

Vernon events

VOLUME 2 • QUARTER 3 • 2016

Mike Shea Fitness Trail

Dedicated to the Memory of

Michael G. Shea

May 23, 1983 - July 3, 2010

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The Mike Shea Fitness Trail at Dark Hill Park South



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The Mayor's Corner

Hope everyone has enjoyed a wonderful summer! The Parks and Recreation Department Programs are coming to a close and the first day of school is just around the corner. Check out the Parks and Recreation section of this edition for all the latest sign ups for fall and winter programming as well as after school REK information.

The cover of this edition is courtesy of Andre Garant, of Photography on Demand / AJG Photoguy.

We are featuring the donation by the Shea Family in memory of their son Michael Shea. A Fitness Trail, funded by their very generous donation, was dedicated on July 2, 2016 at the Dart Hill Park. The Fitness Trail is both challenging and fun and we thank the Shea Family for sharing Michael's love of fitness and the outdoors with us as a community. Check it out with your family.

Our road projects will continue throughout the fall until all the scheduled work is complete. Refer to the Town of Vernon website vernon-ct.gov for the latest updates on this and other programs. It is hard to believe that leaf collection is right around the corner.

The Amerbelle Mill Project continues this fall with the removal of several buildings. Brooklyn Street will be closed from Grove to Court Street until the work is complete. We are excited that

progress is being made on this property. Stay tuned - there will be more info in upcoming issues!

As you may have noticed, the Citizen's Block, at the corner of Park Place and Elm Street is receiving a much needed facelift. Built in early 1879, this building's façade work continues the renovations of the Town of Vernon government center. This project is funded with Main Street Investment Fund dollars and the work is being completed by Mattern Construction, supervised by our Public Works Department.



Daniel A. Champagne

In closing, citizen safety is always our first priority and we urge you to check out the information contained in the Emergency Services Report and the North Central Health District Report relative to topics such as, car seat safety, immunizations for your children, and emergency readiness.

Always be safe and prepared!
Mayor Champagne

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Cover Story

The newly constructed, state-of-the-art Mike Shea Fitness Trail is now open to the public, and is our feature cover story. Donated to the Town by his family, the Mike Shea Fitness Trail's eight different and challenging stations encircle Dart Hill Park. The Mike Shea Fitness Trail is dedicated to the memory of a lifelong resident; a natural in sports and fitness, who excelled in competitive sports throughout his life.

On July 2, 2016, over 150 of Michael's friends and family were joined by town officials to dedicate this very special addition to Dart Hill Park. The family shared their thanks for all those who assisted with the development and construction of the trail. Jeremiah Brown, who played on a Vernon Micro Soccer team in first grade with Michael and is now a personal trainer, helped to select equipment for all workout levels. Mayor Daniel Champagne, retired Parks and Recreation Director Bruce Dinnie, Interim Parks and Recreation Director Steve Krajewski as well as Public Works Director Robert Kleinhans were instrumental in guiding and implementing the construction schedule and equipment purchase. Special thanks were extended to the employees of the Parks and Recreation and Public Works Departments for their construction assistance and the attention to detail in preparing and completing the construction and garden area. This work was done in the heat of the summer and the family was most appreciative of everyone's efforts. The dedication concluded with the release of monarch and

painted lady butterflies in celebration of the family's conviction that Michael's spirit lives on.

Michael's family and the Town of Vernon hope that everyone who comes to the Mike Shea Fitness Trail, young or old, has fun and enjoys the fitness trail's many challenges.

(NOTE: Please remember to pace your activities based on your ability level and hydrate often.)



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Rockville High's Newest School Resource Officer

With the graduation of the RHS class of 2016, so ended the tour of duty of Officer Steven Langlais as the School Resource Officer (SRO). Each police officer assigned to the school serves for a period of four years, coming in with the new freshman class and exiting when they graduate.



A very competitive selection process was undertaken by the police department to select the new SRO for the high school. Unlike other police selection processes where the selection board is made up of senior police officers, the student resource officer is selected by members of the Rockville High School community. The selection board is comprised of the Superintendent of Schools, the High School Principal, a teacher, and a student member. The Chief of Police decided that due to the unique qualities needed to succeed in the SRO position, educators and more importantly the

Continued on page 6

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

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Resource Officer ... continued from page 5

students themselves, should have input in who will be assigned to the school.

The new SRO selected is Officer Joshua Wells. Officer Wells is a three year veteran of the Vernon Police Department serving as a patrol officer. Officer Wells served with the District of Columbia, Metropolitan Police Department starting as a patrol officer in 2007. In 2009 Officer Wells was selected to one of the district

robbery crime suppression units and later promoted in 2012 to a city wide robbery suppression unit, where he and other members patrolled some of the areas in the city with the highest crime rates. Officer Wells brings his large urban area experience in dealing with a diverse population to the education setting which reflects the diversity of our community. Officer Wells will be present to welcome our students back into the new school year.

Rockville High School English Teacher Victoria Nordlund - Vernon's "Teacher of the Year" 2016/2017

"Teacher of the Year" recognizes and honors teacher excellence. It does not attempt to select the "best" teacher; rather, to identify, from among many outstanding teachers of the year, one teacher to serve as a visible and vocal representative of what is best in the profession. The program celebrates excellence in teaching by recognizing teachers who have inspired a love for learning in their students and who have distinguished themselves in the profession.

Vernon Public Schools is proud to an-

nounce Rockville High School English Teacher Victoria Nordlund as "Teacher of the Year" for 2016/2017.

Victoria Nordlund (Vicky) has a long record of student achievement in poetry, prose, short stories, and plays. Reviewing her achievements, it would be easy to assume that Vicky has some of the top students in her classes and there are a lot of writing contests for her students to enter. She has a long list of students recognized, or awarded. However, she continually has students who are recognized for their tal-

ents and achievements year after year after year. Most students enter Vicky's classes not as champions, but as ordinary kids that become so.

Vicky creates opportunities for students. She encourages them to submit their work for consideration in writing contests. She further stretches by promoting growth through various outlets such as acting, public speaking, directing, and even attending a Broadway show. She does much more than invite. She encourages, fundraises, nudges, and sacrifices. When



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appropriate, she hugs, claps, brags, cries, and comforts.

Vicky supports other programs at Rockville High School outside of her classroom. She enthusiastically partnered with a talented student-writer who aspired to be a chef. Vicky paired with her in the competitive Cupcake Wars contest not once, but two years in a row. She made herself available for countless hours after school practicing and perfecting recipes and presentations for the event. The student is now in culinary school.

Her classroom is warm and inviting and kids

feel welcome and secure in her presence. Her room has a feel of a family room yet students are productive and engaged. Students proudly wear t-shirts that identify them as student-writers, evidence that they have a sense of belonging.

Lastly, Vicky is a lifelong learner. She continues to challenge herself by attending workshops and professional development. She sets an example by submitting her works of writing for consideration and criticism.

Congratulations "Teacher of the Year" Victoria Nordlund!

Student Kyle Schambach, Innovation Award Winner



Congratulations to Center Road School Student Kyle Schambach, Innovation Award Winner at the Connecticut Invention Convention (CIC) Program. Center Road School student Kyle Schambach received the Pitney Bowes Innovation Award at the at the 33rd Annual Finals Connecticut Invention Convention (CIC) Program held on April 30th at the UCo-

nn Storrs campus for his invention called "Neuro-Notice." His invention is an app that works in conjunction with a wristband and movement sensors to identify when someone is having a seizure. The wristband will activate if the sensors pick up enough movement that mimics a seizure. It would then send a signal to the person's phone app which would have all their medical information on it and also notify 911 with a location. Kyle was also selected to be a member of the Connecticut Delegation and competed in the first ever National Invention Convention held in May at the US Patent and Trademark Office in Washington, D.C. Congratulations Kyle!

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OUR STORY: IT ALL STARTED WITH BABY CHICKENS

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We aim for uninterrupted perfection in our service. We work hard so that you don't ever have to worry about waking up to a cold house, that you always have hot water for your morning coffee and gas for your stove. We want to be that cozy fire that lights up the room when the electricity goes out on a snowy, stormy night. With automatic refills and maintenance programs, you can rest easy knowing we are here for you 24/7.

OUR PHILOSOPHY: WE ARE FAMILY, AND YOU ARE TOO

Being a family business, we value each and every one of our staff members and customers like a member of the family too. In fact, many of our staff have been with us their whole careers, offering a combined experience of over 90 years at Superior! We've also had some clients with us for over 40 years! It is truly our pride and joy to work with - and get to know - each one of our customers.

OUR SUCCESS: GIVING BACK

Webster's first dictionary in 1806 defined success as being "generous, prosperous, and kind." We are honored to do business based on that definition and are proud of our strong community involvement, including to benefit local charities like the CT Humane Society, Vernon Parks & Rec, Muscular Dystrophy Association (MDA), WJMJ, and many more!



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(VRABE) Family Learning program

Vernon Regional Adult Based Education's (VRABE) Family Learning program provides a holistic approach to serving the community. The Family Learning program runs for 30-weeks from September to May, three-days per week, three-hours a day and is located at the Rockville United Methodist Church, 140 Grove Street. To date, VRABE has served 210+ multicul-



tural families. Students participate in the following four program components on a weekly basis: 1) six hours adult education (GED/ESL), 2) nine hours early childhood education 3) two hours parenting education, and 4) one hour interactive literacy activities between parents and children (PACT). Adult learners bring their children to participate in a multi-age early childhood program and Interactive Literacy Activities (PACT), including reading books, "Music Together," Lutz Children's Museum, circle time, and "family share." The multi-age and multi-lingual early childcare classroom has one lead teacher and two assistants who engage children in developmentally appropriate activities and learning tools to help the children thrive. During 2015-2016 VRABE served 30 families from 15 different countries. The GED student's progressed towards earning their GED and the ESL students gained 84 points in their reading assessment. Each week the students prepared projects to share about their families and culture.

Throughout the semester students participated in various topics on career counseling and support services. Some activities include exploring career profiles that align to personal interests, skills and aspirations. The Family Learning instructors conducted workshops based on postsecondary education or training, career advancement, and economic self-sufficiency. Staff and families discuss topics to learn about and assist in planning for guest speakers. This information helps students lead to economic self-sufficiency. During the past seven years, VRABE's Family Learning program has established and maintained strong partnerships within the community. These agencies provide services both inside and outside the classroom.

SOME OF THE TOPICS EXPLORED THIS YEAR WERE:

- Financial Literacy (People's Bank)
- How to become an entrepreneur (University of Hartford, Entrepreneurship)

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- Domestic Violence (Kid Safe)
- Birth to Three resources (ECHN)
- CPR training for friends and family (Vernon Ambulance Services)
- Breast Cancer awareness (Manchester Hospital)
- Home Safety (Vernon Ambulance Services)
- Exploring Home Remedies (Group Activity)
- Election Process (Rockville United Methodist Church)
- How do deal with anxiety (Mr. Adrian)
- Citizenship (USCIS)
- Free Summer Activities (Rockville United Methodist Church)

We are open for enrollment. Please contact Svetlana if you know of anyone with young children AND who would like to improve their English or earn their GED. Fall classes begin on Tuesday, September 6, 2016. Svetlana Grishtaev, Family Learning Coordinator

Svetlana.grishtaev@vernonct.org
860-836-0514 or 860-870-6060

Love The Outdoors? Join VVC's Fall Events



Hay maze at the Strong Family Farm Harvest Festival.



Geologist Gary Robbins describes the rocks along the Rail Trail

Fall is the perfect time to enjoy the outdoors and most of the Fall events planned by Vernon Volunteers' Collaborative (VVC) organizations take place outside.

BEETLEMANIA - SEPT. 17 (SAT.)

Each fall Vernon Greenways Volunteers inspect the Rail Trail for infestations of the Emerald Ash Borer and Asian Longhorned Beetle. The goal is to find them when they can be more easily controlled. Volunteer teams are led by experienced conservationists. 9 am. Rain date: Sept. 24.

FARM WORK DAY - SEPT. 24 (SAT.)

The Strong Family Farm's Fall Work Day invites the whole family outside with many projects to choose from. Your time spent at the farm is sure to be an enjoyable experience and your help well appreciated. 9 am.

TALCOTT RAVINE HISTORY & GEOLOGY WALK - OCT. 1 (SAT.)

This popular three-mile Northern CT Land Trust walk begins in historic Talcottville and includes a loop through Talcott Ravine returning on the Rail Trail. 1 pm.

DOUBLE ART RECEPTION - OCT. 2 (SUN.)

Arts Center East hosts a reception for its 'Creating A Children's
Vernon Events • Quarter 3 • 2016

Picture Book' exhibit downstairs while the Fifth Annual Artist Members' Exhibit reception is being held upstairs. 2-4 pm.

FARM HARVEST FESTIVAL - OCT. 15 (SAT.)

The annual Strong Family Farm festival includes children's activities, pumpkin decorating, farm tours and the farm's annual scarecrow contest. Apple sales, hay bale maze, animals, vendors, music and a farewell to the farm's summer chickens. 10 am.

WEBSTER PRESERVE HIKE - OCT. 16 (SUN.)

The Northern CT Land Trust leads this hike on one of their lesser known properties off Valley Falls Road and above the Rail Trail. Great fall foliage viewing. 9 am.

VHS 50TH ANNIVERSARY CELEBRATION - OCT. 23 (SUN.)

The Vernon Historical Society will hold an Open House with many Vernon historical artifacts on display.

To learn more about these events visit our VernonVolunteers.org website. To receive email announcements join our MeetUp group. Learn how on our website.

Vernon's First Church



Drawing based on Allyn Stanley Kellogg's description.

Bolton was recognized as a town in 1720 and proceeded to divide its land between the 50 proprietors. Most chose farmland in the southern part of town and Bolton's meetinghouse was built nearby.

The northern part of town was rugged, mostly wood lots and planned for future expansion. Sons established their farms in North Bolton, with some of the best land along the old east-west Indian trail separating the Hockanum and Tankerhoosen River valleys.

Church attendance was a duty, so North Bolton families traveled six miles each Sunday, mostly by foot, to spend the day at worship in Bolton Center. In 1760, when there were enough families, the North Bolton parish was formed. Parishioners immediately began to plan their meetinghouse.

The site chosen was on the hill overlooking the Connecticut River Valley near the corner of Bamforth Road. The nearby Bamforth Road Cemetery was established ten years earlier.

The meetinghouse was raised in June 1762. Building the church was probably much like an old fashioned barn raising where the community came together for a weekend with whole families participating. When first used it was little more than a shelter for the congregation, remaining without pews until 1770.

The first minister was Rev. Ebenezer Kellogg, a 25 year-old Yale graduate. He read his lengthy sermons which carefully set forth the doctrines and duties of religion. After serving 55 years he died in 1817, his long career entirely at the old meetinghouse on the hill.

In 1826 the growing community built a new church at Vernon Center. The original meetinghouse was moved to Rockville and became the east wing of the old Frank Mill.



A plaque on Sunnyview Drive commemorates the site.

The meetinghouse was far more than a place of worship. Government meetings and other important gatherings took place there. Each Sunday farmers would travel from their homesteads to worship, meet their neighbors and 'tell the news.' To learn more visit MeetinghouseHill.org.

Meetinghouse Hill Field



The fieldstone bridge used by parishioners.

Across Route 30 from the Vernon Center Middle School is a field. The field has a red barn at one corner, rows of corn stretching to Cemetery Road, and a small herd of beef cattle. Running up the left side of the field from the barn and over a

fieldstone bridge is a barely visible cow path.

What appears to be a typical farm field is actually one of the most historic properties in Vernon.

Early settlers in 1762 chose to build their first meetinghouse at the top of this hill. Families walked along dirt roads from their farms to church each Sunday. The road they took from the west for 63 years climbed what came to be known as Old Meetinghouse Hill.

The road to Hartford became an official turnpike in 1801 and, with improvements, was straightened bypassing the field. When the new church at Vernon Center was built in 1826 the road up the hill, still unpaved, was abandoned by the town.

The Strong family bought the field with its red barn about 1900 using it primarily for their herd of dairy cows for over a hundred years. A spring in the field



Norman Strong brings a load of hay down the path.
Credit: Strong Family Farm

supplied water to the Tolland County Temporary Home For Children near Center Road.

To preserve this important piece of Vernon's heritage Meetinghouse Hill, LLC was formed by local residents and purchased the 33-acre property with the intention that the land continue as working farmland and that the public have access to the path and the view over the valley. Four

members of the Vernon Volunteers' Collaborative are involved.

The story of Meetinghouse Hill reminds us of where we come from, where we are today, and what we want for tomorrow. Here you can walk on the same unpaved path used by the Podunks and our Colonial ancestors. For more go to **MeetinghouseHill.org**.

Getting Students Involved



Kid's race at Strong Family Farm Chicken Run.

Vernon provides many opportunities for our students through the schools and the programs of the Park & Recreation Department. The organizations of the Vernon Volunteers' Collaborative also find ways to include young people. Here are a few examples:

Arts Center East offers art classes for children and hosts the Vernon Public Schools Annual Art Exhibit each spring to showcase student work in a professional setting.

New England Civil War Museum held a Civil War Camp For Kids at Strong Family Farm in June to teach them about living conditions, communication, cooking, and marching in formation.

Strong Family Farm encourages whole families to do farm tasks during their Spring and Fall Work Days, which include a student race as part of their annual Chicken Run, and runs the 8-week Adopt-a-Chicken program.

The Vernon Chorale featured RHS's Vocal Motion chorus as part of their April concert.

Tolland County Agricultural Center hosts the annual 4-H Fair each summer. With animals and competitions, this is a kid favorite.

Vernon Education Association is solely focused on students. Their projects include providing new books to first graders at the end of the school year, the summer Book Mobile, and mini-grants to teachers for classroom materials.

Vernon Garden Club, working with Lake Street School students, created a butterfly garden which is maintained yearly by students.

Vernon Historical Society offers a yearly program for 3rd grade students where they visit the Society's museum to learn about Vernon's early history. This year the Society collected and posted student drawings showing their favorite town building.

Eagle Scout projects have been supported by Friends of Valley Falls, Strong Family Farm, and the Vernon Education Association. In addition many of the organizations provide volunteer hours in support of RHS's Student Community Service program.

Learn more at our News Page VernonVolunteers.org/news. You'll also find contact information on our website.



Student drawings at the Vernon Historical Society.

Town Clerk

By Town Clerk Bernice K. Dixon, MCTC; CMC

ABSENTEE BALLOTS

Beginning October 7, 2016 absentee ballots will be available from the Office of the Town Clerk for the November 8th State Election (commonly referred to as the Presidential Election).

AN ELECTOR MAY VOTE BY ABSENTEE BALLOT DUE TO THE FOLLOWING REASONS:

1. Elector's absence from their town for all of the hours of voting
2. Illness or physical disability
3. Active service in the U.S. armed forces
4. Religious tenets forbid secular activity on Election Day
5. Service as a polling place official in another town or polling district other than their own

The ballot may not be issued until an application for the ballot has been received by the Office of the Town Clerk.

If you qualify for an absentee ballot, the application can be obtained from the Town Clerk's Office. Forms may also be downloaded from the Secretary of the State's website at www.sots.ct.gov (elections & voting, voter resources, absentee ballot and procedures, application for ballot). The absentee ballot applications with an ORIGINAL signature must be on file in order for a ballot to be counted.

DID YOU KNOW:

That on October 1, 1894 bicycle regulations were established for the first time in Vernon requiring that "Every owner or keeper of a bicycle shall annually on or before the first day of June cause said bicycle to be registered, numbered, described and licensed for one year in the town clerk's office." The fees were one dollar for bicycle carrying one person – two dollars for two persons or more.

Public Works Community Day



Public Works Director Klein, Slow Down Sam CT. DOT and Town Administrator Ward
Photo Credit: Jill Rocco, Public Works Department

The Vernon DPW held their annual Community Day on Saturday, May 21st this year. A mobile shredding unit was available to give Vernon residents the opportunity to have confidential documents destroyed on site. Several hundred pounds of paper were shredded.

Touch-A-Truck was popular with residents



Parks and Rec Employees Robin St. Germain, Nick Campolongo and Colton Garrison

of all ages. A plow truck, ambulance, fire truck, and a 10-wheeler were just some of the vehicles on hand. Public Works and State DOT personnel were available to answer questions about their jobs and the public had the opportunity to explore and climb aboard the big rigs.

Senior Center Director Sela Saunders was available to answer questions about programs that are currently being offered. The Community Emergency Response Team (CERT) members kept busy educating residents on Vernon Alert, the Town's

community-wide notification system, and provided assistance with the shred event as well. Thor and Tengo, together with their handlers Officers Sembersky and Condon, gave demonstrations of police dog behaviors and the jobs that they do.

Ten bins of food and \$225 were collected to benefit the Hockanum Valley Community Council Food Pantry. It does indeed take a village! Volunteers from within Public Works and many other Town departments worked together to make the event a success!

Leaf Collection Program - 2016

The Town of Vernon leaf program will begin Monday, November 7, 2016. Leaves should be raked to the curb by this date to ensure collection. Do not be alarmed if you see DPW crews out the week before this date. They are testing the vacuum equipment and training our temporary leaf laborers.

All streets in the Town of Vernon have been divided into 3 groups. Group A Streets will be collected first and completed before leaf crews move on to Group B Streets and so on. This program is dependent on weather. Under good conditions, we expect to complete a group of streets in 1-2 weeks. Rain, snow or freezing temperatures will delay the program.

All streets are guaranteed at least one pass. If time permits, there will be a second pass. Residents are at their own risk whether to wait for a second pass or to bag their leaves for pickup on either of the first two Fridays in December.

Residents may either transport their leaves to a designated leaf bin or bag them for pickup by DPW crews. Leaves may be bagged using either the biodegradable paper bags OR plastic lawn & leaf bags.

Bagged leaves will be collected the first two Fridays in December. Bag pickup is not automatic - please call the Public Works Office at 860-870-3500 to schedule.

Leaf bins will open mid-October for the convenience of residents. Contamination caused by disposal of brush, bags, grass clippings or any other debris will result in these leaf bins being shut down.

- **NYE STREET** - At the firehouse off West Street.
Bin will be marked.
- **CHURCH STREET** - In the bike trail parking area.
Bin will be marked.
- **LEGION FIELD** - Off Regan Road at rear of parking lot.
Bin will be marked.

Please be aware of some delays that are beyond our control - leaf fall timeframe, weather conditions, holidays. "Mother Nature" plays a big role in our leaf program!

Detailed information including street group lists is available on the Town of Vernon Website www.vernon-ct.gov.

Opportunities for Citizen Involvement

The Town of Vernon offers its citizens the opportunity for meaningful participation in its appointed boards, committees and commissions. There are many openings available. Some of the commissions require more work than others.

Your talents and experience are valued assets to our community. Please consider volunteering your time to help shape the future of our town and maintain our high quality of life. Most boards and commis-

sions meet monthly. In general, volunteers should plan for at least a couple of hours each month.

More information about all boards and commissions is accessible online at www.vernon-ct.gov and click on Boards/Commissions or contact the Office of the Mayor at **860.870.3600** at your convenience.

To apply for a position on a board or

commission you may access an online form at www.vernon-ct.gov click on Boards/Commissions then click on Resume for Appointments to Town Boards and Commissions. You may return the completed form to the Office of the Mayor, Town Hall, 14 Park Place, Vernon, CT. 06066 or email to Diane Wheelock at dwheelock@vernon-ct.gov

This may be the opportunity you have been looking for!

Social Services - Upcoming Programs

RENTER'S REBATE

Social Services will continue to accept applications for the Renter's Rebate program through Friday, September 30. This program is open to those over 65 or who are receiving Social Security Disability and paid rent in Connecticut last year. The maximum income for a single individual is \$35,200 and \$42,900 for a married couple. Please call **860 870-3661x0** for more information or to schedule an appointment.

ENERGY ASSISTANCE

Social Services will begin scheduling appointments for the 2016-17 Energy Assistance Program Tuesday, September 6th. This program assists residents with their heating costs through the winter months. Income and asset guidelines apply.

Please call **860 870-3661x0** to schedule an appointment or for more information.

New Teen Librarian Hired



Gailynn Willett has been hired as the new Teen Librarian serving youth entering 7th through 12th grades. As the Teen Librarian, Ms. Willett is going to work with teens so they can access information and entertainment, and pursue leisure

activities, passions, and hobbies. Teen departments can be places of tremendous hands-on creativity and amazing discovery. Ms. Willett encourages teens to come learn more about themselves and others, the world, new hobbies, possible career paths and more!

Her future plans include a monthly teen leadership group, an ongoing teen volunteer program and expanded opportunities to explore diverse technologies and dive into any interests that are expressed by our teen patrons.

Thanks to generous donations from the Sykes Foundation and In Memory of Eleanor and Bruce Skinner, the Teen Department has a good selection of books, graphic novels, magazines, DVDs and audiobooks. The library recently purchased a 3D printer that will be available to teen patrons. There are also three computers dedicated for teen use.

Ms. Willett's message to Vernon teens is: "For every teen, please know this is your space. You matter and have a place here.

If there's an idea you'd like to share, feel free to call me at **860-875-5892 ext. 111** or write it down in the Teen Department suggestion box when you visit. We look forward to seeing you."

Library Fundraiser to be held on September 16 from 6:30-9:00.

The library is holding a fundraiser at the Cold Creek Brewery in Ellington, CT to raise money for the purchase of two computers for the Adult Department. The ticket price will be \$25 and will include a flight of beer and appetizers. A flight is 4 different 4 ounce beer samples. Tours of the brewery by the brew master will also be included for attendees.

Cold Creek Brewery is a new craft brewery owned by Ellington resident Jamie Boucher. It has been open since 2015 and has different styles of beers including sours, double IPAs, golden ales and stouts. For more information, please call Sharon Redfern at **860-875-5892 x 113** or email her at sredfern@biblio.org.

Vernon Senior Center

26 Park Place / 860 870-3680



Welcome to the Vernon Senior Center! To view our monthly newsletter and calendar, go to the Town of Vernon's website, www.vernon-ct.gov, click on Departments, then the Senior Center and follow the prompts. The website will always give you an up to date listing of activities.

UPCOMING EVENTS

Would you like to learn how to knit or crochet? Join Learn to Knit & Crochet with Linda every Monday starting on September 12th at 10:00 am. Linda Benoit will be our instructor. She will collect \$5 per class, or all 8 classes for \$30. The first class will be free.

OUR SENIOR CAR PROGRAM - The Vernon Senior Center provides transportation to medical or dental appointments out of town. This service is available for Vernon residents age 60 and older. Rides are available Monday, Tuesday, Thursday and Friday between 9:30 am and 1:30 pm. You must be ambulatory. Please call for more information.

TRIPS

Tuesday, September 20 – CT Shoreline Trolley trip – We will start our day at Lyman Orchards, where you can shop to bring home some freshly baked items or relax on the outdoor porch. Next

we head to the USS Chowder Pot for lunch. Our last stop of the day will be at the Shoreline Trolley Museum which is the oldest, continuously running suburban trolley line in the USA.

This trip will depart at 9:15 am.

Cost is \$81 per person.

Tuesday, October 4 – Berkshire's Hidden Gems trip – Our day begins with a stop at the Berkshire Botanical Garden which encompasses 15 acres of cultivated land. We will enjoy our lunch at Michael's Restaurant. The day will end spending some time touring Chesterwood. The trip departs at 8:00 am and returns approximately 6:45 pm.

Cost is \$99 per person.

DID YOU KNOW:

That the tower on the Memorial Building (Town Hall) was struck by lightning for the third time in July 1913, proving that lightning can strike more than once in the same place.

Parkinson's Exercise Program

East Shore Region Adult & Continuing Education is hosting classes by Beat Parkinson's Today, an exercise program designed specifically to improve Parkinson's symptoms.

There are presently 12 classes per week in 4 locations in CT with almost 50 Parkinson's clients participating.

Results have been astounding. Clients have improved gait, balance, fine motor control, explosive movement, attitude, self-image, and fatigue. Some have lowered their dosage of their medications.

For more information:
email at info@beatpdtoday.com,
or see our website
www.beatpdtoday.com.

Sales Representative

Do to expanded growth we are seeking a full time sales representative to sell advertising in our **Events Town Magazines**.

We seek someone experienced who understands the consultative sales process.

Responsibilities include maintaining ongoing relationships with existing clients including daily contact over the phone and in person, meeting and exceeding sales goals, identifying and capturing new business through cold calling.

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print@essexprinting.com.

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VISIT OUR WEBSITE FOR
CONTACT AND LOCATION INFORMATION

IntegRehab.com

Vernon Parks & Recreation Department

GENERAL PHONE NUMBER: 860-870-3520
WEBSITE: www.vernonrec.org
OFFICE HOURS: Monday-Friday, 8:30am-4:30pm
OFFICE LOCATION: 120 South Street, Vernon, CT

General Information

CONSIDER YOURSELF REGISTERED – if you do not hear from us. You will be notified if a change occurs or if the program is filled. You are automatically put on the waiting list and your payment returned if the class is filled at the time your registration is received. You may register on-line at www.vernonrec.org

INSURANCE – All persons participating in Recreation programs should carry their own personal health insurance. The Town of Vernon is not responsible for personal injuries. Participants in all Department sponsored programs participate at their own risk. Only those enrolled in the program may attend.

ADA – The Town of Vernon does not discriminate on the basis of race, color, national origin, sex, religion, age, or disability in provision of programs and services. We are committed to assuring

equal access to programs, activities, and services to all individuals. If you or a family member needs assistance, please let us know when you register.

CLASSES – We reserve the right to limit class size and to cancel classes failing to meet minimum requirements.

PAYMENT – Registration is not considered valid until the program fee is paid. We accept cash, check, MasterCard, Visa or Discover.

REFUNDS – are given only prior to the start of classes or if we cancel the program. Once an activity has started no refunds will be granted except in the case of injury, illness, or relocation. Refunds will then be given on a pro-rated basis and are under the discretion of the Parks and Recreation Director. Please note that there is a \$5.00 charge for all refunds and transfers.

INCLEMENT WEATHER – In the case of inclement weather, the Parks and Recreation Department reserves the right to cancel programs for the day.

All decisions on programs will be made by 4:00 p.m. unless your program starts earlier. A decision will be made by 9:00 a.m. for weekend and morning programs. Please contact the Recreation Office at **870-3520**. The Department will attempt to post any program cancellation information on **1080AM** and **WFSB Channel 3**.

PROGRAM PHOTOS

We invite everyone to browse our photo collection of recent activities and programs. Our staff photographer, Andre Garant, strives to cover as many of our events as possible. All photos are available for sale to parents at low prices. For further details, please visit our photo site at www.flickr.com/photos/vernonpr

Preschool & Youth Programs

MUSIC AND MOVEMENT

This parent/child class is a wonderful group experience! The program is for children ages 1-3 yrs old (no 4yr olds). Come sing, dance, play and move to the beat. This stimulating program will introduce children to a variety of music and instruments. Instructor Jill Maznicki will lead the class in finger plays, songs, bounces as well as developmentally appropriate group activities. Adult participation required.

Tuesdays

September 6-October 25

(November 1 will be used if a makeup is needed)

9:30-10:15am

Vernon Teen Center Fitness Room

Fee: Residents \$65

Non-Residents \$70

MOVE “N” GROOVE

This parent/child class will be sure to get your child up and dancing to the beat, moving to the music and having fun! Ms Jess with Beyond Dance will be instructing the class. This program is for children ages 18-36mths. Parent participation is required. Participants will play fun games, dance, sing songs, learn rhythm and beats. NOTE: classes will be held continuously in 4 week sessions and participants are welcome to start at any point.

Thursdays

beginning September 8

10:30-11:15am

Vernon Teen Center Fitness Room

Fee: \$35.00 for 4 weeks or \$10 drop in

PEE WEE SOCCER

An instructional, coed program for children ages 3-6. This program focuses on the fundamentals of soccer using a variety of fun drills and activities.

Wednesdays

September 7 to October 12

Ages 3&4 5:30-6:15PM Ages 5&6 6:15-7:00PM

Henry Park Softball Field

Fee: Resident \$40 Non-resident \$45

PEE WEE TRACK

This program is open to children ages 4-6 years old (age as of 12/31/16). Learn the fundamentals of track and cross country running. Here is the opportunity to meet new friends, release that bundle of energy and have fun learn the sport behind running! Participants will play fun drills and activities to develop an appreciation and love for running track. All participants will receive a T-shirt.

Thursday

September 8-29

(October 6 will be used if a makeup is needed)

5:30-6:15

Rockville High School Track

Fee: Residents \$35 Non-Residents \$40

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PARKS & RECREATION ... continued from page 17

PRESCHOOL FITNESS

Get your little ones on their feet and ready to have some fun! This program is for children ages 3-5yrs old. Participants will play fun games with hoola hoops, parachutes, sing songs, skip, jump and much more. This class will help your child develop motor, listening and social skills. NOTE: this is a 4-week program.

Fridays

Session 1: September 16-October 7
Session 2: October 14-November 4
Session 3: November 15-December 16 (no 11/25)
9:30-10:15am

Vernon Teen Center Fitness Room

Fee per session: Residents \$30.00

Non-Residents \$35.00

SPORTS NUTZ

This instructional program teaches the fundamentals of four different sports (basketball, baseball, soccer and track & field) to children ages 3-5 years old. A variety of fun drills and activities are used to develop athletic skills and a love for the game. The program focuses on the most basic fundamentals of the sports

Saturdays

September 24-October 22 (no 10/18)

10-11am

Center 375 Gymnasium

Fee: Residents \$35

Non-Residents \$40

CROSS COUNTRY CHALLENGE

The meet is open to all students in Vernon elementary schools in grades K-5. Experience with running is NOT necessary. The family event stresses participation and fun. All participants will be acknowledged for their efforts. Pre-registration is required by Friday October 21st, participation is free. Participants should arrive 15 minutes before their time.

Monday

October 24

Rockville High School Track

K and 1st meet begins at 5:30 (Once around the track)

2nd and 3rd meet begins at 6:00 (Twice around the track)

4th and 5th meet begins at 6:30 (Three times around the track)



PEE WEE BASKETBALL

An instructional, coed program for ages 3-5 years old. Participants will play games and activities which introduce basketball movements. This is an eight week program; classes will progress through basketball skills such as running, dribbling, shooting and passing. Class size is limited. Participants receive a T-shirt

December 10 to February 18

(no class 12/24, 12/31 & 1/14)

Ages 3-5 years old

9:00AM-9:30AM

9:45AM-10:15AM

Center 375 Gym

Fee: Resident \$40

Non-resident \$45

K-1ST GRADE JUNIOR BASKETBALL LEAGUE

An instructional, coed program, that teaches the fundamentals of basketball to young players using a variety of fun drills and activities designed to develop basketball skills. Class size is limited! Participants will receive a T-shirt. This is an eight week program.

December 10 to February 18

(no class 12/24, 12/31 & 1/14)

Grades K&1

10:30AM-11:15AM

11:30AM-12:15PM

Center 375 Gym

Fee: Resident \$40

Non-resident \$45

GRADE 2 BEGINNERS BASKETBALL LEAGUE

Full court basketball games are introduced in this instructional format. Staff will provide a combo of instructional drills and controlled scrimmages. Participants will receive a T-shirt. This is an eight week program with a rotating schedule. Each class is one hour in length. Everyone should arrive at 12:30PM for the first class.

December 10 to February 18

(no class 12/24, 12/31 & 1/14)

Grade 2

12:30PM-2:45PM

Center 375 Gym

Fee: Resident \$40

Non-resident \$45

GRADE 3 & 4 BASKETBALL LEAGUE

Full court basketball games are introduced in this instructional format. Practices will take place for an hour one day a week. Instructional games will take place once a week. Participants will receive a T-shirt. This is an eight week program.

Practice is scheduled to begin the week of December 12th.

Girls, grade 3&4

Boys, grade 3&4

Fee: Resident \$50

Non-resident \$55

VOLUNTEER COACHES NEEDED

Grade 3 & 4 Basketball League cannot begin until we have volunteer coaches for all the teams in that league. Extensive basketball knowledge/playing experience are not required. If you can provide a safe, fun and educational experience while setting nothing less than the best example for players, you could be a great coach.

BOYS & GIRLS RECREATION BASKETBALL LEAGUE

Develop your basketball skills while you become a team player in this league program. Participants will be placed on a team and will be coached by volunteers. Teams practice on a weeknight with games on Saturdays and a few Sundays at various times. There are no requests for team placement or practice nights. Participants will receive a T-shirt. Evaluations are required for all participants. Any players interested in playing high school basketball should register and if selected to High School team you can be refunded.

Practice begins mid-late December

Games begin early-mid January and go through mid-March. Grades 5-8 will play some games against other towns.

Boys, Grades 5&6

Girls, Grades 5&6

Boys, Grades 7&8

Girls, Grades 7&8

Boys, Grades 9-12

Fee: Vernon Resident Only \$50

REGISTRATION DEADLINE FRIDAY DECEMBER 2, 2016

VOLUNTEER COACHES NEEDED

The Boys and Girls Recreation Basketball Leagues cannot begin until we have volunteer coaches for all the teams in that league. Extensive basketball knowledge/playing experience are not required. If you can provide a safe, fun and educational experience while setting nothing less than the best example for players, you could be a great coach.

TRAVEL BASKETBALL

Advanced basketball competition for Boys and Girls in Grades 5-8. Tryouts will be in late September/early October. Upon making the team, the fee will be due. Flyers will be sent out through the schools with dates, times and site. All interested players must be registered before tryouts.

The season consists of approximately 20 games, starting in December through March. There will be one/two practices per week. The fee will be \$180 per player.

TRYOUT DATES AND TIMES TO BE ANNOUNCED

continued on page 20

**VERNON TOWN DEPARTMENT
DIRECTORY**

Administration	860-870-3670
Assessor	860-870-3625
Animal Control	860-870-3558
Building Department	860-870-3633
Cemetery Office	860-875-3158
Collector of Revenue	860-870-3660
Data Processing	860-870-3646
Economic Development	860-870-3637
Emergency Services	860-871-3142
Employment Opportunities	860-870-3605
Engineering	860-870-3664
Finance	860-870-3690
Fire Department	860-871-7468
Fire Marshal	860-870-3652
Health Department	860-872-1501
Library	860-875-5892
Parks and Recreation	860-870-3520
Planning and Development	860-870-3640
Police Department	860-872-9126
Public Works	860-870-3500
Senior Center	860-870-3680
Sewer Treatment Plant	860-870-3545
Social Services	860-870-3661
Town Clerk	860-870-3662
Water Pollution Control	860-870-3699
Youth Services Bureau	860-870-3555
Zoning Administration	860-870-3636

Dance Programs

Dance classes will be held continuously in 4 week sessions, beginning the week of September 6. Each week progresses for a performance in December and June. All classes are held at Center 375. Instructor Jessica and staff from Beyond Dance will be teaching a variety of different classes. For more detailed class descriptions please visit the Parks & Recreation Dept website at www.vernon-ct.gov

Monday Classes:

PreSchool Combo (ages 3-4)
4:45-5:30
Ballet/Jazz (ages 5-7)
5:30-6:15
Ballet/Lyrical (ages 8-10)
6:15-7

Tuesday Classes:

PreSchool Combo (ages 3-4)
10:30-11:15

Combo
(ages 6-8 *Instructor Permission Only*)
4:45-5:30
Ballet/Lyrical (ages 10-12)
5:30-6:15
PreSchool Combo (ages 3-4)
5:30-6:15
Hip Hop (ages 10-12)
6:15-7
Jazz/Pom (ages 7-9)
6:15-7
Jazz/Pom (ages 10+)
7-7:45

Thursday Classes:

Move-N-Groove (ages 18-36 mths)
10:30-11:15
PreSchool Combo (ages 3-4)
1-1:45
Tap/Jazz (ages 5-7)
4:45-5:30
Hip Hop (ages 7-10)
5:30-6:15

Tap Beg/Adv. Beg (ages 8+)
5:30-6:15
Tap Int./Adv. (ages 10+)
6:15-7
Hip Hop (ages 13+)
7-7:45
Ballet/Lyrical ages 13+
7:45-8:45

Saturday Classes:

PreSchool Combo ages 2-3(1st year 3s)
9-9:45
Tap/Jazz/Tumble (ages 5-7)
9:45-10:30
PreSchool Combo ages 3-4(2nd year 3s)
10:30-11:15
Hip Hop/Tap (ages 6+)
1:15-12

Dance Class Fee Structure Per Session:

\$35 for 1 class, \$30 for each additional class

Adult Classes

LOW IMPACT AEROBICS/BODY TONING

This is a low impact aerobics program is for those ages 18+ and will be sure to get you a good workout. Ms. Pat will lead participants to move and tone their bodies to various music while at the same time meet new friends. This program runs in 4 week increments.

Tuesdays

Session 1: September 13-October 4
Session 2: October 11-November 1
Session 3: November 8-29
4-5pm
Vernon Teen Center Fitness Room
Fee per session: Residents \$30
Non-Residents \$35

STRONG by Zumba

STRONG by Zumba™ combines high intensity interval training with music motivation. In every class, music and moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster. The program begins in September and runs weekly.

Tuesdays

7:45-8:45pm
Center 375 Gym
Drop in rate: \$6.00/class

HATHA YOGA

Hatha yoga is the practice of moving your body into physical poses (asanas) and raising awareness of the breath. The practice is designed to promote a healthy and strong body and mind. The word yoga is derived from Sanskrit and means “union” or balance between mind and body. The practice promotes greater range of motion, strength and flexibility. This yoga class offers safe modifications with use of a chair; movements are modified in a positive way to achieve greater range of motion and strength in a safe manner. This program runs in 4 week sessions. Participants must bring water, yoga mat, blanket, blocks or yoga strap or other preferred supports. Chairs will be available to use if needed for your use. All levels and abilities are welcome.

Wednesdays

Session 1: September 14-October 5
Session 2: October 12-November 2
5:45-6:45pm
Vernon Teen Center Fitness Room
Fee: \$35 per session

ZUMBA®

Are you ready to party yourself into shape? That's exactly what the Zumba® program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party that's moving millions of people toward joy and health. The

exercises include music with fast and slow rhythms, as well as resistance training. The program begins in September and runs weekly.

Mondays & Wednesdays

7-8pm

Center 375 Gym

Tuesdays & Thursdays

9:30-10:30am

Vernon Teen Center Dance Room

Saturdays

9-10am

Vernon Teen Center Fitness Room

Drop In rate: \$6.00/class

HIP FIT (formerly the CIZE class)

The hottest new workout is here and it is for everyone! It's so much fun, you won't even realize you are exercising! In each routine you will learn moves step-by-step and builds them into a full dance routine. Your cardio will skyrocket if you actually really work it out and push yourself. With dancing you can move at the pace you are comfortable with. So if you go for it, you'll lose weight and get toned. While you are mastering the dance moves, you'll also be burning fat and calories. The program begins in September and runs weekly.

Thursdays

6:15-7pm

Vernon Teen Center Dance Room

Drop In rate: \$6.00/class

POUND

POUND® is a full-body drumming workout that uniquely combines cardio, conditioning, and strength training with yoga and pilates-inspired movements using lightly weighted exercise drumsticks (Ripstix®). Channel your inner rockstar with this full-body cardio jam session inspired by the infectious, sweat-dripping fun of playing the drums. Using Ripstix®, lightly weighted exercise drumsticks, torch calories and drum your way to a leaner, slimmer physique – all while rocking out to your favorite music!

Thursdays

7-7:45pm

Vernon Teen Center Fitness Room

Drop In rate: \$6.00/class

COED VOLLEYBALL LEAGUE

Spend some time with friends, make new ones, or just enjoy playing volleyball. Matches will be officiated by league supervisors. Individuals ages 18 and over that are interested in participating in the coed league as a team or joining a team should contact the Parks and Recreation Department at **870-3520**.

This league meets on Tuesday & Wednesday evenings at 8pm.

Teams need to register by Sept. 30.

Tuesday & Wednesday Games starting Oct. 11/12 (the first week will be practice)

Vernon Center Middle School Fee: \$400 per team

WOMEN'S VOLLEYBALL

The women's volleyball league is a great opportunity to team up with friends once a week with the common goal of fun. Matches are officiated! Individuals ages 18 and over that are interested in participating in the league as a team or joining a team should contact the Parks and Recreation Department at **870-3520**.

This league meets on Tuesday evenings 6-8pm.

Teams need to register by Sept. 30.

Tuesdays Games starting Oct. 11 (the first week will be practice)

Vernon Center Middle School Fee: \$400 per team

FALL SOFTBALL LEAGUE

Registration for the adult softball league has started. Any teams interested must have their entrance fee and roster to the P&R office before August 11th. Teams that played last year in the FALL LEAGUE have first choice, then teams that participated in the 2015 SPRING/SUMMER LEAGUE has next choice then any new teams will have the next choice.

Season scheduled to start the week of August 29th.

Entrance Fee: \$570.

Any questions please contact the office at: **860-870-3520** or email Steve Krajewski at: skrajewski@vernon-ct.gov.

OVER THE HILL HOOPS

Have fun and get in shape at this drop-in basketball program for Vernon residents ages 35 and over. Half-court games are organized each week on Fridays starting October 28th from 7:30-9 p.m. The schedule will be available at the gym. Each participant will need to complete a registration form with email address in case of cancellations.

Fee: \$3 per week or \$40 flat rate

Site: Vernon Center Middle School

To participate, register at the gym on Fridays with identification.

DISC GOLF RENTALS

Give Ecker Hill Disc Golf Course a try. Discs are available to rent from our office located at 120 South Street in Henry Park. There is no fee to rent discs however a valid driver's license or state issued ID is required.

continued on page 22

Family Events & Bus Trips

HALLOWEEN BOO BASH

Come and enjoy an afternoon of fun and safe Halloween activities with a walk down trick-or-treat aisle, play games, lots of candy and giveaways. A special thank you to Price Chopper for their support and donations.

Children ages 3-10

Saturday, Oct. 29th

3:00-4:15 p.m.

Vernon Teen Center (begins at the lower level side entrance)

Fee: No fee, however, we ask all that come to bring a can good for the Tri-Town Food Shelter



CHILDREN'S HOLIDAY FESTIVAL

Enjoy a morning of shopping and errand running while your child enjoys a fun filled morning of holiday craft and gift making, cookie decorating, games, and more.

(Children under 4 must be accompanied by a parent or babysitter over the age of 16)

Children ages 10 and under

Saturday, Dec. 3

9:00a.m. to 12:00 p.m.

Vernon Teen Center

Fee: In lieu of a fee please bring an unwrapped toy for the Toy for Tikes program.

Participants must be registered in advance. Space is limited.

VERNON WINTERFEST!!!

The Parks & Recreation Department will once again help organize the Vernon Winterfest that will begin Friday, December 2nd. There will be numerous activities and events going on throughout the month run by numerous organizations. Full schedules will be available.

VERNON FIRE TRUCK PARADE, CAROL SING & TREE LIGHTING

On Friday, December 4 the Vernon Winterfest will begin with an exciting Fire truck parade, Tree lighting and Carol Sing. The Vernon Fire Departments along with neighboring towns will be decorating their trucks with lights and festive decorations to create an exciting parade leading to the Vernon Town Green at Central Park in Downtown Rockville. Once at Central Park there will be a Carol Sing and a Tree Lighting. Refreshments will be available.

Friday, December 2

Parade Start Time: TBA

Carol Sing Start Time: TBA

ARCTIC SPLASH

The Annual Arctic Splash is back for its 8th year! Brave the icy December waters for a great cause. T-shirts will be provided to those who pre-register with a donation of \$10 or more.

Awards handed out for the most money raised by an individual and an organization, best costume and more.

Make sure to check out our website (www.vernonrec.org) as December approached for all the updated information.

NEW YORK CITY BUS TRIP

Enjoy a fun day on your own in New York City. The Vernon Parks and Recreation Department is sponsoring this day trip to New York City on Saturday, November 26. This is a perfect time of year to view the famous tree in Rockefeller Center, see the amazing windows decorated in the stores, shop for holiday gifts, and get tickets to a show. New York City is filled with excitement! The bus will leave from the Vernon Teen Center at 8:30a.m. to arrive in New York City at approximately 10:45a.m. The bus will depart from New York City at 6:30p.m. to arrive back in Vernon at approximately 9:00p.m. Enjoy this wonderful opportunity to see New York City at one of the most beautiful times of the year!

Saturday, November 26

Fee: Residents \$40

Non-Residents \$45

Vernon Teen Center

The Vernon Teen Center is open to Vernon Teens on Friday evenings from September to May. The Teen Center provides a variety of safe, supervised activities for all teens. Some of these activities include billiards, basketball tournaments, video games, xbox tournaments, dances, karaoke, and much, much more. Monthly calendars of events will be available at Vernon Center Middle School, the Parks and Recreation Office, and at the Teen Center. Teens must register for a membership on their first visit.

WHO:

Vernon Residents or Vernon Center Middle School teens in grades 6-8. Teen Center will be open for seventh and eighth-graders only, except on the first and last Friday of each month. The first and last Friday of each month will be sixth grade night.

2016 - 2017 After School Program

R.E.K. Recreation and Education for Kids

Our long-running R.E.K. program offers after school care for children in grades K-5 at Center Road School, Skinner Road School, Maple Street School, and Northeast School. We offer a variety of activities to meet the recreational and educational needs of your children, with a focus on building positive relationships with peers and staff members. R.E.K. will run from the end of the school day until 6:00 p.m. and is held every day that school is held, including scheduled half days and early dismissal days.

DAILY ACTIVITIES

- **Homework/Quiet Activities-** Children may use this time to work on homework, read, or engage in other activities such as puzzles and quiet games. Books are available at each site but your child is encouraged to bring a favorite book from home to read if they would like. Staff will be available for homework assistance as needed.

- **Recreation-** Children will have plenty of time for active recreation each day. Outdoor time on the school's playscape and athletic fields will be offered whenever weather permits, and in the case of inclement weather the school gym will be used.

Vacation Camps

NO SCHOOL? NO WORRIES!

We also offer day camps during school vacations and professional development days. This program is held at the Teen Center at Center 375 (375 Hartford Turnpike) and offers a variety of activities throughout the day to help your child fit a lot of fun into their days off.

The fee for vacation camp is \$30 per day for Vernon residents

Guests are permitted on a limited basis.

Sept. 23 7-9:45 p.m. Opening Night for 7th & 8th Grade

Sept. 30 7-9:45 p.m. Opening Night for 6th Grade

FEE: \$10 membership fee per year / nightly activities vary in price

REGISTRATION INFORMATION:

A registration form must be completed upon the first visit to the Teen Center. The registration form must have a parent or guardians signature before any activities can be attended. Rules, policies and regulations must be adhered to or membership may be revoked. Registration forms will be distributed through the Middle School, on the above dates at the Teen Center, and at the Parks and Recreation office.

Recreation time will include a combination of structured games, team sports, and free play to allow your child to get moving and have fun!

- **Arts & Crafts-** A variety of arts & crafts activities will be offered to allow the children to explore their creativity, both through structured projects and free creative time.

- **Snack-** A healthy snack will be provided each day, with special consideration given for allergies or food restrictions.

- **Enrichment Activities-** We are proud to partner with community organizations to periodically bring a variety of additional enrichment activities to our R.E.K. programs

FEES & PAYMENTS

The fee for the 2016-17 school year is \$13.50 per regular day, and \$19.50 per early dismissal day. The first month's payment is due in full at the time of registration. Further payments are due on the 15th of each month and may be made online, by mail, and at your site or the Parks & Recreation office. Late payments will incur a fee of \$8.00 per month.

To see if you may qualify for financial assistance contact Care 4 Kids at **1-888-214-KIDS** or **www.ctcare4kids.com**.

and \$35 per day for non-residents. Payment is due in full at the time of registration. Registration forms can be found at the Parks & Recreation office, and are also sent out through your child's school prior to vacations. You may also register online (please note if you register online you will also be asked to complete a registration form with emergency contacts and pertinent medical information when you drop your child off at camp).

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Trail Mural dedication on National Trails Day



Saturday June 4th (National Trails Day) was the culmination of a one and a half year long mural project with the dedication of the Route 84 underpass mural.

The Vernon Greenways Volunteers spend hundreds of hours cleaning up the trails in Vernon. One area in particular, the Route 84 under pass near Sacred Heart Church,

was the repeated victim of graffiti tagging. Don Bellingham of the Vernon Greenways Volunteers led the charge to permanently clean up this area of the Rails to Trails system.

The mural was done by lead artists Jeff Slobodien with assistance from several local artists and the EPOCH Art students at VCMS. A \$5,000 grant from Pratt &

Whitney helped purchase supplies and equipment to make the mural a success.

Covering 2,500 square feet of space is no small task. Vernon Youth Services, Vernon Arts Commission, Greenway Volunteers and the Vernon Parks and Recreation Department all showed their support to dedicate this new piece of art. Once a section was completed it was covered with several coats of a clear paint. This will allow any future tagging to be removed with a power washer and preserved the mural for many years.

We welcome everyone to enjoy the over 35 miles of trails in Vernon. On your next hike, bike, or family stroll make sure you stop at the Route 84 underpass near Sacred Heart Church.

Picnic / Pavillion / Lodge Rentals

Many of the Town's picnic groves are available for rent. Reserve yours today. Picnic groves are located at the following locations:

Valley Falls Park: Located on Valley Falls Road, Valley Falls Park contains picnic areas out in the field and a pavilion. Fees vary by picnic areas and length of rental time.

Henry Park: Located at 120 South Street, Henry Park has two picnic grove areas and three picnic sites. Fees vary by picnic areas and length of rental time. The Tower at Fox Hill is a picturesque wedding spot and can be rented for \$50.

Also located in Henry Park is the **Russell G. Hartmann Pavilion**. The pavilion is 40 feet by 60 feet. This is the perfect spot to hold a family reunion, baby shower, birthday party and much more. The fee to rent the pavilion is \$35 per hour.

Newhoca Park: Located on Grier Road, Newhoca Park has a large Pavilion (40'x60') that is great for all occasions. There is a \$35 per hour charge for residents and \$40 per hour charge for non-residents. Also at Newhoca is a terrific Lodge that is perfect for all-season parties, business events and holiday family gatherings. The cost is \$50 per hour. Newhoca Park has a small hexagon Pavilion measuring 20 feet that is great for all occasions. Call for rental pricing and details.

For more Rental details and pricing, call **860-870-3520**.

Additional PICNIC AREAS to enjoy...

Fox Hill Tower Area-Free	Church St. Rails to Trails-Free
Dart Hill Park-Free	Walker's Reservoir-Free
Saxony Mill Park-Free	Dart Hill North- Free
Phoenix Street Dam-Free	

Sponsorships

RECREATION BASKETBALL

In order to keep our programs affordable the Vernon Parks and Recreation department is actively recruiting businesses to sponsor youth basketball teams. Currently, there are six recreational

leagues with approximately 25 teams. The cost of sponsoring a recreational basketball team is \$150.00, which includes your business's name on the back of each team shirt, publicity on our Parks and Recreation Department's website, and exposure

to approximately 400 different children and adults. Please contact Steve Krajewski or Rich Durkee at **860 870-3520**.

SPONSORSHIP OPPORTUNITIES

Any business interested in having a 4x8 sign displayed, year round at the Henry Park softball field are asked to contact the P&R office regarding details. Henry Park has over 200,000 participants that use the Park. There are numerous special events that take place in the Park. There isn't a more visible place in Vernon, take advantage of this opportunity.

Teen Center Rental

The Teen Center is the perfect place to have a meeting, birthday party, shower or family gathering. Rooms available to reserve are:

Big Community Room:

Holds up to 75 people
Booth style seating
Four 6' tables available upon request

60 folding chairs available upon request
Pool table, foosball table & air hockey table
Food allowed
Fee: Residents \$35
Non-Residents \$40

Gymnasium:

Holds up to 300 people
(Holds up to 175 with tables)
2 Basketball hoops

No food allowed
Fee: Residents \$50
Non-Residents \$55

Fees are PER HOUR. After 2 hours, additional time may be added in half hour increments if desired. Your reservation must include set-up and clean up time. Renters are responsible for cleaning up.

continued on page 26

*FREE Adult Education Classes at **ROCKVILLE HIGH SCHOOL***

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GED Preparation* (Fall classes begin 9/6/16)

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ESL Classes (Fall classes begin 9/12/16)

Citizenship Classes (Fall classes begin 10/4/16)

Register early at www.vrabe.org

*Orientation appt. required for CDP, GED & NEDP classes


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For more information, please call: **Vernon Regional Adult Based Education**
860-870-6060 ext. 15 [**www.vrabe.org**](http://www.vrabe.org)

July in the Sky



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- Sports Medicine for All Activities
- Shoulder & Knee Ligament Surgery

WHAT OUR PATIENTS SAY...

"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 K, Ellington

ACCEPTING PATIENTS AT BOTH LOCATIONS

360 Tolland Turnpike, Suite 3C, Manchester, CT

Star Hill Family Athletic Center, 100 Gerber Drive, Suite 2A, Tolland, CT

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VERNON, CT: For the 71st year Vernon Parks and Recreation's July in the Sky, sponsored by United Bank Foundation and Price Chopper, brought thousands together to enjoy a fun evening of activities performances and a spectacular fireworks display.

Superior Energy Fun Zone was the star of Henry Park. Children of all ages climbed the rock wall and soared on the bounce houses, which were just two

of the activities available. There were also live performances by Beyond Dance and Eastview Drive Band. The National Anthem was sung by Vernon resident, 11 year old Skylin Foster. In Downtown Rockville, children decorated their bikes, scooters and even themselves to participate in the annual Push, Pull, Pedal Patriotic Parade. Miss Greater Rockville and Miss Greater Rockville's Outstanding Teen could be found downtown greeting visitors and taking photographs. The night culminated with a beautiful firework display above Fox Hill Tower. We can't wait to see everyone next year for the 72nd July in the Sky.

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If a Disaster Strikes, Will You Be Ready?

NCDHD HELPS RESIDENTS TO GET PREPARED!

Disasters can strike anywhere and at any time. It is important to plan and prepare for disasters before they occur. Preparing for an emergency now, provides you your best chance of survival, in the event of an actual emergency. Taking preparatory actions can reassure you, your family and co-workers that you can have control even in the face of such events.

Preparing for an emergency does not need to be an overwhelming task. The North Central District Health Department (NCDHD) recommends the following steps to help you get started:

- Create a family disaster plan. Entire families should be prepared and informed in the event of an emergency. Families may not always be together when these events take place and should have plans for making sure they are able to contact and find one another.
- Identify where you (and your pets) will go if you are told to evacuate.
- Ask an out-of-state friend to be your family contact. Other family members should call this person and tell them where they are.
- Locate important papers and documents. Have them ready to take with you in a plastic bag.
- Discuss the plan with your family members and test the plan at least annually.

PACK AN EMERGENCY “GO” BAG

Another important component of getting prepared is to pack an emergency “go” bag. A storm may force you to stay inside your home for a few days or may force you to evacuate your home. Preparing a bag in advance with the essentials you will need will help to reduce stress and get you to safety quickly. The emergency “go” bag should include the following items:

- Water (1 gallon per person per day)
(if you have a pet pack additional water for pets)
- Non-perishable food (canned meats/vegetables, peanut butter/crackers)
- Can opener
- First aid kit
- Prescription medications & glasses
- Personal hygiene items
- Bucket with a lid and plastic garbage bags
- Chlorine bleach (no fragrances and dyes)
- Sleeping bag (or blankets & pillows)
- Extra change of clothes for each person and shoes
- Money

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- Cell phone with car charger
- Flashlight with extra batteries
- AM/FM/weather radio (battery-powered)
- Fire extinguisher (ABC Type)
- Basic tool kit: flat-head & Phillips screwdriver, pliers, hammer, adjustable wrench
- Utensils
- Plastic sheeting and duct tape
- Knife
- Work gloves
- Rope
- Playing cards
- Sewing needles and thread

- Matches (packed in a waterproof container)
- Whistle

What type of disasters should Connecticut Residents plan for? Over the past 10 years, Connecticut has experienced natural disasters such as hurricanes, winter storms, floods, tornadoes, and power outages. We have been affected by man-made disasters such as 9/11 and the terrorist attacks on the World Trade Center and the Pentagon, and more recently the attacks in Florida, Germany and France.

For more information on preparing for an emergency visit the NCDHD website at www.ncdhd.org.

IMMUNIZATIONS HELP PREVENT DISEASE

NCDHD Reminds Residents to Stay Up To Date on Immunizations

Immunizations are the best way to prevent disease. According to the Centers for Disease Control and Prevention (CDC), immunizations saves the lives of 2 to 3 million people every year. Vaccine-preventable diseases can be very serious, may

require hospitalization, or even be fatal – especially in infants and young children. That is why the North Central District Health Department (NCDHD) encourages all residents to stay up to date on their immunizations.

“Immunizations help prevent dangerous and sometimes deadly diseases such as

flu, measles, and pneumonia,” said Patrice Sulik, NCDHD Director of Health. “Most vaccine-preventable diseases are spread from person to person. It’s important to know which immunizations you need and when to get them.”

NCDHD board member, Richard Regnier of Enfield, encourages residents to talk

Continued on page 28





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NCDHD ... continued from page 29

to their primary care providers. Regnier states: "Make sure everyone in your family gets the immunizations they need. Be sure to follow up with providers if an immunization requires a series of vaccinations."

The United States has very low rates of vaccine-preventable diseases, but this isn't true everywhere in the world. Many countries do not have immunizations to prevent disease which is why we continue to see outbreaks of measles, polio, and whooping cough (to name a few). Immunizations not

only protect ourselves, they also protect the people around us (some who may be unable to get certain vaccines or might be susceptible for other reasons). Immunizations are important to our overall health, and can make the difference between life and death.

Immunizations can save lives. Stay current on your immunizations and talk to your primary care provider if you have any questions or concerns. For more information on immunizations visit the CDC website at www.cdc.gov.

ABOUT NCDHD

The North Central District Health Department (NCDHD) serves the communities of Enfield, East Windsor, Ellington, Stafford, Suffield, Vernon, Windham, and Windsor Locks. NCDHD is a full-time public health department with a full-time staff funded by its member towns and an annual per capita grant from the Connecticut State Department of Public Health. NCDHD provides professional public health services in the areas of health education and disease prevention, environmental health and emergency preparedness. The mission of NCDHD is to prevent disease, injury, and disability by promoting and protecting the health and well-being of the public and our environment.

For more information about NCDHD visit www.ncdhd.org.

How Safe is your Child When He or She is Riding in the Car?

The Town of Vernon Fire/Ambulance Department will provide one-to-one instruction on how to install your child's seat for free. Contact Jean Gauthier for an appointment. 860-871-7468 Ext. 2

4 OUT OF 5 CHILD SEATS ARE INSTALLED INCORRECTLY.

KEY FACTS.

1. Child safety seats and safety belts, when installed and used properly can prevent injuries and save lives. Each year, an estimated 975 children under 14 years of age die as a result of a motor vehicle incident.
2. Young children restrained in a child safety seat have an 80 percent lower risk of fatal injury than those who are unrestrained.
3. Child safety seats reduce fatal injury in passenger cars by 71 percent for infants less than 1 year old and by 54 percent for toddlers 1 to 4 years old. For children 4 to 7 years of age, booster seats have shown to reduce injury risk by 59 percent compared to safety belts

continued on page 26



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Child Safety Seats ... continued from page 29

alone. By using a booster seat the placement of the shoulder belt sits better on the chest and not on the neck - so they don't place the shoulder belt in back of them.

CHILD SEAT SAFETY TIPS

WHEN USING A REAR-FACING CAR SEAT:

1. For the best possible protection, keep your infant in a rear-facing seat in a back seat for at least 2 yrs. of age or longer.
2. When they are infants, the car seat must be at a 45 degree angle. This is so the infant's head stays in contact with the seat and the baby's airway stays open. Always read the car seat instructions for each car seat.
3. The base of the car seat must be secured in the seat snugly; with movement less than 1 inch side to side.
4. The shoulder straps on a rear-facing seat should be at the shoulder or a little below the shoulders.
5. Using a 5 point harness attach the leg straps first, then the chest clip. Place 1 finger under the strap and tighten. If you can pinch the webbing at the shoulder, it is too loose and your child could come out of the car seat. The chest clip should be at the arm pit level. This keeps the shoulder straps on the shoulder.

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