



# Canton Connection

Fall 2009 3<sup>rd</sup> Edition

[www.townofcantonct.org](http://www.townofcantonct.org)

Page 1

## **CELEBRATE SAM COLLINS DAY** **15<sup>th</sup> ANNIVERSARY**

**Saturday, September 19, 2009**  
**10:00 AM – 4:00 PM**

What better way to spend a Saturday than visiting Sam Collins Day. It is a true showcase of what makes Collinsville one of "America's 10 Coolest Small Towns" (Arthur Frommer's Budget Travel Magazine, 09/2007). You can eat your way through the food court, stock up on freebies from local businesses, enjoy the live entertainment, and ride the shuttle to the heart of Historic Downtown Collinsville to peruse the little shops, eateries and to check out the Historic Museum.

**FREE Shuttle Buses**  
**FREE Admission**  
**FREE Parking**



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## **Who is Sam Collins?**

In 1826, 23 year old Samuel Collins, his brother David, and cousin William acquired the five-acre site of an old sawmill and gristmill on the Farmington River in Canton. Being axes were the era's most desirable tool, the three men wanted in. The Collins Company developed a high quality line of edged tools and weapons. Over time, Collins equipment made its way all over the world including playing a part in every American conflict from the Civil War to Vietnam. What is known as Collinsville was a settlement created by the Collins Company; they constructed 45 duplexes to house their worker's families. These homes are scattered around Collinsville and are still lived in today. Walking around Collinsville today it is easy to picture the village in its heyday. Now when your full and happy after a day at Sam Collins Day don't forget to stop at the hillside graveyard on Cemetery Road to thank Sam Collins, who was buried there in 1871.

## **5<sup>th</sup> ANNUAL FARMINGTON RIVER** **WILD and SCENIC** **PHOTO and ART EXHIBIT**



**September 17<sup>th</sup> – October 19, 2009**

Squire's Tavern at Peoples State Forest  
100 East River Road, Pleasant Valley

For more information, visit [www.FarmingtonRiver.org](http://www.FarmingtonRiver.org) or  
call (860) 379-0282.

## **PARKS & RECREATION FLYER**

The Parks & Recreation flyer is in here! Our new and improved newsletter includes the entire Parks & Recreation flyer along with the registration form for events. All the upcoming winter events, bus trips, classes and swimming lessons are located on pages 10-19. Post this newsletter in the kitchen, your office or download it off the internet to stay informed of all of September, October, November and Decembers' exciting events!

**MEETING SCHEDULES****(Held Monthly at Community Center)****BOARD OF SELECTMEN:**

First and Third Wednesday, 7 pm

**BOARD OF FINANCE:**

Third Monday, 7:30 pm

**BOARD OF EDUCATION:**

Second and Fourth Thursday, 7 pm

**BOARD OF ETHICS:**

Second Thursday, 7pm through 12/31/2009

**LAND USE COMMISSIONS****CANTON CENTER HIST. DIST.**

Second Wednesday, 7 pm

**COLLINSVILLE HISTORICAL DISTRICT**

Second Tuesday, 8 pm (Town Hall)

**CONSERVATION COMM:**

Fourth Wednesday, 7:30 pm

**INLAND WETLANDS:**

Second Thursday, 7 pm

**PLANNING COMMISSION:**

First Monday, 7:30 pm

**ZONING BOARD OF APPEALS:**

Second Monday, 8 pm

**ZONING COMMISSION:**

Third Wednesday, 7:30 pm

**OTHER COMMISSIONS****COMMISSION ON AGING:**

First Monday, 12 Noon

**ECONOMIC DEVELOPMENT:**

Second Tuesday, 7:30 pm

**LIBRARY BOARD OF TRUSTEES:**

Second Wednesday, 7:15 pm

**OPEN SPACE COMMISSION:**

First Tuesday, 7:30 pm

**PARKS & REC. COMMISSION:**

Third Monday, 7 pm

**WATER POLLUTION:**

Second Tuesday, 7 pm

**YOUTH SERVICE BUREAU:**

Fourth Thursday, 6 pm

**TOWN HALL HOURS****Monday, Tuesday & Thursday**

8:15 am to 4:30 pm

**Wednesday**

8:15 am to 6:45 pm

**Friday**

8:15 am to 12 Noon

**TOWN WEBSITE**

Please visit our website at

[www.townofcantonct.org](http://www.townofcantonct.org) and sign

up for electronic notification of

meetings and important information!

**SELECTMEN'S CORNER**

The summer may have been short and rainy, but your Town government has been busy. The Charter Revision Commission which was appointed in January 2008 has completed a sixteen month process to review our existing Town Charter and have proposed revisions to streamline and improve our Town government. Following months of meetings, public hearings and input from town officials and citizens, the Commission made their final recommendation to the Board of Selectmen in August. Those recommendations were unanimously accepted by the Board of Selectmen. The final step will be to present the recommendations for adoption at the November elections. The Board is planning an informational meeting to brief voters on the Commission's recommendations. The revisions are posted on the Town website. If you have any questions on the proposed changes please contact your Board of Selectmen, Bob Skinner, the Town CAO, or members of the Charter Revision Commission who are also listed on the Town website. On behalf of the Board, a hardy thank you to the nine members of the Charter Revision Commission for their many hours of work. Their recommendations will provide a solid framework for your Town government for the next decade.



Secretary of the State Bysiewicz presented a Public Service Award to World War II veteran and former Canton First Selectman Raynald Bergeron on August 6, 2009. Pictured with the Secretary and Bergeron are Canton State Representative Timothy LeGeyt and Canton First Selectman Richard Barlow. A total of 23 WWII veterans from Canton were honored for their service on August 6, 2009, the 64<sup>th</sup> anniversary of the day an American B-29 Bomber dropped the atomic bomb on the Japanese city of Hiroshima.

**BOARD OF SELECTMEN**Richard Barlow, *First Selectman*

(860) 693-7847

[rbarlow@townofcantonct.org](mailto:rbarlow@townofcantonct.org)Shirley Krompegal, *Deputy First Selectman*

(860) 693-0400

[shirleykrompegal@sbcglobal.net](mailto:shirleykrompegal@sbcglobal.net)

Marc Cerniglia

(860) 212-2284

[mcerniglia@ascent-vtc.com](mailto:mcerniglia@ascent-vtc.com)

David W. Gilchrist

(860) 693-8406

[dwgilchrist@att.net](mailto:dwgilchrist@att.net)

Mary Tomolonius

(860) 693-0368

[mtomolonius@yahoo.com](mailto:mtomolonius@yahoo.com)**ALL TOWN OFFICES WILL BE CLOSED:**

Monday, October 12, 2009 Columbus Day

Wednesday, November 11, 2009 Veteran's Day

Thursday, November 26, 2009 Thanksgiving

Friday, November 27, 2009 Thanksgiving

Friday, December 25, 2009 Christmas

Friday, January 1, 2010 New Year's Day

*A Church That Welcomes All***Come Worship  
With Us**

Sunday Services

8:00 AM

10:00 AM

**TRINITY EPISCOPAL CHURCH**

55 River Road · Collinsville, CT 06019

(860) 693-8172 [www.TrinityCollinsville.org](http://www.TrinityCollinsville.org)

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**www.CantonChamberofCommerce.com**

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**Canton Chamber of Commerce**

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[info@cantonchamberofcommerce.com](mailto:info@cantonchamberofcommerce.com)

## HELP WANTED!



The Canton Volunteer Fire & EMS Department needs volunteers.

Valuing Life...at a Moment's Notice.

Join us today!

Please visit our website at

[www.cantonfireandems.org](http://www.cantonfireandems.org)

Or call our Chief at 693-7858 or 693-2325.

## VOLUNTEER BOARD / COMMISSION VACANCIES

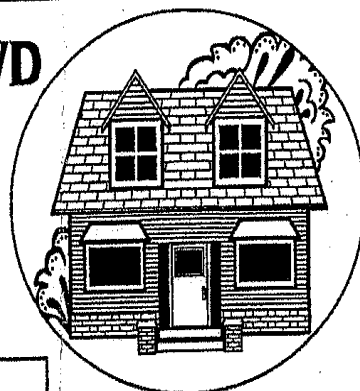
Serving on a Board or Commission is a great way to become involved in our community and meet the needs of Canton's citizens. Vacancies currently exist on the following boards and commissions:

- Board of Finance
- Canton Center Historic District Commission
- Canton Public Library Board of Trustees
- Conservation Commission
- Economic Development Agency
- Farmington River Coordinating Committee
- Inland Wetlands & Watercourses Agency
- Juvenile Review Board
- Open Space Preservation and Acquisition Commission
- Parks & Recreation Commission
- Pension Committee
- Plainville Area Cable Telephone Advisory Council
- Planning Commission
- Town Meeting Moderators
- Water Pollution Control Authority
- Youth Services Bureau
- Zoning Board of Appeals
- Zoning Commission

Each Board / Commission holds monthly meetings; a schedule of which can be found on the second page of this newsletter or on the Town's webpage. If you are interested in serving or would like more information, please contact Richard Barlow, First Selectman at 693-7847.

## RALPH DOWD Insurance Agency

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**Staying "In the Know"**

Are you interested in what's going on in your community? Do you have limited mobility or know of someone who doesn't get out that much who you think would benefit from receiving the newsletter through Senior Services?



Our **Senior Scribe**, which is chock-full of events, trips, local fun events and resources, is put out every 4 months and can be delivered to households or picked up during programs here at the Community & Senior Center.

For those internet-savvy folks, the **eScribe** is a great supplement to the Scribe, and is sent out about every 2 weeks to whichever email address you prefer. These emails contain fun facts, updates and changes to the Scribe, as well as happenings throughout the community. Call the office to subscribe to either or email Claire at [ccote@townofcantonct.org](mailto:ccote@townofcantonct.org). Check out our new & improved webpage for more information, too.

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**COOKING WITH ELAINE**

Elaine's table was empty for the month of August but she'll be starting up again this month. Classes are only \$6.00 if you pre-register and feature a cooking demo by this dynamic, fun-loving chef! Join us the last Tuesday of the month from 11:30 and get a lesson, ask questions, get some tips and a FABULOUS meal... come hungry and leave laughing. Call Senior Services for more information and upcoming course titles at (860) 693-5811.

**SENIOR SERVICES NEWS**

Canton's Home Team for More Than 150 Years

**THE SERVICES AND THE  
SERVICE YOU EXPECT  
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steven bristol

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860 • 693 • 0143

**Stretch It, Flex It, Strengthen It**

Currently Senior Services is sponsoring 55+ Tai Chi for Osteoporosis & Fall Prevention, as well as Gentle Movements Yoga. Please call if you are interested in attending the next session for each of these programs.

**Restaurant-Connect**

Are you a restaurant, deli, hometown, homegrown specialty foods place from Canton that is looking to connect to, and give back to your community? Senior Services holds a potluck on the last Monday of every month at the Community & Senior Center. If you would like to sponsor a potluck and add a special treat from your restaurant (enough to serve 25-30 people), please contact Claire or Toby at (860) 693-5811 for more information.

## TOWN TEAM NEWS

**Canton's Carol Cole, Realtor****Hartford Magazine Canton's Top Realtor 2009****Voted by Hartford Magazine readers****Canton's #1 Selling Realtor 2008****860-212-0687****[CarolColerealtor@yahoo.com](mailto:CarolColerealtor@yahoo.com)****Keller Williams Real Estate****MEET TOBY SCHEEL****Position in Town:** Administrative Assistant to the Senior Services Coordinator**Background:** Toby worked with seniors for over twenty years as a case worker in the Social Services Department in Windsor, CT. She was very involved in the Administrative tasks pertaining to the Senior Center.**Education:** Toby holds a Bachelor's Degree in Psychology from the University of California and a Master's Degree in Human Development and Family Relations from UCONN, with a Certificate in Gerontology.**Best Part of the Job:** Toby says she enjoys being around seniors for their inspiration and being able to assist them.**Personal:** Toby was born in Toronto, Canada, but grew up in Los Angeles. She met her husband while attending UC Berkeley. She spent ten years in Mansfield, CT and has since settled down in North Granby. Toby has two daughters, which live in Atlanta and Miami, and two granddaughters.**Little Know Fact:** As a child, Toby met Tonto, the companion of The Lone Ranger in the television series!

The event, to benefit FAVARH, which has been helping children and adults with developmental disabilities achieve their personal best since 1958, will include an evening of music, dancing, gourmet food, and open bar all for one ticket price. If you're interested in attending, sponsoring, advertising or donating to the event of the year, please contact Ronelle Cipolla at [rcipolla@favarh.org](mailto:rcipolla@favarh.org) or 693.6662, ext.116, today!

***"BeatleMania Live"*****Nov. 20, 2009****Riverview, Simsbury****To benefit FAVARH****The Arc of the Farmington Valley****For information call****860.693.6662 ext. 116****MUSIC-FOOD~OPEN BAR****MEET JAY KAPLAN****Volunteer Position in Town:** Jay is a member of the Canton Conservation Commission and the Open Space Preservation & Acquisition Commission.**Background:** A New York native, Jay came to Canton in 1973, to serve as a naturalist at Roaring Brook Nature Center. Thirty-six years later, he's still here as the Center's Director.**Education:** Jay holds a bachelors degree from Cornell University and a masters from The Pennsylvania State University.**Best Part of Volunteering:** Over the years, Jay has helped many Canton residents with their concerns about wildlife and other environmental issues. He is particularly proud of his work with a generation of Canton students, with whom he has shared his love of wildlife and the outdoors. Some of his former students have gone on to serve as teachers, veterinarians, and one even became a professional mountain climber.**Personal:** Jay is married to Canton native Kate Simmons Kaplan and has two children, Josh and Sarah. His late mother-in-law, Martha Simmons, was well known in Town as the proprietor of The Frame-Up, and was involved in many volunteer activities over the years. Jay has a strong interest in land use and in the natural history of our area and has served on numerous boards and commissions. He is long-time director of the Canton Land Conservation Trust. He has served as a past president of the Hartford Audubon Society and the Connecticut Ornithological Association and remains active in both organizations.**Little Known Fact:** Jay offers a summer program for students, perhaps the only such program in Connecticut that focuses on dragonflies. These important insects are environmental indicators that tell us about the health of our environment. "Chasing Dragons" examines the natural history of these fascinating creatures and has provided documentation on rare species both here in Canton and in other areas of Connecticut. He can often be found wandering about Canton at all hours documenting unusual wildlife sightings.

## FIRE MARSHAL

### Upcoming Winter Safety Tips

- Keep live Christmas trees watered. Dry Christmas trees catch fire easily.
- When hanging holiday lights, make sure you follow the manufacturer's instructions on how many lights are able to be strung together. Ensure the lights have been tested by a listing company, such as Underwriters Laboratories.
- Have your chimney, wood stove and fire place inspected and cleaned. Chimneys can build up creosote causing a blockage in the flue. A blockage may lead to poor ventilation and possible carbon monoxide poisoning in the home. Creosote buildup may also catch fire when heated, causing a chimney fire that could extend to the rest of the house.
- Have your furnace or boiler inspected yearly.
- Install smoke detectors and carbon monoxide detectors on each level of the house, ensuring one of each is located near each bedroom area.
- Do not run extension cords under rugs or carpets. Extension cords may overheat and subsequently cause a fire.
- Do not run your cars inside an attached garage for an extended period of time (i.e. to warm it up). Carbon monoxide, odorless and colorless, will build up and collect in the house. Remember that carbon monoxide is the "silent killer".
- Make sure that fireplace or wood stove ashes are disposed of properly. Do not put hot coals in a wastebasket until cooled. A good practice is placing hot coals in a metal container outside and away from any structure.

*Questions may be directed to the  
Office of the Fire Marshal at 693-7857.*

### THE CANTON HISTORICAL SOCIETY, INC.



11 Front Street  
Collinsville, CT 06019

(860) 693-2793  
e-mail: cantonhistoric@sbcglobal.net  
www.cantonmuseum.org

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## TOWN CLERKS OFFICE

**Election Day** is Tuesday, November 3<sup>rd</sup>! Positions for First Selectman, Selectmen, Board of Finance, Board of Education, Board of Assessment Appeals, and Constables will be decided. In addition, there will be a question on the ballot regarding the approval of the Town Charter as revised for January 2010. You will have ample opportunity and time to review the final draft of this document before casting your vote. Updates are posted on the main page of the website at [www.townofcantonct.org](http://www.townofcantonct.org). All voting occurs at Town Hall, 4 Market Street, Collinsville, from 6am-8pm. Call Town Clerk, Linda Smith, with questions about registration or absentee ballots.

The last day to **register to vote** by mail in order to participate in November's election is October 20<sup>th</sup>. (The envelope must be postmarked by October 20<sup>th</sup>). You have until October 27<sup>th</sup> if you deliver *in person* your registration card to the Registrar of Voters. Registration forms can be obtained from a download on [www.townofcantonct.org](http://www.townofcantonct.org). Scroll down to 'Voting Information and Election Results' and click on the link to the Secretary of the State's office. Mail that form to: Canton Registrar of Voters, PO Box 168, Collinsville, CT 06022.

**Transfer Station Stickers** for 2010 will be available beginning Election Day, November 3<sup>rd</sup>. All residents MUST present a copy of their vehicle's REGISTRATION for each car in need of a sticker. The permit sticker fee is \$100 for the first car and \$1 for the second vehicle in the household. After Election Day, you may purchase the annual permit from the Town Clerk's office during regular business hours.

## TAX OFFICE REMINDER

Did you know? If you would like an e-mail reminding you that a tax or sewer payment deadline is coming up, please go to the town web site [www.townofcantonct.org](http://www.townofcantonct.org), departments, tax collector, bottom left-click on receive e-mail notifications and sign up.

The annual sewer bills will be coming due October 1<sup>st</sup>, if you do not receive yours by the 1<sup>st</sup> please call the tax office at 693-7843 for assistance. The town hall is open each Wednesday until 6:45 pm and closes at Noon on Fridays.

## CANTON PUBLIC LIBRARY

### LIBRARY HOURS

Mon. – Thu. 10:00 am to 8:00 pm  
 Friday 10:00 am to 5:00 pm  
 Saturday 10:00 am to 5:00 pm  
 (Labor Day to June 30<sup>th</sup>)  
 Sunday 1:00 pm to 4:00 pm  
 (November 1<sup>st</sup> – March 31<sup>st</sup>)

Canton Community Center  
 40 Dyer Avenue  
 Canton, CT 06019

Questions?

Call (860) 693-5800

Fax: (860) 693-5804

[www.cantonpubliclibrary.org](http://www.cantonpubliclibrary.org)

The Canton Public Library now owns 3 online information databases. "Learning Express Library" offers a range of interactive skill-building courses and instantly-scored practice tests, including over 700 practice exams for students and adults, plus a "Job & Career Help Center." Our new "Hartford Courant Historical Database" gives you access to articles that appeared in the Courant from 1923 to 1984. These are the years not covered by the State Library databases. "JobNow!" is a resource that will help people review their resumes and cover letters and practice interviewing, all online. In addition to live, interactive online help, a variety of resources will guide patrons through the necessary tasks toward getting a job. All 3 of these databases are (1) gifts of the Friends of the Library, (2) accessible from the library computers AND your personal computers, and (3) entered via our website (click on the link marked "Electronic Resources"). You must be a Canton library cardholder to use these databases. These databases supplement those available from the Connecticut State Library at [www.iconn.org](http://www.iconn.org).

### Look who is checking US out!

Check-outs of books and audiovisual items for the fiscal year ended June 30, 2009 totaled 184,152. For the fiscal year ended June 30, 2008, the total was 168,644. That's a 9.2% increase. Who says books and reading are dead? (PS: We answered 21,062 information questions and our patron-access computers were used 19,891 times.)



### *Friends of the Canton Public Library*

Visit our website to see a list of items purchased for the library by the Friends of the Canton Public Library from July 2008 to June 2009. What would we do without our wonderful Friends?

Be sure to visit the Library/Friends table at Sam Collins Day on September 19. Lots of information, plus drawings for 2 gift baskets.



The library added a new museum pass to its collection in September: the Eric Carle Museum of Picture Book Art in Amherst, Massachusetts. This is wonderful place to visit! Check our website to see a list of all the admission passes we lend. All of our

passes are paid for by The Friends.

### Canton Public Library Mission Statement

The mission of the Canton Public Library is to be a community information center that employs trained staff and offers a variety of collections, services, programs, and equipment to which Canton residents of all ages can turn for support of lifelong reading, learning, and personal enrichment.

- Adopted by the Canton Public Library Board of Trustees, 4/15/2009

### New Library Cards

Get your new library card. Even if your current blue card hasn't expired yet, you can turn it in and get a new card with a great new appearance. We also give you the option of a key ring card.

### Suggestion Box

Have a suggestion or an idea? We have a suggestion box in the magazine area, right beside a bulletin board where we post visitor suggestions and library replies. All serious suggestions will be considered and answered.



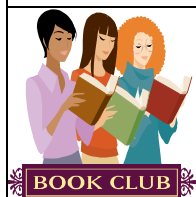
### Weekend Hours are Back!

Saturday hours return September 12. Sunday hours return November 1 (through the last Sunday of March 2010).

"The fact of knowing how to read is nothing, the whole point is knowing what to read."

- Jacques Ellul

# CANTON PUBLIC LIBRARY - PROGRAMS FOR ADULTS & TEENS



## Monday Evening Book Discussions

group meets on the second Monday of each month (except July and August) from 7:00 to 8:00 pm. **Upcoming titles and dates:** *"People of the Book"* by Geraldine Brookes on September 14<sup>th</sup>, *"Three Cups of Tea"* by Greg Mortenson on September 19<sup>th</sup> (note change in meeting night) and *"Winter Queen"* by Boris Akunin November 9<sup>th</sup>. Visit our website or call Nancy Donoghue at the library for more information.

**Saturday Book Conversations** group meets on the last (not always the fourth!) Saturday of each month (except July and August) from 11:00 am to 12:00 Noon. **September's title and date:** *"Silver Pigs"* by Lindsey Davis on September 26<sup>th</sup>. Visit our website or call Reference Librarian Beth Van Ness at the library for upcoming titles and more information.

**New members for both groups are always welcome!**

**Saturday, September 12, 12:00 Noon:** Former Canton resident Gregory Wilson will read excerpts from his teen novel *"The Third Sign"*. Also, Greg will sell and autograph copies of his book and will talk about the publishing process.

**Tuesday, September 22, 7:00 pm:** "Google Tips and Tricks". Sarah McCusker, the library's Head of Technical Services, will demonstrate some of the little-known benefits of using Google. This class is for those who already are familiar with the Internet and Internet browsing. Space is limited. Registration is required.

**Thursdays from September 24 through October 29, 7:00 pm:** A 6-part discussion course on "Voluntary Simplicity." Facilitated by Katie Bunn, the library's Circulation Supervisor, each session will run 90 minutes. Space is limited. Registration is required. Participants must purchase the course workbook – details will be provided upon registration.

**Wednesday, October 7, 7:00 pm:** "An Introduction to Meditation". Paula Sistare, psychotherapist, will discuss the benefits of meditation, followed by a guided demonstration. Space is limited. Registration is required.

**Saturday, October 10, 3:00 pm:** "A Visit from Mark Twain". Alan Kitty performs as the great author. Please check the library's website, as well as Alan Kitty's website ([www.marktwainslaststand.com](http://www.marktwainslaststand.com)), for more information. NOTE: Watch our website for a film festival of Twain stories made into movies, and for a showing of the PBS documentary "Mark Twain." Dates to be announced.



## Antiques on the Farmington

*in the historic Collins Axe Factory*  
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**Saturday, October 24, 9:30 am to 5:00 pm:** "The Farmington Canal in the Farmington Valley". This program-and-tour is co-sponsored by the Canton Public Library and the Canton Historical Society. From 9:30 to 11:15 a.m., Carl Walter and Ruth Hummel will speak at the library about the canal and its presence in our valley. Free admission. From 11:15 a.m. to 5:00 p.m., enjoy lunch followed by a coach bus tour of the Farmington Canal sites in this area, narrated by Dr. Walter and Ms. Hummel. **COST FOR LUNCH AND BUS TOUR:** \$30/person. Registration and pre-payment are required. Forms available at the library and the Historical Museum. Make checks payable to "Canton Historical Society." Expect some walking, including gentle inclines.

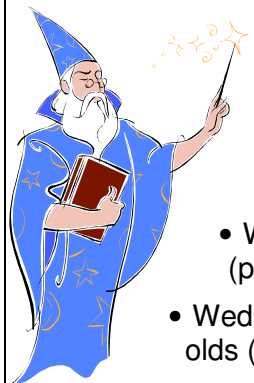
**Thursday, November 5, 7:00 pm:** "Long-Term Care Planning and Insurance". Marcia Bernstein, LCSW, CLTC, will discuss long-term care planning. What is it? Where is it provided? Who needs it? Who pays for it? What is the impact on the family? Space is limited. Registration is required.

**Wednesday, November 18, 7:00 pm:** "Living Trusts and Probate". Attorney Brendan Daly will discuss what a living trust is and how to know if it's right for you. Do you need a living trust to avoid probate? Is probate lengthy and expensive? What is the difference between a living trust and a last will and testament? Space is limited. Registration is required.

*Call the library or visit our website for information on these and other library programs.*

## CANTON PUBLIC LIBRARY

### FALL STORY TIMES



The fall story time semester begins Friday, September 18. The schedule:

- Tuesdays at 10:30 am for 2 year-olds and parent /caregiver
- Wednesdays at 10:30 am for 3 year-olds (parent/caregiver welcome)
- Wednesdays at 1:30 pm for 4 and 5 year-olds (including kindergartners)
- Thursdays at 10:30 am for 4 and 5 year-olds (including kindergartners)
- Fridays at 10:30 am for 2 and 3 year-olds with parent/caregiver

We can accommodate siblings at the 2 and 3 year-old story times, but please be sure to mention that they are coming when you register. Most 4 and 5 year-old children attend story time independently. We ask that siblings enjoy library time with their parent/caregiver outside of the story room.

### EVENTS IN THE CHILDREN'S ROOM

**Thursday, September 17, 6:30 pm:** PJ Story Time with guest visitor Winnie the Pooh. Ages 2 and up. Registration required.

**Saturday, October 3, 1:00 pm:** "Celebration of Whales" with Don Sineti from Mystic Seaport. Learn about whales, participate in hands-on science experiments demonstrating the power of baleen and blubber, and enjoy songs of the sea with a masterful folksinger. Fun for ages 4 and up. Registration required.

**Saturday, October 17, 11:00 am:** Caravan Puppets performs at our library in a special presentation made possible by the Maxwell Shepherd Memorial Arts Foundation. Check our website or call the library for more information. Ages 3 and up.

**Monday, October 26, 6:30 pm:** "Let the Wild Rumpus Start!" A Halloween story time with Ms. Heather. Costumes recommended. Ages 3 and up. Space is limited. Registration required for this annual favorite.



**Tuesday, November 17, 6:30 pm:** "Harvest Story Time with Ms. Heather". Wear PJs, if you like. Ages 3 and up. Registration required.

**Tuesdays, in December starting December 1, 10:30 am:** Drop-in story times return for children ages 2 through 6. Stories, songs, crafts, and movies. Check our website or call the library for more information.

**Early December:** Session 1 of 5 in a new series called "Yoga Story Times with Little Green Tambourine." This fun series is made possible through a grant from the Canton Community Health Fund. Check our website or call the library for more information.

**December 28 – 31:** Holiday week events, including the appearance of a special performer, our annual Polar Express Story Time, and a movie on the big screen. Check our website or call the library for more information.

**Winter 2010 Story Times:** Registration starts January 4, 2010 at 10:00 am for Canton residents only, then on January 11 for all patrons.

*Call the library or visit our website for information on these and other library programs.*

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**370 Albany Turnpike, Canton, Ct. 06019  
693-2852 693- 6294**

# FALL 2009 PARKS & RECREATION PROGRAMS

## Director:

Currently Open

## Program Supervisor:

Darrien L. Lynn

[dlynn@townofcantonct.org](mailto:dlynn@townofcantonct.org)

**Canton Parks and Recreation  
Canton Community Center  
40 Dyer Ave  
Canton, CT**

Phone: 693-5808

Fax: 693-5805

Hours: Monday through Friday

8:30 am – 4:30 pm

Please be advised that due to publishing deadlines, program listings/information may require that adjustments be made to programs, fees, schedules, etc. We apologize in advance for any inconvenience that this may cause.

## BUS TRIPS



### Wrentham Discount Outlets & Patriot Place

This is a great day for sports fans & bargain shoppers. Spend time learning about the Patriots and New England football history. Then, get ready to shop 'til you drop in over 170 stores ....Gap outlet, J. Crew, Williams-Sonoma and so many more offering bargains galore! Impressive savings off the regular retail prices!

**Date:** Saturday, 11/7



**Fee:** \$65.00 includes roundtrip motor coach bus ride and Admission to Patriot Place  
**Departs Canton:** 7:45am  
**Returns to Canton:** 6:45pm

### City Lights Tour of Manhattan

Before you know it, the holidays will be upon us! It will be Christmas time in the city and here is your chance to see it in all its splendor! Arrive in New York City and have a guided tour that stops along the way highlighting Rockefeller Center, the tree, Tavern on the Green, and all the beautiful decorated 5<sup>th</sup> Avenue windows.

**Date:** Sunday, 12/06

**Fee:** \$85.00 includes roundtrip motor coach bus ride, full lunch and riding tour  
**Departs Canton:** 10:00 am  
**Returns to Canton:** 9:25 pm



## REGISTER EARLY!

**Deadline to register for a program is ONE WEEK PRIOR TO START OF PROGRAM.** Nothing cancels a great class quicker than waiting until the last minute to register. If there are not enough registrations by a certain date, the course / trip / event may be cancelled. Please note: **A \$10 late fee will be charged for any late registration, if allowed to join program late.** Coming in or calling on the day that the program is scheduled to start will not resurrect it, so please register early! We only accept cash and personal checks at this time. Checks should be made out to "Town of Canton".

## SPECIAL



## EVENTS

### Canton Christmas Tree Lighting

Calling all Canton Families! Come on down to the green and start the holidays off on the right foot! Get into the holiday spirit with some homemade cookies, delicious hot chocolate and Christmas carols. And of course, kids can visit with Santa Claus on the gazebo!

**When:** Friday, 12/04

**Time:** 7:00 pm

**Location:**

Canton Town Green



### Annual Breakfast with Santa

Moms and Dads, bring your kids to have breakfast with Santa Claus! Kids will have time to meet Mr. Claus so they can tell him their holiday wishes! A Magician will be on hand to keep the family entertained! Children will receive a small gift at the end of each brunch.

**When:** Saturday, 12/05

**Time:** 9:00 am & 10:30 am (2 seatings)

**Fee:** \$9 Adults / \$7 Children

**Location:** Canton Community Center, Multi-purpose Room

## PARKS & RECREATION COMMISSION

**Chairperson:** Rebecca Andrews

**Vice Chairman:** Andrea O'Neil

**Member:** Beverly Hammond

**Member:** Todd Jacobs

**Member:** Christopher Eckert

**Member:** Open

**Member:** Open

## Canton Youth Basketball

**Boys and Girls Grades 3-8**



Online Registration Has Begun at [www.Cantonhoops.org](http://www.Cantonhoops.org)

For more info call Registrar: Kristin First 693-8188



## FALL 2009 PARKS & RECREATION YOUTH PROGRAMS



**(860)693-9PAW (729)**

15 Canton Springs Road  
Canton, CT 06019  
4pawsonly@att.net

**Our Services Include:**

Grooming  
Dog Training  
Doggie Day Care  
In-Home Pet Sitting

### Music with Miss Jean

*(Ages 18 months – 3 years)*

Our popular guitar lead sing along class consisting of music and activities that will keep everybody moving! Have fun playing instruments, jumping to the rhythms and learning some musical games. Classes are on Wednesdays.



**Instructor:** Jean Mix

**When:** Session I, 9/09 – 10/14

Session II, 10/22 – 12/02 No 11/11

**Fee:** \$50.00 **Min.** 6 participants

**Time:** 10:00 – 11:00 am

**Location:** Canton Community Ctr

### Fall Indoor Swim Lessons

*(Ages 6 months and up)*

**Indoor swim lessons for all ages.**

Red Cross Aquatic swim lesson program. Please call for specific level information & for dates/ times.

**Fee:** \$85 per 8 wk session:

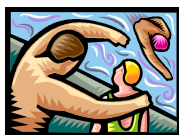
(weekdays),

\$70 per 5 wk session:

(Saturdays only)

**Location:**

HealthTrax, 100  
Simsbury Rd, Avon



### Cheerleading (Grades 4, 5, 6)

Join this very popular cheerleading class and cheer at all home HS Football & Basketball games! To cheer at the games, a uniform must be purchased through instructor. Cheers, mounts, jumps and all that goes with it! Program fills up quickly, so please register right away! (8 classes)

**Instructor:** Nancy Roy

**When:** Tuesdays, 10/06 – 12/08

No 10/27

**Time:** 5:15 – 6:00 pm

**Fee:** \$60.00

**Min.:** 10 **Max:** 20

**Location:** Canton  
Community Center,  
Parks &  
Recreation  
Room



### Jewelry Making Class

*(Ages 9-12)*

Looking for something fun to do after school? In this creative jewelry making class, you will learn how to make your own bracelets and necklaces out of string, learn how to weave hemp and how to string beaded jewelry and even how to add on a clasp. Instructor will provide all supplies, please pay instructor \$20 for supplies on first day.



**Instructor:** Sarah Daggett

**When:** Mondays, 9/22 – 11/09,

No 9/28 & 10/12

**Time:** 3:00 pm

**Fee:** \$40.00 (supply fee \$20 to be paid to instructor)

**Min.:** 5 **Max:** 10

**Location:** Canton Community Ctr

Richard J. Vincent, Sr. Mary O'Keefe Vincent Richard J. Vincent, Jr.

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# FALL 2009 PARKS & RECREATION YOUTH PROGRAMS

## MARK E. LOWELL

Attorney-at-Law

P.O. Box 627  
171-173 Albany Turnpike  
Canton, Connecticut 06019  
(W) 693-0703 • (H) 693-8959

### Fall T-Ball & Coach Pitch

(Ages 4-7)

We will be forming teams **prior to the start of the program.** Registration deadline is **Monday, September 21<sup>st</sup>**. No exceptions, as we will be forming manageable sized teams and will be ordering t-shirts. **Parent volunteer coaches are appreciated and are needed;** we cannot run the program without you! Please call if you are interested in helping out. (Or indicate this on the registration form)

**When:** Saturdays, 9/26, 10/03, 10/10, 10/17, 10/24 & 11/07

**Time:** 10:00– 11:00 am for T-Ball  
11:00 – 12:00 pm for Coach Pitch

**Fee:** \$ 40.00

**Location:** Mills Pond Park

## Focus on Canton

PO Box 853  
Canton, Ct. 06019-853

### Assisting Canton Residents in Need

- Neighbors Helping Neighbors Day
- Medical Transportation
- Crop Walk
- Thanksgiving Dinners
- Other needs as they arise

Kathy Corkum, President  
693-8612  
www.focusoncanton.org

### Halloween Spooky House

Craft Session –

One 3 hour class

(Ages 6 and up)

Before we know it, it's going to be Halloween! Kids will have fun creating this spooky Halloween house which will add such a "scary" feel to your house! It will make a great centerpiece for your table!

**Instructor:** Audra Weisel

**Pick one:** Session I: Thursday, 10/15  
or Session II: Thursday, 10/22

**Time:** 3:45 – 6:45 pm

**Fee:** \$25.00

**Min:** 5

**Location:**  
Canton  
Community  
Center,  
lower level  
kitchen



### Holiday Gingerbread House Decorating

(Ages 6 and up)

Begin a festive Christmas tradition for you and your family. Register today for the Wilton Gingerbread House Class. In just one class, you will create a wonderful gingerbread house. Easy to make and fun to decorate! Our instructor is a Wilton trained professional decorator and she will teach you special



pipng techniques, which will make your house extraordinary!

**Pick one:** Session I: 12/03 or  
Session II: 12/10

**Time:** 3:45 – 6:45 pm

**Fee:** \$25.00

**Min:** 5

**Location:** Canton Community  
Center, lower level kitchen

### Junior Tennis Lessons

(Ages 5-14 years):

Learn a sport that will last a lifetime. This program includes lessons for beginners and advanced beginners. Lessons will cover stroke development, foot work, and court strategies appropriate for each level.



**Instructor:** Canton Racquet Club Pros

**When:** Mondays or Wednesdays

**Dates:** Begins week of 9/21 and ends the week of 10/26 (6 weeks)

**Time:** Ages 5-8: Mondays, 5:00–6:00 pm

Ages 9-14: Wednesdays, 4:00–5:00 pm

**Fee:** \$98.00

**Location:** Canton Racquet Club

### After School Mad Science - Crazy

ChemWorks (Grades K-3)

Ooze into a gooey hour of sliming around! Create slime using the Mad science recipe and then enter your creation in the "Slime Olympics", stick to the walls and push the power of tape to it's limits in an adhesive hour on "things that cling", learn how dry ice works with "Dry Ice capades", learn to recognize chemical reactions and mix up a few reactive ingredients for some sensational results! This program is so popular, we often have a wait list, so don't delay your registration!



**When:** Mondays, 10/05 – 11/23, No 10/22

Fridays, 10/09 – 11/20

**Time:** 3:40 – 4:40 pm

**Fee:** \$107.00 per participant

**Location:** Cherry Brook Primary School  
Cafeteria

"If your result needs a statistician then you should design a better experiment."

— Ernest Rutherford

# FALL 2009 PARKS & RECREATION YOUTH PROGRAMS

## Babysitting Classes

*(Ages 11 and up)*

A comprehensive babysitting course that will cover: basic care, first aid, safety, safe play, leadership and professionalism. Successful completion results in Red Cross certification. Everything you need to know to get started in the babysitting business! If you are 11 years old, then you are eligible to sign up for our very popular class. Please note: we can only register 10 students per class and the classes fill up quickly.

### **Dates / Times:**

9/24, 3:00 – 7:30 pm

9/25, 1:00 – 5:00 pm

10/27, 3:00 – 7:30 pm

10/28, 1:00 – 5:00 pm

November, TBD, please call

**Fee:** \$95.00

**Location:** Canton Community Center, Parks & Recreation room

## Recreational Hoops-

### Youth Basketball

*(Grades K-2)*

Learn the basic skills and fundamentals of basketball: dribbling, shooting, and passing. Practices are focused on the basics of basketball, using smaller balls and shorter hoops. Kids will have a blast! Children in Kindergarten will play on Tuesdays, First Graders on Wednesdays, Second graders on Thursdays. We are looking for parent volunteer helpers on each night to assist our coach. This is a 5 week program.

**When:** 12/01 – 01/07

(No program during the weeks of Christmas and New Years)

**Time:** 5:30 – 6:30 pm each night

**Fee:** \$35.00

**Location:** Cherry Brook Elementary School



## After School Ski Bus to Ski Sundown

*(Grades 4-12)*

The goal of this program is to promote health, fitness, and social benefits of snow sports and to have FUN! Ski Sundown offers discounted lift tickets, equipment rentals and ski & snowboard lessons for all abilities. There is a variety of terrain from novice trails, a terrain park for beginners at the Sunnyside Learning Area to more challenging runs and larger terrain features on the main mountain. Bus transportation provided for the 6-week chaperoned program. **Please call & volunteer if you can help chaperone! 693-5808** Wednesdays and Thursdays, beginning in January. Information will be sent out to schools in October.

The tentative Dates for ski bus are as follows:

Wednesdays:

1/6, 1/13, 1/20, 1/27, 2/3, 2/10

Thursdays:

1/7, 1/14, 1/21, 1/28, 2/6, 2/11

## Karate (Grades 1-6)

Students will learn the basic of Kempo Karate. Focuses will be on defense, control, and respect. Each participant will receive a karate uniform, please note participants height and weight on the registration form. Instructors will be the Avon Kempo & Aikido staff.

**When:** Wednesdays, 9/23 – 10/28 (6 wks)

**Time:** 4:30 – 5:30 pm

**Fee:** \$60.00

**Min:** 10

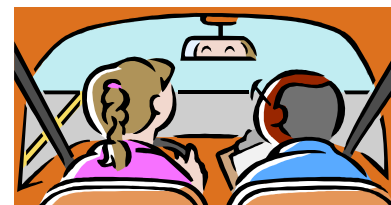
**Location:** Canton Community Center



*"A black belt is nothing more than a belt that goes around your waist. Being a black belt is a state of mind and attitude."*

- Rick English

## \*Attention High School Students\*



## AAA Drivers Education Course at Canton High School

An informational brochure regarding this program is at the Parks & Rec office, as well as the High School Main office. Registration paperwork will be available at the Main office of CHS. The dates for class have been set:

**Dates:** Sept. 21, 22, 24, 29 & Oct. 1, 5, 6, 8, 13, 15, 19, 20, 22, 26, 27

**Time:** 2:30 – 4:30 pm

**Location:** Room 226, CHS

**Cost:** \$575.00 for AAA members and dependants under age 18.

\$650.00 for non-members

*"The difference between school and life? In school, you're taught a lesson and then given a test. In life, you're given a test that teaches you a lesson."*

- Tom Bodett

## CERTIFIED PROFESSIONAL RÉSUMÉ WRITER

**Leslie Dehey**  
**Job Search Associates**

[lesliedehey@sbcglobal.net](mailto:lesliedehey@sbcglobal.net)

860-690-5671

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Collinsville, CT 06019

## FALL 2009 PARKS & RECREATION YOUTH PROGRAMS



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### NEW! Rhythmic Gymnastics Classes

(Ages 3-5, 6-9 & 10-12 years)

Rhythmic Gymnastics is a beautiful Olympic Sport that creatively combines the grace and beauty of gymnastics, ballet, theatrical dance and apparatus manipulation to create intricate patterns with all of the rhythmic apparatus: rope, hoop, ball, clubs and ribbons. Students can enjoy exploring creative dance skills and sequences.

**When:** Thursdays, 9/24 – 11/12

**Times:** **Ages 3-5:** 4:15 – 5:00 pm

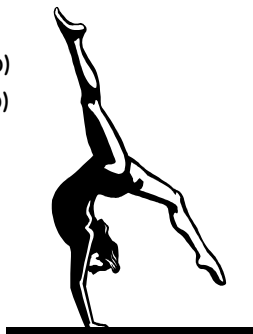
**Ages 6-9:** 5:00 – 6:00 pm

**Ages 10-12:** 6:00 – 7:00 pm

**Fee:** \$75.00

**Min:** 6 **Max:** 10 (3 – 5 age group)  
15 (6 – 12 age group)

**Location:** CBPS Gym



### Youth Spanish Classes

(Ages 5-8)

Give your children a head start, by signing them up for Spanish lessons. Experts say that children that begin at an early age have a much easier time picking up a second language. Classes will be at Cherry Brook Primary School on Mondays. Age /grade appropriate materials will be provided to each student.

**When:** Mondays, 9/21 – 11/16, No 10/12 (8 week course)

**Time:** 3:40 – 4:40 pm

**Fee:** \$135.00

**Location:** CBPS

### Beginner Gymnastics

(Ages 3-8 years)

Learn the basics of gymnastics in a safe and fun environment. Participants will work on basic tumbling, balance beam, and vault skills.

**Instructor:** Nancy Roy

**When:** Fridays, 10/09 – 12/11, No 10/30 & 11/27

**Times:** 3:30 – 4:15 pm, 3-4 year group

4:15 – 5:00 pm, 5-8 year group

**Fee:** \$60.00 **Min.:** 10 **Max:** 10

**Location:** Canton Community Center



"Everyone gets scared, and everyone falls. The key is to get right back up and try again." – *Shannon Miller, Olympic Gold Medalist in Gymnastics*

### Scott C. Nardozi

Vice President  
Retail Sales Manager

188 Albany Turnpike  
P.O. Box 549  
Canton, CT 06019  
Tel: 860-352-9100  
Fax: 860-352-9116  
snardozi@fnbl.com



www.fnbl.com

## FALL 2009 PARKS & RECREATION PROGRAMS

### **NEW! Daytime Pre-Natal Yoga Classes with Nancy Brooks**

An ideal way to stay in shape throughout your pregnancy. Keeps you limber, tones and strengthens your muscles, improves your balance, posture & circulation, with little impact on your joints. It helps you learn to breathe properly and to relax which will be beneficial as you face the physical demands of labor, birth and motherhood. Our instructor, Nancy Brooks, has been teaching yoga classes for close to 20 years.

**Dates:** Tuesdays, 9/22 – 10/27

**Time:** 3:00 – 4:00 pm

**Fee:** \$60.00



### **Yogilates with MaryEllen**

Focus on strengthening your power house: abdominals, lower back, and buttocks. Work on the muscles in the center of the body that maintain good posture and alignment, along with working on flexibility and strength. Develop correct form and movement to use throughout your life. Class ends with a deep relaxation component. This class runs continuously for 8 classes each session on Thursdays.

**Instructor:** Mary Ellen Mullins

**Dates:** Session I: 9/24 – 11/12

Session II: 11/19 – 1/14 (No 11/26, 12/24, 12/31)

**Time:** 10:00 – 11:00 am

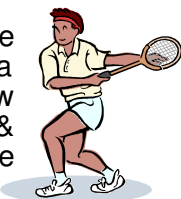
**Fee:** \$68.00 **Min.:** 8 **Max:** 15

**Location:** Canton Community Center



### **Tennis Lessons for Adults**

Have you always wanted to learn the proper strokes and techniques to play a great game of tennis? Make new friends and get some great aerobic & toning exercise while learning the game! You are never too old to learn how to play tennis! Lessons will be one night during the week for one hour. Please call if you are interested, we are forming a group now. We need a minimum of six players to make it work! **Please call Parks & Recreation if you are interested. 693-5808**



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### **NEW! Gentle Yoga Meditation**

Feeling wiped out by the end of the week? Do you need some tools to help with your hectic lifestyle? Are you dealing with a chronic illness, or recovering from an injury/surgery? You will learn gentle, restorative yoga stretches and various meditation techniques, as well as methods you can use to attain deep relaxation on your own. Our instructor is an ERYT with Yoga Alliance, the internationally recognized yoga organization which accredits yoga instructors. She has been a yoga instructor and personal trainer full time for 6 years, teaching both public and private classes.

**Instructor:** Maggie Rueda, ERYT

**Dates:** Fridays, Session I: 9/18 – 11/06

**Time:** 4:00 – 5:00 pm

**Fee:** \$70.00 **Min:** 5 **Max:** 20

**Location:** Canton Community Center



### **Body Sculpting**

Tone & tighten your muscles while burning calories with resistance training. This class uses free weights, dyna-bands and balancing discs. (8 week program)

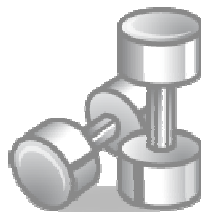
**Instructor:** Nancy Roy (formerly Wade)

**When:** Mondays, 10:00 – 11:00 am

**Dates:** Session I- 10/05 – 10/07, No 10/12, 10/26

**Fee:** \$58.00 each Class

**Location:** Canton Community Center



# FALL 2009 PARKS & RECREATION ADULT PROGRAMS

## New! Cooking Classes!



Calling all gourmets & the "cooking challenged"! We are so excited to be able to offer this new cooking series! Course will cover knife skills, cooking techniques, how to make homemade pastas, grill pizza, Asian style cooking, grilling fish, creative appetizers, and more! Wow your friends with burgers gone wild, salads that make a meal....etc. This will help the beginner get a handle on cooking, but will also break an experienced cook out of a rut! All classes are hands-on and students will eat all foods prepared! **Pre-registration by phone will be accepted. IMPORTANT NOTE \*\*Students MUST sign up on or before Monday 12:00 pm two days before the class, so instructor can purchase supplies. (860) 693-5808** Please bring \$30 check, payable to "Town of Canton" to the instructor, the evening of class.

**Chef Instructor:** Chris Shekis **Min.: 5 Max: 10**

**September 23<sup>rd</sup> Salads that make a meal** A dinner on the lighter side, but satisfies the hungriest appetite

**September 30<sup>th</sup> Burgers Gone Wild!** Instead of the same old thing, how about a Southwest Turkey Burger? Or a Stuffed Burger? We'll make sliders, so we can try them all!

**October 7<sup>th</sup> The Art Of Stir Fry** Three Recipes: Mongolian beef, Chicken & vegetables and Tofu in a spicy Bean sauce.

**October 14<sup>th</sup> Pie Making 101** We will learn to make a perfect crust and then make three perfect pies to enjoy

**October 21<sup>st</sup> Salmon Three Ways** Salmon in ment, Potato Crusted Salmon & Shallow Poached Salmon

**Each class is from 6:30 – 8:30 pm**

**Please call for information on information on future classes.**

## Cardio Kickboxing Class

Talk about a fun workout! Work your arms, legs, stomach and have a great time while doing it. If you have not tried this workout, give it a try and you will be hooked! ( 8 week program)

**Instructor:** Nancy Roy

**When:** Fridays, 10:00 – 11:00 am

**Dates:** Session I: 10/09 – 12/11 No 10/30, 11/27

**Fee:** \$58.00

**Location:** Canton Community Center



## Step Aerobics

This great aerobic workout tones the most difficult areas of the body, buttocks, thighs and stomach while burning fat. (8 week program)

**Instructor:** Nancy Roy

**When:** Tuesdays, 10:00 – 11:00 am

**Dates:** Session I: 10/06 – 12/08 No 10/27

**Fee:** \$58.00

**Location:** Canton Community Center



## Tai Chi Gentle Movements

Tai Chi is a gentle, easy to learn exercise program. Tai Chi is gaining popularity within the medical community as a complementary program for balance, arthritis, fibromyalgia, diabetes, back pain, and stress. Learn about the benefits, history and evolution. SUN style short form. (6 week sessions)



**Instructor:** Martin Kidder

**When:** Tuesdays

**Dates:** Session I: 9/15 – 10/20

Session II: 10/27 – 12/01

**Times:** Morning session, 9:00 – 10:00 am

Evening session, 6:00 – 7:00 pm for Beginners  
7:15 – 8:15 pm for Advance

**Fee:** \$66.00 per session

**Location:** Canton Community Center

## Recreational Volleyball:

This Co-Ed recreational play follows the indoor six on six rules of play. No experience necessary to play. The program will follow the school schedule for holidays, special events, and weather closures. Please call Parks & Recreation to pre-register, 693-5808. (Wednesday & Thursday eves, starting on September 16<sup>th</sup>)

**Fee:** \$35.00 Fall Season or \$5.00 per evening drop-in

"Don't measure yourself by what you have accomplished, but by what you should have accomplished with your ability."

- John Wooden



## FALL 2009 PARKS & RECREATION PROGRAMS

### Every Body's Exercise Class with Mary Root!

Stretch, tone, and flex your way to a healthier you. Work on increasing flexibility, maintaining muscle tone, and improving balance. Participants move at their own level of ability for the best workout possible. Come enjoy the morning with us while working your way to a healthier you! One of our most popular classes!

**When:** Tuesdays & Thursdays

**Time:** 10:30 – 11:30 am

**Fee:** \$30 each month, register at Parks & Recreation

**Location:** Parks & Recreation

Program Room, Canton Community Center



### New! Stress Reduction Program

Who couldn't use a little help with reducing stress in these tough times? Learn strategies & techniques to cope more effectively with both short & long term stressful situations, such as living with chronic illness, suffering with chronic pain, feeling anxious and overwhelmed, experiencing sleep disturbances, and/or just having difficulties dealing with the rigors of everyday life. This is a well-researched program developed over the past three decades at the Mindfulness Based Stress Reduction Clinic at UMASS Medical School, which has shown to improve health and well-being. Please wear comfortable clothing and bring a yoga mat or large towel.

**Instructor:** Elaine Adams, RN

**Dates:** 10/27, 11/03, 11/10 & 11/17

**Strongly encouraged to attend all 4 sessions!**

**Times:** 6:00 – 7:30 pm

**Fee:** \$100.00 **Min:** 5 **Max:** 12

### Adult Yoga

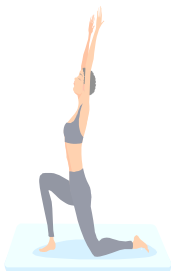
Class includes stretches, breathing techniques and relaxation. It will enhance your physical and mental well being, increase strength, reshape muscles and tone your entire body. It will energize you and improve your overall health, including posture, balance, power and range of motion. It's great for people with back problems and for alleviating muscle soreness and joint inflammation. Yoga will improve your quality of life and keep you looking and feeling better. This class runs continuously throughout the year on Wednesday evenings from 7:45 – 8:45 pm.

**Instructor:** Nancy Brooks

**Next session:** 9/23 – 11/18, No 11/11

**Fee:** \$75.00 **Min.:** 14 **Max:** 30

**Location:** Canton Community Center, Parks & Recreation room



### Men's Under 35 & Over 35 Pickup Basketball:

Play the game you love all Fall, Winter and Spring. No experience necessary, **all levels of play welcome.** The program will follow the school schedule for holidays, special events, and weather closures. Please call Parks & Recreation to register, 693-5808. Season will start on September 14<sup>th</sup>.

**Fee :** \$35.00 Fall season or \$5.00 per evening drop-in

**Age groups / When:** Under 35 Monday evenings  
Over 35 Tuesday evenings

### SPORTS ASSOCIATIONS CONTACT INFORMATION



#### **Soccer:**

Canton Youth Soccer Association

President: Bill Phelps

[www.cantonsoccer.org](http://www.cantonsoccer.org)

#### **Basketball:**

Canton Youth Basketball Association

Registrar: Kristin First, 693-8188

[www.cantonhoops.org](http://www.cantonhoops.org)

#### **Little League:**

Baseball and Softball

President: Stan Krzanowski, 693-0365

[www.eteamz.com/cantonctll](http://www.eteamz.com/cantonctll)

#### **Lacrosse:**

Canton Youth Lacrosse Association, Inc.

Registrar: Daphna Fuhr-Dylag, 693-6261

[www.Cantonlax.org](http://www.Cantonlax.org)

#### **Youth Football:**

Canton Warrior Youth Football

Contact: Andrew Pidgeon, 944-8833

<http://canton youth football.clubsplaces.com>



Are you **artsy-craftsy** and enjoy working with young children? Parks & Recreation is looking for an instructor (that has experience working with children) for arts & crafts with kids! We would love to meet with you and talk about some ideas that we have for some great new children's programs! Please call Parks & Recreation at (860) 693-5808!

## FALL 2009 FAVARH PROGRAMS

*The Arc of the Farmington Valley Inc. **FAVARH**  
"Helping People Achieve Their Personal Best Since 1958"*

### Inspirational Arts

For ages 15+ (3 sessions offered per year) New Session begins September at Canton High School One class held per week (Wednesdays 6-8:00pm) for a 6 week session using different mediums (pencil, charcoal, oil pastels, watercolor, acrylic, sculpture, etc). Open to individuals of all abilities. Instructed by Professional Artist Rick Stanton and Trained staff and volunteers. For more information please contact Rick Stanton (860) 693-6662 ext. 152 [rstanton@favarh.org](mailto:rstanton@favarh.org)  
**Fee** is \$75.00 per session, includes registration and art supplies

### Endless Possibilities Unified Theatre Production

For individuals of all abilities, prior theatre knowledge is not required. Rehearsals begin in late September / early October. Rehearsals take place Mondays 6:00 – 8:00pm at the FAVARH Main Office. Rehearsals culminate in a weekend production by April. For more information contact Rick Stanton (860) 693-6662 ext. 152 [rstanton@favarh.org](mailto:rstanton@favarh.org)  
**Fee** is \$100.00 for the entire session.

### Unified Special Olympics

4 Unified Sports offered per year: Softball (summer / fall) Basketball (fall / winter) Floor Hockey (winter) Soccer (spring / summer). Always looking for volunteers, athletes and coaches. For more information contact Tim Hennessey (860) 693-6662 ext. 151 [thennessey@favarh.org](mailto:thennessey@favarh.org)  
Fee is \$40.00 per sport

### Summit Hiking Club

Unified Hiking Club for hikers of all abilities. 1 weekend hike per month at various locations throughout the state as well as 2 overnight camping trips. For more information and to be added to electronic mailing list, contact Steve Morris (860) 693-6662 ext. 123 [smorris@favarh.org](mailto:smorris@favarh.org)

### Unified Fishing Club

For fishermen and fisherwomen of all abilities. 1 weekend excursion to a local lake, river or pond. No previous experience necessary. For more information and to be added to the electronic mailing list, contact Tim Hennessey (860) 693-6662 ext. 151 [thennessey@favarh.org](mailto:thennessey@favarh.org)



## Creating Optimal Financial Health through Money-Mindfulness



Michael A. D'Apice  
Insurance & Investment Solutions  
**860.693.4919**  
[moneymindfulness@comcast.net](mailto:moneymindfulness@comcast.net)



College/Retirement Savings ~ Income Protection ~ Medical Plans  
Long Term Care ~ Wealth Preservation

### Creating "The" Ultimate College-Funding Arrangement

Presented by Michael D'Apice, financial representative

An educational event (no solicitation) exploring how the practice of Money-Mindfulness leads to discovery of winning financial strategies with a discernment which serves your highest good. Learn how to position income and assets to maximize college financial aid, minimize market risk, reduce taxes and counter losses due to death or disability often without additional outlay beyond currently budgeted allocations. Witness a case study of two distinctly differing financial journeys - one in which enlightened attention and personal transformation leads to a more excellent financial outcome at college years - and beyond, into retirement years! Handouts and helpful resources will be sent home with attendees. Reservations are required in order to assure proper seating and material. Call Darrien at Canton Parks and Recreation, (860) 693-5808.

**Date:** Tuesday, October 27, 2009

**Location:** Canton Community Center, Lower Level MultiPurpose Room

**Time:** 7:00 - 8:30 pm

## CANTON PARKS AND RECREATION WANTS YOU!

If you have a program idea or would be willing to run a program, please call us.

### **REGISTRATION:**

- 1 No telephone registrations will be accepted.
- 2 **Deadline for registration is one week prior to the beginning of a class.**
- 3 If the original class offered should be filled, a wait list will be started. Additional sessions will be started if interest is shown and if space and instructors are available.
- 4 Registrations are first-come, first-serve basis.
- 5 Persons are not considered registered until their fee has been paid.
- 6 If there is space available in a class or program, Canton Parks & Recreation may allow late registration. However, participant will be charged a **\$10.00 late fee.**

### **REFUND POLICY:** Refunds will be issued if:

- 1 A class if filled.
- 2 A class is cancelled by the department due to insufficient enrollment.
- 3 **It is requested by the participant at least one week prior to the first class/ program/ trip (Less \$10.00 Administration Fee for cancellation).**
- 4 NO REFUND WILL BE ISSUED AFTER A CLASS HAS BEGUN.
- 5 Refunds may take 3-4 weeks to be processed.

### **CANCELLATION:**

- 1 The Canton Parks and Recreation Department reserves the right to cancel any class or activity due to insufficient enrollment.
- 2 Any activity held at any Canton School will follow school cancellation and holidays.
- 3 Cancellations are posted on WFSB channel 3, WTNH channel 8, and Radio WTIC 1080 am, 96.5 fm.

### **NON-RESIDENT POLICY:**

- 1 Canton residents are given priority placement in all scheduled events. Out-of-town residents are welcome if space is available.
- 2 An additional \$10.00 fee will be charged for non-resident.

### **SPECIAL NEEDS PARTICIPANT:**

Many of our programs may be adaptable to individuals with special needs. If you have an interest in a specific program or class, please call the Parks and Recreation Department as to the suitability of the program and the ability to adapt it to the individual.

**MAIL-IN REGISTRATION:** Make checks payable to "Town of Canton" and mail to:

Canton Parks and Recreation, P.O. Box 168, Collinsville, CT 06022-0168

For Questions Regarding Registration Call: (860) 693-5808

### **PROGRAM REGISTRATION FORM**

Registrant / Parent Name: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Address: \_\_\_\_\_ Work Phone: \_\_\_\_\_

\_\_\_\_\_ Zip: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Emergency Contact:(Other than above) \_\_\_\_\_ Phone: \_\_\_\_\_

| Participant's Name                        | Sex   | Activity Name | Session/Time | Fee            |
|-------------------------------------------|-------|---------------|--------------|----------------|
| (Please add \$10 if out of town resident) |       |               |              |                |
| 1 _____                                   | _____ | _____         | _____        | _____          |
| 2 _____                                   | _____ | _____         | _____        | _____          |
| 3 _____                                   | _____ | _____         | _____        | _____          |
| 4 _____                                   | _____ | _____         | _____        | _____          |
|                                           |       |               |              | Total \$ _____ |

Do any of the above-listed participants have any allergies? Yes / No Please specify: \_\_\_\_\_

Do any of the above-listed participants have any special needs? Yes / No \_\_\_\_\_

Registrant, Parent or Guardian

In consideration of your accepting this entry, I hereby for my self, my heirs, executors and administrators, waive and release any rights and claims for damages I may have against the agency providing the activities listed above an its representatives successor and assigns for any and all injuries suffered by myself or my child at any activity sponsored by these groups.

Registrant/ Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Town of Canton  
4 Market Street  
P.O. Box 168  
Collinsville, CT 06022-0168

Bulk Rate  
U.S. Postage  
PAID  
Permit No. 71  
Collinsville, CT  
CAR-RT-SORT

Canton Patron

Canton, CT 06019

Please visit our Town website at [www.townofcantonct.org](http://www.townofcantonct.org)

#### **HAVE YOU BEEN NOTIFIED?**

Our Town website has the ability to notify you by email for electronic delivery of Town news, public notices and agenda postings on the website. It is free and easy, just go to our website at [www.townofcantonct.org](http://www.townofcantonct.org). In the left-hand margin of the Welcome page you'll see:

Click Here To Receive  
Email Notifications 

You can opt-in or out at any time to various categories such as Municipal Meetings, Canton Updates, Tax Reminders, and Emergency Notifications. This is a quick and easy way to stay informed of what is going on in Canton government. If you have any questions about this service, please call the Town Clerk at 693-7870.

#### **INTERESTED IN ADVERTISING YOUR BUSINESS?**

**Interested in advertising your business?** If so, please call Michelle Schroder, Executive Assistant to CAO, at 693-7841 or via email at [mschroder@townofcantonct.org](mailto:mschroder@townofcantonct.org).

Our newsletter offers advertisement space for Fast Ads, Business Cards or Quarter Page. This newsletter is sent out to 5000+ Canton households as well as appearing on the Town of Canton website.

Our next issue will be published in December. If you have previously advertised with us you will receive a reminder email regarding all upcoming editions. All advertising space is on a first come, first serve basis.