

New London **events**

VOLUME 1 • QUARTER 3 • 2015



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Mayor's Corner

Welcome to the first edition of the City of New London's new quarterly magazine, New London Events.

In this publication, you will find information about some of the events which will be happening in the Whaling City late this summer and early fall, about various programs the City is offering, and about other news from our municipal government.

The City of New London's Recreation Department put this brochure together with the help

of staff in every City department. I would like to take this opportunity to thank everyone who contributed to this effort, and I'm grateful that we now have a new way to communicate with our residents.

I hope that New London Events will make it easy and convenient for all New Londoners to learn about upcoming festivals, after-school programs, and all the other great events happening in our City.

Mayor Daryl Justin Finizio



Mayor Daryl Justin Finizio

From the Publisher

Essex Printing and Events Magazines are excited to welcome the City of New London as its newest "partner." New London Events Magazine is a quarterly publication that will provide each resident with a host of important community information. You will learn about upcoming community events and activities.

You will have access to valuable articles affecting you, your family and community. You will be able to connect with businesses in New London and the surrounding area. You will hear about all that is happening in your city. We are confident that New London Events Magazine will become a trusted source of information for you and your community

just as Events Magazines have become in 16 other Connecticut towns over the past 19 years. We look forward to serving the City of New London.

Sincerely,
William McMinn
Essex Printing & Events Magazines



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For a complete list of events, visit
CoastGuardSummer.com

New London Police Department

As the summer draws to a close and the students are returning to school please remember these few safety tips submitted by the New London Police Department.

School Zone Driving Safety Tips

- Be on the lookout for school zone signals and ALWAYS obey the speed limits.
- When entering a school zone, be sure to slow down and obey all traffic laws.
- Always stop for school busses that are loading or unloading children.
- Be aware of and watch out for children near schools, bus stops, sidewalks, in the streets, and in school parking lots.

Walking to School

- Use the same route every day and never use shortcuts.
- Always use public sidewalks and streets when walking to school.
- Try and walk to school with other students.
- Teach your children to recognize and obey traffic signals, signs, and pavement markings.
- Only cross streets at designated crosswalks, street corners and traffic controlled intersections.
- Always look both ways before crossing the street and never enter streets from between obstacles like parked cars, shrubbery, signs, etc.
- Always walk and never run across intersections.
- Avoid talking to strangers. Teach your children to get distance between themselves and anyone who tries to approach or make contact with them.
- If a stranger does approach your child, make sure they know to immediately report the incident to you or a teacher.
- Teach your children to never get into a vehicle with anyone, even if they know them, without your permission.

School Bus Safety

- Make sure your child stays out of the street and avoids excessive horseplay while waiting for the school bus.
- Be sure the bus comes to a complete stop before getting on or off.
- When riding the bus, make sure your child understands they must remain seated and keep their head and arms inside the bus at all times.

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events

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1.2 MILLION READERS
17 TOWNS EVERY QUARTER

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New England Science & Sailing

New England Science & Sailing Foundation (NESS) offers customized ocean adventure educational programs for students ages 4 through adult.



NESS is a proud partner of
New London Public Schools
and Mitchell College.

LEARN MORE:
www.nessf.org • 860.535.9362

New London Youth Affairs

Early Childhood Programs

EARLY CHILDHOOD FAMILY CENTER

FREE playgroups for children 8 months - 4 years old with a parent or other caregiver. The Family Center offers a variety of playgroup themes throughout the week including dance, music, art, science, gross motor and discovery. Guest entertainers, field trips, and parent workshops are scheduled. Reading readiness is targeted through supporting developmental milestones and assisting towards preschool placements. Parent resources and individual appointments are available for assistance in finding childcare and meeting family educational, health, and social service needs, including food, diapers, clothing. Programs are in collaboration with Child and Family Agency Family Resource Centers. Go to www.newlondonyouthaffairs.org for schedule of programs, call 860-447-0459 or email tsalcedo@ci.new-london.ct.us for more information. Supported by Palmer Fund, Shea Trust, Veolia Water Authority, Community Development Block Grant, Department of Education, Community Foundation of Eastern CT donor designated, Electric Boat Employees Association.

DATE: Monday-Friday, varied programs (attendance days flexible)
TIME: 10:00 am
AGE: 8 months-4 years old



LOCATION(S): Martin Center, 120 Broad St, Jennings Family Resource Center, 50 Mercer St, Nathan Hale Elementary School, Beech Dr., call, email or go on-line for location schedule.
FEE: FREE

Family And Community Programs

WHALE'S TALES CHILDREN'S BOOK BANK

DATE: Monday-Friday
TIME: 9:00 am- 4:00 pm
AGES: All
LOCATION: The Martin Center, 120 Broad St, mezzanine floor.
FEE: FREE

Whale's Tales provides free books to children and their families, teachers and youth serving organizations, through visits, programs, and literary events. You are welcome to come in and choose books for your family or to donate gently used children's books. Supported by New London Kiwanis.

PARENT LEADERSHIP DEVELOPMENT COURSE

DATE: Every Tuesday evening starting in fall. Specific dates to be announced
TIME: 6:00 pm-8:30 pm
AGE: Any Parent or Community Resident Welcome
LOCATION: Martin Center, 120 Broad Street, 1st floor, Yellow Room
FEE: FREE

The parent leadership course trains parents and other community adults to advocate for children in the schools and community. The program includes communication skills, problem solving, leadership, community assessment, and action planning. Trainees will complete community projects. Free dinner and childcare are provided. Supported by SERC/CT PIRC, Liberty Bank Foundation, partnering with Children First New London.

TEENS - TIA (Teens In Action)

DATE: October 2015-June 2016; registration in September 2015 for school year.
TIME: after school, Mon-Fri

AGE: Grades 9-11

LOCATION: Martin Center, 120 Broad Street

FEE: FREE

TIA targets high school graduation and employability. Program includes community service, leadership, academic support, employability development, internships, college tours, excursions, individualized success plans, and meals. Supported by Community Foundation of Eastern CT, Bodenwein Foundaton, Chelsea Groton Foundation, Pfizer, Department of Education, Community Foundation donor designated Electric Boat Employees Association; partners with New London Public Schools and Connecticut College.



C.O.O.L DIRECTIONS

(Careers of Our Lives)

DATE: New applications will be accepted during the summer/fall of 2015
TIME: during and after School
AGE: Grades 11-12
LOCATION: Martin Center, 120 Broad Street
FEE: FREE

This program targets high school age juniors and seniors who meet eligibility criteria attending New London High School, Grasso Technical High School and Science & Technology Magnet High School. COOL assists with the following: career and educational guidance, job seeking skills and portfolio development, potential driver's education support, and work based learning experiences such as internships and job shadowing. Funding is provided through Eastern Connecticut Workforce Investment Board (EWIB) and EASTCONN.

Continued on page 6

New London Youth Affairs ... continued from page 5

NEW LONDON COMMUNITY AND CAMPUS COALITION (NLCCC) MEETINGS

DATE: 3rd Wednesday of each month, from September 2015-June 2016

TIME: 11:30 am

AGE: All community members are welcome age 12 & up

LOCATION: 120 Broad Street, New London, Martin Center, 1st floor, FEE: FREE

The goal of the Coalition (NLCCC) is to engage the New London community in combating risky behaviors and reduce use and abuse of alcohol, tobacco, marijuana, and prescription drugs by promoting healthy, vibrant, and productive lifestyles for our teens. NLCCC targets this goal through public education, promoting positive programming, enforcement of laws, social marketing, and policy change. NLCCC is supported by the Substance Abuse and Mental Health Services Administration (SAMHSA), and Southeastern Regional Action Coalition (SERAC).

Please call 860-442-1497 or e-mail nlccc@ci.new-london.ct.us for more information.

NEW LONDON JUVENILE REVIEW BOARD (JRB)

DATE: Monthly

AGE: 10-17 Years of age

FEE: FREE

The New London JRB was created to divert first-time, City of New London, youth offenders, who meet the criteria, from the Juvenile Justice System. The JRB connects referred youth with local services and resources, appropriate for their needs. JRB's are confidential. Supported by Connecticut Youth Services Association, Southeastern Regional Action Coalition; partners with New London Police Department, Waterford Juvenile Court, Department of Children and Families, and other agencies.

Please call 860-442-1497 or e-mail nlccc@ci.new-london.ct.us for more information.

SADD

(Students Against Destructive Decisions)

DATE: School year; September - June

TIME: After school

AGE: Grades 6-8

LOCATION: BDJMS and ISAAC

FEE: FREE

Young people participate in prevention, community service, and leadership opportunities. SADD is supported by Southeastern Regional Action Coalition and SAMHSA, in partnership with New London Public Schools. Please call 860-442-1497 or e-mail nlccc@ci.new-london.ct.us for more information.



Office of Development & Planning

City Hall, 181 State Street, 2nd floor
8:30 am- 4:00 pm Monday – Friday

The Office of Development & Planning (ODP) is the point of contact for developers, entrepreneurs and others exploring and seeking assistance in opening a new business, expanding an existing business, or developing/redeveloping land. ODP provides guidance with the land use regulation process and information on the City of New London's Business Incentive Programs. ODP staff are instrumental in the preparation and record-keeping of many of the City's major planning documents such as *The Plan of Conservation and Development* (a.k.a. Master Plan) and other more specific planning reports and records. ODP also maintains information on City-owned properties, census and demographic data, economic activity statistics and a wide variety of other information. The Office of Development & Planning provides staff support to several Boards, Agencies, and Commissions,

including the Planning and Zoning Commission, the Zoning Board of Appeals, the Conservation Commission/Inland Wetlands Agency, the New London Foreign Trade Zone Commission, the New London Port Authority, the Parking Authority, the Economic Development Commission, and the Sailfest Committee. ODP staff are actively involved with New London Main Street, the City Center District, RCDA, and the regional economic development and planning organizations, SeCTer and SCCOG.

Zoning Permits

(and other zoning and wetlands permits)

The Office of Development & Planning is where applications for Zoning Permits are processed for any work in a home or property, such as putting up a fence, deck, additions, sheds, etc.

In addition, this office is responsible for handling Zoning & Wetlands activities. Zoning Permits are also needed for the opening of new businesses, home based businesses, and signage. Applicants for many of these activities will also be required to apply to the Building Department for a building permit.

Development Review, Planning, Grants and Project Management

ODP staff reviews all changes in land use and construction and development activity in the City for compliance with land use regulations as well as responding to complaints regarding violations of land use regulations.

This office is also responsible for administration of the Land Use Regulations (Zoning, Subdivision and Inland Wetlands) and the State mandated and other planning documents and drafting revisions to them. Staff prepares grant applications and is responsible for the administration of them once awarded, as well as managing contracts and the work of consultants funded by these grants or other funds.

Economic Development

The Office of Development & Planning is responsible for marketing and administration of a broad array of economic and community development programs including State and local municipal Enterprise Zone (EZ) programs, business revolving loan funds, the City and Town Development Act tax exemption program, and other business assistance programs, as well as, the New London Foreign Trade Zone located in the area of the Admiral Harold E. Shear State Pier.

BUSINESS INCENTIVE PROGRAMS

Business Rent Subsidy Program

Provides rent subsidies up to \$5 per square foot for the first year and up to \$2 per square foot for the second year for new businesses moving into vacant storefronts.

Enterprise Zone (EZ) Programs

The State monitored program provides tax incentives for manufacturers and certain commercial sector businesses locating within the enterprise zone.

The local New London EZ program offers property owners undertaking improvements on commercial and residential structures located within the enterprise zone a seven year graduated tax exemption of the increased taxes resulting from real property improvements.

City and Town Development Act

A special tax exemption program available for significant capital improvement projects that create long-term, tax-based growth. This program may not be available for projects eligible for Enterprise Zone programs.

Revolving Loan Funds

1. Business Revolving Loan Fund. This program provides low interest loans for small and medium size businesses located

within, or considering locating within the New London Enterprise Zone (EZ). The maximum loan amount is generally \$25,000 with interest rates from 3% to 6% over a maximum term of 6 years.

2. Commercial and Mixed Use Building Rehabilitation Program. This program provides financial assistance to owners of commercial properties located within the New London Enterprise Zone (EZ) who plan substantial building renovations. Loans range from \$10,000 to \$50,000 with an interest rate as low as 4% over a maximum term of 6 years.

Façade Improvement Programs

1. Façade Improvement Program. Provides grants up to a maximum of \$50,000 per single principal building fronting on a City street located in the façade improvement program area.
2. City Center Sign Improvement Program. Provides grants up to \$1,999 to first and second floor store-front business owners for business signs and for property owners for building identification signs.

Foreign Trade Zone

Located in the State Pier area is New London's Foreign Trade Zone, a designated area where foreign goods may be unloaded for immediate transshipment or stored, repacked, sorted, mixed, or otherwise manipulated without being subject to import duties. Nearly any imported merchandise can be brought into a Zone for almost any kind of manipulation, duty-free.

For more details about any of these programs contact the Economic Development Coordinator at (860) 437-6309.

COMMISSIONS, BOARDS AND AGENCIES

PLANNING & ZONING COMMISSION

When: first and third Thursday of the month

Time: 7:00 pm

Where: Council Chambers in City Hall, 181 State Street

ZONING BOARD OF APPEALS

When: last Thursday of the month

Time: 6:00 pm

Where: Council Chambers in City Hall, 181 State Street

INLAND WETLANDS

AND CONSERVATION COMMISSION

When: second Thursday of the month

Time: 7:00 pm

Where: Council Chambers in City Hall, 181 State Street

FOREIGN TRADE ZONE COMMISSION

When: bimonthly on the third Tuesday

Time: 5:30 pm

Where: Council Anteroom in City Hall, 181 State Street

PORT AUTHORITY

When: second Thursday of the month

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Office of Development & Planning ... continued from page 7

Time: 6:00 pm
Where: Council Anteroom in City Hall, 181 State Street
Office of Development & Planning

Economic Development Division (860) 437-6309
Planning & Zoning Division (860) 437-6379
Program information, applications, agendas and minutes are also available on the City's website www.ci.new-london.ct.us.

Recreation

Registration Information

Registration is required for all programs. If the class does not reach its minimum enrollment, it will be cancelled. The Recreation Department reserves the right to cancel any program. Participants will be notified of all cancellations. Full payment of fees on all activities and classes must be made at the time of registration. Checks are payable to the "CITY OF NEW LONDON." Cash, check, money order, MasterCard, or Visa accepted. No payment may be made over the phone. Recreation Division programs only may register online at www.newlondonrec.com or stop in our office at 120 Broad Street in the Martin Center building 8:30 am - 4:00 pm Mon-Fri. Call 860-447-5230 with any questions.

Refund/Cancellation policy

If the Recreation Department cancels a program/class, then a full refund will be given. Should an individual decide to drop out of a course he/she has already paid for, a refund request must be made prior to the first class session and will be assessed a \$10.00 processing fee. If a session is cancelled due to weather or other problems, an effort will be made to schedule a make-up session. If a make-up session

cannot be scheduled, no partial refund will be made. Whenever school is cancelled or closes early, programs taking place at a school location will be cancelled.

Parks In New London

Winthrop School Field / Grove St
Riverside Park / Crystal Ave
Caulkins Park / Crescent St
Toby May Park / Ocean Ave
Mercer Park / Willetts Ave
Bates Woods Park / Jefferson Ave
Mahan Park / Broad St / Vauxhall St
Williams Park / Broad St / Williams St
Williams Memorial Park / Hempstead St / Broad St
Mitchell Park / Montauk Ave
Green Harbor Park / Pequot Ave
Bartlett Park / Broad St / CT Ave
Blackhall Park / Blackhall St / CT Ave / Garfield Ave
Fulton Park / Crystal Ave

FACILITY RENTAL

To obtain permission/reserve a facility (parks, fields, pavilions, and meeting rooms/gymnasium), a representative must attend the Parks and Recreation Commission meeting at least one month prior to the event. This includes birthday parties and family reunions under the

park pavilions. Meetings are held the first Wednesday of each month at 6:30 p.m. in the New London Senior Center Library. Scheduling permits must be completed, signed, fees paid (if applicable) and copy of certificate of insurance provided prior to use of any facility. All forms need to be completed at the Recreation Department. Group rentee must follow and respect all facility rules and noise ordinances.

Youth Sports Leagues

NL Youth Soccer Club

www.newlondonsoccerclub.org
860-324-6211

NL Little League

www.newlondonlittleleague.com
860-917-8345

NL Youth Lacrosse

www.nlyouthlacrosse@gmail.com
860-235-6959

NL Youth Football & Cheerleading

www.nlyouthfootballleague.com
860-625-5861

NL Babe Ruth

www.newlondonbaberuth.org
860-984-3333

NL American Legion

860-444-7883

NL Youth Wrestling

860-287-0526

Recreation / Fall Programs

Dance For All Ages And Gymnastics

TAP DANCE

DATE: Tues & Thurs, Aug 11-Oct 1
Tues & Thurs, Oct 13-Dec 8
TIME/AGE: 6:30-7:30 pm Ages 4-6, 7-10, 11-15
LOCATION: Martin Center Dance Room
FEE: \$40.00 for 8 week session residents/
\$45 nonresidents

INSTRUCTOR: Amanda Darling
Beginner and intermediate tap dance lessons. Program runs throughout the school year. Class meets 2 times per week. Tap

shoes required. Bring a water bottle and wear comfortable clothes to dance in.

BALLET

DATE: Tues & Thurs, Aug 11-Oct 1
Tues & Thurs, Oct 13-Dec 8
TIME/AGE: 5:30-6:15 pm 4-6 yr & 7-10 yr old
LOCATION: Martin Center Dance Room
FEE: \$40.00 for 8 week session residents/
\$45 nonresidents

INSTRUCTOR: Amanda Darling

Beginner and intermediate ballet lessons. Program runs throughout the school year. Class meets 2 times per week for each age group. Ballet shoes required. Bring a water bottle and wear comfortable clothes to dance in.

GYMNASTICS FUN

DATE: Mondays, Sept 14-Nov 9
Thursdays, Sept 17-Nov 5
TIME/AGE: Mon: 4 -6 yr: 5:00-5:45 pm, 7 years & up:
5:45-6:45 pm
Thur: 6-10 yr: 5:00-6:00 pm
LOCATION: Martin Center Gym
FEE: \$45 per residents/\$50 nonresident for 8 wks
INSTRUCTOR: Kristen Lohr and Cindy Lohr
Come learn the basics of gymnastics through tumbling, beam skills, bar skills, and the development of muscular coordination, strength and flexibility. Bring a water bottle with your hair tied back if applicable. Limit 15 per class.

HIP HOP DANCE LESSONS

DATE: Tuesdays & Thursdays, Sept 1
TIME: 5:30-6:30 pm
AGE: Girls and boys 5-12 yrs. old
LOCATION: Nathan Hale Dance Room
FEE: \$50 resident/ \$55 nonresident
INSTRUCTOR: Monica Lee Fish
Children will learn basic exercise based dance moves to clean edited hip-hop music in a fun upbeat environment. Each student will be required to bring a water bottle, comfortable athletic clothing and shoes. No shoes by participants or spectators allowed in the dance room.

HIP HOP DANCE TEAM

DATE: Tuesdays & Thursdays, Sept 1-Oct 22
TIME: 6:30-7:30 pm
AGE: Boys and Girls 7yrs and up
LOCATION: Nathan Hale Dance Room
FEE: \$35 resident/\$40 nonresident
INSTRUCTOR: Monica Lee Fish
All participants will learn choreographed dance routines. Requirements for each class include water bottle, comfortable athletic clothing and shoes. Participants new to the team will have tryouts August 25 and 27. Call to register for tryouts - 860-447-5230. Uniforms an additional cost approx. \$35/ participant- fundraising available to help with uniform fee.

ADULT LYRICAL DANCE

DATE: Wednesdays, Sept 9-Oct 14
TIME: Beginner- 5:15-6:15 pm
Intermediate 6:30-7:30 pm
AGE: 18 yrs. and up
LOCATION: Nathan Hale Magnet School Dance Room
FEE: \$30 per resident/\$35 per nonresident for 6 weeks
INSTRUCTOR: Sue Greenleaf
Join me in a 1-hour adult lyrical dance class once a week for 6

weeks. Previous dance experience is helpful but not required. Individual attention will focus on posture, balance, technique, and grace. Active clothing as well as ballet slippers, jazz shoes, or dance sneakers are required. No street shoes allowed in the dance room.

Sports Programs

TABLE TENNIS

DATE: Mondays, Sept 14-Nov 9
Wednesdays, Sept 9-Oct 28
TIME Mon- 7:00-8:45 pm Wed- 6:30-8:45 pm
AGE: Mon- Grades 6-12 Wed- adults 18 and up
LOCATION: Martin Center Gym
FEE: \$10.00 residents/\$15.00 nonresidents
INSTRUCTOR: Dexter Johnson Jr.
1/2 hour lesson followed by open ping pong play. Registration includes your own ping pong paddle if you are new to the group and 8 weeks of play.



KARATE FITNESS - YOUTH RETURNING STUDENTS

DATE: Tues. and Sat., September 1-Nov 24
TIME: Tues 7:00-8:00 pm, Sat 9:30-10:30 am
AGE: Grades 3 and up, returning students
LOCATION: Tues-Winthrop Elem School gym
Sats- Mohegan Tribe Government and Community Center-13 Crow Hill Rd., Uncasville
FEE: \$35.00 residents/ \$40 nonresidents
INSTRUCTOR: Kevin Meisner

Students in this class will learn karate with a focus on sustainable fitness. The class includes warm-ups, basics, forms and interactive exercises. Students are taught to work together in a non-competitive environment. Class meets twice each week. Enrollment fee includes class t-shirt. Students must bring a clean pair of shoes for practice, street shoes are not allowed.

KARATE FITNESS - YOUTH BEGINNER

DATE: Thurs. and Sat., Sept 3-Nov 21, 2015
TIME: Thurs. 7:00-8:00 PM, Sat 9:30-10:30 am
AGE: Grades 3-9 beginner

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Recreation Programs ... continued from page 9



LOCATION: Tues-Winthrop Elem School gym
Sats- Mohegan Tribe Government and
Community Center-13 Crow Hill Rd., Uncasville

FEE: \$35.00 residents/ \$40 nonresidents

INSTRUCTOR: Kevin Meisner

Students in this class will learn karate with a focus on sustainable physical fitness. The class includes warm-ups, basics, forms and interactive exercises. Students are taught to work together in a non-competitive environment. Class meets twice each week. Enrollment fee includes class t-shirt. Students must bring a clean pair of shoes for practice, street shoes are not allowed.

PRESCHOOL SPORTS CLASS- OUTDOOR SOCCER

DATE: Tuesdays, Sept 15-Oct 20

TIME: 5:30-6:30 pm

AGE: 3-5 years old

LOCATION: Nathan Hale Field

FEE: \$25 for 6 weeks residents/ \$30 for nonresidents

Parent and child class which will focus on sport specific skills. Dribbling, passing, shooting, catching, etc will be the different skills each parent will do with their child. The class is set up in stations so that each child/parent rotates around. A beginning warm up and ending activity will be done with the lead instructors as a group. We will not be playing a soccer "game" however fun games associated with the sport will be played at the end of each night.

KOREAN FAMILY KARATE

New & Ret Students Welcome

DATE: Thursdays, Aug 27-Oct 15

TIME/AGE: 5:30-6:15 pm 7 and 8 yr olds
6:15-7:00 pm 9 and up

LOCATION: Jennings Elem School gym

FEE: \$30.00 residents/\$35 nonresidents

INSTRUCTOR: Roberto Padua

The goal of Tang Soo Do is to teach self-respect and respect for others. This will teach the Korean art of Tang Soo Do. Training is traditional encompassing the refinement of technique, hyung (forms) and dae ryan (sparring). There will be 8 wks. of class. Class meets 1 day a week. Additional \$10 fee at end of class for child to be tested for next belt.

PROUD TO TRI - YOUTH TRIATHLON

DATE: Saturday, September 12

TIME: 6:30 am registration/packet pickup onsite opens
8:00 am Race begins by division waves on beach

AGE: 5-17 (age groups broken into divisions)

LOCATION: Camp Harkness State Park- Waterford

FEE: \$25 per child/ \$50 family max fee- Pre-register
by September 1 to guarantee medal and t-shirt!

All levels welcome. Family friendly event followed by brunch under the pavilion. Children can discover what it is like to have fun competing in a triathlon event. Event timed by Time to TRI, LLC using RFID timing. Top two males and females in each division will receive awards. Medals to ALL finishers. Limited race day registration (unless sold out)- preregister at www.newlondonrec.com - follow the link on the home page to Run Sign Up. Register early - race sold out last year!



Swimming

BABY & ME 1 AND 2

DATES: Sundays, Sept 20-Nov 8

TIME/AGES: 1:30-2:15 PM Level 1 is for birth- 2 yrs
with parent
2:30-3:15 pm Level 2 is for 3 yr olds with parent

FEE: \$40 residents/\$45 nonresidents

LOCATION: Avery Point Pool, Groton

INSTRUCTOR: NL Rec Swim Staff

The goal of the class is to help make the child comfortable with the water. Parents will be in the water with children. Level 1 focuses on singing games, jumping in the water, blowing bubbles, and having fun in the water with toys are all part of this enjoyable class. Level 2 class will focus more on beginning swimming skills. **NOTE:** The temperature of the water is not within our control at the college. At times, this pool has been chilly. Children's wetsuits can be worn during the class to keep your child warmer.

SWIMMING LESSONS

DATES: Sundays, Sept 20-Nov 8
TIME: 1:30-2:15 pm Level 1, 2, 3, and 4
2:30-3:15 pm Level 1, 2, 3, 5, and 6
AGES: 4 to 14 years old
FEE: \$40 residents/\$45 nonresidents
LOCATION: Avery Point Pool, Groton
INSTRUCTOR: NL Rec Swim Staff
Classes are in 6 levels. Please designate your level and time of choice on registration form. Call NL Rec for questions about levels- 860-447-5230.

ADULT SWIM LESSONS

DATES: Sundays, Sept 20-Nov 8
TIME: 2:30-3:15 PM
AGES: 15 through adult
FEE: \$40 residents/ \$50 nonresidents
LOCATION: Avery Point Pool, Groton
INSTRUCTOR: NL Rec Swim Staff
This class will focus on basic swim strokes to make all adults comfortable in the water and improve your strokes based on the level you are at. Beginner and intermediate swimmers welcome.

Enrichment And Special Event Programs

FRIDAY MOVIE NIGHT- PARENTS NIGHT OUT

DATE: Friday, October 16
TIME: 5:00-9:00 pm
AGE: Ages (4-5) and (6-10)
LOCATION: Martin Center Ceramics Room, 120 Broad Street
FEE: \$5 per child resident/ \$10 nonresident
INSTRUCTOR: NL Rec Staff
Parents- need a night out to have dinner together or go shopping? We will be offering 4 hours of supervised activities for your children including a night of a movie and popcorn. They can wear their PJs and bring their pillow and sleeping bag/blanket to relax and watch a family/kids movie. Board games, arts and crafts and group games will also be run. Pizza will be served for dinner. Children may be dropped off or picked up at anytime as long as they are preregistered.

MY CHILD AND ME MUSIC CLASS

DATE: Thursdays, Sept 10-Oct 15
TIME: 5:30-6:30 pm
AGE: Birth to 5 years old
LOCATION: Martin Center- Family Center Room
FEE: \$35 residents/ \$40 nonresidents
INSTRUCTOR: Nicole Clarke
Early childhood music classes will provide meaningful musical experiences for children and families. Babies toddlers and pre-schoolers will participate in musical experiences that involve singing, expressive movement, games, creative play, vocal exploration, and instrumental play. A great variety of musical styles and genres will be the basis for the classes. Caregivers will be an integral part of the class and will learn how they can incorporate

music into their daily routines with children. Early childhood music classes can develop and foster children's musical literacy and a life-long love for music. Musical learning also facilitates a child's development in the area of language, motor, cognitive and social skills.

Exercise, Nutrition And Fitness Classes

ACTIVE PILATES/ YOGA FUSION

DATE: Mondays, August 31-November 2
TIME: 5:30-6:30 pm
AGE: Adults 18 and over
LOCATION: Winthrop Elem School Gym
FEE: \$40 residents/\$45 nonresidents
INSTRUCTOR: Helen Ouimette
Participants of all fitness levels experience a mix of active Yoga and Pilates. Work the internal organs, glands and nerves, while you increase flexibility and strengthen your core muscles of the abs and legs. Perform various yoga postures and yogic breathing, as well as a mix of some traditional strengthening moves by adding light dumbbells. Modifications are made for the beginner through to the advanced student. Bring yoga mat, light dumbbells, and wear comfortable clothing.

ZUMBA FITNESS

DATE: Mon. & Wed., Sept 14-Oct 19
TIME: 5:30-6:20 pm
AGE: Adults 16 and above
LOCATION: Jennings Elementary School
FEE: \$40 residents/ \$45 nonresidents 2x per wk
(\$30/\$35 for 1 day a week)
INSTRUCTOR: Priscilla "Pinky" Shabarekh
Join the party! Zumba is a cardio-fitness dance class based on Latin and International rhythms that is sure to have your heart pumping and feet moving! Have a fun time getting a great workout while burning calories! Designed to accommodate all fitness levels. No special equipment required; active clothing and athletic footwear recommended.

AMPED UP!

DATE: Tues. & Thurs., Sept 15-Oct 15
TIME: 5:30-6:20 pm
AGE: Adults 16 and above
LOCATION: Nathan Hale School Gym
FEE: \$40 residents/ \$45 nonresidents 2x per wk
(\$30/\$35 for 1 day a week)
INSTRUCTOR: Priscilla "Pinky" Shabarekh
This program is a combination of Cardio kickboxing, Strength Training, Ab work, and Mat Science. Performed 2 x a week, this 50 minute workout provides overall physical conditioning of the heart and toning of the body. Focus shall be given strongly on proper body mechanics, alignment and technique. Hand and ankle weights are suggested to increase intensity level but not required. Bring your yoga mat.

Continued on page 12

Recreation Programs ... continued from page 11

SKILLS AND DRILLS- CIRCUIT TRAINING

DATE: Tuesdays, Oct 20-Dec 8
TIME/AGE: 6:15-7:15 pm Adults 16 and over
LOCATION: Martin Center Gym
FEE: \$40 residents /\$45 nonresidents
INSTRUCTOR: Jennifer Meninno

A fun, energetic intermediate to advanced circuit training-style workout! This class mixes cardio, weight training, functional exercises and agility. It is designed in a way that pushes you harder than you'd push yourself. It is an EXTREME workout, so get ready!

DANCE EXERCISE CLASS

DATE: Wednesdays, Sept 9-October 28
TIME: 5:00-6:00 pm
AGE: Adults 16 and over
LOCATION: Winthrop Elem School Gym
FEE: \$20 residents /\$25 nonresidents
INSTRUCTOR: Teresa Vasquez

A fun, energetic dance exercise class. Aerobics and simple dance choreography set to R & B Hip Hop and Rock music. Bring a water bottle and sneakers.

ADULT BALLET BARRE CENTER

DATE: Wednesdays, October 28- December 16
TIME: 6:00-7:00 pm
AGE: Adults 16 and over
LOCATION: Nathan Hale Dance Room
FEE: \$40 residents /\$45 nonresidents
INSTRUCTOR: Lu-Anne Cox

Exercise with grace and fluidity in this floor barre and standing barre ballet class. Learn basic positions and movements in a comfortable non competitive atmosphere. If it has been years since you were in a ballet class or if you've never tried a class like this before, now is the time to try something different. Wear comfortable clothes, non-skid socks or ballet slippers. Instructor is a classically trained dancer, instructor and choreographer with decades of experience.

New London Public Works

New London Public Works includes seven divisions: Parks & Grounds, Highway, Building Maintenance, Solid Waste, Mechanical Maintenance, Building Officials and Engineering.

Parks & Grounds manages 370 acres of turf at six schools, more than a dozen municipal complexes, as well as 14 active recreational fields, six passive recreational parks, and all City roadway green spaces, and participates in snow removal.

Highway maintains asphalt, storm water systems, signage and tree pruning, and leads snow removal for 63 miles of City roads.

Solid Waste performs more than 10,000 stops a week for municipal curbside pickup of trash and recyclables, and runs the City's transfer station with capability

of accepting trash, single stream recycling, tires, electronics, mattresses, scrap metal, waste oil, cooking grease, bulky waste and batteries.

Building Maintenance performs maintenance, repairs and upgrades to more than one million square feet of City school and municipal properties.

Mechanical Maintenance repairs and maintains more than 200 pieces of rolling stock, which includes Fire, Police, Board of Education and Public Work vehicles.

Engineering manages all design and construction of roads, sidewalks, storm water drainage, buildings and parks

Building Officials handle inspections and enforcement of City and State regulations

both residential and commercial, including lead abatement, fire, electrical, plumbing, structural and property safety issues.

Public Works administers contracts for City water and sewer services, and manages a six square mile urban forest with a licensed arborist and certified tree warden, and manages the inspection of 11 playscapes with a certified inspector.

The Department also plays an active role in Emergency Management efforts as well as supporting dozens of civic events held throughout the year.

New London is a shoreline community, with big city infrastructure and small town seaside village charm. We are proud to be the custodian of this unique community.

**WANT TO ADVERTISE IN NEW LONDON EVENTS?
Call Essex Printing at 860.767.9087**

Senior Center

Bingo Dates

Mondays, Thursdays and Fridays at 10 a.m. and the fourth Tuesday of each month at 10 a.m. unless otherwise noted.

The Price is Right Game

Usually the first Tuesday of each month as per our newsletter. Time: 10:15 – 11:00 a.m. This is an opportunity for some lucky person to “take home the groceries”. You can’t win if you don’t play. Similar to the TV game show, a description is given for each item. It is up to you to guess the closest price to the actual total, without going over. Come join the fun!

Birthday Bash

We’d like to celebrate with you. Officers and volunteers of the program advisory committee arrange a once-a-year birthday party celebration. Don’t be shy. Come in, make new friends, and join us in a variety of programming experiences. All are welcome!

Classes Offered

Monday, Wednesday and Friday – exercise 9-10 a.m.

(Free to new London residents)

Monday – 12:15 p.m. Pickleball is a tennis-like sport played by people of all ages.

Monday – Writing Class 12:30 p.m.

Tuesday - Health & Wellness 9 - 10 a.m.

(Free to New London residents)

Tuesday and Thursday – Yoga

(residents \$15.00 Non residents, \$20.00 per 20 session card)

Tuesday – Sewing 12:30 p.m.

Wednesday – Blood Pressure checks 9 a.m.

Thursdays – Tai Chi 9 a.m.

To be announced: Wii Bowling and Beginner’s Computer.

You Can Volunteer, You Can Become Involved - You are Welcomed!

We are always receptive to new ideas, new suggestions and new people. If you would like to be part of planning or serve on a committee, please come to the program advisory meeting the first Tuesday of each month. The regular membership meeting is the third Tuesday. Watch the newsletter for the time.

The senior affairs commission meets the fourth Friday of each month at 2 p.m. These meetings are informative and open to the public. If you have a concern, you can speak at the public comment. Please be prepared to limit your presentation to 5 minutes. Have you got an interest or hobby you’d like to share? We are interested in hearing about it. Just call 860-447-5232 and we will be glad to schedule your visit.

Speakers

We are always looking to schedule speakers. If you know of someone you’d like to recommend, or a topic you’d like to learn more about, please let us know.



Trips

Each Wednesday, weather permitting, we take a trip to a location outside New London. This affords our population a chance to get away for a day. Day outings include a restaurant stop for lunch and shopping. Participants welcome an opportunity to meet new people and visit new places. Trips are filled on a first come first served basis.

Rental Rebate Season has Reopened

And will officially close on October 1st 2015. Call 860-447-5232 and we will be glad to schedule you for an appointment.

Income Tax Assistance

Partnering with AARP we arrange appointments for income tax assistance beginning in February.

Game day

Whether you play Scrabble, Cards, Checkers or Chess, we encourage individuals and groups to come play with us. Watch our monthly newsletter for official “game dates.”

Fall/Winter Special Events

SEPTEMBER: Weather permitting we will continue our season of excursions.

OCTOBER: Intergenerational Bingo- bring your grandchildren or adopt someone else’s grandchild for an evening of food, fun and entertainment.

JANUARY: Celebrating a new year! Beat the winter time blues luncheon and entertainment / in memory of Martin Luther King.

FEBRUARY: Valentine’s Day Luncheon / date to be announced.

MARCH: St. Patrick’s Day Party.

During inclement weather, the senior center remains open but transportation and programs may be cancelled. Please tune into the local weather station for up to date information.

The Food Pantry

The Pantry will distribute food items on Thursdays from 11:30 a.m.-12:30 p.m. A simple registration form will be required. Food is available for emergency distribution each week day.

Continued on page 14

Senior Center ... continued from page 13

Benefits Check Up

Senior resources (previously known as the area agency on aging) sends a representative 1 day a month to work with senior citizens who may need some assistance navigating a variety of social service programs. Appointments can be made by calling the senior center.

Transportation

Transportation is available to and from the senior center, to grocery shopping, door to door for trips, and to all dental and medical appointments within the

New London area and parts of Waterford. The municipal grant contracted with ECTC (eastern transportation consortium) provides transportation for senior citizens to medical appointment destinations and at times our services are not available. For up-to-date information and more detail, our newsletter is published monthly and can be found in a variety of places, including the new london public library, city hall, and at various senior housing complexes throughout the city. You can also stop by the senior center to pick up your copy.

We are located at the intersection of Brainard and Mercer Streets. We would love to meet you!

For more information, please contact the senior center at 860-447-5232 or stop by 120 Broad Street and pick up your copy of the monthly newsletter which can also be accessed via the internet on our facebook site: the New London Senior Center. New members aged 55 and up are welcome. There is no fee for membership.

Public Utilities



The goal of the Department of Public Utilities (DPU) is to provide high quality drinking water with minimal service interruptions and to ensure the wastewater treatment facility yields a high quality effluent that is low impact to the environment.

The City of New London has implemented a Fats, Oils and Grease (F.O.G.) Ordinance to protect our sewer lines from developing grease build-up in our sewer system. Veolia Water in collaboration with the Water & Water Pollution Control Authority would like to share some helpful tips in protecting our sewer system. They are as follows:

- Never pour fats, oil, and grease down the sink, garbage disposal, or toilet
- Pour fats, oil, and grease (after it has cooled) into a container. Once the container is full, secure with a lid and place it in the trash
- Before washing, scrape and dry wipe pots, pans, and dishes with paper towels and dispose of materials in the trash
- Put baskets or strainers in sink drains to catch food scraps and other food solids and empty contents into the trash

- Minimize use of garbage disposal
- “Disposable” does not always mean flushable, Baby wipes and other pre-moistened cleaning wipes DO NOT dissolve
- Dispose of latex items and personal hygiene products in the wastebasket
- Cotton swabs, rags, towels, sponges, kitty litter or aquarium gravel, plastic or latex items, hair and needles can all clog pipes and should be bagged or contained and placed in the trash

REMEMBER – STOP THE F.O.G. CLOG!

This is what a clogged sewer pipe looks like – please follow the tips above.



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CITY OF NEW LONDON TELEPHONE DIRECTORY

Animal Control.....	860-447-5231
Board of Education.....	860-447-6009
City Clerk.....	860-447-5205
City Council.....	860-447-5202
City Pier.....	860-443-3786
City Planner.....	860-437-6380
Collector of Revenues/Tax Collector.....	860-437-6319
Credit Union-NL Municipal Employee.....	860-447-1585
Development & Planning (DP).....	860-447-5203
DP Community Development/Lead.....	860-437-6346
DP Housing Rehab Coordinator.....	860-437-6327
DP Loan Specialist.....	860-447-5243
DP Neighborhood Coordinator.....	860-437-6394
DP Zoning/Wetlands Enforcement Officer.....	860-437-6381
Economic Development.....	860-437-6309
Finance Assessor.....	860-437-6317
Finance Director.....	860-447-5218
Finance Purchasing Agent.....	860-447-5215
Fire Department.....	860-447-5291
Fire Dispatch.....	860-447-5268
Fire Inspector.....	860-440-6665
Fire Marshal.....	860-447-5294
Fire Station Headquarters (Station 1).....	860-440-6671
Fire Station North (Station 2).....	860-437-6340
Fire Station South (Station 3).....	860-437-6341
Harbor Master.....	860-443-6304
Housing Authority.....	860-443-2851
Information Technology.....	860-447-5212
Ledge Light Health District.....	860-448-4882
Library.....	860-447-1411
Mayor's Chief Administrative Officer.....	860-440-6691
Mayor's Executive Assistant.....	860-440-6690
Mayor's Office.....	860-447-5201
Ocean Beach Park.....	860-447-3031
Parking Garage.....	860-443-1775
Personnel.....	860-447-5210
Personnel Administrator.....	860-447-5235
Personnel Benefits & Pension Administrator..	860-440-6662
Personnel Chief Examiner/Labor Assistant....	860-447-5211
Police Detectives.....	860-447-1481
Police Dispatchers.....	860-447-5269
Police Evidence Officer.....	860-447-5286
Police Records.....	860-447-5282
Police Shift Commanders.....	860-447-5281
Probate Court.....	860-443-7121
Public Utilities.....	860-437-6365
Public Works (PW).....	860-447-5250
PW Assistant Director, Engineering.....	860-440-6645
PW Building Official.....	860-440-6644
PW Buildings/Solid Waste/Fleet Manager.....	860-447-5258
PW Engineering Technician.....	860-447-5241
PW Highway/Parks Manager.....	860-447-5237
PW Housing Property & Construction Inspector.....	860-437-6342
PW Solid Waste Transfer Station.....	860-447-5248
PW Traffic Office.....	860-447-5280
Recreation Department.....	860-447-5230
Registrar of Voters.....	860-447-5206
Senior Center.....	860-447-5232
Tax Office.....	860-447-5208
Youth Affairs.....	860-442-4994

Tick Borne Illnesses

In Connecticut there are several illnesses caused by a tick bite. The common deer tick, *Ixodes scapularis*, can transmit Lyme disease, Human Granulocytic Anaplasmosis (Ehrlichiosis), and Babesiosis. Symptoms of these illnesses include fever, body aches, headaches, and in the case of Lyme disease an expanding red rash. Symptoms may begin from 3-30 days after the bite.

The American dog tick, *Dermacentor variabilis*, can transmit another illness Rocky Mountain Spotted Fever. Symptoms include the sudden onset of fever, headache and muscle pains followed by a rash. These symptoms may appear 3-14 days after the tick bite. All of these infections can be treated with antibiotics, but without prompt treatment they can cause serious or even fatal illness. After spending time outside it is important to do thorough skin survey to find any ticks. The longer a tick remains attached the more likely it could transmit an illness. An infected deer tick can transmit one or even more illnesses at the same bite.

If you find a tick it is important to remove it promptly. Use tweezers and grasp the tick's mouthparts as close to the skin as possible. Using steady pressure, pull the tick upward. After removal wash the area with soap and water and apply an antiseptic. Write down the date it was removed. If you develop a rash at the bite site and/or symptoms of a flu like illness contact your physician immediately.

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City Clerk's Office



The City of New London City Clerk's office holds a vast amount of historical records dating as early as the 1600's.

Beautifully preserved maps and land records describe the recorded history of land owners and property descriptions throughout various periods in history. The City Clerk's vault holds historical land records from the property owners of famous places in New London such as the Hempstead House, Shaw Mansion, and the Lighthouse Inn. City Clerk's office is not a museum or a historical society; but it plays a very important role in the preservation of New London's history and the future of the city. The City Clerk's office is located in the New London City Hall building at 181 State Street on the first floor.

Hours of operation are Mon-Fri, 8:30 am - 4 pm.

The City Clerk's office is responsible for maintaining & preserving all land records & vital records for the city including births, marriages, deaths, and maps. To obtain a copy of any vital record please come into our office and fill out a request form or go to the City of New London website to obtain a form. You will need to provide proof of identification & a fee of \$20.00 per copy will be assessed. The City Clerk's office also provides access to all land records including historical map books dating as far back as the 1600's. Please note that copies for any land records cost \$1.00 per page & any copy of a map that is not printed from index system will cost \$5.00 per map. In addition, city residents can register in the Clerk's office, their dogs with proof of vaccinations from the veterinarian throughout the year. The tags are issued for one year and are valid from June 1st to June 30th of the following year.

**Tell Our Advertisers that you saw
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CONNECTICUT FAIRS

Bridgewater Country Fair
August 21-23

Wolcott Country Fair
August 21-23

Brooklyn Fair
August 27-29

Chester Fair
August 28-30

Terryville Lions County Fair
August 28-30

Haddam Neck Fair
September 4-7

Hebron Harvest Fair
September 10-13

North Haven Fair
September 10-13

Orange Country Fair
September 19-20

Woodstock Fair
September 4-7

Durham Fair
September 24-27

Berlin Fair
October 2-4

Community Development Division

The Community Development Division administers a variety of programs that are designed to improve the lives of New London residents. This is accomplished through housing rehabilitation efforts, social service programs and economic development initiatives.

Community Development Block Grant

The purpose of the Community Development Block Grant (CDBG) is to improve communities by providing adequate housing, a suitable living environment and expanding economic opportunities.

Programs for Property Owners – Housing Rehabilitation

The Community Development Division operates two programs designed to protect the safety of New London residents and preserve the aging housing stock. Property owners qualify based on unit income and other factors. Contact the Loan Specialist at 860-447-5243.

Housing Conservation Program (HCP)

(funded by CDBG) provides deferred (forgiven) and low-interest loans to low-to-moderate income residents to address health and safety code violations thereby improving the housing stock of New London.

Lead Hazard Reduction Program (LHARP)

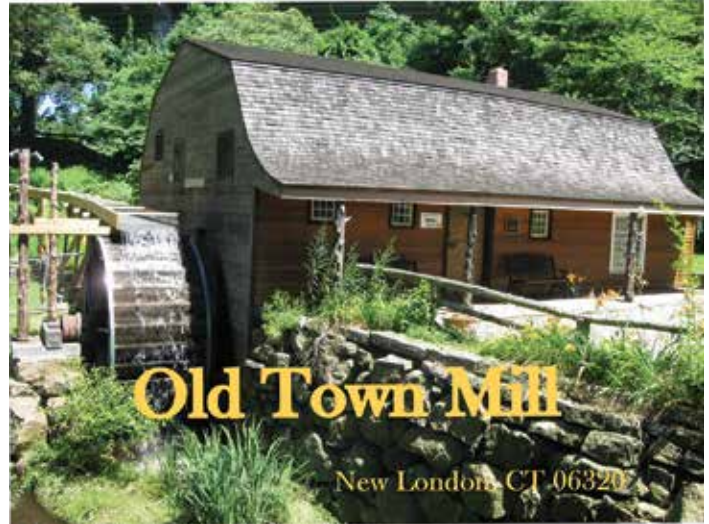
(funded separately) is to reduce childhood lead poisoning by providing deferred loans to clear housing units of lead based paint hazards and provide training to property owners and contractors. Eligible housing units will be inspected and cleared of lead hazards by a licensed lead abatement contractor.

Historic Preservation

Historic preservation is a part of the environmental review process and therefore this division provides staff support to the Historic District Commission & Design Review Board (HDC & DRB).

Fair Housing

New London's Fair Housing Plan was approved in 2007 and includes eight goals that work to protect renters or buyers from landlord or seller discrimination.



Old Town Mill, 8 Mill Street

Built in 1650 the Old Town Mill is on the National Historic Register. The beautiful grounds are always open to the public and the mill is open to tour every other weekend in July & August or by appointment. The Mill hosts an Annual Harvest Festival the last Saturday in October.

For more information on Community Development visit www.ci.new-london.ct.us and follow the links to City Government>Office of Development & Planning>Community Development Division.

Sales Representative Wanted

Due to expanded growth we are seeking a full time sales representative to sell advertising in our publication.

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Proud to TRI



Youth Triathlon— swim, bike, and run



Medals to all children who finish the race. Race shirts to the children registered by September 1. Awards to the top 2 male and female finishers in each age group.

Date: September 12, 2015

Time: 8:00 AM start

Pre-register by: September 1, 2015

Location: Camp Harkness State Park



Entry fees:

- \$25 per child to register (non-refundable)
- Checks payable to City of New London <https://runsignup.com/Race/CT/Waterford/ProudtoTRI>
- Maximum \$50 per family
- Scholarships and/or bike loaners available upon request. Contact us prior to race week. First come first serve.

Register online at :

All levels welcome. This is a family friendly event followed by a brunch on the lawn for all race families. Bring a blanket and/or chairs. Children can discover what it is like to have fun competing in a triathlon event. Event will be timed by "Time to TRI" using RFID timing chips. Results posted at www.timetotri.us

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New London Rec Dept.



Ledyard Parks & Rec



Waterford Rec & Parks Commission



Norwich Recreation



Ages 5-6 yrs old 25 yard swim .75 mile bike .5 mile run
 Ages 7-8 yrs old 50 yard swim 1 mile bike .75 mile run
 Ages 9-10 yrs old 50 yard swim 2 mile bike .75 mile run
 Ages 11-13 yrs old 100 yard swim 2 mile bike 1 mile run
 Ages 14-17 yrs old 100 yard swim 2 mile bike 1 mile run
 Lifejackets can be worn in the water.
 Training wheels can be used.

For more information or to register call:

New London Recreation: (860) 447-5230

Waterford Recreation and Parks: (860) 444-5881

Ledyard Parks and Recreation: (860) 464-9112

Mail or drop off form and entry fee to:

120 Broad Street
 New London, CT 06320 (OR)
 24 Rope Ferry Road
 Waterford, CT 06385 (OR)
 4 Blonders Blvd.
 Ledyard, CT 06339

Name _____	Sex _____	Age on race day _____
Address _____	Phone _____	DOB _____
_____	Shirt size: YS YM YL S M L XL	

I give myself or my child permission to participate in all programs and activities conducted by the New London & Waterford & Ledyard & Norwich Recreation Departments, including events. I am fully aware of the risks inherent and hereby release the City of New London, Town of Waterford, Town of Ledyard, City of Norwich & Time to TRI, any of its elected or appointed officials, or volunteers from any and all liability, claims and injuries which may be sustained by me or my minor children on account of his/her participation in said programs or associated activities and events. If the emergency contacts can not be reached in the case of an emergency, I hereby give my permission to the physician selected by the New London Recreation Department's/ Waterford Recreation and Parks/ Norwich Rec/ Ledyard Park & Rec Dept.'s authorized staff member to hospitalize, secure proper treatment for and order injection and/or anesthesia and/or surgery for myself or my child. I also consent to my picture and/or my child's picture being taken and used for promotion of the event.

****Email :** _____
****Race instructions will be sent here as well as confirmation of registration**

Signature of parent or guardian if under 18 years of age. _____ Date _____

Essex Printing Wins 2015 Award of Excellence



For the past 3 years, Essex Printing has been honored to be a multiple award winner for its quality of printing from the Print Industry of America (PIA) and the Print Industry of New England (PINE).

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Lisa Reneson from Two Sisters Design, and Bill McMinn from Essex Printing, are shown with Lisa's book "Simple Pleasures." It was recognized by PINE for its outstanding print quality and awarded the 2015 Award of Excellence.



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—Author Unknown



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