



THE ELLINGTON CONNECTION

www.ellington-ct.gov

Fall 2009

Michael P. Stupinski, First Selectman 870-3100

This will be my final 'First Selectman' column in the Ellington Connection. As I leave office at the beginning of December I will mark the completion of 26 years of continuous elective service to the Town of Ellington, including 12 years as your First Selectman. It has been an interesting, exciting and satisfying trip, and I very much appreciate having been given the opportunity to serve you.

The Town has grown substantially since 1995, when I was first elected as First Selectman. In that period our population has increased by 25%, from 12,000 to 15,000, and Ellington has changed visibly as farms and open space have been transformed into housing and commercial establishments.

As with many other things in life, this change has had its good side and its bad side. Growth is inevitable, but wherever possible it must be guided in the best interests of the community while still respecting the rights of property owners. Through effective efforts of our Land Use Departments, Conservation Commission and Planning & Zoning Commission that guidance is proving effective.

As the Town has grown we have taken advantage of technology to communicate more effectively with citizens. This newsletter, the Town's website (at www.ellington-ct.gov), and our "auto-mail" system, through which news items are emailed directly to those who subscribe, are valuable resources that I encourage you to take full advantage of. See how to sign up for auto-mail on Page 16 of this issue. (Let me tip my hat here to Marie Sauvé, who has brought each of these from concept to reality!)

Although I will no longer be an elected official, I'll still be in Town and taking an active interest in our community and our government because I remain unwavering in my belief that Ellington is a wonderful place to live. I'll see you around!

Michael P. Stupinski

Ellington Cemetery

The Ellington Cemetery is open to visitors from dawn to dusk. The Cemetery Association wishes to notify all plot owners that the regulations have changed to prohibit all perennials including hosta plants. It has come to our attention that many plants have become overgrown and unsightly. The only plantings permitted will be annuals. If you have a perennial, shrub, bush, tree, or vine on your plot, please remove it before the end of 2009 or it shall be removed by the Association in the Spring of 2010.

Thank you for your help in keeping our Cemetery neat and trim throughout the year. For further information, visit our website:

www.ellingtoncemetery.com

write to us at P.O. Box 75, Ellington, CT 06029
or call President Michael Hoffman at 860-559-6414

Wall of Honor Recipient Nancy O. Way

The Board of Selectmen selected Nancy O. Way as the 2009 Wall of Honor Recipient in recognition of her devotion and dedication to the Town of Ellington. Nancy made many outstanding contributions to the Ellington community until the time of her death in 2006. She was an active member of the Historical Society serving as Vice President from 2001 to 2006 and worked tirelessly to preserve the Nellie McKnight Museum. She was relentless in her crusade to prevent the proposed nuclear waste dump from occurring in Ellington and spear-headed CORE (Citizens Opposed to Radioactive Environment) and COW (Connecticut Opposed to Waste), two organizations formed to fight this threat. Nancy was a member of the Board of Education and Board of Selectmen, serving as Deputy First Selectmen for seven years. As a member of the Board of Selectmen for 11 years, Nancy played a major role in executing important town business and was always ready to serve in any capacity.

Nancy Way was officially recognized and her name unveiled at a public ceremony in Arbor Park on September 12, 2009.



REMINDER...

Check the batteries in your

SMOKE & CARBON MONOXIDE DETECTORS.

And remind others to do the same!

**Registrar of Voters
870-3107**

**The following information was prepared by
Diane McKeegan, Town Clerk**

Election Day is November 3, 2009

The municipal election will be held on **November 3, 2009** at Ellington High School for District #1 and Crystal Lake School for District #2.

As of this submittal date, there are no primaries planned for September.

To register to become a voter in Ellington or to change your voting information (i.e. address, name or party affiliation), please call 870-3107 or pick up a voter registration card at our office, the library or the Town Clerk's Office. You may also get an application online from the Secretary of the State's website, www.sots.state.ct.us. Return the cards to the Registrar of Voters, P.O. Box 187, Ellington, CT 06029.

The **LAST DAY** to register in person for the municipal election is October 27, 2009 by 8:00 p.m.; October 20, 2009 for mail-in, postmarked forms. Those persons seeking to vote in the election whose qualification as to age, citizenship or residence was attained after October 28, 2009, may register to vote up to 12:00 noon on November 2, 2009. The following voter making sessions have been scheduled:

VOTER REGISTRATION SESSIONS

Date	Time	Location
September 29	9 AM—5 PM	Town Hall
October 17	10 AM—2 PM	Hall Memorial Library
October 27	9 AM—8 PM	Town Hall

Please check the newspaper for any changes or additional registration sessions. You are also encouraged to register during regular office hours or by mail.

All of this information and more is available on the Town's website, www.ellington-ct.gov; select "Town Services"; select "Registrar of Voters".

Susan Luginbuhl
Democratic
Registrar of Voters

Wanda DeLand
Republican
Registrar of Voters

Ballot Question for November 3, 2009

At their August 17, 2009 meeting, the Board of Selectmen voted to add the following question to the November 3, 2009 ballot:

"Shall the Town of Ellington appropriate \$1,725,000 for acquisition of the 5 and 11 Hubbard Lane properties in Ellington for use for open space, active and passive recreation and other municipal purposes and various related site improvements; and authorize the issue of bonds and notes in the same amount to finance the appropriation?"

A "yes" vote on the Hubbard Lane Property acquisition question would authorize the Town to borrow up to \$1,725,000 as needed to use it to purchase property known as 5 and 11 Hubbard Lane for open space, active and passive recreation, other municipal purposes and site related improvements. The property consists of 99 acres, abuts the Shenipsit State Forest, connects to the State Blue Blazed Trail system, and encompasses 89 acres of forestland, 10 acres of grassland, a 2,610 square foot building and a 2,300+/- foot access driveway. The building sits atop a hilltop known as Manoca Hill at an elevation of approximately 620 feet. The portion of the property dedicated for open space may be used for passive recreational and educational activities including hiking, cross country skiing, picnicking, scouting projects and outdoor classroom studies. The building may be used in the future as a town community/nature center for Town residents and for rental to private parties and organizations. Any additional Town expenditures for development of the property for active recreational activities and for renovations of the building and related site improvements will require future Town Meeting approval.

Absentee Ballots

Absentee Ballots will be available in the Town Clerk's Office beginning October 2, 2009 for registered voters who will not be in Ellington on November 3rd during voting hours. An application for an Absentee Ballot **MUST** be completed before a ballot can be issued. As of October 2, ballots can be given to a voter in person in the Town Clerk's Office or can be mailed to the voter upon receipt of the application. Applications can be downloaded from our website: www.ellington-ct.gov. You can also pick up an application at anytime in the Town Clerk's office or call us at 870-3105 and we will mail you an application.

Rhonda McCarty, Assessor
870-3109

VETERAN'S EXEMPTION

To qualify for a veteran's exemption, an individual must have served during a period of war or recognized military conflict and been honorably discharged. Discharge papers (DD214) must be put on file in the Town Clerk's office by September 30th.

ACTIVE MEMBER OF THE ARMED FORCES

Any active member of the armed forces may be eligible for an exemption. Contact the Assessor's Office for further information or visit the Assessor's page on the Town website—www.ellington-ct.gov.

DISABLED OR BLIND EXEMPTIONS

Qualifying persons should file for blind or Social Security disability exemptions on or before October 1st.

AMBULATORY VEHICLES

Any owner of a motor vehicle that has been specially equipped to accommodate a handicapped driver or passenger may be eligible for a handicapped exemption. Contact our office prior to October 1st for eligibility requirements.

BUSINESS PERSONAL PROPERTY

Business Personal Property Declaration Forms will be mailed in September. Horses and unregistered motor vehicles are considered Personal Property and must also be declared. These forms must be completed and returned to our office on or before November 1st. Failure to report business personal property by the November 1st deadline will result in a 25% penalty.

FARM, FOREST AND OPEN SPACE

Applications for classification of land as farm, forest or open space must be submitted to our office between September 1st and October 31st. If the ownership of the property has changed a new application must be made in the new owner's name during this period to receive the designation.

George Fetko, Public Works Director
870-3140

Hoffman Road Brush Drop Off Area

Hours of Operation

September

Saturday 9:00 am—4:00 pm

October & November

Saturday 9:00 am - 4:00 pm

Tuesday 1:00 pm - 4:00 pm

Thursday 1:00 pm - 4:00 pm

**CLOSED ON HOLIDAY
WEEKENDS**

Items accepted:
leaves, brush, firewood
and trunks of trees.

Items not accepted:
Construction materials,
grass clippings and tree
stumps. GreenCycle
(860-827-1490) on
Sadds Mill Road will
accept stumps.

**Proof of residency
is required.**

CLOSED FOR THE SEASON ON DECEMBER 5

Bulky Waste Pickup

Bulky waste includes scrap metal, white goods, appliances, aluminum, copper, brass, tools, water tanks, pipes, faucets, tires, rims, furniture, carpet, toys, toilets, sinks, tubs, mattresses, box springs, etc. Wood and carpet cannot exceed 4 ft. in length. Carpet should be rolled and tied. No more than 2 cubic yards of bulky waste allowed per week. To schedule a pickup, please call **four days** before your *regular* collection day:

All American Waste 289-7850

Bagged Leaves Collection—November 16-20

Paper bags must used—plastic bags will not be picked up. Leaves can also be brought to the Hoffman Road Brush Drop Off Area. Plastic bags must be emptied.

Household Hazardous Waste

The Town of Ellington has scheduled a

Household Hazardous Waste Day
Saturday, September 19, 2009
8AM -1PM

Town Garage, 21 Main Street

Items that may be brought are household chemicals, cleaners, garage and workshop chemicals, pool chemicals, paint, paint thinner, fluorescent bulbs and mercury thermometers. **NOTE: These items should never be disposed of in your regular trash.**

Call Public Works at 870-3140 if you have any questions. If you miss our Household Hazardous Day, Ellington residents may attend other MDC drop-off locations. Visit www.themdc.com for dates and locations

Susan Phillips, Director, Hall Memorial Library
www.biblio.org/ellington ~ 870-3160

I'VE GOT TO HAVE THAT BOOK! A GUIDE TO REQUESTING LIBRARY MATERIALS

We all need books...to stir our imagination...to learn something new ...to teach our children. And the Hall Memorial Library, with over 65,000 items, is an ideal place to find what you want. Sometimes, however, specific items you want may not be here, either because they are checked out or are not part of the collection. Here's what to do (have your library card handy). In the library, use the catalog computers, or from home, visit the library website at "www.biblio.org/ellington", and choose "library catalog" to search in our database first. Search for the title you want. If the item is in our collection, click on "request item" and continue as instructed. If it is not owned here, switch to the "Bibliomation Global Catalog" and repeat your search and request process. Keep in mind that most other libraries will not lend DVDs or items that are less than 6 months old, so you may not be allowed to request these items as interlibrary loans. If you are unable to find the items in our Bibliomation consortium database, then you may try the Connecticut Library Network reQuest system, by choosing "Online Resources" from our homepage. This will take you to a database that includes other libraries in the state. Remember that getting materials from other sources for our patrons is a service we happily provide, but it does involve many steps and many people after you push that button. Please be considerate and pick up requested materials within the allotted time, return them on time and please let us know if you no longer need an item. If you have any questions, please call Gail, the Interlibrary Loan Coordinator at the library or email "hall-ill@biblio.org".

FOR YOUR CONVENIENCE...

Beginning in September, the Library will accept debit and credit cards to pay for fines, lost materials, print coupons and other purchases transacted in the building. The library will not charge a service fee, but keep in mind that your bank may still do so.

GRAB A CUPPA...

The trial period with the coffee machine proved successful, so the service has been made permanent. In addition to regular and decaf coffee in a variety of flavors, there is also tea and cocoa, all available for \$1.00 per cup. This self-serve coffee bar is located in the Moriarty Reading Room.

NEED HELP WITH YOUR JOB SEARCH?

To complement all that Connecticut's libraries are already doing to assist residents in their job searches, Hall Memorial Library is pleased to participate in the offering of **JobNow**, a free online chat resource will help people review their resumes and cover letters and practice interviewing online. **JobNow**, provides live interactive online help combined with online resources to guide you through the necessary tasks to get a job:

Find a Job: Informative, easy-to-use, and free Internet resources for job seekers; including personality and career assessments.

Write the Resume: Featuring "Resume Lab," Resume Builder provides the resources you need to craft a winning resume including templates and internet sources with advice. You can also send your resume to a JobNow expert, and receive expert analysis within 24 hours.

Ace the Interview: Featuring JobNow's Interview Coach service, this section provides live interview coaching, interview tips and internet resources for interviewing.

To connect to JobNow, visit the library homepage.

THANKS TO OUR FRIENDS

A special thanks goes out to the Friends of the Hall Memorial Library for sponsoring all the wonderful programs that were offered this summer!! The children, young adults and adults of Ellington and nearby areas were treated to a magic show, cartooning workshop, music program, puppet show and workshop, rhythm program, a visit from Mystic Aquarium, art lessons, jewelry making, candy sushi and of course the prizes for the reading program. What a creative summer it was!!

FROM THE FRIENDS

The Friends of the Library will hold their autumn **Fill-a-Bag Book Sale** Oct. 1-4. The members-only sale will be Thursday, Oct. 1, 5:30-7. Main sale will be Friday and Saturday, 10-4 and Sunday 1-3.

They will also hold a **Mum Sale** on Friday and Saturday, Sept. 18 and 19, from 10-4. Hardy, locally grown mums will be available in a variety of sizes and also in planter arrangements.

CHILDREN'S DEPARTMENT

FALL is upon us, and that means **Preschool Story Hours** are coming! Story Hours for 3 to 5 year olds, without an adult, will be offered Tuesdays 10:15 to 11:00, beginning October 6. Registration for this program will begin Monday, September 21 at 10:00. We will be offering Preschool Story Hours on the following Saturdays, as well: October 3, October 17, Nov. 7 and Nov. 21. There will be no registration for the Saturday Story Hours. Story Hours for 2 ½ year old with an adult will be offered on Fridays 10:15 to 10:45 beginning October 9. Registration is required and will begin Sept. 21. All story hour programs offered at the Hall Memorial Library are led by the Children's Librarian and contain age appropriate stories, songs, and movement activities.

For children ages 9 months to 2 ½ years, the **Babies & Books Program** will be offered each Monday beginning October 5. Two sessions will be offered: 10:15-11:15 or 11:30-12:30. Babies & Books provides an opportunity for adults to sing songs, do simple movement activities, and read board books to their infant. The program is facilitated by the Children's Librarian. Time is provided for play and adult interaction. Registration is required and begins Sept. 21.

With Fall, also comes **TRUCK DAY!!** This year Truck Day will be held in Library parking lot on Saturday, October 10 from 10:00 AM to 12:00 PM. Truck Day offers children of all ages an opportunity to see lots of different trucks up close, even to sit behind the wheel and toot the horn. What Fun!! Come join us!!

Also, mark your calendar for our annual **Christmas Ornament Workshop** to be held Saturday, Dec., 5 from 10:00-12:30. More information to come.

TEEN WEEK—OCTOBER 18-24

Come celebrate **Teen Read Week** from October 18- 24. "Read Beyond Reality" is this year's theme. We'll be reading about an alternate reality for the teen fall book discussion in "Life As We Knew It" by Susan Beth Pfeffer. The discussion for teens in grades 7-12 will be on Thursday, October 22 from 7-8 p.m. We'll have snacks and a door prize.

LIBRARY HOURS

Monday-Thursday 10AM-8PM

Friday-Saturday 10AM-5PM

Sunday 1PM-5PM

HOLIDAY CLOSINGS

October 12 for Columbus Day

November 11 for Veteran's Day

November 25 close @ noon

November 26-27 for Thanksgiving Holiday

Robert Phillips, Town Planner
870-3120

The Town Planner's Office is currently working on the following initiatives:

INCENTIVE HOUSING STUDY

We are conducting a feasibility study to create an Incentive Housing Zone (IHZ) classification, and associated regulations including design standards, in an effort to provide for more housing opportunities within the community that will assist in maintaining a population with a broad range of income levels. The overall goal is to create opportunities for young professionals, retirees, and other working professionals to reside in town and age in place.

PROTECTION OF THE SILVERHERZ FARM

We are working to protect approximately 118 acres known as the Silverherz Farm located on Pinney Street. The Town has partnered with the Connecticut Department of Agriculture in an effort to purchase the development rights on this picturesque and historic farm. The farm scored very highly in the Town's farmland ranking criteria. State and local approvals are currently underway.

What is a Purchase of Development Rights? Put simply, it is the monetary value of the difference between two appraisals; one of the highest and best use (typically residential subdivision) and one of the current agricultural land value. It has been shown that many farmers take the proceeds of the sale and reinvest into their farm operation to become more viable.

RESIDENTIAL REZONING INITIATIVE

We are looking at changing the way in which residential development is conducted in Town by way of allowing for more design flexibility along with increasing the protection of our natural resources and open space connections. This would be accomplished through revision of our regulation standards from a one-acre, size-fits-all approach to a density based and cluster approach.

Please contact the Planning Department at 870-3120, or visit the Town Website at www.ellington-ct.gov (under Town Services, Planning Office) for more information.

Diane Lasher-Penti, Youth Services Director
870-3130



Check out our website for up-to-date information on programs, services and lots of other great information!
<http://youth.ellington-ct.gov>

Coming soon—Halloween Happenings

We need your help in the continuing this very successful safe, fun night for Ellington families to trick or treat and enjoy Halloween.

If anyone interested in volunteering for this event, please call 870-3130 or email

dpenti@ellington-ct.gov

Parent Discussion Night (Meets once a month)

Date: Thursday, October 8, 2009

Time: 7:00 p.m.

Place: Youth Services, 31 Arbor Way

For more info, contact Diane Lasher-Penti, LMFT
dpenti@ellington-ct.gov

Parents/caretakers of children (any age) with ADHD or ADD are welcome.

Erin Graziani, Senior Center
870-3133

The Ellington Senior Center is proud to announce the second annual

Variety Revue Show
Sunday, October 4, 2009
2:00pm
Ellington High School

Amelia Kurpat has graciously returned as the Show Director. Tickets will be sold at the Ellington Senior Center or at the door the day of the event.

Tickets: \$8 Adults; \$6 Children 6-14 years;
Children under 5 years of age are free.

Anna Turner, Elderly Outreach
870-3131

From Hospital to Rehab Center **Planning a Smooth Transition for your Recovery** September 29 at 2pm @ Ellington Senior Center

Beth Wehrli, Discharge Coordinator from ECHN, will instruct us on how the discharge planning process works and what you need to know about transitioning from the hospital to a local nursing home for rehab. We will also have representatives from local nursing homes and physical therapists to discuss how to best use their services. Please call 870-3131 to RSVP for this program by Sept. 28th. Refreshments served.

“Normal” Memory Loss or Early Dementia? October 9 at 10am @ Ellington Senior Center

We will have Dr. Marianne Fallon & Dr. Carrie Andreoletti, from Central CT State University/Dept of Psychology give a presentation on aging/memory loss/dementia. Please call 870-3131 to RSVP for this program by Oct.8. Refreshments served.

Annual Senior Citizens Flu Shot Clinic **November 3 @ Ellington Middle School** **9am to 11:30am**

You must call 870-3133 for an appt. to get your “flu” shot. (This is NOT a shot for the H1N1 flu). You need to bring your Medicare card, or insurance card from Anthem, ConnectiCare, Aetna, or HealthNet or \$32 cash. Call 870-3133 to schedule a ride on the van if needed.

Emergency Preparedness for Your PETS **November 5 at 2pm @ Ellington Senior Center**

Please join us for an insightful program with Dr. Arnold Goldman/DMV MS on disaster preparedness planning for your pets. Call 870-3131 to RSVP your attendance by Nov.3rd. Refreshments served.

Medicare Part D for 2010 **November 24 at 9am @ Ellington Senior Center**

We will have Lindsay Quillen, MSW from the North Central Area Agency on Aging give us an update on changes to the Medicare Part D and the Medicare Advantage plans for 2010. The State of CT Dept of Social Services RX Express bus will be available from 10 am to 1pm to assist you in reviewing your Medicare Part D plan options for 2010. **You must pre-register to attend this program or for an appointment with the RX Express bus—call 870-3131 by Nov. 19th.** Refreshments served.

ELLINGTON RECREATION DEPARTMENT 2009 FALL PROGRAMS

Address: 31 Arbor Way/P.O. Box 187
Office Hours : Monday 8:30 am-6 pm Friday 8:30 am-1:30 pm
Phone: (860) 870-3118
Email: recreation@ellington-ct.gov **www.ellington-ct.gov**
Fax: (860) 870-3198
Tuesday-Thursday 8:30 am-4:00 pm

Registration: All Registrations are currently being accepted in the Recreation Office by computer entry during regular office hours (see hours above) or through our online registration program via the Town's website ~ www.ellington-ct.gov.

Registering is EASY! To access the Recreation Department's new online service, please visit the Town of Ellington's website at www.ellington-ct.gov, select 'Town Services'; select 'Parks & Recreation' or call 870-3118 for more information. **Note: Not all Recreation Programs are available for online registration.**

Payment: Registration is not considered valid until the program fee is paid in FULL. We accept cash and checks; make checks payable to the TOWN OF ELLINGTON. [Credit cards accepted for online registration only. **Note: A service fee will be applied when using a credit card.**]

- **Non-Residents:** Add \$5/program/participant. Not all programs are available for non-residents.
- **Refunds:** Refunds are given only prior to the start of classes or if we cancel the program. Requests for refunds must be in writing and are subject to a \$3 processing fee. **On-line refunds will be allowed and the convenience fee charges are non-refundable; refunds just apply to the dollar amount of the actual program.**

ACTIVITY	ID CODE	DATES	TIME	AGES	FEE	LOCATION
Adult Karate	KARATE.S01 KARATE.S02	Session 1: Thursdays Sept. 3,10,17,24; Oct. 1,8 Session 2: Thursdays Oct. 15,22,29; Nov. 5,12,19	6:45-7:45 pm	18 + up	\$45 per session	Windermere School Gym
Women's Self-Defense	WMEN.SD	Sept. 24 & Oct. 8 Inst. Todd Sise	7:15-8:45 pm	12 + up	N/A	Windermere School
Jukido All Skill Levels	JUKIDO.S01 JUKIDO.S02	Session 1: Thursdays Sept 3,10,17, 24; Oct. 1,8 Session 2: Thursdays Oct. 15,22,29; Nov. 5,12,19	5:45 -6:45 pm	6 + up	\$45 per session	Windermere School Gym
Adult Tap Dance	0506.TAP	Session 1: Inst. Tressa Giordano Sept. 15, 22, 29; Oct. 6, 20, 27	6:00-7:00 pm	18 + up	\$35	Windermere School
Youth Informal Volleyball	YIVB.401	Wednesday Nights Sept. 23,30; Oct.7,14,21	6:00-7:15 pm	Grades 5-8	\$15	Middle School
NYSCA Coaches Clinic	NYSCA.401 NYSCA.402	Sept. 24th Oct. 22nd this program is available online www.nays.org/nyscaonlineclinics	6:30-8:30 pm	18 + up	\$25	Arbor Commons 2
<u>Golf Lessons</u> Women's Adult Juniors	GOLFW.F09 GOLFA.F09 GOLFJ.F09 GOLFR.F09	All Saturdays Oct. 3,10,17,24 Instructor: Jeff Wadsworth jwadsworth50@comcast.net	11-12noon 12noon-1pm 2pm-3pm 3pm-4pm	Women Adults Jr 6-9 Jr 10-13	\$60	Ellington Golf Center

Recreational League Basketball for Grades 3-8

Registration: October 5-December 2, 2009

Recreational League Fees: \$60-1 child; \$100-2 children; \$135-3 or more children

Recreation League Team Selection Policy:

- Games played on Saturdays and/or Weeknights; times and locations pending final enrollment.
- Team Selection: All players will be reselected each athletic season for the Recreation Division League.
- Team Placement Requests: All requests to have a player either removed or placed on a certain team MUST be made in WRITING at least 2 days prior to the actual league draft of December 5, 2009
 - A Parent/Guardian may request that their child be placed on a certain team, but only due to extreme hardship, such as: transportation, personal issues. Requests are not guaranteed.
 - A written request is required if a parent/guardian wishes to have their child move up one division. Placement is based on: safety, skill level and available roster space.

Recreation League Evaluation Clinic Dates

Saturday, December 5, 2009

Boys @ Ellington Middle School	ID Code	Time	Girls @ Windermere School	ID Code	Time
3rd & 4th grade	1104.101	8:30 am- 9:45 am	3rd & 4th grade	1107.101	8:30 am- 9:30 am
5th & 6th grade	1105.101	10:00 am-11:15 am	5th & 6th grade	1108.101	9:45 am-10:45 am
7th & 8th grade	1106.101	11:15 am-12:30 pm	7th & 8th grade	1109.101	10:45 am-12Noon

Boys & Girls Instructional Youth Basketball: Ages 4 years-2nd Graders

Saturday Mornings @ the Ellington Middle School

Parent Volunteers are needed in order to provide a better Coach to Player ratio.

Registration: October 5-December 2, 2009

Program Dates: Dec. 12,19; Jan. 9,16,23,30; Feb. 6,13

Fees: \$30/1 child; \$45/2 children; \$62/3 or more children

Boys & Girls @ Ellington Middle School	ID Code	Time
2nd graders (as of 12/31/09)	1110.101	8:30am- 9:30 am
1st graders	1111.101	9:30am-10:30 am
Kindergarten	1112.101	10:30am-11:30 am
4 Year olds	1113.101	11:30a.m.-12:15pm

All Youth Basketball Registration will be taken during **Regular Office Hours:**
Monday: 8:30 am-6pm; Tuesdays-Thursdays: 8:30am-4:00pm; Fridays 8:30 am-1:30 pm

BASKETBALL OFFICIALS: The Recreation Department is providing a mandatory pre-season basketball official's clinic, a combined classroom and floor mechanics format, to all youth and adults ages 14 and up. The classes are slated to be held between the last week of October to the first week of December. Pre-registration by calling the Recreation Office at 870-3118.

Travel Basketball Information

To be eligible for selection a player MUST attend a minimum of 2 tryouts.

Travel Team Tryout Policy: The Travel Teams will be registered for boys and girls in grades: 5th, 6th, 7th and 8th, provided enough players are registered to provide recreation division teams. A player selected to a travel team may choose to play on a recreation team as well, but is NOT required to play both. (Parents: If a decision is made to have your child compete on both a recreation and travel team, please keep in mind that the participating player MUST complete his/her commitment to the recreation team. Failure to do so may result in removal from the travel team. Consider the weekly practice schedule along with the game schedule before making a final decision, which has a deadline of *December 1, 2009*.

Travel Team TRYOUTS will be held between October 19 and November 12. An updated schedule will be distributed through the public schools, media outlets, and our website www.ellington-ct.gov.

Boys Travel ID Code

5-6th Grade 1114.101
7th Grade 1115.101
8th Grade 1116.101

Girls Travel ID Code

5-6th Grade 1117.101
7-8th Grade 1118.101

Travel Team Fee:

Due at time of Registration is \$60 Recreation Fee. Additional Travel Fee due at time of selection of team is \$85. The total of \$145 includes Board Officials, Timers, Scorers and Custodial Fees. Plus each player must submit a separate check to the Coach in the amount of \$25 for the uniform. The Coach will return the check once the complete uniform is returned at the end of season.

Lacrosse Clinics

Boys, Grades 5-8

Date: To Be Determined
Time: Weeknight and/or Saturday TBA
Place: Windermere Field
Fee: \$30.00
ID Code: 0501.LAX

An informal Youth (Boys) Lacrosse Program will be offered for individuals entering 5th & 6th grades or 7th & 8th grades for the Fall 2009.

A mini-game schedule will be held versus teams from Vernon, Tolland, South Windsor, Somers and Granby. One weeknight game and possibly a Saturday game, starting the second week of September.

Registration will be open until rosters are completed and space remains available.

Automated External Defibrillator (AED)

First Aid CPR Training

The Recreation Department has a certified CPR/AED/First Aid instructor on staff. New classes have been scheduled (see below) that will allow all Ellington coaches, athletic officials, program instructors, and staff to register free of charge. All classes will be held at the Recreation Office at 31 Arbor Way.

- September 15: 5:00pm-10:00pm
- September 24: 5:00pm-10:00pm
- October 20: 5:00pm-10:00pm
- November 14: 12:00pm-5:00pm

Please understand that **each coach is required to complete this training**. We can only allow 6 coaches per class, so early registration is important. Thank you in advance.

Register online at Ellington.safety@yahoo.com

Instructor: Allison Breen

Ellington's "OWN" Ultimate Frisbee

Ellington Ultimate is ON! The Recreation Department's 3rd year program will continue in the form of Ultimate Frisbee. Come join one of America's fastest growing sports! This is a field sport similar to soccer except played with a Frisbee. Ultimate is a great way to get in shape and have some fun. Open to residents of all surrounding towns.

ADULT Program: High School on-going —Grand Masters (50 and above)

Where: Windermere School **When:** Mondays and Fridays **Fee:** No Fee **Time:** 5:30pm-Dark

For more information : <http://sports.groups.yahoo.com/group/ellingtonultimate> or
contact Karl at ksneubec@firehousemail.com

ADULT SPORTS

PROGRAM	ID CODE	DATES	TIME	AGES	FEE	LOCATION
Men's Volleyball	0101.MVB	Thursday Evenings Starting Oct. 1	7:30-9:30 pm	18 + up	\$20 Residents \$25 Non-Residents	Middle School
Women's Volleyball	0102.WVB	Wednesday Evenings Starting Oct. 7	7:00-9:00 pm	18+ up	\$20 Residents \$25 Non-Residents	Windermere School
Co-Ed Volleyball	0103.CVB	Wednesday Evenings Starting Sept. 16	7:30-9:30 pm	18+ up	\$20 Residents \$25 Non-Residents	Middle School
Men's Informal Basketball	0104.MIB5	Monday Evenings Sept. 14 thru June 2010	5:30-7:30 pm	Over 30	\$20 Residents \$25 Non-Resident	Middle School
	0104.MIB7		7:30-9:00 pm	Under 30		
Adult Tennis Lessons	Tennis. AI	Wednesday Evenings Sept. 16,23,30; Oct.7 Ins. Rich Willis	6:00-7:00 pm	Intermediate 15+ up	\$30 per session	Brookside Park
Cardio Adult Tennis	CARDIO.1	Wednesday Evenings Sept. 16,23,30; Oct. 7, Inst. Rich Willis	7:00-8:00 pm	All Levels	\$30	Brookside Park
Adult Competitive Basketball	0109.ACB	First Week of Dec. Thursday Evenings	7:15-9:30 pm	18+ up	Team Fee \$480.00	Middle School
Women's Informal Basketball	0110.WIB	Tuesday Evenings Oct. 6th -April 13, 2010	7:30-9:00 pm	18+ up	\$20 Resident \$25 Non-Residents	Center School
Informal Soccer Sunday	0111.ISS	Sunday Mornings On going until end of Nov.	9:00-11:30 am	18+ up	N/A	Brookside Park
Co-ed Adult Indoor Soccer	0112.AIS	Wednesday Evenings Oct. 14- April, 2010	7:30-9:30 pm.	18 + up	\$20 Residents \$25 Non-Residents	Windermere School
Adult Badminton Instruction Available	0113.BDM	Tuesdays Evenings Sept. 22,29; Oct. 6,20,27	6:00-7:15 pm	18 + up	\$20 Residents \$25 Non-Residents	Middle School Gym
Eastern Connecticut Women's Soccer Club	0115.401	Sunday Sept.13 -Nov. 8	9:00-10:30 am	23 + up	Sponsors Fees	Brookside Park

Fall 2009		The Ellington Connection			Page 11	
ACTIVITY	ID CODE	DATES	TIME	AGES	FEE	LOCATION
Music & Movement for Tots	MNM-WED1	Session 1: Sept. 30; Oct. 7,14,21, 28; Nov. 4,18,25 (Wed)	10:15-11 am	1-3 Years	\$65 Resident	Hall Memorial Library
	MNM.THR2	Session 2: Oct. 1,8,15,22,29; Nov. 5,12,19 (Thurs) Adult participation REQUIRED		Max 10/class	\$70 Non Resident	
Outdoor Pee Wee Sports	OPWS.101	Sept.28; Oct.5,19,26 (Mondays) Instructor: Jill Maznicki.	10:00am-10:45am	3-4 Years (during 2009)	\$20	Brookside Park
Youth Co-ed Informal Basketball	ICED.BB1	Tuesdays Sept. 15,22,29; Oct. 6,20	5:30-7:15pm	3-4 Grade 5-6 Grade 7-8 Grade	\$5	Windermere School
Tennis QUICK START	TENN.QSA	Session A : Sept. 22,29; Oct. 6,13	4:15-5:15pm	K-4th grade (Max 20 per session)	\$30	Brookside Park
	TENN.QSB	Session B: Sept. 24; Oct. 1,8,15	4:15-5:15pm			
Tiny Tot Pee Wee Youth Tennis	0508.TTT	Sept. .25; Oct.2,9,16 Fridays	6:30-7:15pm	3-5 years	\$30 per session	Brookside Park Inst. Charles Huggins
	0509.PWE	Sept. .21,28; Oct. 5,12 Mondays	6:30-7:15pm	5-7 years		
	0509.YTN	Sept. . 21,28; Oct. 5,12 Mondays	7:15-8:15pm	7-12 years		
Gym and JIVIN Instructor: Jessica Salkeld	WGYM.JIV	Oct. 1,8,15,22,29; Thursdays Nov.5,12; Dec.10,17	3:45-4:30pm	5-8 years (Max 12 per class per school)	\$65	Windermere School
	CGYM.JIV	Oct. 2,16,23,30; Nov.6,13; Dec.11,18 Fridays	3:45-4:30pm		\$60	Center School
	CLGYM.JIV	Sept. 30; Oct. 7,14,21,28; Nov.4; Dec.9,16 Wednesdays	3:45-4:30pm		\$60	Crystal Lake School
CALLING ALL CHEFS Instructor: J. Salkeld	CALL.CHFC	Sept.29; Oct.6,20,27; Nov. 10,17,24; Dec.1	3:45-4:30pm	5-8 years (Max 10)	\$55	Center School
	CALL.CHH	Sept. 29; Oct. 20,27; Nov.10,17,24; Dec.1,8	10:15am-11:00am	3-5 years (Max 8)	\$55	Library
After School Bowling	0516.401	Oct. 1,8,15,22,29; Nov.5 (Thurs) Parents pick up students at Spare Time	4:00-6:00pm	Grades K-4	\$65	Spare Time "Vernon Lanes"
	0516.402		3:00-5:30pm	Grades 5-6		
Mad Science	MAD.CLSF	Oct. 6-Dec. 1 (Tues) No class Oct. 13 & Nov. 3	3:30-4:30 pm	Grades 1-4	\$89	Crystal Lake School Center School
	MAD.CENF	Oct. 5-Nov. 23 (Mon) No class Oct. 12				
Informal Co-ed Basketball	ICED.BB2	Oct. 2,16,23,30 Nov. 6,13,20 (Fridays)	7:00-9:00 pm	Grades 9-12	\$5	Center School
Vacation Week Camp Programs	DEC.CAMP	December 28, 29, 30, 31, 2009	8:30am-3:00pm*	Grades K-7	TBD	Ellington Middle School
	FEB.CAMP	February 16, 17, 18, 19, 2010				
	APR.CAMP	April 19, 20,21, 22, 23, 2010	<p align="center">*Before Care: 7:30—8:30am; After Care: 3-5pm will be offered An updated schedule and fee structure will be made available on the Town website; www.ellington-ct.gov, starting in early October.</p>			

Town of Ellington Fitness Policy

- **Group Exercise Classes and Weight Training times are subject to cancellation due to Board of Education activities.**
- **Programs will not be held on the following dates due to closure of Ellington Public Schools as of 12-31-09 Oct. 9,12,13; Nov. 3,11,25,26,27; Dec. 24,25**
- **All participants must complete registration forms and A Physical Activity Readiness Questionnaire. A physicians referral may be required before participation.**
- **Children 14 years and older are welcome with a participating adult.**
- **Pre-registration is required. Full Payment is required at time of registration. Fees may be pro-rated. No credits unless documented illness or mitigating circumstances.**

Kripalu Yoga

Thursday Evenings 6:30-7:45pm @ Hall Memorial Library

Session 1: Aug. 27; Sept.17,24; Oct.1,8,15,22,29;
Nov.5,12,19; Dec.3,10,17

ID Code: KRIP.YOG6

**Fee: \$98.00 for 14 classes or
\$ 8.00/class if registering for individual classes**

Strengthen and tone muscles, increase flexibility, release stress and learn to relax. **Instructor Wayne Morganson** is a multi-certified instructor at a fraction of the studio rates. Please bring a mat, towel, or small blanket and wear loose fitting clothing. Come see for yourself why millions of Americans practice Yoga regularly.

WEIGHT TRAINING FACILITY

Open Monday & Thursday nights @ Ellington High School

Session 1-Mondays: Oct. 20,27;Nov. 10,17,24

ID Code: WHTF.MO1

Session 2-Thursdays: Oct. 23,30;Nov. 6,13,20

ID Code: WHTF.TH2

Time: 7:00 pm-9:00 pm Fee: \$35

The newly renovated facility located at Ellington High School features a complete line of new equipment including: A Smith machine, squat and hack squat racks, calf, bicep and triceps machines, lat pull down machines, as well as adjustable benches and an array of dumbbells.

The facility will be staffed by a Recreation Supervisor who will conduct orientations and facilitate proper care and use of equipment.

WHY WEIGHT TRAIN? Weight training can be an important component of your fitness program, regardless of your age or gender. Weight training increases fitness by: increasing muscle strength & endurance, enhancing the cardiovascular system, increasing flexibility, maintaining the body's fat within acceptable limits



Tuesdays & Thursdays 7:30-8:30 PM
@ Middle School

Session 1: Sept. 15,17,22,24,29;Oct. 1,6,8,15*
20,22 *site change TBD
ID Code: ZUMBA.110

Fees: \$77 for 11 classes or \$7 per class pre-registered @ Rec Office or \$10 walk-in fee at the door.

Session 2:Oct. 27,29;Nov.5,10,12,17,19,24;
Dec. 1,3
ID CODE: ZUMBA.111

Fees: \$70 for 10 classes or \$7 per class preregistered @ Rec Office or \$10 per class walk-in fee at door.

Mini—session : Dec. 8,10,15,17
ID CODE: ZUMBA.MINI

Fee: \$28 for all 4 classes or \$7per class pre-registered at Rec Office or \$10 walk-in fee at the door.

Zumba fuses hypnotic musical rhythms and tantalizing moves to create a dynamic workout system designed to be FUN and EASY TO DO! The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and International zest into the mix and you've got ZUMBA! Bring a water bottle.

**Instructors: Joanne Britton &
Tressa Giordano**

www.zumba.com

CORE TRAINING

Thursday Evenings 7:00-8:00pm

@ Hall Memorial Library

Instructor: Ginny Hogan 872-4935

Fee: \$40.00 for 10 classes *location TBD

Session Dates: Sept. 24; Oct. 1*,8,15,22,29;
Nov. 5,12,19; Dec.3Bring
Water &
Mat

The muscles of the abs, gluts, hips, and lower back are the focus of this weekly exercise class. By performing progressively more challenging exercises on a regular basis, you will strengthen the body's power center and prepare yourself to move more efficiently in everyday life and in sports. Whether you are new to fitness or looking to boost your workouts to the next level, this program will help you achieve your goals. An added benefit is you may trim excess fat from your body. As with any training program, commitment is the major key to success.

For further information you may contact the instructor.

Resistance tubing can be ordered through the instructor at a reduced rate. Each participants needs a long tube, a circle, and a "figure 8". The cost for the set is about \$20.

Instructor: ***Ginny Hogan 872-4935***

STRENGTHEN, SCULPT, AND TONE

Mondays & Wednesdays Evenings 6:30-8:00pm

@ Hall Memorial Library

Dates & Fee: \$50.00 for 10 classes

Session #1 : Sept. 21,23,28,30*; * site change
Oct. 5,7,14,19,21, 26Session #2: Oct. 28; Nov. 2,4,9,16,18,23,30;
Dec. 2, 7

The course title indicates the results you will achieve in this diverse weight training program using resistance bands. A certified personal trainer who is experienced with this method will guide people of all ages and levels of fitness to achieve noticeable improvements in strength, flexibility, and endurance during this 10 – week course. Ab and lower back conditioning will also be included. Weekly newsletter and other informative handouts will help participants learn more about fitness and motivate them to achieve their goals. Group support and scheduled workouts will also enhance success. Participants will be asked to complete a health status form prior to the first class.

**“Freedom From
Back Pain”****Sept. 28;Oct. 26;Nov.9****6:30-8:30pm ~ Fee: \$45****Hall Memorial Library****ID Code: WWW.101****www.altmd.com/specialists/paul-recker**

A two-hour introductory course on the Alexander Technique, an educational method shown to have long-term benefits for people with back pain. Join Paul Recker to learn how daily stresses, postures and habits lead many of us to unconsciously misalign the entire working mechanics of the body. Eighty percent of back pain is caused by this poor body use. If you experience back pain, learn to use your back as intended and educate yourself out of pain. We'll identify our unique postural sets, gain insight into sleeping distortions which contribute to pain, learn to engage gravity correctly to avoid compression and observe how even the way to breathe can cause or eliminate pain. Finally, we'll rediscover the pinky finger as one of the back's best friend! Fee includes an additional one hour private lesson with the instructor.

**Part of The Educated Back Series, developed by Kitty Breen, founder of the Alexander Back and Chronic Pain Center, Cambridge, MA*

ART CLASSES*Instructor: Jessica Salkeld*

Jessica Salkeld joins the Recreation Department's pre-school instructors' staff and will be teaching a myriad of classes. A mother of 2 children who has been teaching pre-school classes for the past 6 years, with an early childhood background and a para-professional certification. The Recreation Department is pleased to have Jessica Salkeld on staff!!

10 participants per class

This program is for the kids who can't get enough creativity. Come and join me while working with a variety of art materials to create fun projects. This class will allow your child's creativity to grow while socializing with other class mates.

Ages: 4-6 years Fee:\$60**Hall Memorial Library**

Class #1: 10:15am-11:00am

Class #2: 1:30-2:30pm

Dates: Sept. 30; Oct.

7,14,21,28; Nov. 4; Dec. 9,16

Ages: 5-7 years Fee: \$60**Crystal Lake School**

Class #1 3:45-4:30pm

Dates: Sept.28; Oct. 5,19,26;

Nov. 2,9,16,23

FALL SOCCER 2009

The Recreation Department's FALL 2009 Soccer Program encompasses children ages 3 through 14. The Instructional Program is held on Saturday mornings only. The Recreation Division Program includes grades 3-8. All Travel Team selections have been completed and teams in the U-10, U-12 and U-14 age groups will compete versus surrounding towns. **Registration closed August 14th.** However, if you are interested in registering your child, call the Recreation Office to see if any openings exists—870-3118.
Fees: \$22.00 Instructional / \$24.00 Recreational Division

Dear Soccer participant, enthusiast, spectator!!!

Each year brings larger program enrollments and the need to ensure that staffing, equipment and maintenance are appropriate. In order to maintain existing services and to continue fostering successful youth programs we are asking for active volunteer participation from parents, teenagers and the community.

Coaches' Needed! Coaches are needed at all levels. A coaches' clinic will be provided along with CPR/FIRST AID/AED training, which can be registered for by e-mailing Ellington.safety@yahoo.com.

Referees Wanted! Recruiting new officials and/or individuals interested in becoming an official. Great part-time income! Must be 14 years of age at the time of the clinic.

Fundraising: The Recreation Department welcomes community support. The ability to keep the entire soccer program cost effective and at the same time provide appropriate equipment, uniforms and field equipment, is based on receiving support from members of the community. The Recreation Department has an updated inventory of soccer items that are available for sale: coffee/tea mugs, water bottles, fleece blankets, wrist bands, umbrellas, kelme bags, fleece hat, fleece ear bands, and soccer magnets. Crew sweatshirts and t-shirts forms will be given to each head coach for distribution to all parents/guardians.

YOUTH BASKETBALL COACHING CLINICS

Clinician: Stan Ogrodnik

Based on last year's popular reception, former Trinity College men's varsity basketball coach Stan Ogrodnik will provide recreation department youth basketball coaches, both experienced and new, with pre-season clinics in order to prepare for the 2009-2010 season. Pre-registration is required by contacting the recreation office at 870-3118.

Experienced Coaches: October 19th 6:30-9:00pm

New Coaches: November 5th & 12th 6:30-9:00pm

**(2) dates have been set aside,
coaches may attend one or both clinics.**

SANTA LETTERS: Letters to Santa can be dropped off at the Ellington Post Office in Santa's Mail Box starting **NOV. 28!** **DECEMBER 11** is the last day to drop off letters in order for Santa to provide a timely response.

Please make sure your letter is addressed to Santa and you put your name and return address on the envelope!

USTA COACHES TENNIS WORKSHOP

Anyone interested in learning the basics of coaching and teaching tennis or seeking a refresher on more current methods and effective tools, should attend a Recreation Coach Workshop.

Taught by a specially trained, certified teaching professional this active 6-hour session covers:

- > Games and drills every coach should know.
- > The games—based approach to coaching
- > Teaching large groups
- > Implementing effective team practices

Date: Saturday, September 19

Where: Brookside Park

Time: 9am-3:30pm

Cost: \$30.00

To register contact the Recreation Office @ 870-3118 or Jim Maitland @ 860-462-3627

ART PROGRAM:

Drawing and Sketching For Teens/Adults

Ages: 13 & UP ~ Fee: \$55

Dates: Sept.29; Oct. 6,20,27

Time: 7:00pm-8:30pm ~ Location: TBD

Instructor: Jim Brunelle

Learn the basics of drawing & sketching with focus on proportion and perception. Working from objects, photographs, or the live model (including pets!) Your drawings and sketches become identifiable and unique as your own. Launching your work into expressive stories and visual compositions on paper.

Minimum class enrollment required: 8

**Drug Abuse Prevention Council to Host
Rosalind Wiseman**

**October 22, 2009 at 7:00 pm
Ellington High School Auditorium
A \$5.00 donation is requested at the door**

Rosalind Wiseman is an internationally recognized expert on children, teens, parenting, bullying, social justice, and ethical leadership. Wiseman is the author of Queen Bees and Wannabes: Helping Your Daughter Survive Cliques, Gossip, Boyfriends, and Other Realities of Adolescence. Twice a New York Times Bestseller, Queen Bees & Wannabes was the basis for the 2004 movie *Mean Girls*. Her follow-up book Queen Bee Moms and Kingpin Dads was released in 2006, and she is a monthly columnist for Family Circle magazine. Her new book, Queen Bees and Wannabes: Helping Your Daughter Survive Cliques, Gossip, Boyfriends, and The New Realities of Girl World, will be released in October and Ellington is very fortunate to have her as part of her book tour! For more info, call Youth Services at 870-3130 or email dstauffer@ellington-ct.gov or visit <http://bethechange.ellington-ct.gov>.

Winterfest 2009 Tree-Lighting Ceremony & Torchlight Parade will be held **Saturday, December 5, 2009** between 4-7PM at the Church Street gazebo and green bordering Main Street and RT 140. The schedule of events will be posted on the Town's website at www.ellington-ct.gov

Ellington Women's Club

The Ellington Women's Club is a community service organization. Membership is open to all women over the age of 18 upon payment of dues. Residence in Ellington is not necessary. New members are accepted monthly. Meetings are held monthly from October to June [excluding January] on the first Wednesday of the month at 7:30 PM at the Ellington Senior Center, 16 Church St., Ellington. The next meeting will be held on October 7, 2009 at 6:30 PM at the Ellington Senior Center. For additional information contact Rita Carbone-Lawson at 872-0425.

A copy of this newsletter is available online ~ log onto

www.ellington-ct.gov

You can also sign up for **Auto-mail** to get the latest Town info via e-mail. You will receive timely information throughout the year regarding holiday trash delays, road closings, referendums hours, special events, etc. and the Ellington Connection. At any point you may unsubscribe from this service.

If you would like to place an article in the Ellington Connection, contact Marie Sauvé in the First Selectman's Office @ 870-3100 or email msauve@ellington-ct.gov

Farmers Market

**Every Saturday thru Oct.
Arbor Park (Main Street)**

9 AM-12:30 PM

Rain or Shine

Any questions, call

Ron Bahler at 871-6266 or
Michael Hoffman at 559-6414

**TOWN OF ELLINGTON
HOLIDAY SCHEDULE**

The Town Hall will be closed on the following dates:

October 12	Columbus Day
November 11	Veteran's Day
November 25	Closed @ Noon
*November 26-27	Thanksgiving
*December 25	Christmas Day

*Rubbish collection will be delayed one day for the Thanksgiving Day and Christmas Day holidays only.

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

Town Hall
55 Main Street
P O Box 187
Ellington, CT 06029

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