

# *Colchester* **CONNECTION**

The Official Publication of the Town of Colchester [www.colchesterct.gov](http://www.colchesterct.gov)

Adult Education • Cragin Memorial Library • Public Works  
Parks & Recreation • Senior Center • Youth & Social Services

## Summer 2011

Featured  
in this  
issue:

**Cragin Library**  
**Parks & Recreation**  
**Youth Services**  
**and Much More!**

**the Chronicle**

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## First Selectman's Letter



**TOWN LEADERS:** First Selectman Gregg Schuster (Above)  
Greg Cordova, Rosemary Coyle, James Ford, Stan Soby

As we move into Spring, many people begin planting their annual gardens and farms. Farming is a way of life that we are striving to protect here in Colchester. The Board of Selectmen has been considering a number of new ordinances including the creation of an Agriculture Commission. We have been discussing this for a while now as a town and we are reaching the point where it will soon become a reality. An Agriculture Commission will give the farming community a greater voice in town and help preserve our rural character.

Another ordinance being considered is establishing the process for accepting fees from developers instead of requiring them to build sidewalks where it doesn't make sense. Because of our current zoning code, there are several developments that have been built with sidewalks that essentially lead to nowhere. The Planning and Zoning Commission, our staff, and the Board of Selectmen are working to establish a system where developers can pay a fee instead of building sidewalks where they don't belong. The fees will be used to build sidewalks in areas that make sense and can connect sections of the downtown area.

These changes, along with a planned renovation of the streetscapes on Merchant's Row and Lebanon Avenue, are designed to help preserve and enhance the character of Colchester. I hope everyone will be able to enjoy all of the planned improvements that are on the way!

*Gregg*

Gregg Schuster  
First Selectman of  
Colchester

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## Free Adult Education Programs

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

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

### College Transition

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

### Citizenship

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

### Worksite Education

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

### Workforce Preparation

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



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### Technology Classes

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

### 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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| East Windsor | Vernon        |
| Ellington    | Willington    |
| Glastonbury  |               |

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GED, High School Credit Diploma and English as a Second Language registration will take place in September 2011. Look for the registration dates as well as the listing of fall semester Adult Computer Classes in the August 2011 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



## Come Celebrate Our 22nd Anniversary! Saturday, June 25th Cruise Cars On Display!



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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 190 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 increase opportunities for quality, enriching early learning experiences
- Expanding reading, writing and math opportunities

**Complete blueprint at [www.colchesterct.gov](http://www.colchesterct.gov) or [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).**

### **The Community Wildlife Habitat of Colchester, Colchester Parks & Rec and Cragin Library announce the 2011 Nature Photography Exhibit. This year's categories:**

- Life in & around water - lakes, ponds, streams & wildlife
- Butterflies & moths & their host plants - egg, larva, pupa & adult forms
- Life in a tree - trees (dead or alive!) & wildlife
- Nature as I see it - unusual shots, macros, textures, colors, etc.

Photos must have been taken in Colchester. Selected photos will be on display at the 57Fest on Sept 24 (rain date Sept 25) and then at Cragin Library through the end of October. Selection will be based on variety of subjects and quality of photos, with an attempt to display at least one photo from every submitter.

Prints (up to 8x10) may be mailed or hand-delivered to the Parks & Rec office between Aug 1 and Sept 1 OR photos may be submitted electronically any time up until Sept 1:

Submit via Flickr (<http://www.flickr.com/groups/colchesterwildlife/>) OR Submit via e-mail to [ColchesterWildlifeHabitat@gmail.com](mailto:ColchesterWildlifeHabitat@gmail.com)

Electronically submitted photos will be turned into 4x6 prints for the exhibit. There is no limit to the number of photos that may be submitted. Photos submitted in 2010 will be considered for the 2011 exhibit and do not need to be resubmitted.

Beginning photographers may wish to attend a session at Cragin Library on June 7 at 7 p.m. to learn how to use free Picasa software to edit their photos and the free Flickr web site to share their photos with family, friends, and people around the world.

**Questions about the exhibit may be e-mailed to [ColchesterWildlifeHabitat@gmail.com](mailto:ColchesterWildlifeHabitat@gmail.com).**

8 Linwood Avenue  
Colchester, CT 06415  
860-537-5752  
[www.colchesterct.gov/library](http://www.colchesterct.gov/library)



## Welcome to your public library!

Library hours are 10:00 am to 9:00 pm Monday through Thursday, and 10:00 am to 4:00 pm on Friday and Saturday. The Library provides free high-speed Internet access with 21 public computers and free Wi-Fi access. Community members stop in to check e-mail, prepare resumes, job hunt, complete coursework, or simply enjoy the web.

The Library is at its busiest in the summer months, with 33% more books borrowed in July than in the busiest month during the school year. If parking is a concern, please take note of our peak times around children's programs and plan your visit accordingly.

Summer reading is truly a cooperative effort in Colchester. The Library's staff works closely with Colchester public schools to support and develop summer reading programs for children and teens. JJS and WJMS both lend sets of recommended summer reading titles to Cragin to reduce wait time for these popular and enriching titles. The Friends of Cragin generously sponsor all summer performance programs, grand prizes, and summer reading t-shirts. Support their fundraising by donating quality books and buying at the book sale scheduled for June 10 - 14.

## Something New!

### 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 readout on the appliance's energy consumption. Reserve one at the main desk.



### Introducing a New Online Service: Universal Class Free! Personal Enrichment Classes Online

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Use your Cragin Library card number to enroll online and take up to five classes at once. Take up to six months to complete a class on your own schedule. These courses do not provide college credit but do provide the opportunity to explore an interest, develop a skill, or review content.

### 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. Take your card with you when you head out on summer adventures.

Library programs are always free of charge and are listed in our monthly newsletter, available at the Library or online at [www.colchesterct.gov/library](http://www.colchesterct.gov/library). Or



### Visit the Library From Home- 24 Hours A Day!

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**-see what you have checked out, what holds you have placed, if 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**.



### We Want Your E-Mail!

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

## Two Ways to Borrow Free Downloadable Books and Media

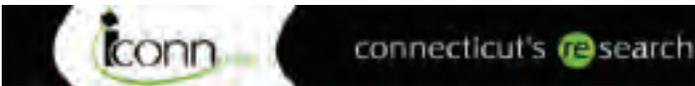


### Overdrive Downloadable Library Collection

<http://libraryconnection.lib.overdrive.com>

Overdrive is Library Connection'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 a new addition to the collection and work on PCs, iPhones and other smart phones, iPads, the Nook, and Sony e-reader. (Amazon has announced that the Kindle will be compatible with free Overdrive library titles by the end of 2011..) For a complete list of compatible devices, just check the Overdrive website.

**Something New!** Curious about e-books? Borrow a Sony reader from the Library. If you'd like to try this exciting technology, Cragin cardholders age 18 or older can present ID and a credit card and borrow a Sony e-reader and download titles from the Overdrive library.



### Connecticut State Library Downloadable Collection

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

**Something New!** Want to try downloadable audio books? Borrow a Sony MP3 player from the Library.

Not sure if downloadable audio books are for you, but willing to try? Cragin cardholders age 18 or older can present ID and a credit card to borrow a Sony MP3 player and download titles from the Overdrive library.

### 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.

### 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 pm in the Library. New mem-

bers 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.

### Summer Book & Bake Sale

**Preview Sale: Friday, June 10, 5 - 8 pm: \$5 admission fee**

**Saturday, June 11, 10 am - 4 pm & Sunday, June 12, 10 am - 3 pm**

Add a stop at the Library when you shop Tag Sale on the Green or drop in earlier in the weekend to browse and buy at the best bargain in town. Sale books are priced at 50 cents to a dollar and proceeds benefit the Library! Beginning Monday, June 13, fill up a bag and pay just \$3.00. (Volunteers to help sort books are always needed.)

### 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: Tuesday, June 7, 7:00 pm**

The Library's advisory board meets quarterly in the Library on the first Tuesday of March, June, September and December at 6:30 pm. The Trustees encourage all members of the community interested in the library to attend. Minutes of Library Board meetings are available on the Library's website.

### 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.

### 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.

## Summer 2011 Programs for Adults

### Introduction to the Internet Classes

**Mondays, June 6 & 20, July 18, August 8 & 22, 11:00 am to noon**  
**Thursdays, June 9 & 23, July 21, August 11 & 25, 7:00 - 8:00 pm**

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

### Picasa Workshop

**Tuesday, June 7, 7:00 - 8:00 pm**

Learn how to use free Picasa software to crop and enhance your digital photos and the free Flickr web site to share your digital photos with family, friends, and people around the world. This session is intended for beginning digital photographers who would like to take the next (easy!) steps to improving and enjoying your photos. If you would like us to work with your photos during the session, email up to three full-size photos to ColchesterWildlifeHabitat@gmail.com by June 4.

### Movie: Fuel

**Thursday, June 9, 7:00 - 9:00 pm**

*Fuel* is the in-depth personal journey of filmmaker and eco-evangelist Josh Tickell, whose fast-paced road trip into America's dependence on foreign oil looks into the future. Tickell explores a wide-range of renewable energy and bio-fuels. Winner of the Sundance Audience Award.



### Connecticut Author Trail July 12 - Sept. 22

Cragin Memorial Library joins the Connecticut Author Trail, an annual program that showcases Connecticut writers at eastern Connecticut libraries. Pick up a CAT passport and follow the trail! The kick-off will be at the Janet Carlson Calvert Library in Franklin on July 12. Author appearances are scheduled throughout the summer. If you can't make the Trail during the summer you are invited to meet many of the authors from the Trail on Thursday, September 22 when the doors to The Cabaret Theatre at The Mohegan Sun open at 6:30 pm. Then stay and join us for a fun-filled evening starting 7:00 pm. Get your CAT passport stamped each time you attend an event. The patron from each library that attended the most events will be invited to an exclusive Meet & Greet at the Mohegan Sun Finale. Look for the CAT brochure listing all appearances at the Library during the weeks before the program kickoff.

## Story Times

The Library offers story times for children ages 12 months through second grade during the school year. Summer programming includes one weekly picnic story time. Please see Children's Programs for more information.

## 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.

## CAT Author Appearances at Cragin Memorial Library:

**Janice Law, Mystery & Short Story Writer**  
**Wednesday, August 10, 7:00 - 8:00 pm**

Connecticut mystery author Janice Law will talk about her most recent book, *Blood in the Water and Other Secrets*. Many of Ms. Law's stories have appeared in *Alfred Hitchcock and Ellery Queen Mystery Magazines* and several have been included in *The Best American Mystery Stories*, *The Finest Mystery and Crime Stories* and *Hitchcock's Fifty Years of Crime and Suspense*.

## Matthew Warshauer, Historian

**Thursday, September 8, 7:00 - 8:00 pm**

Central Connecticut State University professor Dr. Matthew Warshauer



## Little Klippers

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*(lower level of Backus Health Care)*

Wifi  
Zone

• [www.littleklippers.com](http://www.littleklippers.com)

Appointments Preferred / Walk-Ins Welcome If Time Allows

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



# Cragin Library

will speak about *Connecticut in the American Civil War: Slavery, Sacrifice, and Survival*, his accessible history of Connecticut's role in the Civil War, which was published in April 2011 to coincide with the 150th anniversary of the beginning of the Civil War. Expect a lively discussion and revelations about the state's ambivalence about slavery, emancipation, and the war.

## Colchester Reads:

### A Summer Reading Program for Everyone

June 20 - August 27

Celebrate the legacy of Dr. Edwin B. Cragin, whose generosity built Colchester's public library in 1905, by joining your neighbors and recording your summer reading. Laze around in hammocks, chaises, and on the beach with your favorite author's latest or listen to an audio book while on the road to your vacation destination—either way you can track your reading and possibly win an amazing prize! Grand prizes 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!

## Reading with the Doctor:

### Teen Summer Reading Program

- One hundred teen readers entering 6th through 12th grades will earn an limited edition Summer Reading T-Shirt.
- All teen readers earn an entry in the Library's weekly raffle for gift certificates to local businesses for each book they check out.
- All teen raffle entries will be entered into a grand prize drawing for an iPod Nano!
- Pick up reading logs and raffle entries at the main desk or download it from the Library's website beginning June 20.
- Recommended reading titles for WJMS students will be available upstairs across from the main desk. Turn in your WJMS reading logs and earn an extra reward!



#### The Doctor Recommends 20 Minutes A Day:

#### Children's Summer Reading Program, ages 0 - 5th grade

- What will our t-shirt look like? Find out this summer! Three hundred children can earn an exclusive summer reading t-shirt by tracking 20-minute blocks of time spent reading. Whether you read a little every day or in big chunks whenever you can, you can quickly earn a t-shirt and then Cragin Cash.



- Save or spend Cragin Cash to pick your prizes at Cragin's Corner.

- All Cragin Cash bills will be entered into a grand prize raffle entry for a Family Membership to the Mystic Aquarium!
- Turn in your CES & JJS school reading logs at Cragin to win twice and earn an extra reward at the Library!

### 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

Special family programs all summer long!  
Thursday, June 23 - Thursday, August 25, 2011

### Family Movie Night

Monday evenings at 7:00 pm

Best for older children, teens, and adults.

Come with the family for a free movie. Films are rated PG. Running times will vary. Free Popcorn!

### Cool Down @ Cragin

Tuesday mornings at 10:30 am

Best for ages 2 and up.

Come in and cool down while enjoying a children's movie. Running Times will vary. Free popcorn!

### Picnic Story Time

Wednesdays, 11:30 am - 12:30 pm

Best for ages 2-5.

Bring your coolers and your preschoolers for a fun-filled indoor picnic story time. Don't forget your lunch and your blanket!

### Wii Love Summer

Wednesdays, 2:00- 4:00 pm

Best for all ages.

Come and play Family Game Night, Just Dance 2, Super Monkey Ball Banana Blitz, Lego Star Wars and more with your family or friends on our 8' screen! Please register for a half hour slot.

### Crafternoons @ Cragin

Thursdays, 1:00 - 5:00 pm

Best for all ages.

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

### Water Wonders

Fridays 10:00 am to 12:00 noon

Exclusively for toddlers and preschoolers through age 3.

Drop in to the Story Time Room for water play at the water table. For safety and a positive experience for the youngest children, children ages 4 and up are not permitted to use the water table.

### Thursday Night is Family Night @ Cragin!

Thursdays, June 23 - August 25, 6:00 pm

Mark your calendars! Bring the family to the library on Thursday evenings for some great family activity and high-energy fun for kids. Entertaining and educational performers will alternate with Family Feature movies on the big screen!



Join us for our kickoff event on Thursday, June 23 with *Riverside Reptiles' Jeepers Creepers!* Other Family

Night programs are: *Airborne Jugglers, Robert Rivest Mime Theater, Matica Arts, Playtivity, Bob Bloom's Drumming About You, Chris Merwin's Global Music* and **MORE!**



### Weekday Fun-All Summer Long!

Weekday programs run

Monday, June 27 through Thursday, August 25

Please note: All programs are drop-in unless otherwise noted.

### Down Syndrome Playgroup

One Saturday each month from 10:30 am - 12:00 noon

Next Dates: May 21, June 18

Get together for an opportunity to play and socialize with other families.



For more information and additional programs, go to our monthly newsletter at [www.colchesterct.gov/library](http://www.colchesterct.gov/library).

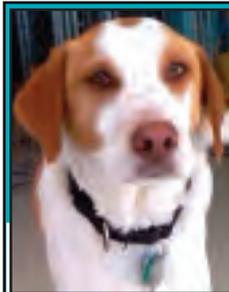
## Emma's Closet

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7 Liberty Drive Unit 2 Hebron CT  
Located next to the Post Office  
Store Hours

Tuesday ~ Wednesday ~ Friday 10-5

Thursday 10-7 Saturday 10-4 [emmascloset2010@aol.com](mailto:emmascloset2010@aol.com)



## Marty's Canine Club

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Only 15 daycare dogs allowed per day, and 10 boarding guests!

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6 Mountain St., Willimantic 860-423-5554

DAYCARE BOARDING TRAINING PLAYGROUP  
[www.martyscanineclub.com](http://www.martyscanineclub.com)



## Something New! What's a Book-It Kit?

Book-It Kits combine books, puppets, toys, puzzles, music CDs, resource materials and/or DVDs in one easy kit with a common early childhood theme. Kits may be checked out for four weeks in the children's department and are useful for parents, teachers, child-care providers, and grandparents with visiting children.

Themes include: The Ocean, Happy Birthday, Summer Fun, Winter, Manners & Social Skills, Healthy Eating, Gardening, Math Resources, and the Human Body & Wellness. Two family activity bags filled with balls, scarves, Frisbees, and other fun outdoor games may be borrowed. All kits are provided through the generous gifts and grants of many Colchester community organizations: C3: The Collaborative for Colchester's Children, CES PTO, the Colchester Learning Foundation, Colchester Garden Club, and a literacy grant from Colchester Rotary.



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**296 South Main St, Colchester, CT 06415**  
**[www.familypizzact.com](http://www.familypizzact.com)**



# Colchester Civic Orchestra and Choir News

The Colchester Civic Orchestra and Choir celebrates its tenth anniversary this spring. Founded in 2001 by conductor John Ringo and his wife Cheryl, the CCO has nearly 60 members from towns all over Connecticut. With members ranging in age from 10 to 70, from students to professional music teachers, the CCO is a true community group!

The orchestra and choir perform a wide variety of music, from classical pieces such as Mozart's Marriage of Figaro, to Pops pieces such as Harry Potter, present day show stopping hits from Phantom of the Opera, Big Band Jazz, and more. They have performed at many venues including Sunset Sounds in Colchester, the beautiful grounds of the Goodspeed Opera House in East Haddam, Colchester Town Green, and Bacon Academy.

In addition to performing several concerts a year, the CCO awards an annual scholarship to a graduating senior who has been with the orchestra for a minimum of two years.

The CCO will celebrate its tenth anniversary with several events, including a movie-themed pops concert in early summer, and fall and winter concerts. For times and dates please check the website.

The CCO is always open to new members for orchestra and choir. Orchestra meets on Thursdays from 7 – 9 pm; choir meets on Tuesdays from 7 – 9. All rehearsals are held at the William J Johnston Middle School in Colchester. For more information visit the website at [www.colchestercivicorchestra.org](http://www.colchestercivicorchestra.org), or call John Ringo at 860-267-6271.



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web: [www.nicholsandsonelectric.com](http://www.nicholsandsonelectric.com)

**860-642-6913**

## Teens Saving Lives!

### 5th Annual Blood Drive Colchester Day Camp at JJIS

The American Red Cross returns to Colchester Day Camp at JJIS on July 19th. Please come and give the gift of life and donate blood. Our record breaking turnout last year was amazing and we are thrilled to invite you back again this year! Thank you to our CIT's and all who participated, volunteered and donated.





Sponsored by Colchester Parks & Recreations Day Camp 2011  
Counselors in Training & Staff:

**JACK JACKTER INTERMEDIATE SCHOOL**  
315 HALLS HILL ROAD, COLCHESTER  
Tuesday, July 19, 2011 from 1:00p.m. - 5:45p.m.



**American Red Cross**

The need is constant.  
The gratification is instant.  
Give blood!



**1-800-RED CROSS**  
(1-800-733-2767)  
[redcrossblood.org](http://redcrossblood.org)

# SUMMER CONCERTS ON THE GREEN

Sundays, July 10 - August 14  
5:00 - 7:30 PM - Town Green

sponsored by

**ROCKVILLE BANK**  
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## 2011 Summer Concert Series Colchester Town Green

Sundays, July 10 – Aug 14 5:00 p.m. Food Concessions Open  
5:30 p.m. Concert Begins

**July 10**

Latanya Farrell & The Bookman Styles Band  
Sponsored by: AT & T

**July 17**

Last Licks  
Sponsored by: S & S Worldwide

**July 24**

Maestro's Men  
Sponsored by: St. Joseph's Polish Society

**July 31**

Skyline Drive  
Sponsored by: Family Physical Therapy  
& Casey Chiropractic

**Aug 7**

Larry Stevens Band  
Sponsored by: Skyview Realty & Plum Tomato

**Aug 14**

Dizzy Fish  
Sponsored by: Toyota of Colchester

**Rain dates: August 21 & 28**



"Creating Community Through People, Parks and Programs"

127 Norwich Avenue, Colchester, CT 06415

(860) 537-7297 | Fax: (888) 468-6093 | parksandrec@colchesterct.gov |

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

## 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  
P: (860) 537-7297 / F: (888) 468-6093  
Email: [parkandrec@colchesterct.gov](mailto:parkandrec@colchesterct.gov)  
Website: [www.colchesterct.gov/parks](http://www.colchesterct.gov/parks)

### PARKS & RECREATION ADMINISTRATION

Interim Director, Greg Plunkett  
[recdirector@colchesterct.gov](mailto:recdirector@colchesterct.gov)  
Office Manager, Elizabeth Kessler  
[ekessler@colchesterct.gov](mailto:ekessler@colchesterct.gov)  
Recreation Supervisor,  
Anita Pizzutiello [apizzutiello@colchesterct.gov](mailto:apizzutiello@colchesterct.gov)  
Recreation Specialist, Amanda Herzog  
[aherzog@colchesterct.gov](mailto:aherzog@colchesterct.gov)

### PUBLIC OFFICE HOURS

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

## VERNON REGIONAL ADULT BASED EDUCATION

Classes offered at multiple locations including **Bacon Academy, Colchester**

- |  |                                      |
|--|--------------------------------------|
| High School Completion Programs*:          | • Citizenship                        |
| • CDP - Credit Diploma Program             | • English as a Second Language (ESL) |
| • NEDP - National External Diploma Program | • On-Line/Distance Learning          |
| • GED Preparation                          | • Pre-GED (ABE)                      |
| • Expulsion Support Program                | • Workplace Education                |

(\*Orientation Required for High School Completion Programs.)

VRABE serves the following 14 towns: Ashford, Bolton, Colchester, Coventry, East Windsor, Ellington, Glastonbury, Griswold, Manchester, Mansfield, South Windsor, Tolland, Vernon, & Willington

To schedule an Orientation for High School Completion Programs or for more information, please call (860) 870-6000 ext. 139 or Toll Free (866) 524-2368

Schedule your Orientation Appointment at [www.vrabe.org](http://www.vrabe.org)

### PARKS & RECREATION COMMISSION MEMBERS

Sean O'Leary, Chair  
Chris Ferrante, Vice Chair  
Norm Kaplan  
Lynette Dimock,  
Secretary Lynne Stephenson  
Jody Barr  
Melissa Kennedy Eric Kundahl  
Clint Williams (Alternate)  
Vacant (Alternate)

### PARK MAINTENANCE CREW

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

### SPORTS LEAGUES - WHO TO CONTACT

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

### YOUTH

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

**Cheerleading:** Kim Gross,  
(860) 519-8738, [galaxyyouthcheer@yahoo.com](mailto:galaxyyouthcheer@yahoo.com)

**Football:** John Blakley,  
[John.blakley@siemens.com](mailto:John.blakley@siemens.com), (860) 334-3900

**Lacrosse:** Kathy Scott,  
[Kathyscott67@comcast.net](mailto:Kathyscott67@comcast.net), (860) 537-6928  
T-Ball, Baseball & Youth Softball: Chris Ferrante,  
[President@cbsl.org](mailto:President@cbsl.org)

**Youth Soccer:** Tom Carey,  
Website: [www.colchesetersoccer.org](http://www.colchesetersoccer.org)

**Youth Wrestling:** Jenn Barber,  
[Liljavis@comcast.net](mailto:Liljavis@comcast.net), (860) 836-3742

### ADULT

**Men's Softball:** Mike Gatesman,  
[mike@colchestersoftball.com](mailto:mike@colchestersoftball.com)

**Men's Soccer:** Hugo Vivero,  
[menssoccer@colchester.gov](mailto:menssoccer@colchester.gov)

**Women's Softball:** Lynn Stephenson,  
[Stephenson01@comcast.net](mailto:Stephenson01@comcast.net), (860) 685-1731



Mark Your Calendars!  
 7th Annual Colchester 57 Fest  
**Saturday September 24th, 2011**  
 Food, Fun, Fireworks & More!



**10<sup>TH</sup> ANNIVERSARY**

May 19<sup>th</sup> June 16<sup>th</sup>  
 July 21<sup>st</sup> August 18<sup>th</sup>  
 September 15<sup>th</sup>  
 FREE ADMISSION 6-9PM

**Willimantic**  
**3<sup>rd</sup>**  
**THURSDAY**  
*Street Fest*

**SEE OLD FRIENDS**  
**ENJOY THE MUSIC**  
**HAVE SOME FUN**  
**DO SOME SHOPPING**  
**AND STAY FOR DINNER**

**IT'S ALL ON MAIN STREET, WILLIMANTIC**

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

Produced by Willimantic Renaissance Inc., in partnership with the Town of Windham, countless volunteers and generous sponsors.

## Colchester Garden Club

### "Come Grow With Us"

*Enjoy gardening?*  
*Want to learn more?*  
*Want to socialize with other gardeners?*

"Come Grow with Us" in the Colchester Garden Club

For more information contact: Katherine Kosiba  
 860-267-4471 or [kmk178@aol.net](mailto:kmk178@aol.net)

For membership information contact: Cathy Pompei  
 (860) 267-8705 or cell (860) 428-5905  
[cathy.pompei@gmail.com](mailto:cathy.pompei@gmail.com)

Member club of:  
 • Federated Garden Clubs of Connecticut  
 • National Garden Clubs, Inc.

- Meeting is 3<sup>rd</sup> Tuesday each month at 6:30 p.m. Cragin Memorial Library Norton Room A
  - Lectures – in-club and external speaker
  - Gardening demonstrations
  - "Learn and Do" garden activities
  - Tend Cragin Memorial Library gardens
  - Plant sharing
  - Floral Design
  - Social events
  - Garden tours
  - Trips to area nurseries
  - Classes available through Federated Garden Clubs of Connecticut in Landscape Design, Garden Studies, Environmental Studies, Flower Show Judging
- Carpooling available for out of town activities



Watch for our annual Daffodil and Spring Bulb Fundraiser coming this summer  
 Pre-order bulbs to plant early autumn  
 For information and order form, email [kmk178@aol.net](mailto:kmk178@aol.net) or call 860-267-4471

## GENERAL INFORMATION

### Insurance Information

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

### Photo Permission

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

### Inclusion Policy

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

The town of Colchester abides by all guidelines of the 1990 Americans with Disabilities Act (ADA)

### Find a Mistake

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

### Program Changes

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

### Weather/Cancellation Policy

Please check our website at [www.colchesterct.gov](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. Walk-In

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

### 2. Mail-In

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

### 3. Drop Box

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

### 4. Fax or E-mail to

Fax (888) 468-6093  
[ekessler@colchesterct.gov](mailto:ekessler@colchesterct.gov)

### 5. Online Registration

Colchester Parks & Rec is part of the Active.com network to provide you with access to our programs 24/7. If you go to [www.colchesterct.gov](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. There is a small processing fee to register this way. Sorry, program discounts and credits are not redeemable when registering on line.

### Location Abbreviations:

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



## Satisfaction Guarantee

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

### Late Fee Policy:

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

### Return Check Fee:

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

### Inability to Pay

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

### Non-Resident Policy

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

### Waiting List

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

### Seasonal Brochures

Seasonal brochures are published 4 times per year. Fall (Aug.), Winter (Nov.), Spring (Feb.), Summer (May). They are distributed on the last Thursday of the respective month within a complimentary edition of the Colchester Bulletin. Submission 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): \_\_\_\_\_

Would you like email address above to receive Parks & Recreation announcements via email? Yes \_\_\_\_\_ No \_\_\_\_\_

### MEDICAL INFORMATION

Physician: \_\_\_\_\_ Phone: \_\_\_\_\_

Please list any allergies, medications, or previous conditions which we/instructor should be aware of (i.e. ADD, ADHD, Hearing impaired, Visually impaired, Special Ed, 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., wheelchair 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 sporting 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 cannot be reached at the phone numbers provided.

Signature (Parent/Guardian if participant is under age 18): \_\_\_\_\_ Date: \_\_\_\_\_

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

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

MC/VISA # \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ EXP: \_\_\_\_\_ / \_\_\_\_\_

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 Avenue  
 Colchester, CT 06415  
 or fax to: 1-888-468-6093

\$	Non-Resident Fee \$20 per class
\$	Scholarship Fund Donation
\$	Total Due

## ADULT

### Basic Dog Obedience



Ages: 18 yrs old & Older

This 7-week class is designed to create a deeper dog-owner bond, address various behavior issues and help owners understand how their canines communicate. Six basic obedience commands will be covered: come, heel, sit, down, stay and stand as well as learning about different temperament types. The class is appropriate for dogs eight months and older. The first class is for OWNERS ONLY and will enlighten you as to what to expect in the class. 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.

**Tuesdays, July 26 - Sept 6 6:00 - 7:00 p.m.**

**Colchester Town Green**

**Fee: \$100**

**Non-Res.Add'l \$20**

**Activity #: 4103.251**

### Cardio Hip Hop for Adults

Ages: 18 yrs old & Older

Have a blast while you burn calories! Try Cardio Hip-Hop this summer. This class combines easy-to-learn dance moves with the latest music. An aerobic workout that will tone and energize you. Bring your 2-3 lb weights and we'll work your arms too! Please wear light, comfortable clothing and bare-foot or hip-hop sneakers. Dance Academy of Colchester is located above CVS. Please use rear entrance. **Registration deadline 6/27**

**Wednesdays, July 6 - Aug 17**

**7:15 - 8:15 p.m.**

**Fee: \$75**

**Non-Res.Add'l \$20**

**Activity #: 4103.259**

### Men's Summer Basketball League

Ages: 17 yrs old & Older

Come and play in Colchester Parks and Recreation's Men's Basketball league. Get together a group of your best guys and come compete against the best Colchester has to offer. This is a 5 on 5 leagues Each team is guaranteed seven regular season games and one playoff game. Games will be played on Thursday nights. Cost per team is \$500 plus \$20 for each non resident. Cost includes an official team t-shirt for up to 10 team members. Team shirt colors are given on a first come first serve basis, sign up early to get the color of your choice! Games will be played on the outdoor courts at the Colchester RecPlex.

**Games start at 6:30, 4 games per night.**

**Thursdays, July 7 - Sept. 29**

**Games start at 6:30, 4 games per night.**

**Fee: \$500 per team**

**Non-Res.Add'l \$20**

**Please call the office or visit our website [colchesterct.gov/parks](http://colchesterct.gov/parks) for team registration form**

### Pilates Summer Shape Up

Ages: 18 yrs old & Older

Summer is here...knock 'em dead with a brand new body! What is Pilates? Pilates is a great form of low-impact exercise that virtually reshapes your body. As founder Joseph Pilates said, In 10 sessions you'll feel the difference in 20 sessions you'll see the difference and in 30 sessions you'll have an entirely new body! Develop core strength, increase your flexibility, and strengthen and lengthen you muscles. Class includes a fun warm up to music and unbelievably effective body-shaping mat exercises. Bring your 2-3 lb weights and we'll tone your upper-body too. Get ready for a new you! Dance Academy of Colchester is located above CVS. Please use rear entrance. **Registration deadline 6/26.**

**Tuesday, July 5 - Aug 16**

**6:30 - 7:30 p.m**

**Dance Academy of Colchester**

**Fee: \$75**

**Non-Res.Add'l \$20**

**Activity #: 4103.258**

### Yoga Moderate/All Levels

Ages: 16 yrs old and Older

Yoga Moderate/All Levels: This class is great for all levels of yoga practice! Learn pranayama (breathing practice) along with yoga postures to improve your strength, flexibility and relaxation. Beginners are welcome as modifications will be given and alignment of posture will be emphasized. Take some time from your busy week to release tension and stress! (Wear loose clothing and bring a yogamat and a towel) **Registration deadline 7/1.**

**Tuesdays, July 5 - July 26**

**5:45 - 7:00 p.m.**

**JJIS location TBA**

**Fee: \$36**

**Non-Res.Add'l \$20**

**Activity #: 4103.263**

### Zumba

Ages 13 years old & older welcome to participate with a registered adult.

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



**June Session: Registration deadline 6/7, 7 classes**

**Tues. June 14, 21, 28 & Thurs. 9, 16, 23 & 30**

**6:00 - 7:00 p.m.**

**JJIS Room 79**

**Fee: \$28**

**Non-Res.Add'l \$20**

**Activity #: 4103.261**

**July Session:**

**Tuesdays, July 5 - July 26 Registration deadline 7/1**

**6:00 - 7:00 p.m.**

**JJIS Room 79**

**Fee: \$16**

**Non-Res.Add'l \$20**

**Activity #: 4103.262**

### Whoever has the most fun WINS!!

Stop at the Parks and Recreation office before you go and pick up your discount tickets! Good any day until the end of the season! Our office hours are Monday - Friday 8:30 a.m. to 4:30 p.m. For your convenience visa & mastercard are accepted.

#### Lake Compounce Discount Tickets

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. And little thrill seekers will enjoy Garfield's Circus World perfect for ages 3-10.

**Colchester Parks & Recreation "Any Day Pass"**

**\$30.00 per person Gate Price: \$35.99 per person**

## FAMILY

### Horseback Riding Lessons



www.srarabians.com

Instructor: Jo-Ellen Albanese, Owner - Salmon River Arabians

Ages: 5 years old and older

The lesson will begin with safety around the horse, grooming the horse, followed by tacking the horse (putting all of the equipment on). The student will then ride the horse about 1/2 hour, return to the barn and untack, brush and give a treat to the horse. My aim is to provide students with the skills to achieve whatever goals they set forth, whether it is pleasure riding or showing. I will design a lesson program to suit the individual's needs and teach good communication between horse and rider in order to establish a positive relationship. **Registration deadline is one week prior to the start of the session.**

**Location: 119 Bull Hill Road, Colchester.**

#### Session 1:

##### June 12 - July 02

Schedule: Mon: 9am - 6pm; Tues: 9 - 11am & 3 - 6pm; Thurs: 9 - 11am & 3-6pm; Sat: 9am - 6pm; Sun: 9am - 12pm

(NO lessons on Wednesday & Friday)

\*Lessons are to be scheduled through the instructor; the instructor will contact those who are registered with Parks & Recreation to set up dates & times for lessons!

**Fee: Two (2) - 1 hour session for \$65.00 - OR - Four (4) - 1 hour sessions for \$120**

**Activity #: 3400.001**

#### Session 2:

##### July 03 - July 23

Schedule: Mon: 9am - 6pm; Tues: 9 - 11am & 3 - 6pm; Thurs: 9 - 11am & 3-6pm; Sat: 9am - 6pm; Sun: 9am - 12pm (NO lessons on Wednesday & Friday)

\*Lessons are to be scheduled through the instructor; the instructor will contact those who are registered with Parks & Recreation to set up dates & times for lessons!

**Fee: Two (2) - 1 hour session for \$65.00 - OR - Four (4) - 1 hour sessions for \$120**

**Activity #: 3400.002**

#### Session 3:

##### July 24 - Aug 13

Schedule: Mon: 9am - 6pm; Tues: 9 - 11am & 3 - 6pm; Thurs: 9 - 11am & 3-6pm; Sat: 9am - 6pm; Sun: 9am - 12pm (NO lessons on Wednesday & Friday)

\*Lessons are to be scheduled through the instructor; the instructor will contact those who are registered with Parks & Recreation to set up dates & times for lessons!

**Fee: Two (2) - 1 hour session for \$65.00 - OR - Four (4) - 1 hour sessions for \$120.00**

**Activity #: 3400.003**

## PRESCHOOL See page 34 for Kindercamp information

### Million Dollar Babies

Ages: 2 & 3 years old

Parent and child can experience the world of dance together in this six-week workshop. Children will be introduced to dance through rhythmic games, basic dance vocabulary, and spatial awareness exercises. Musical rhythm and loco-moto movements are explored in a fun and interactive way. Dance Academy of Colchester is located above CVS. Please use rear entrance. **Registration deadline 6/27**

**Wednesdays, July 6 - Aug 10**

**5:30 - 6:15 p.m.**

**Dance Academy of Colchester**

**Fee: \$60**

**Non-Res.Add'l \$20**

**Activity # 6103.224**

### Total Tennis Pee Wee

Ages: 4 - 6 years old

This is a high energy, interactive program with a high emphasis on FUN! It is a 6-week class. You may bring your own racquet or borrow a racquet. With the QUICK START TENNIS program everything has been KID-SIZED - racquets, courts, nets - and instruction is age appropriate. Special low-compression balls slow things down and decrease bounce heights. Scoring is simplified and there's an emphasis on teamwork. There's no standing in line waiting to be fed a ball. We will be using the Instant Rally Progression technique with a goal of having the kids hitting with each other. Kids learn while they're playing, and best of all, they're having FUN! Quick Start also includes age-appropriate fitness and conditioning activities that work on agility, balance, hand-eye coordination, reaction time and footwork. 4 lessons

**9:00 - 10:00 a.m.**

#### RecPlex Tennis Courts

**July: Saturdays, July 9 - July 30**

**Registration deadline 7/5**

**Fee: \$44**

**Non-Res.Add'l \$20**

**Activity # 6103.222**

**August: Saturdays, Aug 6 - Aug 27**

**Registration deadline 8/1**

**Fee: \$44**

**Non-Res.Add'l \$20**

**Activity #: 6103.223**

### Pre-Engineering

Ages: 4 to 8 years old

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. Instructor: Corey Schmidek

**July 25 - July 29**

**Fee: \$149 Non-Res.Add'l \$20**

**JJIS Media Center 9:00 am - 12:00 pm**

**Activity #: 1800.001**

### Challenger British Soccer (mini-soccer)

Ages: 4 to 5 years old

Challenger British Soccer is coming to Colchester and introducing the skill development program for soccer lovers! The program has been running for 11 years and has expanded and grown due to the high demand for professional soccer training. In this exciting, fast paced 4-week skill building training students will practice passing, control and movement, dribbling, shooting, volleying and other technical skills in the game. At this young age the

players must work to improve their technical ability, this guide of sessions will look at primarily improving the player's technical ability and improve their understanding of the game.

### Session 1:

**July 18 - July 22**

**Fee: \$90**

**WJMS Soccer Field**

**Activity#: 7200.500**

**Non-Res.Add'l \$20**

**12:30 - 2:00 pm**

### Session 2:

**Aug 1 - Aug 5**

**Fee: \$90**

**WJMS Soccer Field**

**Activity #: 7200.600**

**Non-Res.Add'l \$20**

**12:30 - 2:00 pm**

### Session 3:

**Aug 15 - Aug 19**

**Fee: \$90**

**WJMS Soccer Field**

**Activity #: 7200.700**

**Non-Res.Add'l \$20**

**12:30 - 2:00 pm**

### Skyhawks Mini-Hawk (soccer, baseball, basketball)



Ages: 4 to 7 years old

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. This multi-sport program was developed to give children ages 4 to 7 a positive first step into athletics. The essentials of baseball, basketball and soccer are taught in a safe, structured environment with lots of encouragement and a big focus on fun. Our Mini-Hawk games and activities were designed to allow campers to explore balance, movement, hand/eye coordination, and skill development at their own pace. Skyhawks staff are trained to handle the specific needs of young athletes.

### Session 1:

**June 27 - July 1**

**Fee: \$115**

**WJMS Gym A**

**Activity#: 7001.008**

**Non-Res.Add'l \$20**

**9:00 am - 12:00 pm**

### Session 2:

**July 11 - July 15**

**Fee: \$115**

**WJMS Gym B**

**Activity#: 7001.009**

**Non-Res.Add'l \$20**

**9:00 am - 12:00 pm**

## TRIPS

### Block Island Adventure

Saturday July 16, 2011

All Aboard the Block Island Ferry Point Judith, Rhode Island to Block Island for a fun day. See the North Lighthouse, visit the Old Harbor and Clay Head Cliffs. Go biking, hiking, shopping and dining, or relax on the beach watching the yachts go by. Bus depart Hebron Town Hall

**Times: Bus departs Hebron Town Hall at 7am and returns approx. 6pm**

**Fee: \$68 Activity#: 5103.275**

### Green Mountain Flyer

Saturday October 15, 2011

Board the fast moving Green Mountain Flyer and enjoy the fall foliage on

the rails for a delightful 2-hour roundtrip ride along the Connecticut and Williams Rivers between Bellows Falls and Chester Depot, Vermont. Relax and experience a narrated journey into Vermont's rich history and scenic splendor on fully restored vintage passenger trains. Shop at Yankee Candle and then enjoy a classic New England feast at Chandler's Tavern located at Yankee Candle in Deerfield, MA with a choice of Roast Turkey, baked Boston scrod and warm apple crisp. More details will be available in the upcoming Spring brochure.

**Departs East Hampton Town Hall**

**Times: TBA**

**Fee: TBA Activity #: 5103.456**

### Boston Symphony at Tanglewood

Fee: \$75

Sunday, August 7, 2011 (return same day)

Ages: All ages

Boston Symphony Orchestra Concert, Tanglewood, Lenox, MA

\*Sponsored by and proceeds support the Colchester Civic Orchestra and Choir. Nestled in the stunning Berkshire Mountains of Lenox, MA, Tanglewood is the summer home of the world renowned Boston Symphony Orchestra. This trip departs from Colchester and, upon arrival at Tanglewood, you will have ample opportunity to explore the grounds and picnic on your own (plan to bring your lawn chairs/picnic blanket and your own picnic lunch, or purchase lunch from Tanglewood concessions). The concert begins at 2:30 pm, and your trip includes a seat under Koussevitsky Music Shed, where you'll enjoy a performance by the Boston Symphony Orchestra. Under the direction of conductor Lionel Brinquier, the BSO will perform Smetana's The Moldau, Mozart's Piano Concerto No. 22 featuring pianist, Emanuel Ax, and Tchaikovsky's Symphony No. 5. Tanglewood has a variety of offerings for visitors including free guided tours, free children's programs and even lawn chair rental. Visit [www.bso.org](http://www.bso.org) for more information to customize your experience! Parks and Recreation not responsible for the availability of services reserved through the BSO website. **Minimum of enrollment of 30 required.**

**Registration must be completed by June 15th. Departs From: Colchester Town Hall**

**Times: 9:30 AM - 7:30 PM**

**Fee: \$75 / person**

**Activity #: 5103.276**

## YOUTH

### Band Lessons

Ages: 6 - 16 years old

This program is available to all Colchester Band students. Lessons will be offered for flute, clarinet, saxophones, trumpets and bass guitar. If you want to make more progress than can be accomplished in group lessons, prepare for auditions and/or the JJIS Solo Ensemble concert this is for you. **Lessons are every 30 min from 8:30am - 2:30pm. Register early for best time selection.**

### Session 1:

**Tuesdays, June 28 - July 26, 5 lessons**

**Fee: \$120 Non-Res.Add'l \$20**

**Activity # 7103.247 JJIS Music Room**

### Session 2:

**Aug. 2 - Aug 23, 4 lessons**

**Fee: \$96 Non-Res.Add'l \$20**

**Activity # 7103.248 JJIS Music Room**

**Bobcats Basketball Clinic - Boys**

Players entering grades 6 - 9

This basketball camp concentrates on offensive skill development. Each day players will focus on shooting, one-on-one play, ball handling and position play. Players will be grouped based on ability. Games will be played daily. The coaches' goal for this camp is to further develop players of all abilities, to increase the player's desire to improve their own basketball skills and foster the love of the game! Head coaches are CT and National Association of Coaches certified. Camp directed by BA varsity boys basketball coach Kevin Fennell. **Registration deadline is 6/20.**

**Mon - Fri ; June 27 - July 1 9:00 - 11:30 a.m.**

**Bacon Academy Gym**

**Fee: \$75**

**Non-Res. Add'l \$20**

**Activity # 7103.241**

**BA Gym**



**Bobcat Basketball Clinic - Girls**

Players entering grades 8 & 9

This is a great opportunity for girls entering grades 8 & 9 to learn the fundamentals and improve their skills. Clinic will consist of drills, scrimmages and competition. The clinic 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. **Registration deadline is 7/18.**

**Mon - Fri ; July 25 - July 29 9:30 a.m. - 12:00 p.m.**

**Bacon Academy Gym**

**Fee: \$60**

**Non-Res. Add'l \$20**

**Activity # 7103.242 BA Gym**

**Challenger British Soccer (full-day)**

Ages: 7 to 14 years old

Challenger British Soccer is coming to Colchester and introducing the skill development program for soccer lovers! The program has been running for 11 years and has expanded and grown due to the high demand for professional soccer training. In this exciting, fast paced 4-week skill building training students will practice passing, control and movement, dribbling, shooting, volleying and other technical skills in the game. All of the coaches come from Britain (England, Ireland, Scotland and Wales) and holds a minimum FA license.

**Session 1:**

**July 18 - July 22**

**WJMS Soccer Field**

**Fee: \$165**

**Activity #: 7200.502**

**12:30 - 2:00 pm**

**Non-Res. Add'l \$20**

**Session 2:**

**Aug 1 - Aug 5**

**WJMS Soccer Field**

**Fee: \$165**

**Activity #: 7200.602**

**12:30 - 2:00 pm**

**Non-Res. Add'l \$20**

**Session 3:**

**Aug 15 - Aug 19**

**WJMS Soccer Field**

**Fee: \$165**

**Activity #: 7200.702**

**12:30 - 2:00 pm**

**Non-Res. Add'l \$20**

**Challenger British Soccer (half-day)**

Ages: 6 to 12 years old

Challenger British Soccer is coming to Colchester and introducing the skill development program for soccer lovers! The program has been running for 11 years and has expanded and grown due to the high demand for professional soccer training. In this exciting, fast paced 4-week skill building training students will practice passing, control and movement, dribbling, shooting, volleying and other technical skills in the game. All of the coaches come from Britain (England, Ireland, Scotland and Wales) and holds a minimum FA license.

**Session 1:**

**July 18 - July 22**

**Fee: \$115.00**

**WJMS Soccer Field**

**Activity #: 7200.501**

**Non-Res. Add'l \$20**

**12:30 - 2:00 pm**

**Session 2:**

**Aug 1 - Aug 5**

**Fee: \$115**

**WJMS Soccer Field**

**Activity#: 7200.601**

**Non-Res. Add'l \$20**

**12:30 - 2:00 pm**

**Session 3:**

**Aug 15 - Aug 19**

**Fee: \$115**

**WJMS Soccer Field**

**Aug 15 - Aug 19**

**Activity#: 7200.701**

**Non-Res. Add'l \$20**

**12:30 - 2:00 pm**

**Egyptian Dig (Sciensational)**

Ages: 6 to 11 years old

Buried Treasure Digs - Children discover the amazing science of Archaeology as they uncover ancient artifacts. In doing this, we will learn about Egyptian life. We will excavate with tools like a real archaeologist uses. We will find the following artifacts as we excavate a scarab (what's that?), hieroglyphic tablet, ankh symbol and a jackal. You will learn about this and even take home a booklet. The artifacts are yours to keep. We will wet the sand that we dig into and create one of two sand sculptures for display. You can make a pyramid as well as a sphinx. Let's go back in time with a hands on archaeological experience!

**Aug 22 - Aug 26**

**Fee: \$149**

**JJIS Art Room**

**Activity #: 4400.002**

**Non-Res. Add'l \$20**

**12:45 - 3:45 pm**

**Engineering FUNDamentals**

Ages: 7 to 10 years old

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 racecars to Battle tracks, 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.

**Instructor: Corey Schmidek**

**July 25 - July 29**

**Fee: \$149**

**JJIS Media Center**

**Activity #: 1800.002**

**Non-Res. Add'l \$20**

**1:00 - 4:00 pm**

### Harry Potter (Sciensational)

Ages: 6 to 11 years old

Join Our Magical Mystery Tour - All aboard for lots of hands-on fun. Join in the escapades of Harry and his friends. Play quid ditch. Write with invisible ink. Make an edible wand. We will brew some fantastic potions to drink. Let's create and watch some fantastic chemical reactions. Watch a mirage appear. You won't believe it! Wonder where the sorting hat will place you? Make cool crystals. Come join us where the magic of science, art, and literature meet. Harry, Ron, and Hermione are waiting for your arrival! Experiment with colored magic sand. See a mysterious glowing ball.

**Aug 22 - Aug 26**

**Fee: \$149**

**JJIS Art Room**

**Activity #: 4400.001**

**Non-Res. Add'l \$20**

**9:00 am - 12:00 pm**



### Skyhawks Baseball

Ages: 7 to 10 years old

Skyhawks baseball takes the rich history of the game from Cooperstown to your town. Our progression curriculum teaches the fundamentals of fielding, catching, throwing, hitting and base running all in a fun, positive environment by local Skyhawks staff. Specifically designed for intermediate players, all athletes regardless of skill level will learn new baseball skills along with vital life lessons such as respect, teamwork and responsibility. All participants will come away with new friends, new skills and a love for the game!

**June 27 - July 1**

**Fee: \$115**

**JJ Cody Camp Ballfield**

**Activity #: 7001.003**

**Non-Res. Add'l \$20**

**9:00 am - 12:00 pm**



### Skyhawks Basketball

Ages: 6 to 8 years old

This fun, skill-intensive program is designed with the beginner to intermediate player in mind. Using our progressional curriculum and focusing on the whole player, we teach your child the skills they need both on and off the court to be a better athlete. Our sport specific staff will focus on respect, teamwork and responsibility as they will start each day with a 'skill of the day', and progress into drills and gamesmaking for an unforgettable camp experience for your young athlete. After a week of passing, shooting, dribbling and rebounding you will see why this is one of our most popular programs.

**July 25 - July 29**

**Fee: \$115**

**WJMS Gym A**

**Activity #: 7001.001**

**Non-Res. Add'l \$20**

**9:00 am - 12:00 pm**



### Skyhawks Basketball

Ages: 8 to 12 years old

This fun, skill-intensive program is designed with the intermediate player in mind. Using our progressional curriculum and focusing on the whole player, we teach your child the skills they need both on and off the court to be a better athlete. Our sport specific staff will focus on respect, teamwork and responsibility as they will start each day with a 'skill of the day', and progress into drills and games making for an unforgettable camp experience for your young athlete. After a week of passing, shooting, dribbling and rebounding you will see why this is one of our most popular programs.

**July 25 - July 29**

**Fee: \$115**

**WJMS Gym A**

**Activity#: 7001.002**

**Non-Res. Add'l \$20**

**9:00 am - 3:00 pm**

### Skyhawks Flag Football

Ages: 7 to 12 years old

Skyhawks flag football is the perfect program for your young athletes who want a complete introduction to America's Game or for those who simply want to brush up on their skills in preparation for league play. Through our 'skill of the day' campers will learn skills on both sides of the ball including the core components of passing, catching, and de-flagging or defensive positioning - all presented in a fun & positive environment. Recommended for intermediate athletes ages 6-12. The week ends with the Skyhawks Sports Bowl, giving participants a chance to showcase their skills on the gridiron!

**Aug 8 - Aug 12**

**Fee: \$115**

**WJMS Gym A**

**Activity#: 7001.005**

**Non-Res. Add'l \$20**

**9:00 am - 12:00 pm**



### Skyhawks Multi-Sport

Ages: 7 to 12 years old

Soccer - Baseball - Basketball - Flag Football. 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. Emphasis is placed on mastering the rules and etiquette. The player needs to have a basic understanding of the game and its skills. Previous participation in a Skyhawks Sports Introductory camp, Develop camp, or playing in a league or club should suffice.

**June 27 - July 1**

**Fee: \$139**

**WJMS Gym A**

**Activity#: 7001.006**

**Non-Res. Add'l \$20**

**9:00 am - 3:00 pm**



### Skyhawks S.N.A.G (Starting New At Golf)

Ages: 5 to 8 years old

One of our most popular programs, Skyhawks Golf focuses on building the confidence of young athletes through proper technique and refining the essential skills of the game. As we know, golf is a challenging and lifelong sport, so young athletes need proper focus on the fundamentals of form, swinging, putting, and body positioning. To assist in this training, 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. For safety reasons we utilize special helmets for all campers and keep the instructor to camper ratio for this program very low, resulting in limited ability.

**July 5 - July 8 (NO camp July 4th!)**

**Fee: \$95**

**WJMS Gym A**

**Activity#: 7001.007**

**Non-Res. Add'l \$20**

**9:00 am - 12:00 pm**



## Skyhawks T-Ball

Ages: 6 to 7 years old

Skyhawks baseball takes the rich history of the game from Cooperstown to your town. Our progression curriculum teaches the fundamentals of fielding, catching, throwing, hitting and base running all in a fun, positive environment by local Skyhawks staff. Specifically designed for intermediate players, all athletes regardless of skill level will learn new baseball skills along with vital life lessons such as respect, teamwork and responsibility. All participants will come away with new friends, new skills and a love for the game!



**June 27 - July 1**

**Fee: \$115**

**Non-Res. Add'l \$20**

**JJ Cody Camp Ballfield**

**9:00 am - 12:00 pm**

**Activity#: 7001.004**

## Taekwondo Summer Intro

The Colchester Chung Do Kwan Academy is offering an 8 week Summer program for new students in Taekwondo. Our Taekwondo program includes: Taekwondo training including basic movements, poomsae, self-defense & sparring Physical fitness training with challenging workouts for teens and adults, an increase in focus, concentration and discipline for all ages, unlimited classes and fun! Come and try out this exciting and challenging sport!

**Where: Colchester Chung Do Kwan Academy 392 S. Main Street 860-537-6333**

**Unlimited classes train up to 4 times per week for 8 weeks this summer!**

**Ages 4 - 11**

**Monday & Wednesday**

**5:30-6:30pm**

**Tuesday & Thursday**

**6:00-7:00pm**

**Ages 11 and up**

**Monday & Wednesday**

**6:30-8:00pm**

**Tuesday & Thursday**

**7:00-8:30pm**

**Session Start Dates: Must register by July 1 and start before July 18**

**Cost: \$185 includes a free uniform!**

**Activity# 4103.260**

## Total Tennis Beginner and Intermediate

Ages: 7 - 17 years old

Jul 9 - Jul 30

All levels will meet together & players will be placed in groups based on age & ability level. Lessons are 4 weeks.

**Saturdays, 10:15 - 11:45 a.m.**

**RecPlex Tennis Courts**

**Fee: \$108**

**Non-Res. Add'l \$20**

**Session 1: July 9 - July 30 Registration deadline 7/5**

**Activity # 7103.249**

**Session 2: Aug. 6 - Aug 27 Registration deadline 8/1**

**Activity# 7103.250**

## Total Tennis Camp

Ages: 5 - 17 years old

Participants will be grouped by age and experience level. Players will start each day with a warm-up consisting of footwork drills & dynamic stretching. The lesson plans will be designed to accommodate all levels of play. Game based lesson plans will be incorporated based on player experience. Overall, the goal is to teach tennis as a lifetime sport in a fun and active environment. USTA "Quick Start" format will be incorporated into beginner program with a "Play to Learn" philosophy. This is a 4-day camp; Friday will be reserved if a rain make up is needed. You may bring your own racquet or borrow a racquet. Please wear sneakers!!

**Bacon Academy Tennis Courts**

**9:00 - 11:30 a.m.**

**One Week Fee: \$120**

**Non-Res. Add'l \$20**

**Week 1: June 27 - June 30**

**Week 2: July 11 - Jul 14**

**Week 3: Jul 25 - Jul 28**

**Week 4: Aug 8 - Aug 11**

## Unified Theater

Grades 6 - 8

Are you interested in theater? Do you have talent for acting and improvisation? Are you entering grades 6-8?

You will be interested in our new group called Unified Theater! WJMS Unified Theater is a program for students of all kinds of abilities. In fully inclusive theater productions, students of all abilities work side-by-side as equally contributing members. Students are able to explore many aspects of theater - dancing, singing, acting, stagecraft, and more - while having fun and getting to know their classmates.

This summer, we will run a two-week program that is entirely student-led and student-produced and supported by faculty advisor Miss Krenicki, from WJMS. Students from WJMS who participated in the spring production of Unified Theater are welcome to bring their friends! Are you a new 6th-grader coming into WJMS this fall? Join WJMS Unified Theater to meet some classmates and other WJMS students which should help make the transition to middle school easier!

Unified Theater is a not-for-profit national organization that has worked with other schools and student leaders to develop theater groups that feature students with and without special needs. Over 1,700 students have been featured in Unified Theater productions so far. We're excited to add to that number! For more info about Unified Theater visit [www.unifiedtheater.org](http://www.unifiedtheater.org) or [www.wjmsunifiedtheater.shutterfly.com](http://www.wjmsunifiedtheater.shutterfly.com).

The summer program will run weekdays (Monday - Friday) starting August 15 - 26 in the Bacon Academy Auditorium. Rehearsals run from 8:30 a.m. - 12 noon. Our show will be on Friday, August 26th at 11 a.m. All participants will receive a t-shirt. Please indicate size upon registration.

**2 weeks: Mon. - Fri. Aug 15 - Aug 26 8:30 a.m. - 12:00 p.m.**

**Bacon Academy Auditorium**

**Fee: \$232**

**Non-Res. Add'l \$20**

**Activity # 7103.240**



### Whoever has the most fun WINS!!

Stop at the Parks and Recreation office before you go and pick up your discount tickets! Good any day until the end of the season! Our office hours are Monday - Friday 8:30 a.m. to 4:30 p.m. For your convenience visa & mastercard are accepted.

### Six Flags New England Discount Tickets

Summertime is here and it's time to take a trip to Six Flags!

Many theme coasters and a great water park!

Check out their website at [www.sixflags.com/parks/newengland](http://www.sixflags.com/parks/newengland)

**Colchester Parks & Recreation "Any Day Pass"**

**\$35.00 per person Gate Price: \$44.99 per person**



# DAY CAMP!!

## Every child matters to us!



### The Colchester Day Camp Difference 2011

Welcome new friends to Colchester Day Camp and welcome back Camp Alumni! We are very excited to tell you about summer camp! We are again, looking forward to providing a safe environment for all our campers who will learn how to build new relationships, cultivate friendships, explore and develop new skills, and enjoy growing individually as well. This is our commitment to you ~ our camp community! It is our honor and promise to create a safe world of wonderful character building "memories that will last a lifetime."

Many of our super staff return summer after summer to enrich and further develop Colchester Day Camp. The most mature, nurturing, skilled, carefully chosen and best-trained staff are hand picked from a panel of our directors and on board again this year and looking forward to this upcoming epic season we have planned! Our staff is under the leadership of Parks and Recreation Supervisor, Anita Pizzutiello and Day Camp Director Shannon Tamosaitis (Miss T.) Our Administration team rounds out with six super specialists in core areas: Sports & Games, Archery, Tennis, Nature, Drama and Arts & Crafts.

### STAFF TRAINING

All staff is required by state law and OSHA mandates to receive training in Bloodborne Pathogens Exposure Control (HEPb/HIV). The Colchester Parks and Recreation Department also 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. In addition, there are speakers brought in to train them 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. We are very committed to maintaining and developing all our Day Camp staff.

To find out the most current information on Parks & Recreation programs & special events please visit our website at [www.colchesterct.gov/parks](http://www.colchesterct.gov/parks). We also suggest that you subscribe to our email list for up to the minute notification on rainy day changes and other important information regarding camp and other programs. Subscribe to "news" at our website [www.colchesterct.gov](http://www.colchesterct.gov)

### REGISTRATION INFORMATION

Please keep in mind all campers are required to have a current (within three years of the date of the exam) copy of their health record on file with Parks & Recreation. The following required forms are available in the Parks & Recreation office and on our website: Camp Registration Form, Medical Release & Pick Up Authorization, Special Authorization, Health Assessment. Please note, due to severe camper allergies, Colchester Day Camp is a **PEANUT FREE CAMP**.

Registration for Day Camp and Kindercamp requires a 50% deposit. If prior to the start of camp a participant cancels their registration due to an illness or injury, they will receive a refund or credit for fees paid. There is a one time \$10 administrative fee per child, which includes a 2011 Colchester Day Camp t-shirt.

### Camp Fees -Prices based on 1 week sessions only:

- Monday - Friday \$140 includes trip fee
- Extended Care AM \$25 per week (7:00 a.m. to 9:00 a.m.)
- Extended Care PM \$25 per week (4:00 p.m. to 6:00 p.m.)

### SPECIAL DISCOUNTS!

- Multiple Week Discount: 5%
- Sibling Discount: 5%

**ALL BALANCES MUST BE PAID IN FULL BEFORE JUNE 13TH. ANY REGISTRATIONS ACCEPTED AFTER JUNE 13TH MUST BE PAID IN FULL AT TIME OF REGISTRATION.**

### SCHOLORSHIP INFORMATION

There are a limited number of scholarships available to campers in financial need. Applications are confidential and can be obtained by contacting Colchester Parks and Recreation office, 860-537-7297.

### CAMP DATES

- Week 1 June 27 - July 1
- Week 2 July 5 - July 8
- (No camp Monday July 4th)**
- Week 3 July 11 - July 15
- Week 4 July 18 - July 22
- Week 5 July 25 - July 29

Week 6 August 1 - August 5  
Week 7 August 8 - August 12  
Week 8 August 15 - August 19

**(No extended Care on the last day of camp)**

## NON-RESIDENT POLICY

Non-residents are welcome to participate if space allows. Non-residents will be charged an additional \$20 fee, per-session, per-child.

## 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!

## DATES & DAILY HOURS

Day camp is held from 9:00 a.m. - 4:00 p.m. Monday through Friday. Camp is offered in 8 one-week sessions starting June 27th and ending August 19th.

**Please note there is no camp Monday, July 4th and no extended care available on the last day of camp, Friday, August 19th.**

## 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, fees will apply.

## 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. Morning Extended Care is available from 7:00 a.m. - 9:00 a.m. for a flat weekly fee of \$25.00. Afternoon Extended Care is available from 4:00 p.m. - 6:00 p.m. for a flat weekly fee of \$25.00. 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. Please note Day Camp staff is not permitted to accept payments. All payments must be made in our Town Hall office.

**THERE WILL BE NO AFTERNOON EXTENDED CARE ON THE LAST DAY OF CAMP, AUGUST 19th 2011.**

## WHAT WE DO AT CAMP

We are safe and we have FUN! 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 2011!

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 scheduled to change without notice.

## FAMILY FUN DAYS

We invite and welcome parents to join us again during our two family fun days this summer on July 13th and August 3rd 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!

## 5TH ANNUAL BLOOD DRIVE

The American Red Cross returns to Colchester day Camp at JJS on July 19th. We ask and encourage you to please come give the gift of life and donate! Our record breaking turnout the past three 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 drop off a baked good! A magnificent THANK YOU goes out to our CIT's, camp staff, community members, and all who volunteered and donated over the last few years, you are all so special!



# 2011 DAY CAMP DAILY SCHEDULE

Themes and activities are subject to change without notice. For information call...Day Camp Office (during camp hours): 537-6583  
Parks & Recreation Office: 537-7297. Campers are required to wear their 2011 Camp T-Shirt on trip days. CAMP RAIN LOCATION JJIS

Monday

Tuesday

Wednesday

Thursday

Friday

## Week 1: ( June 27 - July 1) "Aloha Summer"

**27** Meet & Greet  
Ice Breakers  
Camp Newspaper  
Pick Electives



**28** Hawaii History  
Coconut Partner Games  
Pineapple Snack  
Hawaiian Arts & Crafts &  
Decorate Camp  
Escape to Hawaiian Islands



**29** Ice Cream Man!  
Pass'da Pineapple  
teams relay race!  
Special Guest:  
**KAHANA HULA  
HAWAIIAN DANCERS**



**30** Hawaiian Shirts &  
Grass Skirts Day!  
Wear your leis for our  
Camp Hawaiian Luau,  
limbo & hula hoop contest!



**1** FIELD TRIP:  
Essex Steam Train  
& River Boat Ride.  
Wear your camp t-shirt!



## Week 2: ( July 4- July 8) "Party in the USA..."

**4** NO CAMP

**5** Annual letters to  
American Troops in Iraq  
Play Colchester  
American Idol  
Camp Newspaper  
Pick Electives



**6** Finish writing troop  
letters... share with camp.  
American Trivia  
Special Guest:  
**Fantasy Face Paint by  
Ruth.**



**7** American Spirit Wear  
RED, WHITE, & BLUE.  
American Chicken  
Soup for the Soul.  
All Camp Sing Down.  
Hot Dogs Cookout for all.



**8** FIELD TRIP:  
Winding Trails in  
Farmington, CT.  
Wear your camp t-shirt!



## Week 3: ( July 11-July 15) "Birds, Bees, Plants, & Trees."

**11** Nature... Intro to CT  
insects, plants, &  
native animals...  
Camp Newspaper  
Pick Electives



**12** Bees & Honey  
Habitats & Homes in  
Nature  
Camp Clean Up  
Reduce, Reuse, Recycle



**13** Nature's Best  
Scavenger Hunt  
Terrifically  
Tall Trees & Planting Party  
Reduce, Reuse, Recycle  
FAMILY FUN DAY 4-5p.m.



**14** Annual Reading of  
THE LORAX!  
CAMPARDY with  
KEITH ALAN  
Reduce, Reuse, Recycle



**15** FIELD TRIP:  
Maritime Aquarium  
Norwalk, CT.  
Wear your camp t-shirt!



## Week 4: ( July 18-July 22) "Go For the Gold Colchester's Camp Olympics"

**18** OPENING  
CEREMONIES...  
Camper Olympics  
Team Country, Team Colors,  
Team Chants  
Camp Newspaper NO electives



**19** Annual American Red  
Cross BLOOD DRIVE  
at JJIS  
Olympic team relay races  
Olympic competitions  
Olympic team banners



**20** FIELD TRIP:  
New Britain Rock Cats  
Baseball Game!!!  
Wear your camp t-shirts!



**21** Bike Rodeo  
Special Guest:  
Fantasy Face Paint  
by Ruth



**22** Last Chance:  
Super Thrills Super Chills  
Super Water Games for  
Olympic Team Points....  
CLOSING CEREMONIES

## Week 5: ( July 25-July 29) "Creatures, Critters & Pets, Pets, Pets!"

**25** Community  
Awareness... Local  
shelters, pounds, humane  
society, Audubon  
Camp Newspaper Pick Electives



**26** Collect donations for local shelter  
Grade 1 & 2... Bring in stuffed  
animal, pet picture, or pet to  
share at 9:30am Pet show & tell.  
Animal Games.  
Special Guest:  
John Gagnon's Pet Resort



**27** Collect donations for  
local shelter.  
Grade 3 & 4... Bring in  
stuffed animal, pet picture, or pet to  
share at 9:30am Pet show & tell.  
CAMPARDY  
with KEITH ALAN



**28** Collect donations for  
local shelter.  
Grade 1 & 2... Bring in stuffed  
animal, pet picture, or pet to  
share at 9:30am Pet show & tell.  
Animal Stories and  
games and races.



**29** FIELD TRIP:  
CT Beardsley Zoo.  
Bridgeport, CT.  
Wear your camp t-shirt!



## Week 6: ( August 1- August 5) "Chasing the Sun Around the World"

**1** Worldly Arts & Crafts  
Camp Newspaper  
Pick Electives



**2** Nation  
Celebrations...  
Voyage around the World  
in Nature & Drama, learn  
about cultures, foods &  
languages of many nations

**3** Dance w/ style  
around the world.  
Special Guest:  
**HIP HOP DANCERS!**  
FAMILY FUN DAY 4-5p.m.



**4** All Camp Sing Down  
Worldly Sports &  
Games today.  
World Holidays



**5** FIELD TRIP:  
Hammonasset Beach  
State Park & Meig's Point  
Nature Center,  
Madison, CT.  
Wear your camp t-shirt!

## Week 7: ( August 8-August 12) "Camp Spirit & Wet Water Wonderland"

**8** Go over week calendar  
of days  
CAMPARDY  
with KEITH ALAN  
Camp Newspaper  
Pick Electives



**9** Wacky Hair Day  
Crazy wacky wild  
hair photos  
Water Games Galore...



**10** Twins Day & Tie-Dye  
Water Games Galore...  
Special Guest:  
Fantasy Face  
Paint by Ruth



**11** Hippy Day & Tie-Dye!  
Water Games  
Galore cont....  
Camp pep rally  
Who's the  
Most far out camp hippy!



**12** PJ, DAY FIELD TRIP  
Norwich 10 Pin  
Bowling, in your PJ's,  
WEAR SOCKS!!!  
Wear your camp t-shirt!



## Week 8: ( August 15-August 19) "Last Blast... Ticket 2 Ride"

**15** Talent/Fashion Show  
Sign Up!!!  
Special Guest:  
**Todd's Ultimate  
Frisbee!!!**

**16** Camp wide Pie Eating  
Contest.  
Cernadskrap Awards  
all groups vote.  
Talent Show Group Practice  
Balloon Toss with partners.  
Camp wide Singing Bee!!!

**17** TICKET  
2  
RIDE!



**18** FIELD TRIP:  
Ice Skating at  
Cromwell Skate Rink.  
(Camp Group Photos today)  
Wear your camp t-shirts



**19** 1. LAST DAY OF  
CAMP AT JJIS!  
2. NO EXT. CARE TODAY.  
3. Cernadskrap Awards at 1pm.  
Talent/Fashion Show & Slide-  
show at JJIS 2pm



## 2011 COLCHESTER DAY CAMP WEEKLY THEMES:

### **Week 1: (June 27-July 1) ALOHA SUMMER**

We will kick off our camp season through making friends in Hawaii! We'll dress up in grass skirts, Hawaiian leis and coconut shirts for a Hawaiian Luau. A team of friends will decorate the pavilion with palm trees, shells and tiki torches, while the rest of us get ready for the limbo & hula hoop contest! Special guest Kahana Hula will come teach us Polynesian dancing and the legends of Hawaiian stories and historical traditions. Field Trip: Essex Steam Train & Riverboat.

### **Week 2: (July 5-July 8) PARTY IN THE USA....**

(Monday, July 4th, NO CAMP)

Campers celebrate American history! Wear red, white, and blue while we make new friends. For the past three years, we have received responses from our letter writing to our American troops in Iraq, we will again be sending letters over seas. We'll also have an all camp sing down and play American trivia. Field Trip: Winding Trails in Farmington, Ct.

### **Week 3: (July 11-July 15) BIRDS, BEES, PLANTS, & TREES**

Interesting insects, animated animals, the tallest trees, land formations, & extraordinary natural phenomena's will be discovered in this amazing week of incredible nature wonders! We also kick off our annual Reduce, Reuse, Recycle Campaign as campers of all ages learn more about waste reduction, reusing, & recycling through fun activities and projects. Parents and friends, please join us for our Family Fun Day this Wednesday at 4pm! Field Trip: Maritime Aquarium, Norwalk, CT.

### **Week 4: (July 18-July 22) GO FOR THE GOLD ~ CAMP OLYMPICS**

Let the games begin! Campers unite to represent their teams and countries at the annual Colchester Olympic Games. Together we learn and develop the value of good sportsmanship, fair play, and comradery while refining our skills. Also, we ask you join us Thursday this week at JJIS for our camp's

4th Annual American Red Cross Blood Drive!!! Teens Saving Lives! Field trip: Wednesday, New Britain Rock Cats Baseball Game.

### **Week 5: (July 25-July 29) CREATURES, CRITTERS & PETS, PETS, PETS**

Calling all animal and pet enthusiasts to join us this week! Enjoy animal-related lessons and activities with other animal lovers and maybe become one yourself! Activities include educational critter projects, group games, and presentations from local animal experts. All campers will get the opportunity to have hands-on experience with special camp animal friends, providing daily care and socialization. Camp Donate Fundraiser: collect items for local no-kill animal shelter. Field Trip: Beardsley Zoo, Bridgeport, CT.

### **Week 6: (Aug 3-Aug 7) CHASING THE SUN AROUND THE WORLD**

Nation Celebrations...Ancient Greece, Amazing Africa, Walk like an Egyptian, Children of China, & Australian Outback! Come with us around the world to learn other countries customs, culture, and tra-

ditions. Wrap your counselors like Egyptian mummies and taste many different ethnic foods! Parents and friends, please join us for our Family Fun Day this Wednesday at 4pm! Field Trip: Hammonasset Beach State Park & Meig's Point Nature Center. Madison, CT.

### **Week 7: (Aug 8-Aug 12) CAMP SPIRIT & WATER WONDERLAND**

It's your time to shine through camp spirit with your friends! Get creative with our camp spirit days this week, wacky hair day, twins day, hippy day and pajama day! Be your loudest at the camp pep rally on Thursday! Bring in a t-shirt to tie-dye! Field Trip: Bowling at Norwich 10 Pin Bowl.

### **Week 8: (Aug 15-Aug 19) TICKET TO RIDE**

Seriously....Don't miss it!!! What's not to love about the most popular week of camp? You'll have to be here to participate in the Pie Eating Contest, Cerdnaskrap Awards, talent/fashion show, and of course, collect enough tickets to soak your counselors! Cruise down the gigantic water slide and soar to the sky in the moon bounce all while eating the best cotton candy and snow cones around! Come and get your ticket to ride campers!!!! Parents are invited Friday to join us at JJIS for the talent show & end of the season slideshow at 2:00pm. Field Trip: Thursday, Ice Skating in Cromwell, Ct.

## OTHER IMPORTANT DETAILS

### **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. Day camp office 860-537-6583.

### **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. Check our website weekly for updated photos on our photo gallery.

**What and What NOT to Bring to Camp!**

■ **NO PEANUT BUTTER!** We are a peanut free camp, please DO NOT BRING PEANUT BUTTER, or anything containing peanuts. Prohibited certain granola bars, chex mix, trail mix, candy bars, crack-er 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.

■ Bathing suits, towels, lunch, and a water bottle should be sent with each camper daily. (Your camper will also have the option to purchase bagged lunch as they were last year. Further details will be available closer to the start of camp.)

■ 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.

■ Please do not allow your child to bring expensive/valuable items to camp such as Gameboys, PS2's, IPODS, MP3 Players, cell phones. We are not responsible for lost or stolen items.

**Lunch**

**PEANUT 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

- High quality before & after school programs
- NAEYC Accredited Kindergarten Connection with transportation to & from CES.
- NAEYC Accredited preschool program.
- Summer program with weekly field trips and swim trips with lessons.



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or other dangerous objects. Please do not pack any butter knives for your child's lunches. Please remember, we are a **PEANUT FREE CAMP**.

Campers also have the option of purchasing a special sandwich lunch meal deal from a local restaurant, which is delivered to camp each day. Order forms are available in the Day Camp office.



## KINDERCAMP

Here is some information specific to Kindercamp.

Kindercamp (for children who will turn 3 years old before **12/31/10** through entering kindergarten) is our specially designed camp for pre school children. Under the guidance and care of our mature, gentle staff, our youngest campers are given a special experience.

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. What better way can there be to start their wonderful camp years?

This terrific group of returning counselors come together to make each day at Kindercamp the best ever for our three, four, and five year old campers. 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 an enthusiasm and love of camp that will last well into adolescence while providing them with a lifetime of memories!

Kindercamp has an outstanding staff that works exclusively with our youngest campers. Kindercamp is held from 9:00 a.m. to 11:30 a.m. Monday through Friday with other options also available. (See below.) Kindercamp is offered in 8-one week session starting June 27th and ending August 19th. The staff to camper ratio for Kindercamp is 1:8. Extended care is not available for Kindercampers. Please be sure to send your child with a healthy snack each day. For the safety of all campers we are a peanut free camp. Please do not send your camper with any peanut products. Please apply waterproof sunscreen to your child prior to their arrival at camp. We also ask that you please send your kinder camper to camp in their bathing suit.

### Registration

Register early for the best availability. The office is open Monday through Friday from 8:30 a.m. - 4:30 p.m. and we will be open on Thursday evenings through June 9th until 7:00 p.m.. For your convenience you may call us at 537-7297. All registrations for Day Camp & Kindercamp programs must be made in person in the office. Please keep in mind all campers are required to have a current (within three years of the date of the exam) copy of their health record on file with Parks & Recreation. The following required forms are available in the Parks & Recreation office and on our website: Camp Registration Form, Medical Release & Pick Up Authorization, Special Authorization, Health Assessment. Please note, due to severe camper allergies, Colchester Day Camp is a **PEANUT FREE CAMP**.

Registration for Day Camp and Kindercamp requires a 50% deposit. If prior to the start of camp a participant cancels their registration due to an illness or injury, they will receive a refund or credit for fees paid. There is a one time \$5 administrative fee per child, which includes a 2011 Colchester Day Camp t-shirt. **New Kindercampers please bring a copy of your child's birth certificate and current health record when registering.**

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Please have your child wear a bathing suit to camp and apply water-proof sunscreen to your child prior to their arrival.

For the safety of all campers we are a **PEANUT FREE CAMP!!**

### Camp Fees -

Prices based on 1 week sessions

Plan A	Monday - Friday	\$ 67
Plan B	Mon/Wed/Friday	\$ 50
Plan C	Tues/Thurs	\$ 40

There is a one time \$5.00 administrative fee per child, which includes a 2011 Colchester Day Camp t-shirt!



**ALL BALANCES  
MUST BE PAID  
IN FULL BEFORE  
JUNE 13TH.  
ANY REGISTRATIONS  
ACCEPTED AFTER JUNE 13TH  
MUST BE PAID IN FULL  
AT TIME OF  
REGISTRATION.**



### Location

Day Camp is held at the Colchester Recreation Complex (RecPlex) located on Old Hebron Road. 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!

### Fifth Annual Blood Drive

The American Red Cross returns to Colchester Day Camp at JJIS on July 19th. We ask and encourage you to please come give the gift of life and donate! Our record breaking turnout the past three years was amazing and we are thrilled to invite you back again this year! A magnificent THANK YOU goes out to our CIT's, camp staff, community members, and all who volunteered and donated.

**Parks & Recreation Offices  
Open Thursday Nights  
Until 7pm through June 9th**

### Arrival and Dismissal

Kindercampers are dropped off in the designated area at the RecPlex each morning at 9:00 a.m., no earlier please. Kindercamp's drop off point is under "Tim's tree" the big tree located behind recreation field R5. They are picked up at 11:30 a.m. at either the playground or the spray park. There is no Extended Care for kindercampers. After 11:35a.m. there is a \$5.00 late charge for every 5 minutes or part thereof that a parent is late picking up a child. We appreciate your promptness.

### The Daily Deal

Kindercampers start their day with their own opening ceremonies. Then the world of camp opens! Activities vary; each day includes arts & crafts, games, music, storytelling, playscape time, water activities, nature hikes, special events and more! The WATER SPLASH PAD is a favorite for all campers!

Some special guests include Kathy Flanagan's Happy Notes, CT Audubon Society, Mystic Aquarium's traveling touch tank, Polynesian Dance and story telling, Fantasy Faces By Ruth and Fantastic Inflatables which adds special excitement to our Kindercamper's day!

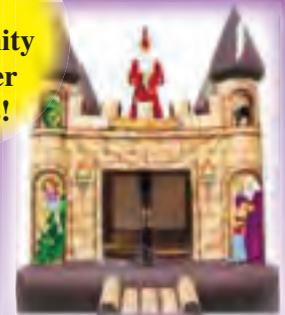
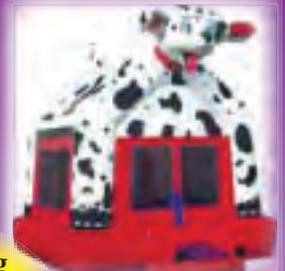
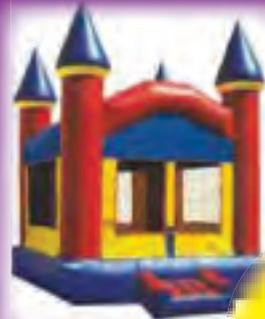
### Rainy Days at Kindercamp

If it is raining, we will hold Kindercamp, along with the Day Camp, at Jack Jackter Intermediate School. Please use the gym ramp entrance. For consistency, we will try to make the decision as early as possible. Once your camper is signed in, if an issue arises, we will transport all campers to JJIS by bus. Kindercampers will travel as a group and will be accompanied by their counselors during the relocation process. If there is ever a question of where camp might be, please call the camp office at 537-6583.

### Non-Resident Policy

Non-residents are welcome to participate if space allows. Non-residents will be charged an additional \$20 fee, per-session, per-child.

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**Week 1: June 27-July 1: New Friends Week** We will be focusing on friendship. Kathy Flanagan (Happy Notes) will be visiting us. Come make a special 3D frame to put your new friend's picture in it!

27	Kathy Flanagan	28	Friendship Art	29	Friendship Bracelets/ Necklaces	30	The Rainbow Fish	1	3D Frames
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**Week 2: July 4-July 8: Show Your Spirit Week** There will be no camp on July 4. Kathy Flanagan will be back! Come participate in Crazy Hair Day, Backwards Day, PJ Day & Hat Day!

4	NO CAMP	5	Crazy Hair Day	6	Hat Day	7	Backwards Day	8	PJ Day/ Kathy Flanagan
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**Week 3: July 11-July 15: Dr. Seuss Week** Who doesn't like Dr Seuss books? Each day we will visit with one of his crazy, zany books. Anyone know what Oobleck is??? Come find out!!

11	Dr Seuss Hats	12	What Is Oobleck???	13	Left Foot, Right Foot....	14	One Fish, Two Fish, Red Fish Blue Fish	15	Egg Carton Critters
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**Week 4: July 18-July 22: Community Helpers** Who are the people in your community? What are their jobs? Each day we will discuss a different job. Two specials this week: Kathy and face painting!

18	Kathy Flanagan	19	Camp at JJIS Police Visit/ Make Night Sticks	20	Fireman Visit Make Fire Trucks	21	Ruth: Face Painting	22	Fix My Boo-Boo
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**Week 5: July 25-July 29: Critters & Creatures** Come make a bug house with Kindercamp. We also will be making a ladybug costume & crazy creature paper bag puppets. The CT Audubon Society will be paying a visit with some critters and creatures!

25	Bug Houses	26	Snake Mosaics	27	Ladybug Costumes	28	Paper Bag Puppets	29	Audobon Society 10AM
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**Week 6: Aug 1-Aug 5: Splasharific!!** Come get wet with your Kindercamp friends! We will be making water balloons, painting with watercolors and visiting with Kathy again!

1	Splasharific: Painting With Watercolors	2	Kathy Flanagan	3	Bubble Day	4	What Can We Do With Water Balloons?	5	Water Discovery
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**Week 7: Aug 8-Aug 12: Splasharific!!** Come get wet with your Kindercamp friends! We will be making water balloons, painting with watercolors and visiting with Kathy again!

8	Making leis	9	Grass Skirts	10	Ruth: Face Painting	11	Kathy Flanagan	12	Underwater Scenes
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**Week 8: Aug 15-Aug 19: A Pirate's Life** Arrgh matey!! Come join us for some swashbuckling fun! We will be making pirate spy glasses, buccaneer hats and having a hunt for treasure. Fantastic Inflatables will be our special for the week

15	Pirate Spy Glasses	16	Nature Walk- Pirate Flags	17	Eye Patches/ Hand Hooks	18	Buccaneer Hats	19	Camp at JJIS Treasure Hunt/ Treasure Chests
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# Town Recreational Facilities

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.

## Chanticleir 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.

**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.



## 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.

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

## Facility Reservation Process

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

## SMOKING AND ALCOHOL PROHIBITED IN PARK

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

## PLEASE RESPECT YOUR PROPERTY

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

## PLEASE! DOGS MUST BE LEASHED!

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

**PLAYSCAPE SAFETY**

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

**Summer Facility Work Update**

For the benefit of the community, we will be providing a seasonal update of the many significant repairs and improvements, beyond routine and seasonal maintenance, that have taken place in our parks and school grounds. For more information about any of these items, please contact the Director of Parks & Recreation.

Completed projects:

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

**Lightning Safety**

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

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

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

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



**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.

**TOP 5 SIGNS THAT FIELDS ARE UNSAFE TO PLAY**

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

## COLCHESTER SENIOR CENTER

Monday-Friday 8:00 a.m. - 4:30 p.m.

95 NORWICH AVE.  
COLCHESTER, CT 06415  
Phone: (860) 537-3911  
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  
Recreational Therapy 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

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 activities. The center offers a range of day, overnight and international trips.

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

## From the Director:

### A New Senior Center for Colchester's Older Adults

Recently the Colchester Senior Center Study Group concluded its work and made a recommendation to the Board of Selectmen on the best course of action to take regarding the creation of a new senior center in town.

After sixteen months of rigorous study, the group finalized its report, and recommended that a separate dedicated space for the new senior center be included in the plans to renovate the William J. Johnston Middle School, provided that parking and traffic safety concerns are a priority in the planning process and adequately addressed in the final design of the property.

The Board of Selectmen subsequently accepted and forwarded the group's report to the town's Ad Hoc Facilities Group which is working to finalize its plans for the future long term use of the William J. Johnston School.

Plans for a building committee are in the works and a timetable for hiring an architect has been established. At this point, it looks like a ground breaking (pending a referendum approval by the town's residents) is projected to be sometime in the spring of 2014.

We look forward to collaborating with the Board of Education in the design process, and are very hopeful that Colchester will soon showcase a new senior center that will serve as a replicable model that the entire community of Colchester will be proud to support.

Stay tuned.....

Sincerely,

*Patti*  
Patti White, Director  
Colchester Senior Services



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## 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 be held on Mondays from 3:00-4:30 June 13-July 25th. No fee but advance registration is required.

**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

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

**Bingo:** Fridays at 10:00.

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

**Needlework:** Wednesdays at 9:00. Share your talents; learn to knit, crochet or create needlework with others.

**Summer Evening Bingo:** Wednesdays 5:00  
June 15-August 31 (light supper at 4:00)



**Golf League-May 17th -July 19th. Call for details.**

### Noontime Movie/Lunch

Tuesday June 21th-The King's Speech  
Tuesday July 12th - True Grit  
Tuesday August 9th -Morning Glory



Memories Group visits the the Hartford Science Museum

## Green Team 2011



**Green Team - An intergenerational garden program for seniors and children second grade and up.** The program's focus is on gardening, but more important are the relationships formed and the time children and seniors spend together. The Green Team began with one small flower garden and today has grown to include large butterfly, flower, vegetable and herb gardens. The team meets on Wednesdays at the Senior Center to learn from each other and have fun working side by side in the gardens. The Green Team ends in August with an annual picnic block party. Call Priscilla@ the Senior Center 537-3911 or Lyn @ Youth Services 537-7255 for more information



### Annual Tag Sale

**Sunday June 12, 9-1:00 at the center.**

Support the center's programming by finding a treasure at the tag sale.

All proceeds benefit the senior center.

## HEALTH AND WELLNESS PROGRAMS:

**"MAKING MEMORIES" Program- 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. For more information contact Patti White at 537-3911.

**"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.

## Senior Center

its/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. Call the center for the summer schedule.

**Free Hearing Clinic- second Wednesday of the month from 10:00-12:00 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 certified instructors. Classes include mild aerobic, improving flexibility, and strength building activities. **M, Th, F at 9:00 and M, W, F at 10:30.** 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.

### MEETINGS AT THE SENIOR CENTER:

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

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

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

**AARP Chapter # 4019 -** First Tuesday of the month at 1:30. (No meetings in July and August)

### IMPORTANT INFORMATION:

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

### BENEFITS COUNSELING:

You may qualify for 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 Laura Crews, a representative from the Senior Resources Area Agency on Aging in Norwich, and is offered at the Colchester Senior Center on the second and fourth Monday of the month from 9-12:00. Call the senior center to schedule an appointment. All appointments are confidential. Information needed to find out about your eligibility through the Benefits Check Up:**

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

## RENT REBATE PROGRAM

State law provides a reimbursement program for Connecticut renters who are elderly (65 years of age) or totally disabled, and whose incomes do not exceed certain limits. Persons renting an apartment or room, or living in cooperative housing or a mobile home may be eligible for this program. Renters' rebates can be up to \$900 for married/union and \$700 for single persons. -The applicant must present proof of disability for the filing year (2010). The applicant must have rented in Connecticut for the "2010" year or part of that year. **Income guidelines as follows: unmarried applicants must not exceed \$32,300 and married applicants must not exceed \$39,500 for the 2010 filing 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 2010.

\_\_\_\_\_ 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, IRA's, 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.**

## UPCOMING OFF- SITE ACTIVITIES:

### Department Store Shopping Trips (Second Wednesday of the Month):

**Wednesday June 8th** - Rocky Hill  
**Wednesday July 13th** - Waterford  
**Wednesday August 10th** - Lisbon



### Enjoy the Shoreline and Region's Restaurants Monthly Lunch Outings

(Last Friday of the Month):

**Friday, June 24th** - Caddy Shack, Norwich  
**Wednesday, July 20** - Dock and Dine, Old Saybrook  
**Friday, August 26th** - Frank's Gourmet Grill, Niantic

### Friday Brown Bag Series Continues:

Join us for fun day trips to various destinations in the region and "Brown Bag" it on your own, usually followed by a stop at a local ice cream shop.

**Friday, June 10th** - Hart's Greenhouse and Mohegan Park Rose Garden  
**Friday, July 8th** - Gillette Castle State Park  
**Friday, August 5th** - Trolley Museum, East Windsor Ct.

## UPCOMING TRIPS:

### Fourth Annual Butterfly Pavilion in Norwich

**June 2nd.** Enjoy a delicious lunch in Norwich Tech's new Culinary Class Dining Room after visiting 1000 beautiful butterflies! \$13 plus suggested donation for transportation.



**THE JOHNNY CASH MUSICAL - Ring of Fire - August 3rd at the Ivoryton Playhouse.** See a tribute to the legendary "Man in Black" with some of his greatest songs! Cost \$35.00. A suggested donation for transportation is \$3.00. Seating is limited.

### CRUISING THE HUDSON RIVER - Thursday August

**18th** - Enjoy a two hour cruise aboard the double decked M/V Mystere as you take in a breathtaking view. Dine at the unique Shadows on the Hudson, a new waterfront restaurant perched on a cliff with magnificent views! Stop at Fishkill

## Senior Center

Farms a family business for nearly 100 years with home grown fruits, vegetables, gourmet cheeses and bakery. Cost \$77.00.

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

**TRIP SIGN UP-** For your convenience we have changed our trip policy. You may call the office to make your trip reservation or come into the center to sign up on Mondays and Fridays.



A cultural field trip to the New Britain Museum of Art

### 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.**

### TRANSPORTATION NOTES:

#### CARRYING GROCERY BAGS

PLEASE REMEMBER THAT YOU MUST CARRY YOUR OWN SHOPPING BAGS FROM THE BUS TO YOUR DOOR. THE DRIVERS ARE NOT ABLE TO CARRY THEM FOR YOU AT ANY TIME.

#### **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).



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## Public Works

### Colchester Sewer and Water Commission 2010 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 Department of Public Health. When a contaminant exists above a detectable level, it is reported in the table below. In testing for over 100 contaminants, we only detected 15, 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. Colchester Sewer and Water Commission 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

In 2010, the Department refined the operations of the newly renovated Taintor Hill Road Treatment Plant which included two new filter vessels, three retrofitted vessels, a SCADA computerized monitoring and control system, and new pumping and storage capabilities. Staff continues to implement the system-wide radio meter upgrade with less than fifty 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 we detected, even in the most minute traces, during 2010. If, due to testing frequency regulations, certain contaminants were not tested for in 2010, 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

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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 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.

**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* (90 <sup>th</sup> percentile)	9/16/2008	mg/L	AL=.015	AL=.015	0.11	0.0-0.023	Corrosion of household plumbing systems, erosion of natural deposits	no
Copper† (90 <sup>th</sup> percentile)	9/16/2008	ppm	AL=1.3	AL=1.3	0.15	0.0081-0.15	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 deposits	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	3/23/2010	NTU	5	n/a	2.9	0.0-2.9	fine sediment in aquifer pumping zone	no
<b>Nitrates/Nitrites</b>								
nitrites	11/18/2010	mg/L	1	0	ND	ND	runoff from fertilizer use	no
nitrate	11/18/2010	mg/L	10	0	1.6	1.6	runoff from fertilizer use	no
<b>Radioactive Contaminants</b>								
Gross Alpha	1/31/2008	pCi/L	15	0	3.8	0.3-3.3	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>								
THMs (total trihalomethanes)	9/20/2010	ppb	80	0	23.71	0.78-23.71	by-product of drinking water disinfection	no
THAs (Total Haloacetic)	9/20/2010	ppb	60	0	8.3	0.8-8.3	by-product of drinking water disinfection	no

## 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 U.S. Environmental Protection Agency (EPA) has proposed a 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. 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 Environmental Protection Agency'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 travel 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 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 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 Flouride in our Water

Flouride 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. Flouride 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 State Department of Pubic Health (DPH) granted our northern wells a waiver for dioxin and endothall 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 CT 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 our 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 steams, 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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<p><b>Tuesday</b> May 31, 2011 7:00 pm Waterford Public Library 15 Rope Ferry Road Waterford, CT</p>	<p><b>Thursday</b> June 2, 2011 7:00 pm Griswold Town Hall 28 Main Street Jewett City, CT</p>	<p><b>Monday</b> June 6, 2011 7:00 pm Groton Public Library 52 Newton Road Groton, CT</p>
<p><b>Tuesday</b> June 21, 2011 7:00 pm Waterford Public Library 15 Rope Ferry Road Waterford, CT <i>English/Spanish</i></p>	<p><b>Tuesday</b> June 28, 2011 7:00 pm DCF 2 Courthouse Square Norwich, CT</p>	<p><b>Wednesday</b> July 6, 2011 7:00 pm DCF 2 Courthouse Square Norwich, CT</p>
<p><b>Tuesday</b> July 12, 2011 7:00 pm Colchester Town Hall 127 Norwich Avenue Colchester, CT</p>	<p><b>Wednesday</b> July 13, 2011 7:00 pm Waterford Public Library 15 Rope Ferry Road Waterford, CT</p>	<p><b>Thursday</b> July 28, 2011 7:00 pm Montville Youth Services Bureau 289 Norwich-NL Tpke Uncasville, CT</p>

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## From the Director

Forty programs, each under \$40. That's our theme for this summer. Beginning June 24th, our summer adventures will begin - and every program we are offering is less than 40 bucks. There is something for everyone from trips to the beach to New York City. 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 Phazerball and Indoor Skydiving!

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.

During the summer we offer a variety of programs including an intergenerational program, community service groups and recreational/cultural programs that provide youth with opportunities to try out new experiences, engage in positive peer interaction, and have fun in a safe and supervised environment.

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 the best summer yet! Don't forget to register early because all of our trips fill to capacity - so don't miss out.

Sincerely,  
*Valerie*  
Valerie Geato  
Director

## How to Contact Youth & Social Services:

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

The Youth & Social Services offices are located in the Town Hall, Suite 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 until 7:00 p.m.

Call/Txt cell during trips @ 908-2403.

## YOUTH & SOCIAL SERVICES STAFF

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

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

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

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

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

**Elizabeth Allard**, Program Supervisor  
[eallard@colchesterct.gov](mailto:eallard@colchesterct.gov)

## 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.

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

**If so, Hire-A-Youth!  
Call Youth Services  
for details.  
(860) 537-7255**



## REGISTRATION INFORMATION & GUIDELINES

If you want to sign up for more than one program, you can simply list all the programs on one form. If there is an additional waiver required from the facility it will be noted in the program description. All forms are available at our office and on-line at [www.colchesterct.gov](http://www.colchesterct.gov)

**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. 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 needed waivers 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 are that each 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.

### 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



Waiting for  
a reason to  
go dancing?  
You no longer  
need an invitation.

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**Colchester - East Hampton Jazzercise**  
**860-537-2647**



## COLCHESTER YOUTH SERVICE BUREAU REGISTRATION FORM

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

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

Parent(s) / Guardian(s) Name(s): \_\_\_\_\_

Phone (H): \_\_\_\_\_ Phone (W): \_\_\_\_\_

Phone (C): \_\_\_\_\_ E-mail: \_\_\_\_\_

Emergency Contact (other than parent): \_\_\_\_\_ Phone: \_\_\_\_\_

Please list any allergies, medical, behavioral or developmental issues: \_\_\_\_\_

Please list any current medications: \_\_\_\_\_

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

Parent/Guardian Signature \_\_\_\_\_

Date \_\_\_\_\_

TO BE COMPLETED BY PARENT/GUARDIAN			OFFICE USE
Program Name	Program Date	Cost	Waitlist
		\$	
		\$	
		\$	
		\$	
		\$	
		\$	

Please return this form to: Colchester Youth Services • 127 Norwich Avenue • Colchester, CT 06415 Make checks payable to: "Town of Colchester" For more information call: (860) 537-7255 or visit our website: www.colchesterct.gov/youth	\$	Subtotal
	\$	Discount
	\$	Total Due

For Office Use Only	Amt Rec'd: \$ _____	<input type="checkbox"/> Check <input type="checkbox"/> Cash	Date _____	Rec'd By _____	ISR Comp. <input type="checkbox"/> Yes <input type="checkbox"/> No	Schlp. Rec'd <input type="checkbox"/> No <input type="checkbox"/> Yes _____%
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While many of our after-school programs are geared towards the general public, some programs are designed to assist youth who need extra support, additional skill development, and opportunities for success. The youth who participate in these groups are usually referred to the programs by school counselors, teachers and parents; these groups last from 8 weeks to 5 months and generally have 6-25 members. Youths who participate in these groups may be displaying known risk factors such as anti-social behavior, low academic achievement, or a lack of coping skills.

In addition to our structured after-school groups, we also offer a program called "Open Youth Center" which provides a safe, drug and alcohol free drop-in center. This provides a great space where kids feel safe and comfortable and have the opportunity to "just be kids" for a while. We hope that they feel connected to one or more of our staff members and look to us as role models and sounding boards, should they need that.

The youth who participate in our programs receive the direct benefits from our services, but the indirect benefits of after-school programs are experienced throughout the community. After-school hours are a critical time for youth. On one hand, that time can represent an opportunity to learn and grow through quality after-school programs; on the other hand, it is also the peak time for juvenile crime and risky behaviors such as alcohol and drug use. Most experts agree that after-school programs offer a healthy and positive alternative. These programs keep kids safe, increase social skills, improve academic achievement and provide needed adult guidance and supervision while reducing the impact on local businesses, the police and other establishments.

### After-School CREW

**Dates:** Tuesdays & Thursdays

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

**Grades:** 6, members only

**Fee:** None

"That was the best experience of my life!" After rave reviews such as this quote, it is no wonder that this group has been so popular. The After-School C.R.E.W. is designed to aid in the development of social skills and positive character traits through team challenges and group discussions. This year's CREW was another huge success as it was a collaborative effort between Youth Services and Alternative Education staff. This exciting group consists of 9 sixth grade boys who meet twice a week at the Youth Center. The students have an opportunity to bond with friends, go on exciting trips, and explore new experiences in a safe and caring environment. The 2010 Crew will be finishing another year of challenges and friendships in June, and cap off the year with an exciting trip.

### Girls Circle

**Dates:** Thursdays

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

**Grade:** 7, members only

**Fee:** None

Girls Circle is a support group for teenage girls. The group's emphasis is to provide a safe, supportive environment where girls can improve their life skills, increase their self expression, connect with peers, and have a chance to be creative. The group meets once a

week at the Youth Center where the girls have an opportunity to talk about current concerns and issues important to middle school students and work on related craft activities while sharing their week's experiences. Each month one meeting focuses on a community service activity such as a visit to a local nursing home and at another meeting the group has a field trip.

### Open Youth Center

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

**Grades 7 & 8:** Mondays during the school year

**Grades 6:** Wednesdays during the school year

**Fee:** None

In addition to full time Youth Services' staff, part time staff members also help to supervise Open Youth Center. An after school snack is provided and we offer lots of activities, including homework help, guitar hero, playing pool, basketball, crafts, and air hockey. Weather permitting, outdoor activities are supervised on the Town Green. Tutoring is offered each week for anyone who would like a little extra help with their homework. You do not need to pre-register to attend the Youth Center. Students fill out registration forms when they first attend which will then be sent home for parent/guardian signature. Questions or concerns about Open Youth Center? Give us a call.

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**"How wonderful it is that nobody need wait a single moment before starting to improve the world." ~Anne Frank.**

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. 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

**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 residents of their local and global communities. This year members: played BINGO and painted jack-o-lanterns with residents of Harrington Court Genesis Eldercare, worked at the Colchester Food Bank, raised funds and made a dinner for residents of OMEGA House, a safe and sober home for people living with HIV/AIDS, played BINGO with residents of Apple Rehab, prepared and served a meal at St. Vincent de Paul Soup Kitchen, provided an Easter party for children at the TVCCA Family Shelter, created safe driving posters for Bacon Academy students, made a Blanket of Hope for wounded Veterans and collected tab tops for Ronald McDonald Charities. High school students wishing to join the group in the fall 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

The mission of the Youth Force Group is to increase youth awareness and compassion for less fortunate individuals. This is 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 2011-2012 school year; may start applying in August by visiting our office or our website.

## Teens-In-Action Summer Program

**Grades:** 6-12

**Date:** Thursdays, July 14-August 18th

**Fee:** None

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. Bring a bag lunch and we'll treat for ice cream after each trip. Sneakers must be worn to Soup Kitchens and for gardening programs. Pick-up and drop-off is at Town Hall.

## Help a Senior Citizen

**Date:** July 14

**Time:** 9:45am - 1:00pm

For this TIA trip, we will stay in Colchester. There's an elderly resident who could use some help with yard work and other light chores. Join us for an opportunity to give back to someone right in our own community.

## St. Vincent de Paul Place Soup Kitchen

**Date:** July 21

**Time:** 9:30am - 2:30pm

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. Before leaving for the Soup Kitchen, we'll decorate cookies for the dessert table.

## TVCCA Family Shelter

**Date:** July 28

**Time:** 12:30pm - 3:30pm

TVCCA is a non-profit community action agency that provides temporary housing with related social services for homeless families until they are able to secure permanent housing. TIA will play outdoor games with the children, do indoor crafts and games and bring them some summer frozen treats. If it's a rainy day, we'll play games indoors.

## Covenant Soup Kitchen

**Date:** August 4

**Time:** 9:00am - 2:30pm

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. TIA will help prep, set up and serve a noon-time meal.

## Apple Rehab

**Date:** August 11

**Time:** 1:00pm - 3:30pm

Apple Rehab is a nursing and rehabilitation facility in Colchester. TIA will make room decorations to be given to the patients. Then, if it's a nice day, we'll play outdoor games with residents. If it rains, we'll play BINGO inside.

## Ponemah or Dublin Village

**Date:** August 18

**Time:** 9:45am - 1:30pm

Ponemah and Dublin Village are Colchester Housing Complexes for the elderly and disabled. Many residents have flower gardens but have difficulty weeding and caring for the flowers. TIA will help to trim bushes, weed and do maintenance in the summer gardens under the guidance of appreciative residents. We will go to whichever complex needs the most help with their gardens.



**TRIPS & OUTINGS**

Are you looking for something fun and exciting to do over summer vacation? We have over 40 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: Fridays, June 24 - August 19**

**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.

**Six Flags**

**Date: Tuesday, June 28**

**Time: 9:30am - 7:00pm**

**Grades: 7-12**

**Fee: \$26.00 or \$5.00 for season ticket holders**

**WTB: Towel, 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 three set times during the day.

**Jumps & Scoops**

**Date: Wednesday, June 29**

**Time: 12:00pm - 4:45pm**

**Grades: 6-12**

**Fee: \$15.00 (Eat lunch before arriving)**

**WTB: Socks**

Are you jumping for joy that summer vacation is here? If so, we have the perfect trip to start your vacation! The Trampoline Place in Wauregan is the only trampoline gym in CT and they have TRAMPOLINES from wall to wall. You'll be shown how to jump and tumble and you can even graduate to doing supervised flips. After two hours of jumping,

flipping and bouncing, we'll go to Buttonwood Farm for delicious, homemade ice cream (over 40 flavors of ice cream, frozen yogurt and sherbet.) Make sure to eat an early lunch before arriving!

**Nomad's Adventure Quest**

**Date: Thursday, June 30**

**Time: 11:00am - 4:15pm**

**Grades: 6 -12**

**Fee: \$22.00**

**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, the 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 start saving your money if you want to play arcade games.

**Qurazy Quarry**

**Date: Tuesday, July 5**

**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 2 levels of cliff jumping, zip lines, a huge water slide, wake boarding (\$5 extra to rent the board) and new this year - rock climbing. The registration fee includes all of these activities. There's also kayaking, but you have to pay extra (\$7 for 1/2 hour or \$12 /hour.) Life vests are provided for all activities and sneakers or water shoes are recommended.



**Drive-In, Dine-Out**

**Date: Wednesday, July 6**

**Time: 6:30pm - 11:30pm**

**Grades: 7-12**

**Fee: \$10.00 (Dinner 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 mosaic of movie munchies.

**Phazerball!**

**Date: Thursday, July 7**

**Time: 9:30am - 3:00pm**

**Grades: 6-12**

**Fee: \$26.00 (Lunch included)**

**WTB: Arcade money**

**Additional Waiver Required**

What on Earth is phazerball? If you are asking that question, then you need to come on this new and exciting trip to see for yourself! Phazerball is a cross between laser tag and paintball. Just like laser tag, you enter into the arena with black lights, strobe lights and heart-pounding music. As you shoot members from the other team, your score will add up for your team on the giant scoreboard. But here is the twist: instead of lasers, each gun shoots a small soft ball that resembles a paintball. There is not paint involved and the balls are too soft to hurt. You will have plenty of chances to shoot your friends because we will play two games of phazerball! In addition to these games, you will also get two races in the 25 mph go-kart track and unlimited mini golf. After all this excitement, we will take a pizza lunch break. Sign-up quickly, because this new trip will surely fill quickly.

**New York State of Mind**

**Date: Tuesday, July 12**

**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 where we'll check out a Toys R Us that's so big it has a Ferris wheel inside, plus a real life Candy Land, and every toy and game you can imagine. Included in this fun filled day is The BEAST... New York's very own thrill ride. We'll go for a wet n' wild ride through the New York harbor soaring past the skyscrapers at a heart-pounding 45mph. We'll even stop for a close-up of the Statue of Liberty. We'll stop to eat at Shake Shack - a modern day "roadside" burger stand serving the most delicious burgers, hot dogs, and frozen custard!



We'll also spend some time checking out Ripley's Believe It or Not Times Square Odditorium where fact is stranger than fiction. We'll explore the unbelievable in over twenty galleries of outrageous exhibits in this one of a kind museum. After all this excitement, we'll have some dinner and then head back to Grand Central Station.

## Whirlyball

**Date: Wednesday, July 13**

**Time: 5:45pm - 10:15pm**

**Grades: 7-12**

**Fee: \$22.00 (Eat dinner before arriving)**

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! Whether you have never heard of whirlyball, or you are a seasoned whirlyball veteran, it will surely make for a night of hilarious crashes, suspenseful goals, and a thrilling time out with your friends! We will cap-off this exciting night with a trip to Dairy Queen where we will treat for ice cream.



## Indoor Skydiving

**Date: Thursday, July 14**

**Time: 9:00am - 4:00pm**

**Grades: 7 - 12**

**Fee: \$36**

**WTB: Sneakers 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!

## Boston Bonanza!

**Date: Tuesday, July 19**

**Time: 8:00am - 7:00pm**

**Grades: 7-12**

**Fee: \$38**

**WTB: Lunch or lunch 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 (included in the fee).

## 5 Guys and a New World

**Date: Wednesday, July 20**

**Time: 5:30pm - 10:00pm**

**Grades: 7-12**

**Fee: \$18 (Dinner and Ice Cream Included)**

It's baaaack! One of our most popular trips, laser tag, has gotten a new make-over and it is better than ever! We will travel to A New World Laser Tag for 3 heart pounding games of laser tag at its best. State of the art vests, laser bombs, strobe lights and fog machines are all waiting for you and your friends. Before we arrive, however, we will have dinner at one of the best burger joints in the whole country - 5 Guys restaurant in Middletown. We will finish the night right with a stop for ice cream. The registration fee includes everything except spending money for the arcade at New World. Signup ASAP, because spots are sure to go quickly for this popular trip.

## Surfs Up

**Date: Thursday, July 21**

**Time: 8:45am - 4:00pm**

**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 Narragansett 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 the lessons to help you ride a wave by the end of the day.

## Farmington River Tubing

**Date: Tuesday, July 26**

**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).

## Yankees Game

**Date: Wednesday, July 27**

**Time: 8:30am - 8:30pm**

**(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 Mariners. 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.

## Yawgoo Waterpark

**Date: Thursday, July 28**

**Time: 9:15am - 4:30pm**

**Grades: 6-12**

**Fee: \$22**

**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 Brickley's Ice Cream where we will treat for waffle-cones and delicious ice cream.



### Chillin' and Grillin'

**Date:** Tuesday, August 2

**Time:** 9:30am - 4:00pm

**Grades:** 6-12

**Fee:** \$19.00

**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 300' waterslides and a BBQ lunch; you have to be wearing a bathing suit in order to use the slides.

### Joey Garlic's Grand Prix

**Date:** Wednesday, Aug. 3

**Time:** 5:30pm - 10:15pm

**Grades:** 7-12

**Fee:** \$20.00

Spend your Wednesday night with us as we go to Checkered Flag Raceway for a night of go-Kart racing at its finest! Hairpin turns, heart-pounding action and photo-finish races with your friends will make for an unforgettable night. Before we arrive at the Grand Prix, we will be having a delicious pizza dinner at Joey Garlic's on the Berlin Turnpike. Make sure to sign up quickly because the only thing that will go quicker than the go-karts are the spots for this trip!



### Just Zip It!

**Date:** Thursday, August 4

**Time:** 8:30am - 3:00pm

**Grades:** 7-12

**Fee:** \$35.00 (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 fly-

ing 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.

### Lake Compounce

**Date:** Tuesday, August 9

**Time:** 10:00am - 7:00pm

**Grades:** 6-12

**Fee:** \$23.00

**WTB:** Bathing suit, towel, sunblock, lunch money, snack money and locker money

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! You can keep cool in the water park. FREE SODA/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.

### Mexican Jumping Beans

**Date:** Wednesday, August 10

**Time:** 5:30pm - 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 Wednesday Night Crawler trip, you will be bouncing under their Cosmic strobe lights, black lights and heart pounding music.



### Yankees Game 2.0

**Dates:** Thursday, August 11

**Time:** 8:30am - 8:30pm (depending on length of the game)

**Grades:** 7-12

**Fee:** \$28

**WTB:** Lunch money or bag lunch, souvenir money

So nice we had to do it twice! After the overwhelming response from last year's Yankees trip, we are going to the stadium a second time, this time they are facing the Angels. For more details, see the description of the 7/27 trip.

### CT Golfand

**Date:** Tuesday, August 16

**Time:** 9:00am - 2:00pm

**Grades:** 6-12

**Fee:** \$17.00

**WTB:** Lunch or lunch money, arcade and batting cage money

When you just want to have fun, there's something for everyone at CT Golf & Games including mini-golf, bumper boats, go-karts and arcade games! There's a Subway Sandwich Shop on sight. For go-kart rides you must be at least 10 years old and 48" tall.

### Kayakattack

**Date:** Thursday, August 18

**Time:** 9:15am - 4:00pm

**Grades:** 7-12

**Fee:** \$22.00 (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 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!"



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

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

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

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

**Food Bank** - The Food Bank provides balanced meals for individuals and families. Residents are asked to access the Food Bank once a month or more frequently in emergency situations. Boxes are packed according to family size and include nutritious items to help families supplement their grocery budgets.

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

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

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

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

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

## Intergenerational Programs

"The way we treat our children in the dawn of their lives and the way we treat our elderly in the twilight of their lives is a measure of the quality of a nation." - Hubert Humphrey

Intergenerational programs benefit the entire community as well as the adults and children who participate in them. The programs offer an opportunity for adults to be role models and mentors while helping the children increase social and communication skills. The children bring joy, enthusiasm, opportunities for social contact and new friendships to seniors while offering them their unconditional acceptance.

## Green Team

**Dates:** Wednesdays, June 1 through August 17

**Time:** 3:30pm - 4:30pm during the school year  
10:00am - 11:30 during summer months

**Grades:** 2-8

**Fee:** None

Calling all adults who would like to spend some time helping children tend their gardens and calling all children who would like to plant a garden and work on fun outdoor, gardening activities. The program's focus is on gardening, but more important are the relationships formed and the time children and adults spend together. The Green Team began with one, small flower garden and today has grown to include a large, butterfly and flower garden, a vegetable garden and an herb garden. In addition to Youth Services and Senior Center staff, Certified Master Gardeners and Master Garden Interns from UCONN's Extension Service volunteer their time to teach the group what to plant and how to keep things growing. Meetings are held once a week at the Senior Center when members learn from each other and have fun working side by side in the gardens. On rainy days, the group works on indoor gardening activities and in July there will be a field trip and picnic to a local garden center. Once the vegetables have grown and are picked, members can take them home and also donate some to the Senior Center. The Green Team ends in August with the annual Block Party. Group members prepare foods grown in the garden and invite friends and family to a picnic lunch. Please think about joining this rewarding summer program that is in its 13th year. If you have a green thumb, that's great. If not, it doesn't matter to the kids- many of them didn't either when they first joined the program. Call Priscilla @ the Senior Center 537-3911 or Lyn @ Youth Services 537-7255 for more information.



### Parent and Family Support

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

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

selves 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.

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## Youth Services' Advisory Board

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

Responsibilities of the Advisory Board include:

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

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

### Members Include:

**Tom St. Louis, Chairman**

**Lorraine Marvin, Vice- Chair**

**Chris Bennett, Kerry Parker, Heather Pelletier**

**Wynet Reynolds, Pamela Scheibelein**

**Rob Suchecki, Ellen Weinick, Kathy Wonderly**

## Youth First

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

The question remains....

**Who will solve the problem of youth drug and alcohol use in our community?**

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

### Members Include:

**Chris Bennett, Brittany Berube, Deanna Bouchard**

**Shirley Ellis, Valerie Geato, Barbara Gilbert**

**Cathy Maher, Christine Miskell, Eli and Beth Ojeda**

**Kathy Smolenski**

## Anti-bullying Initiative Committee

The committee is comprised of representatives from Colchester Youth Services, Colchester Public Schools, the Colchester Lions Club, the Leos, Rotary Club, area churches, Congregation Ahavth Achim, as well as students, the School Resource Officer, and community members.

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

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

## Juvenile Review Board

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

Referrals are made by the police, school administrators and in some cases, parents. **Who is eligible for the JRB?:**

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

Offenses include:

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

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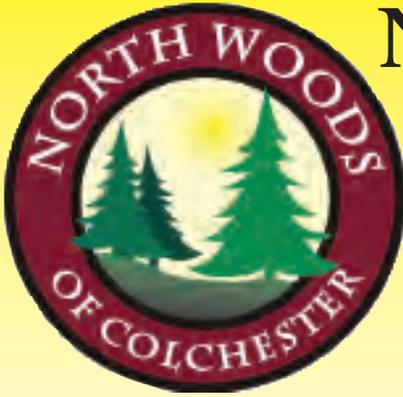
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