

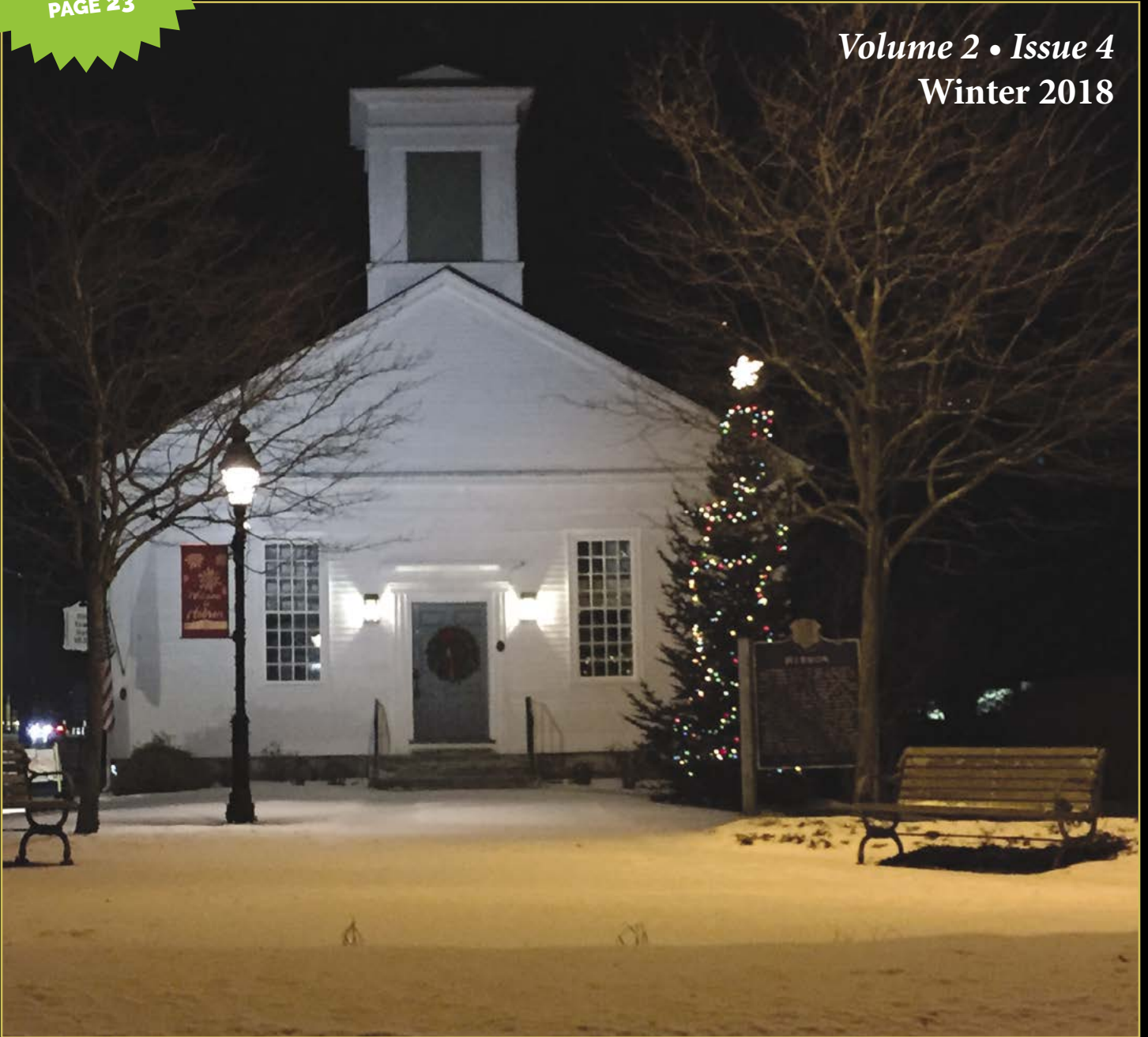
Hebron

VIEWS

Includes
Parks & Rec
flyer inside

PAGE 23

Volume 2 • Issue 4
Winter 2018



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2019 VIEWS Magazines Schedule

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

2nd Q/19

COLUMBIA: Ad Deadline 4/6/2019
Mailed Week of 5/6/2019

HEBRON: Ad Deadline 5/10/2019
Mailed Week of 6/3/2019

MANSFIELD: Ad Deadline 6/7/2019
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SEASON'S GREETINGS!

As this year comes to a close we wish to extend our thanks and best wishes to the entire Hebron Community. We are fortunate to have a generous business community, dedicated professional Town employees, and a wealth of volunteers serving on Boards and Commissions to make the Town the greatest it can be. A heartfelt thank you to all who contribute to making Hebron a great place in which to live, work and play!

Hebron saw many new endeavors this year:

- The opening of Colebrook Village at Hebron a senior living complex located in the center of our community.
- The Town Center Project a new non-profit initiative created to restore the vibrancy of Hebron's historic center.
- We Are Hebron Citizen Leadership Academy introducing the inner workings of town government to an interested group of Hebron citizens.

- The Town of Hebron achieved Bronze Certification with Sustainable CT a program which recognizes thriving and resilient Connecticut municipalities.

We look forward to more great happenings in Hebron next year.

We invite you to take time to learn more about ways of becoming involved; whether simply attending a meeting or considering volunteer service on a Board or Commission. Check out the Town of Hebron website at www.hebronct.com for more information.

We extend our warmest wishes for safe, healthy and happy holidays to you and your loved ones.

Sincerely,

Daniel Larson
*Chairman,
Board of Selectmen*

Andrew J. Tierney
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FISCAL UPDATE

Thus far fiscal year 2018-2019 with an adopted budget of \$35,799,365 has begun smoothly for the most part. As the Town significantly reduced its operating costs by \$395,862, we have experienced a few snags such as realizing the Town Clerk’s office could not function without two full time staff. Therefore, the BOS and BOF authorized the return of the reduced Assistant position to full time and may result in a budget shortage of approximately \$40,000 that may require a supplemental appropriation at year end. Hopefully we will experience a mild winter and this will be unnecessary! It also appears that the State reinstated some of the Educational Cost Sharing Grant revenue and the Municipal Stabilization Grant to Hebron for this fiscal year by \$316,056 dollars. However, we are hesitant to celebrate and incorporate this information as there will be a new Governor in office shortly and further State budgetary changes will likely occur.

The Finance Department also just presented in the “We Are Hebron Leadership” program to participating taxpayers interested in further educating themselves into the day to day operations and responsibilities of our various Town departments. As we received an overall evaluation of excellence, my staff and I were elated with the outcome and appreciate those individuals participating in this program.

The next Board of Finance meeting is scheduled for November 15th and hopefully this magazine mailing reaches all of you prior to. This will be an informative meeting where the BOF members will meet a Financial

Advisor consultant to assist Management and Elected Officials with bigger and advanced financial needs for the Town. As you are aware we just installed Connecticut Natural Gas in the northern and central part of the Town. Hebron is also in great need of an upgrade and repairs to the aging sewer system within the central and southern part of Town that will require bonding of finances. This will be a huge undertaking and as always in accordance with past practice, the Finance Department is committed to the overall best financial plan with the least tax affect for our taxpayers. Hebron has maintained the highest credit rating possible through Standard & Poor’s and Moody’s Credit Agencies of a triple “AAA” since October 2013.

Please be aware that the fiscal year 2019-2020 budget process begins in late December 2018 with our Department Heads and Management. On March 1st, the Town Manager presents his budget recommendation to the BOS and BOF with deliberations occurring all month long. Please make your voices heard and join us in creating a balanced budget that accommodates all!

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MESSAGE FROM THE HEBRON TOWN CLERK:

Although all states have made provisions for absentee voting, the laws and requirements differ from state to state.

In Connecticut the Town Clerk is responsible for issuing absentee ballots for all voting events. There are many laws and many steps in the absentee voting process that protect your right to vote while ensuring some privacy and confidentiality.

The following process must be followed to obtain an absentee ballot for the most recent election held November 6, 2018.

The Regular Absentee ballot became available on October 5, 2018.

- 1) You are required to fill out an application and deliver it to the Town Clerk either in person, by USPS or by third party.
- 2) The application can be emailed or faxed but in addition to this step you must mail the original. The original application must be received by the close of the polls on election-day or your ballot will be rejected.
- 3) Upon receipt of the application the Town Clerk prepares the ballot and will either hand it to you or mail it via USPS.
- 4) You will receive the ballot, you vote and return it in person, by USPS or third party by the close of the polls on election day.

- 5) All ballots returned after the close of polls are rejected.

Common mistakes that result in a rejected ballot:

- 1) A voter leaves the ballot in our mail box or the Tax Collector's lock box.
- 2) The voter does not follow instructions and does not include the "B" envelope with the returned ballot.
- 3) The "B" envelope is not signed and dated.
- 4) The ballot is returned after the polls close.

The State of Connecticut has also made provisions for other types of absentee ballots.

- 1) Official Blank 90 Day Ballot is available 90 days prior to the election to registered electors in the military, their spouses and dependents with "special contingencies" only.
- 2) Official Blank 45 Day Ballot is available 45 days prior to the event. Used for Federal offices only for US citizens who are 18 years of age, not registered, residing outside the US and must have been a resident of Connecticut immediately prior to moving outside the US.
- 3) Official Blank 45 Day Ballot is available 45 days prior to the election. Used for registered voters temporarily living or expecting to be traveling overseas, all servicemen, spouses, and dependents whether living within or outside the US.
- 4) Regular Full Absentee Ballot is available 31 days prior to the event.

Wait there is more. The Registrars of Voters are authorized to issue

- 5) Provisional Ballots on election-day to those whose name does not appear on the updated list of electors. This allows the voter a paper ballot that will only be counted if the registrars are able to research the voter status and determine the ballot will be counted.
- 6) Same Day Registration Ballot is available on election day in the office of the Registrar, Town Office Building, 15 Gilead Street, Hebron, to people that missed all deadlines to register to vote but wish to register and vote on election-day.

The Town Clerks and Registrars of Voters take our responsibilities seriously and will do everything within our power to assist you with your constitutional right to vote.

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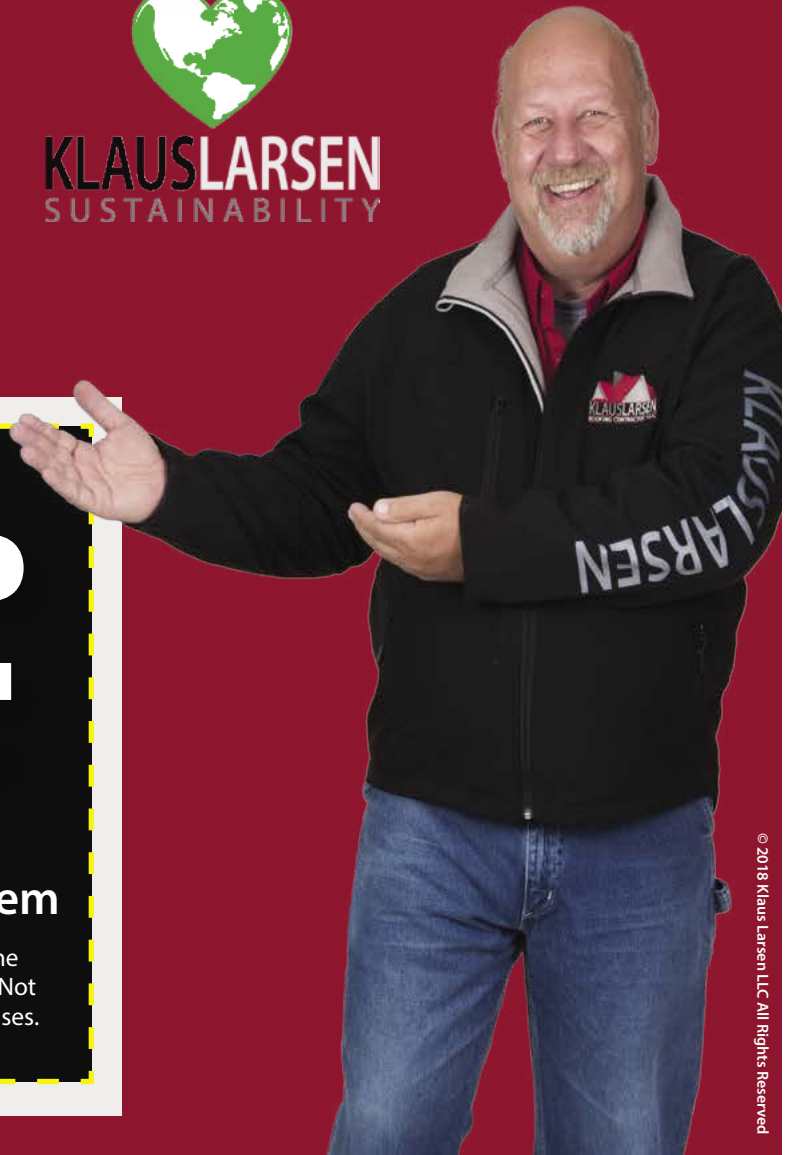
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HAPPY HOLIDAYS!

During the months of November and December this office is busy fine-tuning the real estate portion of the list and heavily working on the personal property and motor vehicle parts.

Personal Property Declarations were due by November 1st so the data entry for those are being processed during this time and, the regular motor vehicle file should be received from the Department of Motor Vehicles (DMV) and loaded during the first part of December.

Once the motor vehicle data is loaded, the pricing and adjustments will be done to finalize that list. Since 1993 and as per §12-71d of the Connecticut State Statutes, the Office of Policy and Management (OPM) has recommended the pricing for motor vehicles is done using 70% of the "Clean Retail" values from the October edition of the National Automobile Dealers Association (NADA) pricing guide. The use of information from the vehicle registration, such as the year, make, model and vehicle identification number (VIN) is used to match with the guide for pricing. Mileage is not in-

formation associated with a registration, therefore not reported to us; pricing is based on average mileage.

Reminder; the bills that will be due July 2019 are for vehicles registered from October 1, 2018 through September 30, 2019. 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, 2016 list, documentation must be received by December 31, 2018.

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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TO ALL HEBRON RESIDENTS:

A nine member Hebron Charter Revision Commission has been appointed by the Board of Selectmen. The Charter Revision Commission has held its first meetings and is seeking public input. Have you identified any issues with our current Charter that you believe can be improved? Are there any concerns you have which you feel need to be addressed by our Commission?

The complete Hebron Town Charter can be viewed at <https://ecode360.com/10615452>

Residents are encouraged to attend any meeting and express their opinions or comment on the Hebron Charter, which review is anticipated to be completed and voted upon at the November 2019 election.

Regular Meetings are scheduled as follows: November 7 & 21, December 5 & 19, 2018; January 2 & 16, February 6 & 20, March 6 & 20, April 3 & 17, May 1 & 15, June 5 & 19, 2019. Meetings will be held at 7:00 p.m. at the Hebron Town Office Building unless otherwise warned.

If you cannot attend meetings we still want to hear from you.

Please send your comments via email to HebronCharter@hebronct.com

Or via regular mail to:

Charter Revision Commission
Town of Hebron
15 Gilead Street
Hebron, CT 06248

We invite you to help us improve the Town Charter by providing your comments and becoming involved in the Charter revision process.

Thank you for your time and consideration.

On behalf of the 2018-2019 Hebron Charter Revision Commission,

Scot Kauffman
Chairman

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THE TOWN CENTER PROJECT (TTCP) HAS BEEN BUSY!

Our inaugural year produced a full-plate of events for the Hebron community. Highlights included our sole fundraising event, the town-wide tag sale. The family-orientated Lazy Days of Summer showcased local musicians, tai chi and fun, passive yard games along Main Street. On the 4th of July residents were entertained by local singers, a reading of the Declaration of Independence and Thunder Mug racing—a sight to behold! The Summer Concert Series, featuring three fabulous bands, where dancing and community could be seen, heard and felt, left attendees humming and smiling. And let's not forget the donation, assembly, painting



and placement of the painted Adirondack chairs along our Main Street, for Hebron and our visitors to enjoy for many years to come. Our most popular event thus far was The Harvest Moon Festival – which saw over a thousand people filling our Main Street to participate in the costumed Barktober dog jog, kids games and

activities, a pumpkin-carving contest, numerous food and artisan vendors and of course, trick or treating.

So if you talked about us, liked and shared us on social media, came out and participated for any of our events – we thank you for making our first year a success. We're busy rounding up ideas, collecting information on how to make 2019 just as exciting. Community input is key, so let us know what you think.

TTCP is a group of your friends and neighbors who are contributing their time and their talents to help create a more lively community presence in the center of our town. Join us!

To donate your time, money or abilities visit our website <https://www.thetowncenterproject.org/>, and for up to date information on upcoming events and 2019 planning follow us on Facebook, The Town Center Project, Inc.



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FALL REMINDERS

As the leaves are turning colors and falling off the trees, we are reminded that the winter season is almost upon us. Before we talk about that though, I would like to share a few reminders for residents.

The Public Works Department would appreciate your help in keeping the catch basin grates and drainage ditches clear of leaves. When they clog the drains, street flooding occurs, causing dangerous driving conditions and possible damage to properties.

Another issue that is becoming a frequent problem is with regard to the sewer system. When non flushable items, such as swifters or hygiene products, enter the system, they clog the pumps causing expensive repairs. Commercials advertise that these items don't harm anything, but I have seen the outcome and the bills incurred to remedy the issues. It is very expensive. Grease is another product that should not be poured into the sewer system. Our main pump stations have seen significant damage caused by this.

And lastly we can discuss our winter hazards. We like to remind residents every year, that before the snow

flies, portable basketball hoops have to be removed from the side of the road. The hoop that extends into the travel lane is a hazard and can cause damage to passing vehicles and equipment. Please be sure that the structure is placed well off the roadway as to not interfere with traffic. Another obstacle that the snow plows face is the placement of garbage cans. We are responsible for clearing the snow back to the curb and the garbage cans should be placed accordingly. Also, please ask your subcontractor not to plow across the roadway and leave excess snow in the street as this is a violation of State Statute. This causes extra work for our plows and we have enough to keep us busy. And with regard to safety, we would like to remind everyone not to allow children to play in the snow banks along the street. Although they make an attractive recreation area, the drivers cannot see the presence of a small child playing, especially if it's snowing. We hope that everyone enjoys the foliage that the fall brings, and I for one am wishing for a mild winter.

Kevin Kelly
Director of Public Works
Town of Hebron

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HEBRON CERTIFIED SUSTAINABLE

The Town of Hebron is one of the first Connecticut municipalities to achieve certification as a Sustainable CT community. The town met high standards in a broad range of sustainability accomplishments to qualify for the prestigious BRONZE certification.

Sustainable CT, a statewide initiative that supports and recognizes sustainability action by Connecticut communities, was launched last year and announced its first group of certified towns this week. In its application for Sustainable CT certification, the Town of Hebron demonstrated significant achievements in actions in nine sustainable impact areas ranging from thriving local economies and vibrant arts and culture to clean transportation and diverse housing. The Town of Hebron successfully completed actions included 16 actions in 9 categories for a total of 210 points.

“This award showcases Hebron as a Sustainable CT municipality! Thank you to all those who actively participated in this accomplishment” said Andrew Tierney, Town Manager for the Town of Hebron.

“Congratulations to our 2018 certified Sustainable CT communities,” said Lynn Stoddard, Executive Director of the Institute for Sustainable Energy at Eastern Connecticut State University, which administers the program. “We are inspired by your leadership and eager to share your accomplishments in building efficient, thriving, and resilient communities.”

With input from municipal leaders across the state, Sustainable CT was developed under the leadership of the Institute for Sustainable Energy at Eastern Connecticut State University. The program is independently funded, with significant support from three Connecticut philanthropic foundations. The founding funders include the Emily Hall Tremaine Foundation, the Hampshire Foundation, and the Common Sense Fund.

The Town of Hebron and other certified communities will be recognized on October 30 at the Annual Convention of the Connecticut Conference of Municipalities, followed by additional local and regional recognition events in the coming months.

For more information, visit www.sustainablect.org.

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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	Kevin Sullivan	ksullivan@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		
Glastonbury Hebron Probate Court	860 652-7629		
2155 Main Street, Glastonbury			
Chatham Health District	860 365-0884		
Water Pollution Control Authority	860 228-2871		
Public Schools		AHM Youth Services	860 228-9488
Superintendent of Schools – Hebron BOE	860 228-2577	25 Pendelton Drive	
Superintendent of Schools – RHAM BOE	860 228-2115		
RHAM Senior High School	860 228-9474	Hebron Interfaith Human Services (Food Bank)	860 228-1681
85 Wall Street			
RHAM Senior High School		Douglas Library	860 228-9312
Guidance Department	860 228-9446	22 Main Street	
		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.
RHAM Middle School	860 228-9423	Hebron Post Office	93 Main Street 860 228-6904
25 RHAM Road		Daily 8:30 a.m.–5:00 p.m. (Closed for Lunch 1:00–2:00 p.m.)	
Hebron Elementary School	860 228-9465	Saturday 8:30 a.m.–12:00 noon	
92 Church Street			
Gilead Hill School	860 228-9458	Amston Post Office	540 Church Street 860 228-3671
580 Gilead Street		Daily 8:30 a.m.–12:30 p.m. Saturday 9:30 a.m.–1:00 p.m.	

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- Keep track of the exact number of pills in every container.
- Talk to children about the seriousness and hazards of using prescription drugs.
- Dispose of excess prescription drugs properly.

CHANGE the **SCRIPT**



This publication is funded in whole by grants from the United States Department of Health and Human Services (HHS) through the CT Departments of Public Health (DPH) and Mental Health and Addiction Services (DMHAS). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention, the Substance Abuse and Mental Health Services Administration, or HHS.

For resources, go to drugfreet.org

www.ahmyouth.org



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IT IS WITH GREAT PLEASURE that I announce the recipients of the 2017-2018 Connecticut Association of Public School Superintendents (CAPSS) Student Award recipients for the Hebron Public Schools. This year's sixth grade honorees are Mya Strumskas and Cullen "Hank" Brodeur.

Mya Strumskas has volunteered her time at countless town and community events, fairs, and festivals. She has remained actively involved in both the Hebron Lions Club and the Hebron, Andover, and Marlborough Region (HAMR) softball league. As a Lions Club volunteer, Mya participated in the Harvest Pack rice meal packaging event that aided starving regions of the world. Mya also devoted some of her time to support the Hebron Lions Club 4th of July Fireworks celebration by selling concessions and working at the glitter tattoo stand. The pancake breakfasts, senior luncheons, as well as, cleaning up the fairgrounds following the Hebron Harvest Fair



Mya Strumskas

are several other Lions Club community service-oriented activities that Mya has offered her support with. Mya also takes great pride in helping out with the RHAM Youth Soccer preschool-age program. She is an excellent softball player, and enjoys sharing her talent with others. In addition to all of her volunteering, Mya has consistently demonstrated high achievement in her academics. She has set high expectations for herself, as she has sought out opportunities to challenge herself in all of her subjects. Her hopes and dreams for the 2018-2019 school year is "for everyone to treat each other with kindness and for bullying to end forever."

It comes as no surprise that Cullen "Hank" Brodeur was also selected to receive the CAPSS Student Award. Diagnosed with diabetes at the age of two, Hank has not let the disease adversely impact his true aspirations in life. At the age of three, Hank began advocating for children with diabetes. To this day, Hank has remained active in his advocacy efforts for the Juvenile Diabetes Research Foundation. He has traveled to Charlton, 🇺🇸

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Massachusetts to participate in diabetes camps at the Clara Barton and Joslin Diabetes program. He is featured in their brochure. Hank has also championed efforts to protect insurance coverage for those with pre-existing conditions. He has met with Congressman Joe Courtney multiple times to discuss the effects of diabetes on his daily activities and family life. The result of these meetings was the creation of a video about the implications of losing health care for pre-existing conditions, of which will be shared on Mr. Courtney’s website. Hank has also done patient advocacy for Pfizer Corporation. He was invited to speak in New York to a consortium of doctors and other medical professionals to teach them about the day in the life of a person with diabetes. The purpose of this meeting was to support their efforts in finding a cure and improving the current technology for insulin delivery. It is important to note, that Hank has not let diabetes define who he is as a person. He enjoys sports, his



Cullen 'Hank' Brodeur

friends and Fortnite. His commitment to helping others and his kindness and his leadership in the classroom made him an outstanding choice for this recognition. In describing his perfect school year, Hank states that it would be “a year with teachers who care, students who care, and a lot of fun with his friends and classmates.”

The CAPSS Student Awards are based on: community service and service to others; academic prowess (relative to ability); and leadership service to the school community. We are very proud of this year’s winners, and we congratulate them on receiving this prestigious recognition. A special evening ceremony will be held to honor

all of the award winners from area school districts.

Sincerely,

Timothy M. Van Tassel
Superintendent

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PLANNING A ROAD TRIP FOR THE HOLIDAYS?

Please remember that the Library has two “Hot Spots” which can be checked out for a one week duration to Douglas Library cardholders. The Library also has a newsletter which is sent out monthly through emails, to register for this service please see our website and complete the information under the “contact” tab. We currently have an Art Night, Living Pain Free: Medical Marijuana presentation, Professional Organizer for paper reduction and our Friday Movie programs planned for the upcoming months, but check our website, the Rivereast, and social media for any and all upcoming events.

Storytime: Each session of Storytime will run for 6 weeks with a two week break in between. The current session ends on 12/13. Storytime will include stories, songs and a craft that is age appropriate. Registration is not required, Space is limited to 20 children per class. Tuesdays at 10am are for 2 to 5 years old, Thursday at 10:00 a.m. for Baby & Me for 0 to 2 year old. Please call (860) 228-9312 ext 324 for more information.

Book Discussion: The Spirit Book Discussion meets the third Wednesday of the month at 7:00 p.m. until 8:30 p.m., next door at the American Legion. Wine and light refreshments are served. Must be 21 years of age to attend. The book of month will be available at the Library, so please stop in and check it out.

Knitwits: All are welcome to join the “Knitwits” on Monday evenings 6-8 p.m. This is a weekly group for knitters, stitchers, crocheters and other crafters of all ability levels.

Hebron Holiday Fest: The Third Annual Hebron Holiday Fest will be held at the Old Town Hall and the Douglas Library on Saturday December 1st. The festivities begin at 1:30 p.m. with the Train display in the OTH, then onto the Community Room in the Library for hot cocoa and cookie decorating with a Magic Show featuring Todd Migliacci at 2:30. Santa arrives on the firetruck in the Library parking lot at 4:00 p.m. and then we will proceed to the tree lighting and caroling in front of the OTH for 4:30p.m. It will be a day of fun filled activity for the young and young at heart.

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Hebron Interfaith Human Services (HIHS) operates a food pantry providing nutritional and other assistance to local residents. Approximately 90,000 pounds of food were distributed to 80 local families last year, according to Director Christa Goodwin-Babka.



HIHS also assists qualified clients in obtaining energy assistance during winter months. This support is afforded to individuals experiencing hardship, including medical or employment matters, accidents or other difficult circumstances.

HIHS received its IRS tax exemption as a qualified non-profit in 1990. The pantry was initially organized by local houses of worship and is still supported by the six churches and synagogue in town. Local civic organizations, the schools, and small businesses make donations of food or money to HIHS and many residents participate in workplace giving programs. The annual Boy Scout food drive nets 5000 lbs. of food each year. But the biggest source of funding according to board chairperson Rick White is the annual appeal, a town-wide mailing. “Hebron residents have always

responded with generosity and compassion” he added.

According to Ms. Goodwin-Babka, our strong and committed volunteer base is key to running a clean and well stocked pantry. In addition to offering food pick-up every two weeks, the pantry runs a student

“backpack program” whereby snacks and other food items are provided for school and weekend use. HIHS volunteers also staff the bi-weekly mobile food truck distributing vegetables and other food items on the grounds of The Church of Hope.

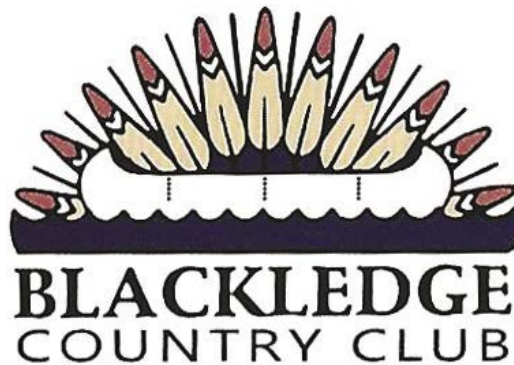
Upcoming events for HIHS include the Hebron Holiday Craft Fair at Hebron Elementary School on December 8th from 9:00-4:00. The “Stuff a Cruiser” (with toys) will also run on December 8th from 10:00-2:00 at Ted’s market.

The pantry is located at 20 Pendleton Drive. Anyone with questions is welcome to stop by the food pantry or call Christa at 860-228-1681. Details about hours of operation and other information can be found at the website www.hihsc.org.

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AHM YOUTH AND FAMILY SERVICES WELCOMES NEW STAFF

According to AHM's Executive Director Michelle Hamilton: "We are very excited to introduce three new staff members, each of whom brings to AHM a tremendous amount of experience in the fields of mental health, social work and juvenile justice. They are all excited about joining the AHM team to help meet the social and emotional needs of local children, teens and families."

Megan Aldridge was recently appointed as AHM's new Clinical Supervisor. Megan is a Licensed Marriage and Family Therapist experienced in treating families, adults, children, and adolescents. She believes in working collaboratively with families and communities to strengthen and empower the critical support systems in a child's life. Originally from Hebron, Megan



moved to the Chicago area following her graduation from RHAM High School. At Northwestern University she earned both her Bachelor's and Master's degrees. In addition to serving as the clinical department supervisor, she will also be providing counseling services for children, teens and families. Please call the AHM offices at 860-228-9488 for appointments.

Lauren Scharn is AHM's new Student Support Services Counselor in the Hebron and Gilead Elementary Schools. She received her Bachelor of Arts in Social Work at Eastern Connecticut State University as well as her Master of Science in Social Work from Columbia University in New York. At Columbia, Lauren gained experience working in hospital settings, providing in-home and community-based therapy for children and families, and working as an on-call crisis therapist. Lauren strives to empower individuals to overcome their challenges and become the best versions of themselves. She has a passion for working with children and adolescents, advocating for social justice, and helping individuals to navigate their goals. To her, every day provides an opportunity for continued learning and growth.



Didi Crowley, a Licensed Clinical Social Worker is AHM's new Student Support Services Counselor at RHAM Middle School. Didi earned her Bachelor's Degree in Psychology from Eastern Connecticut State University, and her Master's in Social Work from Southern Connecticut State University having focused on school settings through internships at Coventry High School and the Groton Public School system. She has worked in crisis management, trauma, and parent education through evidence-based Intensive In-home Child and Adolescent Psychiatric Services. Didi will also be part of the AHM Juvenile Review Board and CHEC Coalition, all of which so far has been an amazing and educational experience.



To learn more about AHM Youth and Family Services for the towns of Andover, Columbia, Hebron and Marlborough visit www.ahmyouth.org or call 860-228-9488.

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What's Happening

AT HEBRON PARKS AND REC



Parks and Recreation Staff

Richard Calarco, CPRP, CSFM, AOLCP,
Parks and Recreation Director
rcalarco@hebronct.com

Richard Gadoury
Recreation Manager
rgadoury@hebronct.com

Jenn Boehler, *Administrative Assistant*
jboehler@hebronct.com

Park Staff: Jason Hunniford and Jason Costa

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



Parks and Recreation Commission

Co-Chairpersons-Claudia Naturski and Ken Jardin
Machel Gauthier, Charles Daniels, Chris Cowles, John Russo, Eric Lemieux, ALT and Jeff LeMay, ALT
BOS Liaison: Brian O’Connell



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.

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 in 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.



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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. In the AM Care session the staff to child ratio is 1 staff member for every 6 children. In the PM Care session the ratio is 1 staff for every 7 children. 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

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



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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: 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

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 Programs

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 3-6: Mondays, 3:15-4:45pm

January 17 to March 25 (no class on 1/21 and 2/18).

Fee: \$115.

Grades 1-2: Thursdays, 3:15-4:45pm

January 10 to March 28 (no class on 2/21 and 3/21).

Fee: \$115.

Gracie Jiu-jitsu

At Hebron BJJ/Bushido we offer a very innovative martial arts curriculum for kids ages 7-12 (teen and adult classes also available). Regardless of age, we provide each student with essential training in character development, self-defense, fitness and



Kristin Pancavage

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teamwork, not to mention fun! Gracie Jiu-jitsu (AKA Brazilian Jiu-jitsu) is the fastest growing kid’s martial art in the world! Gracie Jiu-jitsu relies on leverage and technique over power and athleticism.

Location: Hebron BJJ 111 Main Street (Behind Dunkin Donuts)

Mondays, 5:30-6:20pm

Thursdays, 5:30-6:20pm

Saturdays, 10:00-10:50am

Fee: \$149.99 (includes GI/uniform and belt).

One month unlimited classes, open registration.

Adult Programs

Yoga

Join Tina Catanzaro, (AAFA, AAAI 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

Mondays, 6:30–7:30pm. December 17 to February 11 (no class on 1/21). Fee: \$80.

Mondays, 6:30–7:30pm. February 25 to March 1. Fee: \$80.

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

Wednesdays, 6:30–7:15pm. December 5 to January 16 (no class on 12/26). Fee: \$70.

Wednesdays, 6:30–7:15pm. January 23 to February 27. Fee: \$70.

Wednesdays, 6:30–7:15pm. March 6 to April 10. Fee: \$70.

Barre Above™

This Barre class fuses the very best of pilates, yoga, aerobics and strength training. You do not need to worry about dance experience. Barre Above™ is barre for all bodies! Classes include modifications for any fitness level, so you can feel successful while achieving an amazing workout that will lengthen, strengthen and tone your body. Please bring a yoga mat & hand weights (3–5lb). Instructor: Donna Bellmore- UCONN BS Human Development and Family Relations, AFAA Certified Group Fitness Instructor, Barre Above™ Certified. Class Maximum 25.

Location: Gilead Hill School Activity Room or Gym

Tuesdays, 6:30–7:30pm. January 8 to February 12. Fee: \$60.

Tuesdays, 6:30–7:30pm. February 26 to April 2. Fee: \$60.

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Location: TBD

Wednesdays, 7:30–8:30pm. December 12 to January 23 (no class 12/26). Fee: \$60.

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

Mondays and Wednesdays, 6pm. January 2 to April 1. Fee: \$35.

Hebron Gracie/Brazilian Jiu-Jitsu

Gracie Jiu-Jitsu promotes the concept that a smaller, weaker person can successfully defend themselves or another against a bigger, stronger, heavier assailant by using proper technique, leverage, and most notably, taking the fight to the ground, and then applying joint locks and chokeholds to defeat the opponent.

This is the fundamental class and beginners our welcome!

Location: Hebron BJJ 111 Main Street (Behind Dunkin Donuts)

Monday through Thursday, 6:30–8:00pm

Saturday, 8:30–10:00am

Fee: \$149 (includes GI/uniform and belt).

Holiday Shopping Adventure — We’ll watch the kids!

Take the night for your holiday shopping while your kids have fun at Gilead Hill Elementary. The Hebron recreation staff will have no shortage of fun for your children. We’ll do it all from gym time to arts and

crafts. We’ll show a movie and even do the cooking providing dinner and a snack. Take advantage of this opportunity to get caught up in the holiday spirit or even a good ol’ fashion date night. Just know that your children are in good hands for the evening!

Grades preK–6: Fridays, 5:30–9:30pm. December 14. Fee: \$30 (\$5 for each additional children).

Community Events

Knights of Columbus

All boys and girls ages 9 to 14 are invited to participate at the local level for the 2019 Knights of Columbus Free Throw Championship.



Location: HES Gym

Date: Thursday, January 17th, 2019 Local Level (snow date January 24th, 2019)

Times: 5:00pm–7:00pm

Fee: Free

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. 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 1, 2019 (snow date 3/1)

Location: RHAM High School Auditorium

Time: 6:30 pm

Fee: \$8 individual/\$25 family of four

Easter Eggtravaganza

Join the Hebron Parks and Recreation Department in celebrating Easter as we enjoy an Easter Bunny breakfast and search for hundreds of eggs that the Easter Bunny hid!

Location: Gilead Hill School

Date: 4/13/2019

Time: 8:30

Fee: \$ 6 adult/\$4 child/\$16 per family —

Day of \$7 adult/\$5 child/20 per family



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