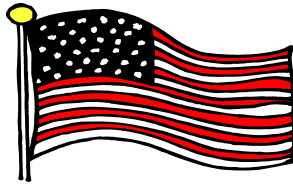


THE ELLINGTON CONNECTION



FROM THE
FIRST
SELECTMAN
870-3100



As we say goodbye to the summer and welcome the fall, this is also a time for other sad goodbyes and warm welcomes.

Deputy First Selectman Nancy Way, who had served on the Board of Selectmen since 1995, passed away in July. Nancy was a wonderful personal friend to me, but she was also a great friend and supporter of the Town of Ellington and its people. She had the qualities of a good public servant: integrity, strong principles, compassion and practicality. She is sorely missed.

Michael Scudieri, long-time member of the Board of Finance, and its chairman for 12 years, has been appointed to complete Nancy Way's term on the Board of Selectmen and has also assumed her duties as Deputy First Selectman. Mike has a strong business and government background, as well as detailed knowledge of Town functions and needs.

The Ellington Supermarket, a significant member of our business community, has closed its doors after many years. Through its owner, Mr. Jim Lomme, and its staff of helpful employees, the market provided the town more than just a great place to shop. It provided generous community service to local civic, educational and religious organizations. A sincere 'Thank You' to Jim and his staff, including all who worked at the store over the years.

Supermarket presence in town will now be provided by the new Big Y market, which will be open for business by the time you read this. Big Y has proven itself to be a very good corporate citizen in its other locations, and I'm sure we can look forward to a continuation of that policy here. Welcome, Big Y!

Michael P. Stupinski
First Selectman

2006 Wall of Honor Recipient Everett C. Paluska

The Board of Selectmen selected Everett C. Paluska as the 2006 Wall of Honor Recipient in recognition of his many years of services and outstanding contributions to the Town of Ellington.

Everett served as Tax Collector, First Selectman, Republican Town Chairman, Prosecuting Grand Juror of the former Ellington Justice Court and Probation Officer. Everett was an active member of the Ellington Cemetery Association, serving as President for 15 years. Everett also devoted countless hours to the Ellington Congregational Church and demonstrated extraordinary dedication to his family and community.

Everett was officially recognized and his name unveiled on the Wall of Honor at a public ceremony on September 9 in Arbor Park.

Election Day

November 7, 2006

Polls will be open

6:00 AM to 8:00 PM

District 1: Ellington High School

District 2: Crystal Lake School

To determine your voting district, visit our website: www.ellington-ct.gov;

select 'Town Services';
select 'Registrar of Voters'.

Absentee Ballots are available in the
Town Clerks' Office.

Deadline to apply is November 6

See Page 4 for information on
registering to vote.

A reminder from the Ellington Resident State Troopers' Office...



Crosswalks:

In accordance with Connecticut General Statutes 14-300(c), the operator of a vehicle shall grant the right of way to any pedestrian crossing the road within a crosswalk. Failure to do so could result in a \$93 fine.

Susan Phillips, Hall Memorial Library Director
870-3160



LONG-RANGE PLANNING AT THE LIBRARY

The planning process for the library's long-range plan is underway. Project Planner Susan Hoben, of Planimetrics, was hired in April to facilitate the process. A committee of citizens, chosen from recommendations by library staff and board members, was formed to represent various populations in the community. Members are Joe Wehr, Joseph Callahan, Margie Helme-Brother, Jim Brother, Karen McDaniel, Mary Guth, Jonathan Allen, Mike Miller, Laurie Burstein, Carolee Sumislaski, Pat McAuley, and high school student Matthew Cartier. They have met three times over the past few months to discuss life in Ellington—the way it was, the way it is, and what we would like it to be—and to create a vision for the future. Various town officials have also been contacted for their input. The next step is to examine the library's role in the community. To gather a broader perspective, a citizen survey is being conducted. This one-page survey is included in this newsletter. It is also available on the library's website, www.biblio.org/ellington in both a printable and interactive version. We hope you will take a few minutes before October 10th to tell us your library likes, dislikes, wants and needs so we can plan a program of library services that best serves you.

SPOTLIGHT ON ONLINE SERVICES

We all know that there's more information available on the internet than any of us will ever use. The hard part is finding something reliable and relevant. One great source is IConn.org, the Connecticut Digital Library. IConn is a collection of databases that anyone with a Connecticut library card can use. There are databases of magazine and newspapers articles, health and wellness info, business and financial info, history, genealogy and biographical info, as well as maps, almanacs, dictionaries, and encyclopedias. There's even a readers' advisory service featuring more than 80,000 highly recommended adult, young adult and children's fiction titles.



Another source provided by Hall Memorial for your use is Grolier Online, an integrated online collection of favorite resources including Encyclopedia Americana, Lands and Peoples, and the New Book of Popular Science. It's great for school projects.

And to help you with your research, the library offers a new version of the 24/7 online reference service. Now called InfoAnytime, this interactive chat-like service will connect you to a reference librarian anytime of the day or night. Use your library card number to access all these great resources from the Library webpage at www.biblio.org/ellington. Check it out!

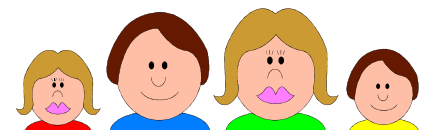
HOW SWEET IT WAS...



for young adults this summer at the Hall Memorial Library! We had a wildly successful summer reading program and capped it off with a "Mix It Up" ice cream feast at the end of the summer. The young adults worked their way through the summer reading program by combining reading with scavenger hunts, engineering, creating comic strips and other activities. We had 65 young adults participate in the program and a third of them finished it. Everyone who finished the program became eligible for our prize drawings of a gift card to Buckland Mall, a digital camera, electronic games and other prizes. Great job to all those young adults who finished... hope to see you next summer! Stay tuned for more YA fun at the Library!

NATIONAL CHILDREN'S BOOK WEEK

The 2006 Children's Book Week will be celebrated November 13–19. This special week has been set aside since 1919 by educators, librarians and others to celebrate the importance of children's books. This year's theme will be "More Books, Please!". The Hall Memorial Library encourages everyone in Ellington to take advantage of this special week to read a great book with a child. The library is available to suggest many wonderful titles.



**NATIONAL CHILDREN'S
BOOK WEEK
NOVEMBER 13-19**

Hall Memorial Library News Continued...

NUTMEG CHILDREN'S BOOK AWARD

Since 1993 the children of Connecticut have had the opportunity to choose their favorite work of fiction literature from a list of 10 nominated titles. Each year, by January 31, the votes are cast by children in grades 4–6. The Nutmeg Committee, sponsored by the Connecticut Library Association and the Connecticut Educational Media Association, is made up of children's librarians, school library media specialists and teachers. This committee comes up with the 10 nominated books from which the children of Connecticut choose one each year.

All summer the 4th – 6th graders of Ellington have been busy reading the Nutmeg Nominees. The library obtained additional copies, for the summer months, through cooperation with Windermere and Center Schools. Thanks to their additional copies, the children were able to find the titles they wanted without a long wait. Children may vote only once, either at their school or at the public library. We will all be interested to hear which title wins the 2007 Nutmeg Award.

**NUTMEG TEEN BOOK AWARD**

This year marks the second year that the 7th and 8th graders are involved in choosing a Nutmeg Teen Book winner. Their program works very similar to the children's program. There are 10 titles from which the 7th and 8th graders choose a winner. As with the younger children, the middle schoolers have had a busy summer reading from their list of nominees. Extra copies of their titles were obtained from Windermere, Ellington Middle School, and Ellington High School. The winner will be chosen after the January 31st vote.

Anna Turner, Elderly Outreach Caseworker
870-3131

Elderly Outreach Presentation Programs for Fall 2006

September 28 @ 10:30 AM ~ CT Housing Finance Authority will speak on how **Reverse Mortgages** can be used to finance in-home long term care needs.

October 5 @ 2:00 PM ~ Ken Popillo from Carmen Funeral Home on "**Forethought Planning**".

October 17 @ 2:00 PM ~ Attorney John Tunilla on the new changes to the **Title 19 "look back period"** and the impact on your gifting of assets.

October 25 @ 1:00 PM ~ Edwin Brown, **Healing Ways Acupuncture & Herbal Medicine**. Acupuncture demonstration and presentation on how acupuncture is used for pain relief for arthritis, chronic pain, migraines, etc.

November 2 @ 10:00 AM ~ Shawna Markel from St. Francis Care Providers will speak on the new **Well Being Empowerment Phone Conference Program** which enables you to connect with other seniors and health professionals over the phone to learn about a variety of health programs.

November 9 @ 10:00 AM ~ Eric Rodko/North Central Area Agency on Aging will speak on changes to the new **Medicare Part D Program** for year 2007, **ConnPACE** and the **Low Income Subsidy Application to Social Security** for help with paying your Medicare Part D premiums. Limited seating available.

December 7 @ 11:00 AM ~ Ron Hughes, DCSW & Director of Wellness Support with Manchester Hospital will speak on **Stress Management and the Holidays**.

To RSVP your attendance to any of these events, please call 870-3131. All programs will be held at the Senior Center.

SENIOR FLU SHOT CLINIC

October 23

Ellington Middle School

8:30 AM—11:30 AM

By appointment only

Cost: \$30 cash or
Medicare Part B Card or
Anthem Blue Cross

Call 870-3133 to schedule your appointment and/or set up a ride on the Senior Center Van.



Peter Michaud, Public Works Director
870-3140

BULKY WASTE REMINDER

Bulky waste includes scrap metal, white good, appliances, aluminum, copper, brass, tools, water tanks, pipes, faucets, tire, 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 allowed per week. Please call **Waste Management at 528-7000** to schedule a pick up.

MAILBOXES

Please check your mailboxes and poles before the cold weather returns. Replace rotted poles and loose boxes to make sure they can withstand the weight of the snow. The Town only replaces mailboxes that are struck by the plow, not those knocked off by the weight of the snow.

Household Hazardous Waste

The remainder of the Household Hazardous

Waste schedule for 2006 is as follows:

September 23, 2006 Ellington DPW, 21 Main Street

September 30, 2006 Middletown, Lawrence School, Mile La
October 7, 2006 West Hartford DPW, Oakwood Avenue
October 14, 2006 SW High School, 161 Nevers Road
October 21, 2006 East Hartford WPCF, 65 Pitkin Street
October 28, 2006 Rocky Hill WPCF, 80 Goff Brook Lane
November 4, 2006 Windsor Locks DPW, 6 Stanton Road

Ellington residents may attend all drop-offs listed. The collections are held on Saturdays from 8 am – 1 pm. Items that may be brought are household chemicals and cleaners, garage and workshop chemicals, pool chemicals, paint, paint thinner, fluorescent bulbs, and mercury thermometers. Waste oil, antifreeze, oil filters, propane tanks, fluorescent light bulbs, computer components, and car and lawn mower batteries are accepted at the Town Garage year round.

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

*****CLOSED FOR THE SEASON***
DECEMBER 2, 2006 @ 4 PM**

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

Items not accepted: Construction materials, grass clippings and tree stumps. GreenCycle (674-8855) on Sadds Mill Road will accept stumps.

Proof of residency is required.

Bagged Leaves Pick Up November 13-17, 2006

Town of Ellington picks up leaves once a year in November. **PAPER bags must be used.** Leaves in plastic bags will not be pickup up. Leaves can also be brought to the Hoffman Road Drop Off Area.

From the Registrars of Voters...

ELECTION DAY NOVEMBER 7, 2006

The **LAST DAY** for *postmarked* mail-in voter registration applications is October 24, 2006. Any mail received *postmarked* after October 24, 2006, will not be considered until November 8, 2006, the day following the election.

The **LAST DAY** to register *in person* is October 31, 2006, unless persons attain their eligibility to register after October 31, 2006. This includes persons who turn 18 years of age, become residents of the town, or U.S. citizens. Persons who fall under this category have until 12:00 noon on November 6 to register to vote at the Town Clerk or Registrars of Voters Offices. At that time, proof of this situation must be presented.

The following voter making sessions have been scheduled: October 21: 10:00 am-2:00 pm @ Hall Memorial Library
October 31: 9:00 am-8:00 pm @ Town Hall, Registrars of Voters Office

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 State's website, www.sots.state.ct.us. Return the cards to the Registrar of Voters, P.O. Box 187, Ellington CT 06029

Nicholas J. DiCorleto, Finance Officer
870-3115

MOODY'S AFFIRMS A2 RATING

Michael P. Stupinski, First Selectman, Nicholas J. DiCorleto, Jr, Finance Officer/Treasurer, with the assistance of the Town's Financial Advisor, Janette J. Marcoux, Senior Vice President at the First Southwest Company, made the successful presentation to retain the Town's A2 credit rating. Moody's complimented the town on "...its stable financial operations supported by average reserve levels, moderately sized tax base with slightly above-average wealth levels and affordable debt position".

HIGH SCHOOL OUTDOOR ATHLETIC FACILITIES

With the support of our State Representative Ted Graziani, Special Legislation – Public Act Number 06-158 was approved which provides for increased funding for the Ellington High School Outdoor Athletic Facilities #048-0050 RNV/E. This results in an additional State grant of over \$250,000 for the project.

FINANCE SOFTWARE

The Finance Office has implemented the Microsoft Dynamics Great Plains (GP) and Hansen Information Technology Governmental Package software to enhance the accounting and reporting of all financial transactions for the Town of Ellington. One new feature the system offers is the ability to send Department Heads their financial reports via e-mail on a weekly basis. It has greatly assisted the Finance Officer in the facilitation of budget and audit preparation and providing budget tables to the Board of Finance on a more timely basis. This software has also eliminated the need for part-time help in the Finance Office.

In conjunction with the Charter Revision Commission, we are currently exploring the idea of shared services between the Town and the Board of Education, identifying duplication of efforts. This software is powerful enough that it can handle the Board of Education's financial needs if they desire to use our system. We will continue to work together to economically provide the best service to our residents.

Rhonda McCarty, Assessor
870-3109

Ann Marie Conti, Tax Collector
870-3113

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.

DISABLED OR BLIND EXEMPTIONS

Qualifying persons should file for blind or disability exemptions in the Assessor's Office on or before October 1st.

BUSINESS PERSONAL PROPERTY

Business Personal Property Declaration Forms will be mailed in September. These forms must be completed and returned to the Assessor's 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 the Assessor's 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.

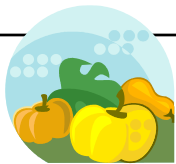
REFUSE FEE:

November is the collection month for the town refuse fee. The charge covers the period time from July 1, 2006 through June 30, 2007. You have the entire month of November to pay the bill.

TAXES:

In January 2007, the second half of your real estate and/or personal property tax bill will be due if the total bill was greater than \$600. You have already received your payment stub in July, and we do not send reminders. The supplemental motor vehicle tax bills are mailed the last week in December. They are prorated bills for a motor vehicle you have registered after October 1, 2005 and before September 30, 2006. Vehicles that were traded in will receive a prorated credit that will be netted against the newer vehicle. If you have any questions, please feel free to give the Tax Office a call ~ 870-3113

Ellington Mill Rate
Fiscal Year 2006-2007
24.3



ELLINGTON RECREATION DEPARTMENT

2006 FALL PROGRAM FLIER



Address:

31 Arbor Way/P.O. Box 187

Email: recreation@ellington-ct.gov

Office Hours :

Monday 8:30 am-6 pm Friday 8:30 am-1:30 pm

Tuesday-Thursday 8:30 am-4:00 pm

Phone: (860) 870-3118

Fax: (860) 870-3198

www.ellington-ct.gov

General Information

In the event of snow or bad weather, the Recreation Department will put all program cancellations on television. Tune into Channels 3, 30 and 8 to check if there is a cancellation which will be listed under 'Ellington Recreation Department'. We reserve the right to limit class size and to cancel classes failing to meet minimum requirements. Ellington residents are given preference for all programs during the first week of registration.

Registration: All Registrations are currently being accepted in the Recreation Office by computer entry during regular office hours (see hours above). Beginning September 25, 2006, online registration will be available via the Town's website ~ www.ellington-ct.gov (see below).

Payment: Registration is not considered valid until the program fee is paid in FULL. We accept checks, cash and credit cards*. Make checks payable to the TOWN OF ELLINGTON.

- **Non-Residents:** Add \$5/program/participant.
- **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.

Sponsorship Opportunities: Ellington businesses continue to support the Town of Ellington Recreation programs, as well as promote their respective businesses. Opportunities for sponsorship include sponsoring athletic teams. Contact Bob Tedford at the Recreation Office (870-3118) if you would like to discuss the possibilities.

ADA Statement: The Recreation Department complies with the Americans with Disabilities Act (ADA) prohibiting discrimination on the basis of disability. ADA requires that recreation programs be implemented in the most integrated setting possible, appropriate for each individual. Persons with disabilities are encouraged to contact the Recreation Department regarding any accommodations needed to assist with participating in, and the enjoyment of, any program or event.

Insurance: All persons participating in Ellington Parks and Recreation Programs should carry their own personal health insurance. The Town of Ellington is not responsible for personal injuries. Participants in Recreation Department-sponsored programs do so at their own risk. Only those enrolled in the program may attend. Sorry, children will not be allowed in the classroom or gymnasium during adult programs, and siblings must remain seated and not disturb youth classes.

Employment Opportunities: The Recreation Department employs part-time personnel for various seasonal positions including Waterfront Staff, Day Camp Staff, Referees, Umpires and Instructors who can share their special skills with the community. Pick up an application at the Recreation Office ~ 31 Arbor Way.



Online Registration begins September 25!

The Ellington Recreation is very excited to offer a new, convenient online service that will enable participants to identify their interests and sign up for programs and activities within the designated registration periods. We have invested over a year of time and resources to research the best options for our community and determined that Active Network, Inc. will provide the best and more economical delivery of our recreation services. As our Town continues its rapid growth, we look forward to meeting the needs of our community through convenient services that alleviate long lines and travel during business hours. By making online registration services for classes, programs and activities available 24/7 via the Internet, the department can reallocate staff time to increase services and reduce the paperwork required to process registrations. Active's internet registration makes signing up for programs simple, fast and convenient. The community can search for activities; view program details, schedules and availability; register in just minutes; and pay online with a credit card, when and where it's most convenient for them. As an added convenience, registrants will receive an e-mail immediately following an online transaction to confirm their enrolment in a program.

Online Registration begins **September 25**—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: A service fee will be applied when using a credit card.

ADULT SPORTS

PROGRAM	ID CODE	DATES	TIME	AGES	FEE	LOCATION
Men's Volleyball	0101.501	Thursdays Starting Sept. 28	7:30-9:30 pm	18 + up	\$20 Residents \$25 Non-Residents	Windermere School
Women's Volleyball	0102.501	Wednesdays Starting Sept. 27	7:00-9:00 pm (Until 12/7/06) 7:30-9:00pm (12/7/06 On)	18+ up	\$20 Residents \$25 Non-Residents	Windermere School
Co-Ed Volleyball	0103.501	Wednesdays Starting Sept. 20	7:30-9:30 pm	18+ up	\$20. Residents \$25 Non-Residents	Middle School
Men's Informal Basketball (2 locations)	0104.502	Monday Evenings Sept. 11 thru June 2007	5:30-7:00 pm	18+ up	\$20 Residents	Windermere School
	0104.501		5:30-9:00 pm	Over 30	\$25 Non-Resident	Middle School
Tennis Lessons Ages 15 and up	0105.401	Sept. 26, 28, Oct. 3, 5	6:00-7:00 pm	Beginner	\$24 per session	Brookside Park
			7:00-8:00 pm	Intermediate		
Morning Tennis	0105.402	Sept. 28 Oct. 3, 5, 10, 12, 17, 19	9:30-11:00am	All Levels	\$36	Brookside Park
Adult Competitive Basketball	0109.501	First Week of Nov. Thursday Evenings	7:15-9:30 pm	18+ up	Team Fee \$480.00	Middle School
Women's Informal Basketball	0110.501	Monday Evenings Oct. 2-April 9	7:30pm-9:30 pm	18+ up	\$20 Resident \$25 Non-Residents	Center School
Informal Soccer Sunday	0111.501	Sunday Mornings Ongoing	9:00-11:30 am	18+ up	N/A	Brookside Park
Adult Indoor Soccer Co-ed	0112.401	Starting Oct. 18-April	7:00pm-9:30pm.	18 & up	\$20.00	Brookside Park
Adult Badminton Instruction Available	0113.401	Oct 3, 10, 17, 24, 31	7:30-9:00 pm	18 & up	\$20 Residents \$25 Non- Residents	Windermere School
NYSCA Coaches Clinic	0507.401	Sept. 26	6:00-8:30pm	18 & up	\$15	Arbor Commons 2
	0507.402	Oct. 24				
Woman's Outdoor Soccer	0115.401	Saturday Mornings	8:30-12 noon	25 & Older	TBD By team sponsor	Brookside Park
In conjunction with the Eastern CT Women's Soccer league, a competitive soccer program						

ADULT & CHILDREN MINI-PROGRAMS (Adult in Bold)

ACTIVITY	ID CODE	DATES	TIME	AGES	FEE	LOCATION
Adult Karate	0502.401	Session 1: Sept. 28 Oct. 5, 12, 19, 26, Nov. 2	6:45pm- 7:45pm.	18 & up	\$45 per session	Windermere Gym
	0502.402	Session 2: Nov. 9, 16, 30, Dec. 6, 13, 20				
Women's Self-Defense	0503.401	Oct. 13 & 27	6:00pm - 7:15pm	12 + up	\$5 per week	Center School Inst.: Todd Sise
Jukido All Skill Levels	0504.401	Session 1: Sept. 28 Oct. 5, 12, 19, 26, Nov. 2	5:30 pm- 6:45 pm	6 + up	\$40 per session	Windermere School Gym
	0504.402	Session 2: Nov. 9, 16, 30, Dec. 6, 13, 20				
CPR/First Aid	0505.401	Session 1: Sept. 25 & 27	6-9 pm (6 hour course)	All Coaches	\$10 per session	Arbor Commons 2 Inst. M. Bartley
	0505.402	Session 2: Oct. 17 & 19				
Adult Tap Dance	0506.401	Session 1: Sept. 11, 18 & 25	7:15pm- 8:15pm	18 & up	\$18 \$24	Windermere Inst.T. Giordano
	0506.402	Session 2: Oct. 2, 16, 23, 30				
Pen & Ink	0522.401	Oct. 17, 24, 31 Nov.7, 14	10:30-Noon	18 & up	\$20	Arbor Commons
Basic Drawing Youth*	0513.401	Tues. Evenings, starting Oct. 10 (4 weeks)	5:00-6:00 pm	Grades 1-6	\$30	Arbor Commons
Basic Drawing Adult*	0513.401	Tues. Evenings, starting Oct. 10 (4 weeks)	6:15-7:30 pm	18 & Up	\$35	Arbor Commons
Community Holiday Chorale	0510.401	To be determined by interest	Evening/ Weekends	ALL	N/A	Varies
Youth Informal Volleyball	0120.401	October 4, 11, 18, 25 Nov 1	6:00-7:15 pm	Grades 5-8	\$10	Ellington Middle School
Music & Movement for Tots **	1103.402	Sept. 27, Oct. 4,11,18,25, Nov. 1,8,15	9:30-10:15 10:30-11:15	1-3 Years	\$60	Arbor Commons

* **Basic Drawing:** A course designed to teach an aspiring artist to enjoy and relax. Topics include shapes, contour line, value, shadows, texture, etc. Youths and adults will have the opportunity to experiment with drawing different images. Supplied provided.

** **Music & Movement for Tots:** A wonderful group experience for children ages 1-3years. Come sing, dance, play, and move to the beat. This stimulating program will introduce children to a variety of music and instruments. The program will be conducted by Ellington's own, Jill Maznicki. She is an experienced teacher with a degree specializing in Early Childhood Education. Jill will lead the class in finger plays, songs, bounces, as well as developmentally appropriate group activities. Children will gain increased attention span, learn valuable social skills, and attain a greater awareness of self and others. So don't wait, parents, grandparents, aunts& uncles, caregivers too...march on in and sign up that special little someone in your life! Adult participation required.



MUSICAL THEATRE:

Boys and girls in Grades 5 through 8
ID Code: 0803.401



Tentative Dates: last week of November or the first week of December.
 Tentative days of the week for rehearsal include Friday afternoons and Saturday mornings.

From the first reading to production day, make friends, build your confidence and have a great time!!! Get involved in this mini-musical. Boys and girls in grades 5-8 are invited to take part in a local production and perform for the community.

There is a NEED for assistance in set design and costume creation too.

Fee: ANYONE reading for a part in the musical will be assigned a part fee, to be determined by enrollment.

Contact the Recreation Department to indicate interest no later than MID-SEPTEMBER! Call us now so that you won't forget.

INTRODUCTION TO KNITTING

Youth and Adults @ Yards of Yarn, 80 West Road

Age	Date	Time	ID Code
5th-6th Grade*	Oct. 2,9,16,23	3:30-4:30 p.m.	0811.401
7th-8th Grade*	Oct. 3,10,17,24	2:30-3:30 p.m.	0812.101
9th-12th Grade*	Oct. 5,12,19,26	2:30-3:30 p.m.	0812.102
Adult	Oct. 3,10,17,24	7:00-9:00 p.m.	0813.401

Cost: Youth: \$40/4 classes+\$15 Starter Kit / **Adult:** \$56+cost of materials

Elementary projects: Belt to wear over jeans/headband to match;
 Middle School: Small shoulder bag;
 High School: Winter skull cap and matching cell phone carrier.



***Transportation from respective schools to Yards of Yarn will be arranged.**

**Teen Field
 TV Production
 Workshop**

Ages 13-18

3 sessions, 2-1/2 hours each



Participants will learn to make a TV show on location using cameras, tripods and audio equipment. The concept of this program is to eventually begin filming town-wide activities offering PEG access Channels 5, 17 or 17 as shown on the Comcast Cable Basic Tier.

**Parent & Child
 Studio Production Workshop**

Ages 8-11

3 sessions, 2-1/2 hours each

Participants will learn how to make a TV show in the Community Channel Studio. Children and parents will learn how to run cameras, do graphics, audio and direct talk show programs.

Ages 18 + Over

The Recreation Department's intent is to be able to bring together adults who are interested in TV production with students, to work together in creating community-wide TV programming.

Sessions will begin in early October. Training will be provided by the Community Voice Channel, located at the CVC Studios, 105 Notch Road, Bolton, CT.

Fee: None ID Code: 08130.402

HARVEST FEST

A Town-wide Harvest (Fall) Fest Family Celebration

October 28th at Brookside Park from 10am-12noon

Pre-registration at the Recreation Department is required no later than October 17.

Family donation: **\$10 per family. ID Code: 0810.401**



No age requirement, just the willingness to have fun!! No special skills required, just the interest in enjoying a hayride, participating in a pumpkin decorating contest and partaking in refreshments, highlighted by hot and cold apple cider and donut holes.

Coming Soon! Youth Services Halloween Happenings

Games, Prizes, Crafts and Trick & Treating for 3rd graders and younger. Pre-school and toddlers welcome ~ Adult must accompany children.

ID Code: 1201.401 For information call Youth Services at 870-3130



Date: Oct. 27 ~ 6-7:30PM

at Ellington High School
 \$5per child,
 families of 3 or more \$12

Volunteers Needed!!!! For Halloween Happenings to help decorate, run games and pass out candy.

PRE-SCHOOL - TEEN PROGRAMS

ACTIVITY	ID CODE	DATES	TIME	AGES	FEE	LOCATION
Youth Co-ed Informal Basketball	1101.401	Sept. 28 Oct. 5, 12, 19, 26	5:15-6:30 pm	3-4 Grade	\$5	Middle School
	1102.401		6:30-7:45 pm	5-6 Grade		
	1103.401		7:45-9:00 pm	7-8 Grade		
<u>Tennis:</u> Teeny-weeny & Pee Wee	0508.401	Sept. 30, Oct. 7, 14, 21	10:00-10:45am	3-5 years	\$24 per session	Brookside Park
	0509.401	Sept. 30 Oct. 7, 14, 21	11:00-11:45am	5-7 years		
Make Your Own Puppet	0601.401	Oct. 17, 24, 31 Nov. 7, 14	9:30-10:30 am	3-5 year old	\$25	Arbor Commons
CPOHEART Child and Babysitting Safety Course	1004.401	Session 1: Oct. 3 & 5	3:00-6:00pm 6 hour class	11—15 years Boys & Girls	\$4 Per session	Arbor Commons 2 For all sessions
	1004.402	Session 2: Oct 17 & 19				
	1004.403	Session 3: Nov 7 & 9				
Transportation is not provided to the Recreation Department						
CPR for Infants	1004.406	Session 1: Oct. 9	11:00-12:30 pm	14 & Up	\$35	Arbor Commons
	1004.407	Session 2: Nov 6	5:30-7:00 pm			
Actor's Workshop	0520.401	Session 1: Oct. 16	4:30-7:00 pm	6-11 years	\$30	Arbor Commons
	0520.402	Session 2: Nov. 6				
Scrapbooking	0808.401	Oct. 12	6:30-7:30 pm	7-14	\$15	Arbor Commons
		Oct. 21	10:00-11:00 am			
Youth Multi Sports Night	0515.401	Sept 29 Oct. 13, 27 Nov 3	7:00-8:30 pm	5th & 6th	\$18	EHS
	0515.402	Oct. 6, 20 Nov. 3 & 17		7th & 8th		
After School Bowling Program* (8 weeks)	0516.401	Sept. 27, Oct. 4, 11, 18, 25 Nov. 1, 8, 15	4:00-6:00pm	Grades K-4	\$85.00	Vernon Lanes
	0516.402		3:00-5:00pm	Grades 5-8		
Informal Co-ed Basketball	1119.101	Fridays, starting Sept. 29	7:15-9:00pm	Grades 9-12	\$15	Center School
Indoor Fall Softball Clinics	0517.401	Sept. 29, Oct. 6, 13, 20	6:00pm - 9:00pm	3/4 Grades 5/6 Grades 7/8 Grades	\$5	CLS OR EHS TBA
Intro to Fashion Design	0519.401	Session 1: Oct 23	4:00-6:00pm	Ages 10-14	\$30	Arbor Commons
	0519.402	Session 2: Nov. 13				
Youth Jazz-Ballet Class **	1103.401	Session 1: Oct. 5, 12, 19, 26 Session 2: Nov. 2, 9, 16, 23	5:50-6:30 pm 6:30-7:30 pm	Ages 5-7 Ages 7-10	\$20 Per session	TBD

* **After School Bowling Program:** Children bused from schools to Vernon Lanes. Parents pick up at Vernon Lanes. Fee includes 2 hours of bowling, shoes, bus, and pizza party at the end of program

** **Youth Jazz-Ballet Class:** First 1/2 hour will be designed around basic stretched and intermediate ballet steps, going through the 5 positions of ballet. The second 1/2 will be more up-tempo with a NEW routine taught each week. Wear soft bottom sneakers.

FALL SOCCER 2006

The Recreation Department's Fall 2006 Soccer Program encompasses children ages 4 through 14. The Instructional program is held on Saturday mornings only. The Recreation Division program (grades 3 through 8) has begun practice. Travel Team selections have been completed and teams in the U-10, U-12 and U-14 age groups will compete versus surrounding towns. Late registrations will be accepted for the Recreation and Instructional programs at the Recreation Office. **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' educational training dates; Coaching Coordinators Mike Pantuosco and Laura Mulka will provide training. NO FEE. Pre-registration is mandatory even if you are only available to attend 2 of the 3 clinics. A clinic date will be arranged for the early part and late part of September

Seeking New Referees! We are looking for assistance with recruitment of new officials or individuals interested in becoming an official.

Fundraising Assistance: During the recent budget deliberations the budget reduction has created a financial dilemma the Parks and Recreation Commission is attempting to solve either through revenue enhancements or through community support. This may involve organizing a one-time event like a dance, an auction or charring opening day. Setting up and sustaining a "Friends of Recreation Incorporated Fund" is another goal. Maintaining the continued success of this program while experiencing decreased funding will require increased fundraising and volunteerism. Please check the areas in which you would be willing to help:

Name _____ Address _____

Phone # _____ E-mail _____

Coach/Assist Field Preparation Fundraising Donor Opening Day Chairperson (Sept. 16) Dance
 "Friends of Soccer" Endowment Program Auction Clerical Referee Other _____
 Availability? Days Evenings Weekends

Respond to: 31 Arbor Way, P.O. Box 187, Recreation Dept. Ellington, CT 06029 Email: rtedford@ellington-ct.gov

Questions/Comments: Fundraisings: Laura Mulka, socermama64@sbcglobal.net;
 Coaching: Mike Pantuosco, mikep@paquetteelectric.com.

Tri-Town Tennis (OPEN) Tournaments

The Towns of Ellington, Vernon and Tolland are offering tennis tournaments in many age/grade levels on the following weekend:

Dates: October 7 & 8, 2006 (a rain date to be determined)

ID Code: 0801.401

Eligibility: Legal resident of any of the three communities.

Fee: Singles: \$4 per person / Doubles: \$7 per pair



**Each pair or single required to bring a new can of tennis balls.
 Single elimination, best 2 out of 3 sets.**

Locations TBD: Brookside Park in Ellington, Rockville High School or Henry Park in Vernon, Tolland High School or Crandall's Park in Tolland.

TOPS Soccer**(the outreach program for Soccer)**

The Ellington Recreation Department is seeking Middle School & High School age volunteers in September to help provide assistance with a TOPS Division.

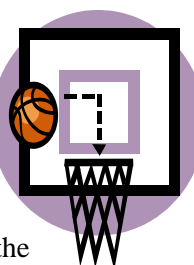
TOPS is open to players who are physically challenged as well as other disabilities. Contact Bob Tedford @ 870-3118

**HOT SHOT BASKETBALL SHOOTING CONTEST**

AT THE ELLINGTON MIDDLE SCHOOL ~ NOVEMBER 18

Each player will have one-minute to shoot from designated "hotspots" placed on one-half of the court. The contest challenges a players speed, shooting, dribbling and rebounding ability. The top scorer moves on to the next level of the contest within Tolland County, and ultimately qualifies for State level qualification. Age corresponds to the age of the child on or before December 31, 2006.

Pre-Registration required no later than November 15

**Boys & Girls**

Age groups:

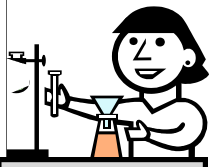
9-10 ID Code: 0802.401

11-12 ID Code: 0802.402

13-15 ID Code: 0802.403

Fee: \$5 per player

Parent/Child portion will be scheduled.



Mad Science After School Program

8 weeks of fun and science

Grades 1-8 Time: 3:15-4:45 pm Cost: \$99

Location: Center, Windermere & Crystal Lake Schools

Windermere: Oct. 5, 12, 19, 26 Nov. 2, 9, 16, 30 ID Code: 0604.401

Center: Oct. 5, 12, 19, 26 Nov. 2, 9, 16, 30 ID Code: 0604.403

Crystal Lake: Oct. 3, 10, 17, 24 Nov. 7, 14, 21, 28 ID Code: 0604.402

Week 1: WATTS UP-Learn about electricity. Make indoor lighting while conducting hair-raising experiments with a electro-static generator.

Week 2: MAGNETIC MAGIC-Investigate the powers and daily uses of magnets. Take home your own floating magnet kit!

Week 3: OPTICAL ILLUSIONS-Build your own periscope. What celebrity images change before your every eyes!

Week 4: SONIC SOUNDS-Discover sound and the way household items can be used to create amazing movie effects. Use a multi-effects processor to make a cassette tape of your own cool special effects.

Week 5: SLIME-Explore the exciting world of polymers and the chemical reactions used to create silly putty.

Week 6: TANTALIZING TASTE-Experiment with taste sensations while mapping your tongue. Carbonate and taste your very own soda pop.

Week 7: HARNESSING HEAT-Witness a mini rocket launch. Turn solid candy into floss and make your own cotton candy.

Week 8: LIGHTS COLOR ACTION-Build your own Newton color wheel

Journey Adventure Program



Age: 6th grade Fee: \$35

ID Code: 1201.403

Place & Time: students bussed from
Windermere to Middle School
Parent pick up at 4:30 pm

Dates: Oct. 10, 12, 14, 17, 19, 24, 31

Experiences that will teach responsibility, and respect for self, others and surroundings. Your children will have fun and rewarding time in active game playing while learning and laughing. Topics include: Creative problem solving, decision making, leadership, teamwork, communication, relationships and relaxation techniques. The students participate in a high ropes course in Bristol CT. Additional forms will be need for the high ropes course. They will be mailed to your home when you are registered.

Instructors: Chantal Haracsy, Catherine Lebron, Margie Girardi

In Between: Not a little girl...but not yet a teenager



Age: 5th & 6th girls Fee: \$10

Time: 5:00—6:00 pm

Dates: Nov. 13, 20, 27 Dec. 4, 11, 18

Location: Arbor Commons

ID Code: 1201.405

A group for girls, a fun, safe place to discuss the issues pre-teens are facing today including, peer pressure, body image, relationships, feelings and friendships. There will be discussions, media and hands-on activities used through out the program. Instructor: Diane Lasher-Penti

FRIDAY NIGHT DOWNHILL SKIING SNOWBOARDING

@ Mount Southington



Registration begins on NOV. 1ST. An updated registration packet will be sent through the public schools and also will be posted on the Town of Ellington website.

Tentative dates: Jan 14, 28 Feb. 11, 20

Time: 10 am-6 pm ID Code: 0804.101

Rentals of skis/snowboards/boots are separate from the registration fee.

Fees to be determined. Fees are not adjustable or pro-rated.

FREE skiing for chaperones! If you are interested in chaperoning, call the Recreation Department at 870-3118.

A minimum of 30 registrants will be required in order to provide bus transportation.

Choices for 3rd & 4th Grade

Boys:

Age: 3rd & 4th grade boys Fee: \$10

ID Code: 1201.404

Place: Arbor Commons Time: 5-6pm

Dates: Sept. 25 Oct. 2, 16, 23, 30 Nov 6

The Children will have fun and enriching time while strengthening essential life skills. The skills being focused on will be; communication, gaining self confidence, control and dealing with emotions, learning how to appropriately express yourself and leadership.

Instructor: Diane Lasher-Penti M.S.

Family Fun & Safety Day

September 22

9:00-Noon ~ Brookside Park

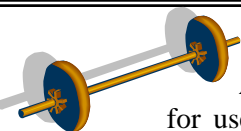
Fee: \$5 per family

ID Code: 1201.402



Activities Include: Bike Safety Rodeo, Car Seat Check, Bounce House, Face Painting, Balloon Animals, Kick Ball, Tug of War, Penny Pitch and much more!

This is a teacher in-service day, so enjoy some safe family fun. **Please bring a canned food item to donate to the town's food bank.**



WEIGHT TRAINING FACILITY

Pre-Registration is required

A renovated strength and conditioning facility at Ellington High School will be available in October for use by Ellington residents 14 years and up. The facility features a complete line of new equipment including: A Smith machine, squat and hack squat racks, a calf machine, 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.

Open use at the Fitness Center during the hours and dates posted will be in effect unless the size of the facility does NOT allow for adequate use by the registrants. If that occurs, the Town of Ellington reserves the right to readjust the scheduled use of the facility and may implement a specific time frame/pre-registration format, on a weekly basis. Further, the Town of Ellington reserves the right to reduce or revamp the Fitness Center's operational hours based on the actual number of registrations and payments received. Revenue collected for the operation of the Center will cover the costs of staffing the facility and contributing toward the upkeep of the equipment.

Session 1: Oct. 3, 5, 10, 12, 17 **ID Code: 0116.401**

Session 2: Oct. 24, 26, Nov. 1, 3, 7, 9 **ID Code: 0116.402**

Time: 7pm-9pm **Ages:** 14 and up **Fees:** \$25/session

Saturday hours starting December 10...

Check the website www.ellington-ct.gov for details

High School Students Only

Students ages 14-18 on Fridays from 8-9:30pm.

Not sure what the lifting craze is all about? We can assist you in developing a workout to help you achieve your strength or toning goals. What are you waiting for?

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 October 9, 23; November 10, 22, 23, 24; December 24, 25; January 1, 15; February 19; April 6**
- **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.**

Pilates

Mondays, 7:30pm - 8:15pm @ Center School

Session 1: Sept. 25 Oct. 2, 16, 30 **ID Code: 0117.401 Fee:** \$30

Session 2: Nov. 6, 13, 20, 27 Dec. 4, 11 **ID Code: 0117.402 Fee:** \$40

With an emphasis on breath, core conditioning and body awareness, Pilates exercise is a safe and effective way to stretch, strengthen and streamline your body. The perfect complement to cardiovascular exercise. Bring a sticky mat, water bottle, and stability ball. Instructors: Joanne Britton & Davender

Fitness Fusion

Wednesdays 7:30-8:30 @ Center School

Session 1: Oct. 4, 11, 18, 25 Nov. 1, 8

ID Code: 0118.401

Session 2: Nov. 15, 22, 29 Dec. 6, 13, 20

ID Code: 0118.402

Fee: \$40 per session

This intelligent workout focuses on a strong, centered, well coordinated trunk so that athletes and exercisers alike can perform activities safely and effectively with more strength, balance and control. The workout combines cardiovascular, strength, endurance, conditioning and resistance training components to improve the way your body looks, moves and feels...faster than you thought possible. Bring a sticky yoga mat, water bottle, stability ball and /5, 8 and/or 10lbs weights. This equipment may be kept at Center School. 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 6-Sept 21 **ID Code: 0119.401**

Session 2: Sept. 28-Nov. 2 **ID Code: 0119.402y**

Session 3: Nov. 9-Dec. 21 **ID Code 0119.403**

Fee: \$40 per 6-wks

Come see for yourself why millions of Americans practice Yoga regularly. 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.



Recreational League Basketball —Grades 3-8

Registration: October 2—November 27

Recreational League Fees: \$60—(1 child); \$100—(2 children); \$135—(3 or more in family)

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.
 - 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 2, 2006

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

Registration: October 2-December 1

Program Dates: Dec. 9, 16, 23, 30; Jan. 6, 13, 20, 27; Feb. 3, 10

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

Boys & Girls @ Ellington Middle School	ID Code	Time
2nd graders (as of 12/31/06)	1110.101	8:30 am— 9:30 am
1st graders	1111.101	9:30 am—10:30 am
Kindergarten	1112.101	10:30 am—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 Central Connecticut Board (#6) of approved (IAABO) basketball officials organization will be providing clinicians/rule interpreters for the classes. The classes are slated to be held between the second week of November 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 November 30.**

Travel Team TRYOUTS will be held between **October 16 and November 9.** 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:

\$125 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.

Introductory Lacrosse Clinics & Parent Meeting

Grades 3-8

Co-ed clinics that will concentrate on the basic fundamentals and each child will be provide with some off-season workout drills.

A brief parents meetings will be held at the conclusion of the clinics with agenda covering: winter indoor clinics and the proposed Spring/2007 season. The recreation department would like to offer teams in grades 3 though 8 for both boys and girls in the spring.

Parental assistance is needed in order for the program to expand. Please contact Bob Tedford at the recreation office if you are interested in assisting or have suggestions relative to fundraising or equipment/uniform support.

Grades 3-8

Fee: \$30

Time: 11am-12:30pm

Dates: Sept. 23, 30
Oct. 7, 14, 21, 28

Place: Brookside Park

Instr.: EHS Lacrosse
Coaching Staff

ID Code: 0501.401



Saturday Workouts

The Ellington Recreation Department in conjunction with Alpha Fitness present a series of six weekend workouts. The outdoor co-ed group sessions will take place on **Saturday mornings from 9-10:30 am** beginning September 9. Each session has a different training theme and venue. Participants should be able to jog two miles in order to complete these fun and challenging workouts. Carpooling opportunities will be available.

- September 9 Football workout**
- September 16 Volleyball Conditioning**
- September 23 Beach Workout**
- September 30 Boxing Workout**
- October 7 Boot Camp Workout**
- October 14 Hike-Climb-Run Workout**

Complimentary fitness assessments are offered at the Alpha Fitness studio. These assessments include three body composition tests; a 14 point flexibility evaluation and cardiovascular endurance, strength, core stability and body alignment tests. Results are used to develop training goals and recommendations for changes in lifestyles, nutrition and fitness.

To register for the Saturday workout series or to make arrangements for a complimentary fitness assessment, Call Joanne Britton or Doug Dorsey at Alpha Fitness: 860-432-9997

Age: 14+ Up

Nutrition for Athletes Seminar

Date: October 25

Time: 6:30-8pm

Place: Windermere School

Fee: \$5 per family

ID Code: 1103.403

Athletes: nutrition and the role it plays in the overall health, hormone balance, energy level, and cognitive ability (think) behavior, athletic ability and performance (hand/eye coordination) healing ability (sickness and injury), etc.

The points of emphasis will revolve around providing children and parents with some clear information on how their everyday eating/nutrition habits contribute to all these aspects of their lives and health.

Pre-registration required.

Presenter:
Gene Gresh,
R.Ph., FIACP





Farmers Market
Every Saturday through
October 14
Arbor Park (Main Street)
9 AM—NOON
 Any questions, call
John Hoffman @ 872-8686



**TOWN OF ELLINGTON
 HOLIDAY SCHEDULE**

The Town Hall will be closed on the following dates:

- Oct. 9 Columbus Day Holiday
- Nov. 10 Veterans' Day Holiday
- Nov. 22 Closed @ Noon
- Nov. 23* Thanksgiving Day
- Nov. 24 Thanksgiving Holiday
- Dec. 25* Christmas Day
- Jan. 1* New Years Day

* Rubbish collection will be delayed one day.



Bus Trip: Salem Fright
Sunday, October 29, 2006

Departure Time: TBA
 Fee: \$60 per person
 ID Code: 0811.401

Enjoy an early Halloween in Salem, Massachusetts—a Town filled with witches and wonders for ALL ages, youth and adult alike!! A very unique way to celebrate the 2006 version of Spookyland. The trip includes transportation and admission to three Salem attractions:

- ◆Museum of Myths & Monsters
- ◆Hollywood House of Wax
- ◆Museum of Hawthorne & Poe

Children under 18 years of age must be supervised by an adult.

Blood Drive: October 14, 2006 ~ 8:00 AM—1:00 PM



Windermere School, 2 Abbott Road, Ellington, CT

CALL 1-800-GIVE LIFE (1-800-448-3543)

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

A copy of this newsletter is available online ~ log onto

www.ellington-ct.gov

We received only a few responses to our survey regarding distributing The Ellington Connection online vs. U.S. Mail; therefore, no changes will be made in the distribution of our newsletter.

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

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 55 Main Street
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 Ellington, CT 06029

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