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# The Mayor's Corner

I would like to start by saying how proud I am to be Mayor of such a wonderful, safe and inclusive community. The town departments and I work hard to keep our community safe for everyone. If there is ever a problem please do not hesitate to reach out to us and we will help whenever we can.

Spring is just around the corner and I invite everyone to enjoy our many parks, walking trails, disc golf, outdoor exercise park, our lake areas and many businesses. The Town of Vernon has a wide variety of activity options for you and your family to explore.

In addition, I invite you to take a walk around the Rockville Historic District, stretching from Grove Street to Union Street and see the many changes. Grove Street has received a face lift in the area of 19 Grove Street, buildings have been removed and the debris has been cleared, and the Amerbelle property is receiving a much needed cleaning up and facelift as well. Further down East Main Street, on Park Place you will find the Citizen Block Building. This building has received facade improvements and the brick has been repointed with State of Connecticut Department of Economic and Community Development funds. We are truly grateful for the DECD funding assistance and partnership as we work to upgrade our historical structures. A feature article by Leslie Campolongo, our Grants/Projects Coordinator, is included in the pages that follow. A special thank you to Michael Purcaro,

the Town's Emergency Management Director for our Citizen Block cover photograph.

Continuing down Union Street, is the old Salvation Army Building, recently purchased by the Town. In the fall, this building received new parking facilities and presently the interior is being readied to become the central location for the town's building maintenance services.

This will save the taxpayers time and money by centralizing supplies and services to keep our buildings and grounds in good repair.

This issue provides a listing of many programs run by the town for the benefit of our citizens. Keep the magazine on your coffee table or in your kitchen as a reference. Enjoy the articles on our town's history, our young students, available volunteer opportunities and more.

I wish you all a safe and happy Spring!  
Daniel Champagne



Daniel A. Champagne, Mayor



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Michael Purcaro

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## Cemetery Spring Cleanup

The Town of Vernon Cemetery Commission is requesting families to please remove all holiday and winter decorations before April 1.

This includes all statues, garden shop figurines, shepherd hook plant holders, etc. Decorations not removed will be discarded.

All artificial flowers must be secured in a pot or suitable non-glass container. No candles or LED garden lights are allowed. We appreciate your cooperation as we begin the spring clean up at the cemeteries.



# Cover Story - Historic Citizen's Block

## External Renovations To Historic Citizen's Block Now Complete

Leslie S. Campolongo, Administration

After nearly six months of ongoing work, the long anticipated revelation of façade enhancements and external renovations to historic Citizen's Block are now complete, and the results are breathtaking.

Erected in 1879 "out of compliment to the citizens of Rockville," Citizen's Block is a three-story fifteen-thousand square foot structure. Designated as commercial storefront, its first floor is home to the volunteer-based Rockville Downtown Association. Although the upper floors are residential, it has been vacant since 1998, when it was purchased by the town.

One of the goals of the Citizen's Block project was to conserve and restore cultural and historically relevant resources in downtown Rockville. With its carved stone medallions, etched with the buildings name and date of construction, it is a contributing structure to the Rockville National Register of Historic Places District. Citizen's Block is also grouped with other historic structures around the north and west sides of the Central Park;



Photos from 1930

visual reminders of the wealth the woolen textile industry produced in Rockville's prosperous years. Citizen's Block is also adjacent to the New England Civil War Museum, located in the Memorial Building, Town Hall.

Continued on page 4

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Renovations

As seen in the before and after renovation pictures, the scope of work conducted included the replacement of existing windows and storefront doors with historically appropriate and energy efficient ones, unifying the appearance of the building. The first floor exterior façade was also returned to its original Brownstone. During these renovations, intact cast iron, decorative columns were discovered, and were then incorporated into the preservation and redesign of the storefront.



Finished!

Finishing details included the repointing of brick, restorative carpentry, and the painting of finials and detail molding. Lastly storefront awnings and a Shepherds Gate were installed, connecting the Citizen's Block and Senior Center buildings visually, and returning them to its original appearance.

The external façade enhancements were made possible through Main Street Investment Fund grant funds, which were awarded to the town in late 2014. The renovations began in earnest in May 2016 and reached substantial completion by September 2016.

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*"Dr. Veltri repaired the bicep tendon and rotator cuff in my left shoulder, and after a few weeks I could lift my arm better than before my injury. The Surgical Center also took great care of me." - John W., Tolland*

*"Lance knew exactly what to do for the compression fracture in my back and I was able to get back to basketball a lot sooner than I ever expected" - Erin H., Ellington*

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## Vernon Garden Club: Working with Kids



Working the Garden

Our peak gardening season here in Vernon runs from April to October. During the remainder of the year, our members are involved in volunteering for various community projects. In 2006, we became part of a nationwide trend to develop in youngsters a respect and love for their environment, while learning about safe and sustainable gardening practices.

We began a weekly 80 minute after school 'Jr Gardeners' program in member Ann Sheridan's classroom at Lake Street School. The six weeks of classes begin in April with a hands-on discussion of the parts of plants and the essential role of plants in our environment.

We include topics such as bugs, bees and pollinators. We learn about amending the soil, recycling, and we make a compost bin. We take a 'field trip' to explore the school grounds, looking for beneficial plants and insects and invasive plants.

Our last session always includes planning, planting, and volunteering for summer maintenance of the butterfly garden that previous classes have developed with us at the school.

Our program has continued over the years and expanded. We now work with teacher



The Joy of Discovery

Estela Merrow. We like to think that in sharing good gardening techniques, we grow in the students an appreciation of the importance of plants in the food-chain,

**Continued on page 7**

## Events Presents ~ Skip's Wastewater Services



In March of 1958, Peter Skipper purchased a small septic business from Sherwood Downes of Ellington, CT which consisted of a 1941 Ford Tank Truck and a handful of customers. The new business was called Skips Septic. By 2010, the company had grown to fifteen full time employees, five pump trucks and close to twenty thousand customers. Skips Septic serviced mainly areas in Tolland County and focused on pumping septic tanks and doing a small amount of septic repairs and installations.

Andrew Coleman, grandson of Peter Skipper, became very interested and familiar with the septic business while working for Skips all throughout high school. In 2005, Andrew started his own business; Wastewater Services, Inc. and focused primarily on the installation and repairs of septic systems. By 2012, Wastewater Services had nearly four thousand customers and was installing over one hundred septic systems per year.

In April of 2014, Andrew Coleman and Wastewater Services purchased Skips Septic. The two companies became Skips Wastewater Services. Today, Skips Wastewater Services specializes in septic pumping, inspections, repairs and installations. The company has grown to thirty employees and close to twenty five thousand customers. The company's fleet has expanded to nine pump trucks,

eleven service vehicles, five dump trucks, and over a dozen pieces of excavating equipment.

With three-full time septic inspectors on staff, Skips Wastewater Services is able to perform over 1600 septic inspections per year. Each septic inspection is a visual inspection and utilizes the use of a fiber-optic camera to visually view the condition of subsurface components. This visual inspection is accompanied by a typed septic report emailed to the customer the next business day.

A failing septic system can be a home owner's worst nightmare. With over 130 septic installs per year, Skips Wastewater Services has the experience and expertise on staff to complete the job on time and correctly. During the installation process, Skips Wastewater Services makes it a priority to have an on-going conversation with the home owner; explaining what will happen each step of the installation.

For all your septic needs, contact Skips Wastewater Services.



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## Garden Club ... continued from page 5

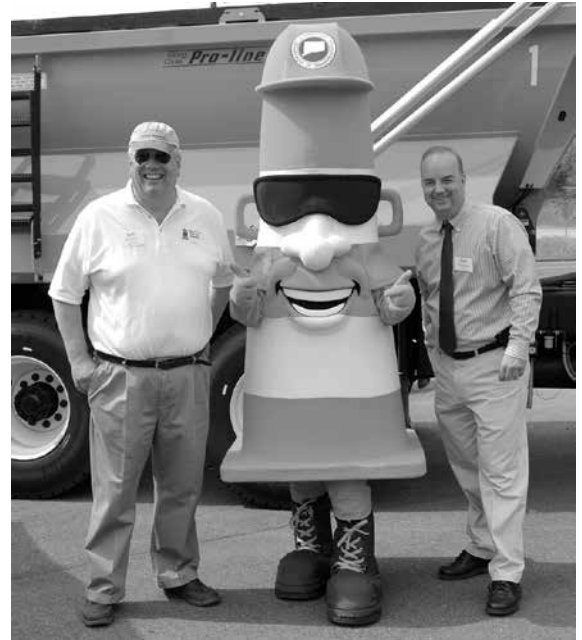
and we help bring about a fuller understanding of nature, conservation, ecology, teamwork and community service. Kids are 'all in' getting hands-on experience with bugs, earthworms and dirt! They leave eager to share their experiences and ideas with their families.

We know that this program promotes much more than cultivating a butterfly garden. The Vernon Garden Club offers monthly programs throughout the year. Everyone is welcome. For more information, go to [VernonGardenClub.org](http://VernonGardenClub.org). Member Vernon Volunteers' Collaborative.

## Vernon Public Works Community Day

**SAVE THE DATE!** This event, sponsored by the Vernon Public Works Department, will be held on Saturday, May 20, 2017 from 9 am to noon at the Public Works Facility at 375 Hartford Turnpike in Vernon. The following activities are scheduled:

- 1) A mobile shredding unit will be available to give Vernon residents the opportunity to have their confidential documents destroyed on site. A maximum of 3 boxes per vehicle will be shred.
- 2) Equipment show and stormwater demonstrations - Check out vehicles of all shapes and sizes including a 10-wheeler, a fire truck, a plow truck, an ambulance, the automated sideloader that is used to collect refuse and recycling and many more. Town and State personnel will be available to answer questions about their jobs and the public will have a chance to explore and climb aboard the big trucks. Come on down and meet the DOT Mascots Safe-T-Sam and Workzone Wally!
- 3) Learn about Vernon's new Community Notification System and sign up to receive important alerts by text, e-mail or voicemail. For more information, please call the Public Works Department at 860-870-3500.



DPW Public Works Director Kleinhans, Slow Down Sam CT. DOT and Mayor Champagne

## Vernon Senior Center

**26 Park Place / 860 870-3680**

**Hours: 9:00 AM – 3:00 PM, Monday – Friday**

Welcome to the Vernon Senior Center! To view our monthly newsletter and calendar, go to the Town of Vernon's website, [www.vernon-ct.gov](http://www.vernon-ct.gov), click on Departments, then the Senior Center and follow the prompts. The website will always give you an up to date listing of activities.

### UPCOMING EVENTS

We have many fun filled events coming up.

On **March 27<sup>th</sup>** - "Aging Well- Coping with Life Changes as We Age" presentation by Joanne Harrison-Becker.

Saturday, **April 29<sup>th</sup>** the Senior Center will be taking a trip to **West Point**. Weather providing we will be attending the famous Dress Parade where cadets march in full

uniform. We will go to the West Point Club for a buffet lunch. This trip also includes a guided tour of the Cadet Chapel, Trophy Point, and the Hudson River lookout. Please sign up by March 28<sup>th</sup>. Call the Senior Center for more information. All passengers must bring a valid ID for sign up and have available on the trip.

**Our Senior Car Program** - The Center provides transportation to medical and dental appointments out of town. This service is available for Vernon residents age 60 and older. Rides are available Monday, Tuesday, Thursday and Friday between 9:30 am and 1:30 pm. You must be ambulatory. Please call for more information.

# Former Town Clerk Henry F. Butler Celebrates 100th ~ Happy Birthday!



Retired Town Clerk Henry F. Butler celebrated his 100th birthday in March 2017. Henry became the 16th Vernon Town Clerk on March 1, 1957 when he was appointed to fill the term of office left vacant by the resignation of Kerwin A. Elliott due to health reasons. He was formerly employed as assistant

manager at Lux, Bond and Green. Henry was subsequently elected as Town Clerk in November 1957. He continued to be re-elected until the consolidation of Vernon and Rockville on July 1, 1965. The new Charter changed the office of Town Clerk from an elective one to one appointed by the Town Council. Henry retired on August 31, 1992. He saw the population of Vernon nearly double from 15,000 to 30,000 during his 35 years as Town Clerk. Henry is still remembered for wearing a visor in the office and for his adherence to following strict procedures in order to maintain the

integrity of the records. We strive to follow his good example. Henry is a Veteran of the Army and served our country during World War II in Australia and New Guinea. After retirement, Henry continued to live in Vernon and enjoy his hobby of owning race horses and watching them race, always hoping for one of them to win big. He avidly followed the local news and was particularly interested in the elections and their outcomes. Henry was the Grand Marshal in the 2008 Vernon Bicentennial parade. He was a frequent visitor to the Town Clerk's Office where he used to tell us "Better you than me," when he looked around the office with all its new technology. He moved to Massachusetts about 2012 to be closer to his family so that he could watch his four grandchildren grow.

Henry Butler, on behalf of Mayor Daniel Champagne, the Town Council and all the residents of Vernon we thank you for your many years of service to our community and wish you a very Happy 100th Birthday!

## Rockville Public Library

Do you have old library books hanging around the house? In honor of the first day of spring, we are having a fine forgiveness week from March 20-25. Bring in those overdue books and we will forgive the fines. If you have fines on your card but you have returned the items, come in and talk to us and we will try to work something out. People with lost items should also come in and talk to us about how we can get your card active again so you can use the library. So look in the closet, under the bed, all the good hiding places for library items and bring them in-we

want you back!

We are very excited to announce that author Hanna Perlstein Marcus will have the national launch of her new book, "Surviving "Remnant" here at RPL on Sunday March 26, 2017 from 2:00-4:00 pm. Ms Marcus will talk about growing up on Osgood Street in Springfield with her mother after their life in a concentration camp and coming to the US as displaced persons. It is a book about making a new life after a terrible experience and how some things can be overcome while others are much harder to forget. Ms. Marcus has

a previous book "Sidonia's Thread" which told the story of her mother's life as a talented seamstress. "Sidonia's Thread" is available at RPL for checkout.

In April, we will have events celebrating Money Smart week and National Library week. Go to our website [rockvillepubliclibrary.org](http://rockvillepubliclibrary.org) and sign up for our monthly eNewsletter to get all the information on future library events and programs sent right to you. Our website also has information on current library programs.

## Vernon Housing Rehabilitation Loan Program

The Town of Vernon Housing Rehabilitation Loan Program provides assistance to repair eligible residential properties. Households and properties are subject to program guidelines and certain equity requirements. For example, properties must be owner-occupied and meet household income limits. Owners who meet program requirements are eligible for zero interest, deferred payment loans. The types of repairs that may be funded through this program include roofing, siding, door & window replacement, plumbing, heating, electrical, well & septic, and other non-luxury work subject to approval of the Town. There are limited funds available at this time.

**For more information and application go online [www.vernon-ct.gov/social-services](http://www.vernon-ct.gov/social-services) click on Housing Rehabilitation Program Information and Housing Rehabilitation Application.**

You may also contact the Planning Department, 55 West Main St., phone 860-870-3667. The funding for this program comes from the U. S. Department of Housing & Urban Development (HUD), administered at the State of Connecticut Department of Housing.

Equal Housing Opportunity

Minorities, families with children, persons with disabilities, and others needing housing rehabilitation are encouraged to apply.



## Collector of Revenue, Tax Office

8 Park Place

Every spring the tax office remains busy focusing activities on collection enforcement of unpaid accounts as well as preparation for the July tax bills. We also see an increase of residents looking to: PURCHASE A PERMIT FOR ACCESS TO THE TRANSFER STATION.

Please come prepared with your current registration, driver's license, and payment of cash or check to purchase a permit for \$5.00 and a punchcard for \$60.00 (total \$65.00). Permits must be purchased annually and are good for the fiscal year July 1 through June 30. Punchcards do not expire. Permits for the upcoming fiscal year beginning July 1, 2017 will be available for purchase early in June, 2017. Please note the purchase cost stated is for the current fiscal year which ends June 30, 2016. At the time of this publication, it is not anticipated that there will be any changes to the purchase cost.

You are encouraged to visit [www.vernon-ct.gov](http://www.vernon-ct.gov), Department of Public Works for additional information regarding the Transfer Station: hours of operation, acceptable items, unacceptable items, and other disposal options.

TAX OFFICE HOURS: Monday/Tuesday/Wednesday 8:30-4:30  
Thursday 8:30-7:00 / Friday 8:30-1:00

## Help 911 Help You!

Vernon police frequently receive 911 calls from children playing with old cell phones. These old phones are often given to children to play with but retain the ability to call 911 even though service has been disconnected. These calls made by children playing with old phones cause unnecessary work for 911 dispatchers and could cause delays in essential emergency services. Don't let children play with old cell phones unless the battery has been removed.

### WHEN SHOULD YOU CALL 911?

If you believe that any situation is an active emergency such as a medical problem, fire, car accident, fight or other emergency, use 911. For less serious matters use the police department's routine telephone number 860-872-9126 for the assistance. When using 911 be immediately ready to state the exact location of the emergency and what the problem is. Dispatchers are highly trained to triage telephone calls. Stay on the line and answer all questions until told to hang up. When multiple calls are received about a single event you may be quickly asked a few questions and then told to hang up. The police department's very successful drug disposal box took in 491 lbs of drugs in 2016. The box is mounted in the lobby of headquarters at 725 Hartford Turnpike and available 24/7. By using this free service, you can keep drugs out of the hands of unauthorized persons, preserve the environment and dispose of them in a secure place. As a reminder, liquids must be in a sealed container and needles or sharps are NOT accepted.



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# Vernon Parks & Recreation Department

120 South Street, Vernon, CT 06066 / 860-870-3520 / [www.vernonrec.org](http://www.vernonrec.org)

OFFICE HOURS: Monday - Thursday, 8:30 am - 4:30 pm / Fridays, 8:30 am-3:00 pm

## GENERAL INFORMATION

**CONSIDER YOURSELF REGISTERED** – if you do not hear from us. You will be notified if a change occurs or if the program is filled. You are automatically put on the waiting list and your payment returned if the class is filled at the time your registration is received. You may register online at [www.vernonrec.org](http://www.vernonrec.org)

**INSURANCE** – All persons participating in Recreation programs should carry their own personal health insurance. The Town of Vernon is not responsible for personal injuries. Participants in all Department sponsored programs participate at their own risk. Only those enrolled in the program may attend.

**ADA** – The Town of Vernon does not discriminate on the basis of race, color, national origin, sex, religion, age, or disability in provision of programs and services. We are committed to assuring equal access to programs, activities, and services to all individuals. If you or a family member needs assistance, please let us know when you register.

**CLASSES** – We reserve the right to limit class size and to cancel classes failing to meet minimum requirements.

**PAYMENT** – Registration is not considered valid until the program fee is paid. We accept cash, check, MasterCard, Visa or Discover.

**REFUNDS** – are given only prior to the start of classes or if we cancel the program. Once an activity has started no refunds will be granted except in the case of injury, illness, or relocation. Refunds will then be given on a pro-rated basis and are under the discretion of the Parks and Recreation Director. Please note that there is a \$5.00 charge for all refunds and transfers.

**INCLEMENT WEATHER** – In the case of inclement weather, the Parks and Recreation Department reserves the right to cancel programs for the day. All decisions on programs will be made by 4:00 pm unless your program starts earlier. A decision will be made by 9:00 am for weekend and morning programs. Please contact the Recreation Office at 870-3520. The Department will attempt to post any program cancellation information on 1080AM and WFSB Channel 3.

**SCHOLARSHIP PROGRAMS** – It is our policy that residents of Vernon who cannot afford to participate in programs or activities can make confidential inquiries for assistance to the Director of Parks and Recreation by calling 860-870-3520.

**PROGRAM PHOTOS** - We invite everyone to browse our photo collection of recent activities and programs.

Our staff photographer, Andre Garant, strives to cover as many of our events as possible. All photos are available for sale to parents at low prices. For further details, please visit our photo site at [www.flickr.com/photos/vernonpr](http://www.flickr.com/photos/vernonpr).

## PRESCHOOL & YOUTH PROGRAMS

### MOVE “N” GROOVE

This parent/child class will be sure to get your child up and dancing to the beat, moving to the music and having fun! Ms Jess with Beyond Dance will be instructing the class. This program is for children ages 18-36 mths. Parent participation is required. Participants will play fun games, sing songs, learn musical instruments and start learning rhythm and beats. NOTE: classes will be held continuously in 4 week sessions beginning the week of January 9.

Thursday

10:30-11:30 am

\$35 per 4 week session or \$10 drop in  
Vernon Teen Center Dance Room



### PRESCHOOL FITNESS

Get your little ones on their feet and ready to have some fun! This program is for children ages 3-5yrs old. Participants will play fun games with hoola hoops, parachutes, sing songs, skip, jump and much more. This class will help your child develop motor, listening and social skills.

Fridays

Session 1: April 21-May 12

Session 2: May 19-June 9

9:30-10:15 am

Vernon Teen Center Fitness Room

Fee: Residents \$35.00

Non-Residents \$40.00

### PEE WEE TRACK

This program is open to children ages 3 to 6 years old. Learn the fundamentals of track running. Here is the opportunity to meet new friends, release that bundle of energy and have fun learning the sport behind running! Participants will play fun drills and activities to develop an appreciation and love for running track. All participants will receive a T-shirt. NOTE: this is now an 8-week program. Please note that if a class needs to be made up due to weather, it might be held on a different day of the week.

Thursdays

April 20-June 8

**continued on page 12**





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Rockville General Hospital  
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## Parks & Recreation... continued from page 10

Ages 3-4: 5:30-6:15 pm  
Ages 5-6: 6:20-7:05 pm  
Rockville High School Track  
Fee: Residents \$55  
Non-Residents \$60

### VERNON TRACK CLUB

The Vernon Parks and Recreation Department will be sponsoring a track program for boys and girls ages 6-14. This program has track meets with neighboring towns (Manchester, S.Windsor, Ellington), which requires you to transport your child to and from those towns. NOTE: Away meets may run on a different day of the week. Participants are required to practice at least one day, two is preferred. Practices are NOT made up in the event of inclement weather.

Mondays & Wednesdays

April 17-June 7

5:30-6:30 pm (meet nights go until 7:30 pm)

Rockville High School Track

Fee: Residents \$55.00

Non-Residents \$60.00

### DANCE PROGRAM



Dance classes will be held continuously in 4 week sessions. All classes are held at Center 375.

Instructor Jessica and staff

from Beyond Dance will be teaching a variety of different classes.

For more detailed class descriptions, please visit the Parks & Recreation Dept website at [www.vernonrec.org](http://www.vernonrec.org). Spring Dance info: The spring recital is on Saturday, June 3, with a dress rehearsal on Friday, June 2.

To guarantee being able to perform in the spring recital, dancers must have been partaking in the class since March. Participants are welcome to join in April & May, however, recital participation is not guaranteed. Additional fees do apply for recital costumes if you chose to perform. Participation in the recital is not required as long as the instructor is fully aware to plan the dance accordingly.

#### Monday Classes: Ballet/Jazz (ages 5-7)

5:30-6:15 pm

Ballet/Lyrical (ages 8-10) 6:15-7 pm

#### Tuesday Classes: Move-n-Groove (ages 18-36mths)

9:30-10:15 am

Ballet/Lyrical (ages 10-12) 5:15-6 pm  
PreSchool Combo (ages 3-4) 5:30-6:15 pm  
Hip Hop (ages 10-12) 6-6:45 pm  
Jazz/Pom (ages 7+) 6:45-7:30 pm

#### Thursday Classes:

Move-N-Groove (ages 18-36 mths) 9:30-10:15 am  
PreSchool Combo (ages 3-4) 1-1:45 pm  
Tap/Jazz (ages 5-7) 4:45-5:30 pm  
Hip Hop (ages 7-10) 5:30-6:15 pm  
Boys Hip Hop (ages 6+) 5:30-6:15 pm  
Tap Int/Adv. (ages 10+) 6:15-7 pm  
Hip Hop (ages 13+) 7-7:45 pm  
Ballet/Lyrical (ages 13+) 7:45-8:45 pm

#### Saturday Classes:

Beginner Preschool Combo (ages 2-3) 9-9:30 am  
Tap/Jazz/Tumble (ages 5-7) 9:30-10:15 am  
PreSchool Combo ages 3-4 10:15-11 am  
Hip Hop/Tap (ages 8+) 11-11:45 am

**Dance Class Fee Structure:** \$35 for 1 class style per session, \$30 for each additional class style

### ZUMBA KIDS

This fitness program for kids is a blast! It's a fast-forward fusion of the Zumba program's moves (salsa, cumbia, reggaeton, hip-hop and more) and high-octane workouts designed to let kids ages 6+ max out on fun and fitness all at the same time. Safe and effective, kids can't wait to get into the Zumba groove. Watch their energy and fitness levels soar as they get the groove.

Thursdays

6:15-7pm

\$6/class drop in fee

### VERNON TEEN CENTER

The Vernon Teen Center is open to Vernon Teens in grades 6-8 on Friday evenings now until May. The Teen Center provides a variety of safe, supervised activities for all teens. Some of these activities include billiards, basketball tournaments, dodgeball, xbox tournaments, dances, karaoke, and much, much more. Teen Center is open for sixth, seventh and eighth-graders. Guests are permitted on a limited basis. A registration form must be completed upon the first visit to the Teen Center. The registration form must have a parent or guardians signature before any activities can be attended. Cost is \$10.

### ADULT PROGRAMS

#### ADULT SOFTBALL

This year's softball program in Vernon will have NEW LOOK, NEW FORMAT. Lower entrance fee and 3 sessions of softball - Spring for the Fences League, starts April 3rd, 8 games, double-headers, 5 week program. Get ready for the regular season.



- Regular Season League, starts May 8th goes until late August.
- Fall Season League, starts after Labor Day.

As always, Vernon has NO OUT OF TOWN FEE FOR PLAYERS & SET NIGHTS TO PLAY. Info on the Parks and Recreation website; standings, rules, schedules, tournaments, rosters, etc. NEW LEAGUE, all three sessions

- NEW COED FORMAT, 7-3 that's 7 men, 3 women, Thursday nights.
  - COMPOSITE BAT LEAGUE FOR COMPETITIVE TEAMS, this gives you a chance to compete against the best, Thursday nights, Sunday nights.
  - The TRIP 5 LEAGUE, get 5 of your teammates, friends or "Superstars" and compete against other 5 man teams. 10 players out in the field, 5 hitting, once you make your outs, the 5 member team switches with one of the 5 man defensive teams. *What A Way To Get Your Swings In And Have Some Fun!*
- For more information please contact the Park and Recreation office.

#### LOW IMPACT AEROBICS/BODY SCULPTING

This is a low impact aerobics program is for those ages 18+ and will be sure to get you a good workout. Ms. Pat will lead participants to move and tone their bodies to various music while at the same time meet new friends. This program runs in 4 week increments.

Tuesdays

Session 1: April 18-May 9

Session 2: May 16-June 6

4-5 pm

Vernon Teen Center Fitness Room

Fee: Residents \$35 / Non-Residents \$40

Instructor: Ms. Pat

#### ZUMBA®

Are you ready to party yourself into shape? That's exactly what the Zumba® program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party that's moving millions of people toward joy and health. The exercises include music with fast and slow rhythms, as well as resistance training. The program runs weekly.

Mondays & Wednesdays

7-8 pm

Center 375 Gym

Tuesdays & Thursdays

9:30-10:30 am

Vernon Teen Center Dance Room

Saturdays

10-11 am


Vernon Teen Center Fitness Room

Drop In rate: \$6.00/class

continued on page 14

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## Parks & Recreation... continued from page 13

### HIP FIT (formerly the CIZE class)

The hottest new workout is here and it is for everyone! It's so much fun, you won't even realize you are exercising! In each routine you will learn moves step-by-step and build them into a full dance routine. Your cardio will skyrocket if you actually really work it out and push yourself. With dancing you can move at the pace you are comfortable with. So if you go for it, you'll lose weight and get toned. While you are mastering the dance moves, you'll also be burning fat and calories. The program begins in September and runs weekly.

Tuesdays

7:30-8:30 pm

Vernon Teen Center Dance Room

Drop In rate: \$6.00/class

### POUND

POUND® is a full-body drumming workout that uniquely combines cardio, conditioning, and strength training with yoga and pilates-inspired movements using lightly weighted exercise drumsticks (Ripstix®). Channel your inner rockstar with this full-body cardio jam session inspired by the infectious, sweat-dripping fun of playing the drums. Using Ripstix®, lightly weighted exercise drumsticks, torch calories and drum your way to a leaner, slimmer physique – all while rocking out to your favorite music!

Thursdays

7-7:45 pm

Vernon Teen Center Fitness Room

Drop In rate: \$6.00/class

### COMMUNITY GARDENS

Located at Vernon Center Middle School, individuals can rent a 25x25 garden plot for their personal gardening needs. Each plot cost \$20 (\$15 for seniors) and will be ready for planting by the end of April.

Registration for last year's returning gardeners will open February 6, 2017.

All new gardeners may register starting March 13, 2017.

All returning gardeners MUST register prior to this date to guarantee their same plot.

### DISC RENTAL

Discs to use at Ecker Hill Disc Golf Course are available to rent from our office located at 120 South Street in Henry Park. There is no fee to rent discs, however a valid driver's license or state issued ID is required.

### SLEDDING HILLS

#### HENRY PARK

Henry Park is located at 120 South Street. The sledding hill begins at the tower and goes downhill towards the Hartmann Pavilion. Snow permitting, the hill is lighted seasonally until 9:00 pm each night.

### VERNON CENTER MIDDLE SCHOOL

The sledding hill is located behind VCMS near to the Community Gardens. Snow permitting, the hill is open seasonally until sundown.

### ICE SKATING

Valley Falls Pond located at 300 Valley Falls Rd. & Walkers Reservoir on Reservoir Rd are available seasonally for ice skating. Participants should call the Vernon Parks and Recreation office for a condition report prior to stepping onto the ice.

### FAMILY EVENTS & BUS TRIPS

#### EASTER EGG HUNT

The Vernon Parks & Recreation Dept will hold its annual Easter Egg Hunt on Friday, April 14 at Henry Park for children 2-8. Come and hunt for thousands of foil wrapped solid chocolate Easter



Eggs hidden by the Easter Bunny. Children 2-4 must be accompanied by an adult during the event.

No pre-registration is required. No pets allowed on field.

Friday, April 14 (rain date Saturday, April 15)

Henry Park

Times: Age 2: 9:45 am on the Softball Field

Age 3-4: 10:15 am on the Softball Field

Age 5-6: 9:30 am on the McCoy Baseball Field

Age 7-8: 10:00 am on the McCoy Baseball Field

#### DISC GOLF TOURNAMENT

Ecker Hill Disc Golf Course will host its annual spring tournament on Sunday April 30, 2017. Event is organized in conjunction with Green Light Disc Golf. For times and registration information please visit our website.

#### ANNUAL FISHING DERBY

Valley Falls Pond will be stocked with plenty of trout.

Take this opportunity to introduce your children (ages 15 and under) to fishing when the odds are stocked in their favor.



This is a free event! Prizes will be given to the top 3 in each division. The John M. Gessay Award will be presented to the participant who catches the heaviest trout.

Up to 15 years old

Saturday

April 29, 2017



Valley Falls Pond

Registration opens 7:30; Cast your lines at 8:00

## MOTHER'S DAY DASH

44th Annual

Mother's Day Dash

5K is on Sunday May 14th.

The start and finish will take place in Henry Park, 120 South St., Vernon, CT 06066.



There are 17 different age divisions and a special mother-daughter, mother-son division. The top three in each division will receive prizes. There will be a free raffle for all runners that stay for the awards ceremony. Plenty of water, bagels and fruit available to all runners. Free T-shirts for every runner that pre-registered by April 30th.

Race proceeds will benefit the Vernon Teen Center, the Police Explorers and the Robert J. Bonadies Scholarship Fund at Rockville High School.

Sunday; May 14, 2017

Henry Park

Registration information can be found online at [www.vernonrec.org](http://www.vernonrec.org).

## STATUE OF LIBERTY BUS TRIP

Experience the beauty and splendor of New York City aboard the Statue of Liberty ferry. Tour the grounds of Liberty Island and take the perfect photo of Lady Liberty. You will also have to time to visit Ellis Island, the symbol of American immigration. Tour the Ellis Island Immigration Museum and research your family history. View genealogy records of your ancestry. Bus trip will include transportation from Vernon to Battery Park and ferry ticket to the Liberty Island and Ellis Island. Bus will depart from the Vernon Teen Center, 375 Hartford Tpk at 8:00 am. Bus will leave Battery Park at 6 pm.

Saturday, April 29

Fee: Children 12 & under \$50

Adults & children 13+ \$60

## TRAILS DAY

Make sure you mark your calendars for June 3rd 2017, National Trails Day. We will be celebrating our over 30 miles of trails with a new a fun program to kick off the summer. Make sure you sign up with us online to receive all the notifications about Trails Day 2017.

## AQUATICS

### SWIM LESSONS

Each session meets for eight classes Monday through

Thursday (Fridays used for make-ups). Baby & Me and Introduction classes last for 30 minutes, Levels 1-5/6 classes last for 45 minutes. Sessions are limited to six participants per class. Sessions which do not reach the minimum of four participants will be cancelled. Refunds/credits are not provided for missed classes. If a class is cancelled by VPR and cannot be made up, a credit will be placed on your account. FEE: \$50 Resident / \$60 Non-Resident

### Session Dates

Session 1: 6/19 – 6/30

Session 2: 7/3 – 7/14 (no afternoon swim classes at Horowitz pool)

Session 3: 7/17 – 7/28

Session 4: 7/31 – 8/11

### Community Pool (375 Hartford Turnpike)

Baby & Me: 11:45 am, 5:00 pm

Introduction: 10:45 am, 6:00 pm

Level 1: 11:45 am, 5:00 pm

Level 2: 10:45 am, 6:00 pm

### Horowitz Pool (120 South Street)

Level 2: 10:45 am

Level 3: 11:45 am, 5:00 pm

Level 4: 10:45 am, 5:00 pm

Level 5/6: 11:45 am, 5:00 pm

### AGE RESTRICTIONS

The participant must be this age on the first day of the session.

Baby and Me: 1.5-3 years old

Introduction: 3-4 years old

Levels 1-5/6: 5-14 years old.

### Swim Lesson Level Description

Swim: Baby & Me 1.5-3 years

Introduce your child to the water in this unstructured program.

Staff is available to offer tips using activities, toys and songs.

Participate with your baby in your grasp. One parent per child required. Swim diapers required.

### SWIM: INTRO TO LEVEL 1 / 3-4 YEARS

This class is for your beginning swimmer to prepare for Level 1. Basic introduction to breath control, basic floating and balance in the water, changing directions and rolling over, and using a personal flotation device (PFD) are covered. Parent participation is optional.

### SWIM: LEVEL 1 / 5-14 YEARS OLD

Level 1 Swim - Swimmers learn water safety rules, safe water entry and exits, breath control, basic floating and balance in the water, changing directions and rolling over, and using a personal flotation device (PFD). Parent not required, goggles are suggested.

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## Parks & Recreation... continued from page 15

### SWIM: LEVEL 2 / 5-14 YEARS OLD

Level 2 Swim - Swimmers learn how to float and balance in the front, back and side positions, underwater movement and retrieval skills, water safety, and movement. Goggles are suggested.

### SWIM: LEVEL 3 / 5-14 YEARS OLD

Level 3 Swim - Swimmers learn kicks used in all swim strokes, pulls used in side stroke and elementary back stroke, treading, rules for safe diving, HELP and Huddle positions with PFD, reaching assists. Goggles are suggested.

### SWIM: LEVEL 4 / 5-14 YEARS OLD

Level 4 Swim - Swimmers learn underwater swimming, surface diving, pulls for competitive strokes, whole-stroke swimming of all strokes, and safe diving rules. Goggles are suggested.

### SWIM: LEVEL 5&6 / 5-14 YEARS OLD

Level 5/6 Combo Swim - Advanced Swimmers refine the breast and side strokes and begin short lap swimming using the front and back crawl, flip turns, and surface dives and begin the butterfly stroke. Participants learn the skills needed to be on a competitive swim team. Goggles are suggested.

### GUARD START

This program is designed to give advanced swimmers the foundation of lifeguarding. Participants will learn the skills required to be a lifeguard through hands on practice. Classes will focus on fitness, professionalism, emergency response and accident prevention. Participants must be able to swim the length of the pool continuously, tread water for one minute and swim submerged for 10 feet.

Sessions are limited to six participants per class.

Sessions which do not reach the minimum of four participants will be cancelled. Refunds/credits are not provided for missed classes. If a class is cancelled by VPR and cannot be made up, a credit will be placed on your account.

This IS NOT a Lifeguard, CPR or First Aid Certification Course. Mondays through Thursdays. Fridays will be used for makeups.

11-15 years old

9:00 am – 9:45 am

Horowitz Pool

\$50 resident \$60 non-resident

### Session Dates

Session 1: 6/19 – 6/30

Session 2: 7/17 – 7/28

### GATORS SWIM TEAM

Swimmers 18 years old and younger, Join the Gators Swim Team! Make new friends and improve your technique while having fun under the sun. All swimmers should be proficient in one or more strokes and able to swim the length of the pool.

The season runs from late June through early August.

Practices will be weekday evenings Monday-Thursday at Horowitz Pool in Henry Park, with a weekly competition in the Central CT Swim League.



All team members will receive an individual Vernon Aquatics pool pass for the 2016 season, a Gators swim cap and T-shirt! Monday through Thursday mornings, swimmers may attend optional stroke clinics to improve their techniques.

Due to league rules, we may only accept non-residents from Tolland, Bolton, Ellington and Manchester.

Fee: \$130

## 2016-2017 AFTER SCHOOL PROGRAM

### R.E.K.

#### Recreation and Education for Kids

Our long-running R.E.K. program offers after school care for children in grades K-5 at Center Road School, Skinner Road School, Maple Street School, and Northeast School. We offer a variety of activities to meet the recreational and educational needs of your children, with a focus on building positive relationships with peers and staff members. R.E.K. will run from the end of the school day until 6:00 pm and is held every day that school is held, including scheduled half days and early dismissal days.

## DAILY ACTIVITIES

### HOMEWORK/QUIET ACTIVITIES

Children may use this time to work on homework, read, or engage in other activities such as puzzles and quiet games. Books are available at each site but your child is encouraged to bring a favorite book from home to read if they would like. Staff will be available for homework assistance as needed.

### RECREATION

Children will have plenty of time for active recreation each day. Outdoor time on the school's playscape and athletic fields will be offered whenever weather permits, and in the case of inclement weather the school gym will be used. Recreation time will include a combination of structured games, team sports, and free play to allow your child to get moving and have fun!

### ARTS & CRAFTS

A variety of arts & crafts activities will be offered to allow the children to explore their creativity, both through structured projects and free creative time.



### SNACK

A healthy snack will be provided each day, with special consideration given for allergies or food restrictions. Enrichment Activities- We are proud to partner with community organizations to periodically bring a variety of additional enrichment activities to our R.E.K. programs

### FEES & PAYMENTS

The fee for the 2016-17 school year is \$13.50 per regular day, and \$19.50 per early dismissal day. The first month's payment is due in full at the time of registration. Further payments are due on the 15th of each month and may be made online, by mail, and at your site or the Parks & Recreation office. Late payments will incur a fee of \$8.00 per month. To see if you may qualify for financial assistance contact Care 4 Kids at 1-888-214-KIDS or [www.ctcare4kids.com](http://www.ctcare4kids.com).

### VACATION CAMPS

No school? No worries! We also offer day camps during school vacations and professional development days. This program is held at the Teen Center at Center 375 (375 Hartford Turnpike) and offers a variety of activities throughout the day to help your child fit a lot of fun

into their days off. The fee for vacation camp is \$35 per day for Vernon residents and \$40 per day for non-residents. Payment is due in full at the time of registration.



Registration forms can be found at the Parks & Recreation office, and are also sent out through your child's school prior to vacations. You may also register online (please note if you register online you will also be asked to complete a registration form with emergency contacts and pertinent medical information when you drop your child off at camp).

### SUMMER PROGRAMS

#### KIDDIE DANCE CAMP

This camp is for children ages 4-6 years old. Campers will enjoy a fun-filled morning to keep their feet moving to the beat. Numerous dance styles will be taught, including tap, jazz and hip hop. Tap shoes are recommended, but not required.

**continued on page 18**

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## Parks & Recreation... continued from page 17

Dancers of all abilities are welcome. Camp will be directed by Jessica Foster and other Beyond Dance staff.

Monday through Friday

August 14-18

8:30-11:30 am

Center 375 Dance Room

Fee: \$75

### DANCE CAMP

This camp is for children ages 7-12 yrs old. Fun-filled, high energy camp with staff from Beyond Dance. The participants will enjoy dancing numerous styles to modern music, do Zumba, create cool crafts, sing and more! In the afternoon, participants will go to Newhoca beach to swim. The last day of the session will include a show for family and friends to see. Wear appropriate clothes and shoes to comfortably move around and dance in. The camp will be held at Newhoca Lodge.

Participants will be bussed to Newhoca from Valley Falls Park parking lot. Please be ON TIME for bus pick up/drop off.

Wear appropriate clothes and shoes to comfortably move around and dance in, bring a bathing suit, towel, lunch (no refrigerator available), snacks and plenty of water. Campers ARE eligible to register for Extended Day Camp at Valley Falls.

Newhoca Lodge

Session 1: June 26-30

Session 2: July 10-14

Campers will be bussed from Valley Falls Park

-Bus Pick up is 8:45 am

-Bus Drop off is 3:45 pm

Fee: \$120/session

### PLAY WELL INTRO TO STEM WITH LEGO CAMP

This camp is open to children ages 5-6 years old. Create, Play, and Learn. Build a town, city, or star base with houses, buildings, pyramids, bridges, tunnels, towers, and more. Build motorized cars, trains, buses, and trucks; race them; crash them; repair them. Explore the many possibilities of LEGO® building systems while learning useful construction techniques.

Monday through Friday

August 14-18

9 am to 12 pm

Camp Newhoca

Residents: \$135 / Non-Residents: \$140

### PLAY WELL STEM CHALLENGE WITH LEGO

This exciting program is for children ages 7-12 years old. Design and build motorized machines, catapults, pyramids, demolition derby cars, truss and suspension bridges, buildings, and other constructions. Explore concepts in physics, mechanical engineering, structural engineering, and architecture while playing with your favorite creations. This is a hands-on and minds-on class suitable for LEGO® building system novices to “maniacs.”

Monday through Friday

August 14-18

1-4p.m.

Camp Newhoca

Residents: \$135 Non-Residents: \$140

### SUMMER DAY CAMP

\*Registration begins February 21\*

Registration received BEFORE May 26, participants must pay for half of the cost of the camp to reserve their spot, the remainder of the balance is due by June 9 or your spots will be relinquished. Payment plans will ONLY be arranged before May 26. There will be NO payment plans after May 26. After May 26 participants must pay for the entire cost of camp to reserve their spot.

All Registrations are due by 12 pm on the Friday before a session begins, IF space is available.

To see if you are eligible for Financial Assistance, you may call the Vernon Social Services Department at 860-870-3661 to schedule an appointment.

No refunds or transfers are made once a camp session has started. There is a \$5.00 charge for any cancellations or transfers you make between programs (note that each camp session is a different program). Cancellations and changes MUST be received in writing to the department.

### SESSIONS

(Newhoca, 375, Valley Falls, Henry Park, Kiddie Camp)

Session 1: June 19-June 23

Session 5: July 17-July 21

Session 2: June 26-June 30

Session 6: July 24-July 28

Session 3: July 3-July 7 (no camp 7/4)

Session 7: July 31-August 4

Session 4: July 10-July 14 (Olympic wk)

Session 8: August 7-August 11 (End Bash)

POST CAMP: August 14-18

### FEES PER SESSION:

Sessions 1-2, 4-8

Center 375 and Valley Falls Camp:

Residents: \$85 / Non-Residents: \$90

Henry Park Camp:

Residents: \$70 / Non-Residents: \$75

Camp Newhoca: Residents: \$100 / Non-Residents: \$105

Kiddie Camp: Residents: \$85 / Non-Residents: \$90

Extended am: Residents: \$25 / Non-Residents: \$30

Extended pm: Residents: \$35 / Non-Residents: \$40

Session 3

Center 375 and Valley Falls Camp:

Residents: \$70 / Non-Residents: \$75



Henry Park Camp: Residents: \$60 / Non-Residents: \$65  
 Camp Newhoca: Residents: \$80 / Non-Residents: \$85  
 Kiddie Camp: Residents: \$70 / Non-Residents: \$75  
 Extended am: Residents: \$20 / Non-Residents: \$25  
 Extended pm: Residents: \$28 / Non-Residents: \$33  
 Post Camp: Residents: \$125 / Non-Residents: \$130

Late Fee: Late fees apply to those who are not picked up on-time.  
 Fee is \$5 for the first 15 minutes, \$1 per minute thereafter.

**KIDDIE CAMP**



Kiddie Camp is held at Center 375 from 9:00 am to 3:30 pm and is for children ages 4-5 years old. Campers meet in the Fitness Room of Center 375 each day.

This location also features

playing fields, playground and a kiddie pool only. Children do activities that focus on interaction with peers, have theme weeks, physical fitness, educational learning activities, arts and crafts, story time, movies and much more. All Kiddie Campers WILL have a quiet time after lunch. Limit is 30 campers. Campers must be fully potty trained. Campers attending this camp ARE eligible to register for the Center 375 Extended Day program. No Bus transportation is provided. Photo ID is required to sign out your child.

**CENTER 375 CAMP**

This camp is held at the Center 375 from 9:00 am to 3:30 pm and is for children ages 6-12 years old. This location features a swimming pool, softball field for games, basketball court, playground, picnic area and an air conditioned indoor facility. Campers enjoy fun theme days, physical fitness, arts and crafts, open swim and much more! Limit is 70 campers. Campers attending this camp ARE eligible to register for the Center 375 Extended Day program. No bus transportation is provided. Photo ID is required to sign out your child.

**VALLEY FALLS NATURE CAMP**

This camp is held at Valley Falls Park from 9:00 am to 3:30 pm and is for children ages 6-12 years old. Campers meet at the Valley Falls Pavilion in the morning and are picked up there in the afternoon. In the event of inclement weather, campers are to go to the Valley Falls Barn. This camp features nature with special explorations in the pond, learning about fishing, excursions on hiking trails, special guest presenters and much more! Along with fun nature explorations, campers will also enjoy fun camp games, arts & crafts, swim time, basketball court and much more!

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**VERNON TOWN DEPARTMENT  
 DIRECTORY**

Administration	860-870-3670
Assessor	860-870-3625
Animal Control	860-870-3558
Building Department	860-870-3633
Cemetery Office	860-875-3158
Collector of Revenue	860-870-3660
Data Processing	860-870-3646
Economic Development	860-870-3637
Emergency Services	860-871-3142
Employment Opportunities	860-870-3605
Engineering	860-870-3664
Finance	860-870-3690
Fire Department	860-871-7468
Fire Marshal	860-870-3652
Health Department	860-872-1501
Library	860-875-5892
Parks and Recreation	860-870-3520
Planning and Development	860-870-3640
Police Department	860-872-9126
Public Works	860-870-3500
Senior Center	860-870-3680
Sewer Treatment Plant	860-870-3545
Social Services	860-870-3661
Town Clerk	860-870-3662
Water Pollution Control	860-870-3699
Youth Services Bureau	860-870-3555
Zoning Administration	860-870-3636

## PARKS & RECREATION ... continued from page 19

Limit is 40. Campers attending this camp ARE eligible to register for the Valley Falls Extended Day program. No Bus transportation is provided. Photo ID is required to sign out your child.

### HENRY PARK CAMP

This camp is held at Henry Park from 8:30 am to 4:00 pm and is for children ages 6-15 years old. All campers meet at the Pavilion in the morning and are picked up there in the afternoon. This location features a swimming pool, multiple baseball fields for games, basketball courts and a playground with a spray pool. A Free lunch program is offered at this site. Campers age 12-15 will have the opportunity to go on 2 field trips for additional fee each week, trip information will come out at the start of camp. In the event of inclement weather, campers will be bussed to one of the town's elementary schools. Limit is 70 campers. Campers are NOT eligible for the extended day program. No Bus transportation is provided. NOTE: Photo ID is required to sign out your child.

### CAMP NEWHOCA

This camp is located at Newhoca Park which is on Middle Bolton Lake and goes from 9:00 am to 3:30 pm. It is for campers ages 6-13 years old. This camp features swimming in the lake, canoes & paddle boats, basketball courts, hiking, field games, an arts&-crafts instructor, exciting theme days and much more! This camp also has indoor facilities featuring an Arts and Crafts cabin, Game Room (with Foosball tables, Air Hockey, board games, etc), Rec Hall and an office. During sessions 2, 5 and 7, campers ages 10-13 are eligible to sign up for a sleepover at Camp Newhoca. Camp Newhoca is known for its exciting themes. A Nature Program is part of the camp too. Camp Newhoca will definitely provide fun times, good friends and happy memories! Limit 110 campers. Photo ID is required to sign out your child. Bus Transportation is ONLY provided from Valley Falls: Drop-Off 8:45 am. Pick Up 3:45 pm

### EXTENDED DAY

This is an extension to the summer camp day that allows you to drop off your child as early as 7:30 am and stay as late as 6:00 pm in the evening. Campers needing Extended Day for Camp Newhoca and Valley Falls will be located at Valley Falls Park (in the event of inclement weather it is held at the Valley Falls Barn). Camp Newhoca campers will be bussed to Newhoca Park. Campers needing Extended Day for Center 375 and Kiddie Camp will be located at Center 375. Please note, this program is NOT available for Henry Park campers as transportation is NOT provided to site. Photo ID is required to sign out your child.

### POST CAMP

This program allows you to keep a normal schedule at the end of the summer. It is located at Center 375 and is for children

ages 5-12 years old. A wide variety of camp activities are offered as well as swimming. Camp runs from 7:30 am -6:00 pm. Photo ID is required to sign out your child.

### PICNIC/PAVILLION/LODGE RENTALS

Many of the Town's picnic groves are available for rent. Reserve yours today. Picnic groves are located at the following locations:

**Valley Falls Park:** Located on Valley Falls Road, Valley Falls Park contains picnic areas out in the field and a pavilion. Fees vary by picnic areas and length of rental time.

**Henry Park:** Located at 120 South Street, Henry Park has two picnic grove areas and three picnic sites. Fees vary by picnic areas and length of rental time.



The Tower at Fox Hill is a picturesque wedding spot and can be rented for \$50.

Also located in Henry Park is the **Russell G. Hartmann Pavilion**. The pavilion is 40 feet by 60 feet. This is the perfect spot to hold a family reunion, baby shower, birthday party and much more. The fee to rent the pavilion is \$35 per hour.

**Newhoca Park:** Located on Grier Road, Newhoca Park has a large Pavilion (40'x60') that is great for all occasions. There is a \$35 per hour charge. Also at Newhoca is a terrific Lodge that is perfect for all-season parties, business events and holiday family gatherings. The cost is \$50 per hour. Newhoca Park has a small hexagon Pavilion measuring 20 feet that is great for all occasions. Call for rental pricing and details.

*For more Rental details and pricing, call 860-870-3520.*

### Additional PICNIC AREAS to enjoy...

Fox Hill Tower Area-Free

Church St. Rails to Trails-Free

Dart Hill Park-Free

Walker's Reservoir-Free

Saxony Mill Park-Free

Dart Hill North- Free

Phoenix Street Dam-Free

**continued on page 22**

# The Write Stuff

## THE VIENNA™ COLLECTION

4 STYLES  
19 COLORS

### A-D. VIENNA™ COLLECTION

Executive metal pen  
Classic push action retractable  
Teardrop grippers for writing comfort  
Silver accents and decorative bands  
Silver engraved imprint

Engraving Area: Barrel 1-3/4" x 1/4"

#### A. 628 VIENNA™

Gleaming corporate colors  
Mechanical pencil and sets are available  
Blue (default) or black ink



ANTIFRAUD INK  
(BLACK INK ONLY)

AS LOW AS \$1.54 EA.

#### B. 629 VIENNA™ RHINE

Soft brushed fashion forward colors  
Blue (default) or black ink



ANTIFRAUD INK  
(BLACK INK ONLY)

AS LOW AS \$1.56 EA.

#### C. 630 VIENNA™ VIBE

Vibrant, brushed brights  
Black ink



ANTIFRAUD INK

AS LOW AS \$1.56 EA.

#### D. NEW! 636 VIENNA™ STYLUS

2-in-1 Executive metal pen with stylus tip  
Pen tip retracts into stylus  
Stylus for use on all touchscreen devices  
Blue (default) or black ink



AS LOW AS \$1.59 EA.



Essex Printing

860-767-9087 [print@essexprinting.com](mailto:print@essexprinting.com)



## PARKS & RECREATION ... continued from page 20

### TEEN CENTER RENTAL

The Teen Center is the perfect place to have a meeting, birthday party, shower or family gathering. Rooms available to reserve are:

#### BIG COMMUNITY ROOM

Holds up to 75 people  
Booth style seating  
Four 6' tables available upon request  
60 folding chairs available upon request  
Pool table, foosball table & air hockey table  
Food allowed  
Fee: Residents \$35 / Non-Residents \$40

#### GYMNASIUM

Holds up to 300 people  
(Holds up to 175 with tables)  
2 Basketball hoops  
No food allowed  
Fee: Residents \$50 / Non-Residents \$55

Fees are PER HOUR. After 2 hours, additional time may be added in half hour increments if desired. Your reservation must include set-up and clean up time. Renters are responsible for cleaning up and emptying garbage.

### POOL PARTIES

Make a big splash at your next party. Community Pool and Horowitz Pool is now available for pool parties. Pool parties are available on Saturdays and Sundays from 10:00 am to noon or 6:00 pm to 8:00 pm.

### SPONSORSHIPS

Do you see a program or event that coincides with your organization's mission? We have sponsorship opportunities for almost every program, event and field. Your organization can be front and center on shirts, fliers, field billboard and even on our webpage! Please contact us at 860-870-3520 to find out how you can increase your organization's awareness.

### SEND A KID TO CAMP

The Vernon Parks and Recreation Department is looking for sponsorships to send a child to camp this upcoming summer. A \$85 sponsorship can send a child to camp for a full week. Either donate on your own or get a group of people to pitch in and help 1 child. Our goal is to give 100 children the opportunity to go to camp this summer that may not usually be able to attend.

### SAVE A LIFE

An estimated 300 children under the age of five drown in swimming pools and spas every year, and more than 4,200

kids 15 and younger visit hospital emergency rooms because of non-fatal submersion injuries, including those that result in permanent brain damage. The Town of Vernon is acting upon this upsetting statistic and has created the "Save A Life" Program, which is intended to send children to swim lessons for free. A \$45 donation can send a child through 8 classes of swim lessons. Become a hero and SAVE A LIFE today.

### FIREWORKS SPONSORSHIP

The annual fireworks will be held on Wednesday, July 6, 2016 (Rain date: July 7, 2016). The Parks and Recreation Department is accepting donations from individuals and businesses for this event. For details, contact the office at 870-3520.

### FIELD SIGNS

Any business interested in having a 4x8 sign displayed, year round at the Henry Park softball field are asked to contact the P&R office regarding details. Henry Park has over 200,000 participants that use the Park. There are numerous special events that take place in the Park. There isn't a more visible place in Vernon, take advantage of this opportunity.

### DISC GOLF SIGN SPONSORS

The opportunity to sponsor a sign on the brand new Vernon Ecker Disc Golf Course, located on the Ecker Hill property is available. To sponsor a tee sign which is 6x18 would cost \$200 for two years. Your business will be on the tee sign along with a visual design of the hole and the number of the hole. There are only a few tee sign left so if you're interested please contact Steve Krajewski at the P&R office at 860-870-3520

## Dorothy G. Mullen Student Scholarship

Each year at the Connecticut Recreation and Parks Association's annual conference, two students are recognized for their work in the Parks and Recreation field. This past year Nathan Foley was one of those students, and was awarded the Dorothy G. Mullen student scholarship. Nate has worked with the town of Vernon Parks and Recreation aquatic program since 2006 and has been an Aquatic Director since 2014. He is also a Program Coordinator with the REK after-school program in Vernon.



# The Next Step Forward for the Vernon Public Schools

## 2016 IN REVIEW

During this time of the year, everyone looks forward to the New Year by making resolutions and striving to make the world around them a better place to live. It is also an important time to reflect on the past by looking where we were, where we are now, and where we are headed in the future. This time of reflection has led me to making positive changes in our school district to improve student achievement. This is best accomplished by setting high expectations for student learning through relevant curriculum and a high quality teaching staff. High standards of teaching and learning will create an optimal educational environment for all students in Vernon.

As we begin 2017, one cannot help, but to reflect on the past year. When I started as Superintendent of Schools, the Board Chair said to me, “we want to take the Vernon Public Schools to the next step of educational excellence.” At first, I thought that meant that Vernon would no longer be identified as an Alliance District, however, over the past year, I have found the educational potential in Vernon to be huge! The faculty and staff in this district have the capability to transform the Vernon Public Schools into one of the best districts in the State of Connecticut.

The key to success is creating systems and structures for district transformation, not reform! Today’s students have different academic, social and emotional needs than those of our generation. Their needs are continually changing and schools need to adapt to that change. In order to transform the Vernon Public Schools, we must take steps towards the next level of educational excellence. These steps are grounded in the district’s core beliefs; advocate a “whole child” approach to student learning, maximize student performance and set high expectations, and integrate family and community with the education system. These core beliefs drive our work towards educational excellence!

*Here are some of the accomplishments that we are proud of this past year:*

- Measuring the percent of students who met grade level mastery in Math & English Language Arts (ELA) in Grades 3 through 8. This is an indicator of student achievement (i.e., Level 3 or above on the Smarter Balanced Test: SBAC). Using a growth model for student achievement, the State increase was 3.3% in English Language Arts and 3.9% in Mathematics. Using the same growth model for student achievement, the Vernon Public Schools increase was 4.9% in English Language Arts and 5.1% in Mathematics in Grades 3 to 8. This is a positive indicator of student success in Vernon. The growth model is the best indicator of student learning for our district as measured by the SBAC.

- Rockville High School students (in the 11th Grade) ranked 2nd out of 15 districts in our District Reference Groups (DRG) on the Scholastic Aptitude Test (SAT - Mean Score) in Mathematics. Rockville High School students ranked 3rd out of 15 districts in our DRG on the SAT (Mean Score) in English Language Arts. The SATs have been re-designed to a skills-based achievement test for students to be college ready.

- Over 80% of the Rockville High School Graduates (Class of 2016) are furthering their education at the college level. Some of the colleges our students were accepted to include: Princeton University, Brigham Young University (BYU), UCLA, PENN State University, University of North Carolina (UNC), Assumption College, Hofstra University, Emerson College, Marist College, and the University of Connecticut.

- Fifty-seven (57) Rockville High School students were winners in the 2016 Scholastic Art and Writing Awards presented by the Alliance for Young Artists and Writers. Rockville High School students received 142 awards, including 31 Gold Keys, 44 Silver Keys, and 67 Honorable Mentions, the highest number of any participating high school in the State of Connecticut. One Rockville High School student also received a 2016 Gold Writing Portfolio Award. Students whose works merit a national award are considered for scholarships, publication opportunities, and national exhibition.

- The CIAC Unified Sports staff has identified Rockville High School as a Unified Champion Banner School. This is a national award sponsored by Special Olympics International. The Unified program at Rockville High School serves as a model not only for Connecticut schools but also for high schools throughout the country.

- 106 students at Rockville High School received college credit through their academic studies in Vernon. Students either passed an Advanced Placement Exam, UConn Early College Experience Course or an articulated class with Manchester Community Colleges. Getting college credits in high school helps the pathway towards a meaningful post-secondary experience. Most of the students received multiple credits in more than one course at RHS.

- The Vernon Public School District was awarded a \$377,000 grant for family and community engagement through the Hartford Foundation for Public Giving. This grant award will enhance efforts to build strong connections and relationships between parents and teachers at local schools. The district-wide plan is geared toward a school and community partnership and will use the money to set up an office of family engagement, the anticipated main conduit for student-teacher communication. In addition, a family-school liaison will be assigned for each building.

## Vernon Public Schools ... continued from page 23

- The Vernon Public Schools received a \$650,000 grant to improve school security to ensure that students are safe. The focus was a series of upgrades to the security systems in schools throughout town to keep students safer while providing first responders with more information in less time. Security cameras for about 700,000 square feet of school space throughout town were added to areas that previously weren't covered, and the entire school system's cameras are now on a single access platform. Remote access is available, but restricted to certain users, including the Vernon Police Department, which has a video monitor in its dispatch center that allows police to log in to any school to see live video of an incident prior to arrival.

- The Vernon Board of Education received four Communication Awards from CABA (Connecticut Association of Boards of Education). The top awards were for Social Media (District Facebook Page) and for our Special Project – The Vernon Public Schools Communications Plan & Billboard. The two honorable mentions were for the District Annual Budget and the Rockville HS Student Handbook. These awards exemplify the district's mission of open communications, community outreach, and transparency to the community.

- In June 2016, the district conducted an end of the year survey of over 650 people in the community and received the following results: 75% of the people rated the overall education in Vernon a grade of "A" or "B". Most people (91.8%) say they have effective home communications with their schools. In the survey, 80.3% of the respondents say the Vernon Public Schools is heading in the right direction in terms of educating their children.

- 2016 saw the completion of many building projects and capital improvements through the Town of Vernon Bonding, Alliance Grant Funding and our Capital Improvement Plan in the amount of approximately \$6 million dollars for our schools. New roofs on Northeast School and Skinner Road School were completed as well as a section of Vernon Center Middle School. Upgrades to the Rockville High School athletic fields were completed as well as the ones at VCMS. The parking lot at Skinner Road School was expanded and re-paved. Maple Street School got a new parking lot across the street. In addition, all five elementary schools received new cafeteria tables for the lunchrooms. HVAC

improvements in the RHS main gym to correct longstanding overheat conditions, wiring for the initial phase of phone system upgrade, tank removal at Northeast School, Maple Street School basement classroom HVAC, exterior masonry repairs at Center Road School, kitchen renovations at all schools including new cooking equipment, new LED high efficiency lighting in all schools and replacement of the outdoor basketball court and goals at Skinner Road. These projects were completed in collaboration with the Town of Vernon and State of Connecticut to maximize efficiencies.

- The Vernon Board of Education won the CABA (Connecticut Association of Boards of Education) Board of Distinction Award in 2016. The CABA Board Recognition Awards are designed to recognize boards that provide effective leadership to their districts through the use of good practices. This program acknowledges the importance of school board members and superintendents working together as effective teams. This is the first year that Vernon has won this Level II Award and was one of only 14 school districts in Connecticut to receive such a prestigious leadership award.

When I think about the Vernon Public Schools, I always remember this quote from John Wooden, legendary basketball coach at UCLA, "When you improve a little each day, eventually big things occur... Not tomorrow, not the next day, but eventually a big gain is made. Don't look for the big, quick improvement. Seek the small improvement one day at a time. That's the only way it happens - and when it happens, it lasts."

As you can see, Vernon is taking the steps necessary to take the district to the next level of educational excellence. The above accomplishments clearly demonstrate the potential in the Vernon Public Schools to be one of the best districts in Connecticut. Together - students, parents, guardians, teachers, staff members, administrators, and board members work towards educational excellence every day, to make our district a better place for all children. I am proud to be a part of this culture and I can say that 2016 was the next step forward for the Vernon Public Schools. Thank you.

Sincerely,  
*Joseph Macary, Ed.D.*  
Superintendent of Schools, Town of Vernon, Connecticut

### Parkinson's Exercise Program

There are presently 12 classes per week in 4 locations in CT with almost 50 Parkinson's clients participating. 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.  
email at [info@beatpdtoday.com](mailto:info@beatpdtoday.com) or visit web-site [www.beatpdtoday.com](http://www.beatpdtoday.com)



# Rockville High School Rockathon



On Saturday, January 20, 2017, over 100 students at Rockville High School, including National Honor Society students who sponsored the event, participated in the Rockathon to raise money for Connecticut Children's hospital. It was truly a community event.

Mrs. Ruth Hollm, mother of Rockville High School graduate Josh Hollm, organized the entire event. There were over 30 parent volunteers who volunteered hours making this a great night. The evening started with dinner for 10 Miracle Children, kids who have been or are Connecticut Children Medical Center patients and their families. When Olive Garden was asked to donate salad and bread sticks, they offered to cater the entire meal and they DELIVERED it. The families of the Miracle Children ate in the auditorium lobby. Then they were introduced to the crowd in the gym. Rockville High School students formed teams to stay with their child all night. They purchased gifts for them and made each child a poster.

There were many things to do - games, face painting and tattoos, dancing and food. A team of 16 students learned the Morale Dance, which was performed at the top of every hour. They spent many hours rehearsing for this evening. The Rockville High School Band performed throughout the evening. The Vernon Community Choir came and sang. Gary Benevides, a DJ from Benz Family Entertainment, volunteered his services for the evening and kept the kids out on the dance floor.

**continued on page 26**



## Rockathon ... continued from page 25

Trinity Lutheran Church let the school borrow many items and Thrivent Financial donated \$250 to buy soda, water, paper goods and snacks. Several local businesses donated pizza.

Olive Garden, BJ's, Moes Southwest Grill, Stop and Shop, Price Chopper, D'Angelos, Highland Park Market, Georgina's, Papa John's, New England Pizza, Anthony's Pizza, and Party City were businesses that donated items to the event.

Several Rockville High School faculty and staff members attended, including Ms. Marinan, Dr. Yachanin, Ms. Ayer,

Mrs. Sundt, Mrs. Jackson and Mrs. Krupienski. Some Rockville High School graduates even showed up!

The Vernon Police Explorer Post was present all evening, making sure the families of the Miracle Children had reserved parking outside the auditorium and that things were running smoothly inside.

Admission was \$5.00. All the food was sold to our students and there were many raffle prizes. Overall, it was a great night. This was the third Rockathon held here. Saturday evening, Rockville High School

raised \$3,151 to donate to Children's Hospital, bringing the total to over \$9,000 in three years. Pretty nice! The students were very excited all night. Lots of parents attended. The atmosphere was awesome!

Here is a link to some pictures and videos: <https://flipagram.com/f/12pmuPESuc1>

We have some really great kids at Rockville High School. Special thanks to Mrs. Hollm who did an amazing job with the entire event!

## Main Street Talcottville Bridge to be Rebuilt



### David Smith, PE.LS. Vernon Town Engineer

Tucked away on the very end of Main Street is a reminder of when Talcottville bustled with industry and Main Street was the place to be. The years have seen lots of changes to this area, including the construction of I-84, which sliced Main Street in half creating the now quiet cul-de-sac. What hasn't changed was the need to cross the river.

Built in the 1885, the bridge over the Tankerhoosen River, represented the

state of the art in engineering and modern design. Formally known as a Lenticular Truss and more commonly called an Elliptical Truss, it was made by Berlin Iron and Bridge Company of wrought iron elements pinned together in such a fashion as to be light, but extremely strong. This type of bridge was very popular at one time, but this is one of only a handful still remaining in service in the country.

Significant repairs to the bridge system were completed in 1995, providing a more robust central structure to carry modern traffic and pedestrians while still preserv-

ing the historic truss in place. Now it is time to re-build the entire system to meet current structural and hydrologic standards. The Town of Vernon has engaged Dewberry Engineers of New Haven to develop the plans and specifications for the reconstruction of this bridge. The funding of this project is through the Federal Local Bridge program, with 80% funding from federal grants and 20% originating from local funds. Dewberry is completing a preliminary design study to evaluate several alternatives, each of which would see the old truss removed, refurbished and reinstalled as a decorative element to the new materials. The estimated cost for the 4 options range from \$2 to over \$4 million.

The new bridge system will provide for one-way vehicular traffic over the river and provisions for a designated walk for pedestrians. As the process advances, the design will focus on the selected options. Additional design refinements will be made resulting in plans and specifications for the new work. This is expected to be completed in 2017 with the actual improvements targeted for construction in 2018.



# Town of Vernon Fire Department



## Part 1 of a 3 part series on the history of the Town of Vernon Fire Department

Early Beginnings - The Rockville Fire Department  
*Engineer Richard Bowman & Assistant Chief Robert Babcock*

The need for fire protection has always been clear for our community. Although all available records indicate that some firefighting was done prior to 1850 with a hand engine called the "Button Engine" (circa 1843), the first organized fire companies in the Rockville area were formed in 1854 and 1855. They were known as the Fire King Company and Hockanum Hose Company, respectively. Until 1880 these two independent fire companies were all that the village of Rockville had for fire protection.

In 1880 the Connecticut General Assembly granted the Town of Vernon the right to establish a fire district, an innovation in that time. Under this act, the town appointed a committee consisting of Crosley Fitton, George Sykes, and E. Stevens Henry to buy an engine. The \$3,500 Silsby horse drawn steamer was purchased in February of 1882 and

named "The Fitton" after Crosley Fitton, who had been so passionate in advocating for the improvements of fire department apparatus. In 1893 a Gamewell Company telegraph system was installed in the city to establish quicker notification of fire to the companies.

As the town grew so did the need of service from the Rockville Fire Department. In 1913, the progressive department consisted of the Hockanum, Fitton, and Fitch companies as well as the Snipsic Hook and Ladder company with its horse drawn wooden ladder truck.

As decades passed, horses were retired to pasture, and motorized fire apparatus brought hose, wooden ladders, and "iron" volunteer firemen to battle blazes in the greater Rockville area. The one thing that remains constant since 1854 to the present is the "volunteer."

Learn more about us and come join our volunteer family...  
[www.vernonfire.com](http://www.vernonfire.com).



# Vernon Volunteers' Collaborative Spring Events



The kids are off and running at Strong Family Farm's Chicken Run.  
Photographer: Jon Roe



Thousands of books at the Vernon Historical Society's book sale.  
Photographer: Jon Roe

This Spring we offer a variety of programs, something for every interest: music, poetry, art, gardening, trails and natural living. Try something new - you might find a new hobby. And for shoppers don't forget the annual VHS book and VGC plant sales.

## **GMOs: What We Need To Know**

Mar. 20 (Mon.)

Vernon Garden Club Program with Barry Avery, UCONN Master Gardener and biologist. 7 p.m.

## **Greater Vernon Holistic Healthfest**

Mar. 25-26

(Sat.-Sun.) Good health includes exercise and fresh air. Several VVC organizations exhibit including Strong Family Farm, Vernon Greenways Volunteers, The Tankerhoosen, NCLT and Vernon Park & Rec. See separate article for details.

## **Farm Work Day & 5k Chicken Run**

Apr. 8 & 9 (Sat.-Sun.)

More than a road race these Strong Family Farm events are the season's first outdoor family activities. Work day Saturday at 9 a.m. Chicken Run Sunday at 8 a.m.

## **Spanning The Hockanum**

Apr. 26 (Wed.)

Vernon Greenways Volunteers Spring kickoff program. Town Engineer Dave Smith will describe the planned 100 foot suspended bridge over the Hockanum River to be built this summer.

## **Vernon Historical Society's Annual Book Sale**

Apr. 28, 29, 30 May 6, 7

This popular annual event features a wide selection of used books, DVDs and books on tape.

## **Poetry Rocks**

May 7 (Sun.)

Arts Center East hosts State Poet Laureate Rennie McQuilkin, poets Joan Seliger Sidney and RHS poet Joyce Hida, who will read from their works. 2 p.m.

## **Vernon Garden Club's Spring Plant Sale**

May 13 (Sat.)

Annual sale of member grown plants at Sacred Heart Church. 8-10:30 a.m.

## **Spring Concert**

June 3 (Sat.)

The Vernon Chorale's Spring Concert is at the historic Talcottville Congregational Church. 7:30 p.m.

Organizations are still planning 2017 outdoor Spring hikes. To learn about these events visit [VernonVolunteers.org](http://VernonVolunteers.org).

To receive email announcements join our MeetUp group.

# Dean's List ~ Vernon Rockville High School Graduates

We are Proud of our Rockville High School Graduates!

**University of Connecticut announces fall dean's list -**

**VERNON:** - A-C: John Alexanderowicz, Kurt Anelli, Shelby Barnes, Catherine Bartol, Igor Biahliak, Matthew Bilmes, Alicia Biske, James Brakebill, Asa Brigandi, Caleb Brownell, Erin Brownell, Alyssa Condon. D-L: Gabrielle Donofrio, Daniel Dougherty, Taylor Fournier, Anna Hakey, David Hannon, Haley Hasty, Ethan Hotchkiss, Jinjoo Kang, Muryam Khan, Christian Kuntz, Lindsey Lentocha. M-P: Aaron Mackenn, Brianna Markunas, Amanda McCarthy, Megan McCollum, Maria Meier, Lisa Mueller, Tyler Oliva, Jacqueline Ose, Patrick Purcell. Q-Z: Roxton Quallo, Mathieu Roy, Andrew Sanchez, Andrew Simard, Melissa Smajevic, Zhouxuan Wang, Elizabeth Ward, Jeramys Williams, Sumaira Zaman.

**Central Connecticut State University releases fall dean's list -**

**VERNON:** B-K: Alyssa Baker, Muhammad Chudary, Michael El-Hachem, Evan Gaddy, Allena Grabner, Calvin Hines, Braho Hodzic, Hussain Khan. L-S: Jessica LaRose, Brian Lavallee, Heath Loder, Son Nguyen, Trixie Dianne Parcon, Sara Pare, Casey Rep-pel, Surinder Singh, Austin Storo.

**Western Connecticut State University announces fall dean's list**

**- VERNON:** Tashai Price, Christian Wheeler.

**University of St. Joseph announces fall dean's list - VERNON:**

Mehrin Bhuller, Alana Farnsworth, Amanda Kennan, Pakeeza Khan, Amber Phelps.

**Springfield College posts fall dean's list - VERNON:**

Brandy Holloway, Prisella King.

## North Central District Health Department

Enfield - 31 North Main Street, Enfield, CT 06082

(860) 745-0383 Fax (860) 745-3188

Vernon - 375 Hartford Turnpike, Room 120, Vernon, CT 06066

(860) 872-1501 Fax (860) 872 1531

Windham - Town Hall, 979 Main Street, Willimantic, CT 06226

(860) 465-3033 Fax (860) 465-3034

Stafford - Town Hall, 1 Main Street, Stafford Springs, CT 06076

(860) 684-5609 Fax (860) 684-1768

**Patrice A. Sulik, MPH, R.S.**

**Director of Health**

**860-745-0383**

### GET HEART HEALTHY THIS NEW YEAR

#### NCDHD Encourages Residents to Know Your Numbers

Do you want to take charge of your health this New Year? Not sure where to start? It is always time for educating the public about preventing cardiovascular disease, the nation's leading killer. Take charge of your health and to learn your numbers. The North Central District Health Department (NCDHD) encourages residents of all ages to take advantage of the many opportunities in your community to get to know your numbers and to make a positive health change in 2017.

"Before you can take charge of your health, you have to know your numbers," said Patrice Sulik, NCDHD Director of Health. "Understanding your blood pressure and cholesterol numbers is the first step to making positive changes in your lifestyle behaviors."

The term cardiovascular disease refers to a variety of diseases and conditions affecting the heart and blood vessels. The principal diseases are hypertension, heart disease, and stroke. According to the Centers for Disease Control and Prevention (CDC), about 610,000 people die of cardiovascular disease in the United States each year. It is the major cause of death for both men and

women. Deaths, however, are only a part of the picture. Cardiovascular disease can also be debilitating, affecting your overall health and quality of life.

Cardiovascular deaths are considered to be premature and preventable by modifying lifestyles. By living a healthy lifestyle, you can help keep your blood pressure, cholesterol, and sugar normal and lower your risk for cardiovascular disease.

A healthy lifestyle includes:

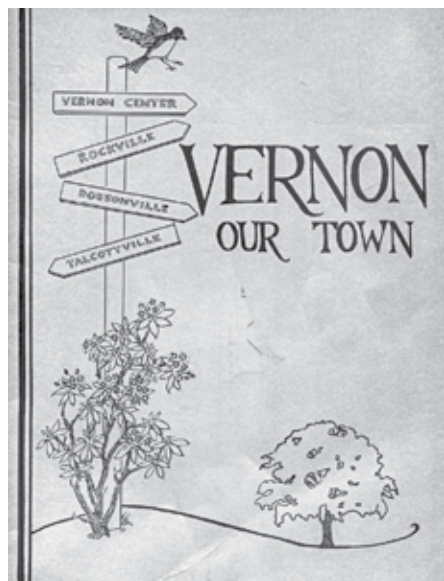
- Eating a healthy diet
- Maintaining a healthy weight
- Getting enough physical activity
- Avoiding tobacco products
- Limiting alcohol use

Know your numbers and take charge of your health this New Year! To learn more about cardiovascular disease visit the CDC website at [www.cdc.gov](http://www.cdc.gov).

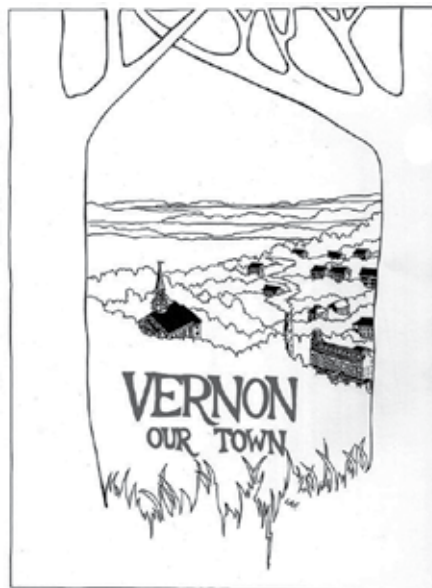
### ABOUT NCDHD

The North Central District Health Department (NCDHD) serves the communities of Enfield, East Windsor, Ellington, Stafford, Suffield, Vernon, Windham, and Windsor Locks. NCDHD is a full-time public health department with a full-time staff funded by its member towns and an annual per capita grant from the Connecticut State Department of Public Health. NCDHD provides professional public health services in the areas of health education and disease prevention, environmental health and emergency preparedness. The mission of NCDHD is to prevent disease, injury, and disability by promoting and protecting the health and well-being of the public and our environment. For more information about NCDHD visit [www.ncdhd.org](http://www.ncdhd.org).

# Vernon Historical Society ~ Local History Updated for 21st Century Children



"Vernon, Our Town"  
1967 edition



"Vernon, Our Town"  
1989 edition

When the Vernon Historical Society was formed 50 years ago, the founders felt there was a need for a local history book designed for school children.

The first edition of "Vernon, Our Town" was published in 1967 and used as a classroom text for 3<sup>rd</sup> grade students. In 1989, a committee from the Society collaborated with 3<sup>rd</sup> grade teachers and reading specialists to prepare a revised edition that included recent changes to the town along with the addition of photographs and supplemental activities.

Fast forward to the second decade of the 21<sup>st</sup> century. The time has come for another revision to the book. Vernon School Superintendent Joseph Macary enthusiastically supports the project. The revision committee includes Mrs. Tammi Venzie, English Language Arts Instructional Coach, Mrs. Shireen Rhoades, Reading Consultant at Maple Street and Mrs. Jean Luddy from the Vernon Historical Society. In the new book, the history of the town will be expanded to reflect changes since

the last edition.

The content of the book will be aligned with Connecticut State standards for Social Studies education, which will require the inclusion of more information about Civics and local government. The committee also wants to bring in web based projects and activities that incorporate the use of technology. They are exploring ways to involve students from Rockville High School, perhaps in the design and layout process of the book. An online photo archive is being planned that will allow teachers and students to access photographs from the VHS collection.

Work is underway on this exciting project. The new book will be the foundation for the grade 3 social studies curriculum and will bring our local history textbook into the 21<sup>st</sup> century.

For more information on the Vernon Historical Society visit [VernonHistoricalSoc.org](http://VernonHistoricalSoc.org).  
Member Vernon Volunteers' Collaborative.

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## 8th Annual Arctic Splash

The 8th Annual Arctic Splash took place on Saturday January 7th. The Arctic Splash raises monies for the Send-A-Kid to Camp Fund. Every summer the Vernon Parks and Recreation Department give out an average of \$25,000 in fee reductions and full week scholarships to families of the Vernon community to send their children summer camp that might not otherwise get a chance.

The 4-7 inches of predicted snow wasn't enough to stop the Arctic Splash. With several inches of snow already fallen participants from Rockville High School, Vernon Center Middle School, REK after school program, Vernon Police Department and several individuals showed up to make the splash. Clarissa Halpryn of VCMS brought her whole birthday party to take part in the fun. The Vernon Parks department chipped away a 20 X 20 foot area for the participants and the Vernon Fire Department brought their water rescue team and warming tent, which all the participants made sure to use.

Several awards were present by Vernon's Mayor Daniel Champagne for best costumes and most money raised.

- Most money raised by a business; Superior Energy
- Most money raised by an individual; William Nicholson



- Best Individual costume; Dalton Sunderland
- Best team costumer; Vernon Police Department

Dunkin Donuts provided hot chocolate for all participants and donations from Superior Energy, Photography on Demand, Olender's and CNC Software combined to donate over \$1,500. Combined with donations from VCMS, Vernon Police Department, Rockville High School, REK after school program and many individuals we will be able to provide 33 full week scholarships this summer.

Thank you everyone who donated, participated or just showed up for support. This was an Arctic Splash to remember.



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# Discover Your Premium Source for Holistic Health Options

The Greater Vernon Holistic Healthfest returns for the 8th time on March 25-26, as one of the state's largest educational fairs on holistic medicine.

Many of us are interested in holistic practices, but the number of choices and the time needed to research each option to make informed decisions can be overwhelming and confusing. Enter the Greater Vernon Holistic Healthfest! Held in partnership with the Town of Vernon, Youth Services Bureau, the Healthfest is a premier source for exploring natural and holistic medicine, offering approximately 93 exhibitors and 40 workshops. Proceeds from the fair benefit Vernon Youth Services programming.

Exhibitors and speakers come from all over the state and represent practitioners with reputations for providing scientifically-documented therapies and products. Holistic approaches include: green living, chiropractic, yoga, massage, integrative medicine, naturopath, nutrition, hypnotherapy, medical intuition, art therapy, herbs and supplements and natural foods. To support these practices, you'll also find crystals, jewelry, books, DVDs, candles, aromatherapies and much more.

After you've visited our exhibitors and have joined one of our informative workshops, you'll be pleased to visit our local restaurant vendors for a nutritious and fully-satisfying meal – and there are plenty of healthy snack choices!

Between practitioners, product vendors, workshops and authors, you'll gain a much greater understanding of how holistic modalities can enhance your overall well-being. Come learn about your natural health options and make informed decisions about what's right for you.

The Healthfest is held at Vernon Center Middle School, 777 Hartford Turnpike, 10 am-4 pm, March 25 & 26. Admission is \$5. For more information, visit: <http://vernonhealthfest.com>.

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**10 a.m. – 4 p.m.**  
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For events schedule and more info:  
**[www.vernonhealthfest.com](http://www.vernonhealthfest.com)**  
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# Arts Center East ~ Vernon Public Schools Annual Art Exhibit



Student show masks. Photographer: Paul Shimer



Wall of paintings. Photographer: Paul Shimer

Each year, students, parents and teachers eagerly anticipate the Vernon Public Schools Annual Art Exhibit. For the fifth year, Arts Center East will host the event with an opening reception for the town's elementary school students and their families from 5 - 6:30 on Thursday, March 23. The reception for Vernon Center Middle School and Rockville High School students and families will be from 6:30 - 8 that evening.

This exhibit is an opportunity for Vernon residents to celebrate the astounding creativity of the youngest members of our community. Drawings, paintings, prints, photographs, masks, ceramics and sculptures fill the galleries with a profusion of colors, textures, subjects and styles. Two-dimensional work hangs from floor to ceiling with three dimensional work displayed on tables throughout the galleries.



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It is exciting to see the progression of work from the delightful images of kindergartners to the sophisticated renderings of high school students.

For many children this is their first visit to an arts center. Seeing their work displayed in a professional venue confirms the idea that it is important and valued. Students and their families are proud to see their efforts honored in this setting. The exhibit is also a testament to the superb work done by our public school art teachers. The range of ideas, projects and media represented is a corroboration of the vision, resourcefulness and thoughtful guidance of the instructors.

Vernon is to be commended for recognizing the importance of art in the community through this annual exhibit. It affords an opportunity for residents of all ages to have fun together, while applauding the creative thought so essential to the success of the upcoming generation!

Last year over 1300 visitors enjoyed the exhibit. We hope you will join them this year! It will be on display March 23 - April 15. Gallery hours are Thursday - Sunday from 1-5 pm. For more information, go to [ArtsCenterEast.org](http://ArtsCenterEast.org). Member Vernon Volunteers' Collaborative.

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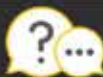
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## Legislative Breakfast in Vernon



The Vernon and Ellington Boards of Education, along with Ms. Michele Arn and Mr. Michael Purcaro, Connecticut Association of Boards of Education Area 3 Directors, and the Connecticut Association of Boards of Education, held a Legislative Breakfast on Monday, January 23, 2017. This event provided our region an opportunity to meet with state legislators to discuss legal and legislative issues facing schools in Connecticut today. Local School Superintendents, Board of Education Members, Towns of Vernon and Ellington Community Leaders and State of Connecticut Education Commissioner Dianna Wentzell attended the event along with the following legislators: Senator Tony Guglielmo, Representatives Timothy Ackert, Christopher Davis, and Michael Winkler.

Discussion topics included: Implement a fair, logical, transparent, and predictable school funding formula; place the burden of proof in special education due process hearings on the party challenging the placement; no new mandates; provide local flexibility for mandate implementation; and remove mandates that have not been sufficiently funded by the state; and support voluntary regional and collaborative efforts that offer cost efficiencies and/or program enhancements for students.



Dianna R. Wentzell  
Commissioner Of Education, State Of CT





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