

Ellington **events**

VOLUME 2 • QUARTER 1 • 2017



DELIVERING TOWN NEWS



TO EVERYONE IN TOWN

The background is a collage of various stationery items. At the top, there are spiral-bound notebooks in blue, red, and yellow. Below them, an open book with text on its pages is visible. In the center, there are several spiral-bound notebooks with colorful covers (blue, red, purple, yellow) and silver or white spiral binding. At the bottom, there are stacks of books with colorful spines (blue, green, yellow, red).

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BINDINGS

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First Selectman's Corner



Lori Spielman
First Selectman

Welcome to 2017 everyone! 2016 ended well. Town government is running smoothly. Our monthly staff meetings have evolved into real opportunities for all of the Town departments to work together on new ideas that will help to improve our services and our community.

Winterfest was a great success! The parade saw an astounding crowd! Everyone, young

and old, enjoyed seeing Santa and Mrs. Claus as well as the fire trucks decorated in lights. The Hall Memorial Library, Ellington Congregational Church and the Nellie McKnight Museum were all open with fun things happening at each spot. Winterfest takes the time, talent and energy of many, many volunteers. How lucky we are that we have people in Town who graciously give of themselves so that our residents can enjoy a small-town Christmas. Thanks to all!

Kudos to our decorating crew from Public Works, especially Kim and Dana, for the terrific job they did during the holiday season. Two new evergreen trees were added to the round-about and everyone enjoyed seeing them lit up at night.

Along with a bit more decorating this year, the Town hosted a new Holiday Lighting Contest open to businesses and residents. Kloter Farms generously provided the prizes! The winners for 2016 are:

- Most Creative – Alex Brennan
- Best Theme – Betty Keilty
- Judge's Choice – Oakridge Dairy
- Best Business – Barber Utilities



Most Creative,
Alex Brennan, 3 Burbank Road



Best Theme,
Betty Keilty, 59 Crane Road

continued on page 3



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events

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COVER PHOTO

A trio of donkeys enjoying an Ellington wintery day.
 photo by Lori Spielman

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WHAT IS 2-1-1?

It is Connecticut's free and confidential information and referral service. By calling 2-1-1, a toll-free number throughout CT, callers can reach knowledgeable, multilingual staff and get information, referrals or seek help in a crisis. 2-1-1 operates 24 hours-a-day, every day of the year. TDD access is available.

Visit the website for more information:

<http://www.211.org/#>

Selectman's Corner ... continued from page 1



To the left, Judges' Choice, Oakridge Dairy, 76 Jobs Hill Road. And below, Most Festive Business, Barber Utilities, LLC 77 Meadow Brook Road



We want to say thank you to Kloter Farms for sponsoring this event and for helping to get this fun contest off the ground. Thank you to the judges (Peter Welti, Kloter Farms; Selectwoman, Melinda Ferry) for spending an evening driving through town and visiting the many sites that were participating. Thanks to all of the residents and businesses that participated in the contest. We had 15 entrants this year and we hope to see the contest grow next year with more people getting involved. What a great way to celebrate Ellington: with lights and smiles!

Sincere thanks to all of our residents and businesses who were so generous over the holidays. The Human Services Department was able to help 188 people, both families and individuals. This represents Ellington and is a great testament to that small-town feeling of wanting to help your neighbor.



Above, Ellington High School Student musicians entertain at the Senior Center holiday lunch. To the left, this delightful crew served holiday lunches to many seniors and family members.



The Ellington Senior Center was established in 1997 and will be celebrating 20 years this spring. The move into the new Senior Center on Maple Street three years ago was a resounding success with many more programs and services added. With so much **continued on page 4**

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(L to R) Andrew Luginbuhl, Dale Gerber, Jeff Gerber, Derek Reutter

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Selectman's Corner ... continued from page 3

more space, attendance has grown, there are interesting indoor and outdoor activities and the wonderful staff makes visiting the Senior Center even better. Over the holidays, the Senior Center hosted a wonderful Christmas luncheon. Ellington High School students provided live music and the Senior Center staff and volunteers served a delicious meal to many Ellington seniors. The entertainment and the luncheon earned rave reviews!

Facebook, Twitter and Instagram and of course, the Town website all in an effort to keep you informed. My door is always open and I am happy to answer any questions that come along. We are in full swing of the Town budget season and you can find all of the information related to the budget on our website on the Finance Department page. If you have any questions, don't hesitate to ask. If I don't know the answer, I'll find it!

The Town's social media presence is growing very fast. We are on

Lori Spielman, First Selectman

Ellington Residents!

WANT TO KNOW WHEN THERE IS AN EMERGENCY IN TOWN THAT MAY AFFECT YOU?

Get emergency alerts and optional community alerts by signing up for the Town of Ellington's Emergency and Community Alerts program. This provides a means for Town officials to notify you by phone, email, SMS TXT and/or TTY/TDD, as selected by you. Town officials will be able to notify you directly of emergencies, with requirements or recommendations for residents and property owners; this can be used for Town-wide or localized emergencies. Powered by Everbridge, this system broadcasts messages at exceptionally high speed, going through your contact paths until it gets feedback that someone at your end has acknowledged receipt of the message. Ellington relies on you to supply the necessary information. If you don't enroll, you will not receive alerts. Go to the website at Ellington-ct.gov to enroll (search Everbridge).



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178 Mountain Street \$100,000.

Would look like the parcel could be divided into two possible lots, (Looks like a "free Cut" is an option) or one large of one that would allow a some horses. Will have sewer capacity for 8 bedrooms,

7 Hilltop Drive \$94,900

Cul-de-sac lot with a newer 28x36 garage!! Sewer and Water available.



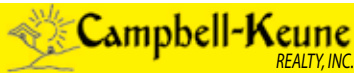
Ellington \$248,500

Large Living Room with Fireplace, Dining room with Hardwood Flooring, Eat-In Kitchen. 3 Bedrooms with Huge Master Bedroom with Walk-in Closet. Finished Lower Level with Family Room and Office (presently being used for storage) Newer Vinyl Siding and Garage Door. Shed, Large Level Back Yard! Sq. 350 Sq. Ft. of Finished Lower Level.



Ellington \$249,900

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Daniel C. Keune

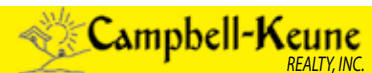
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Connecticut Emergency Preparedness Mobile Application

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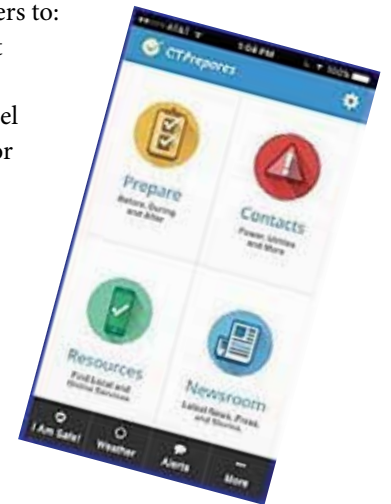
Download it today!

The Connecticut Emergency Preparedness Mobile Application will allow Connecticut residents to access emergency information and alerts on the go in the event of an emergency. Connecticut residents are able to create interactive emergency kits, customize family communication plans, and view preparation guides on what to do in an emergency - all from their mobile device.

The Emergency Preparedness Mobile Application integrates with a phone's text messaging, email, and social networking, allowing residents to inform family members when they are safe. Real-time notifications can be sent directly to the device providing up-to-the-minute information for residents. Links to emergency needs such as shelters, food, and assistance will be at hand.

The application will allow users to:

- Create interactive checklist
- Prepare a family plan
- Notify emergency personnel
- View preparation guides for different emergencies
- Sign up for alerts
- Contact family members
- View emergency news and events
- Locate emergency services
- View weather



Ellington Community Emergency Response Team (CERT)



The Ellington CERT team was established in March 2009 with thirteen members. It has been in continuous service since that time, serving Ellington and the surrounding towns. There currently are thirty-seven members in the CERT program. Included in

the CERT program are a specialized group of members who can provide communications in an emergency incident through HAM radios. A new communications tower is currently being erected adjacent to the Town Emergency Operations Center



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(EOC) to enhance Ham Radio and EOC communication capabilities during an emergency incident. CERT members volunteer their time and expertise to help citizens in time of need. Examples; Ellington CERT members responded to the explosion at the Kleen Energy Power Plant in Middletown, Winter Storm Alfred, flu clinics, and assisted in the operation of the Ellington emergency shelter and pet shelter when they were open. During the recent holiday season, the CERT Team worked with the Ellington Human Services Department providing meals and gifts.

The Ellington CERT Team encourages and appreciates new members. You must be 18 years of age, pass a criminal background check and successfully complete the 24-hour CERT basic training course to become a CERT member. For further information, email Deputy Emergency Management Director John Streiber at jstreiber@ellington-ct.gov or call the Emergency Management Office at 860-870-3182.

Assessor's Office

Kim Bechard, Assessor
860-870-3109

HOMEOWNER'S TAX RELIEF PROGRAM

The Homeowner's Tax Relief Program allows a tax credit for qualifying individuals. To qualify, the homeowner (or spouse, if domiciled together) must have been 65 years of age by the end of 2016 and reside at the property. 2016 income is \$42,900 if married, and \$35,200 unmarried; and defined as adjusted gross income and tax exempt interest, plus any other income not included in the adjusted gross income. Totally disabled persons, regardless of age, are eligible provided they have a Social Security Award letter or SSA-1099 with Medicare premiums. The filing period for the Homeowner's program is February 1 through May 15, 2017.

ADDITIONAL VETERAN'S EXEMPTIONS

An additional exemption may be available for those veterans who meet the above income requirements. Applications for this program must be filed between February 1 and October 1, 2017.

Both of these programs require applications to be filed every two years. If you are currently on one or both of these programs and it is your year to refile, applications will be mailed to you February 1. Forms will be available after February 1 in the Assessor's Office. For questions or help completing the forms, contact the Assessor's Office or Anna Turner with Human Services at 860-870-3131.

Town of Ellington DIRECTORY

55 Main Street, P.O. Box 187
Ellington, CT 06029

Animal Control	(860) 870-3155
Assessor's Office	(860) 870-3109
Building Department	(860) 870-3124
Emergency Services (Non-emergency)	
Crystal Lake Fire Department	(860) 870-3174
Ellington Volunteer Fire Department	(860) 870-3190
Ellington Volunteer Ambulance Corps	(860) 870-3170
Emergency Management	(860) 870-3182
Finance Department	(860) 870-3115
Fire Marshal	(860) 870-3126
First Selectman's Office	(860) 870-3100
Human Services	(860) 870-3128
Housing Rehabilitation	(860) 870-3132
Library (Hall Memorial)	(860) 870-3160
Police (non-emergency)	(860) 870-3154
Public Works	(860) 870-3140
Recreation Department	(860) 870-3118
Registrars of Voters	(860) 870-3107
Senior Center	(860) 870-3133
Tax and Revenue Collector	(860) 870-3113
Trash (Bulky Pick-up) All American Waste	(860) 289-7850
Town Clerk	(860) 870-3105
Town Planner	(860) 870-3120
Youth Services	(860) 870-3130

Registrars of Voters



The Registrars of Voters had a busy year with the Presidential Election. In January 2016, there were 9,241 registered voters. In December 2016, Ellington had a total of 10,511 electors. That means an additional 1,270 voters were added to the registry list, most of whom registered during the month of October, 2016. Registering to vote online has been a huge success with great results. We encourage any resident who is 18 years or older and an American citizen to register online at <http://www.sots.ct.gov/sots>, or you may still register in person at the Town Hall.

The results of the Election for President in Ellington are as follows: Clinton and Kaine, 3,531; Trump and Pence, 4,199; Johnson and Weld, 322; Stein and Baraka, 115. There was a strong showing this year with District 1 voting at 74% and District 2 voting at 77%.

In the next few months, some electors will receive a Canvass Letter from the Registrar of Voters office. Please do not ignore this letter. Fill it out and send it back in the enclosed self-addressed envelope so your record may be updated. This information is gathered by the Post Office indicating there may have been a change regarding your residence. If your letter is not returned, you may risk your voting rights. This canvass is mandatory as directed by the Secretary of State's Office.

If you have any questions, please feel free to call the Registrars of Voters office at 860-870-3107. If we are not in the office when you call, please leave a message and we will get back to you.

Happy New Year!
Susan Luginbuhl, Registrar of Voters
Wanda DeLand, Registrar of Voters

Ellington Town Hall Hours

Monday - 8:30 am - 6:00 pm
Tuesday, Wednesday, Thursday - 8:30 am - 4:00 pm
Friday - 8:30 am - 1:30 pm

HOLIDAY SCHEDULE

Town Offices will be closed on the following dates

Monday, February 20 – Presidents Day

Friday, April 14 – Good Friday

Monday, May 29 – Memorial Day*

*There will be a one day delay in trash collection for this holiday.

Check the Library website for closing dates at library.ellington-ct.gov

Human Services Department

Joy Hollister, Director
860 870-3128

Energy Assistance – Residents who are struggling to pay for their primary heat source (oil, propane, electric, gas, wood, pellets, etc.) are welcome to contact Human Services to apply for Energy Assistance. All applicants must provide proof of income, assets (checking, saving, stocks, shares, bonds, CDs, IRAs), a current lease or mortgage statement, electric bill, and social security numbers and birth dates for all household members. Information provided must be for the four weeks previous to the date of application. Please contact Human Services for income and asset limits and to make an appointment. Households whose heat is included in the rent are also eligible to apply.

Food Bank – Human Services operates a food bank of non-perishable items for qualified Ellington residents. Income and residency proof is required for the whole household. (Income limits are: \$33,000 annually for a single person household, \$44,000 for

two person household, \$54,000 for a three person household and \$65,000 for a four person household.) Residents with larger households are asked to contact Human Services for income limits. Please call Human Services to sign up.

The food bank is able to help Ellington households due in part by the very generous donations received from the community. Donations of non-perishable, unexpired food are always welcome. The food bank also accepts donations of hygiene and cleaning products as well as gift cards to grocery stores and monetary donations.

Advocacy and Referrals – Do you need assistance with applying for a State or Federal program? Are you low income and need legal assistance? Do you have general questions about what services are out there? Do you have concerns for a neighbor and are not sure where to turn? Please contact Human Services where we can either directly assist you or provide you with appropriate referrals.

Calendar of Events for Boards and Commissions

All Town Hall meetings take place in the Meeting Hall on the third floor, 55 Main Street, unless otherwise noted.
Check the town website (www.ellington-ct.gov) prior to attending, as dates and times may change.

February 7	Conservation Commission	Town Hall Annex	7:00 pm
February 7	Board of Finance	Town Hall	8:00 pm
February 8	Economic Development Commission	Town Hall Annex	7:00 pm
February 8	Parks & Recreation Commission	Arbor Commons	7:00 pm
February 13	Human Services Commission	Arbor Commons	6:00 pm
February 13	Board of Selectmen	Town Hall	7:00 pm
February 13	Inland Wetlands Agency	Town Hall Annex	7:00 pm
February 14	Library Board of Trustees	Hall Memorial Library	7:30 pm
February 14	Board of Selectmen/Board of Finance	Town Hall	8:00 pm
February 15	Water Pollution Control Authority	Public Works	7:00 pm
February 21	Housing Authority	Snipsic Village	6:00 pm
February 22	Board of Education	Administration Building	7:00 pm
February 27	Board of Selectmen	Town Hall	7:00 pm
February 27	Planning & Zoning Commission	Town Hall Annex	7:00 pm
March 6	Zoning Board of Appeals	Town Hall Annex	7:00 pm
March 7	Conservation Commission	Town Hall Annex	7:00 pm
March 7	Board of Finance	Town Hall	8:00 pm
March 8	Economic Development Commission	Town Hall Annex	7:00 pm
March 8	Parks & Recreation Commission	Arbor Commons	7:00 pm
March 13	Human Services Commission	Arbor Commons	7:00 pm
March 13	Board of Selectmen	Town Hall	7:00 pm
March 13	Inland Wetlands Agency	Town Hall Annex	7:00 pm
March 14	Board of Finance	Town Hall	7:00 pm
March 14	Ethics Commission	TH Comm. Room A	7:00 pm
March 14	Library Board of Trustees	Hall Memorial Library	7:45 pm
March 15	Water Pollution Control Authority	Public Works	7:00 pm
March 16	Design Review Board	Town Hall Annex	7:00 pm
March 21	Board of Finance/Board of Education	Town Hall	7:30 pm
March 22	Board of Education	Administration Building	7:00 pm
March 27	Planning & Zoning Commission	Town Hall Annex	7:00 pm
March 28	Board of Finance/Board of Selectmen	Town Hall	7:30 pm
April 3	Zoning Board of Appeals	Town Hall Annex	7:00 pm
April 4	Housing Authority	Snipsic Village	6:00 pm
April 4	Conservation Commission	Town Hall Annex	7:00 pm
April 10	Human Services Commission	Arbor Commons	6:00 pm
April 10	Inland Wetlands Agency	Town Hall Annex	7:00 pm
April 11	Budget Public Hearing	HS Auditorium	8:00 pm
April 12	Economic Development Commission	Town Hall Annex	7:00 pm
April 12	Parks & Recreation Commission	Arbor Commons	7:00 pm
April 13	Board of Finance	Town Hall	7:30 pm
April 17	Board of Selectmen + Regatta Hearing	Town Hall	7:00 pm
April 18	Board of Finance	Town Hall	7:30 pm
April 18	Library Board of Trustees	Hall Memorial Library	7:30 pm
April 19	Water Pollution Control Authority	Public Works	7:00 pm
April 24	Planning & Zoning Commission	Town Hall Annex	7:00 pm
April 25	Housing Authority	Snipsic Village	6:00 pm
April 26	Board of Education	Administration Building	7:00 pm
May 1	Zoning Board of Appeals	Town Hall Annex	7:00 pm
May 2	Conservation Commission	Town Hall Annex	7:00 pm
May 8	Human Services Commission	Arbor Commons	6:00 pm
May 8	Inland Wetlands Agency	Town Hall Annex	7:00 pm
May 9	Annual Town Budget Meeting	HS Auditorium	8:00 pm
May 10	Economic Development Commission	Town Hall Annex	7:00 pm
May 15	Board of Selectmen	Town Hall	7:00 pm

Town Hall Annex – 57 Main Street
Arbor Commons – 31 Arbor Way
Public Works – 21 Main Street

Snipsic Village – 20 Main Street
Administration Building – 47 Main Street
Hall Memorial Library – 93 Main Street

Community Development Department Announces Funds Available to Make Home Repairs

The Town of Ellington has received funding from the State of Connecticut Department of Housing (DOH) to assist low and moderate income homeowners make repairs to their homes. The Ellington Regional Housing Rehabilitation Program is managed by the Ellington Community Development Department and serves the towns of Ellington, Somers, Suffield and Windsor Locks.

Funding can be used to make repairs including, but not limited to, heating system repair or replacement, plumbing repairs, energy efficiency measures, roofing, electrical upgrades, needed interior and exterior repairs, and accessibility modifications. The program can provide 100% of the cost of needed repairs for low-income homeowners (up to 50% of area median income adjusted for household size) and up to 75% of project costs for moderate income property owners (up to 80% of area median income). Moderate income homeowners who are unable to fund the owner's portion of project costs may apply for a waiver. All work is performed by licensed and insured contractors who

are registered with the program and who bid on the projects. Work is supervised by a Housing Rehabilitation Specialist to ensure that all work is completed in accordance with the work specifications and all state, federal and local codes and regulations.

Funds are provided in the form of a deferred payment loan at 0% interest. No interest is ever charged and no payments are required as long as the homeowner owns and occupies the residence. Applications and information is available to interested homeowners at the Ellington Community Development Office, located at the Ellington Senior Center, 40 Maple Street in Ellington. Office hours are Tuesdays from 9:00 am to 4:00 pm. Applications may also be requested by calling the program at 860-870-3132. A voicemail message may be left at any time and will be promptly returned by program staff during the next office hours. Applications may also be requested by mail addressed to Ellington Community Development Office, P.O. Box 187, Ellington, CT 06029.

CURRENT INCOME LIMITS FOR ELIGIBILITY ARE AS FOLLOWS:

Ellington Regional Housing Rehabilitation Program Income Limits

Household Size	50% of Median	80% of Median
1 person	\$31,300	\$46,000
2 persons	\$35,750	\$52,600
3 persons	\$40,200	\$59,150
4 persons	\$44,650	\$65,700
5 persons	\$48,250	\$71,000
6 persons	\$51,800	\$76,250
7 persons	\$55,400	\$81,500
8 persons	\$58,950	\$86,750

Economic Development Commission

HELP SUPPORT LOCAL BUSINESSES AND SHOP ELLINGTON TODAY!!!

When you shop locally, 68% of spending goes back to our community (Civic Economics). The Ellington Economic Development Commission sponsors an electronic business directory for residents to access information regarding local goods and services and for businesses to create complimentary micro-websites to help advertise and connect with patrons.

Patrons may scan the QR code to download the Shop Ellington app on any smartphone or visit Shop Ellington on the

Town's website www.ellington-ct.gov.

Businesses may visit Shop Ellington on the Town's website at www.ellington-ct.gov or type the below URL into any online search and choose "For Business Owners" and "Claim Your Business" to create a micro-website. (<http://ellington-ct.gov/309/Shop-Ellington>).

For assistance with creating a micro-website, please contact the Ellington Planning Department at 860-870-3120 or email: planner@ellington-ct.gov.



Board of Finance Recommended Fiscal Year 2017-2018 Budget



IMPORTANT DATES TO REMEMBER!

Annual Budget Hearing	Annual Budget Meeting
April 11, 2017 at 8:00 pm	May 9, 2017 at 8:00 pm
Ellington High School	Ellington High School
37 Maple Street	37 Maple Street

For more information and details of the proposed 2017-2018 budget, visit the Town website at ellington-ct.gov or pick up a copy of the budget table document at the Town Clerk's Office or at Hall Memorial.

How to Reach Your Elected Officials

STATE

Governor
Dannel P. Malloy
State Capitol Building, Room 200
Hartford, CT 06106
(860) 566-4840 · (800) 406-1527
Fax (860) 524-7395
Governor.Malloy@po.state.ct.us

LT Governor
Nancy Wyman
State Capitol Building, Room 304
Hartford, CT 06106
(860) 524-7384
Fax (860) 524-7304
Ltgovernor.wyman@ct.gov

Secretary of the State
Denise Merrill
30 Trinity Street
Hartford, CT 06106
(860) 509-6000
Fax (860) 509-6209
<http://www.sots.state.ct.us>

State Treasurer
Denise Nappier
55 Elm Street
Hartford, CT 06106
(800) 618-3404
Fax (860) 702-3043
<http://www.state.ct.us/ott/>

Attorney General
George Jepsen
55 Elm Street
Hartford, CT 06106
(860) 808-5318
Fax (860) 808-5387
<http://www.cslib.org/attgen/>

Representative (57th District)
Christopher Davis
House Republican Office
L. O. B. Room 4200
Hartford, CT 06106
(860) 240-8700 · (800) 842-1423
christopher.davis@housegop.ct.gov

Senator (3rd District)
Gary LeBeau
State Capitol Building
Room 110
Hartford, CT 06106
(860) 240-0511
Gary.Lebeau@cga.ct.gov

Senator (35th District)
Tony Guglielmo
300 Capitol Avenue
Hartford, CT 06106
(800) 842-1421
(860) 240-8800
Anthony.Guglielmo@cga.ct.gov

FEDERAL

Senator
Richard Blumenthal
90 State House Square, 10th Floor
Hartford, CT 06103
(860) 258-6940
Fax (860) 258-6958
706 Hart Senate Office Building
Washington, DC 20510
(202) 224-2823
Fax (202) 224-9673
www.blumenthal.senate.gov

Senator
Chris Murphy
1 Constitution Plaza, 7th Floor
Hartford, CT 06103
(860) 549-8463
Fax (860) 524-5091
303 Hart Senate Office Building
Washington, DC 20510
(202) 224-4041
Fax (202) 224-9750

Congressman
Joe Courtney
77 Hazard Avenue, Unit J
Enfield, CT 06082
(860) 741-6011
2348 Rayburn HOB
Washington, DC 20515
www.courtney.house.gov

President
Donald J. Trump
1600 Pennsylvania Avenue NW
Washington, DC 20500
(202) 456-1111
president@whitehouse.gov

Ellington Ethics Commission

Wilfred A. Duchesneau, Chairman

The Ethics Commission was established to promote and affirm the ethical behavior of the Town's boards, commissions, employees, and officials, both elected and appointed. The Commission operates under a Code of Ethics that was approved by the Board of Selectmen in January 2014. The Commission is available to receive inquiries and requests for advisory opinions submitted from town officials, employees, consultants or residents regarding possible code violations. The procedure for submitting a complaint is outlined in the Code of Ethics which can be found on the Town website on the Ethics Commission page. The "Ethics Complaint Form" is also available on the website

or may be obtained through the Town Clerk's Office. The Commission is also charged with disseminating informational and educational materials to enhance public awareness of the Code of Ethics.

The Commission consists of five members who serve staggered terms of four years. Vacancies are filled by the Board of Selectmen in accordance with the Ellington Town Charter. The Chairman and Vice Chairman are elected annually. Currently the Commission meets quarterly over the course of the year and is served by five residents of the town. The members are Wilfred A. Duchesneau, Chairman; J. Wiley Dumas, Vice Chairman; and members Grace Boucher, Derek Reed and Charles McCleary.

Youth Services



Website: youth.ellington-ct.gov
Phone: 860-870-3130

Gallery Night: Join us on Saturday, February 11, 2017 from 4:00 to 7:00 pm at the Ellington Senior Center at 40 Maple Street for an evening showcasing local artists, entertainment, and refreshments. Free Admission.

Small Town Big Talent Community Variety Show: Join us for a fabulous night of entertainment at the 5th Annual Small Town Big Talent Community Variety Show on Saturday, April 1 at 7:00 pm in the Ellington High School Auditorium. The show, hosted by Rise Above and the Opening Knight Players, showcases outstanding local talent of all ages including singers, dancers, musicians, and more! Tickets, \$6 for students and seniors, \$8 for general admission, will be available at the door. Proceeds will benefit the Jordyn Marie Engler Memorial Scholarship. GOT TALENT? Audition your talent to be in this year's show! Auditions will be Monday, February 27 and Wednesday, March 1

from 6:00 to 8:00 pm in the Ellington High School auditorium. For more information, contact Matt or Jenna at BigTalent2016@gmail.com.

Stop the Stigma: Let's Talk about the Teen Brain and Risk-Taking: Dr. Ruth Potee will talk about the teen and tween brain on Thursday evening, March 9, 2017 from 6:30 to 8:00 pm in the Ellington Middle School library. Come learn more about what parents and the community can do to keep our teens safe. Dr. Potee practices family medicine in Greenfield, Massachusetts. She is the Chair of the Healthcare Solutions Opioid Task Force of Franklin County. Dr. Potee has addressed professional and community audiences throughout New England. Admission is free.

Screenagers Movie coming in the spring to the Ellington Middle School Library (Date to be announced) SCREENAGERS is a movie produced by a Stanford physician who struggled with her own kids about screen time and wanted to learn more about the trends of technology and what it means for all teens. It delves into the struggles over social media, video games, academics and internet addiction. Through surprising insights from authors and brain scientists, solutions emerge on how we can empower kids to best navigate the digital world. Visit their website www.screenagersmovie.com to watch the trailer

and check the Youth Services' website youth.ellington-ct.gov for the date and time this spring. Pre-registration will be required and admission is free.

Inside & Out Infant/Toddler/Preschool Playgroups: Join us for socialization, arts & crafts, discovery, creating, snacks, stories, singing and lots of fun. Parent participation required. Wednesday and Friday classes offered. Out of towners welcome. Classes are held at the Old Crystal Lake School house from 9:00-10:00 am. Winter Session 2: Wednesdays-March 1, 8, 15, 22, 29, April 5. Fridays-March 3, 10, 17, 24, 31, April 1, 7. Register at youth.ellington-ct.gov. \$18 for Residents, \$23 for non-residents.

Little Hands Art & Discovery for ages 1-3: Come join us and release that creative energy! We will explore colors, textures and fun painting techniques with sponges, brushes, fingers and so much more!! Enjoy a fun age-appropriate art project, yummy snack, story and songs and meet new friends with that special little person in your life. Adult participation required. Classes are held at the Old Crystal Lake School House from 9-10 am. Out of towners welcome. Winter Session 2: March 2, 9, 16, 23, 30 April 6. \$18 for Residents, \$23 for non-residents.

Parents Supporting Parents with Children with Special Needs: Email

Tressa Giordano at tgiordano@ellington-ct.gov if you'd like to attend. This peer-led group serves as a networking and support system for parents with children special needs such as ADD/ADHD, autism, learning disabilities, anxiety, etc. The group meets monthly and occasionally invites speakers to join.

Yoga & Healthy Snacks: Tuesday, March 7, 6:00-7:15 pm. Yoga instructor Kelli Peters will take us through a 45 minute yoga class followed by healthy snacks and socialization. Ages Kindergarten through Adult (Kindergarten through 2nd grade will participate with an adult). \$8 per person.

Zentangle: Tuesday, April 18, 6:00-7:15

pm. Zentangle is an easy-to-learn method of creating beautiful images from repetitive patterns. It is a fascinating art form that is fun and relaxing; it also increases focus and creativity. No experience necessary. Ages Kindergarten through Adult, (Kindergarten through 2nd grade will participate with an adult). \$8 per person.

Winter Weather Cancellations and Delays



WEATHER RELATED

- Town office closings
- Delayed openings
- Meeting cancellations
- Program cancellations

All will be posted on the Town website at ellington-ct.gov.

Also check WFSB Channel 3 for cancellation notifications.



Visit Our Town At
www.ellington-ct.gov

A Little Ellington History from... the Ellington Historical Society

NELLIE MCKNIGHT MUSEUM

Today we take for granted opening our refrigerators to get cold food or ice. In the days before electricity, food was cooled in an "icebox" and ice was delivered to homes and business by an ice company. Where did this ice come from?

Locally, ice from Snipsic Lake and Crystal Lake was hand cut in blocks and hauled by horse-drawn carts to local ice houses. Some farms had ponds and ice houses on their own property. The ice blocks were packed with sawdust and hay to insulate the ice and extend the availability of the ice during the summer months. Companies that delivered ice often delivered coal in the winter months, thereby getting year-long use of the horse and cart. Delivery to a home or business was indicated by a card in the window showing how many pounds of ice were desired and the iceman would haul the block to each home. The ice would be placed in the top of the icebox and food would be placed in the lower part of the box.

Headlines in the local newspapers indicated predictions about the ice crop such as this headline from the Hartford Courant on January 24, 1907: "Icemen Looking for a Good Crop. Rockville

Dealers May Cut This Week." Pictured is a photo from Adelaide Campbell of ice cutting on Crystal Lake.

The Nellie McKnight Museum has a collection of local photographs, material and equipment from ice harvesting. The 2017 season for the Nellie McKnight Museum begins the first week of May and continues through the end of September. Our hours are 1:00-4:00 pm every Thursday. Contact us through our website at ellingtonhistsoc.org or call 860-875-7160 for further information about our organization and activities.



Ice Cutting on Crystal Lake
Photo by Adelaide Campbell



Ellington Parks & Recreation Department

CONTACT INFORMATION

31 Arbor Way
P.O. Box 187
Ellington, CT 06029
Phone: 860-870-3118
Fax: 860-870-3198

RECREATION STAFF

Recreation Director: Robert Tedford
rtedford@ellington-ct.gov
Assistant Director of Recreation: Mary M. Bartley
mbartley@ellington-ct.gov
Administrative Assistant: Julia Connor
jconnor@ellington-ct.gov
Administrative Assistant: Tina Modzelewski
tmodzelewski@ellington-ct.gov

Phone: 860-870-3118 / Fax: 860-870-3198

Parks and Recreation website: parkrec.ellington-ct.gov

Email: recreationstaff@ellington-ct.gov

OFFICE HOURS

Mondays 8:30 am-6:00 pm / Tues-Thurs 8:30 am-4:00 pm / Fridays 8:30 am-1:30 pm

Recreation News

A note from the Recreation Director, Bob Tedford

We are in the first week of February, and hopefully the weather has been supportive, allowing for a smooth and continuous program operation!

Here are just a few reminders on winter access and postponement guidelines. Please be extra careful accessing sidewalks and parking lots, as sand/salt and snow/ice can be prominent. In case of inclement weather, and if the public schools are closed or released early, ALL recreation programs are automatically postponed for that day. Relative to weekend programming, all postponements are placed on the Town of Ellington website and Facebook, as well as the following media outlets: WFSB 3 - WTNH 8 - WVIT NBC.

Some highlights and upcoming events deserve a special note:

- A successful 2016 Hunter K. Giroux 8th Grade Holiday Basketball Tournament was held December 28-30, as we honored the past commitment and contributions made by Hunter Giroux in the field of parks and recreation. A pair of special scholarships will be awarded to worthy student-athletes in May/June of this year. Please review the Parks and Recreation website for an outline of the application process/deadlines.
- Always operating 'under the radar,' but vital to the success of all indoor parks and recreation programs, are the members of the school systems custodial staffs. We thank those staff members for their weeknight and weekend assistance.
- The annual Charles Huggins Memorial Youth and Adult Tennis Tournaments will be held the weekend of June 3, 2017. Please review the Parks and Recreation website for further information on registering and the deadline.
- The 2017 Annual Triathlon: Please review the website for further information.
- First week of March-2017: The annual Dick Gunn-Clare Landmann youth basketball jamborees will be held, honoring the past support and contributions by both individuals in the field of parks and recreation.
- The 2016-17 youth basketball season: 43 teams have been

formed with 129 volunteer coaches involved; in addition, the K-2 instructional program has 145 participants and 25 volunteer coaches.....the programs would not be possible without this outstanding support, thank you!

Spring Registrations: IMPORTANT: Please be aware that spring programming registration is underway, including but not limited to: baseball, softball, lacrosse, tennis, spring soccer, etc.

Trails-support: As a follow-up to a previous outline, we have received a generous influx of interest from organizations and town residents, indicating that they are more than willing to provide support to this important cause, which includes the Hockanum River Trails, the Batz property, and possibly other venues as well. Feel free to contact the department if you wish to be included on the list.

Spring Athletic Officials: If you have an interest in becoming or returning as an athletic official in soccer, lacrosse or softball, please contact me at: rtedford@ellington-ct.gov. There are defined timelines for becoming certified, so please contact me by the third week of February.

2017 SUMMER STAFF

Applications are available for those interested in applying for the various summer staff positions, especially the waterfront and day camp positions. I wish everyone a safe and healthy winter!!

PROGRAM REGISTRATION PROCESS

The Ellington Parks and Recreation Department has a registration process for all recreational programs/camps through our Activenet Online Program. The process for online registration is easy and convenient for all. The process involves following these simple steps:

- Go to our website at parkrec.ellington-ct.gov
- Click the blue button on bottom - Activenet Registration
- Select "Sign in" if you have an account or select "Create an Account" to set one up

It is imperative that an adult household member set up the family

account. The advantage to setting up an account is the convenience of registering for recreational programs and camps at your leisure. You will need an e-mail address to set up your account, a password, and dates of birth for all family members. (Remember to add family members to your account). If you don't have access to a computer, we can assist in setting up your account at the Recreation Office during regular office hours. In-office online registration allows you to pay by cash, check or charge with no convenience fee being applied to your credit card. Note: there is a convenience fee applied to your credit card when registering at home. We reserve the right to limit class size and to cancel classes that do not meet minimum requirements. Ellington residents are given preference for all programs during the first week of registration. If you have any questions or problems please contact Mary Bartley, Assistant Director of Recreation.

In the event of inclement weather: The Parks and Recreation Department will list program cancellations on television. Tune in to Channels 3, 8 and 30 to check if there is a cancellation. Cancellations will be listed under "Ellington Recreation Department."

ADA: The Town of Ellington does not discriminate on the basis of race, color, national origin, sex, religion, age or disability in provision of programs and services. If you or a family member need special assistance, please make us aware of your needs at the time of registration.

Scholarship Programs: If a need arises, please make a confidential inquiry to Bob Tedford, Recreation Director at rtedford@ellington-ct.gov.

Payment: Registration is not considered valid until the program fee is paid. We accept cash, checks, American Express, Visa, MasterCard and Discover Card.

Refunds: Requests for refunds must be in writing prior to the program starting.

ELLINGTON HIKING CLUB

This group takes a hike every Tuesday, a new site each week, and site notification is made the Monday prior (via email). Meet at Arbor Park Tuesday mornings at 9 am. Bring water, snack, sunscreen, and bug spray; wear proper footwear. Pre-registration is required at the Recreation Office, 31 Arbor Way.

Eligibility: Adults (18 years of age and over.)

CROSS-COUNTRY SKI LESSONS/ CLINIC

Weather and snow permitting, the Recreation Department will offer cross-country ski lessons and a local cross-country course for Ellington residents. A pre-season clinic will be offered during winter months as weather permits, which will cover the following aspects: safety, type/style of skis, snowshoes, and instruction on how to enjoy cross-country skiing. If interested in being contacted

with a firm date and time for the clinic, please call the Recreation Office at (860) 870-3118.

2017 DICK GUNN & CLARE LANDMANN BASKETBALL TOURNAMENTS/JAMBOREES


It's that special time of the youth basketball season when the Town recognizes two long-time volunteers for their many years of loyal support to the Town's recreation growth, from both a program and athletic facility standpoint. The Tournament-Jamboree is tentatively scheduled between the 2nd and 3rd week of March and will be posted on the Parks & Recreation website once the exact dates and time frames have been established. Even if you do not have a child who participates in any of the leagues, you will want to visit during the games and witness the friendly yet competitive nature of the teams involved. Volunteers are being sought to help assist with this event. Please call (860) 870-3118, if you would like to volunteer.

UNIFIED BASKETBALL

The unified basketball program is available for those that are emotionally and/or physically challenged. Limited space is available for non-residents; see contact below.

Program Contact: Allison Breen – abreen@ellington-ct.gov
Code: UNIFIED.BBK617

continued on page 16



SCOTTY'S KIDDY KORNER

Preschool and Day Care, LLC

Established in 1984 ~ 32 Years of Trust

Offering Full and Part-time Openings for children
ages 6-weeks to 12-years in our
**INFANT, TODDLER, PRESCHOOL, PRE-KINDERGARTEN
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Our Preschool and Pre-Kindergarten Programs includes
introductions to Art, Music, Dance, Physical Activities,
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Our emphasis is on development and education.
Experience the best of care given by our qualified,
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School transportation to and from Scotty's Kiddy Korner
is available to area schools in the towns of Ellington and Vernon

*Come visit our Center
and see our well equipped activity
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play area with Carousel rides*

Open 6:30 am to 5:30 pm

**70 West Road - Ellington, CT 06029
860-870-9852**



Parks and Recreation... continued from page 15

Session 1 5:45 pm -6:30 pm Grades K-6th
Code: UNIFIED.BB71217
Session 2 6:30 pm -7:15 pm Grades 7th-12th
Day: Tuesdays
Dates: March 21, 28; April 4, 18, 25; May 2, 9, 16
Location: Ellington Middle School
Fee: \$25

AMERICAN HEART ASSOCIATION FA/CPR/AED COACHES CERTIFICATION

Register on the Adult Programs page at parkrec.ellington-ct.gov
under CPR & FA - Click on "Register Here"

Location: 31 Arbor Way
Fee: NA

The Recreation Department has two certified AED/First Aid/CPR
Instructors, Allison Breen & Kristen Wasielewski, on staff.
New classes have been scheduled that will allow all Ellington
coaches, athletic officials, program instructors, and staff of
Ellington Recreation-sponsored sports and activities to get
certified. Please understand that each coach is required to
complete this training. Only six coaches are allowed per class.
You are required to stay the entire time in order to receive
your certification.

Time: 5:00 pm - 10:00 pm

2017 Dates Available

Monday, February 6th
Wednesday, February 22nd
Wednesday, March 29th
Thursday, April 6th
Tuesday, April 25th

Adult Sports/Programs

ADULT MEN'S INFORMAL BASKETBALL

Monday Evenings @ Windermere School

Program is ongoing until June 5th.

Age: OVER 30 Time: 5:30 pm - 7:15 pm

Age: UNDER 30 Time: 7:15 pm - 9:00 pm

PRE-REGISTRATION IS MANDATORY

BEFORE PARTICIPATING.

Program schedule follows the Ellington Public School Calendar

Fees: \$10 Resident/ \$15 Non-Resident

ADULT CO-ED INFORMAL VOLLEYBALL

Day: Wednesday Evenings

Program is ongoing until April 24

Ages: 18 and up

Time: 7:30 pm-9:00 pm

Location: Ellington Middle School

Fee: \$10 Resident/ \$15 Non-Resident

New individuals only.

MEN'S INFORMAL VOLLEYBALL

Day: TBD

Ages: 18 and up

Time: 7:15 pm-9:00 pm

Location: Ellington Middle School

Fee: \$25 Resident / \$30 Non-Resident

New individuals only.

ADULT TENNIS LESSONS (INDOOR)

Instructor: Rich Willis

Day: Wednesdays and Fridays

Dates: March 1, 3, 8, and 10

Time: 7:00 pm-8:00 pm

Location: Crystal Lake School

Fee: \$40

Code: Tennis.Indoor31

ADULT TENNIS LESSONS (OUTDOOR)

Instructor: Rich Willis

Day: Tuesday evenings

Dates: Session G - April 18, 25; May 2, 9

Time: 6:15 pm - 7:15 pm

Location: Schwartz Park

Code: Tennis. OutdoorG

Fee: \$40

Dates: Session H - May 16, 23, 30; June 6

Time: 7:15 pm - 8:15 pm

Location: Schwartz Park

Code: Tennis. OutdoorH

Fee: \$40

ADULT CARDIO TENNIS (OUTDOOR)

Instructor: Rich Willis

Day: Saturday mornings

Dates: April 15, 22, 29 and May 6

Time: 10:00 am-11:00 am

Location: Schwartz Park

Fee: \$40

PICKLEBALL

Pickleball is a cross between tennis, badminton, and ping pong.

Players use oversized ping pong paddles and a wiffle ball

that moves slower than a tennis ball. The game is played on

a badminton-size court that is divided by a 34-inch high net

and the size of the court makes playing the game easier for

baby-boomers and active seniors. Pickleball can be played as

a singles or doubles game. Register online through Activenet.

Fee: \$5.00

Dates & Times: Dates and times will be confirmed once the
combined recreation and school (winter schedules) are complete.

Code: PICKLE.S16

ADULT CO-ED SOFTBALL

Interested in playing adult co-ed softball in Town? Skill level
and prior experience does not matter. Contact Bob Tedford at

860-870-3118 or email: rtedford@ellington-ct.gov.

ADULT WIFFLE BALL LEAGUE

Please contact either Erik Knickerbocker at uconn9913@yahoo.com or recreationstaff@ellington-ct.gov
There will be (5) players on the field at one time. The league will use rules and field dimensions constructed by the EWBL.
This program is for Adults ages 18 and older, co-ed program.

ELLINGTON'S ULTIMATE FRISBEE

Ultimate Frisbee, a sport similar to football or soccer but played with a Frisbee, is for both men and women of all ages. Pre-registration is required through the Activenet system. No Fee. Contact Karl @ ksneubec@gmail.com or visit <https://groups.yahoo.com/neo/groups/ellingtonultimate/info>
Location: Brookside Park beginning Monday, May 1st
Time: 6:00 pm

KOKONDO KARATE

Instructor: Paul Ward
Day: Thursdays
Ages 14 years and up
Location: 375 Hartford Turnpike RT 30 Vernon
Session 5: March 2, 9, 16, 23, 30; April 6
Session 6: April 20, 27; May 4, 11, 18, 25
Code: KARATE.S175
Code: KARATE.S176
Time: 7:00 pm-8:00 pm
Fee: \$42 per session / \$6 walk in fee on site only

GOLF LESSONS (ADULTS AND CHILDREN)

Instructor: Jeff Wadsworth
Email: jwadsworth50@comcast.net
Location: Ellington Golf Center Rte. 83
Day: Saturdays
Fee: \$65.00 per session

Session 1 - April 1, 8, 15, and 22
11:00 am -12:00 pm Women's Class
Code: 2017.GOLFW
12:00 pm -1:00 pm Coed Class
Code: 2017.GOLFCED
2:00 pm - 3:00 pm Youth Ages 6-9
Code: 2017.GOLF69
3:00 pm - 4:00 pm Youth Ages 10-13
Code: 2017.GOLF1013

Session 2 - May 2, 9, 16, and 23
Days: Tuesdays
6:00 pm - 7:00 pm Youth Ages 6-9
Code: 2017.GOLF692
7:00 pm - 8:00 pm Youth Ages 10-13
Code: 2017.GOLF10132

Session 3 - May 4, 11, 18, and 25
Days: Thursdays
6:00 pm - 7:00 pm Woman's Class
Code: 2017.GOLFW3
7:00 pm - 8:00 pm Coed Class
Code: 2017.GOLFCED3

ADULT FITNESS PROGRAMS

Ginny's Fitness for Longevity

Instructor: Ginny Hogan
Day: Mondays & Wednesdays
Start Date: Program is currently in session; new participants are welcome
Ages: 18 and up
Time: 6:00 pm-7:15 pm
Location: Center School
Fee: \$40 Pre-Paid Punch card/ 8 classes or \$7 walk-in fee
Email: fitnessforlongevity@gmail.com or call 860-463-3238.
Programs are open to residents and non-residents. All you need is an exercise mat, water bottle, foam roller and sense of fun. Classes will follow the Ellington Public Schools calendar. No classes when school is closed.

ZUMBA®

Instructors: Tressa Giordano & Joanne Britton
continued on page 18

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Parks and Recreation... continued from page 17

Days: Tuesday & Thursday Evenings

Ages: 16 and up

Starts week of September 6, 2016

Time: 7:30 pm-8:30 pm

Location: Ellington Senior Center 40 Maple Street

Fee: \$40 for a Pre-Paid Punch Card/8 classes available at location site or \$8 Walk-in fee

Classes will follow the Ellington Public School Calendar. No classes on vacation or school cancellation days. Perfect for everybody and every body!

Contact: joannebritton.zumba.com and tressag.zumba.com

VACATION CAMP

April Break

Grades: K-8th grade

Dates: April 10, 11, 12, 13, 14

7:30 am-5:00 pm

Location: Ellington Middle School

More information will be on our website

Code: APRIL.CAMP2017

Preschool Programs

MUSIC & MOVEMENT FOR TOTS

(Adult participation is required)

Instructor: Jill Maznicki

Spring Session MW

Day: Wednesdays

March 22, 29; April 5, 19, 26; May 3, 10, 17

(Make-up dates 5/24, 31)

Time: 10:15 am-11:00 am

Location: Hall Memorial Library

Min: 6 Max: 10

Fees: \$75 Resident / \$80 Non-Resident

Spring Session MT

Day: Thursdays

March 23, 30; April 6, 20, 27; May 4, 11, 18

(Make-up dates 5/25, 6/1)

Time: 10:15 am-11:00 am

Location: Hall Memorial Library

Min: 6 Max: 10

Fees: \$75 Resident / \$80 Non-Resident

Youth Programs /Sports

GIRLS & BOYS SPRING LACROSSE OUTDOOR PROGRAM

March 13 to June 12, 2017

The Recreation Department will be offering Spring Travel Teams for grades: 1st through 8th. The registration deadline was January 25, 2017; all registrations going forward will be placed on a wait list based on roster availability. Please contact rtdford@ellington-ct.gov if you have interest in volunteering.

New information!

We anticipate the CT Youth Lacrosse League will move to a

U-based system for deciding teams. The following chart will help determine who is eligible for which team. Birth certificates are required before the start of the season.

CVYL Division	New Birthday range for 2017 season	New USL age designation	Old Grade based designation
Senior	March 1, 2002-Aug 31, 2004	14U	8th & 7th
Junior	Sept 1, 2004 – Aug 31, 2006	12U	6th & 5th
Bantam	Sept 1, 2006 – Aug 31, 2008	10U	4th & 3rd
Lightning	Sept 1, 2008 – Aug 31, 2010	8U	2nd & 1st

TRAVEL GUIDELINES

2017 playing time guidelines: The boys and girls lacrosse programs will be considered "travel" programs during the 2017 season. Current Town policy requires each player to receive a minimum of 25% playing time, per game; however, it is anticipated that every attempt will be made to increase playing time percentage over the course of the regular season.

Evaluation Session: The Recreation Department reserves the right to establish/schedule two evaluation sessions (based on enrollment) in order to provide/select balanced teams and assign teams to the appropriate levels of competition; Bantam, Junior and Senior levels. It will be required that each player attend at least 1 of the 2 evaluation sessions. Time and location will be determined and sent out upon review of the registrations.

Mandatory Parents Meeting: There will be mandatory parents/players meeting on March 13th at 6:00 pm at the Ellington High School Auditorium to review details and season expectations, costs, fundraising and rule changes for 2017.

Lacrosse Equipment Required

Girls: Stick, goggles, mouth guard and cleats

Boys: Helmet (black), mouth guard, shoulder & elbow pads, cleats, athletic supporter, gloves and regulation stick.

Season Practice Schedules

Lightnings practice 1-2 days per week

Bantams practice 2-3 days per week

Juniors and Seniors practice 3-5 days per week

Fees (Families with 3 or more participants will receive a \$10 family discount per child.)

Lightning Program: \$45

Bantam Program: \$95

Junior Program: \$105

Seniors Program: \$115

Intro Clinic for Grades K-2

Saturday Program: April 22 - May 20, 2017

9:00 am-10:00 am at Ellington High School

Cost: \$25 per player

This clinic will be designed to introduce kids to lacrosse. Basic fundamentals of throwing, catching, cradling and shooting will be covered. Players do not need equipment for this clinic; the equipment will be provided.

JUKIDO - All skill levels welcome

Instructor: Paul Ward

Days: Thursdays

AGES: 6 YEARS AND UP

Time: 5:30 pm-6:30 pm

Fee: \$42 per session/walk in fee \$6.00 per class on site only

Session 5: March 2, 9, 16, 23, 30; April 6

Session 6: April 20, 27; May 4, 11, 18, 25

Code: 0504.JUKS175

Code: 0504.JUKS176

Location: 375 Hartford Turnpike RT 30 Vernon

YOUTH TENNIS PROGRAMS (Indoors)

Instructor: Gary Marquez

Tiny Tot Tennis

Day: Mondays

Dates: March 6, 13, 20, and 27

Ages: 3-5 years old

Location: Crystal Lake School

Time: 5:30 pm-6:00 pm

Fee: \$40

Code: TINY.TTTW17

Pee Wee Tennis

Instructor: Gary Marquez

Day: Mondays

Dates: March 6, 13, 20, and 27

Ages: 5-7 years old

Location: Crystal Lake School

Time: 6:15 pm-7:00 pm

Fee: \$40

Code: PEE.PWEW17

Youth Tennis

Instructor: Gary Marquez

Day: Mondays

Dates: March 6, 13, 20, and 27

Ages: 8-13 years old

Location: Crystal Lake School

Time: 7:15 pm-8:15 pm

Fee: \$40

Code: YOTH.TNW17

YOUTH TENNIS PROGRAMS (Outdoors)

Instructor: Gary Marquez

Tiny Tot Tennis

Day: Mondays & Wednesday

Session 1: April 24, 26; May 1 & 3

Session 2: May 8,10,15,17

Session 3: May 22, 24, 31 & June 5

Time: 6:00 pm - 6:30 pm

Ages: 3-5 years old

Location: Brookside Park

Fee: \$40 per session

Code: TINY.TTT171

Code: TINY.TTT172

Code: TINY.TTT173

Pee Wee Tennis

Instructor: Gary Marquez

Day: Mondays & Wednesday

Session 1: April 24, 26; May 1 & 3

Session 2: May 8,10,15,17

Session 3: May 22, 24, 31 & June 5

Time: 6:30 pm-7:00 pm

Ages: 5-7 years old

Location: Brookside Park

Fee: \$40 per session

Code: PEE.PWE171

Code: PEE.PWE172

Code: PEE.PWE173

Youth Tennis

Instructor: Gary Marquez

Day: Mondays & Wednesdays

Session 1: April 24, 26; May 1 & 3

Session 2: May 8,10,15,17

Session 3: May 22, 24, 31 & June 5

Ages: 8-13 years old

continued on page 20

Sing Wiggle & Dance

Music & Movement Classes for babies, toddlers, and preschoolers through 2nd grade, and for the parents who LOVE them!

FUN WINTER PROGRAMS

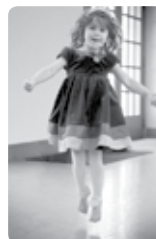
WORLD-RENOWNED MUSIC TOGETHER® CLASSES

Enjoy songs, rhythmic rhymes movement & Instrument play (Infant through Kindergarten).

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Everyone Loves the Drums! Exciting music, movement and drumming class.

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For more information & class schedules
www.artsfromtheheart.net

Feel free to email us at tcmusictogether@comcast.net or call 860.338.3038.



Parks and Recreation... continued from page 19

Location: Brookside Park

Time: 7:15 pm-8:15 pm

Fee: \$45 per session

Code: YOTH.TN171

Code: YOTH.TN172

Code: YOTH.TN173

High School Tennis Pre-season Clinics

March 14 – 16

Time: 3:00 pm – 4:30 pm

Check website for further details.

Fee: \$55

Youth Coed Informal Volleyball

Instructor: Allison Huie

Day: Wednesday

Grades: 5-8

Location: Ellington Middle School

Start: March 8, 15, 22, 29; April 5

Time: 6:00 pm-7:15 pm

Code: YOUTH. COEDVB

Fee: \$20

Min: 8 Max: 16

Youth Track & Field

Program Coordinator: Dan Dryburgh

Boys and Girls

Grades 1-8

Wednesdays: 5:30 pm – 7:00 pm, April 19 – June 14

Saturdays: 9:00 am-10:30 am, April 22 – June 17

Fee: \$25

Code: 1212.track17

Location: Ellington High School Track

Parents/High School Students are welcomed as volunteers.

Please contact the Recreation Department at recreationstaff@ellington-ct.gov

Day Trips

These trips are being offered in Mansfield, Ashford, Coventry, Ellington, Tolland, and Willington. Please register at your local Recreation Department. The departure location for all trips is the Commuter Lot off I-84 - Exit 68, by the Dunkin Donuts off 195. Return times are approximate. No alcohol or glass items allowed on bus. Limited number of tickets per town per trip; register early! Fees include transportation and entry for game or show.

A DAY ON YOUR OWN IN BOSTON - March 25, 2017

Plan a fun day in Boston! The bus will drop off at the following locations and public transportation is available for many others; info can be found at mbta.com

- **Boston Flower Show:** Held at the Seaport World Trade Center, this year's theme is Superheroes of the Garden! For more info

and to purchase tickets, check out <http://www.bostonflower.com>

- **Boston Science Museum:** Trip-goers can easily spend an entire day exploring this museum. For more info about exhibits and special events and to purchase advance tickets, check out mos.org
 - **Quincy Market and Faneuil Hall:** Trip-goers can walk around, shop and get great food at this historic area in Boston. More information can be found at faneuilhallmarketplace.com
- Reg. Deadline: Friday, March 10th
Departure Time: 7:00 am
Return Time: 7:00 pm
Fee: \$40 per person (includes bus transportation only)

A DAY ON YOUR OWN IN NEW YORK CITY'S LOWER MANHATTAN - April 22, 2017

No New York City neighborhood has greater historical resonance than Lower Manhattan. This is, after all, where the City began. Sights like Trinity Church, Federal Hall, Wall Street, One World Trade and the 9/11 Memorial & Museum are centuries apart in their creation, but all bring undeniable emotional impact. We'll drop you off in Lower Manhattan where you will be free to wander on your own. You can book a tour or take a self-guided tour, visit a museum or spend the day shopping. There are so many things to do and see in Lower Manhattan. Here are just a few suggestions...

- **Things to do in Lower Manhattan** - <http://www.nycgo.com/boroughs-neighborhoods/manhattan/lower-manhattan>
- **9/11 Memorial & Museum** - <http://www.freetoursbyfoot.com/visit-911-memorial-nyc/>
- **Statue of Liberty** - <http://www.freetoursbyfoot.com/visit-statue-liberty/>
- **Staten Island Ferry** - <http://www.freetoursbyfoot.com/staten-island-ferry/>
- **Walk over the Brooklyn Bridge** - <http://www.freetoursbyfoot.com/walking-the-brooklyn-bridge/>

Before getting back on the bus to come home, don't miss your chance to have dinner in the Stone Street Historic District. Located just a few blocks from the modern high rise buildings of Wall Street, Stone Street remains a cobblestone testament to New York's Dutch past.
Reg. Deadline: April 8th
Departure Time: 7:00 am
Return time: 10:00 pm
Fee: \$50 per person (includes bus transportation only)

RED SOX VS. DETROIT TIGERS BASEBALL GAME - June 10, 2017

@ Fenway Park in Boston, MA

Departure time: TBD

Game time: TBD

Fee: \$99 per person (transportation and game ticket)

Seating location: Bleachers

Return time: TBD

Includes games on the bus ride and a cookout prior to game time.

List of future trips more information will be forthcoming check out our website for details.

- July 4: James Taylor @ Tanglewood.
- August 5: Newport Jazz festival
- Sept. 2: Red Sox @ Yankee Stadium vs. Yankees.
- October 14 (tentative): Day @ Monadnock Mountain, New Hampshire trails and dinner in Northampton
- November 11: Radio City trip
- December 2: A Day on Your Own in New York City.

SPRING SOCCER 2017

In-House Soccer Program – Coed, Ages 4-8

The Recreation Department will be offering a Spring Soccer Clinic for children in April 2017. Due to the growing number of children interested in the sport of soccer, WE NEED YOUR HELP.

Even if you have never played, coached or watched soccer, your participation is vital to this program. In conjunction with the Recreation Department, we will be offering a free Coaches Clinic in order to assist in helping you grow to love the game of soccer. Not only will you enjoy yourself, the smiles on the children's faces are worth every minute you put into this program. Ages 4, 5, and 6 will be coached on one night; ages 7 and 8 will be coached on a different night. Depending on how many teams are formed, there will be a "Soccer Match" night where one team plays another team in a scrimmage/match. This cannot be successful without your help and volunteer time; contact the Recreation Department at recreationstaff@ellington-ct.gov or rtedford@ellington-ct.gov. Please note: The quantity of volunteers will determine how many children will be accepted into this program.

Ages 4-6

CODE: INHSE.SOC4617

Day: Mondays

Dates: April 17, 24; May 1, 8, 15, 22

June 5 makeup date

Time: 5:30 pm-6:45 pm

Location: Middle School Soccer Field

Fee: \$35

Ages 7 & 8

CODE: INHSE.SOC7817

Day: Wednesdays

Dates: April 19, 26; May 3, 10, 17, 24

May 31 makeup date

Time: 5:30 pm-6:45 pm

Location: Middle School Soccer Field

Fee: \$35

2017 Spring Outdoor Youth Soccer - Fee: \$35.00 (U8-U15)

The Recreation Department will offer an Outdoor Soccer Program for boys and girls based on current CT Junior Soccer

Association age/birth date guidelines (see chart below).

Based on enrollment and evaluation results of the respective coaches, teams may be formed in the following age groups:

U-14 Boys and Girls Full sided (11 vs. 11) or Small sided (6 vs. 6) on the playing field

U-12 Boys and Girls Small sided (9 vs. 9) or (11 vs. 11) on the playing field

U-11 Boys and Girls Small sided (9 vs. 9) on the playing field

U-10 Boys and Girls Small sided (7 vs. 7) on the playing field

U-9 Boys and Girls Small sided (7 vs. 7) on the playing field

U-8 Boys and Girls Small sided (4 vs. 4) on the playing field

Placement will be determined by skill level, age compatibility and available roster space. The Recreation Department will make the final determination regarding a player's placement to a respective age level; a player may attend evaluation clinics at an age group higher than his/her current age, but cannot attend an evaluation clinic at a lower age division.

The deadline for players to register in order to retain his/her Fall 2016 roster placement is April 10, 2017.

Registration forms received after that date will be placed in the 'as available' file until final registrations/two evaluations have been completed. It is important to note that the spring 2017 season could bring about new age groups and/or placements based on 'actual enrollment' as of April 10, 2017. Since Spring Soccer is considered an off-season sport, roster size and team alignment may be adjusted in order to provide a roster placement for all registrants. If a player wishes to attend an evaluation session in order to (1) qualify for a specific age group/level or, (2) is a new player that was not rostered in the fall of 2016, please make sure that this information is provided on the registration form.

The current Parks & Recreation Commission policy holds the following provision:

Players that are selected to travel soccer teams for the fall 2016 season in Division 3, 4 or 5 levels, and who register by the defined deadline for spring soccer 2017, are eligible to return to their existing team for spring soccer, provided that particular team is enrolled in the spring 2017 schedule. Players, where eligible, who wish to receive a rating (spring soccer evaluations) in order to move up a division, must attend a minimum of one spring evaluation.

Evaluation Dates

Evaluations will be held at Brookside Park

Monday, April 17th - 6:00 pm-7:15 pm

Tuesday, April 18th - 6:00 pm-7:15 pm

Boys & Girls Soccer Travel Division Levels

Division 3, 4, 5 U12 - U14

Division 4, 5 U8 - U10

Division 3 Highly Experienced

Division 4 Competitive

Division 5 Recreational

continued on page 22

Parks and Recreation... continued from page 21

Travel Team Soccer Age Groups for Seasonal Year 2016 Fall through 2017 Spring

League Age	Year of Birth
U-15	2002
U-14	2003
U-13	2004
U-12	2005
U-11	2006
U-10	2007
U-9	2008
U-8	2009

PARKS & RECREATION T-BALL PROGRAM

(Boys and Girls Ages 4 -5 years)

Age 4 in 2016 up to those who turned 5 years old before 12/31/2016

Saturday mornings 10:00 am -11:00 am @ Ellington High School Softball/Baseball Fields.

Dates: April 29; May 6, 13, 20, 27; June 3

Cost: \$25 per player (includes T-shirt)

CODE: 1217.tb17

Parent Volunteer Coaches are needed for this program.

Participants must provide their own glove. NO WOOD OR METAL T-BALL BATS ARE ALLOWED FOR THIS PROGRAM.

A coach's meeting will be determined by April 1st.

ELLINGTON GIRLS SOFTBALL LEAGUE

Register online at ellingtongirlssoftball.org

Select "Register Online" tab on left of Home Page. You will also be able to register for player clinics at this time. Softball Registration dates for new players: Register online through February 28th.

First time players are required to register in person and provide an original birth certificate. Parent/Guardian must show their driver's license at time of registration. Check the website for details.

All Minor and Major League Players will be evaluated at an Evaluation Clinic in March.

Pre-Season Player Clinics will be scheduled in February/March, before the Evaluation Clinic. All clinics have limited space; signups will be offered during registration on a first-come, first-served basis. Practices will begin sometime in early April depending on weather/field conditions.

League Age & Fees

League	Age (As of 12/31/16)	Fee (Plus \$25 concession fee & any optional clinic fee)
Rookies	6* to 8	\$65
Minors	9 to 10	\$75
Majors	11 to 12	\$85
Seniors	13 to 16	\$85

*may be 6 years old if has played at least one year of T-Ball

Contacts: Keith Jarvis @ egspresident1@gmail.com – Andrew McCoy @ amccoy2@gmail.com

ELLINGTON LITTLE LEAGUE BASEBALL – 2017 Spring Registration Information

Players Ages 6 – 16 years (as of August 31, 2017) - www.ellingtonll.org

Returning Players – Online registration is requested at ellingtonll.org – registration will be open from 1/27/17– 2/28/17. The Ellington Little League Program is an all-volunteer organization. The league is affiliated with Little League International and follows the rules and guidelines set forth by the National Organization in Williamsport. The revised age chart is posted on the Ellington Little League website.

Division	Ages	Fee	Contact	Phone
T-Ball	6-7	\$70	Matt Tevelde	(860) 328-5380
Instructional	7-9	\$70	Matt Tevelde	(860) 328-5380
Farm	7-10	\$110	Sean Capshaw	(203) 376-9778
Minors	8-11	\$120	Sean Capshaw	(203) 376-9778
Majors	10-12	\$120	Mike Murphy	(860) 916-6906
Juniors	13-15	\$120	Scott Viviano	(860) 214-3170

*\$10 family discount for second family member and \$30 family discount for three or more family members

**Note: All fees require an additional \$35 family concession stand deposit that is refundable upon serving in the concession stand.

Volunteers Needed in Many Areas! – Ellington Little League is looking for volunteers for coaching and Board of Director Positions. Please contact Derek Baehre– (860) 716-8469 / dbaehre01@hotmail.com or any BOD member – BOD members contact information can be found at <http://www.ellingtonll.org>

Evaluations

Juniors, Major, Minor, and Farm League tryouts will be held in March 2017 – Dates and locations to be posted on website ellingtonll.org

Coaches/Players Clinic(s) – Multiple clinics will be available to both players and coaches over the winter. Details of these programs will be posted on the Ellington Little League website <http://www.ellingtonll.org>

Community Gardens (Batz Property)

97 Shenipsit Street

A limited number of garden plots will be offered with the projected parcel being 25' x 25', to be used for growing plants for non-commercial use. Water is not available on site. The fee is \$20 per plot (one per family) with a \$15 deposit to be returned pending satisfactory fall cleanup. Please contact the Recreation Office for more information. Registration opened until March 31, 2017 at the Parks & Recreation office.

Coming soon: The Ellington Recreation Department is exploring the implementation of a Children's Garden at Batz Community Garden. We hope to provide a place to learn about the joys and benefits of gardening, with hands-on opportunities – and to have fun! The Children's Garden will provide a safe place to experience nature, discover the cycles of life and provide motivation to try fresh fruits and vegetables while encouraging a healthy and sustainable lifestyle. Please check the Recreation Department website for further details.

2017 SEASONAL EMPLOYMENT OPPORTUNITIES

Applications for seasonal employment will be available beginning January 10, 2017 for those interested in applying for the following positions within the Recreation Department. Please contact the Recreation Office at (860) 870-3118 or recreationstaff@ellington-ct.gov to obtain an application form.

- ASA (Softball Umpire) • WSI and LGT Lifeguards • Day Camp Counselor • USSF (Soccer) Official • Youth Lacrosse Official • Special Event Instructors • Site Supervisors

Ellington Facilities and Parks



Ice fishing on Ellington's beautiful Crystal Lake.
Photo by Lori Spielman

Arbor Commons Community Rooms:

These rooms are located within the Parks and Recreation Department office complex. These rooms are used

for meetings as well as small group programs.

Arbor Park: Arbor Park is located on Main Street in the heart of town. Arbor Park offers a nice area to walk.

Batz Property: Located at 97 Shenipsit Street, Batz Property is 44.86 acres of mixed forest-wild flowers and grassy parking lot. This is the location of the community garden club.

Brookside Park: Brookside Park is located on Route 140 approximately 2 miles from the center of town. This facility has baseball, softball, soccer & football fields. There are also tennis courts, a safe structured playground, a volleyball court and a covered pavilion. Brookside Park Pavilion can be rented for small gatherings.

Ellington School Facilities: The Recreation Department utilizes the Ellington Public Schools as often as possible for many programs. The schools offer use of gym space for such activities as basketball, volleyball, as well as other indoor programs. The schools also allow space usage for softball and baseball fields during the season.

Sandy Beach: Sandy Beach is located on Crystal Lake on Route 140 in the northern end of town. Our beach offers swimming and sunbathing opportunities on hot summer days.

Schwartz Park: Schwartz Park is located at Ellington High School at 37 Maple Street.

For more information, contact Parks and Recreation at 860-870-3118.

Don't Miss the Winter Market!

The Ellington Farmers' Market's four remaining Winter Markets will take place Saturdays from 2:00 to 4:00 on:



- February 11
- February 25
- March 11
- March 25

Location: YMCA, 11 Pinney Street, Ellington

The Winter Market hosts 25 vendors including three produce vendors who are still able to bring produce grown locally in greenhouses and high tunnels, even in these winter months. Locally raised beef, pork, poultry and lamb are also available along with seafood and dairy products, including yogurt and cheeses. Delicious baked goods, jams, relishes, maple syrup, honey and specialty foods, along with select artisan wares round out the large variety of items one can find at the market. The Market's matching SNAP program has distributed over \$2,000

this year and is able to continue this program thanks to the generous support of local businesses. SNAP recipients can obtain up to \$20 per week in matching SNAP dollars to be spent at the market. Additional information about the market can be found on the website www.ellingtonfarmersmarket.com. Questions, suggestions and comments can be sent to ellingtonfarmersmarket@gmail.com. The summer market season begins on May 6th in Arbor Park.



Hall Memorial Library (HML)

Susan Phillips, Director

93 Main Street

860-870-3160

Website: library.ellington-ct.gov

LIBRARY HOURS

Monday – Thursday

10:00 am to 8:00 pm

Friday – Saturday

10:00 am to 5:00 pm

Sunday

1:00 pm to 5:00 pm

Check the Library website for holiday closing dates.

LIBRARY CARDS: Some time ago, the library began to issue lovely new two-part library cards—a regular size card and a convenient key tag card. It is important to remember that the key tag card is strictly a convenience, and the main card is your official library card. You may need this card when you visit other libraries and you will definitely need it here when it is time to renew. Because the cards are a set, if either card is lost, both will need to be replaced (at a cost of \$3.00 if not expired). Library cards are free to all residents over the age of 5 and getting one takes only a few minutes. Fill out an application, present an ID and proof of residency and begin to enjoy all the great stuff your library has to offer. Please remember that you need to present your library card to check out, renew or reserve any materials and to use the computers.

COOLNERD KIOSK UPDATE: In the last newsletter we told you about this exciting new technology that will make the process of downloading ebooks, audiobooks, movies and music to a variety of devices much simpler. While we had planned to have our CoolNerd Kiosk up and running by late August, we ran into a few technical glitches that delayed its launch. We are happy to report that our Kiosk is now fully functional, so you can easily view selections from OverDrive, OneClick Digital, Hoopla and Zinio. Thank you to the Friends of the Library for providing us with this great new machine.

PASSPORT PROCESSING NOW AVAILABLE: We are pleased to announce that HML is now serving as an official US Passport Agency. You **MUST** make an appointment with the Reference Department and you will need to bring the following with you: Proof of U.S. Citizenship, a Photo ID, one recent Passport Photo and your checkbook. You may fill out the application in advance or do it here. You **MUST** pay the U.S. Department of State fee by check and may pay the \$25 processing fee by cash, credit card or check; these **MUST** be separate payments. Please **DO NOT SIGN** any documents until you are in the presence of the Passport Agent.

NOTARY SERVICES UPDATE: Due to the increase in requests for Notary Services, you **MUST** make an appointment with the Reference Desk to ensure that someone is available to notarize your documents. Please be sure to bring one photo ID and one other form of identification. **DO NOT SIGN** anything until you are in the presence of the notary. Reasonable fees will be instituted beginning on January 1. Please check our website or call for information. Thank you.

NEWSPAPERS FROM NEAR AND FAR: Did you know that you can access newspapers from across the country and around the world for free?! Simply visit refdesk.com, go to the Quick Links drop down menu, choose Newspapers and take a look at what's available. This site will also allow you to access crossword puzzles from many sources as well as catch up on your favorite comic strips amongst other offerings.

MAGAZINES AT THE LIBRARY: The Library has a collection of magazines for your borrowing and reading pleasure. It is time again to evaluate this collection, so we will be running a survey during the month of March. If you have titles that you enjoy using, please be sure to fill out the quick forms found in the magazine room.

BOOKING MEETING SPACE: The Library has four meeting spaces available for use by community groups. To reserve a meeting space using the online system, go to the library website at library.ellington-ct.gov and click on “Reserve a Meeting Room.” Review the guidelines, then click on “Book a Meeting Room” and follow the process to request a room, being sure to request a room and a date that are available. Once you submit your request, you will receive an email that says that your request has been received. Keep in mind that it may take several days for your request to be approved. Your event will not appear on the calendar until it is approved. Once approved or denied, you will receive another email with that information.

NEED AN EXAM PROCTOR? If you are taking an online course and need a proctor for your exams, the library is the place to be. Call or stop in to the Reference Room and we can make the arrangements.

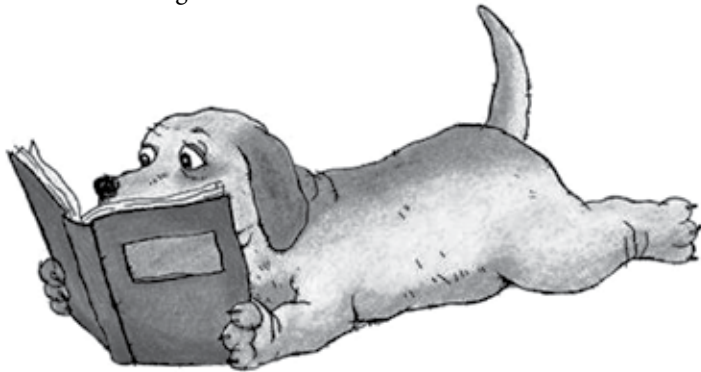
INCOME TAX FORMS: The library will once again offer a selection of basic income tax forms and instructions for filing both federal and state income taxes. Additional materials are available online and we can help you locate what you need.

Teen Department

As the snow starts to fall, settle in with a good book from the many great new selections in the Teen section. If you have a title, series or favorite author in mind and it is not here, just ask and we will order it for you.

Children's Department

Allen's Angels Therapy Dogs will be visiting the Hall Memorial Library on the following Saturdays: February 11, March 11, April 8 and 29, and May 13 and 27. Children 5 to 12 years of age are welcome to come and read for 10-15 minutes to a well behaved, well trained dog who just loves to listen to a good story. Online registration is recommended and is ongoing. Allen's Angels Therapy Dogs have been coming to Ellington's public library, visiting with children and listening to them read, since the summer of 2011. You may bring a favorite story from home or choose one right off our shelves.



Story Hours will be starting back up in February. For children 3-5 years of age, Preschool Story Hour will be held on Tuesdays, 10:15-11:00 am, beginning February 14. This program will run for 9 weeks, ending April 11. While children are attending story hour, caregivers are asked to remain in the Children's section of the library. For children 2 ½ years of age, with a caregiver, story hour will be held on Fridays from 10:15-10:45 am, February 17 through April 7. All story hours will include age appropriate stories, songs and other activities. This and all children's programs are FREE and open to the public. Online registration is required and will begin February 1.

Babies & Books, for babies 9 months to 2 ½ years old, along with a caregiver, will be held on Mondays, beginning February 27, and will run for five weeks. Online registration for this program is required and will begin February 12. Space is limited. There will be reading board books, singing songs and plenty of time to play and make new friends. This program is an hour long and begins at 10:30 am.

"It's Book Time with Ronald McDonald" will take place on Saturday, February 18, at 11:00 am. This 45-minute fun and educational performance will engage your child with a creative mix of music, magic, and games which reinforce the idea that reading is fun. The whole family will enjoy this program which is particularly geared toward children in grades K-3. Open to the public and FREE of charge, Ronald McDonald is looking forward to sharing his love of books and reading with your children. Come join us! Tickets available February 5 at the Children's Circulation Desk.



FOL BOOK SALE: The next Friends of the Library book sale will be held April 21-23, 2017. The Friends are currently collecting gently used books and DVDs to feature at the sale, so if you have any books that you no longer want, bring them into the library any time. Also remember, the Book Cellar, the Friends used book store, is open all year round: Mondays 6:30-8:00 pm, Thursdays 2:30-4:30 pm, Saturdays 10:00 am-12:00 pm, and Sundays 2:00-4:00 pm.

The Friends of the Hall Memorial Library Need You! The Friends of Hall Memorial Library is a not-for-profit organization established in 1986. Its purpose is to foster closer relations between Hall Memorial Library and the citizens of Ellington, to promote knowledge of the functions, resources and needs of the library, and to cooperate with the Library Board of Directors and the Library Director in the development of the resources, facilities and programs of the library.

The Friends' contributions help fund activities for all ages reading programs, special events and museum passes. Our continued support provides materials, equipment and books that would not be otherwise funded.

The Friends organize events throughout the year. The book sales in the spring and fall are anticipated events that give substantial financial support for our organization. Our other fundraising events are the Book Cellar Book Store, Holiday Cookie Sale, and most recently MiniGolf@the Library! Membership in the Friends of Hall Memorial Library is open to all interested people, businesses and organizations. Whether you're willing to volunteer your time and talents or your financial support, we invite you to become a Friend. Application forms are available at the library or on the webpage at library.ellington-ct.gov. The Board meets on the second Monday of each month at 7 pm. All members and anyone interested is welcome to attend.

WINTER/SPRING EVENTS

Jamilah Zebarth: Zentangle Continued*

Tuesday, February 7 at 6:30 pm

Coffeehouse: Junkyard Strings*

Friday, February 10 at 7:00 pm

Ed Parry: The Longrifle and the DaVinci Code

Thursday, February 23 at 7:00 pm

David Hulme: English Travels for Fans of British TV Shows

Tuesday, February 28 at 6:30 pm

Coffeehouse: The Jolly Beggars*

Friday, March 10 at 7:00 pm

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Library ... continued from page 25

James Gifford: Cut the Cord-How to End the High Cost of Your Cable TV and Phone Service

Tuesday, March 14 at 6:30 pm

Sharon Leonard: Pysanky Egg-Decorating Workshop*

(*\$5 per person materials fee for this workshop)

Saturday, March 25, 2 classes, choose either 10:00 am-12:00 pm or 1:00 pm-3:00 pm

Katie Relkin: Insider Secrets to Travel

Tuesday, March 28 at 6:30 pm

Aldo Pantano: Connecticut Partnership for Long-Term Care

Tuesday, April 4 at 6:00 pm

Coffeehouse: Reunited*

Friday, April 7 at 7:00 pm

Annika Moore: The Art of Home Staging

Tuesday, April 11 at 6:30 pm

Phillip Pietras: Planning Ahead for the Inevitable

Wednesday, April 19 at 6:30 pm

Joe Ouellette: PT Barnum-The Prince of Humbugs

Thursday, April 27 at 7:00 pm

Coffeehouse: Samantha Goodman*

Friday, May 5 at 7:00 pm

*Program has limited seating, so register early!

Register online at www.library.ellington-ct.gov or call us at 860-870-3160 for assistance.

MOVIES AT THE LIBRARY

The Accountant	February 1 at 6:30 pm
	February 2 at 1:00 pm
Birth of a Nation	February 8 at 6:30 pm
	February 9 at 1:00 pm
The Light Between Oceans	February 15 at 6:30 pm
	February 16 at 1:00 pm
Queen of Katwe	February 22 at 1:00 pm
	February 23 at 6:30 pm
Loving	March 1 at 6:30 pm
	March 2 at 1:00 pm
Billy Lynn's Long Halftime Walk	March 8 at 6:30 pm
	March 9 at 1:00 pm
Manchester by the Sea	March 15 at 6:30 pm
	March 16 at 1:00 pm
Hacksaw Ridge	March 22 at 6:30 pm
	March 23 at 1:00 pm
Moonlight	March 29 at 6:30 pm
	March 30 at 1:00 pm

*Movies will be shown weekly, (usually) on Wednesday evenings at 6:30 pm and Thursday afternoons at 1:00 pm. Please check the library's website www.library.ellington-ct.gov or call us at 860-870-3160 for future film announcements and schedule changes.

Health Tip from the Ellington Volunteer Ambulance Corps, Inc

Ellington Volunteer Ambulance Corps, Inc
41 Maple Street, P.O. Box 71
Ellington, CT 06029
MAIN: 860.870.3170

FAX: 860.870.3173
www.ellingtonambulance.org
information@ellingtonambulance.org

Flu season is here!

THIS HEALTH MESSAGE IS ABOUT YOU AND THE FLU!!

What is the Flu?

The flu or influenza virus is a contagious disease that can affect your respiratory system (nose, throat, lungs, etc.). The flu can make you very sick. If it is not treated, it can lead to serious diseases like pneumonia.

What are the symptoms of the Flu?

Symptoms of the flu include fever, headache, more tired than usual, cough, sore throat, runny or stuffy nose and muscle aches.

How do I know if I have the Flu or just a cold?

Here are some of the general and typical differences between the common cold and the flu.

The common cold usually presents with mild to no fever, no headache, mild muscle aches and weakness and mild exhaustion. Typically, patients with the common cold will also have a runny nose, sneezing and a sore throat.

The flu has some different signs and symptoms. Usually patients who have the flu have a high fever (102° F or higher -

which lasts about 3-4 days), a sudden and severe headache, severe muscle aches, extreme weakness and exhaustion – which can last for several days or weeks. Even though a patient with the flu can have a runny nose, sneezing and sore throat – these symptoms are more consistent with the common cold.

How is the Flu spread?

The flu is typically spread person to person through sharing drinks, kissing, not covering your mouth when coughing, etc. You can also get the flu by touching something that a person with the flu has touched.

The five most common objects within the home that are prone to virus contamination are:

1. Cell Phones
2. Refrigerator and Microwave
3. Faucets
4. Light switches and door handles
5. TV remotes

How can I make sure that I do not get the Flu?

The best way to make sure that you DO NOT get the flu is prevention. To avoid getting the flu you can:

- Get the flu shot every year
- Eat healthy
- Exercise at least 20 minutes, five days per week
- Get a good night's sleep

- Wash your hands – A LOT
- Disinfect and keep things clean
- Cover your mouth when you cough

Why won't the Doctor give me antibiotics for the Flu?

The flu is caused by a virus. Antibiotics kill bacteria, but not viruses; therefore, antibiotics are not effective against the flu.

Stay safe and healthy!!

Bruce E. Hoffman
MSN / BSN-RN / NR-Paramedic /
CT EMS I / CFRN
Deputy Chief -|- Training and Education
email: bruce.hoffman@ellingtonambulance.org
cell: 860.305.9871

Disclaimer: The information, including but not limited to, text, graphics, images and other material contained in this article are for informational purposes only. The purpose of this article is to promote broad consumer understanding and knowledge of various health topics. It is not intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician or other qualified health care provider with any questions you may have regarding a medical condition or treatment and before undertaking a new health care regimen, and never disregard professional medical advice or delay in seeking it because of something you have read in this article.

National Volunteer Week



April 23 through 29, 2017

National Volunteer Week is about inspiring, recognizing and encouraging people to seek

out imaginative ways to engage in their communities. It's about demonstrating to the nation that by working together, we have the fortitude to meet our challenges and accomplish our goals.

Thank you to all of Ellington's many dedicated and selfless volunteers who give of their time and their talents year after year. Your willingness to volunteer makes Ellington a better place!

Crystal Lake Food Pantry

CRYSTAL LAKE SCHOOL COIN DRIVE IS A HUGE SUCCESS!

In December, the Crystal Lake School had a coin drive as a fund-raiser for the Crystal Lake Food Pantry. The Pantry is located at the Crystal Lake Community United Methodist Church across the street from the school. On December 21, the school held a pancake breakfast (everyone wore pajamas) and a holiday program in the gym with songs and a skit. At that time, the students, teachers and administration presented a check in the amount of \$2,100 to the Bill and Cathy Greene to buy food for the pantry. Another \$400 has since been received for a total of \$2,500!! Thank you Crystal Lake School for your generous donation!

Every Monday morning, 25 families receive a bag of food. They choose bread and a dessert donated by the Big Y in Tolland, and



Crystal Lake School Principal, Michael Larkin and Crystal Lake Food Pantry Coordinators, Bill and Cathy Greene

they choose from fruits and vegetables and donuts and cider donated by Johnny Appleseed.

The Crystal Lake Food Pantry has been in operation since 1990 and serves people living in Ellington and Stafford. Many schools, organizations, businesses and churches donate money or food to keep the pantry in operation.

Ellington Senior Center

Erin Graziani, Director Website: seniorcenter.ellington-ct.gov
40 Maple Street Phone: 860-870-3133

Special Events

- **St. Patrick's Day Celebration, March 16.** New this year, there will be singing, bagpiping and highland dancing with Maggie Carchrie, Thomas Leigh, and their daughter at 11:30 am, followed by a traditional Corned Beef Dinner at 12:30 pm. Tickets in advance: \$15
- **The month of April kicks off the celebration of the Senior Center's 20th Anniversary!** Join us for some of the many wonderful programs that are being planned for April and May, including but not limited to:
 - **April 11 - 1:00 pm:** "An Afternoon of Memories and Creative Writing" - Formal sharing of stories, poems, memoirs & more (free)
 - **April 13 - 1:00 pm:** Ellington Singers Annual "Spring Musicale" (food pantry donation)
 - **April 19 - 1:00 pm:** History for Fun with Joe Ouellette (free)
 - **April 25 - 11:00 am:** Ellington Ambulance Demonstration with Andrew Slicer (free)
 - **April 27 - 12:30 pm:** "A Taste of Italy" Spaghetti Dinner & Ashly Cruz Cabaret. Tickets in advance \$8/residents, \$9/non-residents.
 - **May 11 - 10:00 am - 2:00 pm:** "Health & Wellness Fair" (free)
 - **May 24 - 12:00 pm:** Musical Insights Presents "A Memorial Day Picnic and Grand Celebration," including a Formal Patriotic Salute, Picnic & the Willi and Jan Band (TBA)

In addition to our many regularly scheduled programs, a variety of classes, guest entertainers and other special events are scheduled monthly. Please stop in to get your copy of our monthly newsletter or check out our website to see what is offered! Be sure to stay tuned to local television stations for delays and closings due to weather, or visit our website to subscribe to text and email alerts. Listed below is the weekly schedule of events.

Ellington Senior Center Weekly Schedule:

Ellington residents age 55+ are welcome to join us for the following programs. *Call or visit our website for additional details, including schedule and/or fees.

NEW: CrosSculpting! Classes are now forming for this NEW fitness class on Tuesdays and Thursdays from 5:30 pm-6:30 pm for men and women ages 55+. Call for more info.

MONDAYS 8:30 am - 6:00 pm

10:00 am - 1:00 pm Chess Mates
10:00 am - 12:00 pm Oil & Water Color Painting Instruction
11:30 am - 12:30 pm Intermediate Line Dancing with Nicole*
12:00 pm - 1:00 pm Community Café Lunch*



Mike O'Conner, winner of the 8-Ball Billiard Tournament, kissing his trophy

1:00 pm - 2:15 pm Easy Line Dancing with Amelia
1:00 pm - 3:00 pm 1:1 Computer Help with Bill*
1:00 pm - 3:00 pm Needle Crafts
1:15 pm - 2:45 pm Board Games
2:30 pm - 3:30 pm Yoga*
3:00 pm - 4:30 pm Musical Insights*

TUESDAYS 8:30 am - 4:00 pm

9:00 am - 12:00 pm Bridge
9:30 am - 11:45 am Adult Coloring
10:00 am - 10:45 am Chair Exercises*
11:00 am - 11:45 am Simple Circuit Fitness *
12:00 pm - 1:00 pm Community Café Lunch*
12:30 pm - 2:00 pm Blood Pressure & Diabetic Screening*
1:00 pm - 4:00 pm Dominoes
6:00 pm - 9:00 pm Setback

WEDNESDAYS 8:30 am - 4:00 pm

9:00 am - 3:00 pm Podiatry Clinic* (1st Weds)
9:00 am - 10:00 am Ellington Men's Club* (1st Weds)
9:30 am - 12:00 pm Cut Ups Carving Club
10:00 am - 11:30 am Ellington Singers*
12:00 pm - 1:00 pm Maple Street Kitchen lunch*
1:00 pm - 3:00 pm 1:1 Computer Help with Bill*
2:00 pm - 3:30 pm Shuffleboard
2:30 pm - 3:30 pm Yoga*

THURSDAYS 8:30 am - 4:00 pm

9:30 am - 11:45 am Sew and So
10:00 am - 10:45 am Chair Exercises*
11:00 am - 11:45 am Simple Circuit Fitness *
12:00 pm - 1:00 pm Maple Street Kitchen lunch*
1:00 pm - 2:30 pm Memories & Creative Writing*
1:00 pm - 2:30 pm Ballroom, Polka & Fun Dancing
1:00 pm - 3:00 pm 1:1 Computer Help with Bill*
2:30 pm - 3:15 pm Chair Yoga*

FRIDAYS 8:30 am - 1:30 pm

9:00 am - 12:00 pm Wii Bowling
11:00 am - 12:00 pm Tai Chi*

SATURDAYS

7:00 pm - 10:00 pm Setback

6:30 pm - 10:00 pm Open Billiards

DAILY PROGRAMS

Open Billiards, Library, Le Petite Café*, Just Visiting. Weather permitting:
Weekday Walking Club, Horseshoes, Co-Ed Golf League*

LUNCH PROGRAMS:

Senior Community Café Meals are offered through CRT's Elderly Nutrition Program on Mondays & Tuesdays at 12:00 pm to persons 60 years of age or older and their spouses. Donation is \$2.50. The Maple Street Kitchen serves home-cooked meals on Wednesdays and Thursdays at 12 pm for a \$3.50 donation. Reservations for both programs must be made a minimum of 2 days in advance by calling the center or signing up at the front desk.

TRANSPORTATION SERVICES:

Transportation is available to Ellington residents for medical, social and nutritional programs by calling the Transportation Line Monday-Friday, 9 am - 12 pm, 860-870-3137.

Trips & Cruises:

The following trips are currently being offered. Stop in or visit online for full details and trip policies. Sign up is now available for most trips, unless sold out sooner.

- April 5, "The Foursome" at Newport Playhouse, \$86 pp
- May 15, The Glen Miller Orchestra at the Aqua Turf, \$93 pp
- June 11, Lighthouse Brunch Cruise of Boston's Inner & Outer Harbor, \$104 pp
- July 12, Bistro Lunch aboard the Ice Cream Train, Narragansett Bay/Newport
- August 19-27, California Coastal Highway (San Francisco, Solvang, Hearst Castle, Los Angeles, San Diego). \$3,599 pp double.
- August 29, Lake George Luncheon Cruise, NY
- September 11-13, "Jonah" Penn Dutch/Lancaster, PA - Limited Spots
- September 27, "Lion King" on Broadway, NYC
- October 10, "Jimmy Sturr, Polka King" at Aqua Turf, \$90 pp.
- Transatlantic Cruise including Spain & Canary Islands, Oct.19-Nov. 3, 2017. Starts at \$2499 pp. twin, includes air.
- Caribbean and the Panama Canal Nov. 10-20. Starts at \$1849 pp twin, includes air

To download previous issues
of Ellington Events
visit
www.eventsmagazines.com
and download
the issue you desire!

Fire News Says...

If there is a fire in your neighborhood, the fire department can't put it out if they can't get to the fire hydrant. Please help them out by clearing the fire hydrants on your street.

INTEGRATED REHABILITATION SERVICES

PHYSICAL THERAPY FOR AN *active lifestyle!*

PHYSICAL THERAPY
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SPORTS MEDICINE
WELLNESS/FITNESS PROGRAMS

VISIT OUR WEBSITE FOR CONTACT AND LOCATION INFORMATION

IntegRehab.com

Preparing For Disasters in Your Home; What to Buy, What to Skip

Joe Palombizio, Emergency Management Director

Consider your life in a world without electricity, the grocery store or access to your car. An earthquake, hurricane, tornado or an ice storm can cause this to happen. Extreme heat may turn into an emergency under the right conditions. Mother Nature is unpredictable; you have to be prepared for an emergency. Here's what you need to buy, and what you can skip as you prepare your home for an emergency situation.



FIRST AID KIT: Always be prepared. One of the most important things you can pack for a disaster is a first aid kit. During a major disaster, you will need to care for your injuries on your own because the health care services, if you can get to them, are going to be overwhelmed with people. Keeping your first aid kit ready for use ensures you can meet the needs of your family, even if you can't get to a medical facility. Here's what the Red Cross recommends you have in a first aid kit for a family of four:

- Absorbent compress dressings (2)
- Adhesive bandages (25 or more), adhesive cloth tape (1 roll)
- Antiseptic wipes or spray, instant cold compress, antibiotic ointment
- Aspirin, tweezers, blanket, non-latex gloves, disposable thermometers
- 3-inch + 4 inch roller bandage, triangular bandages
- Hydrocortisone cream, scissors
- Breathing barrier for CPR, first aid instruction booklet, emergency phone numbers
- Flashlight with working batteries, hand sanitizer, prescription medications your family must have

What can you avoid buying for your first aid kit? :

- Pre-made first aid kits, which typically have insufficient supplies
- Medications your family can't use due to allergies or age of family members
- Any bandages, medications or other items that are open

FOOD: It's hard to imagine a time when you can't go to a grocery store for food, but in a disaster when power goes out across the town, roads are flooded or blocked or buildings are down, this could happen. Would you be able to feed your family for long without a weekly trip to the store? What would you do if your

water supply were contaminated? Disaster preparedness requires food and water. The Centers for Disease Control and Prevention indicates you need to have a three-day supply of food for each family member, including your pets, to be prepared for an emergency. If you are going to err on the side of caution, you can have even more on hand. Not all foods are equal. Many foods spoil quickly, no matter how you store them. As you buy food, consider preparation. If you have no gas or electric service, would you be able to cook oatmeal? Canned nuts and peanut butter and jelly on crackers may be a better choice. Of course, you could create an outdoor fire, if the disaster did not cause flooding, but make sure you have some types of food that are easy to make or ready to eat as they are.

Here are some items you should buy for your emergency food supply, and the length of time they should last, if stored properly:

- Boxed potatoes (six months)
- Dry crackers (six months)
- Powdered milk (six months)
- Dried fruit (six months)
- Canned foods (one year)
- Peanut butter and jelly (one year)
- Cereals that are unopened (one year)
- Dried corn, pasta and rice (many years)
- Coffee, tea and cocoa (many years)
- Bouillon products (many years)
- Beef jerky (many years)

Also, don't forget water. If your area is hit by a hurricane, tornado or earthquake, you may lose access to clean water. You will need at least 1 gallon per person for a minimum of three days to protect your family. Keep in mind that children, expectant women, sick individuals and those living in a hot climate are going to need more.

When packing your food items, make sure you avoid:

- Foods that will deplete water in your body (caffeinated or highly salted foods)
- Foods that expire quickly (fresh fruits and vegetables)
- Foods that must be frozen or refrigerated or that require a lot of prep
- Foods with little nutritional value (candy, fruit snacks, chips)

POWER: It might sound funny to talk about "buying" power, but you have to assume that you will lose power during a true emergency. You will need a way to power your cell phone, radio or other important electrical devices. You have to stay in touch with what is going on, call for help and take care of some basic needs. So how can you power your necessary items in an emergency?

Consider buying these:

- **A generator** – Although costly, a generator can keep your

home up and running if the emergency did not do structural damage to your home. This can buy you time while you wait for electricity to be restored.

- **An emergency weather radio** – Will keep you informed with weather conditions and disaster recovery efforts. Consider a hand-crank type, so you are protected even if you can't get batteries. Look for one with a "public alert" feature.
- **Hand-crank emergency cell phone charger** – Make sure you have a way to contact people, and keep the phone charged, with a hand-crank emergency cell phone charger.
- **Propane** – If you have a lot of propane-powered items, consider keeping some extra propane on hand to keep them powered.

You probably won't need:

- **Boxes of batteries** – Batteries have a limited shelf life. Consider buying a few, but relying on recharging generators for the majority of your needs. If you do add batteries to your emergency preparedness kit, make sure to check them regularly for signs of corrosion.
- **Anything that must plug in or relies on fuel** – Electricity and fuel may be in short supply. Look for manually or solar-powered sources of power rather than those fueled by electricity or gas.

PACKING AN EVACUATION BAG: If you have to evacuate in an emergency, you aren't going to have much time to go to a supply store and purchase items. One way to protect your family is to keep an Evacuation Bag packed for these events. An Evacuation Bag is similar to your emergency preparedness kit, but on a smaller scale because you need to be able to grab and go when an evacuation is ordered. The bag will contain first aid items, tools and emergency power, among other things. The bag should be always packed and ready to grab at a moment's notice.

If you've never packed an Evacuation Bag, figuring out what you need may feel overwhelming. Here are few tips on what you should have in the evacuation bag:

- Flashlight with fresh batteries (check them regularly)
- Emergency weather radio, batteries, pocket knife, butane lighter / matches
- Spare batteries (check them regularly)
- Toothbrush, toothpaste and trial / travel sizes of personal care items
- Permanent marker, tape and paper
- One to two bottles of water per person, non-perishable snack foods
- Extra house and vehicle keys, food + water for pets
- Sturdy shoes, hat, change of clothing (consider changing weather climates)
- Local maps (Internet-based maps and GPS service may be disrupted in an emergency)
- Jackets, dust masks, small first aid kit

In addition, make sure your Evacuation Bag has a list of medical conditions or allergies your family members have. Also, pack special-needs items for people in your family who are disabled, young or elderly. Finally, add in all important paperwork. This includes copies of your driver's license, bank account information, passport, children's birth certificates and emergency contact numbers. Print paper photos of all family members to put in the bag in case you are separated. Remember, you may not be able to pull up a recent photo on your phone to help first responders locate your lost loved one.

As you pack your Evacuation Bag, you need to be careful not to make it too full because the goal of an evacuation is to quickly get to a safe place.

Here are some things you should skip:

- **A food stash** – Pack snacks, but don't worry about tons of cans of food, as your new destination should have food available.
- **Large bills** – You don't want to be a target for a thief, and in an emergency, some people will have trouble making change for a \$100 bill.
- **Electronics** – Your laptop and electronic gaming devices aren't necessary in your Evacuation Bag. If you anticipate you will have electricity at your destination, pack these separately, but you can survive without them in a true emergency.

TOOLS: No matter how carefully you pack food and medical supplies, if you don't have some basic tools, you can't survive in an emergency where all supplies are cut off. You don't need a lot of tools to get through a disaster, but you should have some on hand.

Here are some tools that are great for most emergencies:

- **Tools for food** – Make sure you have a manual can opener and utensils, preferably disposable, you can use to eat the food you have stashed.
- **Pocket knife** – Make sure you can pry open items and cut through small debris with a pocket knife.
- **Scissors** – They're easy to forget about until you don't have them, but make sure your emergency preparedness stash has some scissors.
- **Non-electric fan or heater** – Protect your family in extreme weather, but make sure you can power the fan or heater you purchase.
- **Basic tool kit** – You never know when you will need a wrench, hammer or screwdriver, so stash a small, high-quality tool kit in your emergency preparedness area. Consider an adjustable wrench for most applications
- **Rope** – From rescues to tying down supplies, a rope is handy to have on hand.
- **Collapsible shovel** – From digging latrines to digging out of rubble after an earthquake, a shovel can come in handy in an emergency.
- **Fixed-blade knife** – Sometimes a pocket knife or scissors aren't

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Prepare for Disasters... continued from page 31

going to cut it, but a sturdy fixed-blade knife can get you through an emergency.

- **Tent** – If you can't stay in your home due to safety, a tent gives you some shelter.
- **Fire extinguisher** – A dry chemical fire extinguisher can protect your home if fires pop up after an emergency.
- **Tarp** – Use this to cover broken windows or holes in the roof.

Some tools are not necessary. These include:

- **Tools that require electricity to operate**, power tools, extremely large tools
- **Multiple sizes** of screwdrivers or wrenches

PERSONAL CARE ITEMS: A shower may not be the first thing on your mind after a hurricane, and it may not even be possible, but you are going to want some personal care items in your emergency supply kit. It's easy to overlook some of these. Having a checklist will ensure you have everything you need.

Here are some must-haves that everyone will need:

- Soap, toothbrush, toothpaste, hairbrush, feminine products, toilet paper, sleeping bags, blankets
- Safety pins, needle + thread, towels, washcloths, baby wipes, change of clothing and undergarments.

Some things, however, are not necessities. If you're buying for an emergency preparedness kit, you can probably skip vanity items, like:

- Shampoo and conditioner – You can clean your hair with soap during an emergency.
- Hair spray and other hair products – Makeup.

DISASTER PREPAREDNESS FOR CHILDREN: If you have children, you have additional considerations when preparing for a disaster. Examples; specialty food items, such as baby formula, to something for the children to do while waiting for help or restoration of services. You need to be creative.

Here are some must-have baby care items:

- **Baby formula** – Even moms who are nursing should stash some baby formula, just in case they are not able to continue breastfeeding after an emergency or are separated from their babies.

- **Baby feeding supplies** – Baby food, small spoons or a manual baby food mill to grind up canned food are important.
- **Diapers and wipes** – Consider three days' worth of diapers or cloth diapers you can re-use, and a similar stash of wipes. For children who are not far past the toilet training stage, consider diapers even if you think they are trained. Disasters can cause regression.
- **Something to do** – While you aren't going to pack the entire toy room, you should consider some games, coloring books or other small playthings to keep the kids occupied.
- **Something to eat** – While it's true that most kids will eat anything rather than starve, you don't want your child languishing because he's refusing to eat canned beans. Try to get creative and find some food items that your child would be willing to eat.
- **Special stuffed animal or other comfort item** – Do you have a spare of your child's favorite comfort item? Put it in the emergency box, just in case.

Things that aren't needed for children include:

- Non-nutritious snacks, electronic games, large toys

DISASTER PREPAREDNESS FOR SENIORS OR DISABLED

INDIVIDUALS: Senior adults and those with disabilities have unique considerations in an emergency. Lack of mobility, for instance, can make getting to help difficult. Seniors or Disabled Individuals may have more medications and medical needs than others in your family.

Here's what you need to consider when packing for them:

- Extra doses of all prescription drugs, with details about how and when to take them.
- Mobility assistance devices (like a cane or walker)
- Batteries for hearing aids or other assistance devices, incontinence pads
- Special food to fit any dietary considerations, list of needs, limitations and capabilities for the individual

The list of what "not to buy" is not different for seniors or disabled individuals than it is for others. Use common sense to ensure you aren't putting too much in your emergency preparedness kit.

Public Works Department

Timothy Webb, Director of Public Works/WPCA Administrator

860-870-3140

email: twebb@ellington-ct.gov

SPRING EVENTS

- **Street Sweeping** – Street sweeping will begin in March, weather permitting. We will begin sweeping in the Crystal Lake area then to Pinnacle Road area

to Longview, then west and north to the Somers Line.

- **Road Work** – This year's planned roadwork will be to pave Blueberry Circle, Raspberry Lane and Strawberry Road after Connecticut Water replaces the water lines. If funds allow, Cider Mill Road and Burbank Road will be overlaid. The following streets are schedule for rubberized chip sealing;

Reeves Road, Griswold Road, Broad Brook Road and Crane Road.

- **Hoffman Road Brush Drop Off** – The center will reopen on Saturday, April 1, 2017. The hours for April, May and June will be Tuesday and Thursday 1:00 pm to 4:00 pm and Saturday 9:00 am to 4:00 pm.
- **Recycle Shed And Household Hazardous Waste** – The MIDNEROC



collection center located at 57 Hancock Rd, Willington is scheduled to reopen on Saturday, May 6. It will then be open on the first and third Saturdays of the month through November 4, 2017. It will be closed on Saturday, July 1 and

Saturday, September 2, 2017 (Holiday weekends). The recycling shed at the DPW garage will continue to be open weekdays from 7:00 am to 3:30 pm and open on the same Saturdays that the MIDNEROC center is open. Paint is not accepted at the recycle shed.

- **National Public Works Week** – This year National Public Works week falls on May 21-27, 2017. Watch for announcements for the DPW Open House scheduled for May 25, 2017 from 4:00 pm to 6:00 pm.
- **Grinder Pump Notice** – This is a reminder that if you are on a sewer line and have a grinder pump, do not

discharge grease into the system, directly or indirectly. Direct would be disposing of cooking oils and fat into the sink drain or toilet and indirectly would be the washing of food/rinsing of cooking utensils. The wiping of cook ware and utensils with a paper towel prior to rinsing or washing will reduce the discharge of oil and grease into the grinder pump. The buildup of grease on the floats that operate the pump does occur and will cause a failure. Do not flush any sanitary napkins, dispensers or wet wipes down the toilet. These materials will clog the grinder pump and cause damage.

LED Street Lights Come to Ellington

ANOTHER STEP FORWARD IN ELLINGTON!

Residents will notice a change in the street lights in Ellington. The old lights are being replaced with new LED streetlights. An LED street light is an integrated light that uses light emitting diodes (LED) as its light source. These lights use less energy, last longer, are smaller than traditional lights, and they save money! The change to less expensive lighting will result in cost savings to the Town in electrical fees. The emitted light is a brighter white than the yellowish glow of the old lights and the new lights reduce light pollution. Light pollution is excessive, misdirected or obtrusive artificial light. Too much light pollution washes out starlight in the night sky, has adverse health effects and wastes energy.



New LED lights



Old Street lights

Getting a Grip on Winter Roads

Sgt. Brian Santa, Resident State Troopers' Office Supervisor



During the winter months the Ellington Resident Troopers Office responds to and investigate numerous traffic crashes that can be avoided. Although not inclusive, the following steps can help greatly reduce the likelihood of a crash during inclement weather:

- avoid unnecessary travel during periods

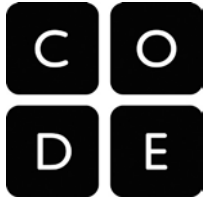
- of rain, snow, sleet or ice
- reduce speeds to SAFE and REASONABLE given the road conditions
- increase distance(s) needed for stopping
- increase distances between vehicles
- remove all ice/snow/sleet from windshield
- perform routine maintenance checks during winter months

If travel is necessary be aware that cars lose traction quickly, causing your wheels to spin, get stuck, spin out of control into a ditch or impact an object. Although AWD and 4WD provide maximum traction when traveling straight ahead, they provide no added benefit when brak-

ing or cornering. For many they provide a false belief these systems allow for higher speeds on slippery roads resulting in a traffic crash. In recent testing completed at the Consumer Reports test track in Colchester, CT, it was determined the most important influence effecting winter driving is winter tires. The composition of winter tire rubber is designed to remain pliable during freezing temperatures with more aggressive edges for increased traction and better braking (increased braking efficiency by approximately 50%). For more information view the YouTube video produced by Consumer Reports titles "Do You need all-wheel drive?" (<https://www.youtube.com/watch?v=iX-jzYbpt9Ow>)

Innovative Practices at Ellington High School

Neil Rinaldi,
Ellington High School Principal



Ellington High School (EHS) hosted its first Hour of Code on December 5, 2016. Twenty-two students explored a variety of innovative practices through computer science. "The Hour of Code started as a one-hour introduction to computer science, designed to demystify "code," to show that anybody can learn the basics, and to broaden participation in the field of computer science. It has since become a worldwide effort to celebrate computer science, starting with 1-hour coding activities but expanding to all sorts of community efforts," <https://hourofcode.com>. Students were directed to <https://code.org/learn> to find ideas to help them get started and join the annual global event. Some students programmed robots, printed in Python, and decoded encrypted songs, while others played Pong, battled enemies, and designed racing code to beat the bot car. Students were also encouraged to check out the EHS Program of Studies courses

such as AP Computer Science Principles, Computer Programming & Mobile App Development, Robotics, CAD and 3D Modeling, Music Production or Graphic Design.

EHS students in Economics classes completed their "Shark Tank Challenge" performance-based assessment (PBA) after completing their thematic Unit II of study: Macroeconomic Principles & Practices. For this PBA students chose to begin a Sole Proprietorship or Partnership, created a product to bring to market, and draft a formal business plan that was then "pitched" to a panel of investing "Sharks." Product pitches incorporated teachers and staff from around the building and some AP Microeconomic senior students acting as "Sharks." Students demonstrated their knowledge of American Capitalism, Business Organizations, Business Growth & Expansion, and Demand and Supply through these projects. During the product pitches and after the completion of their product pitch students were asked to peer review and reflect on their process of learning throughout this performance-based assessment.

Ellington Public Schools Contact Information



Ellington Board of Education
47 Main Street
(860) 896-2300
Dr. Scott V. Nicol, Superintendent

Ellington High School
37 Maple Street, PO Box 149
(860) 896-2352
Mr. Neil Rinaldi, Principal

Ellington Middle School
46 Middle Butcher Road
(860) 896-2339
Mr. David Pearson, Principal

Center School
49 Main Street
(860) 896-2315
Ms. Trudie Luck Roberts, Principal

Crystal Lake School
59 South Road
(860) 896-2322
Mr. Michael Larkin, Principal

Windermere School
2 Abbott Road
(860) 896-2329
Mr. David Welch, Principal

Ellington Community Theatre Presents "The Musical Annie"

THEATRE FOR ALL AGES!
Ellington Community Theatre brings theatre to Ellington and the surrounding communities. Please join us as a performer, musician, technician, director or manager. The entire community reaps the benefit of a wonderful night of entertainment. Registration will begin in late January for ages 5 through 100 at artsfromtheheart.net.

Auditions will be held in May
(must be registered to Audition)

Performances are scheduled for July 28, 29, 30. The production of The Musical Annie, as well as 2014 through 2016 productions, are supported and sponsored by Arts from the Heart, and the Town of Ellington's Youth Services and Parks and Recreation Departments.



Auditions to be held in May!

12 Main Street
Ellington, CT 06029
860-338-3038

The Town of Ellington Prescription Drug Card



SAVE ON YOUR PRESCRIPTIONS

The Town of Ellington is proud to partner with the Connecticut Conference of Municipalities (CCM), the statewide association of towns and cities, to provide a prescription

discount card that will provide uninsured and underinsured residents with savings on prescription medicines.

As a member of CCM, Ellington participates in this program as a member benefit. In Connecticut, over 800,000 residents are underinsured – they may have health insurance but have limited prescription plans or no prescription plan at all. The “Town of Ellington Prescription Drug Discount Card” helps residents save money on their medications any time their prescription is not covered by insurance. This prescription discount card will provide immediate fiscal relief at the pharmacy counter for residents and offers the following features and benefits:

- Anyone can participate regardless of age or income;
- All prescription medications are covered, including pet prescriptions that are human-based and can be filled at a pharmacy;

- There is no cost to the municipality or to participating residents;
- Cost savings are on brand name and generics medications. Generic prescriptions offer the highest savings;
- There are over 63,000 participating pharmacies nationwide, including CVS, Rite-Aid, Walgreens, Wal-Mart, Stop and Shop, and Big Y, and many local pharmacies;
- Discounts are also offered on other medical services including vision, hearing and Lasik services.

“CCM really stepped up to the table on this issue,” said Ellington’s First Selectman Lori L. Spielman. “Many families are struggling and even some families with health insurance may not have all their prescriptions covered. This is a clear win for Ellington residents.”

“Town of Ellington Prescription Discount Cards” are available at Town Hall and online and may be used at any participating retail pharmacy. Cards may be used by all town residents regardless of age, income or existing health coverage. There are no enrollment forms, membership fees, restrictions or limits on frequency of use for residents. Cardholders and their family members are encouraged to use the cards any time their prescriptions are not covered by insurance.

continued on page 36

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Prescription Card... continued from page 35

To print your card, visit the website at CTRxDiscountCard.com and select Town of Ellington from the drop-down menu. The website also contains information regarding where a resident can locate a participating pharmacy, comparison shop their medication, and find the information on the discounts that are also available on vision, hearing and LASIK services.



Thank you Ellington!

Brownie Girl Scout Troop 10726 sends a huge shout out of thanks to the local Ellington community. Due to the kindness and support to the community, our can and bottle drive was a huge success. Our original goal was to raise \$500 to buy a cow through heifer.org. Due to the overwhelming support of the Ellington community, Brownie Girl Scout Troop was able to return \$580 worth of cans and bottles. Therefore, we were able to purchase a cow, two flocks of chicks and two flocks of ducks through heifer.org. Thank you again to everyone for their generosity and keep your eyes peeled for how this very active and civic-minded Troop will be working to help our community in the future.

Jenna Miller, Troop Leader

Boy Scout Troop 96 Visits the First Selectman



Boy Scout Troop 96 visited Town Hall to learn about Town government in Ellington. First Selectman, Lori Spielman and

KKC KAHAN KERENSKY & CAPOSSELA, LLP.

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Emergency Management Director, Joe Palombizio shared information regarding Town government and emergency management. Ms. Spielman and Mr. Palombizio enjoyed this great group of Scouts and were very impressed with the questions they asked regarding their Town. The future is in good hands!



Ellington Veterans Honored

Joe Palombizio,
Ellington's Veterans Services Representative

ELLINGTON VETERANS WERE HONORED AT TWO CEREMONIES AT THE END OF 2016.



Ted Graziani, Chairman of the CT Employer Support of the Guard and Reserve, and his daughter, Miranda share a moment at the Ellington High School Veterans' Day Program.

In November, Ellington High School rededicated the School Plaque that recognized Ellington High School graduates who became military veterans. Research was conducted by High School Students and Veterans, to identify individuals whose names should be added to the initial plaque. The project culminated with a school assembly in the gymnasium. State and Town representatives spoke to the assembly, thanking veterans for

their service and for risking their lives to protect our Country. There was a poignant moment in the program, when Ted Graziani, who served in the State Legislature, and was a Vietnam Veteran, spoke to the assembly about being deployed to war. He explained the emotion, trials and tribulations the soldier felt. He then explained the emotions, trials and tribulations the soldier's parents, brothers, sisters, sons and daughters felt when a soldier was deployed to war. It was a very emotional moment in the program.

continued on page 38

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Veterans... continued from page 37



On December 17, at the Ellington Center Cemetery, the Ellington Ad Hoc Patriotic Committee participated in the Wreaths Across America program. The program honors veterans who have passed away. The program began in the 1990s at the Arlington National Cemetery. A wreath is placed on the Veterans' grave markers during the Holiday period. Since its inception, the program has expanded to over 1,100 locations across the country. With assistance from the Ellington Volunteer Fire Department, family members, friends, and the Ellington Ad Hoc Patriotic Committee, over 175 wreaths were placed on Veterans' gravesites at the Ellington Center Cemetery.



Both Photographs by Catherine Cella, Joyful Reflections Photography



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THE ELLINGTON PLUNGE

Every winter, Crystal Lake is the site of a cold water Plunge to benefit Special Olympics CT.

This year, the Plunge will take place on Saturday, March 25, 2017 at Crystal Lake, Ellington. This event is organized by the Crystal Lake Fire Department and the South Windsor Police Department.



Above and below, past participants of the Ellington Plunge join in on the fun.



The Ellington Plunge raises funds for Special Olympics Connecticut's year-round programs of sports training and athletic competition for people with intellectual disabilities. Your participation provides funding to support over 13,000 athletes and unified partners who participate in Special Olympics Connecticut's year-round training and competition in 27 sports. To join in on the fun, Plungers need to raise a minimum of \$100. In addition to the awards for top fundraisers and best costumes, Penguins receive incentive prizes for their fundraising efforts. For more information, to donate or to become a "Plunger," visit the Ellington Plunge website at <http://www.soct.org/ways-give/penguin-plunge> and click on Ellington – Crystal Lake. Take the Plunge to benefit Special Olympics Connecticut!

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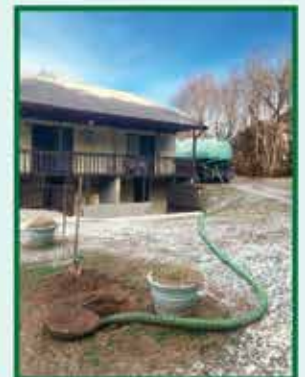
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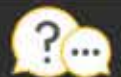
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Tri-Town Parkinson's Disease Support Group

Parkinson's Disease Support Group meetings are held monthly at the Hall Memorial Library, 93 Main Street on the 3rd Friday of the month at 10:30 am. Persons with Parkinson's disease, along with their caregiver or friend, are all welcome to attend. The group gathers to provide information and mutual support for people dealing with Parkinson's disease.

UPCOMING PRESENTATIONS:

- February 17 Information on SpeechVive with a speech therapist from the Hospital for Special Care
- March 17 UConn Ophthalmologist, Dr. Jeanine Suchecki, on vision issues for persons with PD
- April "April is Parkinson's Awareness Month" program (date to be determined).

Please contact Anna L. Turner, MSW, Human Services Department, at 860-870-3131 for more information on this support group.

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"Dr. Veltri performed an ACL replacement on my knee. He and his staff are very friendly and courteous. Their professionalism, along with multiple successful referrals helped put my mind at ease throughout the preparation and recovery periods. I am looking forward to playing soccer again!" - John T., Ellington

"Dr. Veltri repaired the bicep tendon and rotator cuff in my left shoulder, and after a few weeks I could lift my arm better than before my injury. The Surgical Center also took great care of me." - John W., Tolland

"Lance knew exactly what to do for the compression fracture in my back and I was able to get back to basketball a lot sooner than I ever expected" - Erin H., Ellington

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