



Canton Connection

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VOLUNTEER Join a board, commission or town committee; a great way to become involved in our community! For more information, contact First Selectman Richard Barlow at 860-693-7847. You may download a Volunteer Application from our website, www.townofcantonct.org.

Regular Member Vacancies:

- Canton Center Historic District Commission
- Canton Housing Authority
- Canton Public Library Board of Trustees
- Commission on Aging
- Conservation Commission
- Design Review Team
- Farmington Valley Health District
- Inland Wetlands & Watercourses Agency
- Open Space Preservation & Acquisition Commission
- Parks & Recreation Commission
- Plainville Area Cable Telephone Advisory Council
- Temp. Advisory Commission on Information Technology
- Water Pollution Control Authority
- Youth Services Bureau (*youth member*)

Alternate Member Vacancies:

- Canton Center Historic District Commission
- Commission On Aging
- Planning Commission
- Town Meeting Moderators
- Zoning Board of Appeals
- Zoning Commission

Town Hall Art Exhibits

In conjunction with the [Gallery on the Green](#), current members of the Gallery have transformed the Town Hall into a modern museum of art. All exhibits are available for purchase. Each exhibit period is for two (2) months. The public is welcome to view these displays during regular Town Hall hours. To schedule an exhibit, contact the Town Hall Art Exhibit Coordinators; Michelle Schroder at 860-693-7841 or mschroder@townofcantonct.org and/or Harriet Boyko can be reached at 860-693-7854, hboyko@townofcantonct.org.

Happy



Holidays!

Canton High School – Woodshop Class

Students in Mr. Daryl Zordan’s woodshop class at Canton High School have been very busy! Mr. Zordan has graciously allowed the project of creating a new mailbox system for the Town Hall offices become part of his Fall curriculum. The students pictured below did a wonderful job converting the old vertical mailbox system into a spacious horizontal system – which includes extra storage for packages. The mail is now able to be placed flat instead of folded in half allowing for more room in each slot. The Town sends a warm holiday “thank you” to all students involved in the creation of this lasting piece of décor in the Town Hall. A special thanks to Mr. Zordan for allowing this project to become part of his classroom regimen.



(From left) Mr. Zordan, Matt Mutch, Hunter Boman & Quinten Permenter

SELECTMEN'S CORNER

MEETING SCHEDULES

(Held monthly at Community Center)

BOARD OF SELECTMEN:

Second & Fourth Wednesday, 7 pm

BOARD OF FINANCE:

Third Monday, 7:30 pm

BOARD OF EDUCATION:

Second & Fourth Thursday, 7 pm

BOARD OF ETHICS:

Third Tuesday, 7 pm

LAND USE COMMISSIONS

CANTON CTR HIST. DIST:

Second Wednesday, 7 pm

COLLINSVILLE HIST. DIST:

Second Tuesday, 8 pm (Town Hall)

CONSERVATION COMMISSION:

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, 6:00 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 SERVICES 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

www.townofcantonct.org



We will all remember 2011 as the year dominated by the weather. Hurricane Irene was a warm up for the challenges which Storm Alfred was to bring us. While we all wished that the restoration of our electric service had been quicker the crisis brought out the best in our community as once again neighbors helped each other and volunteers gave countless hours of service to the Town. A special thanks is in order to our Fire/EMS volunteers, all those who staffed our emergency shelter and those who assisted in removing debris from their neighborhoods. Together with our Town employees we did a great job as our streets were quickly passable and we were the first Valley town to reopen our schools.

Overshadowed by the weather were a number of important activities started in 2011. The update to the Town Plan of Conservation and Development was initiated. We encourage continued participation in Plan Update. A Study of the Farmington River (Upper Mill Pond) was completed with State funding and the Boards of Selectmen and Education will be finishing a Capital Improvements Plan in early January. The latter Plan will be used to prioritize bonding for future capital projects.

In January the Board will be starting the preparation of the 2012/2013 Town budget. As in the past several years the challenge will be to maintain services while minimizing expenses. This year for the first time we will undertake the process without the services of Kathy Corkum. After many years as a member of the Boards of Selectman and Finance Kathy has chosen to retire. We wish her well and hope that she will continue to volunteer her services to the many town organizations she has participated in. As always residents are encouraged to attend the Selectmen's budget workshops to learn the details of the Town program budgets and provide input on the Board of Selectmen's final proposed budget prior to its submission to the Board of Finance for their consideration.

Finally we encourage residents to continue to consult the Town website, www.townofcantonct.org for information and updates on Town activities. It is also important to sign up for the Town QAlert system and also the reverse 911 system to get Town alerts. Please also consider signing up with your mobile phone number (s), business phone number, text number (s), business and personal email address as well as your home telephone number as many residents were unable to receive information during the recent storms as their home phones were disabled. You may also sign up with your TTY / TDD Device number.



ALL TOWN OFFICES CLOSED

Christmas, Monday, December 26th
 New Year's Day, Monday, January 2nd
 MLK Day, Monday, January 16th
 President's Day, Monday, February 20th
 Good Friday, Friday, April 6th
 Memorial Day, Monday, May 28th

BOARD OF SELECTMEN

Richard J. Barlow, *First Selectman*
rbarlow@townofcantonct.org
 860-693-7847

Stephen J. Roberto, *Deputy*
sroberto@townofcantonct.org
 860-693-4578

David W. Gilchrist
dwgilchrist@yahoo.net
 860-693-8406

Lowell F. Humphrey
lowellfhumphrey@sbcglobal.net
 860-221-5822

Thomas Sevigny
capeconn@comcast.net
 860-693-8344

TOWN DEPARTMENTS

TOWN CLERK

Transfer Station stickers for 2012 are now available at the Town Clerk's office. All residents **MUST** present a copy of their vehicle's REGISTRATION for each car in need of a sticker. The fee is \$150.00 for the first car and \$1 for the second vehicle in the household. You may also receive the annual permit by mail by sending a copy of the registration along with a check payable to the "Town of Canton" to: Town Clerk, P.O. Box 168, Collinsville, CT 06022.

Christmas trees may be discarded at the Transfer Station at no charge with proof of residency through January 28, 2012.



Sport Licenses for 2012 are available at the Town Clerk's office, Dick's Sporting Goods or www.ct.gov/dep.



The Presidential Primary will be held on Tuesday, April 24, 2012. Please visit the Town's website at www.townofcantonct.org for applications to register to vote or to change your party affiliation. Please note that if you are with a political party and want to switch to a different political party, there is a three month waiting period before you can participate in your new party's primary. Therefore, **January 24th** is the last day you can change parties and still participate in the primary of your new party. Please contact the Town Clerk or Registrar of Voters with questions.

ASSESSOR'S OFFICE

Reminder: The filing period for the Elderly / Disabled Homeowners Tax Relief program begins February 1, 2012 and continues until May 15, 2012. Homeowners may be eligible for up to \$1,980 for a married couple, or \$1,730 for an individual, in property tax relief. To be eligible you have to be 65 or older or totally disabled on 12/31/2011 and your adjusted gross income, plus social security, has to be \$40,500 or less and you owned your own home on October 1, 2011. Please contact the Assessor's Office at **860.693.7842** for more information.

POLICE – Winter Driving Tips

Before You Leave:

1. Winterize your car to keep it in top operating condition.
2. Keep your gasoline tank as full as possible, wiper blades and defroster in good working order.
3. Carry a fully charged cell phone.
4. Use major roads for your travel. Let someone know the route you are taking and when you plan to arrive.
5. A winter survival kit is a must! Remember to leave a window slightly open if you use your car's own heater as a heat source. Carbon monoxide poisoning can happen without the victim even being aware of it, until it is too late.

Hypothermia Can Kill:

When the body begins to lose heat faster than it can produce it, a condition called hypothermia begins to develop. Symptoms include: Uncontrollable shivering, Memory lapses, incoherence, Apparent exhaustion, inability to get up after a rest, Vague, slow, slurred speech, Immobile, fumbling hands and Frequent stumbling.

Winter Survival Kit Checklist:

- Sleeping bags, or several heavy blanket
- Coffee can with lid for sanitary need
- First Aid Kit with pocket knife
- Flashlight with extra batteries

- Canned nuts, dried fruit and hard candy
- Small sack of sand or set of chains for tires
- Coffee can with candles for heat
- Wool hats, gloves, socks and warm shoes
- Large box of facial tissues
- Shovel
- Weather radio and/or radio with extra batteries
- Flares

Picture you and/or your family trapped in a car during a winter storm. If you can think of anything else you would want in your car with you (i.e., a deck of playing cards, diapers, etc.), add them to your kit.

Protect Yourself & Your Family:

Check the latest forecasts and road conditions before you start your travel. Dress for the outdoor conditions.

Reduce your speed when traveling in winter weather.

If you become stranded in winter weather, stay with the vehicle and don't try to walk to safety.

If stranded, run the motor for 10 mins. Each hour for heat. Open window slightly for fresh air. Make sure the exhaust pipe is not blocked.

If stranded, make your vehicle more visible to rescuers; tie a colored cloth to the antenna.



Alumni
Registration
January 11, 2012

Walk-in
Registration
Saturday
February 4, 2012
9:00 - 11:00am

Online
Registration
Begins Monday
February 6, 2012

Enrollment for 2012 begins in January!

We have been serving families in the Farmington Valley and Northwestern Corner for the past 43 years. Please call today to schedule a visit with your child.

www.cantoncommunitynurseryschool.org
860-693-6146



TOWN TEAM NEWS

MEET NEIL PADE

Position with the Town: Director of Planning and Community Development

Background: Neil is a certified professional planner through the American Institute of Certified Planners with over 12 years of professional experience in the municipal and private sectors in the State of Connecticut. He was hired by the Town of Canton in 2007 and serves as the staff liaison to the Town's Zoning Commission, Planning Commission, Design Review Team, POCD Update Committee, Zoning Rewrite Committee, Aquifer Protection Agency, and Economic Development Agency. Additional staff support is also provided to the Inland Wetlands and Watercourses Agency, Conservation Commission, Open Space Preservation and Acquisition Commission, Zoning Board of Appeals, and, from time to time, the Canton Center Historic District Commission and Collinsville Historic District Commission. Neil is the Town's representative to the Capital Region Council of Governments Transportation Committee and Bicycle/Pedestrian Committee. He has previously served as the Town Planner and Economic Development Coordinator for the Town of Vernon (2004 to 2007) and as an Environmental Planner in the private sector (2000 to 2004). Neil is on the Executive Committee of the Connecticut Chapter of the American Planning Association and is the Chair of the Connecticut Bicycle Pedestrian Advisory Board at ConnDOT. He is also a life-time member of the National Eagle Scout Association.

Education: B.S. in Environmental Geology from the State University of New York at New Paltz, and a M.B.A. from the University of Hartford Barney School of Business

Best Part of the Job: Getting to work in Collinsville every day and getting to work closely with people who truly care about their community. It is amazing how much of the town runs on the efforts of good people that volunteer their time away from their jobs and families.

Personal: Neil lives in Newington with his wife, Julie, and is the very proud father of a 5 year old son and 2 year old daughter.

Little Known Fact: Neil grew up in the Catskills Mountains, specifically in the historic artist colony of Woodstock, NY. Neil and his sister helped run an ice cream parlor for over 5 years that fed off of tourists from New York City that flood the Village every summer to see "where the concert was." What no one seems to know is that there was no suitable site in Woodstock for such a concert and it was actually held over **40 miles** away in the hamlet of **Bethel**.



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

MEET MARGARET (PEGGY) PINTON

Volunteer Position(s) with the Town: Director of Canton Food Bank, Member of Focus on Canton, Board Member of Avon/Canton United Way

Background: Co-directed a group home in Hartford CT and taught for the Connecticut State Department of Corrections for 20 years. Co-coordinated and directed an inmate outreach drama program that successfully toured CT for over 8 years.

Education: BA from Earlham College, Indiana; Masters in Education from University of Hartford; College of Cevenol, France

Best Part of Volunteering: Being enriched by the people with and for whom I volunteer.

Personal: Peggy has five children and has lived in Canton for over 50 years!

Little Know Fact: I volunteered for the World Council of Churches (Fraternal Workers) in Southern Italy for 6 years.

"The heart of a volunteer is not measured in size, but by the depth of the commitment to make a difference in the lives of others."

– DeAnn Hollis

*Leisure Vacations, Cruises, Groups,
Destination Weddings, Honeymoons*

Harmon Travel

<p>Marge Harmon 860.693.2012 Marge@HarmonTravel.net</p>	<p>Sue Allen 860.306.1136 sooze.allen@comcast.net</p>
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www.HarmonTravel.net

SENIOR SERVICES

Senior / Social Services has many types of programs and activities to make your days more interesting, healthful and fun! The Senior Center has many special one-time events. Please call 860.693.5811 to inquire about travel opportunities, special luncheon events, educational presentations and workshops and other resources that may be available to you.

DIAL-A-RIDE Transportation is available for senior over 60 and for adults with disabilities, for trips within Canton, Mon.-Fri., 9:30 AM to 3:30 PM. Call 860.693.1156, between 8:00 AM and 12 noon a day ahead, or Friday morning for a Monday ride. Annual memberships are required to ride, and they cost \$50 per fiscal year or \$25 for January – June 2012. Reduced membership costs are available for lower income persons. Apply at the Senior/Social Services Office.

Tai Chi - 55+ Tai Chi for Osteoporosis & Falls Prevention can help to prevent bone loss and improve balance. Class runs continually Thursdays from 1:30 to 2:30 PM and you may participate on a "drop in" basis, if needed. This program is a repeating one.



Yoga – Our program concentrates on meditation and deep breathing, in a gentle fashion for seniors. Classes are in 8 week sessions for \$48 on Thursdays from 10:15 to 11:15 AM. You may also drop-in and pay \$8 per class. This is a repeating program.

Blood Pressure Clinics – The VNA checks Blood Pressures in the Lower Level Conference Room each Wednesday from 12 noon – 2:30 PM. Monitoring is also offered for the Walking Group on Friday from 9:30 – 11:30 AM. Get checked before and after you walk.



Podiatry / Foot Care Services Dr. Scott Lindsay, is in the Lower Level Conference Room each second Monday, each month, 1:30 PM – 3:30 PM. Call 860.677.7272 to schedule an appointment.

Community Café – Join your neighbors for a nutritious hot lunch on Wednesdays and Fridays for a very reasonable \$2 donation. Call 860.693.5811 before 12 Noon the day prior to reserve a meal.

Scribe – What's going on for older adults in the Canton Community? Find out in the Scribe mailed every 4 months. Call Senior/Social Services at 860.693.5811 if you do not receive one in the mail. The Scribe can be found on the Senior Services website as well.



Cards and Mah Jongg games are played weekly at the Senior Center. Seniors play on Wednesdays and Fridays, Mah Jongg and bridge are on Fridays.

Senior Room Computers – There are two computers and a printer available everyday for senior to use to check email or surf the web.



Canton Historical Museum

Open 1-4 PM W, F, Sa & Su 1-8 PM Th
Group Tours by appointment – 693-2793
11 Front Street, Collinsville, CT 06019

www.cantonmuseum.org
www.facebook.com/cantonhistoricalmuseum
cantonmuseum@gmail.com

Medical Transportation – Rides to medical appointments are provided by local cab companies to older adults over 60 and adults with disabilities to most areas of Connecticut (beyond Canton). The cost is covered by grants to the Town, and riders pay a gratuity only. Call Senior/Social Services to request a ride.

Cooking with Elaine – Join your friends the last Tuesday each month at 11:00 AM, for a fun filled demonstration and light meal. Cost is \$9 and must be paid to Senior/Social Services by the preceding Friday.



AARP Income Tax Assistance – Trained tax-preparers will be available to help you file your income tax free of charge. Call 860.693.5811 for appointments and information on documents needed.

JUMP ON BOARD TRIPS – Special destinations (malls, casinos, and more) around Connecticut in conjunction with Simsbury – most are FREE, but you must sign up in advance.

Presentations and Special Events – Check the SIGN UP BOOK in the multipurpose room, flyers on the bulletin boards or our website for upcoming special events and presentations.



Cherry Brook Health Care Center

Canton's "Resource for Recovery"
Inpatient, Outpatient Rehabilitation and Long
Term Care
Conveniently located off Rt. 44 in Canton

SOCIAL SERVICES

Social Services assistance for Canton residents is available in the Senior/Social Services Office in the Canton Community and Senior Center located in the lower level, rear, at 40 Dyer Avenue, every day from 9 AM to 5 PM. Call 860.693.5811 for assistance, information or to set up a confidential appointment.

Energy Assistance (CHAP or CEAP)

Now is the time to apply for help to pay for oil or other heat sources from these two State programs and Operation Fuel. Please call Senior / Social Services Office at 860.683.5811 to make an appointment. No walk-in appointments can be seen. March 15, 2012 will be the last day to apply for energy assistance and the deadline for fuel authorizations or deliveries.

Fuel Bank



Energy Assistance is available through the Canton Fuel Bank to residents experiencing financial hardship and who have an emergency fuel need. Please call 860.693.5811 for additional information. \$500 per household is the maximum amount can be granted per year.

Canton Food Bank and Mobile Food Share

The Food Bank, located at 55 River Road (Trinity Episcopal Church) is open Tuesday mornings, 8:45 AM to 11:30 AM. Call 860.693.2024 for information, to obtain food, to make a donation or to volunteer. Another option for food assistance is **Mobile Food Share**. Foodshare trucks full of fresh produce come to Avon and Burlington each twice a month with food for people who need assistance affording food. Contact Social / Senior Services for dates and times.

CT Home Care for Elders Program

There are many kinds of personal care and assistance (Lifeline, meals on wheels, home health aid, homemaker, adult day care) that can be provided for people who need a little assistance in order to stay in their homes comfortably. Call Senior/Social Services for information.



Elderly Property Tax Relief

Applications for a reduction in homeowner property tax assessments are taken at the Assessor's Office. You must have income under certain limits and there are additional tax reductions for people who are legally blind or a veteran. Applications are taken each year between February 15th and May 15th.

Medicare Savings Program

The government will provide supplemental insurance and/or refund the Part B Medicare premium for people who meet income limits. It may also help to lower prescription costs for people who have Medicare D prescription coverage. Call the office for an appointment with the CHOICES Insurance Counselor volunteer if you have Medicare questions. The CHOICES volunteer comes once a month throughout the year to help with general Medicare issues.



ConnPACE

ConnPACE is a service that helps eligible older people with people with disabilities afford the cost of most prescription medicines as well as insulin and insulin syringes. If you are a CT resident who is 64 years or older or a younger adult with a disability age 18 or older and you are **NOT** eligible for Medicare, you may qualify for ConnPACE. To get all the information you need about applying for ConnPACE, call 1.800.423.5026



Medicaid

Medical assistance is provided by the State to people who are mostly very low income and have minimal assets. There are several types of help available, based on age, income and assets. Call Canton Senior / Social Services or dial 2-1-1 for more information.

(SNAP) Food Stamp Program

The State of CT Food Stamp Program (now called **SNAP**) provides monthly cash assistance to help low-income households buy groceries. Eligibility for food stamps is based on household income and assets. Call 860.693.5811 for more information. Applications are also taken at Gifts of Love in Avon. Call 860.676.2323 for an appointment.



Healthtrax Fitness & Wellness

Don't lose everything you learned this summer!

Swim lessons run all winter at Healthtrax.

Lessons start the week of January 16th. Group lessons and private lessons

College Help 360

Students Counselors Parents
more motivation enhanced communication less stress

Personalized search and application services for busy families

Katherine E. W. Hooker

35 Maple Avenue, Collinsville, CT 06019

www.collegehelp360.com 860-693-6117

2012 SOFTBALL / BASEBALL REGISTRATION

Boys & Girls Ages 7-14
(LL JUNIORS PROGRAM IS FOR AGES 13 AND 14)

Sponsored by Canton Little League

Where:  at the **Shoppes at Farmington Valley**

When: **Sunday, January 15th** (Snow Date Sunday, January 22nd)

Time: **4:00 – 7:00 pm**

Fees: **20% Early Sign-Up Discount**

(See www.eteamz.com/cantonctll website after January 1, 2012 for actual fees)

FREE DRAWING FOR IPOD AT DICK'S



Free Hot Dogs & Soda, Coupons, & Drawings



Additional Notes:

- Register for Little League Baseball (ages 7-14) CLINIC, FARM, MAJORS AND JUNIORS DIVISIONS
- Register for Little League Softball (ages 7-14) New Intertown League SEE WEBSITE
- Summer baseball and softball registration will be held at a later date
- ADULTS- SIGN UP TO BE A MANAGER, COACH, UMPIRE, OR LET US KNOW HOW YOU WOULD LIKE TO VOLUNTEER TO HELP
- Second Registration on Feb 4th (9 to noon) at standard fees. Site to be announced
- SIGN UP EARLY SO WE CAN PLAN FOR A PLACE FOR ALL TO PLAY

TRYOUTS

BASEBALL 3/17 SOFTBALL 3/24
SITES AND TIMES TO BE ANNOUNCED
ADDITIONAL INFORMATION TO FOLLOW

WWW.ETEAMZ.COM/CANTONCTLL

Canton Little League is a proud sponsor of the Canton Community of Concern and the Youth Service Bureau

CANTON PUBLIC LIBRARY

LIBRARY HOURS

Sunday 1:00 pm to 4:00 pm
(November 1st to March 31st)

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 30th)

Saturday 10:00 am to 1:00 pm
(July 1st to Labor Day)

Canton Public Library &
Community Center
40 Dyer Avenue
Canton, CT 06019

Phone: 860-693-5800

Fax: 860-693-5804

www.cantonpubliclibrary.org

*A circulating library in a town is
as an evergreen tree of diabolical
knowledge! It blossoms through
the year!*

- Richard B. Sheridan

HOLIDAY CLOSINGS

The library will be closed on the following holidays through the start of 2012:

*December 24th, 25th and 26th –
Christmas Holiday

*January 1st – New Year's Day

"The Canton Public Library offers so much to enrich the lives of all who pass through its doors! Please take some time to explore our website, which tells you a great deal about us and what we have and do. And, of course, do not fail to visit the library in person. This attractive and comfortable facility is yours, and we encourage you to use it frequently.

See you at the library!

Robert Simon
Library Director"



KNOWLEDGE IS POWER – TURN ON AT THE LIBRARY

Much of the research that library patrons and personnel used to do using print books is today being done using online databases. In this issue of *Canton Connections*, we want to devote almost our entire column to making every Canton resident aware of the resources available via the public library's collection of electronic databases. These databases can be accessed using the computers inside our building, and most can be accessed from remote sites via the library website. Some of our databases require user log-in, so please have your Canton library card number (22531.....) handy.

A to Z World Travel

A to Z World Travel is comprehensive, informative, and fun travel database offering tourist and culture information on more than 160 of the top travel destinations in North America and around the globe.

Created by an international team of experienced travel journalists and editors, *A to Z World*

Travel features more than two million words of *city-specific* content, as well as thousands of striking images. Whether you're traipsing around Panama City or Paris, Ankara or Antwerp, or anywhere in between, *A to Z World Travel's* intrepid writer-adventurers bring their unique points of view and expertise to candid glimpses of the globe and its people through extensive, colorful reporting.



A to Z World Travel is the perfect tool for anyone looking for concise, engaging, and informative information on the world's great destinations.

Ancestry - Library Edition

Ancestry-Library Edition is the premier genealogical database that includes census records; immigration and emigration records; newspapers and periodicals; court, land, probate, and financial records; directories and membership lists; military records; birth, marriage, and death records; and more to help you trace your family history. There is even a "Charts and Forms" tab through which you can access printable forms to construct your own family tree. The "Family History Community" offers connections to other researchers who may turn out to be your relatives. There is even an app for iPhones. Patrons may bring in their own laptop computers and connect with *Ancestry* through the library's wireless network. Please note: Only *in-library* access is available.

Hartford  **Courant.**

Historical Hartford Courant

Search for historical information in the *Hartford Courant*, the oldest newspaper in continuous publication in the United States. This database includes most articles that appeared in the *Courant* from 1764 to 1985. You can print these articles or email them to yourself.

Please note: To supplement this database, click on the *Electronic Resources* link on our website to enter *iConn* (see below). *iConn* can access *Courant* articles dated 1993 to present. While there is no access to *Hartford Courant* articles from 1986 to 1992, we will try to obtain them for you through interlibrary loan.

CANTON PUBLIC LIBRARY

iCONN

iCONN is a library of information databases on many subjects. *iCONN* gives you access to a statewide library catalog and to full-text magazine and newspaper articles. If you are conducting research, there are tools included to help you cite your sources and build a bibliography in MLA or APA format. There are appropriate categories for elementary, high school, college, and continuing education students. *iCONN* also includes health and science information, Connecticut history resources, business and legal resources, and more. There are even downloadable audiobooks and ebooks. You will need your Canton library card number (22531...) if you sign in from home, school, or office. *iCONN* is a service of the Connecticut State Library.

JobNow!

JobNow! is an online chat resource that helps users write strong resumes and cover letters and to practice interviewing techniques. Live, interactive help is available every day from 3:00 to 11:00 p.m. EST. *JobNow!* offers a variety of other resources to guide the user through the tasks necessary for getting a job.



JobNow! also offers users "Find a Job" (informative, easy-to-use, and free-of-charge Internet resources for job seekers), "Write a Resume" (resume templates for four of the most common resume types, a lab to which patrons can email their resumes for analysis within 24 hours, and links to Internet sites for more information on resume writing), and "Ace the Interview" (live interview coaching to help job-seekers brush up on interview skills, tips and common interview questions, and links to Internet sites for additional help in preparing for a job interview).

Learning Express Library

Learning Express Library features more than 300 online practice tests and courses for students of all ages, including such official examinations as ACT, SAT, GED, ASVAB, and U.S. citizenship. Also included: examinations for professions such as firefighter, police officer, paramedic, EMT Basic, postal worker, cosmetologist, real estate agent, and real estate broker. Also, there are practice tests for those who simply want to improve their reading, writing, mathematical, and grammar skills at all levels from elementary school through adult. By creating a private log-in name and password, you can save your test scores, access ebooks, and get recommendations for other tests in LEL's "learning centers."



"Libraries offer, for free, the wisdom of the ages - and sages - and, simply put, there's something for everyone inside."

— Laura Bush

Home Mortgages From Your Bank

Call one of our
knowledgeable loan officers
to discuss your options!



(860) 693-6936

136 Main Street, Collinsville
277 Albany Turnpike, Canton

CANTON PUBLIC LIBRARY

Mango Languages

Mango Languages is an online language learning system that teaches real conversation skills for practical communication in dozens of foreign languages through fun and engaging interactive lessons. The system is completely web-based and remotely accessible, so you can learn anywhere you have an Internet connection. As you listen to and repeat after native speakers, you'll learn more than just words and phrases. You'll learn how those pieces can be rearranged and combined to make new thoughts, new conversations, and even more practical communication. In no time at all, you'll be able to navigate all sorts of everyday situations — get directions, order a dinner, make new friends, etc. The possibilities are endless!

NoveList Plus

NoveList Plus is a comprehensive book-finding tool. It allows readers to search for books, both fiction and nonfiction, using a variety of different search methods (by author, series, setting, time period, etc.). It also provides access to read-alikes, book discussion guides, and much more. *NoveList Plus* is provided to Canton Public Library patrons thanks to a generous gift from the Newman's Own Foundation.

"You may have tangible wealth untold; Caskets of jewels and coffers of gold. Richer than I you can never be – I had a mother who read to me."

- Strickland Gillilan

Please note that most of our databases have been purchased through generous gifts from the Friends of the Canton Public Library.

THE FRIENDS OF THE LIBRARY NEED YOU – PLEASE CONSIDER JOINING

The Friends of the Canton Public Library is an auxiliary organization that raises funds so that the library can purchase items that the operating budget cannot stretch far enough to cover. Friends members also promote and advocate for the library throughout town.

During the fiscal year July 2010 to June 2011, the Friends provided over \$22,000.00 so that we could acquire items that make our library special. To name but a few:

- All of our museum and cultural site passes
- All of our electronic information databases
- Our entire new Wii game collection
- Books for children and teen readers
- Audiobooks for adults

- Adult and children's programs
- Our copyright license that permits us to show movies

Visit our website for a complete list of everything the Friends donated to the library during FY 2010-11.

What would the library do without its wonderful Friends group? Please consider joining! Membership forms are available at the library and on our website.

Annual membership fees, which are tax-deductible, are modest:

- Individuals: \$10
- Families: \$25
- Supporting Members: \$50 or more
- "Other": Any amount that fits your budget.



The Friends meet at 7:00 p.m. on the 3rd Tuesday of every month (except July, August, and December) in the Library Program Room. Please consider joining. New members are very welcome.



SPECIAL PROGRAMS

The library is pleased to offer special programs to entertain and inform adults, teens, and children. From musical concerts to presentations on sustainable living and technology to book discussion groups to story times, our programs are described on our website: www.cantonpubliclibrary.org. Please visit us on the web. We're also on Facebook. "Like" us!



BRISTOL'S



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www.bristolstree.com

P.O. Box 77
Canton Center, CT 06020

Tel. 860-693-0143
Cell 860-965-2814

Winter / Spring 2012 Recreation Brochure - Youth

REGISTER EARLY!

If there are not enough registrations by a certain date, the course/trip/event may be cancelled. **PLEASE NOTE: Lately, we have had so many late registrations that we have no choice but to begin adhering to our late fee policy. There will be a \$10 late fee charged to all participants that register less than 7 days from a start date of any program. No exception will be made.**

Parks & Recreation...
Creating Community, People,
Parks and Programs

Parks & Recreation / Senior Services Director:

Brian J. Wilson

bwilson@townofcantonct.org

Recreation Program Supervisor:

Darrien L. Lynn

dlynn@townofcantonct.org

Canton Parks and Recreation 40 Dyer Avenue Canton, CT 06019

Phone: 860-693-5808

Fax: 860-693-5805

Hours: Monday through Friday
8:30 am – 4:30 pm

PARKS & REC COMMISSION

Chairperson: Rebecca Andrews

Vice Chairman: Andrea O'Neil

Member: Beverly Hammond

Member: Chris Eckert

Member: Julius Fialkiewicz

Member: Todd Jacobs

The Parks and Recreation staff has made every effort to prepare this brochure as accurately as possible. However, 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.

Music with Miss Jean

(Ages 18 months – 3 years)

A 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.

Instructor: Jean Mix

Dates: Wednesdays

Session I 1/4 - 2/8

Session II 2/29 - 4/4

Time: 9:00 – 10:00 am

Fee: \$55.00

Min: 5 **Max:** 10

Location: CCC



More Fun with Miss Jean

This program is a perfect add-on for children that have already been to Miss Jean's Music class and might be currently enrolled in a preschool or kindergarten program.

Instructor: Jean Mix

Dates: Same as above

Time: 10:00 – 11:00 am

Fee: \$55.00

Min: 5 **Max:** 10

Location: CCC



ACROfitness for Wee Ones

(Ages 18 months – 3 years)

A fun tumbling, dance and fitness program. Students, assisted by their parents will learn somersaults, cartwheels and a variety of fitness skills and musical games. Help develop your child's motor skills and listening skills, while they have a ball! Parents must stay for the program. We can only register 10 children, so please do not delay registration! *(Enter the Community Center through the library entrances for this class)*

Dates: Saturdays (6 classes)

Session I: 1/14 - 2/18

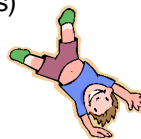
Session II: 3/3 - 4/14

Time: 10:15 – 11:00 am

Fee: \$60.00

Min: 6 **Max:** 10

Location: CCC



ACROfitness® for Pre-Schoolers

(Ages 3 – 6)

Kids will learn somersaults, round-offs, headstands backbends and more!

Partner tricks. Strength and flexibility challenges are also introduced.

Dates: Saturdays (6 classes)

Session I: 1/14 – 2/18

Session II: 3/3 – 4/14 (No 4/7)

Time: 11:00 – 11:45 am

Fee: \$60.00

Min: 6 **Max:** 10

Location: CCC

ACROfitness Tumbling

(Ages 5 – 9)

This action packed program is fun for boys and girls. Fitness, dance and acrobatics all while having a great time.

Having fun with your friends, while staying fit!

Instructor: ACRO fitness Staff

Dates: Wednesdays (after school)

Session I: 1/18 – 2/22

Session II: 3/28 – 5/9 (No class 4/18)

Time: 3:40 – 4:40 pm

Fee: \$60.00

Min: 10 **Max:** 15

Location: CBPS, Gymnasium

Valentine's Cookie Decorating with Julie

(Ages 6 – 12)

Hands on Valentine cookie decorating class in which the participants will learn the basics of the outline and flood method of cookie decoration. Kids will learn techniques like polka-dotting, feathering and secondary decoration. Cookies and prepared icing, as well as decorating sugars, non-pareils and special Valentine candies will be provided. Each child will take home their drying creations in a bakery box.

Date: Thursday, 2/9

Time: 3:45 – 5:15 pm

Fee: \$25.00

Min: 6 **Max:** 16

Location: CCC, Lower Level MP room



Winter / Spring 2012 Recreation Brochure - Youth

Recreational Hoops Basketball

Learn the basic skills and fundamentals of basketball: dribbling, shooting, and passing. Practices are focused on the very basics of basketball using smaller balls and shorter hoops. It burns off tons of energy is a great social time with friends. This is a very popular program, **so don't delay registration** and miss out! We have an experienced father & son team, Kevin & Tyler Smith, who have returned to run the program. Basketball fundamentals: warm ups, drills & games. T-shirts will be given out to all participants! (5 weeks)

Dates: 12/13 – 1/26

Ages: Tuesdays, Kindergarten
Wednesdays, 1st Graders
Thursdays, 2nd Graders

Time: 5:30 – 6:30 pm

Fee: \$40.00

Location: CBPS, Gymnasium



We will not have Recreational Hoops the week of Christmas or the week of New Years. We will be following the public school schedule.

One man can be a crucial ingredient on a team, but one man cannot make a team.

-Kareem Abdul-Jabbar



New! Horseback Riding Lessons

(Ages 5+)

Looking for a great way to exercise over the winter? Try Horseback riding. Giddy up and Ride! This program is a great way to introduce your child to the wonderful world of Horses! In 4 weeks, you will learn basic horsemanship and riding skills. If you are experienced, it is time to tune up and take off with your riding. Required attire: long pants and shoe/boot with a heel. They have helmets that can be borrowed. Check out our website to see more:



www.AvonValleyShowStables.com

Dates: Mondays

Session 1: 2/6, 2/13, 2/20 & 2/27
(There will be lessons on 2/20)

Session 2: 3/5, 3/12, 3/19 & 3/26

Times: Grades 4 +: 3:30 – 4:30 pm

Grades K-3: 4:30 – 5:30 pm

Fees: \$145 per session (discounted rate)

Min: 3 **Max:** 6

Location: Avon Valley Show Stables
595 Waterville Road, Avon Ct



Easter Egg Hunt

Saturday, March 31, 2012

Mills Pond Park

At 10:00 a.m.



This egg hunt, held at Mills Pond Park, is a blast! Come and fill your basket with eggs and treats. Some lucky kids will find golden eggs and get a special prize basket! And of course the Easter Bunny will be on hand to meet and greet all of the children.



PLEASE DONATE YOUR UNWANTED CAR

How do YOU donate?

1. Please call FAVARH @ 860 693 6662 x.116
2. Receive FREE pick-up!
3. Deduct the sale price of the donated car on your taxes.
4. SMILE! All proceeds go to FAVARH

CALL 860 693 6662 X.116 FOR FREE PICK-UP

Love to Sing?

Farmington Valley Chorus

Barbershop a cappella harmony

Visit us Wednesdays @ 7:30 p.m.
First Church of Christ, Palmer Hall
689 Hopmeadow Street, Simsbury, CT

For more information call Carol at 860-675-7715
or see us on the web www.SingFVC.org

Winter / Spring 2012 Recreation Brochure - Youth

Let's Gogh Art "Around the World Creativity Tour"

(Grades K – 3)

Art travelers go on a whirlwind tour, traveling among different countries and cultures. Create hot air balloons to take you up and away! Each week, we land somewhere in the world and create cool cultural art and crafts using unique materials and artisan's techniques. In Puerto Rico we work with clay and wacky mask pendants. We design mosaics in Greece, make tribal rain sticks in Australia and create maracas in Brazil, just to name a few! Fun facts about each country and culture, geography and art history are included. The only thing kids need to pack is their imaginations!

Dates: Tuesdays

Time: 3:40 – 4:40 pm

Fee: \$106.00

Min: 10 **Max:** 21

Location: CBPS, Cafe



LET'S GOGH ART-Western MA-CT

Designed to showcase the imagination and creativity of children.

Let's Gogh Art is passionate about creativity in all its forms. We're proud of our programs and excited to deliver them to your children. Our mission is to help preserve and promote the involvement of children in the arts, as art skills are an essential part of a great education. To this end, we provide wicked cool, sometimes kooky, art-based activities kids love to do. Our workshops are so much fun, children forget they are learning.

Helping art explorers think outside the box about art as it relates to the amazing world we live in!

- Awesome works of art go home each day
- All artist materials and supplies included in the fees
- Led by inspiring and talented instructors
- Provide "out of school" stress release and are just plain FUN!
- Art projects relate to aspects of the world, literature, art history, ecology, culture or music.
- Cover-ups provided but wear art-friendly clothes

Let's Gogh Art "FUN-damental ART-Ventures"

(Grades 4 – 6)

This FUN ART workshop fosters creativity through a broad exposure to artist's tools, techniques and original materials, many inspired by the masters. Think Van Gogh, Matisse, O'Keefe, Kandinsky and more. Experience acrylic painting on stretched canvas, watercolors and oil pastels. Paint ceramics and sculpt with clay. Learn the art of mosaics, decoupage and collage, as well as, fascinating facts about the masters, art history and culture. Bring your sense of humor 'cuz we "create some fun"! (8 sessions)

Dates: Tuesdays, 4/24 – 6/12

Time: 3:45 – 4:45 pm

Fee: \$106.00

Min: 10 **Max:** 30

Location: Cherry Brook School

Parents! A scholarship may be available for your child in exchange for assistance with the class each week. Must attend all 8 workshops.

Karate

(Grades 1 – 6)

This is an introductory program that will focus on self-defense moves, including everyday applications, such as punch kicks and grabs, etc. A uniform will be provided to every student.



Dates: Mondays

Session I: 1/23 – 3/5 (No 2/20)

Session II: 3/12 – 4/23 (No 4/16)

Time: 5:00 – 6:00pm

Fee: \$65.00

Min: 5 **Max:** 20

Location: CCC, Multi-Purpose Room

Musketeers Beginner Fencing

Class (Grades 4 – 6)

This is a four week course, consisting of 4 one hour classes. During the four weeks, students will learn to wield three distinctive fencing swords: Foil, Epee and the Saber. The first class is dedicated to footwork, second to learning the lightest and most flexible sword called the Foil. In the third class, students will learn dueling with the heavy sword called the Epee and the last class will be dedicated to the cavalry sword- the Saber.

Dates: Thursdays: 1/19, 1/26, 2/2 & 2/9

Time: 5 – 6:00 pm

Fee: \$98.00

Min: 5 **Max:** 8

Location: CCC



OUR FAMILY WANTS



TO MEET YOUR FAMILY

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860-693-0887

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WWW.CANTONVALLEYDENTAL.COM

191 ALBANY TURNPIKE

CANTON, CT 06019

Winter / Spring 2012 Recreation Brochure - Youth

Musketeers Intermediate Fencing Class (Grades 4 – 6)

This is a four week *intermediate* level course for those students that have completed the beginner level introductory course. During the four weeks, students will learn more exciting fencing techniques to put them on the Intermediate Level of Fencing. They will be taught nine different defensive parries and some compound attack drills used in Olympic Sport of Fencing.

Dates: Thursdays: 1/19, 1/26, 2/2 & 2/9

Time: 5 – 6:00 pm

Fee: \$98.00

Min: 5 **Max:** 8

Location: CCC, Park & Rec program room

Food for thought...Here is a list of American Universities with Fencing teams:

Yale, Harvard, Columbia, Notre Dame, Brown, MIT, Cornell, Vassar, Wellesley, Tufts, Sacred Heart, Air Force, Ohio State, Brandeis, Drew, West Point, Johns Hopkins, Haverford, NJIT, Stanford, James Madison,



Lafayette, Cleveland State, St. Johns, Marist, Stevens Tech, Princeton, Boston College, Boston Univ., UNH, U Mass, Hunter, Yeshiva, Rutgers, Northwestern, Penn State, UNC, Case Western Reserve and University of Pennsylvania.

Annual Spring T- Ball & Coach Pitch (Ages 4 – 7)

We will be forming teams prior to the start of the program. Registration deadline is March 30th. Please, no exceptions, as we will be forming manageable sized teams and will be ordering t-shirts in advance. Parent volunteer coaches are appreciated and are needed. We cannot run the program without you. If we don't have enough parent coaches/ helpers, we have to cancel the program. Please call if you are interested in helping out. 860-693-5808 (or indicate this on the registration form)

Dates: Saturdays: 4/28, 5/5, 5/12, 5/19 & 5/26 (5 Saturdays, which will extend to June 2nd, if needed for a rain date)

Time: 10:00 – 11:00 am for T-Ball & 11:00 – 12:00 p.m. for Coach Pitch

Fee: \$ 40.00

Location: Mills Pond Park

Mad Science – Fantastic Physics

(Grades K – 3)

Create your own multi-density wave bottles while learning about water, waves and the environment. Simulate the effects of an oil spill and develop creative techniques to clean it up. Did you know that some of your favorite toys work by using basic science principles? Join the fun as you discover the science of motion by bouncing balls and playing with yo-yos. Moving Motion- from plains and trains, check out all the science behind movement, from the inner workings of engines to your own muscles. Super Power Sources- Learn how to harness the sun's heat and become a junior energy saver as you experiment with solar devices fan powered light bulbs and much more! (8 Classes in a session)

When: Mondays: 2/13 – 4/9, No class 2/20 OR

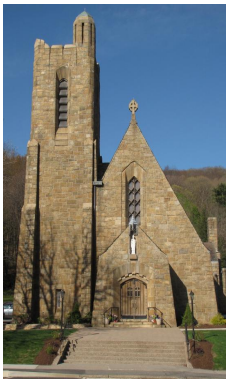
Fridays: 2/17 – 4/27, No Class 4/6 or 4/20

Time: 3:40 – 4:40 pm

Fee: \$120.00

Min: 15 **Max:** 21

Location: CCC



St. Patrick
Catholic Church
Route 179
Collinsville, Conn.

860-693-8727

Web address

www.st-patrick-collinsville.org

Mass Schedule

Sat. 5:00 pm; Sun. 8:00 and 10:00 am
Tues., Wed., & Fri. 8:30 am

*Come be a part of a parish
community where we
"connect faith and everyday life."*

All are welcome

New! Jewelry Design Class

(Grades 5 – 8 or Ages 9 – 13)

Learn basic bead stringing and crimping techniques. During this 90 minute class, you will use a bead board to design a beautiful sterling silver and Swarovski crystal bracelet that's yours to take home (includes materials). Bracelet will be similar to in style to the photo below.



Date: Thursday, 1/26

Time: 3:00 – 4:00 pm

Fee: \$35.00

Location: CCC, Room D

Max: 10 Participants

"I am not a special person. I am a regular person doing special things."
- Sarah Vaughn

Winter / Spring 2012 Recreation Brochure – Teen & Adult



Need assistance with the college application process?

See the **College Help 360** ad on Page 6

We're right in your neighborhood!



We're more than a business—we're part of your community. We were here when the big storm blew the tree through your roof ... when your kitchen went up in smoke ... and when your car ran over your neighbor's fence.

Like old friends, you may not call us often. But it's nice to know that we'll be here when you do.

For professional insurance advice, contact: **DOWD INSURANCE**
13 RIVER STREET
CANTON, CT 06019

860 693-8876

dowdagencyins@comcast.net



Roadmap to College – for Juniors and Parents

Winter of junior year is the time for students to start exploring prospective colleges and positioning themselves as strong candidates. In this class you'll learn how to find the right college fit, plan strategically for the application process and create good teamwork between parent, student and school counselor. Parents and students are encouraged to attend together if possible. First registrant will receive a College Help 360 organizer.

Topics Include:

How to Find the Right College Fit – Learn how to build your college list, plan visits, identify the schools and environments that offer the best fit for you, and understand the competitive factors that influence your chances for admission.

Strategic Planning for Each Step of the Application Process – Topics include: curricular and extracurricular choices; the timeline and process for tests, recommendations, essays, visits, interviews, applications and scholarships; the vocabulary (ACT, FAFSA, Naviance, etc.); and a look at the technology that supports the application process.

Instructor: Kathy Hooker,
College Help 360

Date: Saturday, 1/21
Time: 10:00 am – 2:00 pm
Fee: \$50.00 per family (students accompany parents for free)
Location: CCC

AAA Drivers Education Course at Canton High School

An informational brochure regarding this program is at the High School Main office. Registration paperwork will be available at the Main office of CHS.

Session I:

1/25, 1/26, 2/1, 2/2, 2/4, 2/8, 2/9, 2/11, 2/22, 2/23, 2/25, 3/1, 3/2 & 3/4

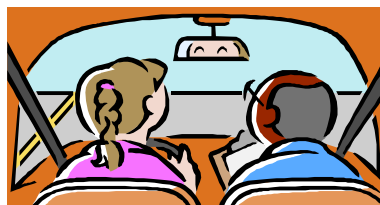
Session II:

4/5, 4/6, 4/8, 4/12, 4/13, 4/15, 4/26, 4/27, 4/29, 5/3, 5/4, 5/6, 5/10, 5/11 & 5/13

Times: 2:30 – 4:30 pm

Fee: \$575.00 for AAA members and dependants under age 18. \$650.00 for non-members

Location: CHS, Room 226



Never drive faster than your guardian angel can fly.

– Author Unknown

Connecticut Safe Boating and Personal Watercraft Course

(Ages 12+)

This single session, 8-hour course, taught by Professional Marine Education, provides a certificate of completion as partial fulfillment of the requirements to obtain the Certification of Personal Watercraft Operation, which allows the operation of motorized recreational vessels up to 65' and sailboats 19 ½' in length and longer. Upon successful completion of this course, the student can mail or deliver the diploma to any State DEP office, and combined with an application for certificate (provided) and appropriate fee, qualifies the student to obtain the Certificate of Personal Watercraft Operation. The certificate is a one-time, lifetime certification. Students should bring a pen or pencil to class.

Dates: Saturday, 4/14
Time: 8:30 am – 4:30 pm
Fee: \$75.00



Winter / Spring 2012 Recreation Brochure – Teen & Adult

NEW! Fun Unlimited Junior Tennis – Mills Pond Tennis Courts
(Ages 5-14)
Canton Parks & Recreation is excited to join with the Pro Tennis Staff at Farmington Valley Racquet Club in offering new programs for our kids! We will now also have the added benefit of being able to use the courts at Farmington Racquet Club if needed (only in case of inclement weather) Lessons will cover stroke development, footwork, fun games, and court strategies appropriate for each level.

Quick Start Pee-Wee Tennis
(Ages 5 – 7) Children are introduced to tennis using scaled down tennis racquets and special equipment in a fun and rewarding way. Special games and activities designed especially for this age group includes Jail, Gorilla Cage and Stuck in the Muck.

Quick Start / Hot Shot Tennis
(Ages 8 – 10) Younger beginner and advanced beginner players work primarily basic stroke development, proper footwork and consistency through a number of fun filled drills. Children are gradually introduced to competitive play through games including Nine Lives, Wizard and King of the Court.

Rising Stars
(Ages 11 – 15) Older beginner, advanced beginner and intermediate level players work in a series of high energy games and drills. Less experienced players work primarily on stroke development while more experienced players work on competitive games like King of the Court, Lobbers Vs. Smashers and Bump the Chump.

We are anticipating April 2012 start dates. Please check back on our website closer to April 2012 for more information.

“Sugar Blues” Workshop – 1/12
An introduction class to the program “Change Your Eating, Change Your Life” that will meet bi-weekly. See the full description of the program below.
Date: 1/12
Time: 7:00 – 8:00 pm
Location: CCC

Change Your Eating, Change Your Life
A program that will transform your relationship with food in three months so you can achieve your ideal weight and optimal health. Each week we will explore a new aspect of how to eat for health, energy and longevity. We will develop skill power – not just will power – to help us navigate this crazy world of what to eat.
Topics include:

- How to release your dependence on fast and processed food
- How to beat your cravings
- Eating for energy
- Is it necessary to “cleanse and detox” or is it just a celebrity fad?
- What is a plant-based diet and why is it important?
- How to create super immunity and disease proof your life

Make this the year that you put your health at the top of your “To Do” list!
Dates: 1/19, 2/2, 2/16, 3/1, 3/15 & 3/29
Time: 7:00 – 9:00 pm
Min: 6
Location: CCC

Giddy Up and Ride- Horseback Riding for Adults
Looking for a great way to exercise over the winter? Try Horseback riding! This program is a great way to be introduced to the wonderful world of Horses! In 4 weeks, you will learn basic horsemanship and riding skills. If you are experienced, it is time to tune up and take off with your riding. Required attire: long pants and shoe/boot with a heal. We have helmets that can be borrowed. Check out our website to see more:
www.AvonValleyShowStables.com
Session I: Mondays, 2/ 6, 2/13, 2/20, 2/27
Session II: Mondays, 3/5, 3/12, 3/19, 3/26
Time: 6:30 – 7:30 pm
Fees: \$145 per session
Min: 3 **Max:** 6
Location:



Avon Valley Show Stables
595 Waterville Road, Avon CT 06001



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800-899-4337	

  18 Colonial Road • Canton, CT 06019

Winter / Spring 2012 Recreation Brochure – Adult

Zumba Gold Pick your schedule!

(Ages 14+)

A total body workout set to Latin rhythms and dance steps. It's designed for the beginner, baby boomer or any person that wants to start a fitness routine that is fun and moves at a slower pace. You will learn the steps and movements of Zumba Fitness without the pressure to keep up. So whether you are a teen, young mom, baby boomer or an older active adult, then this class is for you. Come and enjoy the health benefits of this feel good low impact aerobic workout! **NO** experience necessary.

Dates: Ongoing classes – purchase a punch card at Parks & Recreation

Times: Tuesdays: 9:30 – 10:30 am **or** 6:30 – 7:30 pm **or**

Thursdays, 6:30 – 7:30 pm **or**

Saturdays, 10:15 – 11:00 am

Fee: \$65.00 for 10 classes

Location: CCC, Multi Purpose room lower level (check posted schedules, room location may change occasionally)

5 Tips to Deal with the Post Holiday Winter Blues

1. **Make Plans** – Make plans for a weekend break or a night out.
2. **Get Active** – Feel better and look better by getting back to the gym or a regular exercise routine.
3. **Text Your Child at College** – Communication is key – keep in touch and the separation anxiety will be reduced.
4. **Plan A Project** – Tackle an inside project that you always wanted to accomplish.
5. **Organize** – Getting organized will add simplification to your life which should alleviate anxiety.

Get more detailed information on each of these “stress free” tips at <http://totallyuniquelife.com>.

Some people, no matter how old they get, never lose their beauty - they merely move it from their faces into their hearts.

~Martin Buxbaum

Every Body's Exercise Class for Seniors

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.

Instructor: Mary Root

Dates: Fridays ONLY

Time: 10:30 – 11:30 am

Fee: \$15.00 per month

Location: CCC



The aging process has you firmly in its grasp if you never get the urge to throw a snowball.

~Doug Larson

Have a safe and happy holiday season!



Please visit our **NEW** website at

www.cantonrec.org

SEARCHING FOR A PRODUCT, SERVICE OR BUSINESS IN CANTON? GO TO

www.CantonChamberofCommerce.com

- Nearly 300 businesses listed
- Fast search by product or service
- Detailed product & service descriptions
 - Dynamic—frequent updates
 - Website-linked for more information
- Find businesses, contact names & phone numbers
- Listing is a member benefit with Chamber membership
 - Free *Event Calendar* listings for local non-profits



Canton Chamber of Commerce

Canton Business Park • 110 River Road • Canton
860.693.0405 • info@cantonchamberofcommerce.com

Winter / Spring 2012 Recreation Brochure – Adult

Men's Under 35 & Over 35 Pickup Basketball

Play the game you love all 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 see our website for dates/times and to register online.



Fee: \$35.00
Dates: January – May
Times: 7:30 pm
 Under 35 – Monday
 Over 35 – Tuesday
Coordinators:

Chris Plavcan, *Under 35 group*
 Peter Stein, *Over 35 group*

"If I weren't earning \$3 million a year to dunk a basketball, most people on the street would run in the other direction if they saw me coming."

- Charles Barkley

Recreational Volleyball

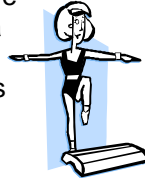
This program will follow the school schedule for holidays, special events, and weather closures.

Coordinator: Amy McCallum
Dates: Thursday evenings ONLY at 7:30 pm
Fee: \$35.00 Season (January - May)



Senior Exercise with Denise

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!



Dates: Tuesday mornings
Time: 10:30 – 11:30 am
Fee: \$15.00 each month
Location: CCC

Adult Yoga

Yoga is a simple, amazing connection of body, mind and spirit, great for all ages & body types. 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. **New students are always welcome!**



Instructor: Nancy Brooks
Dates: Wednesday evenings
Next session: 1/20 – 3/10
Time: 7:45 – 8:45 pm
Fee: \$75.00
Min: 14 **Max:** 30
Location: CCC, Parks & Recreation room

Parks and Recreation also coordinates with The Public Works Department and Board of Education for all school fields.

CANTON SPORT ASSOCIATIONS CONTACT INFORMATION

Soccer:

Canton Youth Soccer Association
www.cantonsoccer.org

Basketball:

Canton Youth Basketball Association
 Registrar: Kristin First
 860-693-8188
www.cantonyouthathletics.com

Little League:

Baseball and Softball
 President: Stan Krzanowski
 860-693-0365
www.eteamz.com/cantonctll

Lacrosse:

Canton Youth Lacrosse Association, Inc.
 Registrar: Daphna Fuhr-Dylag
 860-693-6261
www.Cantonlax.org

Youth Football:

Canton Warrior Youth Football
www.cantonyouthathletics.com

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860-693-1556
 103 River Road, Canton 06019
www.kurtscustoms.com

124 MAIN STREET CANTON, CT 06019
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 860.693.6066 CANTON • 860.238.7990 NEW HARTFORD
www.RealtyWorksCT.com

Town of Canton Parks and Recreation Program Registration Form

Mail Registration to:
Canton Parks and Recreation
PO Box 168
Collinsville, CT 06022



Canton Parks and Recreation
www.cantonrec.org
Phone: (860) 693-5808
Fax: (860) 693-5805



Go Green!!! You can save paper and save the postage! Canton Parks and Recreation now takes online registration at www.cantonrec.org

First register a New Account and your household members. You are able to browse programs, events, manage your account and more. You can register online, at the Recreation Office, or by mail. Registering for programs has never been easier! Having trouble with an account, please contact the Recreation Office.

Adult or Responsible Party Information

Last Name:		First Name:	
Mailing Address:		Town:	State: ZIP:
Home Phone: ()	Cell Phone: ()	Work Phone: ()	
Email:		Would you like to be added to our email distribution list and receive updates on new programs and events? Yes No	

Emergency Contact Information

Name:	Relationship:	Phone:
Name:	Relationship:	Phone:

Activity Registration Information

Participant's Name	Age	DOB	Gender	Grade	Activity Name / Session Time	Fee
					Non-resident Fee \$10 per participant	
					TOTAL	

CHECK # _____ CASH _____

Medical Information/ Special Needs

Please describe any medical information or special needs that program staff should be aware of (allergies, medications, disabilities) for the above participant (s) in order for us to understand and better serve the individual needs of this participant.

Parent/ Guardian Waiver/ Release

I am aware of the nature of this activity and I hereby assume responsibility for myself and/ or my child (above), and/ or his or her representatives to participate. I will not hold the Town of Canton, the Department of Parks and Recreation, and/ or its employees or agents responsible in case, of any accident or injury as a result of this participation. I hereby further agree to indemnify and save harmless the Town of Canton, from and against any and all loss, damage, claim, demand, liability, or expense by reason of any damage or injury to property or person which may be claimed to have arisen as a result of or in connection with participating in the park and recreation activity. In addition, I grant the Town of Canton to utilize any medical emergency services it deems necessary to treat injuries that I or my child may incur while participating in the above program. I understand that the Town of Canton does not provide insurance for recreational program participants.

Photo Release: We may be taking pictures of activities during any of our programs to use in promotional publications. I hereby release and permit the Town of Canton to utilize these photos for Town of Canton Parks and Recreation Promotional purposes.

PARTICIPANT/ PARENT SIGNATURE _____ DATE _____

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

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Canton Patron

Canton, CT 06019

Please visit our website at www.townofcantonct.org

Interested in advertising your business?

**ADVERTISE
YOUR
BUSINESS
HERE**

Please contact Michelle Schroder, Canton Connection Editor at 860-693-7841 or email your request to mschroder@townofcantonct.org. Our newsletter offers advertisement space for a Business Card or a 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 April. 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.

Employment Opportunities

If you or someone you know is currently looking for work, visit our website at www.townofcantonct.org to view current municipal employment opportunities. An application may be downloaded at any time. All postings are accompanied by a job description and are Q-Notified through our email notification system.

HELP WANTED!



**Town of Canton
Volunteer Fire & EMS Dept.**
Valuing Life...at a Moment's Notice
Join us today!

www.cantonfireandems.org Or call 860-693-7858

Canton Parks & Recreation Flyer

The Parks & Recreation flyer is in here along with the registration form for events. All the upcoming winter and spring events, bus trips and classes are located inside.

Post this newsletter in the kitchen, your office or download it off the internet to stay informed of all May, June, July and August's exciting events!

Go GREEN!! You can save paper and save the postage! Canton Parks and Recreation now takes online registration at www.cantonrec.org. By registering online you will be able to browse programs, events, manage your account and more!

Receive ALL Town Information

Our town website has the ability to notify you by email for electronic delivery of town news, public notices, agenda postings and much more! It is FREE and easy; visit 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. If you have any questions about this service, contact the Town Clerk at 860-693-7870.