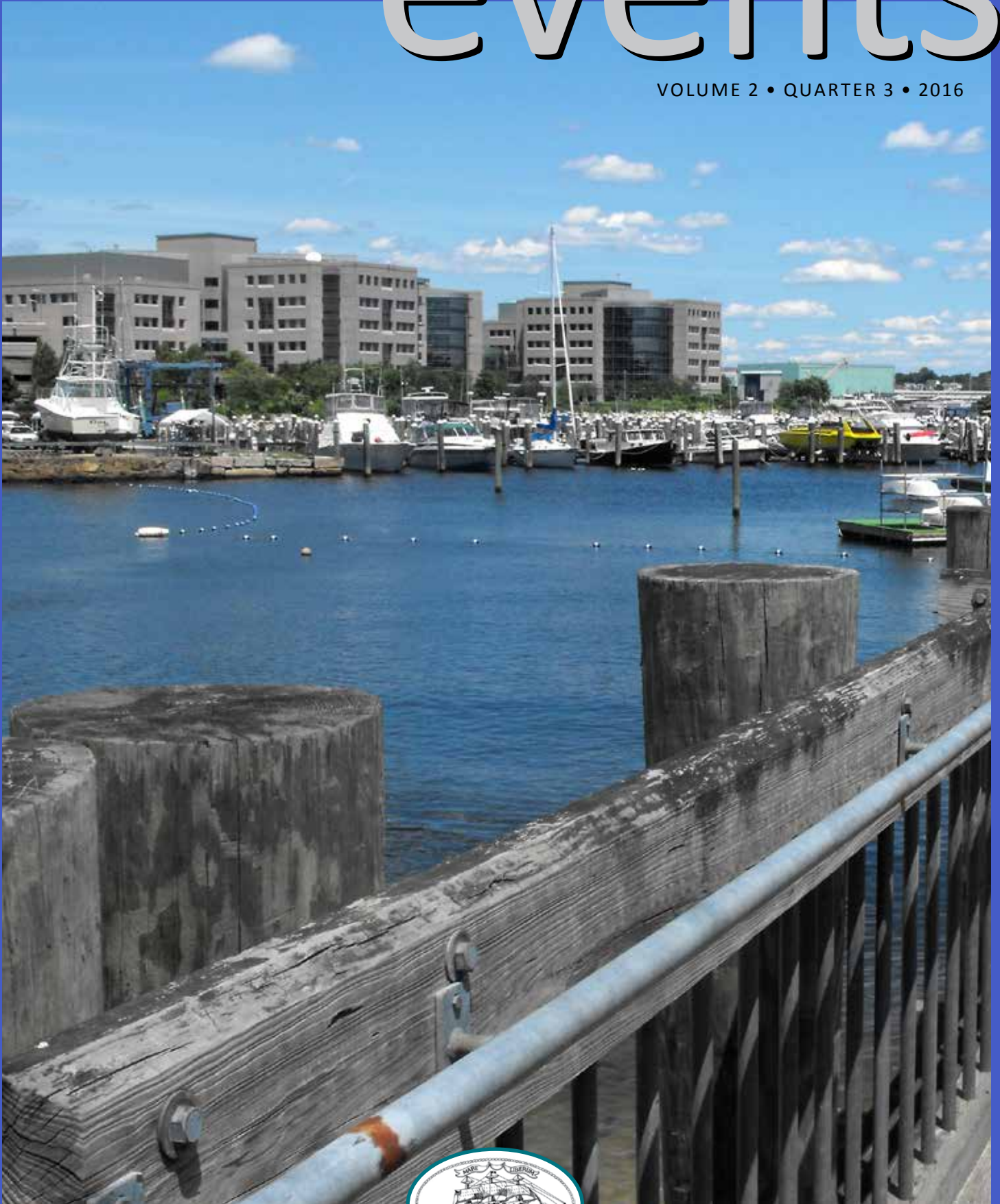


New London events

VOLUME 2 • QUARTER 3 • 2016





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Mayor's Corner

Dear New London Residents and Visitors,
Welcome to New London Events, an overview of New London's city government, departments, and services. In this magazine, you will find a listing of events that will occur this fall.

August, September, and October are the perfect months to explore New London and familiarize yourself with all that our city has to offer. New London enjoys a lengthy fall season because of its proximity to the shoreline. The first frost in the city does not usually occur until early November - almost three weeks later than parts of northern Connecticut. That provides extended prime-time weather to acquaint yourself with our city and visit our many businesses, art venues, restaurants, and historical sites. Even for life-long residents, there are always new things to discover and exciting places to visit.

Since the city occupies a total of only 10.76 square miles (49 percent of that is water, so the land mass is just 5.54 square miles), New London is an extremely accessible and walkable city. This fall, try seeing the city in a new way - by foot, by boat, by bicycle, or by Segway.

And, if you haven't already done so, come for the taste treat of your life at New London Main Street's Fall Food Stroll. It's your chance to sample fabulous food and visit more than 40 restaurants and businesses - all in one, easy stroll, and all in one night!

You'll find warm, friendly, welcoming people and a downtown flavor that conjures up memories of life as it was - and should be.

With warm regards,
Mayor Michael Passero



Mayor Michael Passero

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Wednesdays, July 6 – October 26,
3:00pm – 6:00pm, at Lawrence and
Memorial Hospital, Montauk Ave.

Fridays, July 1 – October 28,
3:00pm – 6:00pm, at Williams Park,
(corner of Williams and Broad St.)

www.fog.newlondonfarmersmarket.com

EBT/SNAP and WIC Cards welcome - Credit Cards accepted

events

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Youth Triathlon— swim, bike, and run



Medals to all children who finish the race. Race shirts to the children registered by Aug 26. Awards to the top 2 male and female finishers in each age group.

Date: September 10, 2016

Time: 8:00 AM start

Pre-register by: August 26, 2016

Location: Camp Harkness State Park

Entry fees:

- \$25 per child to register (non-refundable)
- Checks payable to City of New London
- 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 : <https://runsignup.com/Race/CT/Waterford/ProudtoTRI>

Ages 5-6 yrs old	50 yard swim	.75 mile bike	.5 mile run
Ages 7-8 yrs old	100 yard swim	2 mile bike	.75 mile run
Ages 9-10 yrs old	100 yard swim	2 mile bike	.75 mile run
Ages 11-13 yrs old	200 yard swim	4 mile bike	1.5 mile run
Ages 14-17 yrs old	200 yard swim	4 mile bike	1.5 mile run

Lifejackets can be worn in the water.
Training wheels can be used.

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

Sponsored by:

New London Rec Dept.



Ledyard Parks & Rec



Waterford Rec & Parks Commission



Norwich Recreation



New London Recreation: (860) 447-5230

Waterford Recreation and Parks: (860) 444-5881

Ledyard Parks and Recreation: (860) 464-9112

Norwich Recreation: (860) 823-3791

Mail/drop off form & fee to:

120 Broad Street
New London, CT 06320 (OR)
24 Rope Ferry Road
Waterford, CT 06385 (OR)
4 Blunders Blvd.
Ledyard, CT 06339 (OR)
75 Mohegan Rd.
Norwich, CT 06360

Name _____

Sex _____ Age on race day _____

Address _____

Phone _____ DOB _____

Shirt size: YS YM YL S M L XL

I acknowledge that I am knowingly and voluntarily participating in this activity and/or program that is conducted by or sponsored by the New London Waterford, Ledyard, & Norwich Rec Dept, I acknowledge there are inherent risks associated in participating in this activity or program and as such I, (and I on behalf of my minor child) hereby release and hold harmless the City of New London, Norwich, Ledyard, & Waterford, the Recreation Departments, their employees, elected and appointed officials and volunteers from and against any and all liability, claims, injuries and property damage that may occur. If my emergency contact cannot be reached in the event of an emergency, I grant permission to the physician selected by the New London Recreation Department to initiate, order and perform any and all emergency medical care for myself or my minor child.

****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 _____

New London Youth Affairs

New London Youth Affairs is a Youth Service Bureau which promotes positive outcomes for children, youth, and families by supporting a wide range of comprehensive services and collaborations.

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. The program supports the children's 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. A staff member will review registration packet and program information at the first session families attend. Supported by Community Development Block Grant, Liberty Bank Foundation, Bodenwein Foundation, Department of Education, Community Foundation of Eastern CT.

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, and Family Resource Centers at Winthrop, Nathan Hale, and Winthrop Elementary Schools, call/email/website 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 donate gently used children's books.



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**PARENT LEADERSHIP UCONN PEP
(People Empowering People) COURSE**

DATE: Tuesdays (Sept 20 – Dec 23)

TIME: 5:30 pm - 8:00 pm

AGE: Parents and Community Residents

LOCATION: TBA

FEE: FREE classes/ Free Childcare/ Free Dinner

The parent leadership course trains parents and other community adults to advocate for children in the schools and community.

This program series will focus on children with special needs and also includes topics on communication skills, problem solving, leadership, community assessment, and action planning. Trainees will complete a class community project (of their choice). Dinner/childcare/transportation assistance/and Spanish translation provided. Supported by UCONN Extension; partnering with New London Public Schools, FAVOR, and OIC. For more information please call New London Youth Affairs Program Coordinator: Maegan Parrott at (860) 442-4994.



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 preventing risky behaviors and reducing use and abuse of alcohol, tobacco, marijuana, and prescription drugs by promoting healthy, vibrant, and productive lifestyles for 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, e-mail nlccc@ci.new-london.ct.us, and like us on Facebook.

TEENS

TIA (Teens In Action)

DATE: October 2016-June 2017, Mon-Fri

TIME: after school

AGE: Grades 9-11

LOCATION: Martin Center, 120 Broad Street

FEE: FREE

TIA targets high school graduation and employability. Program includes academic support, employability development, internships, community service, leadership, college tours, excursions, individualized success plans, and meals. Supported by Pfizer Community Grants, Shea Trust, Palmer Fund, Department of Education; partners with NL Public Schools and CT College.

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 from the Juvenile Justice System, for minor offenses and who meet the criteria. The JRB connects referred youth with local services and resources, appropriate for their needs. JRB's are confidential. Supported by Connecticut Youth Services Association, Department of Children and Families; partners with New London Police Department, New London Public Schools, and Waterford Juvenile Court, and other agencies.

Continued on page 6

C.O.O.L (Careers of Our Lives) Directions

DATE: September 2016-June 2017

TIME: 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, driver's education support, and work based learning experiences such as jobs, internships and job shadowing. Funding is provided through Eastern Connecticut Workforce Investment Board (EWIB) and EASTCONN.



**NEW LONDON COMMUNITY AND CAMPUS COALITION
(NLCCC) - MEETINGS**

DATE: 3rd Wednesday of each month, from September
2016-June 2017

TIME: 11:30 am

AGE: All community members are welcome age 12 & up

New London Youth Affairs ... continued from page 5

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, weekly
TIME: After school
AGE: Grades 6-12

LOCATION: BDJMS, ISAAC & NLHS
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 and ISAAC. Please call 860-442-1497 or e-mail nlccc@ci.new-london.ct.us for more information.

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 can not 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

PARK	LOCATION
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
860-405-5470

NL Youth Lacrosse

[www.nlyouthlacrosse@gmail.com](mailto: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

nlwrestlingclubs@gmail.com
860-287-0526

Recreation Guide

DANCE FOR ALL AGES AND GYMNASTICS

TAP DANCE

DATE: Tues & Thurs, July 12-September 1, 2016
Tues & Thurs, September 13-November 3, 2016

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.

ADULT TAP DANCE

DATE: Thursdays, September 13-November 3, 2016

TIME/AGE: 7:30-8:30 pm Adults 18 and up

LOCATION: Martin Center Dance Room

FEE: \$40.00 for 8 week session residents/
\$45 nonresidents

INSTRUCTOR: Amanda Darling

Beginner and intermediate tap dance lessons. Tap shoes required. Bring a water bottle and wear comfortable clothes to dance in.

BALLET

DATE: Tues & Thurs, July 12-September 1, 2016
Tues & Thurs, September 13-November 3, 2016

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.

HIP HOP DANCE LESSONS

DATE: Tuesdays & Thursdays, Aug 16-Oct 6, 2016
Tuesdays & Thursdays, Oct 18-Dec 13, 2016

TIME: 5:30-6:30 pm

AGE: Girls and boys 5-12 yrs. old

LOCATION: Martin Center until school starts/
Nathan Hale Dance Room

FEE: \$50 Resident/ \$55 Non-resident

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.

Continued on page 8



Connecticut
College
Arboretum

Open dawn to dusk everyday



Fall 2016 Programs

The Arboretum's tours, workshops, lectures and seminars are open to the public. From full moon walks to plein air painting classes and our annual All About Autumn Color tour, there is something for everyone! View the complete schedule of Fall programs on our website or facebook page.



visit the Arboretum's
facebook page for
all of our events,
news and more

For more information
call 860-439-5020, email arbor@conncoll.edu or
visit arboretum.conncoll.edu
270 Mohegan Avenue, New London, CT 06320

Recreation Information ... continued from page 7

HIP HOP DANCE TEAM

DATE: Tuesdays & Thursdays, Aug 16-Oct 6, 2016
Tuesdays & Thursdays, Oct 18-Dec 13, 2016

TIME: 6:30-7:30 pm

AGE: Boys and Girls 7yrs and up

LOCATION: Martin Center until school starts/
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- call to register for tryouts- 860-447-5230. Uniforms an additional cost- approx. \$35/ participant- fundraising available to help with uniform fee.

ADULT/CONTEMPORARY/LYRICAL DANCE

DATE: Wednesdays, October 19, 26;
November 2, 9, 16, 30, 2016

TIME: 5:30-6:30 pm

AGE: 18 yrs. and up

LOCATION: Nathan Hale Dance Room

FEE: \$30 per resident/\$35 per nonresident for 6 weeks

INSTRUCTOR: Sue Greenleaf

Join me in a 1-hour adult contemporary/lyrical dance class once a

week for 6 weeks. Previous dance experience is helpful but not required. Class is designed for advanced beginning to intermediate level students. Active clothing as well as ballet slippers, jazz shoes, or dance sneakers are required. No street shoes allowed in the dance room.

ADULT BALLET BARRE CENTER

DATE: Wednesdays, September 7-October 12, 2016

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.

SPORTS PROGRAMS

TABLE TENNIS

DATE: Mondays, September 12-November 7, 2016
Wednesdays, September 14-November 2, 2016

TIME: Mon- 7:00-8:45 pm; Wed- 6:30-8:45 pm

AGE: Mon- Grades 6 through adult; Wed-
adults 18 and up

LOCATION: Martin Center Gym

FEE: \$10.00 Residents/\$15.00 Nonresidents

INSTRUCTOR: Dexter Johnson Jr.

Monday is open play and Wednesdays is 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.

YOUTH MARTIAL ARTS

DATE: Fall Session- September 1- November 29, 2016
Winter Session- December 1 - February 28, 2016

TIME: Tuesdays & Thursdays 7:00-8:00 pm; Saturdays
9:00-10:00 am. Students may attend once, twice
or three times each week.

AGE: Ages 8 and up

LOCATION: Tuesdays and Saturdays: Mohegan Tribe,
13 Crow Hill Road, Uncasville, CT

Thursdays: Winthrop Elementary School, 74 Grove Street,
New London, CT

FEE: \$30.00 Residents/\$35 Nonresidents per session

INSTRUCTOR: Kevin Meisner

BASICS - students learn martial arts basics including footwork, offense, defense, and forms.

SELF-DEFENSE - students learn "civilian" self-defense with the primary goal being awareness, avoidance, neutralization and

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escape from danger with minimal injury.

TARGET AND SHIELD - students learn to strike with speed, power and accuracy to hand targets and kick shields.

DRILLS AND SPARRING - students learn two person drills and “complementary” sparring to practice evasion, blocking, parrying, trapping, controlling and countering in both a prearranged and freestyle format.

CHANBARA - students learn chanbara, a form of padded sword play.

Uniform consists of black exercise pants, school t-shirt and clean class-only shoes. Belts are awarded as earned. Students will need to purchase chanbara gear for use in this class.

PRESCHOOL SPORTS CLASS- OUTDOOR SOCCER

DATE: Tuesdays, Sept 13-Oct 18, 2016

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: Tuesdays and Thursdays, July 12-Sept 15, 2016
Tuesdays and Thursdays, September 27-
December 15, 2016

TIME/AGE: Lil Dragons 7-8 yrs. Tuesday & Thursday
6:00-6:30 pm
Regular Karate 9+ yrs. Tuesday & Thursday
6:30-7:30 pm

Lil Ninja (5-6 yrs.) Thursday 5:30 pm only

LOCATION: Martin Center until school starts/
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). Additional \$10 fee at end of class for child to be tested for next belt.

PROUD TO TRI- Youth Triathlon

DATE: Saturday, September 10, 2016

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 August 26 to guarantee name on your bib and a 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 <https://runsignup.com/Race/CT/Waterford/ProudtoTRI>

Continued on page 10



**Thames Valley Council
for Community Action, Inc.**

*“I love speaking with our elders.
I have gained so much knowledge
and compassion.”*

D. Taylor, RSVP Volunteer/New London

The Retired and Senior Volunteer Program (RSVP) is looking for volunteers (ages 55+) to make a difference in your community. Many opportunities to visit or shop for older or disabled individuals, deliver meals on wheels, tutor in schools, serve veterans, and referrals to other community agencies.

Volunteer around your schedule and make a positive impact!

Gina King 860-425-6617 /gking@tvcca.org



Recreation Guide ... continued from page 9

DOUBLE DUTCH CLASS

DATE: Wednesdays, September 7-October 26, 2016
TIME: 6:30-7:30 pm
AGE: 10 yrs. old and up
LOCATION: Winthrop Elem School Gym
FEE: \$20 residents /\$25 nonresidents- 8 weeks
INSTRUCTOR: Teresa Vasquez

Have you wanted to learn how to Double Dutch? Do you already know how and want to get together with a group to have fun? All skill levels welcome.

SWIMMING

BABY & ME

DATES: Sundays, Sept 18-Nov 6, 2016
TIME: 1:30-2:15 pm
AGES: Birth to 3 yrs. old
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. Focus is on singing games, jumping in the water, blowing bubbles, and having fun in the water with toys are all part of this enjoyable class. 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 18-Nov 6, 2016
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 18-Nov 6, 2016
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

HALLOWEEN PARTY- Parents Night Out

DATE: Friday, October 28, 2016



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 Halloween activities. 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 any time as long as they are preregistered.

COMEDY IMPROV CLASS

DATE: Wednesdays, September 14-November 2, 2016
TIME: 5:45-7:15 pm - Ages 9-17
7:15-8:45 pm - Ages 18 and up
AGE: 9 and UP
LOCATION: Martin Center Ceramics Room
FEE: \$30 per resident/ \$35 nonresident
INSTRUCTOR: Tera Feigen

Do you have a class clown in the family? Is your kid really funny? Do you love to be the center of attention? A professional comedian from NYC is here to show you the ropes on performing Improv comedy, just like they do on the show "Whose Line is it, Anyway?" In this class you will learn improvisational comedy games, the rules of comedy and Improv, and how to use your natural comedic instincts to work together as a team and make people laugh! This class is a huge confidence builder as well as a way to teach teamwork and creativity. But most of all, it's FUN! You will be amazed at what you or your child will be able to do at the end of this 8 week Improv class, when you come to the final class and have a comedy debut performance! Bring those cameras, it's sure to become a treasured family memory!

THEATRE STAGE ACTING- Finding Nemo play

DATE: Tuesdays, September 13-Oct 4, 2016
TIME: 5:30-7:00 pm
AGE: 4-8 yrs. old

LOCATION: Martin Center Ceramics room
FEE: \$25 per resident/ \$30 nonresident
INSTRUCTOR: Tera Feigen
 The Nemo Show! Have your kids seen “Finding Nemo” or the Dory movie this past summer? If so, they will love this class! Students will work together with the instructor to write their very own, creative and funny Nemo story, which will be turned into a simple script by the instructor, and performed for family and friends on the last night of class.

COMEDY IMPROV TROUPE

DATE: Thursdays, July 21-September 22, 2016
 Thursdays, October 6-December 1, 2016
TIME: 5:45-7:15 pm
AGE: 9 and UP (all ages)
LOCATION: Martin Center Ceramics room
FEE: \$25 per resident/ \$30 nonresident
INSTRUCTOR: Tera Feigen
 Class prerequisite is “Comedy Improv Class” and approval of teacher. This team will book different performances at various venues.

EXERCISE, NUTRITION AND FITNESS CLASSES

GENTLE YOGA

DATE: Mondays, September 12, 2016 -
 October 24, 2016 (no class 10/10)
 Mondays, November 7, 2016 -
 December 12, 2016
TIME: 5:15pm - 6:15 pm
AGE: Adults 18 and over
LOCATION: Nathan Hale Dance Room
FEE: \$40 residents/\$45 nonresidents
INSTRUCTOR: Jill Alicia
 Join me each week for an hour of gentle yoga with an emphasis on quality and comfort over quantity. I will lead participants into poses that encourage a sense of balance and groundedness. Poses will be used as a gateway to relaxation as participants’ awareness is guided inward and focused on the breath. Each practice will include restorative poses and a guided relaxation intended to calm and comfort the body and mind and warm the soul in the cold winter months. Participants are encouraged to bring a yoga mat, yoga brick, water and old towels to use as bolsters.

HEALTH ARTS - FOR KIDS AND THEIR FAMILIES

DATE: Fridays, September 9-30, 2016
 Fridays, October 7-28, 2016
TIME: 5:30-6:30 pm
AGE: 5 yrs. old - adult
LOCATION: Martin Center Gym
FEE: \$25 resident/ \$30 nonresident/
 \$40 per family resident/\$45 per family
 nonresident
INSTRUCTOR: Morris Burch
 Innovative and award winning Health and Wellness program for whole families. Come experience the joy and happiness of



doing the wellness exercises together as a family and community. Come invest in your family health. Program teaches focusing and calming the mind and aligning and strengthening the body. Some nutrition fruits and vegetables and spring water after every class. Helps breathing disorders, anxiety and stress relief.

ZUMBA FITNESS

DATE: Mon. & Wed., Sept 12-Oct 17, 2016
TIME: 5:30-6:20 pm
AGE: Adults 16 and above
LOCATION: Jennings Elementary School
FEE: \$40 residents/ \$45 nonresidents 2x per week
 (\$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 13-Oct 14, 2016
TIME: 5:30-6:20 pm
AGE: Adults 16 and above
LOCATION: Winthrop Elementary School Gym

Continued on page 12

Recreation Guide ... continued from page 11

FEE: \$40 residents/ \$45 nonresidents 2x per week
(\$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.

DANCERCIZE CLASS

DATE: Wednesdays, September 7-October 26, 2016

TIME: 5:30-6:30 pm

AGE: Adults 16 and over

LOCATION: Winthrop Elem School Gym

FEE: \$20 residents /\$25 nonresidents- 8 weeks

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.

Public Library of New London

63 Huntington Street, New London, CT 06320
860-447-1411 / www.plnl.org



HOURS

Monday, Tuesday, Thursday	9:30 am – 7:00 pm
Wednesday	1:00 pm – 7:00 pm
Saturdays	10:00 am – 1:00 pm
(July & August)	10:00 am – 4:00 pm
	(September – June)

To view our services and monthly Calendar of Events and to register for events, visit www.plnl.org
Find us on Facebook, Pinterest, Instagram & Twitter:
[PublicLibraryNL](https://www.facebook.com/PublicLibraryNL)

MONTHLY BOOK CLUBS

Supper Book Club

(2nd Monday of each month @ 5:30 pm)

Usual Suspects Mystery Book Club

(3rd Monday of each month @ 5:30 pm)

Teens Pizza and Pages Book Club

(Last Thursday of the month @ 4:00 pm)

CHILDREN'S PROGRAMS

AUGUST

SUMMER STORIES

Monday, August 1, August 8 & August 15 / 10:00 am

Children Birth to 5 years old are invited to join us on Monday morning at 10:00 am to listen to stories, songs and more.

No registration is required.

ACTIVE ART

Thursday, August 4, August 11 & August 18 / 1:30 pm

Children of all ages are invited to join us on Thursdays for Active Art! Every week there will be a different activity, including crafts, dance and movement. No registration is required.

FRIDAY FITNESS FUN:

HEALTHY SNACK IDEAS WITH BIG Y

Friday, August 5 / 10:30 am

Come meet the nutrition experts from Big Y! They will share with you how to plan and prepare healthy meals and snacks. Make sure you check out a cookbook for some hands-on cooking fun at home. This FREE program is suitable for all ages, No registration is required.

FRIDAY FITNESS FUN: LINE DANCING

WITH TEXAS ROADHOUSE

Friday, August 12 / 10:30 am

Kick up your heels for some country line dancing fun lead by the gang from Texas Roadhouse. This FREE program is suitable for all ages, No registration is required.

DIGITAL PHOTO SCAVENGER HUNT VIEWING PARTY

Wednesday, August 17 / 5:30 pm

Families with children under the age of 14 are invited to join us for a Digital Photo Scavenger Hunt. Pick up the scavenger list starting June 17 and take pictures over the summer of each item. At least one family member must be in the photo. Get creative! Email all photos by July 29 to plnlchildren@plnl.org. All of the participating families are invited to a viewing party of the photos

on August 17 at 5:30 pm. Please register in advance, pizza will be served.

FRIDAY FITNESS FUN: TAKE A TRIP TO RIO! SOUTH AMERICAN ART WITH THE LYMAN ALLYN MUSUEM

Friday, August 19 / 10:30 am

Celebrate the spirit of the Olympic Games with a South American inspired art project. Take a trip to Rio de Janeiro just by coming to the library! This program is suitable for children ages 4 and up. No registration is required.

FINISH LINE PIZZA PARTY

Friday, August 19 / 11:30 am

Score an invite to the party by logging in the last of your Summer Reading books. Complete one last challenge and earn your way into the Winner's Circle! The grand prize winner of our Summer Reading Challenge will be announced at this time.

SEPTEMBER

BRICK BUILDERS

Saturday, September 10 / 12:00 pm – 2:00 pm

Love to build? Then join the Brick Builders! Children ages 5 to 12 can visit the library anytime between 12:00 and 2:00 pm to make their own LEGO® creation. The creations will be put on display in the library until the next meeting. No registration is required. This program will be held on the second Saturday of every month.

READ, SING, PLAY

Monday, September 12, September 19, September 26 / 11:00 am

Children of all ages are invited to join us every Monday morning at 11:00 am for story time fun. There will be books, songs, rhymes, movement activities, and more! This program will help teach children a love of learning and will offer parents/caregivers early literacy tips to use at home. No registration is required.

ART BEHIND THE STORY

Thursday, September 1, September 8, September 15, September 22, September 29 / 10:30 am

Children ages 2 and up are invited to join us every Thursday morning at 10:30 am to listen to a story and make a related art project with Ms. Christa. No registration is required.

BILINGUAL STORY TIME

Tuesday, September 6, September 13, September 20, September 27 / 11:00 am

Do you and your child speak Spanish? Are you interested in having your child learn Spanish? Then join us every Tuesday for stories, songs and more in English and Spanish!

FAMILY COLOR

Saturday, September 17 / 10:00 am – 12:00 pm

Come and enjoy coloring fun for the whole family!

Continued on page 14

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Nagy Wassef, Owner, RPh.

Library ... continued from page 13

Stop by the library anytime between 10:00 am and 12:00 pm. There will be coloring pages and materials for all ages. No registration is required. This program will be held on the third Saturday of every month.

FALL FUN

Thursday, September 22 / 3:00 pm – 6:00 pm

Drop by the library anytime between 3:00 pm and 6:00 pm to celebrate the first day of Fall! There will be a craft and an assortment of activities for children of all ages. Don't forget to check out a book about Autumn! No registration is required.

FANDOM FUN

Saturday, September 24 / 10:00 am – 12:00 pm

Children of all ages can drop-in anytime between 10:00 am – 12:00 pm for some Fandom Fun! There will be activities based on popular characters, books and brands. No registration is required. This program will be held on the fourth Saturday of every month.

OCTOBER

MAKE & TAKE CRAFT

Saturday, October 1 / 12:00 pm – 2:00 pm

Come get crafty at the library! Stop by any time between 12:00 and 2:00 pm to make a craft and take it home! No registration is required, all ages are welcome. This program will be held on the first Saturday of every month.

READ, SING, PLAY

Monday, October 3, October 17, October 24, October 31
11:00 am

Children of all ages are invited to join us every Monday morning at 11:00 am for story time fun. There will be books, songs, rhymes, movement activities, and more! This program will help teach children a love of learning and will offer parents/caregivers early literacy tips to use at home. No registration is required.

BILINGUAL STORY TIME

Tuesday, October 4, October 11, October 18, October 25
11:00 am

Do you and your child speak Spanish? Are you interested in having your child learn Spanish? Then join us every Tuesday for stories, songs and more in English and Spanish!

ART BEHIND THE STORY

Thursday, October 6, October 13, October 20, October 27
10:30 am

Children ages 2 and up are invited to join us every Thursday morning at 10:30 am to listen to a story and make a related art project with Ms. Christa. No registration is required.

BRICK BUILDERS

Saturday, October 8 / 12:00 pm – 2:00 pm

Love to build? Then join the Brick Builders! Children ages 5 to

12 can visit the library anytime between 12:00 pm and 2:00 pm to make their own LEGO® creation. The creations will be put on display in the library until the next meeting. No registration is required. This program will be held on the second Saturday of every month.

FAMILY COLOR

Saturday, October 15 / 10:00 am – 12:00 pm

Come and enjoy coloring fun for the whole family! Stop by the library anytime between 10:00 am and 12:00 pm. There will be coloring pages and materials for all ages. No registration is required. This program will be held on the third Saturday of every month.

FANDOM FUN

Saturday, October 22 / 10:00 am – 12:00 pm

Children of all ages can drop-in anytime between 10:00 am – 12:00 pm for some Fandom Fun! There will be activities based on popular characters, books and brands. No registration is required. This program will be held on the fourth Saturday of every month.

HALLOWEEN PARADE

Friday, October 28 / 3:00 pm – 5:00 pm

Stop by the library between 3:00 pm and 5:00 pm for some spooky Halloween fun! There will be an assortment of activities for children of all ages. Wear your costumes for Trick or Treating in the library at 4:00 pm. No registration is required.

GAMES GALORE

Saturday, October 29 / 12:00 pm – 2:00 pm

Stop by the library anytime between 12:00 pm – 2:00 pm for Games Galore! An assortment of games will be available for children and families to play. There will be board games, card games, puzzles and more! No registration is required.

TEEN PROGRAMS

Connect with us: Snapchat (PLNLteens) & Remind (PLNLteens: plnl@mail.remind.com or text this @plnl to 81010)

AUGUST

TEEN GET IN THE GAME: SUMMER READING PROGRAM

Summer is not over yet! Here are some highlights from our "Get In The Game" program, which runs every Thursday morning until August 18th.

TEEN TUESDAYS

Tuesday, August 2, August 9, August 16, August 23, August 30 / 3:30 pm – 4:30 pm

Join us every Tuesday for games, snacks, crafts, and other explorations! For the full schedule, check the online calendar at www.plnl.org. Program runs from 3:30 pm – 4:30 pm.

SMOOTHIE MAKING

Tuesday, August 2 / 3:30 pm

We'll be blitzing up some healthy and yummy smoothies. Come taste test with us and learn some great flavor combos that you can rely on and remix on your own!

OLYMPIC FLAME CANDLE MAKING

Thursday, August 4 / 11:30 am

Just in time for the Olympic Opening Ceremonies! Also, featuring: Flaming Cheeto snacks. All puns intended.

LEATHER BRACELETS

Thursday, August 11 / 11:30 am

Come make a leather bracelet that looks like it came from the seams of a baseball or a football. Add some unique style to your favorite athleisure outfit!

EDIBLE GOLD MEDAL AND LAUREL WREATH

Tuesday, August 16 / 3:30 pm

Make your very own edible gold medal and edible olive branch crown. Yep, that's right, you're #1!

BREAKFAST OF CHAMPIONS

Thursday, August 18 / 11:30 am

Make yourself a replica of the symbolic Olympic Rings and then EAT IT! Truly a breakfast/ snack of champions...

VIRTUAL REALITY

Tuesday, August 23 / 3:30 pm

Using merely a cardboard lens construction, walk a tight-rope, go scuba diving, or find your way through a maze of corn... it's just virtual reality!

BACK TO SCHOOL PREP

Tuesday, August 30 / 3:30 pm

Get ready for school with these awesome DIY supplies: bendable pencils, flashy duct-tape pencil case, & personalized buttons for your back-pack. w00t!

SEPTEMBER

TEEN TUESDAYS

Tuesday, September 6, September 13, September 20, September 27 / 3:30 pm – 4:30 pm

Join us every Tuesday for games, snacks, crafts, and other explorations! For the full schedule, check the online calendar at www.plnl.org. Program runs from 3:30 pm – 4:30 pm.

MINI SKATEBOARD

Tuesday, September 6 / 3:30 pm

What else is there to say? MINI. SKATEBOARD. Make one for your fingers to ride on!

TEEN ADVISORY BOARD

Wednesday, September 14 / 3:30 pm

Continued on page 16

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 Building Official.....	860-440-6644
DP Housing Property & Construction Inspector... ..	860-437-6342
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
Human Services.....	860-447-5284
Information Technology.....	860-447-5212
Ledge Light Health District.....	860-448-4882
Library.....	860-447-1411
Mayor's Chief Administrative Officer.....	860-440-6692
Mayor's Executive Assistant.....	860-440-6691
Mayor's Office.....	860-447-5201
Ocean Beach Park.....	860-447-3031
Parking Garage.....	860-447-9490
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
PD Traffic Office.....	860-447-5280
Probate Court.....	860-443-7121
Public Utilities.....	860-447-5221
Veolia Water (water and sewer).....	860-447-5222
Public Works (PW).....	860-447-5250
PW Assistant Director, Engineering.....	860-440-6645
PW Buildings/Solid Waste/Fleet Manager.....	860-447-5258
PW Engineering Technician.....	860-447-5241
PW Highway/Parks Manager.....	860-447-5237
PW Solid Waste Transfer Station.....	860-447-5248
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

Library ... continued from page 15

The Teen Advisory Board (TAB) will have its inaugural meeting on Wednesday, September 14th at 3:30 pm. TAB members will get to test new resources first, plan events, suggest books, CDs, and other media to add to the collection, and help design the Teen Area. This advisory group will meet monthly, although special projects and meet-ups may also arise! TAB membership is open to all, see you in September!

POCKET SAND GARDEN

Tuesday, September 20 / 3:30 pm

Make a mini sand garden for your desk! Summer is winding down, but with this garden, there are no seasons!

OCTOBER

TEEN TUESDAYS

Tuesday, October 4, October 11, October 18, October 25 / 3:30 pm – 4:30 pm

Join us every Tuesday for games, snacks, crafts, and other explorations! For the full schedule, check the online calendar at www.plnl.org. Program runs from 3:30 pm – 4:30 pm.

DIY SKELETON SHIRT

Tuesday, October 18 / 3:30 pm

This shirt is the seasonal gothic look you need!

HALLOWEEN COSTUME MAKING

Tuesday, October 25 / 3:30 pm

It's not too late to work on your Halloween costume. We have supplies, clothing, and a couple of extra imaginations that will help you get the details just right!

ADULT PROGRAMS

CHESS CLUB

Every Wednesday / 4:00-5:00 pm. Are you a chess player looking for new opponents? Or, have you never played but want to learn? New members are welcome to join.

AUGUST

CONNECTICUT AUTHORS TRAIL

MEET AUTHOR FRIDA BERRIGAN

Monday, August 8 / 5:30-7:00 pm

The Connecticut Authors Trail consists of a consortium of Eastern Connecticut Libraries who are constantly amazed at the variety of genres and diverse styles of writing among the authors who live in or are associated with the Nutmeg State. Local author Frida Berrigan will showcase her book *It Runs in the Family: On Being Raised by Radicals and Growing into Rebellious Motherhood* and share her story. Frida Berrigan is a columnist for *Waging Non-violence*. She serves on the board of *The War Resisters League*, a 90-year-old pacifist organization, and helped to found *Witness Against Torture*, a nonviolent direct action group focused on shutting down Guantánamo and ending torture.

KNIGHTS OF THE SQUARE TABLE CHESS TOURNAMENT

Wednesday, August 10 / 4:00-6:00 pm. Game boards will be available at the library to hone your skills and exercise your mind!

MICROSOFT EXCEL: PART 1

Tuesday, August 16 / 12:30-1:30 pm

Learn the Excel basics. Create worksheets, edit tables and cells, and use basic functions and formulas. Prerequisites: Basic PC skills. Registration required. Spaces limited to 10. Call 860-447-1411 x 3 or go online.

THIRD THURSDAY NEW LONDON ART

Thursday, August 18 / 5:30-7:00 pm

Thursday, October 20 / 5:30-7:00 pm

Third Thursday New London Art is a gallery and downtown walk event designed to showcase the fantastic artistic resources of New London. It will run the third Thursday of every month from April to November from 5:30 to 7:00 pm at the Public Library of New London, providing the sense of community for attendees.

HEALTHY LIVING

Saturday, August 20 / 11:30-12:30 pm

Tricia McAvoy is the owner of Blissworks Yoga & Healing Arts in New London and the author of the recent book *One Woman's Path to Health*. Tricia will give an introduction to the way of a healthy lifestyle, something that is attainable to all who wish to follow their own path to health.

SEPTEMBER

NON PROFIT RESOURCE CENTER GRANT DATABASE TRAINING

Tuesday, September 6 / 12:30- 1:30 pm

Did you know that the library has access to information on 100,000 grantmakers and 2.3 million grants? Sign up for this class to learn how to access and harness this information for the greater good of your nonprofit organization. Space is limited to 10 people and preregistration is required. Register at <http://bit.ly/1R6X-qQW> or call 860-447-1411 x 3.

MICROSOFT EXCEL: PART 2

Tuesday, September 13 / 12:30-1:30 pm.

Go further with Excel. For those who have mastered the basics, we'll look at making more advanced charts and formulas. Prerequisites: Basic PC and Excel skills. Registration required. Spaces limited to 10. Call 860-447-1411 x 3 or go online.

CONNECTICUT BEER: A HISTORY OF NUTMEG STATE BREWING

Saturday Sep 24, 2016 / 1:00 - 2:00 pm

Will Siss, author of *Connecticut Beer: A History of Nutmeg State Brewing* (The History Press), will discuss his book and provide a presentation that takes you back in time. He'll talk about beer in Connecticut from its colonial roots to breaking news about the

ongoing brewery explosion in the state.

Will Siss has been writing his "Beer Snob" column for the Waterbury Republican-American since 2005 and pens a blog at beersnobwrites.com. He is also a teacher with a background in journalism.

OCTOBER

FORM 990 REVIEW AND UPDATE

Thursday Oct 13 / 10:00 - 12:00 pm

Form 990 is perhaps a nonprofit organization's most valuable tool to encapsulate its mission and accomplishments. It is viewed by many stake holders, including donors, banks, and grantors to determine a nonprofit's accountability and transparency. At this workshop Whittlesey & Hadley CPAs will provide a general review of Form 990 and schedules for Executive Directors, CFO's, key financial staff, and board members to enhance the content of your organization's Form 990.

3D PRINTING BASICS

Tuesday, October 18 / 12:00-1:30 pm

In this introductory (basic level) workshop you will see the library's 3D printer in action. Discover how it works and what it can do. Together we will print a 3D object.

MAKERSPACE: DIY WITH BAKING SODA

Saturday, Oct 22 / 2:00 - 3:00 pm

Learn to live more naturally without spending a fortune. Baking Soda is a multitasking wonder already in your home. Learn how to use it from personal care to even the toughest cleaning jobs.

FOOD FOR FINES

The Public Library of New London and the Gemma E. Moran United Way/Labor Food Center are proud to announce that patrons can reduce their late fees through the "Food for Fines" Program.

From September 1st through September 30th, patrons can pay down their fines by bringing in canned goods and non-perishable items to the Public Library of New London. For food items donated, fines will be forgiven for library items that have been returned, no matter what the amount of the fine. This does not apply to lost or damaged materials.

Even if patrons don't have fines, the Library will gladly accept items for the Gemma E. Moran United Way/Labor Food Center. For more information, call the Library at 860-447-1411.

Public Library of New London
63 Huntington Street
New London, CT 06320

Beat Parkinson's Today

Local Parkinson's Exercise Program Shows Great Results in Helping People with Parkinson's Feel Better

East Shore Region Adult & Continuing Education is hosting classes by Beat Parkinson's Today, an exercise program designed specifically to improve Parkinson's symptoms. There are presently 12 classes per week in four locations in CT.

Results have been astounding. Clients have improved gait, balance, fine motor control, explosive movement, attitude, self-image, and fatigue. Some have lowered their dosage of their medications.

Beat PD Today has classes for people of all ages and all stages of the disease. The program is an affordable exercise class based on national research around the benefit of exercise to alleviate Parkinson's symptoms and slow the progression of the disease. The Beat PD Today program focuses on full functional body movements that we use in everyday life.

www.beatpdtoday.com

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Police Department

CITIZEN'S POLICE ACADEMY

Have you ever wondered?

What it would be like to respond to a police call?

What is involved in a Motor Vehicle stop?

If a real Crime Scene Investigator works like the ones on television?

What happens when a citizen dials 9-1-1?

What is Internal Affairs?

If you answered "yes" to any of these questions-or if you would just like to know how a police department works... this is your opportunity.

The New London Police Department will host a fall 2016 session of the Citizens' Police Academy beginning Tuesday, September 6th. We have a highly informative and interactive session planned. We hope to see YOU!

The New London Police Department's Citizens' Police Academy (CPA) program was developed to promote understanding and cooperation between the Department and the community we serve. The CPA is a 12-week program which gives our community members first-hand information on the role of police officers in the New London Police Department. The fall session participants will meet every Tuesday evening from 6 p.m. to 8:30 p.m. The program involves both classroom and interactive instruction.

The NLPD Citizens' Police Academy curriculum retains all of the core elements essential for our participants to gain a

better understanding of police operations. As a result of their participation citizens are able to make more informed judgments about the New London Police Department and its daily operations.

Our goal is to foster lasting relationships with members of our community and to create real partnerships with them that will enable us to work side-by-side on future projects to achieve mutual goals. Class size is limited to 25 participants and registration is on a first come, first serve basis. Applications and additional information is posted on NLPD's Facebook page and on the City's web Site, under the New London Police Department.

****NOTICE****

PISTOL PERMIT APPLICATION SUBMISSION

In order to ensure greater efficiency and quality control, the New London Police Department has implemented a change in the submission portion of the Department's current pistol permit application process. This change became effective as of May 1, 2016.

New London temporary pistol permit applications will only be accepted for submission on Tuesday, Wednesday and Thursdays at the New London Police Department from 9 a.m. to 11:45 a.m. and 1 p.m. to 3:30 p.m., except on holidays.

Department contact for pistol permit applications submission is Lori Robinson, Investigative Services Secretary, at (860) 447-1481.

Fire Department

Governor Dannel P. Malloy and state emergency management officials are reminding Connecticut residents to be prepared for any severe weather that may impact the state. The Atlantic hurricane season runs from June 1 to November 30, with the principal threat period for Connecticut occurring from mid-August to mid-October.

The National Oceanic and Atmospheric Administration's Atlantic hurricane season forecast is calling for 10 to 16 named storms, 4 to 8 hurricanes, and 1 to 4 major hurricanes this year.

"One single hurricane or tropical storm can have a lasting impact on our state

- it's time to prepare," Governor Malloy said. "We urge all residents to take three simple preparedness steps: get a kit, make a plan, and stay informed. These three steps will help to ready everyone for any weather emergency you may encounter."

"Now is also the time to become acquainted with the weather hazards to which your community may be prone, such as storm surges, areas that flood, and road or bridge closures," Department of Emergency Services and Public Protection Commissioner Dora B. Schriro said. "If a storm is approaching your area, monitor weather reports carefully and follow all of the instructions provided by public safety officials."

The following list offers preparedness tips for residents:

Recommended Items to Include in a Basic Emergency Supply Kit

- One gallon of water per person per day for at least three days, for drinking and sanitation
- At least a three-day supply of non-perishable food
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- Flashlight and extra batteries
- First aid kit
- A whistle to signal for help

- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- A manual can opener for food (if kit contains canned food)
- Local maps
- Cell phone with chargers, inverter or solar charger

Family Emergency Plan

Identify an out-of- town contact. It may be easier to make a long-distance phone call than to call across town, so an out-of-town contact may be in a better position to communicate among separated family members. Be sure every member of your family knows the phone

number and has a cell phone, coins, or a prepaid phone card to call the emergency contact. If you have a cell phone, program that person(s) as “ICE” (In Case of Emergency) in your phone. If you are in an accident, emergency personnel will often check your ICE listings in order to get a hold of someone you know. Make sure to tell your family and friends that you’ve listed them as emergency contacts.

Teach family members how to use text messaging. Text messages can often get around network disruptions when a phone call might not be able to get through. Subscribe to alert services. Go to www.ct.gov/ctalert to register for emergency alerts.

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Tick Borne Illnesses in CT

Summer is the time for picnics, hiking, outdoor concerts, and just relaxing in your back yard. It is also the time for ticks to come out and feed. 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 a 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.

The Connecticut Agricultural Station estimates that about 25-30% of deer ticks are infected with Lyme disease. But not every tick bite will transmit the illness.

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 and the body part. If you develop a rash at the bite site and/or symptoms of a flu like illness contact your physician immediately.

Connecticut Fairs

New London County 4-H Expo
July 22, 23 & 24
North Stonington, Connecticut
www.newlondoncounty4h.uconn.edu

Hamburg Fair
August 19, 20 & 21
Lyme, Connecticut
www.hamburgfair.org

Chester Fair
August 26, 27 & 28
Chester, Connecticut
www.chesterfair.org

Haddam Neck Fair
September 2, 3, 4 & 5
Haddam Neck, Connecticut
www.haddamneckfair.com

Guilford Fair
September 16, 17 & 18
Guilford, Connecticut
www.guilfordfair.org

Durham Fair
September 22, 23, 24 & 25
Durham, Connecticut
www.durhamfair.com

Berlin Fair
September 30, October 1 & 2
East Berlin, Connecticut
www.ctberlinfair.com

Portland Agricultural Fair
October 7, 8 & 9
Portland, Connecticut
www.portlandfair.com, 860-342-0188

SALES REPRESENTATIVE

Do to expanded growth we are seeking a full time sales representative to sell advertising in our Events Town Magazines. We seek someone experienced that understands the consultative sales process. Responsibilities include maintaining ongoing relationships with existing clients including daily contact over the phone and in person, meeting and exceeding sales goals, identifying and capturing new business through cold calling. Apply if you are an overachiever. Send resume to print@essexprinting.com.

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.

HOUSING REHABILITATION PROGRAM

The Housing Conservation Program (HCP) (funded by CDBG) provides deferred (forgiven) and/or low-interest loans to low-to-moderate income owner occupants to address health and safety code violations thereby improving the housing stock of New London. Property owners qualify based on unit income and other factors. Contact the Loan Specialist at 860-447-5243.

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).

Continued on page 22



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Community Development ... continued from page 21

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.

BOARDS AND COMMISSIONS

The City of New London has a long history of service to the community by active and diverse resident, who make up the membership of various city boards, agencies, commissions, committees, and authorities that go under the generic term "board" or "agency." Appointments of residents are made either by the mayor or the city council. Some appointments made by the mayor require council approval. The City of New London encourages its residents to participate and if interested an application for consideration can be found at the City Clerk's Office, 181 State St., New London or online at the city web site: www.ci.new-london.ct.us. A list of vacancies for full members and alternates currently exists and can be found on the city web site.

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.



OPEN HOUSES

Summer of 2016 - The Mill will be open the following Saturdays from 11 am-2 pm - July 23, August 6, August 20 and September 10. Come out for a tour of the Old Town Mill; bring a blanket and a picnic lunch on the beautiful grounds.

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.

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Department of Public Utilities

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

The City of New London, Water & Water Pollution Control Authority (W&WPCA) held a groundbreaking ceremony for a new project on June 14, 2014 to build an intake pump station to access millions of gallons of water stored within Lake Konomoc. With an eye on preparing for future population growth and potential drought conditions, the City implemented the plan to increase the withdrawal capacity from the reservoir to access 366 million gallons of previously unusable water.

On May 3, 2016 the W&WPCA held a Dedication Ceremony to celebrate the completion of the project. The pump station was named after Barry Weiner, Chairman of the Water & Water Pollution Control Authority and longtime member of the board. The pump station is called the Barry Weiner Deep Water Intake Pump Station.

The DPU staff work under the direction of the Mayor and the W&WPCA. The W&WPCA consists of seven (7) members, who meet once a month to review daily operations, and hear concerns that cannot be addressed by Veolia Water. The Authority makes decisions based on the local Code of Ordinances and the Connecticut General Statutes. For a calendar of the regularly scheduled meeting, please visit the City's website at www.ci.new-london.ct.us or call (860) 447-5221.

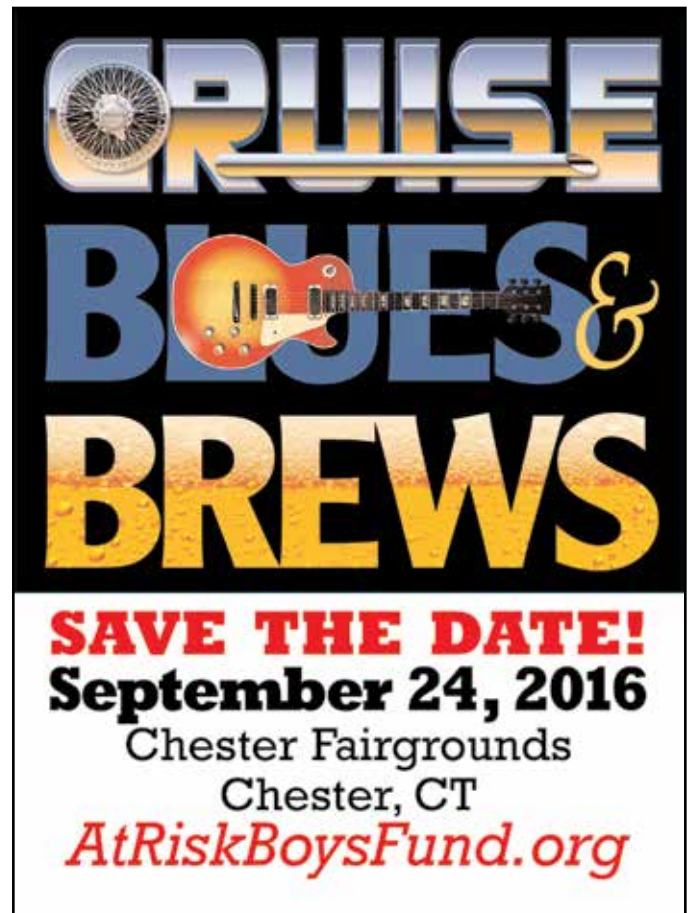
The DPU is located on the first floor of the Richard R. Martin Center, 120 Broad Street, New London, CT. Our telephone number is (860) 447-5221.

Our hours of operation are Monday through Friday from 8:30 a.m. – 4:00 p.m. If you live in New London or Waterford and have a question about a water bill, please contact Veolia Water at (860) 447-5222.

If you live in New London and have a question about a sewer bill, please contact Veolia Water at (860) 447-5222. If you live in Waterford and have a question about a sewer bill please contact the Town of Waterford at (860) 444-5886.

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