

Hebron

VIEWS

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Volume 2 • Issue 3
Fall 2018



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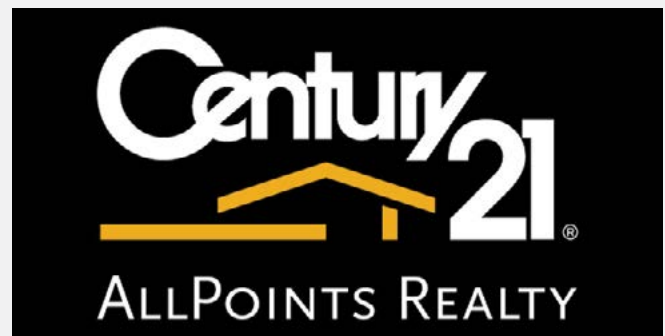
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2018 VIEWS Schedule

4th Q/18

COLUMBIA: Ad Deadline 9/28/2018
Mailed Week of 10/22/2018

HEBRON: Ad Deadline 11/2/2018
Mailed Week of 11/26/2018

MANSFIELD: Ad Deadline 11/23/2018
Mailed Week of 12/10/2018

1st Q/19

COLUMBIA: Ad Deadline 1/4/2019
Mailed Week of 2/4/2019

HEBRON: Ad Deadline 2/8/2019
Mailed Week of 3/4/2019

MANSFIELD: Ad Deadline 3/8/2019
Mailed Week of 4/1/2019

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FROM THE TOWN MANAGER

DEAR HEBRON RESIDENTS:

Hebron continues to be a great place to live and work. We are fortunate for our parks, airline trail and open space that gives us our rural character. Another wonderful asset is our school system that attracts many people to move here. Along with the rolling hills, the farms and two beautiful golf courses are just a few more attributes that make this a wonderful part of Tolland County.

As Fall approaches Hebron will come alive with numerous events offered this season, a few that are noteworthy, as you may read in other areas of this edition.

- Hebron Day Celebration — Free event at Burnt Hill Park with games, music, a car show, road race and flea market just to mention a few of the activities.
- Back to School — A new school year begins this month and our school administration, teachers and students will be back in a routine soon.
- Hebron Harvest Fair — An annual event since 1971, The Hebron Harvest Fair has grown to become one of the largest agricultural fairs in Connecticut with unique attractions, fan favorite food and four days of fun. The Hebron Harvest Fair is produced by the Hebron Lions Agricultural Society. This year LOCASH, a country music duo, will be the main music entertainment. LOCASH will be rocking the Hebron Harvest Fair on Sunday, September 9th.
- We Are Hebron — a Citizen's Leadership Academy that will help educate and recruit new town leaders and instill pride in citizens of what Hebron is and where it is going. There is a wealth of talent in the Hebron community waiting to give to the town. Often, citizens do not know how to offer their talents to help the town. The purpose of this program is to tap this wealth of talent by providing a course on leadership.
- Harvest Moon Happenings — welcome the coming of Fall with activities for the whole family. Get out and explore the center of town while celebrating the Harvest Moon!
- Government elections — The 2018 Connecticut gubernatorial election will take place on November 6, 2018, to elect the next Governor and Lieutenant Governor of Connecticut, concurrently with the election of Connecticut's Class I U.S. Senate seat, as well as other elections to the United States Senate in other states and elections to the United States House of Representatives and various state and local elections.

These are just a few of the many events that Hebron has to offer the community. We look forward to a bountiful Fall season.

Sincerely,

Andrew J. Tierney
Town Manager

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WITH THE NIGHTMARE of the 2017-2018 fiscal year budget behind, so begins the process of the 2018-2019 budget. Hopefully all our residents are enjoying a relaxing summer!

With the adoption of the Town 2018-2019 budget of \$35,799,365, please bear in mind that the Town reduced its operating costs by \$395,862. We have once again eliminated some staff and combined responsibilities that may affect services. Everything will be a work in progress and staff will continue to present our community with all that is required and requested in our usual professional and efficient manner. To date, the State has left proposed grant revenues intact with no reductions. However, it is an election year and with new Officials taking office anything can happen.

The Finance Department would also like to inform all taxpayers that the Town of Hebron has once again been awarded the Certificate of Achievement for Excellence

in Financial Reporting by the Government Finance Officers Association for its comprehensive annual financial report (CAFR) for the fourteenth consecutive year. This award is the highest form of recognition for governmental accounting and financial reporting and its attainment represents a significant accomplishment by a government and its management. A lot of hard work goes into maintaining a strong, precise general ledger and adherence to Municipal and Governmental policies and procedures. We pride ourselves in our performance.

On October 17th, the Finance Department shall participate in the “We are Hebron Civic Leadership Academy” in an attempt to further educate our residents with a better understanding of Municipal Government. Please watch for the various notifications involving this program scheduled to begin the week of September 26th. Come talk with staff!



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RECYCLE SMART — AND HELP AVOID FEES

The Town of Hebron was recently put on notice by Willimantic Waste, our trash and recyclables contractor, that we need to do a better job keeping unacceptable items out of our recycling bins. Currently, we are paid \$15/ton of clean recyclables to offset the cost of hauling our trash. If we continue to send contaminated recyclables, Willimantic Waste will begin charging us \$100/ton of recyclables for sorting at their facility. That’s a huge price increase that we don’t want to see happen!

The term “contamination” means non-recyclable goods that are thrown into recycling bins like plastic bags, styrofoam and dirty containers. The problem with contaminated recyclables is two-fold. First, the materials lose their value and potential for reuse in down stream markets. Second, the sorting process is completely halted when things like plastic bags become wound in the machinery and must be manually removed (see photo). Phoenix, AZ recently estimated that they spend \$1 million in lost labor per year simply un-clogging the machines.

Luckily, there are a couple easy steps we could take to keeping our recycling rates the same. To start, rinse all containers before throwing them in the bin. Next, only put items that you know for sure belong in recycling (see chart, keep for reference!) Finally, don’t put ANY plastic bags or plastic film/wrap in the recycling bin. This includes Ziploc bags and air pillows from your Amazon packages. It may be marked with the recycling logo but it has to be handled separately. Ted’s has plastic film receptacles (white boxes) by the shopping carts. Or, take it a step further and consider reusable options for plastics around your home, like reusable shopping bags.

Let’s get it together to avoid these fees and thank you for helping keep Hebron Green! If you have any questions, please contact the Hebron Green Committee at hebrongoesgreen.com.

HEBRON RECYCLES	What’s IN	What’s OUT	
	PAPER	Cardboard & boxboard Food & beverage cartons Junk mail/phone books (<i>no wrap</i>) Magazines/newspapers Soft and hard covered books Office paper (<i>staples are ok</i>) Broth boxes, milk cartons Pizza boxes (<i>empty, no grease</i>)	Wrapping paper & gift bags Ice cream containers Paper cups (<i>hot or cold</i>) Shredded paper Take-out food containers Tissue or toilet paper Paper towels Paper hot coffee cups
	PLASTIC	Plastics #1-5 and #7 (<i>no #6 which is styrofoam</i>) Plastic bottles (<i>with or without caps attached</i>) Plastic containers, tubs & lids	NO PLASTIC BAGS/plastic wrap Loose bottle caps Plastic plates, bowls & utensils Prescription bottles Single-use coffee cups Styrofoam cups, containers (#6) Packaging peanuts/air pockets No coffee lids or any straws
	METAL	Aerosol containers (<i>food grade only</i>) Cans and foil containers Aluminum foil (<i>clean and balled</i>) Catering trays (<i>rinsed and clean</i>) Metal lids from jars Reusable metal water bottles	Aerosol containers (<i>deodorizers, cleaners, pesticides, etc.</i>) Paint cans or batteries Pots & pans Small pieces of scrap metal Spiral wound containers (<i>Pillsbury biscuit/roll containers</i>)
	GLASS	Beverage bottles & jars Food bottles & jars	Ceramic mugs & plates Drinking glasses Candle or window glass Lightbulbs

Don't forget! All items must be rinsed, clean and open.



Employee (yellow shirt) removes plastic film from sorting machine.

INVASIVE INSECTS AND ROADSIDE TREES

Have you noticed that there are more trees that seem to be dying lately? Our town, like many in the area, has been experiencing the effect of the Gypsy Moth Caterpillar and the Emerald Ash Borer. It is easy to see the increase of dying trees in our back yards and along the roadsides. Approximately four years ago, the Emerald Ash Borer was determined to be present in Hebron. This is a non-native, invasive insect that was found in the United States, first in the Midwest, and has since migrated to the East. It is presumed that this happened through the movement of firewood, packaging materials and nursery goods. According to the DEEP, their diet consists of Ash trees almost exclusively. Once they have infected a tree, we can expect to see the die off in the crown of the tree in as little as nine years. With the help of two of our local arborist's, Distinctive Tree Service and Connecticut

Landscaping, we have inventoried our roadside ash trees so that we can better plan for future vegetation management. This inventory has determined that the Public Works Department has approximately 2300 Ash trees in various sizes that it will someday have to remove if they should die due to the Emerald Ash Borer. We can also see the effect of the Gypsy Moth along the roadside with the die back of the White Oaks. The Connecticut Agricultural Experiment center states that "they will feed on a wide diversity of trees and shrubs but Oaks are their preferred food plant". They can consume as much as one square foot of leaves per day. Our region has shown a major defoliation of trees by the Gypsy Moth. Some of the trees will regrow their leaves, but consistent outbreaks will eventually kill some of the trees. These are just two of the challenges we as a town face when managing our roadside forest. The Public Works Department will continue to address these problems as needed, and plan for other issues as they arise.



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FROM THE ASSESSOR

SEPTEMBER THROUGH FEBRUARY is the busiest time within the Assessor's Office. October 1st is the assessment date which means that collecting data for improvements to real estate, and compiling both the motor vehicle and personal property lists is done over a short period of time. There are also quite a few filling deadlines for such things as; classification of land under PA490 (Farm & Forest) Sept. - Oct., veterans exemption by Sept. 30th, blind and totally disabled by Oct. 1st and farm building exemptions by Oct. 31st. Personal Property Declarations are sent out to businesses and due by Nov. 1st.

Also during October we receive the motor vehicle supplemental list for vehicles that were registered after the previous Oct. 1st assessment date. Pricing and adjustments to this list needs to be complete by early December so it can be forwarded to the Collector for bills. Once the supplemental list is done, we receive the regular motor vehicle list during the first week of December and that list gets prepared for the January 31st deadline of signing the Grand List. After the Lists are completed, notice must be sent to property owners that had an increase on either real estate or personal property. Reports are compiled for the Board

of Selectmen, Board of Finance and the State of CT Office of Policy and Management.

Reminder; a motor vehicle that had been disposed of or registered out of state after October 1, 2017 may be entitled to a pro-rate on the tax bill. The bills that were due July 2018 are for vehicles registered from October 1, 2017 through September 30, 2018. If you disposed of or registered a vehicle out of state, AND canceled the license plates any time during that assessment year, in order to have your bill pro-rated we require copies of the canceled plate receipt AND some form of documentation as to what happened to the vehicle. Please note that the DMV DOES NOT notify this office when the marker plates are canceled. As per §12-71c(b); in order to get a credit, documentation must be provided by December 31st immediately following the end of the assessment year which next follows the assessment year in which such vehicle is disposed of, ie.: for credits on the October 1, 2017 list, documentation must be received by December 31, 2019.

As always, the staff in the Assessor's Office is available to answer any questions or concerns you may have regarding the assessment process.



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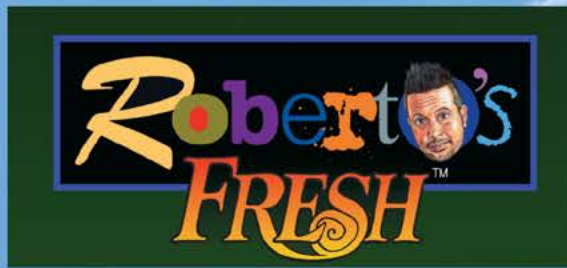
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ALONG WITH THE TAX COLLECTOR the municipal clerk is one of the oldest of public servants in local government. The profession traces back before biblical times and even before the written word there were “rememberers” whose memory served as the official public record. Because clergy during the middle ages were scholars whom could read and write they could serve as secretary, notary, account and recorder. The title “clerk” is derived from the Latin clericus or clergy.

So it is the Clerk of the town who is the keeper of the records. And hence to present day we find thousands of records in the vaults of the Town of Hebron. History hidden on sheets of paper pressed between bound and aged covers. The knowledge of those words remains undiscovered until curiosity chances upon one who will take the time to open those pages and read the faded letters which turn into words which turn into stories, some which are very remarkable.

One such book found in the archives of the Town Clerk’s vault is a non-descript journal in green with the title “Hebron Recreation Council - 1967-1971 - Minutes of all meetings - Helen Hovey, Sec.” Upon opening the blue lined journal the very beginnings of the now and ever popular Hebron Harvest Fair unfolds.

The council convened their first meeting at the house of Mrs. Richard Aiken on March 31, 1967. There was the usual talk most recreation committees undertake; land acquisition, sports, equipment needs, dances, swimming, open space, teen centers. In June, of that year they voted and accepted a mission statement or motto as they referred, “May the link never be broken”.

In July 1967, the council first talked of a Harvest Festival. The intent was to produce some money to benefit the town’s recreation organizations and to establish an annual community event. Minutes show that initially there were two locations for the festival. Dancing was very important during the late 1960’s. Its popularity would draw a crowd and the early scheduled fairs had dances planned for both nights. A teen dance one evening and square dance the next. Ultimately, Gilead Hill School was chosen solely on the fact it provided a better dance floor.

With less than two months to prepare the Recreation Council scheduled the fair for September 20 & 21,

1968. A faded hand-typed half-sheet flyer indicates it was held on Friday from 6 pm – 11 pm and on Saturday from 10 am – 11 pm. Door donation was 10 cents and parking free!!! The flyer promotes A COUNTRY FAIR WITH PONY RIDES, DANCING AND GOOD FOOD. FUN FOR THE WHOLE FAMILY!! And each night a drawing was held with the winner needing to be present to collect the prize.

The first Harvest Fair was a natural success. Plans for the 1969 fair initiated and there was debate of changing the fair to the Fourth of July. Ultimately, it was decided that the holiday and the fair should be independent of each other.

For the next two years the council continued to work hard making necessary changes to improve areas. Council members were asked to bring their own picnic tables, they hung flood lights on the school roof to better illuminate the midway, hired a uniformed constable to oversee the drinking at teen dances, and they considered supplying telephones. Members suggested adding a firework show, sky divers, peanut hunts, renting a merry-go-round, and selling crab cakes and cider. They also discussed providing more pies for the revered pie eating contest, asked vendors to supply their own waste receptacles and their own lighting above the one bulb furnished by the council.

The American Legion served food and sold jewelry. Gilead Men’s Fellowship sponsored a sit down meal consisting of baked beans, ham, coleslaw, rolls and coffee or milk. The band “Fire and Ice” was paid \$40 to play on Friday night for the teen dance and the Marlborough Fife and Drum made an appearance. Door prize tickets sold for 10 cents or 3 for 25 cents. The big door prize was a 14-inch portable television and second prize was a radio, though we aren’t sure if the council chose a battery operated or electric.

Even a Fair Queen contest was held those first few years. Pictures of the contestants were displayed with containers. The picture that produced the most coin would be crowned winner by the first selectman Aaron Reid.

Though there was no mention in the minutes to the numbers in attendance it obviously grew each year. Residents from New York, New Hampshire, Rhode Island, Vermont, and other surrounding states attended to participate in contests and be vendors.

After the third Harvest Festival in 1970, there was exchange between the remaining active members of inviting groups to manage specific activities. They had concerns that the fair might dissolve because they could not manage the fast growth and popularity. Their motto, established early on, was to keep the link unbroken. Their charge of providing a “fun affair to the town, where its groups could raise money and the Town’s people got together” was in jeopardy. It was brought to the attention of the council that the Lion’s Club was interested. Initially, many of the council members were not in favor of any group taking full control, but on February 24, 1971, by unanimous vote the Recreation Council gave the responsibilities of the Harvest Fair to the Lion’s Club.

The link is still unbroken as the Hebron Lion’s Club works their magic each year as one of the largest agricultural fairs in Connecticut, setting attendance records, and booking award winning country performers. From its small, modest beginnings to present day extravaganza, long time secretary, Helen Hovey, wrote, “I do hope that someday the Lion’s Club and the people of Hebron will realize it was a handful of public spirited people that started this event.” Maybe now they do! And just think all of this knowledge from a book stored in the Clerk’s office.

It must be noted that the Recreation Council and the Hebron Recreation Commission were two separate entities. The Hebron Parks & Recreation Commission was established in 1968 and members were appointed by the Town. The Recreation Council was a small group of individuals that tasked themselves with providing activities for youth and adults in our town.

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THE HEBRON MAPLE FESTIVAL will be held this spring on March 16 & 17, 2019. We are currently organizing events and vendors to make this year's festival as maple-y as possible. If you are interested in helping us make this fun and yummy event a success by sponsoring it, taking out an ad in the recipe book/

program or would like to be a vendor, please visit Hebronmaplefestival.com or call the Chamber of Commerce at 860-423-6389. Hebron businesses and organizations have a priority registration period until October 1, 2018. Let's celebrate Hebron and everything maple!!!!

WE ARE HEBRON

THE WE ARE HEBRON CITIZENS LEADERSHIP ACADEMY begins with its first workshop on September 26 and is seeking citizen participants. There will be eight sessions through the fall focusing on town government, budget, taxes, schools, planning and economic development, police and fire and other services. *We are Hebron* is an interactive experience in which the fifteen citizen participants will meet the town leaders including the town selectmen, town manager, town planner and finance director, school superintendents and members of the commissions and boards that make up town government. If you have questions about your taxes, the town plan or where Hebron is going in the next 20 years, sign up to participate in the first *We are Hebron* Citizens Leadership Academy. Applications can be found at hebronct.com or by stopping by the town office.

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RESIDENT STATE TROOPER

RECENT CAR BREAK-INS: As many of you know the Town of Hebron was one of several area towns that recently was subject of cars being gone through and some were stolen. This message is a reminder of things you can do to help protect yourself and your property.

“Vehicle theft is a crime that hurts consumers and the economy,” said Heidi King, NHTSA Deputy Administrator. “Lock your doors and never leave valuables inside, especially if they can be seen from outside the vehicle.”

Don't leave anything on display in your car. Even an old coat on the back seat is a temptation for someone to “smash and grab.” Thieves steal first and think about value later. Thieves will smash a car window just to look inside a bag or box to see if it contains anything of value. Even if it contains nothing, you will be left with a broken window or door lock. Take all your belongings with you when you leave the car.

Thieves are particularly attracted to:

- Cell phones, GPS receivers, laptops and iPods (or any other type of easy to sell electronics)
- Checkbooks, credit cards and debit cards or Cash (including loose change in the ashtray)
- Wallets and purses

Don't make the mistake of thinking that because you live in a low crime area, you can leave items in your car or leave car doors unlocked. Don't leave garage door activators in your parked car. Thieves will have easy access to your garage and sometimes your entire home if the door from the garage into your home interior is unsecured.

When you leave your car, always remove the ignition key and lock all doors. It only takes a few seconds for a thief to jump into your car and drive away. Follow this routine all the time, even when filling your car up with gas or just running into the store for a moment. At home, always keep your car keys in a safe place that is out of sight and away from windows and doors.



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LOW RATES FOR GOOD DRIVERS



NEW EQUIPMENT: Hebron Police recently received our new Emergency Messaging Board/ Speed Sign Trailer. This trailer will be available to be used by many of the town departments including Public Works, Parks and Rec, Town Hall and CERT. We are working on a consistent location that the sign will be located in an emergency so the town can provide the residents with important up to date information. You will also see the trailer around town reminding you of the speed limit and your speed. You may see the trailer being used by Public Works to provide signage during construction and other departments for important messages throughout the year.

Social Media: Stay UP TO DATE!! In today's fast paced world we try to reach people in many ways. Currently the Hebron Resident Trooper's Office is on Facebook @hebronrt Hebron Resident Troopers Officer, Connecticut State Police, on Instagram @hebronrt_csp and on Twitter @HebronRT_CSP. Please feel free to Like and Follow us on social media. Stop in our office or if at RHAM, SRO Martinez's office and say Hi.

CONTACT INFO:

Hebron Resident Trooper Greenwood
860.228.3710 (O)
860.465.5455 X4022 (VM)
dgreenwood@hebronct.com /
daniel.greenwood@ct.gov (emails)

Hebron Sergeant Marc Rubera
860.228.3710 (O)
mrubera@hebronct.com / (email)



Hebron Officer James Tilley
860.228.3710 (O)
jtilley@hebronct.com / (email)

RHAM SRO Ricardo Martinez
860.228.9474 (RHAM HS)
ricky.martinez@rhamschools.org / (email)



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HEBRON STAFF DIRECTORY

Town Office Building

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Phone: 860 228-5971

Fax: 860 228-4859

Monday–Wednesday 8:00 a.m.–4:00 p.m., Thursday 8:00 a.m.–6:00 p.m., Friday 8:00 a.m.–1:00 p.m.

Town Manager	Andrew Tierney	atierney@hebronct.com	x122
Director of Administrative Services	Donna Lanza	dlanza@hebronct.com	x130
Finance Director	Elaine Griffin	egriffin@hebronct.com	x131
Town Planner	Michael O’Leary	moleary@hebronct.com	x137
Building Official	Randy Blais	rblais@hebronct.com	x142
Sanitarian/Health District	Steve Knauf	steve.knauf@chathamhealth.org	x140
Wetlands Enforcement Officer	John Soderberg	jsoderberg@hebronct.com	x139
Assessor	Debra Gernhardt	dgernhardt@hebronct.com	x147
Tax Collector	Adrian MacLean	amaclean@hebronct.com	x146
Office of Emergency Management	Paul Bancroft	oem@hebronct.com	x136
Town Clerk	Carla Pomprowicz	cpomprowicz@hebronct.com	x124
Animal Control Officer	William Bell	wbell@hebronct.com	x150

Public Works Department/Transfer Station	550 Old Colchester Road		860 228-2871
Public Works Director/WPCA Administrator	Kevin Kelly	kkelly@hebronct.com	x260

Parks and Recreation Department	148 East Street	860 530-1281	
Parks and Recreation Director	Richard Calarco	rcalarco@hebronct.com	x230

Douglas Library of Hebron	22 Main Street	860 228-9312	
Library Director	Amanda Brouwer	abrouwer@hebronct.com	x316

Russell Mercier Senior Center	14 Stonecroft Drive	860 228-1700	
Senior Services Director	Sharon Garrard	sgarrard@hebronct.com	x203

Hebron Police Department	44 Main Street	hebronpolice@hebronct.com	860 228-3710
Resident Trooper	Daniel Greenwood	dgreenwood@hebronct.com	

Hebron Fire Department	44 Main Street	firedept@hebronct.com	860 228-3022
Fire Chief – Nick Wallick			x160
Fire Marshal Randy Blais		rblais@hebronct.com	x267

Housing Authority	860 228-4411
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Glastonbury Hebron Probate Court	860 652-7629
2155 Main Street, Glastonbury	

Chatham Health District	860 365-0884
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Water Pollution Control Authority	860 228-2871
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Public Schools	
Superintendent of Schools – Hebron BOE	860 228-2577
Superintendent of Schools – RHAM BOE	860 228-2115

RHAM Senior High School	860 228-9474
85 Wall Street	

RHAM Senior High School	
Guidance Department	860 228-9446

RHAM Middle School	860 228-9423
25 RHAM Road	

Hebron Elementary School	860 228-9465
92 Church Street	

Gilead Hill School	860 228-9458
580 Gilead Street	

AHM Youth Services		860 228-9488
25 Pendelton Drive		

Hebron Interfaith Human Services (Food Bank)		860 228-1681
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Douglas Library	22 Main Street	860 228-9312
Monday and Wednesday	12:00–8:00 p.m.	
Tuesday and Thursday	10:00 a.m.–8:00 p.m.	
Friday	12:00 Noon–6:00 p.m.	
Saturday	10:00 a.m.–3:00 p.m.	

Hebron Post Office	93 Main Street	860 228-6904
Daily 8:30 a.m.–5:00 p.m. (Closed for Lunch 1:00–2:00 p.m.)		
Saturday 8:30 a.m.–12:00 noon		

Amston Post Office	540 Church Street	860 228-3671
Daily 8:30 a.m.–12:30 p.m. Saturday 9:30 a.m.–1:00 p.m.		

THE TOWN CENTER PROJECT

WE WON!

The AARP 2018 Community Challenge, that is. This annual nationwide program that provides “quick-action” grants to make communities livable for all ages, received 1600 applications, they selected 129 winners, and ours was one of three grants awarded in Connecticut. We are thrilled and excited, not just for winning but for the positive publicity and recognition it will bring to Hebron.

Our “Take a Seat” proposal is to install a dozen “Adirondack-style” chairs in Hebron’s town center. Like the well-known “Cow Parades,” other decorated sculptures are becoming an attractive addition to the landscape. Our application chose chairs—not just for pretty but because they’re practical and useful.

Shown here is the unpainted chair design, and sneak peeks at some of the artwork by local artists, but you will have to come into Hebron’s center for our launch celebration on September 15 at 10 a.m. to see the final display.



A whole lot of people helped: Mike O’Leary, our Town Planner, wrote the critical parts of the application. The donated chair design (dubbed, “The Hopkins”) is from Irving Hopkins of Mystic/Glastonbury, a retired Chemistry professor from Mitchell College.

Paul Baker, General Manager at Country Carpenters, cut the lumber and provided instructions, a construction template, plus a sample chair! Les and Phyliss Kurz primed the chairs, and Scout leader Jason Pueschel, with Nathan Wheeler and Adam Lemieux, and parents, Todd Wheeler, Sara and Eric Lemieux, assembled them and Board member Susan Young and Bruce Olmstead, Kevin McDonnell, and Stu Alexander helped to screw in the 1352 screws of 4 different sizes!

Finally, with the help of Parks & Rec and Public Works, the chairs will be installed. Please visit our Facebook Page or website (www.thetowncenterproject.org) for updates and do come to town and “Take a Seat!”

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“One of the greatest dignities of humankind is that each successive generation is invested in the welfare of each new generation.”

–Fred Rogers

It is with great anticipation that I write this article several weeks prior to the start of our school year. For this year’s Hebron Views back-to-school edition, I would like to take this opportunity to thank the community of Hebron for its continued investment in the welfare of our children. In addition, I would like to highlight several of our new initiatives that we hope will exceed High Expectations and secure the Bright Futures of our students.

As I have noted on many occasions, Hebron is a very special community because of the opportunities it makes available to its residents. I feel very fortunate to be serving as your superintendent of schools, and I can only hope that you view the efforts of our BOE, faculty and staff, and our partners in education as beneficial to the quality of life the community of Hebron provides to its residents. The vibrancy and attractiveness of the town is the result of the hard work and dedication of many, and we recognize the role our school district has in supporting the many agencies, departments, and volunteer committees that represent the interests of Hebron residents.

Each year, the administration of the school district provides an annual “Year in Review” during the September Board Of Education meeting. Over the past several months, we have been preparing the presentation and it has been inspiring to reflect on what we accomplished in 2017-2018. Although we are always planning for tomorrow, it helps to look back and see how far we have come. This year’s presentation will also note our student performance gains on state assessments, and the strides we have made in meeting our Board Of Education goals, Strategic Operating Plan, District and School Advancement Plans, and our District Priorities.

As has been done the past three years, we have established a set of District Priorities to articulate our vision for 2018-2019. These priorities, which focus on professional learning, curriculum and programming, and academic achievement, will serve to guide our efforts throughout the school year. Here is a brief synopsis of our relevant initiatives for the 2018-2019 school year:

- Innovation Team

Our Innovation Team of STEAM, Library Media, and Challenge and Enrichment continues to develop exciting programming for all of our Hebron students. As they

look to continue some of their successful endeavors such as Invention Convention, Future Problem Solvers, and Author Visits, the team will be incorporating some new initiatives for our students to enjoy as well. One of the most exciting new program offerings will be 3D printing. We are tremendously grateful to Wepco Plastics for assisting the Hebron Public Schools in acquiring a \$10,000 grant from the American Mold Manufacturing Association. This significant monetary award will fund the purchase of state-of-the-art 3D printing stations for each of our elementary schools.

- Student Leadership

We are very pleased to welcome the Bonstingl Leaders for the Future program to Hebron Elementary School for a second year in a row. An author and sought after keynote speaker and lecturer on the Worldwide Quality Learning Movement, Mr. John Jay Bonstingl, will facilitate his student leadership program that focuses on his Seven Personal Practices of Quality: Personal Leadership; True Partnership; Systems Focus; Process Orientation; Deeper Understanding; Love and Appreciation, No Matter What; and Ongoing Learning and Improvement. In fulfillment of the Bonstingl Leaders for the Future program, student leaders embark on a year-long journey of self-actualization as they develop their personal practices of quality while completing community service projects for Hebron Elementary School. A formal ceremony is held in the spring to recognize the accomplishments of the students.

- Next Generation Science Standards

Our teachers in Kindergarten through Grade 6 will be implementing new science units that align with the Next Generation Science Standards (NGSS). These new units of study reflect emerging trends in science education. The new units of study incorporate the realms of science, engineering, and technology into a broad set of performance expectations for our elementary school students.

- Cafeteria Program

Due to a growing program deficit and administrative regulations pertaining to school food service programs, the Hebron Board of Education cafeteria program will be partnering with EASTCONN for the 2018-2019 school year. It is important to note that the Hebron Public Schools will continue to maintain a self-operated cafeteria program with our current staff. EASTCONN will provide the district with Food Service Director oversight, program recommendations, food procurement, and dietetic menu planning services as part of the agreement.

- **Preschool Study Committee**

For the 2018-2019 school year, the Hebron Board Of Education has commissioned a formal study of the current Pre-Kindergarten program offerings for the Hebron Public Schools. Similar to the preschool presentation that is created by administration and program staff each year, the study will involve researching best practices in early childhood education and providing program recommendations for the future. This study will also help to inform our NAEYC accreditation review that is slated to occur in 2019-2020. The Pre-Kindergarten Study Committee will consist of parents, teachers, administrators, and representatives from the Town of Hebron School Readiness program.

- **Homework Policy**

In the Spring of 2018, the Hebron Public Schools Homework Study Committee conducted a formal review of the district's homework policy. In making recommendation for policy changes, the committee reviewed scholarly research related to the effectiveness of homework, conducted multiple stakeholder surveys, and researched BOE homework policies from various districts within and outside of Connecticut. A formal presentation of committee's study was given to the BOE in June, and a new policy was recommended for review. At its August BOE meeting, the policy was formally adopted and will be implemented this school year.

- **Positive Behavior Interventions and Supports and Responsive Classroom**

School climate and culture have been a primary district focus for several years. As we continue to build upon our current Positive Behavior Intervention and Supports (PBIS) programming, we are looking forward to enhancing our implementation of Responsive Classroom and its evidence-based approaches to cultivating safe, joyful, and engaging learning communities. Responsive Classroom will become a district-wide initiative for 2018-2019.

- **Hebron Public Schools Website and Smartphone App**

Although our mobile phone district app is not new to the Hebron Public Schools, we will be building upon its use during the 2018-2019 school year. Our district app will continue to enhance our communication with our Hebron families and our community. The app is free to download and is IOS and Android friendly. It provides families with live feeds, push notifications and

bulletins, emergency alerts, and other important school information. Parents are also able to utilize the app to email teachers or call the school without needing to search our website for contact information. Beginning this year, the app will be our primary source for district and school communications.

- **School Security Updates**

Student and staff safety remains at the forefront of planning efforts made by the Board, administration, and our public safety officials. Annually, our District Safety Committee meets to review and update our emergency protocols for the school district. In addition, we conduct trainings with our local law enforcement to ensure that we continue to remain up-to-date and well-prepared as a district. Done every three to five years, our district will undergo a formal safety and security audit during the 2018-2019 school year. This audit will be a coordinated effort between administration, police, fire, and local emergency management officials.

In addition, the district will be implementing the Raptor Visitor Management system for the purpose of screening and documenting visitors entering our schools during the school day. To expedite entry into the school, please remember to bring a state-issued identification (typically a driver's license). The Raptor kiosk will scan your license, record the time of entry, and print a visitor badge to be worn in the school. We greatly appreciate your support and patience as we implement this new visitor entry process. It may take some time to get used to; however, we are enthusiastic about the potential of this system.

To close, I wanted to begin this year by thanking the community and all of our partners for your continued support of the Hebron Public Schools. Although there are many school opportunities for Hebron residents, we strongly believe that Gilead Hill School and Hebron Elementary School are providing an outstanding public elementary school program that rivals the academic and social experiences of our competitors. Further, the connections we foster with and among families is a great source of pride for us. We are honored and privileged to be serving you and your children, and we look forward to our continued partnership in education with you.

I look forward to another wonderful year, and it truly is a privilege to serve as your Superintendent of Schools.

In partnership,

Timothy M. Van Tassel
Superintendent

HEBRON PARKS & RECREATION



Parks and Recreation Staff

Richard Calarco CPRP, CSFM, AOLCP —
Parks and Recreation Director rcalarco@hebronct.com
Richard Gadoury — Recreation Manager rgadoury@hebronct.com
Steven Bakowicz — Program Supervisor sbakowicz@hebronct.com
Kelly Bindert — Administrative Assistant kbindert@hebronct.com
Park Staff: Jason Hunniford and Jason Costa



Parks and Recreation Commission

Co-Chairpersons — Claudia Natorski and Ken Jardin
Machel Gauthier, Charles Daniels, Dan Grabowski, Chris Cowles,
John Russo, Eric Lemieux, alternate, and Jessica Petro, alternate
Board of Selectmen Liaison: Brian O'Connell



How to reach us

Mailing address: Hebron Parks & Recreation, 15 Gilead Street,
Hebron, CT 06248
Office address: Burnt Hill Park, 148 East Street, Hebron, CT 06248
Phone: 860-530-1281
Fax: 860-228-5912
Web site: www.hebronct.com
Hours: Monday-Friday, 8:00 am-3:30 pm



Mission Statement

To enhance the quality of life for all Hebron Residents.
Offer a diverse cultural community and special event activities for all family members.
Offer a full array of informational services to all leisure activities and organizations.
Provide professional leisure department assistance to all community groups.
Provide quality leisure opportunities in a safe and healthy atmosphere.
Provide a well maintained park system and recreational facilities.
Provide a comprehensive Master Plan for park development.
Preserve open space for future generations.

MISSION
STATEMENT



HEBRON PARKS & RECREATION

Registration Information

Nothing spoils a good program faster than everyone waiting until the last minute to register. Registrations cannot be processed without full payment. Hebron Parks & Recreation reserves the right to set minimums and maximums for all programs and trips and to cancel any program or trip due to insufficient enrollment, as well as, change the date, time for location for any program because of unforeseen circumstances.

Registrations are accepted:

Walk in registrations are accepted!

By mail — Complete your registration form and return

it with full payment to: Hebron Parks & Recreation, 15 Gilead Street, Hebron, CT 06248

By phone — With payment made in full using a MasterCard, Visa or Discover. Please call 530-1281. (American Express is not accepted)

Scholarship Program

Any Hebron resident may apply for a scholarship for a recreation program due to financial need. Requests must be made in writing on an official application form, available in the Parks & Recreation Office. All requests are confidential and will be evaluated based on financial or personal hardship.

PARKS AND RECREATION ENRICHMENT PROGRAM: "PREP"

PREP - Parks & Recreation Enrichment Program -

continues to offer before and after school care for Hebron children in grades PRE K (3 or 4 year olds on or before December 31st of the current school year and fully potty trained) through 6th grade. Our goal at "PREP" is to provide a supportive, nurturing environment in which school-age children can develop socially, emotionally, and physically, by encouraging positive self-esteem, self-respect, and problem-solving skills. At PREP children engage in arts & crafts activities, team building games, sports, cooking and outside time weather permitting. Snack is provided to children at the PREP program. The PREP staffs are First Aid, CPR and Blood Borne Pathogens certified.

For more information about the Hebron Parks & Recreation PREP program please call the Parks and Recreation office at 860-530-1281.



HEBRON
PARKS AND RECREATION

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PRE K
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Gilead Hill School
11:20 am-3:10 pm

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PREP classrooms are located at Gilead Hill School, Entrance near the playground in back of the school.

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HEBRON PARKS & RECREATION

PARKS AND RECREATION VACATION CAMPS

School Vacation Day Camps

Pre-K thru 6th Grade (@ Gilead School)

School vacation days are open to all Hebron and non-Hebron residents Pre-K through 6th grade. On the days that school is closed (for example staff development and vacation time) Hebron Parks and Recreation offers child care. Camp days include games, sports, art & crafts, cooking, and outdoor activities. Children are split up into rooms/groups depending on grade and block schedules are followed. Send your children in with 2 snacks and a lunch. *Please note that additional fees may apply for field trips.*



Vacation Day Camps

Dates: 8/27, 8/28, 10/9, 11/6, 2/19, 2/20, 3/8

Location: Gilead Hill School (Park and Recreation classrooms;

entrance near playground)

Time: 7:00am-6:00pm

Cost: \$48 per day

December Vacation Camp

Dates: 12/26, 12/27, 12/28 & 12/31

Location: Gilead Hill School (Park and Recreation classrooms; entrance near playground)

Time: 7:00am-6:00pm

Cost: \$48 per day



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HEBRON PARKS & RECREATION

PARKS AND RECREATION VACATION CAMPS

April Vacation Camp

Dates: 4/15, 4/16, 4/17, 4/18 & 4/19

Location: Gilead Hill School (Park and Recreation

classrooms; entrance near playground)

Time: 7:00am-6:00pm

Cost: \$48 per day

YOUTH CAMPS

After School Art

Join Deb Pierce for 10 weeks of creative exploration. Participants will have the opportunity to use a variety of materials and try many different media in a relaxed instructional setting. Painting, sculpting, drawing, crafting and a season project will be presented throughout the session.



Location: Art Room at Gilead Hill School or Hebron Elementary School

Grade	Day	Time	Date	Fee
3-6	M	3:15-4:45P	9/17-12/3	\$115.00
No class on 10/08 & 11/12				

1-2 TH 3:15-4:45P 9/20-12/6 \$115.00
No Class 10/25 & 11/22

My Pony and Me Farm Tours

Tour a local farm and visit with “Tiny Tim” your pony friend. Timmy likes to dress up and loves to be petted and brushed. Bring a pal and learn what Timmy eats and how he likes to be touched. This one hour program is a great introduction to the wonderful world of horses. Parent or caregiver must accompany. Ages 7-14.

Location: Phoenix Hill Farm LLC 470 Gilead Street – Maureen Murphy, phoenix470@live.com 860-228-4018

Ages	Day	Date	Fee
7-14	Sat	9/15 – 9/29 – 10/6- 10/20	\$20

ADULT PROGRAMS

Yoga

Join Tina Catanzaro, (AAFA, AAI certified Yoga Instructor) as she takes you through a journey of self-exploration. Each class will include breath work, postures, and meditation. Come increase your energy and flexibility while reducing stress. This class will allow you to honor your body, mind and spirit; explore your limits and maximize your potential. Please bring your own yoga mat, water bottle and towel. Wear comfortable clothing. All are welcome. (6 weeks)

Location: Gilead Hill School Activity Room or Music Room

Age	Day	Time	Date	Fee
Adult	M	6:30-7:30P	9/10-10/22	\$80
No class on 10/8				
Adult	M	6:30-7:30P	10/29-12/10	\$80
No class on 11/12				



Adult M 6:30-7:30P 12/17-2/11 \$80
No Class on 1/21

ADULT PROGRAMS

Pilates

Join Tina Catanzaro in this dynamic mind/body class. The focus is on core strength and stabilization using the Joseph Pilates method. Please bring a mat, water bottle and towel. Wear comfortable clothing. All are welcome. (6 weeks)

Location: Gilead Hill School Activity Room or Music Room

Age	Day	Time	Date	Fee
Adult	W	6:30-7:15P	9/5-10/10	\$70
Adult	W	6:30-7:15P	10/17-11/28	\$70
No Class on 10/31				
Adult	W	6:30-7:15P	12/5-1/16	\$70
No Class on 12/26				

Zumba

Zumba is an exciting Latin inspired dance n' tone program that blends body sculpting techniques and specific Zumba moves. This challenging workout helps to build coordination. This class is designed to offer a safe, yet effective, total body workout. Instructor: Anna Boose. Wear comfortable clothing. All are welcome. (6 weeks)



Location: Gilead Hill School Gym

Age	Day	Time	Date	Fee
Adult	W	7:30-8:30P	9/5-10/10	\$70

Pickle Ball

A paddle sport created for all ages and skill levels. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game!



Location: Gilead Hill School Gym

Age	Day	Time	Date	Fee
Adult	M/W	6:00	9/10-12/19	\$35

Cake Decorating with Linda Stevenson

Instructor – Linda Stevenson, 38 years Cake Decorating Experience

Learn how to ice and smooth a cake, torte and fill. Decorate a cake and cupcake with numerous borders, writing and printing, Drop Flowers, Ribbon Rose, Rosebud, Ruffle Flower, Sunflower, Daisy, Leaf, grass and pattern transfer. A certificate will be awarded on the last night of the 4 week class. Students are required to purchase all materials for class. List will be given upon registration.

Location: RHAM High School – Room 333

Age	Day	Time	Date	Fee
Adult	Tu	6:00-8:30pm	9/11-10/2	\$70 plus supply fees
Adult	Tu	6:00-8:30pm	10/9-10/23	\$70 plus supply fees
Adult	Tu	6:00-8:30pm	10/30-11/27	\$70 plus supply fees

Sewing 101

Instructor – Shirley DeFlaviis

Learn the art of making simple table runners with your own sewing machine (participants must provide their own). In addition to supplying your machine please bring a rotary cutter, mat, ruler, thread and pins. Material will be provided, or you may bring your own.

Location: RHAM High School – Room 606

Age	Day	Time	Date	Fee
Adult	Tu	6:00-8:30pm	9/25-10/30	\$70

Quilling

Instructor – Sue Hollister

Quilling is the art forming thin strips of paper into works of art. This is a beginners course. The student will learn several techniques that can be used in many ways. We will be making a gift tag and a greeting card. With this knowledge, holiday ornaments, pictures to



HEBRON PARKS & RECREATION

ADULT PROGRAMS

hang on walls, jewelry etc. can be created. Students must sign up by October 19, so the instructor can get the materials needed. Location: RHAM High School – Room 607

Age	Day	Time	Date	Fee
Adult	Sat	10:00A-3:00 P	11/03	\$45 plus \$30 supply fee

Using Google and G Suite

Instructor – Eric Nunes

This class will focus on the use of the computer and how to be more efficient



by using Google’s G Suite Tools. Participants will either use an already made google account or create their own. Brining your own computer is recommended but not required. If you do bring a computer it should be a Mac or a PC (Windows based). Please no tablets or phones. In Addition to learning about Google’s G we will also review basic computer tips and tricks and answer any computer questions you may have. Location: RHAM High School –Room 614

Age	Day	Time	Date	Fee
Adult	W	7:00-8:00	09/26-10/10	\$75

COMMUNITY EVENTS

Hebron Farmer’s Market

The Hebron Farmers’ Market brings local farmers, bakers, fiber producers and crafters to you and the surrounding community.

You’ll experience the freshest fruits, vegetables, baked goods and natural products-grown right here in Connecticut-while enjoying live entertainment and browsing artisan ware.

Dates: Saturday –9/1, 10/5

Location: Burnt Hill Park

Times: 9:00-1:00PM

Vendor Fee: (please call the office)



Soccer Shootout

The Knights of Columbus in collaboration with Parks & Recreation is offering a competition designed for players to demonstrate the most basic soccer skill – the penalty kick. Open to boys and girls in Hebron, ages 9 – 14 years old, where each player will be allowed 15 shots at the goal from the penalty line (12 yards from the goal). Winners progress to the district, regional, state and international levels.



Date: Saturday, September 15th, 2018 (rain date of Sunday, September 16th)

Location: RHAM Middle School Soccer Field

Times: 12:00pm - 3:00pm

Fee: Free

COMMUNITY EVENTS

Hebron's Halloween Happenings – 2 Great Events

Friday October 12th Hebron Lion's Fair Grounds (rain date October 13th)

Trunk or Treat

Calling all Hebron residents, businesses and community groups! The Hebron Parks and Recreation Department is looking for individuals and groups to participate in the annual Trunk or Treat event. Trunk or Treat is a spook-tacular Halloween event that provides a safe and fun way to celebrate Halloween with the whole family. Children will enjoy going from trunk to trunk to receive pre-packaged candy from costumed car owners. All cars are welcome. The spooky evening event includes trick-or-treating, entertainment and much more!

Time: 5:30pm-6:45pm

Cost: Free to all



Haunted Happenings

Come check out Halloween Happenings at the Hebron Lions Fairground, in collaboration with RHAM Middle School Drama Department. Haunted Happenings will have scares, laughs, and mores. Participants will be able to play Halloween games, walk through the Trail of Terror, hop on a hay ride for Halloween family fun. Entrance



will be through Gate 4 at the Fairgrounds. Don't forget to wear your favorite Halloween attire. If you are interested in volunteering for the event, feel free to contact the Parks and Recreation department.

Time: 6:30pm – 9:00pm

Cost: Free to all

16th Annual Airline Trail Ghost Run

The Parks & Recreation Departments of Hebron, Colchester, and East Hampton are collaborating along with the State of CT Department of Energy and Environmental Protection to host our 16th Annual



Ghost Run – On our beautiful 13.1 mile certified half marathon course. The first 375 registered runners will receive a long sleeved t-shirt. If interested in volunteering for this event or if you need more information, feel free to contact any of the Parks & Rec offices; Hebron 860-530-1281, Colchester 860-537-7297 and East Hampton 860-267-7300.

Please mail registrations to Hebron Parks & Recreation, 15 Gilead Street, Hebron, CT 06248. Make check payable to “Town of Hebron”.

Date: Saturday, November 3rd, 2018

Location: Starts at Hebron Elementary School

Ends at Center Elementary School in East Hampton.

Time: 9:00 am (rain or shine)

Cost: Individual: \$38.00 (after October 21, \$45.00)

Relay Teams: \$62.00 (after October 21, \$67.00)

Holiday Extravaganza

Join Hebron Parks & Recreation, the Douglas Library, Hebron Economic and Development Commission, and the Hebron Fire Department in celebrating the holidays of the season! Santa Claus will be making a visit from the North Pole so don't forget your cameras!

HEBRON PARKS & RECREATION

COMMUNITY EVENTS



Join us for a Jingle Bell Run Kicking off our Holiday Extravaganza!

Location: Down Town Hebron

Please check the website for updates and details.

Hebron's Got Talent

Dancers, musicians, vocalists, comedians, performers of all kinds!
Now accepting

applications for local talent. Application can be picked up at Ted's IGA Supermarket, Hebron Parks & Recreation and AHM Youth and Family Services. All Applications are due by December 18th. All proceeds to benefit the Children's Scholarship programs of AHM Youth and Family Services and Hebron Parks & Recreation. For more information please contact Gilead Congregational Church at 860-228-3077.

Date: Friday, February 1st, 2019 (snow date 3/01)

Location: RHAM High School Auditorium

Time: 6:30 pm

Fee: TBD

BASKETBALL REC AND TRAVEL

Youth Recreational Basketball

Be a part of our popular basketball program for boys and girls in grades 1 - 12. Come develop and improve your basketball skills in our recreational youth league.



Prior to attending tryouts you must be registered with Parks and Recreation

Fees are as follows:

Grade 1&2--\$57 per child*

Grade 3&4--\$87 per child*

Grade 5&6--\$117.00 per child*

Grade 7&8--\$134.00 per child*

Grade 9-12--\$134.00 per child*

****YOUTH BASKETBALL PARTICIPANTS****

For Grades 1st-8th only: REGISTRATION CLOSES FRIDAY, OCTOBER 26th, 2018.

High School Boys and Girls: Registration closes on Thursday, November 7th, 2018

**** NO LATE REGISTRATIONS WILL BE ACCEPTED ****

* 1st & 2nd grade basketball season will be 7 weeks long

* 3rd through 6th grade recreational participants will be given a set time and date for evaluations and must be pre-registered. Please contact the Parks and Recreation office for date and time.

* 3rd & 4th grade basketball teams will be playing games on Saturdays and Sundays and may travel to near-by towns for some games.

* Evaluations and team selection for grades 3 & 4, and grades 5 & 6 will be in the beginning of November.



Travel Basketball

Travel Basketball Tryout Dates can be found on www.hebronct.com.

You must be registered prior to the tryout dates in order to be placed on a team

Travel Team Fees 2018-2019:

Grade 5&6-\$230 per child

Grade 7&8-\$230 per child

HEBRON PARKS & RECREATION

BASKETBALL REC AND TRAVEL

Important Travel Basketball Information

- * We will have a 7th & 8th Travel Team, however, if numbers are low we will combine to one 7/8 Travel Team
- * We will have a 5th and 6th Travel Team, however, if numbers are low we will combine to one 5/6 Travel Team
- * Please Note that if your child makes a travel team that they will not be able to play recreational basketball as well.



Coaches Needed

The Hebron Parks and Recreation Department is looking for Recreational league coaches for the upcoming season. We are also looking for Gym Supervisors and Referees. Please contact the P&R Office if you are interested at (860)530-1281.



Please check the Hebron Parks and Recreation website at www.hebronct.com for updates on schedules, evaluations and tryouts.

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HEBRON PARKS & RECREATION

Hebron Parks and Recreation
 15 Gilead St Hebron CT
 Office Address: 148 East Street
 860-530-1281 860-228-5912 FAX
 www.hebronct.com

Hebron Parks and Recreation 2018-2019 Youth Basketball Registration Form



Please fill out this form in its entirety. Registration will not be complete until we receive full payment for the program. Any questions in regard to the form or the program can be addressed by calling the Parks and Recreation office at 860-530-1281. Registration information is only used for Parks and Recreation purposes and will not be shared or sold.

Participant's Name: _____

Address: _____ Town: _____ Zip: _____

DOB: _____ Age: _____ Grade: _____ Male Female

Parent/Guardian Name: _____

Email: _____ Home Phone: _____ Cell/Work Phone: _____

Emergency Contact Person: _____ Emergency Contact Phone: _____

Please list any medical concerns or medications taken regularly.

Program Information

The following is a list of programs and their costs according to grade level. Please select one.

Deadline to register for grades 1 - 8 is October 26, 2018

Teams for grades 3-12 may play teams from other towns and may also play games in other towns.

If the participant plans on trying out for the High School team, they may register as late as 11/29/2018

Grade 1&2 \$57.0 per child

Grade 7&8 \$134.00 per child

Grade 3&4 \$87.00 per child

Grade 9-12 \$134.00 per child

Grade 5& 6 \$117.00 per child

There is an additional fee if you are placed on a travel team and you will be invoiced for the balance. (

Does the participant plan to try out for the High School team?

Yes No

Will the participant be trying out for a travel team?

Yes No

Select JERSEY:

- Youth Small
- Youth Medium
- Youth Large
- Small
- Medium
- Large
- Extra Large



Hebron Parks & Recreation's goal for youth basketball is to provide a fun, safe and meaningful experience to all participants. To accomplish this we need the assistance and understanding of every parent.

PHOTO POLICY:
 By registering for a program, you give us permission to take and publish photos of the participant. If you do not wish to be photographed, you must include this request in writing along with your registration.

REFUNDS: All programs are self-supporting and a commitment needs to be made to instructors and staff. Therefore, refunds are issued only in the following circumstances: If a program is cancelled by the Parks & Recreation Department or on request for a medical reason and with written notification from a doctor. If a program participant's spot can be replaced with someone from a waiting list. There are no refunds once a class has begun. All program cancellations and changes are subject to a \$15.00 fee and for all returned checks there is a fee of \$20.00.

Coaching Volunteer coaches and assistants are needed to limit team sizes and to make this program function properly. If you are a parent or guardian of the applicant and you are interested in coaching, please fill out the coaches info below. No coaching positions are guaranteed.

- Head Coach
- Assistant

Name: _____ Home/Cell/Work Phone: _____

Email: _____

I hereby give approval for myself/my child to participate in the above listed Hebron Parks & Recreation Department Program. I agree to assume all risks and hazards incidental to this program(s), including transportation to and from the site of said program. I hereby waive, absolve, indemnify and agree to hold harmless the Town of Hebron, the department, the commission, supervisors, instructors, coaches, assistant coaches, referees and participants from claims arising out of injury to myself/my child. Any injuries will have to be covered by the individual's insurance.

Parent/Guardian Signature: _____ Date: _____

SENIOR FRIENDS MEMBERS have been busy even in the lazy, hazy, crazy days of summer! It is hard to get used to indoor “cookouts” because of the rains! However, the weeds love it!

Our most exciting news is that Colebrook Village has offered to host our monthly meetings! What a generous invitation! Therefore, we are holding our next meeting there on September 13th at 3:30 pm in the Welles Room!

This is an extra special meeting since it is our first **MEMBERSHIP DRIVE!!** It will be open to the Hebron/Amston senior public (anyone over age 60 who resides in Hebron/Amston). For every new and renewing member by September 13th, free Senior Friends t-shirts will be given! This is a new item added to our repertoire. Also, newly updated brochures and our pens will be given out! Refreshments will be catered as well.

The speaker will be John Soderberg, member and Hebron Lion. Now will be the time to hear and ask about, “What do the Lions REALLY do?”

We are including a sing-a-long at each meeting—fun, and healthy!

There will be a special prize for whoever brings the most new members to this September 13th meeting. So, if you know any Hebron seniors, please bring them or send them to share in the excitement! Can’t come? See below for contacts.

Since the meeting takes place post-Hebron Harvest Fair, remember that Senior Day at the Fair is Friday, September 7th, 12 noon to 4pm. Free to seniors! Yay! Go, Lions!

Stroll ‘n’ Roll is scheduled for Saturday, September 29th, at 11 a.m. at the Airline Trail in Amston on rte. 85 next to the pool company. Currently, no raindate, so hope for sunshine!

All seniors are invited and especially those with wheelchairs, scooters, canes, walkers, etc. and from other towns as well as Hebron. Free water and snacks will be given at the end of the stroll. The Mural will be the destination. It is only 400 feet from the parking lot. Strollers may continue further to the next bench, about another 500 feet. Registration will be helpful to determine the amount of refreshments. (Barbara, 860-228-3106) No transportation provided by Senior Friends.

November 17th, Saturday, 10a.m.-1p.m., will be the next Senior Friends Bake Sale, just a few days prior to Thanksgiving. It will again be held at Ted’s, one of our generous Honorary Members. Anyone can bake, buy or donate to this great fundraiser. It keeps us going!

The Mitten Tree will be at the Douglas Library from December 1st to January 3rd. Any warm item will be welcomed--mittens, hats, scarves, gloves, ear warmers, etc. Items may be brought to any Senior Friends meeting, or dropped off with Claire at the Library. So, knitters, consider it as a project to start soon! Thank you in advance!

Senior Friends Meeting Schedule: October 11th, November 8th, December 13th, no January.

Please check the RiverEast for any details.

Any questions? Please call Marge, 860-228-1944 or e-mail: seniorfriends@comcast.net, or write Senior Friends of Hebron, P.O. Box 60, Hebron, CT 06248

Remember—we are tax-deductible, being 501(c)3, and independently serve the seniors of Hebron/Amston. We get help from all ages! How about you?

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www.colebrookvillage.com

RUSSELL MERCER SENIOR CENTER

THE RUSSELL MERCIER SENIOR CENTER is pleased to announce that we will be one of only 10 centers in Connecticut offering a ten-week educational program called the Aging Mastery Program. It was developed by the National Council on Aging (NCOA) and encourages mastery of behaviors across many dimensions that will lead to improved health, stronger financial security, and overall well-being.

This is a wonderful opportunity to participate in, and reap the benefits of, a cutting edge program. We are currently recruiting people for participation in this unique endeavor.

The goal of this program is to empower you to make and maintain small but impactful changes in your health behaviors, financial well-being, and enrichment in later life. The classes will explore navigating longer lives, physical activity, sleep, healthy eating and hydration, financial fitness, medication management, advance planning, healthy relationships, falls prevention, and community engagement. For each of these classes, we will provide basic educational materials developed from highly trusted sources, a checklist of action steps, and a system for tracking behaviors. Participants will earn points for positive actions and rewards. This is an opportunity to not only reap the benefits of the

educational aspect of this program, but to also meet new people, provide support and encouragement to your peers, and become more involved in the community.

If you are interested in learning more about this program and/or registering, please call the Senior Center at (860) 228-1700. Sessions will be held on Tuesdays starting 9/11 from 1PM to 2:30PM. We hope to recruit a wide range of participants. If this program piques your interest . . . stop by or call to learn more! We hope that you'll take advantage of this fantastic opportunity that the Russell Mercier Senior Center has to offer the Aging Mastery Program® in our community!

* * *

The Senior Center will also be offering a free program to improve strength, balance, mobility and daily functioning, and help to prevent falls. **Moving for Better Balance** is an evidence-based program shown through extensive research and testing to reduce falls. Not only has it been shown to reduce falls in the general population, but has also been shown to be highly effective for those with Parkinson's Disease. The program is based on Tai Chi, however this is not traditional Tai Chi (also known as Tai Ji), but is a balance and strengthening exercise class that incorporates movement and principles of Tai Ji.

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Each class will be held for 1 hour twice a week. Brief screening will be done prior to the start of the session to evaluate your fall risk with follow up testing at various intervals to evaluate improvement in balance and strength.

If you are interested in learning more about this program and/or registering, please call the Senior Center at (860) 228-1700.

* * *

The Russell Mercier Senior Center will also be offering an 8 session **Grief Recovery and Healing** group. The group will utilize the proven Grief Recovery Method which provides a safe environment for you to look at your old beliefs about dealing with loss and lead you to actions that can help you deal with the broad array of emotions connected with loss. Each and every loss is unique.

People tell you that you need to move on with your life, but they don't tell you how. The Grief Recovery Method, developed and refined over the past 30 years by the Grief Recovery Institute, teaches you the hows with supportive guidance every step of the way.

If you are interested in learning more about this program and/or registering, please call the Senior Center at (860) 228-1700.

* * *

Starting October 15 we will begin taking applications for the **CT Energy Assistance Program**. This program is designed to help offset the winter heating costs of households whose income falls at or below 60% of the state median gross income (\$35,116 annually for a household of 1; \$45,920 annually for a household of 2; amounts increase with household size).

If you are interested in learning more about this program and/or making an appointment to apply, please call the Senior Center at (860) 228-1700.

* * *

Starting October 15 through December 15 is the annual **Medicare Open Enrollment period**, we will be helping to inform you of any Medicare Advantage Plan and Medicare Part D changes including new offerings. The Senior Center will be providing screening and enrollment assistance in order to ensure that you will be in the best plan to suit your needs for 2019.

If you are interested setting up an appointment with us, please call the Senior Center at (860) 228-1700.

* * *

We continue to be the intake site for seniors interested in the **AHM Youth Chores Program**. This program provides a youth chores worker who can assist with such tasks as yard work, housework, computer assistance, etc. This program receives grant funding through the North Central Area Agency on Aging which pays the youth chores worker, therefore there is no charge to the senior.

If you are interested in learning more about this program and/or making applying, please call the Senior Center at (860) 228-1700.

ST. PETER'S CHURCH

RENOVATIONS REVITALIZE CHURCH HALL

For nearly 65 years Phelps Hall at St. Peter's Episcopal Church in Hebron has served the parish for countless gatherings associated with the church community. In the Spring of 2018 a new commercial kitchen was added to the hall which itself is undergoing a complete renovation and expansion. The intention of this larger improved space is to create a facility that not only serves the church but meets current building codes and becomes a resource for use by the wider community for a host of gatherings.

Much of the renovation and construction was done by talented parishioners who donated their time, talent and treasure to make this dream of a quality gathering space a reality. "Given our location and history in Hebron, the new Phelps Hall at St. Peter's Church will provide an important resource to those in our community who have need to gather for various purposes" said Rev. Ron Kolanowski, who came to the parish in November 2017. "We hope to continue to support community organizations like the scouts, Senior Friends or the Red Cross as we have in the past, while providing space for other organizations, concerts, lectures, weddings, and events across the community," he continued.

To launch the hall a special event is planned for Saturday, November 10, 2018 in which parishioners and community leaders will gather to rededicate the renovated hall that includes dinner and dancing provided by the RHAM Jazz Band. For information contact, Father Ron at 860-228-3244.

FALL AT THE DOUGLAS LIBRARY

Keep your eye out for some fun programs this fall! As the information and the registration becomes available we will post it on our website, the newspaper and on our social media platforms. We will be doing a calligraphy class, Rebecca LoCicero will be returning in September and the Eastern Paranormal Society will be coming in October.

Storytime: Registration for Fall storytime begins on August 20th and the first sessions beginning on Tuesday, September 11th or Thursday, September 13th. Tuesdays at 10 is for 2,3, and 4 year olds. Thursday's are for 'Baby and Me' at 0 to 2 year olds. Each session will run for six weeks. Storytime will include stories, songs, finger play and a craft that is age appropriate. Space is limited to 20 participants per class. Call (860)228.9312 x324 to register and for more information.

Octoberfest (Books and Brews) a great fundraiser sponsored by the Friends of Douglas Library! Beer tasting from local breweries, authentic German Food,



yodeling, and music! For the whole family!

Local Author Tracy Popolizio will be launching her new book here. Signing and talk to follow. September 12th at 6:00pm.

Goblin Bash: On October 27th at 1:00pm please join us for our annual spooky day of fun! Please come dressed up in your favorite costume, enjoy deliciously scary snacks and a magician!

Save the date: Hebron Holiday Festival

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