sale: Friday, June 8, 4-7 pm,**

**Sale: Sat., June 9, 10 am – 4 pm & Sun., June 10, 10 am – 3 pm**

Our largest book sale of the year, just across from all the fun at the annual Tag Sale on the Green event! Stop in for some shade and browse and buy at the best bargain in town. Pay \$5 to shop the Friday night Preview Sale. Books are priced at 50 cents to a dollar and proceeds benefit the Library! After the weekend, fill up a bag and pay just \$5.00. (Volunteers to help sort books are always needed.) We're indoors, so come even if it rains!

## Book Donations

The Friends of the Library accept books in good condition in the blue bin just inside the Library doors. 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

**Next Date: Wednesday, June 27, 9:00 am**

The Library's advisory board meets quarterly in the Library on the fourth Wednesday of March, June, September and December at 9:00 pm. The Trustees encourage all members of the community interested in the library to attend.

## Book Repair

**Mondays, 1:00 – 2:00 pm**

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

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## 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
- Connecticut Science Center—20% off discount coupon
- Connecticut State Parks Pass
- The Florence Griswold Museum
- Lutz Children's Museum
- Mashantucket Pequot Museum
- Mystic Aquarium
- 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 Adult and Children's Departments. 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

During the summer, the Children's Department offers a full schedule of programs for children and families. Regular story times will resume after Labor Day.

## Art Exhibits

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.

**June art exhibit:** Shooters Gallery Photography Club

## Adult Programs

### Introduction to the Internet Classes

**Mondays, June 4 & 18, July 16, Aug. 6 & 20, 11:00 am to noon.**  
**Thursdays, June 7 & 21, July 19, Aug. 9 & 23, 7:00 – 8:00 pm.**

These are 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.

## Adult Summer Reading Raffles

During the summer, adult readers will receive one free raffle ticket for each book that they read, to enter into a weekly drawing for gift certificates from local businesses. Funded by the Friends of Cragin Library.

## Connecticut Author Trail (CAT)

Once again the Cragin Memorial Library is joining the Connecticut Author Trail, an annual opportunity for eastern Connecticut residents to visit area libraries showcasing Connecticut authors. The program kicks off at the Janet Carlson Calvert Library in Franklin on Tuesday, July 10 at 6:30 pm, featuring David Handler. Author appearances will be scheduled throughout the summer until the finale at Mohegan Sun on Thursday, September 13 at 6:30, featuring Regina Barreca. The patron from each library that attends the most events will be invited to a Meet & Greet at the Mohegan Sun Finale. A brochure listing all events will be available at the Library during the weeks preceding the program kickoff.

### Tuesday, July 31, 7 – 8 pm

Author Eileen Albrizio will share her stories as a writer. Free; no registration is required.



### Tuesday, August 8, 7 – 8 pm

Author Ellen Painter Dollar discusses her book *No Easy Choice: A Story of Disability, Parenthood, and Faith in an Age of Advanced Reproduction*. Her moving and thought-provoking story engages all readers. Free; no registration is required.



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# Cragin Library

## Colchester Reads:

### A Summer Reading Program for Everyone

June 21 – August 24

There's a summer reading program for everyone. Join your neighbors and can track your reading at your own pace and possibly win an amazing prize. All t-shirts, prizes, and programs are sponsored by the Friends of Cragin.

## Colchester Reads:

### Adult Summer Reading Raffles

- During the summer, adult readers will receive one free raffle ticket for each book that they read, to enter into a weekly drawing for gift certificates from Colchester businesses.
- All Adult summer reading raffle tickets will be entered into a grand prize drawing for a **Nook e-reader!**



### Teen Summer Reading Program

#### for students entering 6th through 12th grades.

- The first 100 readers who read a total of three hundred minutes will earn an exclusive Summer Reading T-Shirt.
- Read more to earn Cragin Cash to select prizes.
- Earn a weekly raffle ticket for every book you check out! Winners a gift certificate to a local business.



- All Cragin Cash will be entered into a grand prize drawing for an **iPod Nano!**
- Pick up reading logs at the main desk or download them from the Library's website beginning June 21.
- Recommended reading titles for WJMS students will be available at the library.

### Ahoy! Dr. Cragin Digs for Treasure! Children's Summer Reading Program for all children birth through Grade 5

- What will our Summer Reading t-shirt look like this year? Find out this summer! The first 400 children who read 200 minutes can earn an exclusive Summer Reading t-shirt. Track 20-minute blocks of reading time all summer long. You can quickly earn a t-shirt and then Cragin Loot.
- Save or spend your Cragin Loot on prizes at Dr. Cragin's Treasure Chest.
- All Cragin Loot bills will be entered into a grand prize raffle entry for a Family Membership to the Mystic Aquarium!
- Turn in your CES & JJIS school reading logs at Cragin.
- And Don't Forget the Weekly Beanie Baby Raffle! Every week there will be a new friend to win. Just check out children's books or audio books to earn your chance.



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## Summer Programs for Children

All programs, t-shirts and prizes are generously sponsored by the Friends of Cragin.

### Special family programs all summer long!

#### Thursday Night is Family Night @ Cragin!

**Thursdays, 7:00 pm**

Mark your calendars! Bring the family to the library on Thursday evenings for some great family activity. Entertaining and educational performers and family feature films on the big screen.



#### Kickoff Event Dance Party with DJ Dave!

**Thursday, June 21, 7:00-8:00 pm.**

It's summer time! Time to dance and rock and roll. DJ Dave gets everyone moving and grooving and ready to read.

### Other Family Night Programs Include:



**Living Dragons with Riverside Reptiles**



**David Alan & Bogus the Clown**



**The Secret Lives of Owls with Horizon Wings**

... and MORE!

### Weekday Fun

### All Summer Long!

Weekday programs run Monday, June 25 through Friday, August 24. Please note: All programs are drop-in unless otherwise noted.

#### Mondays: Crafternoons @ Cragin

**1:00 - 5:00 pm**

Showcase your crafty talent! Supplies are on us and we always have coloring sheets for the youngest crafters. Suitable for all ages.

#### Tuesdays: Cool Down @ Cragin Movies

**10:30 am**

Come in and cool down while enjoying a G-rated children's movie with free popcorn. Best for ages 2+.

#### Wednesdays: Picnic Story time

**11:30 am - 12:30 pm**

Bring a blanket and eat your lunch indoors while listening to a fun drop-in story time. Best for ages 2-5.

#### Wednesdays: Paws and Read

**12:30-1:30 pm**

Maggie loves to be read to! Bring a favorite book or borrow one of ours and read to Mrs. Schlosser's favorite furry friend. Please call to register for a 15-minute slot. Best for ages 4-8.

#### Wednesdays: Wii Love Summer

**2:00 - 4:00 pm**

Play with your family or friends on our 8 foot screen! Please register for a half hour slot. Open to all ages. Ages 8 and under must be accompanied by an adult.

#### Thursdays: Family Night

**Thursday night is Family Night at 7:00 pm.** (See programs to the left).

#### Fridays: Water Wonders

**New extended hours: Fridays 10:00 am to 2:00 pm**

Exclusively for toddlers and preschoolers through age 3 only. Drop in to the Story Time Room for water play at the water table.

### Other Children's Programs

#### Family Cookout Feast

**Thursday, June 14**

**6:30 - 8:00**

**A C3 Speakers Event**



**Collaborative for Colchester's Children**  
HEALTHY, HAPPY & SUCCESSFUL CHILDREN

Summer means cookout time. Try out some family-friendly, fresh and healthy recipes for cookouts at this hands-on cooking demo led by Caelum Massicotte, Healthy Eating Specialist from Whole Foods, Glastonbury. Enjoy samples of all dishes and get out of the hot-dog and potato chip rut. A C3 Speaker's Event co-sponsored by C3- the Collaborative for Colchester's Children, Colchester Parks & Recreation, and Colchester Youth & Social Services and Cragin Memorial Library. Free, call the Children's Department to register, 860-537-5752.

#### Down Syndrome Playgroup

**The 3rd Saturday of every month, 10:30 am - 12:00 pm.**

Drop in for an opportunity to play and socialize with other families.

# Board of Education

## Colchester Public Schools

Colchester Public Schools has a proud tradition dating back from the first Bacon Academy, established in 1803. In Colchester, "where tradition meets tomorrow," families and community join together in the education of our youth, proudly partnering to offer the best education possible. Colchester Elementary School, the newest of our schools, hosts Prekindergarten through second grade. Jack Jackter Intermediate School includes grades three to five; William J Johnston Middle School has grades six through eight. Bacon Academy, Colchester's public high school, houses grades nine through twelve. The alternative education, part of Bacon Academy, is located at the former 1803 building near the town green.



Colchester is valued for its strong sense of community and support for public education. The Colchester Board of Education recognizes the importance of establishing effective school-community partnerships to assist in meeting our mission to "ensure the success of each and every student." Colchester is one of only a small number of communities in which the finance and facility departments serve both the school system and town government; an indicator of our commitment to sharing and maximizing the community's resources.

The Colchester Board of Education commits to the establishment of regular, meaningful communication between all schools and all families, respecting the diversity and differing needs of families. Therefore, the Digital Backpack is made available to parents/guardians each week via the district website. The Digital Backpack contains important school and district news and information, as well as community news including school events to which the public is invited. Each school has a Digital Backpack page where parents/guardians can view information specific to their child's school/grade. Each week an email reminder, with a link to each school's Digital Backpack, is sent to all parents/guardians. If a parent/guardian does not have access to the internet and would prefer to receive their Digital Backpack in paper copy, they are to notify their child's school in writing.

Please visit our website for more information, [www.colchesterct.org](http://www.colchesterct.org).



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## Collaborative for Colchester's Children

HEALTHY, HAPPY & SUCCESSFUL CHILDREN

**What are our most important hopes for our youngest children, families, and community? How do we ensure that our children and families are healthy, happy and successful? What would that look like? In what type of community do we want to live?**

By discussing these questions among members of the Collaborative for Colchester's Children [C3], along with input from more than 1,000 Colchester stakeholders, a plan was developed for parents, educators, businesses, community members, agencies, and organizations to work together in partnership to provide services and support to children from birth to age eight and their families. Our efforts support Colchester children and families in the areas of *Health and Wellness; Family Supports; and Early Care and Education.*

### C3's Health and Wellness Focus

*Approximately 150 children are born each year to Colchester households. The health of these children – from the time they are conceived through the first years of their life – has an enormous*

*impact on their ability to succeed. Keeping Colchester's children healthy and well is a huge part of reaching our goal.*

Here's what we are doing:

- Improving local systems and policies to promote children's healthy development
- Increasing opportunities for physical activity for children and their families

### C3's Family Supports Focus

*Our youngest children rely on their families for everything – food, clothing, shelter, safety, education, support, and love. When our families have a hard time themselves, who do they lean on so they can maintain the stability and support for their children?*

*The family supports that we have in our community – information, parent education, financial assistance, transportation*

*– have an enormous impact to help families so that families can, in turn, raise their children. Boosting these family supports is a major focus of our efforts.*

Here's what we are doing:

- Creating a central source of information for Colchester's families with young children
- Improving out of school time programs and access to these programs



### C3's Early Care and Education Focus

*How we educate children in early care and education settings – whether at home, with licensed providers, or elsewhere – makes a tremendous difference in how successful these children are in life.*

Here's what we are doing:

- Promoting and increasing opportunities for quality, enriching early learning experiences
- Expanding reading, writing and math opportunities

**Complete blueprint at [www.colchesterC3.org](http://www.colchesterC3.org) & [www.colchesterct.org](http://www.colchesterct.org).**

C3 is grant funded by the William Caspar Graustein Memorial Fund, The Children's Trust Fund of Connecticut, and the State Departments of Education and Social Services. C3 works in partnership with many community organizations and we are mostly volunteer driven. As our low cost action plan unfolds there are many aspects where we need more participation and support. Whether you would like to become an active member of C3, help with one of the three strategic areas, volunteer at one of the many activities, or help the community achieve the goal of improving lives, there is a place for you as our children need your help!!!

**Become involved. There's a place and opportunity for everyone.** For more information, please contact Shelly Flynn, Early Childhood Coordinator at 860.537.0717 or [sflyn330@colchesterct.org](mailto:sflyn330@colchesterct.org).

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# Health Department

## From the Chatham Health District

### Stay active on the Colchester Spur of the Air Line Trail this summer!

With the onset of nice summer weather, you may be looking for a way to stay active and enjoy some fresh air, either by yourself or with your family. Colchester's Air Line Trail Spur offers a great opportunity to get your exercise and enjoy the outside. With access located on Lebanon Avenue, the Colchester Spur is identifiable by a big green sign and a stone dust driveway. A parking lot allows you to park and access the Spur with your bicycle, horse, or by walking in.

The Spur, approximately 3.4 miles long until it intersects with the southern section of the Air Line Trail, is fairly straight and flat, with a packed gravel or dirt surface suitable for biking families, runners training for a 5 mile race, or anyone in between. The Town of Colchester Public Works Department conducts maintenance on the Spur by cutting back vegetation that could quickly overgrow the trail. Previous low-lying areas on the Spur that collected rainwater have been corrected through Public Works improvements such as re-established drainage along the trail bed as well as raising the trail bed in certain areas to maintain good trail conditions.

With funding from the State of Connecticut Rails to Trails Grant and recent grant funding awarded to the Town from the CT Small Town Economic Assistance Program (STEAP), look for exciting improvements near the Trailhead this summer. Colchester Spur entranceway improvements on Lebanon Avenue as part of the STEAP-funded Streetscape Project will include a retaining wall and patio area, improved turning radius for vehicles entering the parking area, and guardrails to direct visitors to parking areas. There will also be improved landscaping and reloca-

tion of the sign for the Trailhead. The work will continue for the next few months in conjunction with the Lebanon Avenue Streetscape construction. This ongoing regular maintenance and infrastructure improvement work of several agencies and town departments allows for the upkeep of the Air Line Trail Spur, which provides Trail users with an opportunity to stay physically active on a scenic, well-maintained local treasure. Studies have shown that people with access to recreation facilities (such as the Colchester Spur) use the facilities to stay active and improve their quality of life. If you have not visited the Colchester Spur yet, this summer is a perfect time to go. With the new improvements and enhanced parking, the Spur will provide a great place to spend some time outdoors.

The Colchester Spur connects to the larger southern Air Line Trail. This 23 mile southern section of the Air Line Trail links the Towns of East Hampton, Colchester, Hebron and Colchester. That provides the opportunity for a full day of fresh air and exercise!



Air Line Trail Colchester Spur located on Lebanon Avenue

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# Water & Sewer Commission

## Colchester Sewer and Water Commission 2011 Annual Water-Quality Report

Dear Customer: We are pleased to present a summary of the quality of the water provided to you during the past year. The Safe Drinking Water Act (SDWA) requires that utilities issue an annual "Consumer Confidence" report to customers in addition to other notices that may be required by law.

**The bottom line: Is the water safe to drink? We are proud to report that the water provided by the Colchester Sewer and Water Commission meets or exceeds all current federal and state drinking water standards.**

As a public water system, we perform monitoring for certain "contaminants." Some contaminants are monitored continuously while others are tested for on weekly, monthly, quarterly, annually, or multi-year basis depending on criteria established by the Connecticut State Department of Public Health (DPH). When a contaminant exists above a detectable level, it is reported in the table below. In testing for over 100 contaminants, only 15 were detected, and all were found at levels well below the State limits.

This report is a snapshot of last year's water quality. Included are details of where our water comes from, what it contains, and the risks our water testing and treatment are designed to prevent. The Colchester Sewer and Water Com-

### Key to Table

AL = Action Level  
MFL = million fibers per liter  
Pci/L = Pico curies per liter (a measure of radioactivity)  
ppb = parts per billion, or micrograms per liter  
ppq = parts per quadrillion, or picograms per liter  
n/a = not applicable; a MCL or MCLG has not been set

MCL = Maximum Contaminant Level  
MCLG = Maximum Contaminant Level Goal  
NTU = Nephelometric Turbidity Level Units  
Mrem/year = millirems per year (a measure of radiation absorbed by the body)  
ppm = parts per million, or mg/L  
ppt = parts per trillion, or nanograms per liter  
TT = Treatment Technique

Contaminant	Date Tested	Unit	MCL	MCLG	Detected Level	Detected Range	Major Sources	Violation
<b>Inorganic Contaminant</b>								
Lead*( 90th percentile)	7/26/2011	mg/L	AL=.015	AL=.015	.0095	0.001-0.0095	Corrosion of household plumbing systems; erosion of natural deposits	no
Copper( 90th percentile)	7/26/2011	ppm	AL=1.3	AL=1.3	0.031	0.0016-0.082	Corrosion of household plumbing systems; erosion of natural deposits	no
Sulfate	12/17/2010	mg/L	250	n/a	10	10	erosion of natural deposits	no
Barium	12/17/2010	mg/L	2	2	0.014	0.014	erosion of natural deposit	no
Chromium	12/17/2010	mg/L	0.1	0.1	0.0014	0.0014	erosion of natural deposits	no
sodium	12/17/2010	ppm	n/a	n/a	24	24	residual in aquifer from state DOT road salt use, erosion of natural deposits	no
chloride	12/17/2010	mg/L	250	n/a	49	49	residual in aquifer from state DOT road salt use, erosion of natural deposits	no
nickel	12/17/2010	mg/L	n/a	n/a	0.0013	0.0013	erosion of natural deposits	no
<b>Microbiological Contaminants</b>								
Turbidity	3/11/2011	NTU	5	n/a	0.67	0.0-0.67	fine sediment in aquifer pumping zone	no
Coliform Bacteria	5/31/11	col/100ml	0	0	1	1	warm blooded animals fecal matter and other micro organisms	no
(3) Repeat Coliform Bacteria Samples	6/01/11	col/100ml	0	0	0	0	warm blooded animals fecal matter and other micro organisms	no
Coliform Bacteria	9/15/11	col/100ml	0	0	1	1	warm blooded animals fecal matter and other micro organisms	no
(3) Repeat Coliform Bacteria Samples	9/20/11	col/100ml	0	0	0	0	warm blooded animals fecal matter and other micro organisms	no
<b>Nitrates/Nitrites</b>								
nitrites	8/10/2011	mg/L	1	0	ND	ND	runoff from fertilizer use	no
nitrates	8/10/2011	mg/L	10	0	ND	ND	runoff from fertilizer use	no
<b>Radioactive Contaminants</b>								
Gross Alpha	1/31/2008	pCi/L	15	0	3.6	0.3-3.6	erosion of natural deposits	no
Combined Radium 226/228	1/31/2008	pCi/L	5	0	1.11	0.09-1.11	erosion of natural deposits	no
<b>Disinfectant By-Products</b>								
TTHMs (total trihalomethanes)	7/12/2011	ppb	80	0	29.46	0.57-29.46	by-product of drinking water disinfection	no
THAs (Total Haloacetics)	7/12/2011	ppb	60	0	6.90	0.68-6.90	by-product of drinking water disinfection	no

# Water & Sewer Commission



mission is committed to providing you with a safe and reliable water supply. Informed consumers are our best allies in maintaining safe drinking water. We encourage public interest and participation in our community's decisions affecting drinking water. Regular Commission meetings occur on the second Wednesday of each month, at Colchester Town Hall at 7:00 pm. The public is welcome. Find out more about Colchester Sewer and Water Commission on the Internet at [www.colchesterct.gov](http://www.colchesterct.gov).

## Overview

Since 2011, the Colchester Water Department has been working on a water quality study at the Highland Farms storage tank to ensure the highest quality of water from the storage tanks. A filter pilot program has been running at Well #4 to determine filtration requirements needed to remove manganese found in the raw water supply. Staff continues to implement the system-wide radio meter upgrade with less than ten meters left to install.

## Water Source

Water supplied to the Town's municipal water users comes from a series of groundwater wells.

## What does the following table mean?

The table below lists all of the drinking water contaminants that were detected, even in the most minute traces, during 2011. If, due to testing frequency regulations, certain contaminants were not tested for in 2011, but were present in the most recent prior test year, that date is shown. The table contains the name of each substance, the highest level allowed by regulation (MCL), the ideal goals for public health (MCLG), the amount detected, the usual sources of such contamination, footnotes explaining our findings, and a key to units of measurement. Definitions of MCL and MCLG are important and are further defined below. The Detected Level is the highest level detected in the sampling sequence. The Detected Range represents the lowest and highest levels detected during multiple sampling sequences. A narrow range represents a relatively consistent condition whereas a wide range may represent a single condition or a spike in the readings. The United States Environmental Protection Agency (EPA) or the State requires us to monitor for certain contaminants less than once per year because the concentration of these contaminants do not change frequently.

**Maximum Contaminant Level or MCL:** The highest level of a contaminant that is allowed in drinking water. MCLs are set as close to the MCLGs as feasible using the best available treatment technology.

**Maximum Contaminant Level Goal or MCLG:** The level of a contaminant in drinking water below which there is no known or expected risk to health. MCLGs allow for a margin of safety.

On May 31, 2011, and September 20, 2011, there were two separate positive bacteria sample events. Per DPH regulations, additional samples were taken. The results showed no bacteria present.

## Water Quality Table Footnotes

Turbidity of less than 5.0 NTU typically not visible to the naked eye.

## Unregulated Contaminants

Several years of quarterly and semi-annual testing within our distribution system showed radon readings in our water are low and should not be cause for concern. Radon levels ranged from 245 to 1227 Pico curies per liter (pCi/L). The EPA has proposed an AMCL (Alternative Maximum Contaminant Level) of 4000 pCi/L. Radon is an odorless, tasteless, radioactive gas that can move up through the ground and into a home through cracks and holes in the foundation. Radon can also get into indoor air when released from tap water from showering, washing dishes, and other activities. Radon is a known human carcinogen. Breathing air containing radon can lead to lung cancer. Drinking water containing radon may also cause increased risk of stomach cancer. If you are concerned about radon in your home, test the air in your home. Testing is inexpensive and easy. Fix your home if the level of radon in your air is 4 pCi/L or higher. There are simple ways to fix a radon problem that aren't too costly. For additional information, call the Colchester Health Department (860-537-7280) or the EPA's Radon Hotline (800-SOS-RADON).

## Additional Health Information

To ensure that tap water is safe to drink, EPA prescribes limits on the amount of certain contaminants in water provided by public water systems. The United States Food and Drug Administration (FDA) regulations establish limits for contaminants in bottled water.

Drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate that water poses a health risk. More information about contaminants and potential health effects can be obtained by calling the EPA's Safe Drinking Water Hotline (800-426-4791).

The sources of drinking water (both tap water and bottled water) include river, lakes, streams, ponds, reservoirs, springs, and wells. As water travels over the surface of the land or through the ground, it dissolves naturally-occurring minerals and radioactive material, and can pick up substances resulting from the presence of animals or from human activity. Contaminants that may be present in source water include:

- Microbial contaminants, such as viruses and bacteria, which may come from sewage treatment plants, septic systems, agricultural livestock operations, and wildlife.
- Inorganic contaminants, such as salts and metals, which can be naturally-occurring or result from urban storm runoff, industrial or domestic wastewater discharges, oil and gas production, mining, or farming.
- Pesticides and herbicides, which may come from a variety of sources such as agriculture, storm water runoff, and residential uses.
- Organic chemical contaminants, including synthetic and volatile organics, which are by-products of industrial processes and petroleum production, and may also come from gas stations, urban storm water runoff and septic systems.
- Radioactive contaminants, which can be naturally occurring or be the



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# Water & Sewer Commission

result of oil and gas production and mining activities.

In order to ensure that tap water is safe to drink, EPA prescribes regulations which limit the amount of certain contaminants in water provided by public water systems.

FDA regulations establish limits for contaminants in bottled water which must provide the same protection for public health. Some people may be more vulnerable to contaminants in drinking water than the general population. Immune-compromised persons such as those with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly and infants can be particularly at risk from infections. These people should seek advice about drinking water from their health care providers. EPA/CDC guidelines on appropriate means to lessen the risk of infection by *Cryptosporidium* are available from the Safe Drinking Water Hotline (800-426-4791).

The State Department of Public Health performed an assessment of our drinking water sources in conjunction with the State and Town's Aquifer Protection Area regulations help protect the Town's valuable public drinking water sources. The Town regulation can be found at [http://www.colchesterct.gov/Pages/ColchesterCT\\_Dept/PZ/regs/ap/APAFINAL.pdf](http://www.colchesterct.gov/Pages/ColchesterCT_Dept/PZ/regs/ap/APAFINAL.pdf)

## Concerning Lead in our Water

At the sampling frequency and quantity required for the Town of Colchester system by the Connecticut Department of Public Health, the 90th percentile was below the state action level (see Table above). The 90th percentile is the threshold value used by the State for reporting lead and copper test results. It is possible that lead levels at your home may be higher than at other homes in the community as a result of materials used in your home's plumbing. If you are concerned about elevated lead levels in your home's water, you may wish to have your water tested. Infants and children who drink water containing lead in excess of the action level could experience delays in their physical or mental development. Children could show slight deficits in attention span and learning abilities. Adults who drink water containing lead in excess of the action level over many years could develop kidney problems or high blood pressure. Additional information is available from the Safe Drinking Water Hotline (800-426-4791).

## Concerning Copper in our Water

At the sampling frequency and quantity required for the Town of Colchester system by the Connecticut Department of Public Health, the 90th percentile was below the state action level (see Table above). The 90th percentile is the threshold value used by the State for reporting lead and copper test results. Copper is an essential nutrient, but some people who drink water containing copper in excess of the action level over a relatively short amount of time could experience gastrointestinal distress. Some people who drink water containing copper in excess of the action level over many years could suffer liver or kidney damage. People with Wilson's disease should consult their personal doctor.

## Concerning Fluoride in our Water

Fluoride has been proven to prevent tooth decay in both children and adults. In some areas it can be found naturally, however, it has not been found in recent samples taken by the Department. Fluoride is not added to the water supply in Colchester.

## National Primary Drinking Water Regulation Compliance Variances and Exemptions

Under a waiver granted on February 9, 1999, by the DPH the northern wells were granted a waiver for dioxin and endoathall testing because potential sources of these compounds do not exist within the aquifer recharge area. The same waiver was granted for the western wells on September 28, 1993.

On February 11, 2009, the DPH reduced sampling and testing requirements for the Town based on four consecutive quarterly monitoring periods with no detectable levels of regulated organic chemicals, no levels above MCLs for radionuclides, and no detections of any regulated pesticides, herbicides, or PCBs. New sampling and testing periods are annually, every three years, and two routine samples every three years, respectively.

This report was prepared in accordance with the requirements of the Con-

necticut Department of Public Health and the Safe Drinking Water Act. We'll be happy to answer any questions about Colchester Sewer and Water Commission and the water quality. Call us at 860-537-7288 Monday through Friday 8:00 am to 4:30 pm except holidays.

## Source Water Protection

Source water is untreated water from streams, rivers, lakes, or underground aquifers that are used to supply public drinking water. Preventing drinking water contamination at the source makes good public health sense, good economic sense, and good environmental sense. You can be aware of the challenges of keeping drinking water safe and take an active role in protection drinking water. There are lots of ways that you can get involved in drinking water protection activities to prevent the contamination of the ground water source. Dispose properly of household chemicals, help clean up the watershed that is the source of your community's water, and attend public meetings to ensure that the community's need for safe drinking water is considered in making decisions about land use. Contact us at 860-537-7288 for more information on source water protection, or contact the Environmental Protection Agency (EPA) at 1-800-426-4791. You may also find information on EPA's website at [www.epa.gov/safewater/protect.html](http://www.epa.gov/safewater/protect.html)

## Water Conservation

Water is a limited resource so it is vital that we all work together to maintain it and use it wisely. Here are a few tips you can follow to help conserve:

- Check for leaky toilets (put a drop of food coloring in the tank, let it sit, if the water in the bowl turns color, you have a leak). A leaking faucet or toilet can dribble away thousands of gallons of water a year.
- Consider replacing your 5 gallon per flush toilet with an efficient 1.6 gallon per flush unit. This will permanently cut your water consumption by as much as 25%.
- Run only full loads in dishwashers and washing machines. Rinse all hand-washed dishes at once. Turn off the faucet while brushing teeth or shaving.
- Store a jug of ice water in the refrigerator for a cold drink.
- Water lawn and plants in the early morning or evening hours to avoid excess evaporation. Don't water on windy, rainy, or very hot days. Water shrubs and gardens using a slow trickle around the roots. A slow soaking encourages deep root growth, reduces leaf burn or mildew and prevents water loss. Select low water demanding plants that provide an attractive landscape without high water use.
- Apply mulch around flowers, shrubs, vegetable and trees to reduce evaporation, promote plant growth and control weeds. Shrubs and ground covers require much less maintenance, less water and provide year round greenery.
- Be sure that your hose has a shut off nozzle. Hoses without a nozzle can spout 10 gallons more per minute. When washing your car, wet it quickly, turn off the spray, wash it with soapy water from the bucket, rinse quickly. Be sure sprinklers water only your lawn, not the pavement.

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## Colchester Garden Club

Member of the Federated Garden Clubs of Connecticut  
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### Enjoy gardening?

- Gardening demonstrations
- Plant sharing

### Want to socialize with other gardeners?

- Social events
- Garden tours
- Trips to area nurseries

### Want to learn more?

- "Learn and Do" garden activities, crafts
- Lectures – in-club and external speakers
- Classes available through Federated Garden Clubs of Connecticut in Landscape Design, Garden Studies, Environmental Studies, Flower Show Judging

### Want to be involved with your community?

- Tend Cragin Memorial Library gardens and help with other community beautification efforts
- Assist club with National Garden Clubs' Youth Poetry

Contest for students

- Help club as partner organization of the Community Wildlife Habitat of Colchester further promote backyard habitats and healthy gardening

### Become a Member and Come Grow with the Colchester Garden Club

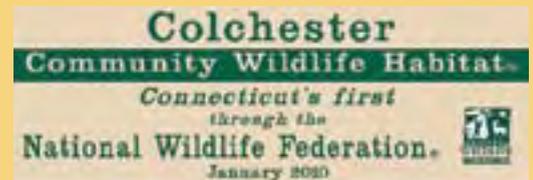
Meetings are the 3rd Tuesday each month at 6:30 p.m. Check the Colchester online Calendar.

For more information about the Colchester Garden Club and to become a member, contact us at [colchestergardenclub@yahoo.com](mailto:colchestergardenclub@yahoo.com) or call our Membership Chair, Mary at 860-537-1034

**Watch for information about our summer Fundraiser to fund programs and beautification projects.**



## Certify Your Property as a National Wildlife Federation Wildlife Habitat and help keep Colchester certified as a Community Wildlife Habitat



TNWF gives points to Colchester for newly certified Individual Wildlife Habitats. These can be an individual property, apartment, condo, farm, business, place of worship, and public property.

### Assess your yard as a Wildlife Habitat to provide elements from each of the following areas:

- **Food Sources:** Native plants producing seeds, fruits, nuts, berries, nectar. Bird feeder is supplemental to natural sources from November to April
- **Water Sources:** Birdbath, pond, water garden, stream, seasonal water
- **Places for Cover:** Thicket, tree, shrub, rock pile, birdhouse, stone wall, brush pile
- **Places to Raise Young:** Dense shrubs, trees, nesting box, bird house, pond, stone wall
- **Sustainable Gardening:** Mulch, compost, rain garden, chemical-free fertilizer, reduce use of pesticides, follow Integrated Pest Management (IPM) practices.

**To become certified as a NWF Wildlife Habitat:** Complete the on-line application [www.nwf.org/backyard](http://www.nwf.org/backyard) or pick up paper application at Colchester Town Hall or Cragin Memorial Library.

Colchester also receives points from the National Wildlife Federation to retain certification through educational programs, activities and projects. Watch local/area newspapers or check the Colchester Town Calendar for activities sponsored by local groups and volunteers and come participate. Colchester needs at least 40 points annually to remain certified as a Community Wildlife Habitat.

To volunteer or to request a presentation for your group about Colchester's Community Wildlife Habitat, email: [colchesterwildlifehabitat@gmail.com](mailto:colchesterwildlifehabitat@gmail.com)



2010 Award Recipient

# Colchester Senior Center

## COLCHESTER SENIOR CENTER

Monday-Friday 8:00 a.m. – 4:30 p.m.

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Fax: (860) 537-5574

E-mail: [csc@colchesterct.gov](mailto:csc@colchesterct.gov)

### SENIOR CENTER STAFF:

**Patti White**, Director/Municipal Agent for the Elderly  
[pwhite@colchesterct.gov](mailto:pwhite@colchesterct.gov)

**Priscilla Clesowich**, Program Assistant  
[pclesowich@colchesterct.gov](mailto:pclesowich@colchesterct.gov)

**Donna Paty**, Administrative Assistant  
[csc@colchesterct.gov](mailto:csc@colchesterct.gov)

**Steve Mekkelsen**, Making Memories Coordinator  
[smekkelsen@colchesterct.gov](mailto:smekkelsen@colchesterct.gov)

**Louise Plocharczyk**, Driver

**Ginny Stephenson**, Driver

**Noella Daigle**, Driver

**Jane Moreno**, Nutrition Site Server

**Maureen Shelto**, Easter Seals Program Aide

### COLCHESTER COMMISSION ON AGING:

**Rose Levine**, Chair      **Goldie Liverant**  
**Herb Davis**              **Betty Ann Oppelt**  
**Marilyn Finnegan**      **Jean Stawicki**  
**Rob Gustafson**

The Colchester Senior Center is an evolving recreation and wellness resource center for older adults. Programs are offered in health & fitness, arts & crafts, and sports and leisure. 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.

## From the Director:

Dear Friends:

Recently I read an article on the AARP national website about things we should do at least once after 50, which I found insightful and inspiring. Here are some of the highlights:

- What time there is in anyone's life, is prime time. So we should use it well.
- Don't forget, the proof is all around you, that you really can do your greatest work, and your greatest good, after age 50. Picasso did. William Styron and Ann Tyler did. Benjamin Franklin helped draft the Declaration of Independence. George Bernard Shaw wrote Heartbreak House, his masterpiece. Richard Rodgers and Oscar Hammerstein wrote the score of The Sound of Music. Jennifer Grey won on Dancing With the Stars.
- Learn to speak Italian.
- Learn to sing, at least a little, and do it in front of someone.
- Write a novel. Write a play. Write letters to all your grandchildren, even those not yet born.
- Become a mentor, but to someone your own age.
- Slowly, but a little more each day, get in better shape than you were at 30. It's entirely possible.
- Tell the truth, every day. If nothing else, it will catch people off guard.
- Give away something you love and that squeezes you to part with — even if it is your time.
- Commit to memory this phrase: "I'd love to, but I can't." Do not elaborate.
- Purge. Sell or give away the bread machine and Crock-Pot you've used once.
- Try something that won't kill you, but scares you.
- Honor sleep. It really does make you better looking.

We hope you have an awesome and fulfilling summer season, and that you spend some of it with us.

Sincerely,  
Patti White, Director  
Colchester Senior Service




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# Colchester Senior Center

## COMING EVENTS:

### Father's Day Breakfast

**Tuesday, June 18, 9-10:30AM** – Celebrate your dad- or being your children's dad with fluffy scrambled eggs, sausage, toast, juice, and coffee. (You couldn't be a dad without a mom, so bring her along!) Cost: \$5.00



### Movie and Pizza

Beat the Summer Heat and come enjoy a movie with popcorn, pizza and friends in the air-conditioned senior center. 3:00-5:00PM Transportation is available. Sign up in the office. Meal cost: \$5.00

**Tuesday, July 31st – The War Horse**

**Wednesday August 21st – The Iron Lady**

### Picnic Lunch

**Friday, July 6** - If you didn't get to go to a picnic for July 4th, here's your chance. Hot dogs and potato salad with all the fixings in the comfort of the great indoors. Prizes for the ring toss game and ice cream sundaes or a root beer float for dessert! Cost: \$5.00



Senior Gals Power Up.

### Summer Bingo

**Wednesday Evenings - 4:30-6:30PM** Pizza or grinders available at 4:00 if ordered ahead. Please sign up in office. Cost \$3.00.

### Friday Night Sing-a-Long

When's the last time you went out on a Friday night? Follow the words on our big screen TV, dance if you feel like it. Smiles provided free of charge. Sandwiches and drinks available if ordered ahead. Cost: \$4.00 Transportation can be provided.



**Friday, July 13th – Country and Rock and Roll**

**Friday, August 10th – Broadway and Big Band**

## MONTHLY OUTINGS:

**Brown Bag** - Our Brown Bag series returns! Pack a lunch and enjoy a relaxing afternoon in nature with friends.

**Tuesday, June 12th** Norwich Rose Garden

**Tuesday, July 10th** Harkness Park

**Tuesday August 7th** Salmon River

### Lunch Bunch

**Friday, June 29th** Capt Scott's New London

**Friday, July 27th** Hilltop BBQ Moodus

**Friday, Aug 24th** Main St Grill Niantic

## OUT OF TOWN DEPARTMENT SHOPPING

**Wednesday June 13th** Chrystal Mall & Walmart

**Wednesday July 10th** Lisbon Landing

**Wednesday August 8th** Willimantic Kohl's & Walmart

## ONGOING PROGRAMS/ACTIVITIES:

**Computer/Internet Class:** (Six week course) - Learn the basics of how a computer operates as well as how to access the internet and send and receive emails. Classes will

## Looking for a New Dentist?



If you are looking for a new dentist you can trust and don't know who to call, we are still accepting new patients here at the Colchester Dental Group. We would love to hear from you and answer any questions you may have.

Together Dr. Bernard Park, Dr. Marty Zase and Dr. Michael Babinski have shared decades of experience providing the best of dental services to the Colchester community. As professionals, they have always felt they need to continue to educate themselves so they can better educate their patients. All three dentists have advanced Fellowships or Masters from the Academy of General Dentistry and all three are members of the American Academy of Cosmetic Dentistry. Dr. Zase has been Accredited in Cosmetics by the AACD and was their President (2006-2007).

The Colchester Dental group has kept up with new practices and technologies every step of the way including digital x-rays, computer imaging, true tooth colored fillings, zero sensitivity bleaching for a whiter smile, and sedation dentistry to calm you and let you snooze through your dental visit.

At the Colchester Dental Group our true purpose is to take exceptional care of our patients, reduce the anxiety of going to the dentist, keep you smiling, and most of all to help you attain and then maintain the best of oral health. We are open weekly 6 days and 2 evenings until 9. Come on in, we'll be glad to show you why we are called "The Smilemakers."

### Colchester Dental Group

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79A NORWICH AVENUE, COLCHESTER

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**PERSONALIZED FINANCIAL OPTIONS AVAILABLE**  
Pre-pay and Senior Discounts or Low Monthly Payments through Care Credit

# Colchester Senior Center



be held for six weeks on Mondays from 3:00-4:30 beginning July 9th – August 13th. No fee, but advance registration is required and class size is limited.

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

**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. **Pokeno**-Thursdays 9:00. **Mahjong**-Mondays 1:30

**Doo Wop:** Mondays at 9:30 am

**Line Dancing:** Thursdays at 1:00 pm

**Bingo:** Fridays at 10:00 am & Wednesdays at 4:30 pm.

**Wii Bowling:** Thursdays from 9-10:30.

**Golden Glow Singing Group:** Off for summer vacation - Will resume after Labor Day



## HEALTH AND WELLNESS PROGRAMS:

**"Making Memories"** - Monday, Tuesday, Wednesday from 9:00-1:00. A Recreational Therapy program for seniors facing early signs of memory loss. 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.

**"Friendly Visitors"** - provides "social visits" and/or phone calls by screened and trained volunteers to homebound seniors - or those in convalescent homes needing companionship. Volunteers will be 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** - First Friday of the month from 9:00-12:00 by appointment.

**Blood Pressure** - second Monday of the month from 10:00-11:00 (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. **Mondays, Thursdays and Fridays 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 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 (or you can participate by sitting in a chair) and wear comfortable clothing. A \$4.00 fee per class is to be paid directly to instructor.

**Chair Massage** - with a certified massage therapist. Fifteen minutes for \$10 (paid directly to the instructor) on **Thursdays from 11:30 -12:30**. Sign up in the office.



*Seniors Learning New Skills.*

## MEETINGS AT THE SENIOR CENTER:

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

**Commission On Aging Meeting** - Second Monday of the month at 8:30 am.

**Colchester TRIAD** - Third Tuesday of the month at 8:30 am.

**AARP Chapter #4019** - First Tuesday of the month at 1:30 pm.

# Colchester Senior Center



## IMPORTANT INFORMATION:

### Rent Rebate Program

#### Basic Information and Requirements

**RENT REBATE-** The program is offered to those 65 years of age and older and those people under 65 years of age who are receiving Social Security Disability benefits. The applicant must present proof of disability for the filing year (2011). The applicant must have rented in Connecticut for the "2011" year or part of that year. If an amount is granted, the recipient will receive a one time check (per each year of applying) from the Office of Policy and Management in Hartford, Connecticut.

#### Please bring proof of the following for **2011**.

- \_\_\_\_\_ All taxable income including:  
Social Security (**SSA 1099 Form only**), for **disabled individuals bring a document stating that you are disabled** and what you receive for the **whole year** from Social Security. All interest, dividends, pensions, wages, lottery winnings, IRAs, Veterans Pensions and Veterans Disability payments are needed. **Income must be provided for each adult living in the home.**
- \_\_\_\_\_ Rent: A print-out or cancelled checks for 12 months.
- \_\_\_\_\_ Utilities: A print-out or cancelled checks, showing **verification of payment** for water, electric, oil and gas (propane) for 12 months.
- \_\_\_\_\_ If an income tax was filed we will need to make a copy of the signed form.

**You can apply for this program until September 15th by calling the Colchester Senior Center for an appointment (537-3911). (You must apply in the town that you live in.)** People living at Colchester Commons and Westchester Village can apply for this program or the Tax Relief program through the Assessor's office, **but may not apply for both programs.**



Seniors Staying Fit.

### Benefits Counseling:

You may qualify for a rent rebate, energy assistance, health insurance, food stamps, the Medicare Savings Plan or other helpful 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. This service is provided by the Senior Resources Area Agency on Aging in Norwich, and is offered at the Colchester Senior Center on the second and fourth Wednesday of the month from 1:00 - 4:00 pm. Call the senior center to schedule an appointment. All appointments are confidential.

### Could You Use an Extra \$96.40 a Month?

The MSP or Medicare Savings Plan is an income predicated program, but if you qualify for the program it will pay for your Medicare Part B premium (\$96.40) as it will no longer be deducted from your Social Security. Other benefits depending on your income include: Help paying for your Medicare Part D monthly premium. Help with Medicare Part D yearly deductibles and help paying your Medicare Part D co-insurance and co-pays for drugs on your formulary. If you would like to know more about this program or have questions please call the senior center office.



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for Vitality,  
Longevity,  
& Optimal  
Health, LLC



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[www.taovitality.com](http://www.taovitality.com)



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*Accepting Cigna, Aetna, Blue Cross, Connecticare  
Healthnet, United Healthcare and Oxford*

# Colchester Senior Center

## Lunch Options at the Center

The TVCCA Community Café serves lunch at noon. The cost of the meal is a suggested donation of \$2.50. The **TVCCA fresh prep menu** is being served on *Tuesdays, Wednesdays and Thursdays* in the dining room. Every meal includes a meat, potato, vegetable, milk and bread. It is cooked and served hot and fresh just like homemade! Check the menu in the monthly newsletter to see the choices.

**You must be a registered participant in the café program to enjoy the meals. If you are not registered, please ask the site server (Jane) how you can easily register. TVCCA needs your meal reservation 72 hours in advance. Please call the senior center at 537-3911.**

**Taste of Thursday**-join us for a special lunch (homemade soups and sandwiches) on the last Thursday of each month. Cost: \$2.50 payable at sign up.

## FUTURE OUTINGS....

### Mystic River Cruise - Friday August 31

Ride aboard one of the oldest wooden, coal-fired steamboats still in operation. After stopping for an early bird dinner we will enjoy a 90 minute cruise along the scenic Mystic River. Cruise ticket is \$13 with a suggested donation of \$5 for transportation. Dinner cost will be on your own.

### The Edwards Twins - Tuesday, September 25

These talented identical twin brothers impersonate over 100 different entertainers and spent years performing on the Vegas strip. Entertainment and a delicious meal await you at the Log Cabin in Holyoke, Ma. Cost: \$79.00.

### Italian Festival - Thursday, October 11

Ciao Italia! Be magically transported to Italy as Micheal Castaldo performs songs from Andrea Bocelli and others after you have enjoyed a family style Italian meal at The Grand Oak Villa in Oakville, Ct. During the breaks there will be an Olive Oil Tasting & Demo of his family's organic, extra-virgin olive oil straight from his family's estate in Calabria. Cost: \$70.00.



**Please Note:** When going on an all day or extended trip with the center please make an effort to either get a ride to the center, ask us for transportation, or park in the bank or office complex parking lots located on either side of our property. This allows those who are coming to the center for other activities to have a place to park. Thanks very much for your cooperation. If this presents a hardship for anyone please let us know in the office.

## Country Music Jamboree - Tuesday, November 13

The Crooked Ledge Band promises to get you on your feet for a rocking country good time. A family-style menu and coffee and snacks on arrival at the Castle of Knights in Chiscopee, MA. Cost: \$59.00.

## EXTENDED TRAVEL

### Showtime in Penn Dutch Country - Oct. 25th-27th

- Experience "Jonah" at the Sight & Sound Theatre, a guided tour of Amish Country, an Amish Wedding Feast dinner, and a Broadway-style musical performance at the Dutch Apple Dinner Theatre. En route home we'll visit Hershey for a tour of Chocolate World and a visit to the Milton Hershey School. Cost: \$391.00.

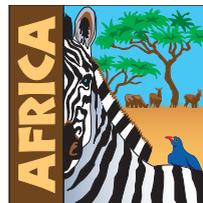
### National Parks-(12 Days Sept. 2012)-

Highlights include Scottsdale, Lake Powell, Grand Canyon, Bryce, Zion, Salt Lake City, Grand Teton & Yellowstone National Parks, Old Faithful, Sheridan, Bighorn Mountains, Mount Rushmore, Crazy Horse Memorial. Stop by for a brochure!



### Africa-Kenya Wildlife Safari-15 Days-

Departure March 2013- - Highlights include Nairobi, Samburu National Reserve, Mt. Kenya Safari Club, The Ark Lodge, Kigio Conservancy, Masai Msra, Karen Blixen Home, Carnivore Restaurant, Mt. Kilimanjaro and 9 Wildlife Safaris!



**The Africa trip is preliminary and is subject to change.**

**Call the Senior Center for additional information (537-3911).**

**TRIP SIGN UP-** You may call the office to make your trip reservation or come into the center to sign up on Mondays and Fridays.

Get the Hottest New Looks for Summer

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Services of \$50 or more

with this coupon, limit one per customer. Expires 8/22/12

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# Colchester Senior Center

## GENERAL INFORMATION:

**Transportation Policy:** 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. **There is no charge for these services but we greatly appreciate any donations that one can make towards the program.**



## 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](http://www.colchesterct.net). Monthly calendars of events/activities 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](mailto:csc@colchesterct.gov).



*A Trip to Norwich Tech.*



## Toyota of Colchester

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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 204 & 205. Questions and comments should be directed to [youthservices@colchesterct.gov](mailto: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 by appointment.

## Staff

**Valerie Geato**, Director ..... [vgeato@colchesterct.gov](mailto:vgeato@colchesterct.gov)

**Lyn Marra**,  
Seasonal Social Services Coordinator .. [lmarra@colchesterct.gov](mailto:lmarra@colchesterct.gov)

**Amy McClafferty**,  
Social Services Coordinator .. [amclafferty@colchesterct.gov](mailto:amclafferty@colchesterct.gov)

**Christine Miskell**, Food Bank Coordinator

**Michael Schaff**,  
Program Coordinator ..... [mschaff@colchesterct.gov](mailto:mschaff@colchesterct.gov)

**Jennifer Sloat**,  
Program Coordinator ..... [jsloat@colchesterct.gov](mailto:jsloat@colchesterct.gov)

**Kathleen Spangler**,  
Administrative Assistant..... [kspangler@colchesterct.gov](mailto:kspangler@colchesterct.gov)

## Youth Center Supervisors

**Kelsey Clark**  
**Alex Norkeveck**

**Yvonne Sousa**  
**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.

## 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 registration forms, waivers and payment to CYSB (payable to the Town of Colchester).
- Drop Box** Drop it in the drop box slot to the left of the front doors of the Town Hall in an envelope clearly marked for Youth Services.

**\*Registration forms are available on-line at [www.colchesterct.gov/youthservices](http://www.colchesterct.gov/youthservices) or on the bulletin board outside our office in Town Hall\***

## REGISTRATION INFORMATION & GUIDELINES

Registration is easy! All registration forms are available at our office and on-line at [www.colchesterct.gov](http://www.colchesterct.gov). There is also a registration form right in this booklet. If there is an additional waiver required from the facility it will be noted in the program description.

**Transportation** is available for kids who have no way to get to and from the Town Hall for trips. Limited spaces are available and are only for those kids who have no other means of transportation. Rides will be provided at our discretion and must be requested at time of registration.

**Scholarships** are available and are based on financial need. Applications are available in our office and on-line. Additionally, it is very important to us that every kid has an affordable and nutritious lunch so we provide a **free lunch** program during the summer for all students who qualify for scholarships. Additional information will be provided upon application

## TRIP EXPECTATIONS & PROCEDURES

**The early bird catches the worm:** All programs have a limited number of spaces available and are filled on a first come, first served basis. Once the trip is filled, all others will be put on a wait list.



**Pickup & Drop-off Location:** All trips leave and return to Town Hall, meet in the lobby.

**I Get By With A Little Help From My Friends:** On some trips we will be using the buddy system and you should try to sign up with a friend. Participants will check in with us at scheduled times and locations. See the program descriptions for details.

**"You're How Old?":** During the summer, all students are considered to be in the grade they will be entering when school begins.

**When A Phone Call Just Won't Do:** When it comes to trips, you will be registered when a signed registration form, any waivers needed 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. River tubing can be a frightening experience for a kid who can't swim!

**"Oh Behave!":** Our expectations of all program participants is that every youth is 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 this summer.

**Refund 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.

**Weather Policy:** We make every effort to cancel trips the day before predicted storms to limit the inconvenience to parents. Unfortunately, the weather forecast isn't always accurate which can result in a bad call on occasion.

# From the Director

Colchester Youth  
& Social Services



## From the Director

Colchester Youth Services is preparing for another exciting and fun-filled summer! Sign up fast because these programs are sure to fill up quickly just like last year. Participating in our summer programs is an enjoyable and relatively affordable way for teens to spend the summer in a safe, supervised environment. Our summer trips provide opportunities for teens to try new experiences, challenge themselves, learn new skills, do community service and spend time with the friends. Our summer adventures will begin on June 22nd and every trip is \$40 or less. There is something for everyone from trips to the beach to Indoor Sky Diving. We're bringing back some tried and true favorites that we've been doing for more than 15 years such as river tubing and Six Flags and have added brand new outings too – like Jiminy Peak and Woodbury Summer Tubing!

The Youth Service Bureau aims 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, and the belief that they control their fate in life. This framework

places value on young people regardless of their situations and emphasizes their strengths and potential.

At Youth Services, we have been providing safe, high-quality, affordable summer programs for Colchester teens for many years, and we are looking forward to another great summer. Don't forget to register early because all of our trips fill to capacity – so don't miss out!

Sincerely,

*Valerie*

Valerie Geato, Director



**Looking for some  
help shoveling, raking  
or doing household  
chores?**

**If so, Hire-A-Youth!**

**Call Youth Services for  
details!**

**860-537-7255**



# Doreen's Dance Center Summer Programs



**Is your child unhappy about being stuck in daycare all Summer?**

Put a smile on their face - enroll them in our exciting, fun-filled, theater arts Summer Programs!

Fairy Princess  
Camp

Acrobatics  
Camp

6 Weeks of  
Classes

Theater Dance  
Camp

Mini's  
Celebration  
Camp

Dance  
Intensive

Pop Star  
Camp

**Info at: [www.doreensdancecenter.net](http://www.doreensdancecenter.net)**

**"Now taking Registrations for our Fall Sessions"**  
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Colchester, CT

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## Community Service Programs

We are proud to offer a variety of programs that not only help teens improve the world around them, but at the same time help them reap many personal benefits. Studies show that by participating in community service programs youth gain a better understanding of others, increase their self-esteem, and are 50% less likely to abuse alcohol, cigarettes, become pregnant or engage in other destructive behaviors. Also, students who have a strong commitment to volunteerism and community service are known to make the best workers and most dedicated students. When young people learn to serve others they become empowered and grow up knowing that they can make a difference in the world. Whether you are looking for a chance to do a good deed or need to complete community service hours, we have just the program for you.

### Youth Action Council

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

The mission of Youth Action Council (Y.A.C.) is to provide high school students with an opportunity to develop leadership qualities while creating group goals that will benefit their local and global communities. The group meets at the Youth Center weekly throughout the school year. High school students wishing to join the group in the fall of 2012 can call during the summer for an application and additional information.



### Youth Force Group

**Date:** Wednesdays throughout the school year;  
**Sign up for either Session 1 (Sept-Dec) or Session 2 (Jan-May)**  
**Time:** 5:30pm-7:00pm (times may vary depending on project)  
**Grades:** 6-8, members only  
**Fee:** None

Youth Force Group is a team of students in grades 6-8 who meet at the Youth Center. 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 work in teams to accomplish community service tasks and have fun working together towards a common goal. Students entering grades 6-8 for the 2012-2013 school year may start applying in August by visiting our office or our website.



### Teens In Action Summer Program

TIA provides an opportunity for youth to work on projects that help others, gain required community service hours, and experience personal rewards while volunteering. You can sign up for one or all of the Teens In Action trips. For each trip, bring a bag lunch and we'll treat for ice cream!

***Sneakers/closed toe shoes must be worn for all Teens in Action Trips.***

### High Hopes

**Date:** Wednesday, June 27  
**Time:** 9:30 am - 1:30 pm  
**Grades:** 7-12 *\*Additional waiver required*

High Hopes is a therapeutic riding center that has been improving the lives of people with cognitive, physical, and emotional disabilities through the benefits of therapeutic horseback riding for over a quarter of a century. High Hopes uses volunteers to participate in all aspects of activity, and do so as individuals, members of work groups, families and participants in community service programs. We are scheduled to visit the riding center and assist in farm maintenance and animal grooming.

### St. Vincent de Paul Place Soup Kitchen

**Date:** Wednesday, July 11  
**Time:** 9:30am – 2:30pm  
**Grades:** 7-12

SVDPP provides hot meals, a food pantry and social services to homeless and low income residents of Norwich. Two to three hundred people are helped daily and TIA will be serving desserts and ice cream sundaes to patrons who come for the noon time meal. Before leaving for the Soup Kitchen, we'll decorate cookies for the dessert table.

### Humane Society

**Date:** Wednesday, July 25  
**Time:** 9:30am - 3:00pm  
**Grades:** 7-12

The Connecticut Humane Society is the leading resource in the state for animal welfare, adoption services and the prevention of animal cruelty. We will begin our day by making posters and flyers to be used to collect pet food from the grocery store. After we collect as much food as we can, we will travel to the Humane Society in Newington to donate the supplies and get a tour of their facility.



### Foodshare

**Date:** Wednesday, August 1  
**Time:** 9:00am – 1:30pm  
**Grades:** 7-12  
*\*Additional Waiver Required\**

Foodshare is an organization that counts on volunteers to help distribute over 12 million tons of food to those in Connecticut that experience food insecurity. Part of Foodshare's efforts to provide food to those in need is to collect donations directly from local farms. We will travel to a farm in South Windsor where the group will help pick produce to be donated to hungry families.

### Covenant Soup Kitchen

**Date:** Wednesday, August 15  
**Time:** 9:00am – 2:45pm  
**Grades:** 7-12

The Soup Kitchen is a non-profit organization that has been serving residents of Willimantic and surrounding towns for 29 years. Over 23,000 nutritious meals were served last year in the basement of St. Paul's Church in Willimantic. Our group's responsibility will be to help prepare, cook and serve lunch to approximately 100 individuals. This is a great opportunity to make a difference in the lives of others and actually meet those you are helping.



### Trips and Outings

Are you looking for something fun and exciting to do over summer vacation? We have 37 trips and activities planned so you won't be able to say you're bored this summer. Check out the grade level for each trip and remember; the grade you will be in when you start school in September is the grade you're considered in for our trips. Need to know what to bring on each trip? Look for the "WTB" section for each trip.

#### Beach Bums

**Dates:** Every Friday, June 22 – August 17  
**Time:** 9:00am – 3:30pm  
**Grades:** 7-12  
**Fee:** \$3.00 per trip  
**WTB:** Towel, sunblock and lunch or lunch money

If you love the beach, these trips are for you. On occasion we go to Rocky Neck State Park but most days we head to Misquamicut Beach in Rhode Island for a day of sun, fun and surf. You must be able to swim if you plan on going in the water and boogie boards are allowed at Misquamicut. You can register for one or all of the trips, but if you need to cancel, we need a call 48 hours in advance so that the spot can be offered to someone on the wait list.



#### Surfs Up

**Date:** Tuesday, June 26  
**Time:** 9:00am – 4:30pm  
**Grades:** 7-12  
**Fee:** \$30  
**WTB:** Bathing suit, towel, bag lunch and water shoes

Do you love adventure and want to try something new and challenging? Come with us as we travel to Naragansett Beach for a gnarly day of surfing lessons. Whether you are a seasoned Pro or you don't even know what hang 10 actually means, this is a perfect way to spend a hot summer day. Experienced surfing instructors will provide you with the wetsuit, surfboard and lesson to help you ride a wave by the end of the day.



#### Yankees Game

**Date:** Wednesday, June 27  
**Time:** 9:00am – 8:00pm (depending on length of the game)  
**Grades:** 7-12  
**Fee:** \$28 (Dinner Included)  
**WTB:** Lunch money or bag lunch, souvenir money

Start spreading the news, we'll be spending the day at Yankee Stadium where the Yankees will be taking on the Indians. Bring money for lunch inside the stadium and we will have a cookout after the game in the parking lot with hotdogs and burgers. We will be sitting in the bleachers so please plan on it being really hot that day and be prepared for lots of sun! Our return time is dependent on the game length, so the kids will call when we are within a half hour of Colchester.

#### Nomad's Adventure Quest

**Date:** Thursday, June 28  
**Time:** 11:00am - 4:15pm  
**Grades:** 6 - 12  
**Fee:** \$23.00  
**WTB:** Arcade money

Come with us for another fun filled vacation day. We'll start with lunch at Pizza Hut and then head to Nomad's Adventure Quest and the "ancient Mayan ruins" You'll have 3 hours for Laser Tag, Black Light Mini golf, Mini Bowling, a climbing wall, the Whirling Dirvish (a carnival ride) and Bumper Cars. Lunch and Nomad's activities are included in the registration fee. Nomad's has a HUGE arcade and a snack bar, so bring some money if you want to play arcade games.

#### Yawgoo Waterpark

**Date:** Tuesday, July 3  
**Time:** 9:30am – 4:30pm  
**Grades:** 6-12  
**Fee:** \$23

WTB: Bathing suit, towel, sunblock and lunch or lunch money  
If you close your eyes and picture a perfect summer day, chances are you will be thinking of something similar to the Yawgoo Waterpark. Waiting for us at Yawgoo are 2 brand-new water slides, 3 pools, horseshoes, beach volleyball, Tiki snack bar, and many more lawn games. After sliding down the waterslides and splashing in the pools, we will make our way to Buttonwood Farm where we will treat for delicious ice cream.

#### Indoor Skydiving

**Date:** Thursday, July 5  
**Time:** 10:00am – 5:30pm  
**Grades:** 7 – 12  
**Fee:** \$40  
**WTB:** Sneakers, socks and lunch or lunch money

\*Additional Waiver Required\*

Yes, you read the title right... INDOOR SKYDIVING! Come experience the outrageous and jaw-dropping sensation of skydiving without jumping out of a perfectly good airplane. After brief instructions by their experienced staff and being fitted into your skydiving gear, you will get 2 turns in the 200 mph wind tunnel. After experiencing the whipping winds, acrobatic twists and weightless euphoria, past participants have said: "it is the best trip I've ever been on!" This trip will literally have you floating on cloud nine!



#### Six Flags

**Date:** Tuesday, July 10  
**Time:** 9:30am – 7:00pm  
**Grades:** 7-12  
**Fee:** \$28.00 or \$5.00 for season ticket holders

**WTB:** Towel, swim suit, sunblock and lunch money

Join us for an awesome trip to SIX FLAGS where you can experience some of the fastest, tallest, wildest, gut-wrenchingest rides in the country. Six Flags has one of the largest wave pools and some of the best raft rides anywhere! While at Six Flags we will be using the buddy system. This means that you will not be broken up into chaperoned groups, you will be paired into groups with your friends and check-in with staff at set times during the day.





### Mexican Jumping Beans

**Date:** Wednesday, July 11  
**Time:** 5:00pm – 9:45pm  
**Grades:** 7-12  
**Fee:** \$20.00 (Dinner included)  
**WTB:** Socks and arcade money  
*\*Additional Waiver Required\**

This trip is sure to get you jumping out of your seat! The first stop will be at "On the Border" for a delicious Mexican dinner. We will then head down the street for an intense session of cosmic fun at BounceU. BounceU is a giant stadium filled with wall to wall inflatables. But wait - if you come with us during this trip, you will be bouncing under their Cosmic strobe lights, black lights and heart pounding music.

### Qurazy Quarry

**Date:** Thursday, July 12  
**Time:** 9:15am – 4:30pm  
**Grades:** 6-12  
**Fee:** \$26.00  
**WTB:** Towel, sunblock, bathing suit, lunch or lunch money  
*\*Additional Waiver Required\**

Have you ever thought about jumping off a cliff? Well, here's your chance to finally do it. Brownstone Quarry has 3 levels of cliff jumping, zip lines, a huge water slide, wake boarding (\$10 extra to rent the board) and rock climbing. The registration fee includes all of these activities. Life vests are provided for all activities and sneakers or water shoes are recommended.



### Farmington River Tubing

**Date:** Tuesday, July 17  
**Time:** 9:30am – 4:00pm  
**Grades:** 6-12  
**Fee:** \$19.00  
**WTB:** Bathing suit, towel, sunblock, water shoes, bag lunch and dry clothes  
*\*Additional Waiver Required\**

Get ready for a 2.5-mile ride down the Farmington River. What a way to cool down on a hot summer day! We'll catch some sun as we hop in a tube and travel over three sets of rapids where you'll experience a thrill as you splash through the white water. Tubing is for swimmers only and participants must be at least 4 feet 5 inches tall. To cap-off this thrilling day, we will stop at Ben & Jerry's for a frozen surprise (included in the fee of the trip).

### Funyaks!

**Date:** Wednesday, July 18  
**Time:** 11:00am – 8:30pm  
**Grades:** 7 – 12  
**Fee:** \$33.00  
**WTB:** Bathing suit, towel, sunblock, watershoes, bag lunch or money for Wendys  
*\*Additional Waiver Required\**

What could be more fun than kayaking? Funyaking of course! Hop in your own inflatable kayak as we navigate whitewater rapids on the Deerfield River such as "Chicle River" and "S-Turn." If you are looking for an excuse to cool down, challenge your friends to a watergun fight with their giant squirt guns or jump into the refreshing water during our 8-mile white-water rafting trip. The class I-II rapids will be

large enough to get your heart thumping, but still mild enough to keep you safe. After an electrifying day on the river, you will get to sit back and enjoy a slideshow of the trip and eat a mouth-watering cookout by the river.

### Chillin' and Grillin'

**Date:** Thursday, July 19  
**Time:** 9:30am – 4:30pm  
**Grades:** 6-12  
**Fee:** \$20.00  
**WTB:** Bathing suit, towel, sunblock, money for snacks and arcade



Join us for a day of chillin' and grillin' at Breezy Picnic Grounds and Waterslides. We'll spend the day swimming in the crystal-clear Whitins Reservoir, riding the 3 waterslides and enjoying the culinary delights of Chef Mike. There's a sandy beach for just relaxing, a game room and a snack bar. The registration fee includes unlimited rides on three 300ft waterslides and a BBQ lunch; you have to be wearing a bathing suit in order to use the slides.

### Lake Compounce

**Date:** Tuesday, July 24  
**Time:** 10:00am – 7:00pm  
**Grades:** 6-12  
**Fee:** \$24.00 or \$5.00 for season pass holders  
**WTB:** Bathing suit, towel, sunblock, and money for lunch and lockers

Whether it's chills or thrills that make you happy, Lake Compounce has the best of both, and then some! Play all day on rides like Boulder Dash, Zoomerang and Thunder n' Lightning. Chill near the lake in Anchor Bay, Clipper Cove and Mammoth Falls! They also have free soda and water all day! Students will be using the buddy system and will be required to check-in with staff at set times during the day so sign-up with a friend if you can. The park doesn't allow any food to be brought in.

### Takin' it to the Exscream!

**Date:** Wednesday, July 25  
**Time:** 9:00am – 4:30pm  
**Grades:** 7-12  
**Fee:** \$35.00 (Bring a bag lunch or lunch money)

Whirlyball, Go-Karts and Extreme Air Jumps, oh my! Sure basketball, lacrosse and bumper cars are all fun, but what if you mixed them together into one fun and crazy game? Well, they already have a name for it; it's called Whirlyball! In addition to the 2 hours of hilarious crashes and suspenseful goals, we will visit East Windsor Golf & Track for unlimited go-karts and the Extreme Air Jump. Jump higher than ever with the help of a trampoline and specially designed bungee cords! Kids need to be 56" to ride Go-Karts.

### Kayakattack

**Date:** Thursday, July 26  
**Time:** 9:00am – 4:15pm  
**Grades:** 7-12  
**Fee:** \$23.00 (Bring a bag lunch in a waterproof container)  
**WTB:** Bag lunch in waterproof container, change of clothes, bathing suit, and towel  
*\*Additional Waiver Required\**

Do you love the beach, kayaking and ice cream? Well this trip is perfect for you because you can have all three! We will take a ride to

# Trips & Outings



Narragansett for a fun filled day of paddling, swimming, and eating waffle cones! We will first kayak down the beautiful Pettaquamscutt Cove and Wildlife Reserve to the mouth of the ocean. We will then get out of our kayaks for a picnic lunch on the beach. Make sure to bring a bathing suit as we will have time to splash around in the ocean after lunch. After we kayak back to the vans, we will travel to what Val describes as "the best ice cream I've ever had!"

## The Amazing Race!

**Date:** Tuesday, July 31

**Time:** 8:00am – 7:15pm

**Grades:** 7-12

**Fee:** \$40

**WTB:** Lunch or dinner money, walking shoes, spending money

What are the two best things to do in Boston that you have never heard of? For that answer, you will have to come with us as we travel to Boston and play the Cashunt game and ride the Codzilla! Located at the historic Quincy Market, Cashunt is modeled after the Amazing Race game as seen on TV. In chaperoned teams, you will compete with other groups to find and take pictures of funny actions, historic landmarks, mysterious symbols and even hidden gold coins! Before this amazing race begins, we will stop for lunch at Quincy Market where you can either choose from all the food options or find a table to eat your bag lunch from home. After the race, we will climb aboard the Codzilla – an entertaining and thrilling 40mph speedboat ride around Boston Harbor. The wind roars, the music blares, and the waves will splash during a wet and wild 40-minute ride of full blast, sensational fun. We will stop for dinner on the way back.

## Just Horsin' Around!

**Date:** Wednesday, August 1

**Time:** 9:30am – 4:00pm

**Grades:** 7-12

**Fee:** \$16

**WTB:** Long Pants with close-toed shoes

*\*Additional Waiver Required\**

Calling all horse lovers and aspiring cowboys! If you have ever wanted to learn how to ride a horse, come join us as the experienced staff of Legacy Stables teaches you everything from stirrups to giddy-ups. After a brief but detailed introduction to horsemanship, you will have a chance to ride one of their many horses. After our lesson with the horses, we will have ice cream and pizza before returning home.

## Just Zip It!

**Date:** Thursday, August 2

**Time:** 9:00am – 3:30pm

**Grades:** 7-12

**Fee:** \$37.00 (Bring a bag lunch or money for the café)

**WTB:** Lunch or lunch money

*\*Additional Waiver Required\**

Have you ever wondered what it would be like to fly from treetop to treetop? If so, we have the closest thing to an answer short of growing wings! We will go to Empower in Middletown for a day of towering bridges, challenging cargo nets, and flying down the largest and fastest zip lines in the northeast! And this year some of the zip lines



are even longer than last year. With state-of-the-art equipment and knowledgeable guides, safety is always first at Empower. However, fun is sure to be a very close second after this thrilling and exciting day. To cool down afterwards, we will travel to Lyman Orchards for a picnic lunch and a walk through their amazing sunflower maze.

## Jiminy Peak Mountain Adventure

**Date:** Tuesday, August 7

**Time:** 9:00am – 6:00pm

**Grades:** 7-12

**Fee:** \$32

**WTB:** Lunch or money for lunch, closed toe shoes and comfortable clothing.

What happens when you take an amusement park and put it on the top of a mountain? Come with us on this new and exhilarating trip to discover the answer! Jiminy's Mountain Coaster was the first of its kind on the East Coast. Popular in Europe, the Coaster is thousands of feet of twisting, turning fun through the woods! You control your speed so you may take a leisurely ride or get your thrills at speeds up to 23 mph. The Alpine Super Slide allows you to coast at your own speed through tunnels, dips, curves and turns on one of two identical tracks. Push it higher on the Giant Swing - a screamalicious delight unlike any swing you've been on before, as you arc high into the sky with three of your friends. All these rides and more are unlimited for the duration of our trip, so jam as much action as you want into our exciting day!

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### Drive-In, Dine-Out

**Date:** Wednesday, August 8  
**Time:** 6:30pm – 11:30pm  
**Grades:** 7-12  
**Fee:** \$12.00 (Dinner and movie snacks included)  
**WTB:** Camping chair

What says summer like a night at the Drive-In movie theatre in Mansfield? Sign up for a night of the latest PG-13 movie with your friends. We will grab a quick pizza dinner at Papa Gino's before parking under the giant outdoor movie screen. We will provide you with the pizza dinner and a mozaic of movie munchies.

### Wild & Wacky Woodbury!

**Date:** Thursday, August 9  
**Time:** 9:30am – 4:30pm  
**Grades:** 7-12  
**Fee:** \$35  
**WTB:** Bathing suit, towel, sunblock, bag lunch or lunch money  
*\*Additional Waiver Required\**

Woodbury Ski Area is well known for having the best snow tubing in Connecticut. With the addition of over 800ft of special tubing mats, you can now have all the excitement of tubing without the hats and gloves! This full day of excitement will include 3 hours of wind-howling tubing, unlimited swimming and 1 unforgettable zorb ride! What is a zorb? Come hop into this giant inflatable globe while you bounce and roll down the giant hill! Your head is sure to be spinning from excitement after this exhilarating day out with your friends.



### New York State of Mind

**Date:** Tuesday, August 14  
**Time:** 8:30am – 11:00pm  
**Grades:** 7-12  
**Fee:** \$38.00  
**WTB:** Walking Shoes, bag lunch, and spending money (NYC is expensive!).

New York City here we come! This is your chance to spend the day exploring the city and some of the amazing things it has to offer. We will drive to New Haven and take the train to Grand Central Station where our adventure will begin. The day will include many stops such as Times Square, FAO Schwartz, the Central Park Zoo and Rockefeller Center. We will also go to the top of the Empire State building and take a ride on the Skyride. The Skyride is a virtual aerial tour of the city in an HD theatre with state-of-the-art moving seats! After all the excitement in the "city that never sleeps" you may just feel the need to catch some zzz's on the train back from Grand Central.

### Future Yanks v. Sox

**Dates:** Wednesday, August 15  
**Time:** 4:45pm-11:30pm (Return time dependent on game length)  
**Grades:** 7-12  
**Fee:** \$11.00  
**WTB:** Lunch money or bag lunch, souvenir money

If you can't get enough of the biggest rivalry in sports, then we have the perfect trip for you! Come with us to Rhode Island where we will see the AAA Pawtucket Red Sox take on the AAA Scranton-Wilkes-Barre Yankees. Each team has the next big stars for the major league

teams. Past players have included: Dustin Pedroia, Ivan Nova, Kevin Youkilis, and Brett Gardner! Make sure to bring money for dinner inside of the stadium.



### The Fast & The Delicious

**Date:** Thursday, August 16  
**Time:** 9:30am – 3:15pm  
**Grades:** 7-12  
**Fee:** \$31.00  
**WTB:** Arcade Money

It's baaaack! By popular demand, we are pleased to bring back our exciting day of laser tag and go-karts! We will start out by visiting LaserQuest in Newington where everyone will play two games of exciting, heart-thumping laser tag with state-of-the-art equipment. After a delicious pizza lunch, we will go to Checkered Raceway for three sets of go-Kart racing at its finest! Hairpin turns, pulse-pounding action and photo-finish races with your friends will make for an unforgettable day. Make sure to sign up quickly because the only thing that will go quicker than the go-karts are the spots for this trip!

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## 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 in a family situation that seems unmanageable, please call us. We 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.
- 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.



**Summer Youth Employment and Training Program 2012** – This program provides eligible youth with an opportunity to gain valuable working experience during the summer. In order to be eligible, youths must:

1. be ages 14-21
2. be eligible for free or reduced lunch or be a foster child
3. have an additional barrier to employment.

Applications are available in the office or you can call us for more information.

**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](http://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 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.

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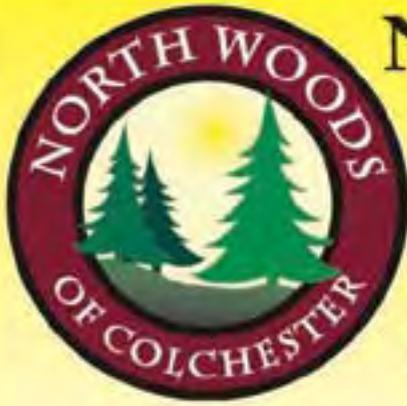
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