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Town Manager's Corner

Here comes spring! Even though winter has been kind to us thus far, I am sure we all are ready for spring and the warm weather to return. As always, this is a busy time of year as we look forward to preparing for summer activities and planning for the upcoming fiscal year.

Budget preparations for the 2020-2021 fiscal year are well underway. The Board of Education has released its plan for the next year and Town staff and I are working on a proposed plan for general government. As always, that process will involve a number of public meetings and ultimately a vote of the Town's residents. Our first task is to look at the capital improvement and purchasing plans for the next year and upcoming years to ensure the Town has a good plan for the future. That part should be completed by early March. Budget meetings will occur in April and the Town Meeting and referendum will occur in May. Watch the Town's website for proposed budget information as we move through this important planning process.

In late February or early March, it is anticipated that the Town Council will have approved a contract for improving the water quality in Lake Pocotopaug during the summer by introducing oxygen into the lake to prevent problems

that lead to algae blooms and potential closures. An RFP for in-lake treatment was issued in January and the selected contractor will be implementing the approved program this summer. This work, coupled with ongoing efforts to improve conditions in other areas of the Lake Pocotopaug watershed, is expected to lead to a great summer of recreation and enjoyment on the water.



David E. Cox
Town Manager

As you will see inside this issue, the new Town Hall construction project remains on budget and on schedule. Staff is making plans to relocate Town operations to the new facility in mid-April. Watch for details on when we will open for business there and when we will be holding a ribbon-cutting and grand opening. I look forward to seeing you there.

David E. Cox,
Town Manager

A photograph of a modern bedroom set. The room features a light-colored wooden bed frame with a curved headboard and footboard. The bed is dressed in white linens and a striped decorative pillow. On either side of the bed are matching white nightstands with gold-colored knobs. A large window with sheer curtains is visible in the background, and a tall green plant is on the left. The overall aesthetic is clean and bright.

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Middle Haddam Library



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Does your organization need a place to meet?

Do you enjoy a quiet place to relax & read?

Would you like to join a book club or children's group?

Are you interested in the history of East Hampton, Cobalt or Middle Haddam?

Then the historic Middle Haddam Library is the place to visit.

Town Facilities Building Committee



The construction of the new Town Hall/Police Department/Board of Education facility is nearing completion. Work progresses on dry wall installation, painting, electrical and computer wiring installation, plumbing, and wall trim. New furniture is expected to be placed in the building by the end of March. The project is on schedule and on budget. Current plans have the move from the existing offices to the new facility around the weekend of April 10-13. The date for the Grand Opening has not yet been established but should occur by the beginning of May. More information on office hours around the moving dates and the Grand Opening will be posted on the Town website and in the local weekly paper.

Office of the Assessor

ELDERLY & TOTALLY DISABLED TAX RELIEF PROGRAM


Residents 65 years of age or totally disabled may be eligible for a tax credit on real estate. Income guidelines apply and are adjusted each year. Applications will be available starting in February and must be filed on or before May 15, 2020. Per the State of Connecticut, the maximum income for a single taxpayer was set at \$37,000. The maximum income for a married couple was set at \$45,100.

PROPERTY TAX EXEMPTIONS FOR BLIND OR TOTALLY DISABLED PERSONS

Connecticut law provides for a \$3,000 assessment exemption for taxpayers who are legally blind. Connecticut law also provides for a \$1,000 exemption for totally disabled persons who are receiving benefits under a federal, state or local retirement plan, which contains requirements comparable to those of the Social Security Administration.

continued on page 6

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Assessor... continued from page 5

HANDICAP EQUIPPED VEHICLES

In East Hampton, by municipal ordinance, privately used motor vehicles that have been retrofitted to accommodate a handicapped person may be fully exempted from property taxes.

VETERANS

Low-income veterans or their widow(ers) may be eligible to receive an additional exemption per the State of Connecticut. Home ownership is not required. Additionally, a low-income veteran's exemption is available per local ordinance.

Additional exemption information can be found at: <https://www.easthamptonct.gov/assessor/pages/tax-relief-programs>.

REAL ESTATE CHANGE OF MAILING ADDRESS

The Office of the Assessor is responsible for all real estate mailing addresses. Once a mailing address is updated in our office the change is updated in the Collector of Revenue's Office for tax and/or sewer billing. If you recently changed your mailing address, please visit our office or our Change of Address Form on the Assessor's page of our website at: <https://www.easthamptonct.gov/assessor>

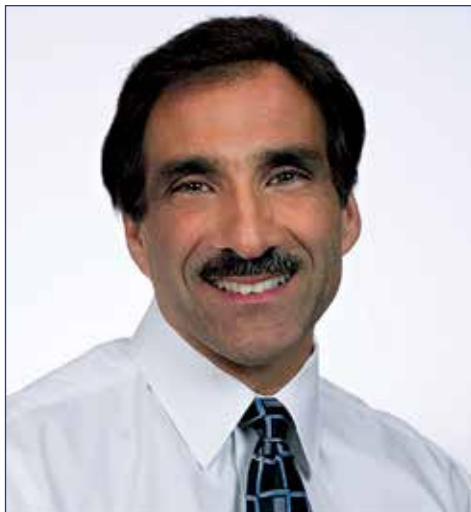
Additionally, give us a call just to confirm your mailing address. Quite often, tax bills are sent to mortgage companies. To receive additional mail from the Town an address update might be needed. This is especially true for post office box holders in the Middle Haddam and Cobalt sections of East Hampton.

Town Clerk's Office

A friendly reminder from the Town Clerk's office to contact your veterinarian to confirm your dog is up-to-date with all its vaccines. All dogs over six months must be licensed by the 30th of June of each year. A current rabies certificate is required to license your dog.

IMPORTANT DATES TO REMEMBER:

- Opening Day for Freshwater Fishing - April 11, 2020
- Absentee Ballots become available for Presidential Preference Primary - April 7, 2020
- Presidential Preference Primary - April 28, 2020
- Dog License Renewal - Any day in the month of June



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Building Department

Consumer Protection
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Systems



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The most important component of any sprinkler irrigation system is the source of water. The water source may be a pump and well or a main supply source. BACK-FLOW PREVENTERS are required for a main water source to allow flow in one direction ONLY. This will prevent water from returning into the drinking water supply with potential contaminants.

A license and permit are required for installation of a lawn or garden irrigation system.

Irrigation work falls under the State's legal definition of Plumbing and Piping Work, and therefore, irrigation installers need a plumbing and piping work license. (CT General Statute Section 20-330.) The Department of Consumer Protection is responsible for the licensing of all occupational trades persons who perform work in CT.

Please visit our website for the Fact Sheet from the Department of Consumer Protection for installation of irrigation systems. It can be found at: www.easthamptonct.gov, click on departments and click on Building.

New in Town!



Jeanne Nuhfer

East Hampton has a new asset. It is the Edward Jones office located at 205 East High Street. Headed up by financial advisor Jeanne Nuhfer and branch office administrator Patty Giglio, the East Hampton office opened in September 2019. While new to the town, there is a wealth of experience upon which to draw. Jeanne has been an Edward Jones investment advisor since 2014, after 13 years of serving as an investment advisor for a local community bank. For an award-winning advisor, it is all about serving the community.

"It's about becoming part of the family," she says. "It's really great. I can help people. I meet with them, look at their goals and needs. We work together towards common goals. I really do enjoy it." While seeking out an investment advisor can be intimidating, Jeanne's newly remodeled and welcoming office puts clients at ease. From there, the work begins.

"A lot of people are afraid," Jeanne explains. "Sometimes they don't know what an advisor is. You need to listen, listen to what they want and need. It's not about you. It's about them." Jeanne employs a solutions-based approach tailored to each individual's investment goals. While results can never be guaranteed, she finds great satisfaction when her clients reach their goals.

"A couple came in," she relates. "They thought they needed four years to retire. They had done the right things and found they could retire in one year." She notes that the couple continued working. "But they felt like a great weight was lifted off their shoulders."

A Connecticut native, local efforts are important to Jeanne - from exchange clubs, to historical societies, to hockey associations. She strongly believes in volunteerism. That selfless dedication to the local community translates to her work. "Integrity, honesty - that's what's important," she notes. "We can't guarantee anything. But we try to do the best we can."

Edward Jones
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jeanne.nuhfer@edwardjones.com/[jeanne-nuhfer](https://www.edwardjones.com/jeanne-nuhfer)

Office of the Collector of Revenue

The Collector of Revenue would like to remind East Hampton taxpayers that all outstanding vehicle taxes associated with your name and/or your VIN#, including taxes not yet delinquent but due, must be paid in full in order to be released with DMV. If you are seeking an immediate motor vehicle release please pay in person at the Tax Office with cash, money order or bank check. Be sure to let the Collectors

know you need to be released with DMV before you leave.

The Town of East Hampton offers online payments options to our taxpayers by visiting: www.easthamptonct.gov DMV releases will not be given for 10 days when paying online. It takes 24-72 hours for the Tax Office to receive your payment as we are using a third party provider for this service.

Please note that a convenience fee will be applied to your payment when paying online. If you are paying by ACH/checking account there is a fee of \$0.50 per transaction. If you are paying with a debit card, there is a fee of \$3.95, and if using a credit card there is a fee of 3% of the total payment amount. The convenience fee is non-refundable as it goes to a third party provider.

Public Works

The winter season is well underway. Traditionally, we identify the "winter season" as the period from November 15th until April 15th. During this time frame when not actively conducting snow removal operations, the majority of the department's efforts are spent battling icing conditions, maintaining drainage and gravel roads, clearing roadside brush, maintaining vehicles in service ready condition, and stock piling supplies for the next weather event. During this time the Department remains vigilant and ready to take on what comes. This is also a time of planning for the Public Works Department where plans, budgets and schedules are being developed for the upcoming construction season.

Residents are reminded to refrain from parking on the road during snow and storm events. Cars parked on the road substantially hinder and delay our snow removal operations. Please find an off-road location to park your vehicles. Please also be reminded all garbage and recycling carts should be placed behind the curb/edge of road and removed promptly when emptied as these obstacles can also be a significant impediment.

The Department is pleased to announce that the Town has partnered with the Mattress Recycling Council of Connecticut. The Council provides no cost mattress recycling to municipalities.
continued on page 10

A Round of Applause *and* Many Thanks to You.



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During this season of giving, we give our thanks to you, our neighbors and friends. Thank you for your generosity of time, talent, and resources to support a passion or area of interest that improves the quality of life for all.

Thanks to you, we are making a real difference. With your support, we work in partnership with our local nonprofits and provide grants to help fund their amazing programs and services – all for a better today *and* a better tomorrow.

Thanks to you, by combining resources, we do make even the smallest gift have a big impact - through charitable funds that support animal welfare, arts and culture, health and social services, history, education, the environment, civic improvements, recreation, and economic security and opportunity.

Thanks to you, great things happen every day in your community.

We invite you to learn more by calling us or visiting us online.

Public Works... continued from page 9

This partnership should result in a significant cost savings to the town in reducing fees, and bulky waste flow from our transfer station. They have placed a dedicated box at the transfer station for the collection of mattresses and box springs. Guidelines for

recycling are on the container and station attendants are available to answer any questions about the program. There is no cost to residents for utilizing the recycling program.

East Hampton Citizen Emergency Response Team (CERT)

The East Hampton Office of Emergency Management is currently accepting applications for the next Citizen Emergency Response Team (CERT) class which is expected to be held in the near future. The 20-hour initial training course is offered free of charge to East Hampton residents and others who have an interest in our town.

CERT members are trained to provide local, immediate support to emergency responders during a disaster. They perform duties such as shelter support, crowd control, and assistance in evacuations. They also help year-round with preparedness outreach, drills, and fire safety education.

Using the training learned in the classroom and during exercises, CERT members can assist others in their neighborhood or workplace following an event when professional responders are not immediately available to help. CERT members also are encouraged to support

emergency response agencies by taking a more active role in emergency preparedness projects in their community.

The initial training program consists of 20 classroom hours offered over several weeks, either in the evening or over a couple of weekends. Topics covered include disaster preparedness, fire safety, first aid and medical operations, and search and rescue methods. You do not need any particular knowledge or training prior to enrolling, and there are jobs for all skill and fitness levels.

Volunteers must attend all classes or make special arrangements with the instructor.

Following training, members are provided with all needed supplies including safety vests, identifying clothing, hard hats, safety gloves, etc.

Once initial training is completed, members meet once a month for additional

training and activity updates. Recently, the current CERT members have learned about considerations when addressing the needs of disabled and frail elderly persons, special accommodations for sheltering pets during an emergency, recurrent CPR training, information about blood borne pathogens, and the workings of Web EOC (the State's online emergency tracking website). Fortunately, there have been no recent emergencies, but CERT members work hard to keep their skill levels high.

If you have questions about CERT, or would like to register for the upcoming training, please call or email Rich Klotzbier, Emergency Management Director, at: 860-267-0088 or firemarshal@easthamptonct.gov; or Karen Olson at: 860-301-6486 or kayo4321@hotmail.com. Please leave a message with your contact information. Information about the national CERT program can be found at: <http://www.citizencorps.gov/cert>.

Arts & Culture Commission

ARTS & CULTURE COMMISSION

GRANT APPLICATIONS

The East Hampton Arts & Culture Commission welcomes grant applications from East Hampton organizations and individuals with programs and/or projects that enrich the lives of East Hampton residents through the arts. Deadline to apply is April 1, 2020.

ELIGIBILITY

One of two \$300 grants are available to be awarded to individuals or organizations residing in East Hampton, Connecticut. The commission reserves the right to award a grant to an individual or organization it determines will have the most potential impact of arts and/or culture on the town. Incomplete forms will be denied; applicants can resubmit.

CRITERIA FOR AWARDING GRANTS

The artistic and organizational quality of the organization and/or project and its likelihood of continuing viability or success. The organization's or project's accessibility and service to the East Hampton community. Grant recipients must credit the East Hampton Arts and Culture Commission on all press releases, posters, print advertising and programs.

EVALUATION

An interview may be requested of the candidate prior to awarding the grant. An update of your progress will be required six months post-award date and a final report will be required one year post award date.

Applications are available at: www.artsforeasthamptonct.org.

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Members Needed for Arts & Culture Commission & Goff House

NEW MEMBERS NEEDED ON THE EAST HAMPTON ARTS & CULTURE COMMISSION

The Mission of the East Hampton Arts & Culture Commission (EHACC) is to foster, promote, encourage and celebrate the excellence, enjoyment, and abundance of arts and culture in our town.

The Commission meets the third Thursday of the month at 6:30 pm at the Joseph N. Goff House Museum, 2 Barton Hill Road. We are comprised of an eclectic mix of East Hampton residents including a retired elementary school teacher, a former nurse and member of the Chatham Historical Society, several artists, a local business owner and a retired veteran. Two more alternate members are needed to have a complete board of 7 members and 2 alternates. Won't you join us to help support and promote arts and culture in East Hampton? Interested volunteers may submit an application at the East Hampton Town Manager's Office, 20 E. High St., East Hampton. Contact us at: arts@easthamptonct.org or to learn more about the EHACC, visit us at: www.artsforeasthamptonct.org.

VOLUNTEERS NEEDED ON THE JOSEPH N. GOFF HOUSE MUSEUM BOARD OF DIRECTORS

The Joseph N. Goff House Museum is looking for new members

to serve on the board of directors. Located in the historic Village Center, 2 Barton Hill Road, the museum stands as proud testament to our community's cultural, civic, and architectural heritage. Our museum space invites and supports a wide variety of cultural and enrichment programs aimed at adding quality and depth to community life including the annual Goff House Gazebo Concert Series, held five Thursdays each week in the summer in the East Hampton Village Center and the Top 10 East Hampton High School Student Award Program held every June at the East Hampton Public Library.

The museum also houses artifacts and memorabilia of Connecticut's 84th Governor and East Hampton native son, William A. O'Neill and has a current exhibit on the history of East Hampton titled "The Founding of Chatham 1767."

Although we currently have 4 dedicated volunteers to serve on the board, more are needed to continue the museum mission and to offer additional programming. Meetings are generally held the first Monday of the month at 6:30 pm at the museum. More information is available at: <http://goffhouseehct.blogspot.com/> or call Dean Markham at: 860-918-4400.

East Hampton Volunteer Fire Department Aerial Apparatus Proves the Point

When Fire Chief Greg Voelker began the process to replace the Department's aging ladder truck a couple of years ago, two of the most important elements in the selection criteria for the new truck were extension reach and vehicle maneuverability.

The old ladder truck was equipped with a seventy-five-foot aerial that was proving to be too short to meet the town's current needs, as condominium complexes and larger homes were being constructed farther back from resilient street surfaces, limiting access to chimneys and roofs. Additionally, the older vehicle rode on a long chassis that required twin axles in the rear to support both the weight of the truck and its cantilevered positions during aerial firefighting operations. Twin axles significantly increase the turning radius of large vehicles, rendering them extremely difficult, if not impossible, to maneuver in tight, densely developed areas such as those surrounding Lake Pocotopaug.



After a significant amount of research and consideration, Chief Voelker and his Apparatus Committee selected, and the Town subsequently purchased, the Pierce Ascendant, a revolutionary design which features a one hundred and seven foot

aerial ladder mounted on a single axle chassis. "The combination of the extended stick and the single axle makes this Pierce Ascendant the perfect apparatus for our needs, resolving both the reach and the agility issues at the same time and

ensuring that our crews can effectively deploy and combat a large structure fire anywhere in town”, Chief Voelker said at the time of its entry into service.

While the department’s new ladder truck (Ladder 1-12) has responded to numerous emergency calls and has proven many times it can get in and out of every area in town, it has (fortunately) never had to “put to the test” - having to fight a large structure fire in a tight area with limited access and be able to contain the entire incident. That is, until the EHVFD was recently called for mutual aid assistance to East Haddam . . .

At 4:00 am on a cold January morning, a full assignment from the EHVFD was dispatched to a structure fire in the Moodus Reservoir area of East Haddam, with initial reports indicating heavy fire conditions. Making its way through a seemingly endless maze of winding, narrow dirt roads, Ladder 1-12 was the first apparatus on scene. The photo on the bottom of the previous page shows the conditions crews faced upon arrival. Setting up quickly for operations, firefighters utilized the aerial’s extension EHVFD Elects Officers for 2020 and reach to not only extinguish the main body of

fire but also to protect the homeowners cars in the driveway, a nearby shed, an RV parked close to the home and adjacent properties, with no serious injuries reported.

“In that one incident in East Haddam, Ladder 1-12, with its crew, proved its full capability to perform exactly what it was intended to do - get into tight quarters easily, hit a lot of fire with a lot of water quickly, and cover a large incident area effectively and efficiently” said Chief Voelker. “We will protect our residents the same way.”

EHVFD Elects Officers for 2020

The East Hampton Volunteer Fire Department recently elected Department & Company Officers for 2020. In command of the Department, Fire Chief Gregory Voelker and Deputy Fire Chief Marty Swan will each serve the second year of their two-year terms, while Assistant Fire Chief Peter Freund was re-elected to a two-year term and will serve through the end of 2021.

Collectively, the three chiefs bring close to 130 years of firefighting experience and expertise to the Department at the senior leadership level.

Re-elected to the Department’s Executive Board for 2020 were: Dan Burdick (Chairman,) Jim Burke (Vice-Chairman) from Company 1; they will serve with Bill Field (Secretary) and Greg Stanhope from Company 2. Shawn Webster and John Kovach were elected to their first terms on the Executive Board, representing Companies 1 and 2, respectively. Marty Swan will continue to serve as Department Secretary / Treasurer.

Fire Chief Voelker also made the following Department-level appointments:

Safety Officer:	Marty Swan
Chief Engineer:	Dan Burdick
Public Information Officer:	Jim Burke
EMS Coordinator:	Jim Burke
Junior Division Advisors:	Jim Burke and Scott Howell

Company Line Officers are elected to one-year terms and include the following:

Company One (Headquarters, Barton Hill Road):
Captain: Robb Rainville
Lieutenants: Shane Owen, Paul Owen, Matt McKinney
Assistant Engineers: Fred Royce and Ken Royce
Secretary / Treasurer: Jim Burke

Company Two (Cobalt):
Captain: Marty Voelker
Lieutenants: Kevin Scranton and Donald Scranton.
Assistant Engineers: John Kovach and Joe Guest
Secretary / Treasurer: Bill Field

The Line Officers from Company 1 also have command responsibility for the manpower and apparatus at the Company 3 firehouse on White Birch Road.

The EHVFD remains an all-volunteer organization dedicated to safety and well-being of the residents of East Hampton and surrounding towns. The department’s firefighters sincerely appreciate the steadfast support of the community as they fulfill their duties and new members are always welcome. For information regarding opportunities to serve within the department, please contact Department Headquarters at: 860-267-2198.



WHAT IS 2-1-1?

It is Connecticut’s free and confidential information and referral service. By calling 2-1-1, a toll-free number throughout CT, callers can reach knowledgeable, multilingual staff and get information, referrals or seek help in a crisis. 2-1-1 operates 24 hours-a-day, every day of the year. TDD access is available. Visit the website for more information: <http://www.211.org/#>

PARKS & RECREATION



MISSION STATEMENT

The East Hampton Parks and Recreation Department is committed to providing innovative program opportunities and well-maintained facilities that enrich the East Hampton community.

STAFF

Jeremy Hall, Director
Shawn Mullen, Program Coordinator
Sheri Yorker, Office Assistant
Joshua Seymour, Parks Maintainer II
Matthew Kerkes, Parks Maintainer I

ADVISORY BOARD MEMBERS

Deborah McKinney, Chairperson
Tim Adams Sheryl Dougherty
Chris Hanson Courtney HYTE
Daniel Roy Jessica Rurka

CONTACT INFORMATION

PARKS AND RECREATION DEPARTMENT

www.easthamptonct.gov
Telephone: 860-267-7300 Fax: 860-267-1027
Jeremy Hall: jhall@easthamptonct.gov
Shawn Mullen: smullen@easthamptonct.gov
Sheri Yorker: syorker@easthamptonct.gov

MAILING ADDRESS DROP IN LOCATION

Parks and Recreation 240 Middletown Avenue
20 East High Street East Hampton, CT 06424
East Hampton, CT 06424

Afternoon Adventures After-School Program

860-367-5429 - Memorial School location
860-781-0209 - Center School location

Sears Park Pavilion

860-267-7178

Youth and Family Services

860-267-7300

Sears Park

FACILITIES: All rental request forms are available online at:
www.easthamptonrec.com

PAVILION: Residents of East Hampton can rent the Pavilion for events for full or half-day rentals. The fees are \$75/half-day or \$125/full day. All reservations require a security deposit of \$125.

LION'S PICNIC SHELTER: Sears Park patrons may use this shelter when it is not reserved. Reservations are posted daily on the small kiosk next to the shelter with the specific reservations for that day. There is no cost to reserve the shelter; however, a completed reservation form is required.

GOVERNOR WILLIAM A. O'NEILL PERFORMING ARTS

GAZEBO: The Gazebo can be used for small family-oriented performances and programs such as small musical performances, magic shows, plays, variety groups, etc. Music concerts are restricted to acoustic, instrumental or small jazz venues. Weddings and other special celebrations will be considered. Venues are lawn seating.

The gazebo will not be used for loud bands and or concerts. The fees are \$75 per day and a \$25 additional fee is added on if electrical or stage lighting is required. All reservations also require a \$125 security deposit.

FREQUENTLY REQUESTED INFORMATION

EAST HAMPTON LITTLE LEAGUE

www.easthamptonlittleleague.sportssignup.com
For boys and girls ages 6 - 18 (by July 31 of the current year)
Registration takes place in January.
Practices for the season begin in late March.
Opening day is in April. Fall season begins in September and is open for children ages 8 years and up.

EAST HAMPTON TRAVEL BASEBALL

Tom Weyrauch - 860-881-7360

YOUTH FOOTBALL AND CHEERLEADING

www.ehyouthfootball.org
For boys and girls ages 7 - 14
Email: info@ehyouthfootball.org

EAST HAMPTON SOCCER CLUB

TOWN RECREATIONAL LEAGUE

www.easthamptonsoccerclub.org
For boys and girls Pre-K - 8
Spring season is late March-June.
Registration for spring takes place in January.
Fall season is late August-October.
Registration for fall takes place in June.

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TRAVEL SOCCER

www.easthamptonsooccerclub.org

For boys and girls ages 8 - 18

Email Soccer Club for tryout information

JOSEPH N. GOFF HOUSE

Contact: Brian Lemire - 860-467-4001

EPOCH ARTS

www.epocharts.org

Email: info@epocharts.org

Contact: Elizabeth Namen 860-365-0337

REGISTRATION AND PROGRAM INFORMATION

Program enrollments are accepted online at www.easthamptonrec.com. Registration forms are available online at www.easthamptonrec.com, or at the Parks and Recreation Office.

All registration forms must include payment. Payment is required at the time of registration. All registrations are taken on a first come, first served basis. We accept MasterCard and Visa. Please make checks payable to East Hampton Parks and Recreation. Cash payments should be made in the office only. Please do not try to register or pay program instructors unless indicated. Registration confirmations are available by e-mail if subscribed to on your main account page at www.easthamptonct.gov. No other confirmations are provided; however, if you have registered with us and paid, you will be on the final roster.

Program Refund Policy as of September 1, 2018

If you are unable to attend a program you have registered for, please contact us. You must contact us 7 days before a program starts to receive a 100% refund. Cancellations inside of 7 days will receive a 50% refund or be issued an account credit for another activity. After the program starts no refunds will be issued. Our ability to refund money for trip cancellations depends on our contractual agreement with the travel companies.

In the event of inclement weather, all programs are cancelled if school is closed or has an early dismissal. Cancellation information is posted on WFSB Channel 3 Early Warning Network. Households who have subscribed to the online registration site's e-mail notifications will receive an e-mail regarding the cancellation. Program times are subject to change based on enrollment numbers. Programs will be cancelled if the minimum enrollment number is not reached.

Applications for reduced-tuition scholarships are available at the Parks and Recreation Office and Youth and Family Services. All information is strictly confidential. This is an application

process. Only programs run directly by East Hampton Parks and Recreation qualify. A portion of your enrollment fee may be put into your Special Revenue Program account for the East Hampton Parks & Recreation Department to maintain or enhance this program or other programs. This fund is not associated with the General Fund of the Town of East Hampton.

SIX FLAGS AND LAKE COMPOUNCE

Discounted Tickets

We offer good any day discounted Six Flags and Lake Compounce tickets. Tickets are available for pickup at the Parks and Recreation Office. There is a one-time fee of \$5 per household to purchase these good any day tickets.

Six Flags: \$41

Lake Compounce: \$29.50

SPRING EGG HUNT - April 4 - 10:00 am

(Rain date April 5) - Center School Field

Come on out for an egg hunt! Kids up to 10 years old can search for candy and prizes. Please pre-register at www.easthamptonrec.com so we can make sure we have enough candy and prizes. This is a free event. If you would like to donate candy for the event, you may drop it off at the Parks and Recreation Office.

NEW YORK YANKEES VS. BOSTON RED SOX -

May 8 - 7:05 pm Game Time

We have a limited amount of tickets for the May 8th Yankees vs Red Sox game at Yankee Stadium. Tickets are in section 205 rows 8 and 9 (Main Level) and include a hot dog, choice of water bottle, 12oz soda, or 12oz beer. You are on your own for transportation to and from the game.

Cost: \$85

SEAMSTER PARK FUNDRAISER GOLF TOURNAMENT -

May 14 - 10:00 am Shotgun Start

We are raising money for the final phase of the Seamster Park Playground, which is the ROPES COURSE! Join us for an awesome day of Golf at Blackledge Country Club. Register your 4-some now at www.easthamptonrec.com or sign up as an event sponsor. The tournament is a scramble format and includes lunch, dinner and two drink coupons for each registered golfer. There will be raffle items as well as prizes for the winners.

SEARS PARK FAMILY FUN NIGHT - July 16

Join us for a fun filled evening in Sears Park. We will have games, prizes and a bounce house setup starting at 5:00 pm followed by popcorn, refreshments and a movie at 8:30 pm (refreshments available for a small fee.)

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AFTERNOON ADVENTURES - After-School Program

Afternoon Adventures meets at Memorial Elementary School before and after school each day from 7:00 am - 8:30 am and 3:00 pm - 6:00 pm, and at Center School from 3:00 pm - 6:00 pm. Students in grades K-5 can attend the program on a full time or part time basis. Registration is done on a monthly basis, either online or at the Parks and Recreation Office. You must enroll for the whole month and may register for two days per week, three days per week, or full time. Your daily schedule must be provided to the Parks and Recreation Office upon sign up (example: Tuesdays, Wednesdays, and Fridays.)

Care is provided on scheduled school half days from when school gets out until 6:00pm for no additional charge. Registration for 2020-2021 school year will start in July of 2020.

Location: Memorial Elementary School, Cafeteria and Center School Cafeteria
 Cost: Monthly Registration - Cost depends on number of days attending. Visit www.easthamptonrec.com for rates
 Dates: Monday-Friday of school days; First day of school - last day of school
 Times: 7:00 am - 8:30 am and 3:00 pm - 6:00 pm

FLAG FOOTBALL LEAGUE

This program for boys and girls ages 7-13 provides young players a fun and exciting opportunity to engage in non-contact, continuous action while learning lessons in teamwork. Games will all be held on Sundays. This season we are excited to announce that we are again partnered with NFL FLAG FOOTBALL, so each registration includes a flag belt and official NFL FLAG jersey. Prior to the start of the season (April 26), players will all be required to attend an evaluation / clinic day. This will assist us in creating equal fair teams for the league. Games will start May 3 and there will be 7 games.

Volunteer coaches are needed for this program. Coaches will receive one free registration for their child. Please contact the Parks and Recreation Office to register as a coach. All players must pre-register and complete this form and register with East Hampton Parks and Recreation: <https://www.nflflag.com/form/player> in order to participate.

Cost: \$105

**DANCE CLASSES with Patience Coleman
 Ballet/Jazz Combo ages 6-8 (stay after school)**

About the class: Ballet is the basis for all forms of dance. It develops poise and grace as well as flexibility and control. Jazz is a free style form of dance developing strength and technique through isolated movements. This class will introduce warm-up and stretch, technique, body placement, balance work, turns, leaps

and beginner dance combinations. Dancers will need a leotard, dance pants/shorts and basic ballet shoes (jazz shoes as desired.)
 Times: 3:30 - 4:30 pm

Pre-Ballet ages 3-5

About the class: Pre-ballet is a creative and fun way to introduce ballet basics to your little one. The class will focus on balance, flexibility, rhythm, motor skills, beginner ballet moves and your child's imagination. Dancers will need a basic leotard, tights (boys in sweatpants and t-shirt) and basic ballet shoes.
 Times: 4:30 - 5:15 pm

Beginner Hip Hop ages 8-10

Hip Hop is a highly aerobic and expressive form of dance. This type of dance helps develop rhythm, coordination and musicality. Dancers will need leggings/yoga pants, t-shirt and clean sneakers or hip hop shoes.
 Times: 5:15 - 6:00 pm
 Location: Memorial School
 Cost: Ballet/Jazz Combo - \$60; Pre-Ballet - \$50; Beginner Hip Hop - \$50
 Dates: Mondays, April 6 - May 11

ZUMBA® with David Tiefenbrunn

Zumba® is a dance fitness class using music and rhythms from around the world. Using a mix of high and low intensity moves, you get a calorie burning full body workout. Zumba® is adaptable to your particular condition and or limitations. Some of the benefits of Zumba® include improved endurance, strength, balance, flexibility and heart health. The upbeat music and movements improve mood. The dance aspects are good for keeping your mind sharp. Come try a class or 2 - if you enjoy the music, the moves will come to you - Ditch the workout, join the party!
 Notes: Wear sneakers or Zumba shoes, bring a water and towel
 Location: Memorial School Cafeteria / Sears Park Pavilion after June 3rd
 Class Prices: CARDS - \$75 for 10 classes. No expiration date
 DROP INS: \$10 drop in anytime
 Dates: Monday and Wednesday
 Times: 6:30 pm - 7:20 pm

APRIL VACATION ADVENTURES

Do you love Sears Park Summer Camp and Afternoon Adventures? Join us for April Vacation. Each day will offer a variety of crafts, sports and games. We will also enjoy a field trip on Thursday. Participants need to bring a lunch, snack and re-fillable water bottle to camp each day. Everything should be labeled with the camper's name. A backpack is recommended. Please leave all electronics at home. This program has a minimum

Parks & Recreation

number of sign-ups that must be met for it to run (BOTH REGULAR CAMP AND EXTENDED CARE). If minimum numbers are not met sessions will not run.

Deadline to Register is April 3!

Location: Sears Park Pavilion
For: Grades K-8
Cost: Regular Camp Hours
9:00 am - 3:00pm - \$155
Extended Care Hours: 7:30 am - 9:00 am - \$35,
3:00 pm - 4:00 pm - \$30,
4:00 pm - 5:30 pm - \$35
Dates: April 13 - April 17

ADULT RECREATIONAL BASKETBALL

Gregg Johnson and Mark Piscatelli

This program offers non-competitive recreational basketball for adults. You must be an East Hampton resident to participate.

Location: Adult age 19+: East Hampton Middle School; Adult age 35+: Center School Gym
For: Adults age 19+
Cost: \$50 for the full season or \$3 at the door (19+ program only)
Dates: Monday and Thursday until May 16
Times: 6:30 pm - 9:00 pm

SEARS PARK SUMMER CAMP

Camp Director: Heather Holbrook

Field Trips and Themes are posted online at: www.easthamptonrec.com with more details. Sears Park Camp is an eight-week day camp held at Sears Park. The campers have a blast! Each day offers activities such as crafts, sports, and games. The entire camp goes swimming and has sandcastle contests most afternoons.

Each week there will be a special theme and field trip. Swimming is fully supervised by our ARC Certified Lifeguards and camp staff. The camp staff is CPR/First Aid Certified. Participants can sign up for one week at a time or for all eight sessions. Campers should bring a lunch, snacks, drinks, water bottle, sunblock, swimsuit, and towel. Everything should be labeled with the camper's name. A backpack is recommended. Please leave all electronics at home.

For: Boys and Girls entering grades K-8 in the fall of 2020 (some field trips and activities will be different for grades 6-8.)
Camp Hours: Monday-Friday 9:00am-3:00pm
Weekly tuition: \$155 first child, \$135 per sibling
Week of June 29 - July 2 (no camp July 3) - \$130 first child, \$110 per sibling
Extended Care: Available in weekly one-hour blocks:
7:30 am - 9:00 am (\$35 per week),

3:00 pm - 4:00 pm (\$30 per week),
4:00 pm - 5:30 pm (\$35 per week.)

Payment for the first week of camp, plus a \$25 per child per week non-refundable deposit is required to enroll. You will not be enrolled in camp until these deposits are received. Tuition is due by Wednesday for the following week. Field trip costs are included with tuition.

Payment for the first week your child will be attending camp, including extended care fees for the first week and the required deposits for subsequent weeks need to be submitted to the Parks and Recreation Department to be enrolled. Checks should be made payable to East Hampton Parks and Recreation if paying with a check. Online registration is available at: www.easthamptonrec.com

COUNSELOR IN TRAINING PROGRAM -

Sears Park Summer Camp

Do you want to be a camp counselor in the future? Then this is the program for you. This program will challenge you, inspire you, and allow you to make a difference in the lives of others. The goal of the program is to develop leadership skills that you can use throughout life and to help others and yourself identify and achieve goals. We help to develop your skills in leading and teaching children. All interested CITs will need to fill out an application, interview, set goals and be evaluated through your session. Applications will be available on the Parks and Recreation website: www.easthamptonrec.com his program has a limited amount of availability (4 per session) and is divided into two sessions. Participation as a CIT does not guarantee you a future position as a camp counselor.

Session I: June 22 - July 17
Session II: July 20 - August 14

There are also options for the Memorial School summer programs. See website for details and applications. Participants will also need to attend all required staff training events prior to the start of camp. Depending on the number of applicants, participants may be limited to just one of the sessions. Application Deadline is March 31st.
Cost: \$200 per session.

MEMORIAL SCHOOL SUMMER PROGRAMS

EXTENDED CARE - Kat Robinson

Many of the programs that we offer at Memorial School during the summer are half day programs or they end early in the afternoon. Do you work all day and need something to bridge those gaps? This summer we will be offering an extended day option each week including morning care and afternoon care. Kids will **continued on page 18**

have options for sports games, crafts and other activities. We will make sure your kids all get to the camps they are registered for. There is not a daily option for this program. You must register for the whole week of programming.

For: Grades K-5
 Dates: Monday - Friday, June 29 - July 31
 Times & Prices: AM Extra Care
 7:30 am - 9:00 am - \$30 per week
 PM Extra Care
 11:00 am - 2:45 pm - \$60 per week

EXPLORING & EXPERIMENTING - Heather Vigue

Do you like being outdoors, exploring and having fun doing hands on science experiments? Then this is the camp for you! This week is full of messy experiments and outdoor water adventures!

For: Entering Grades 1 and 2
 Location: Memorial School
 Cost: \$110
 Dates & Times: Monday - Friday, June 29 - July 2
 from 8:30 am - 12:30 pm

LITTLE PEOPLE'S CAMP - Laurie Wosleger

Our Little People sure feel like big kids when they go to camp. They will do crafts, play indoors and outdoors, and enjoy a story and snack under a shady tree with their buddies. Participants should bring a snack and a drink daily. Don't forget to apply sunblock before coming.

For: Ages 3 - 6
 Location: Memorial School Cafeteria
 Cost: \$65 per week
 Dates & Times: Monday - Thursday, June 29 - July 2
 from 9:00 am - 11:30 am

NERF BLASTER CAMP - Jaime & Patrick Sullivan

You will have loads of FUN playing Nerf blaster games in this camp! Each day different interactive Nerf blaster games and competitions will be played in the school gymnasium and outside on the athletic fields. For example, we will play nerf blaster capture the flag, last man standing and protect the President. Each child will need to bring their own Nerf blaster. Nerf darts and safety goggles will be provided daily. If your child would like to participate in both sessions, they can remain with us and eat lunch during the intermission.

For: Grades K-3
 Location: Memorial School
 Cost: \$110 per session
 Date: Monday - Friday, July 6 - July 10
 Times:
 Session I: 9:00 am - 11:30 am
 Session II: 12:00 pm - 2:30 pm

TEA PARTIES & PAPER DOLLS - Stacey Gibson & Keri Evans

In this camp, your child will create paper dolls to play with and decorate. They will get to make houses and scenes for the dolls too. Your child will also craft, bake, and create tea party fun together. We will make teacup crafts and enjoy tasty treats. Your child will even be able to get fancy one day for a celebration! Join the fun!

For: Ages 4-9
 Location: Memorial School
 Cost: \$110
 Dates & Times: Monday - Friday, July 20 - July 24
 from 8:00 am - 11:00 am

DISNEY DAYS - Elizabeth Pezzi

Celebrate the "Wonderful World of Disney" with a week of fun! Each day we will create crafts, listen to songs, have snacks and play games centered around a different Disney movie! This is a fun camp for any girl or boy who loves all things Disney! We will have a Toy Story Day, Finding Nemo Day, Moana Day, Frozen Day and Mickey and Minnie Day! Hope to see you there!

For: Entering Grades K-3
 Location: Memorial School
 Cost: \$100 (includes snack and craft each day)
 Dates & Times: Monday - Friday, July 20 - July 24
 from 9:00 am - 12:00 pm

JUST BEING ME - Stacey Gibson

A camp for kids ages 9-14 to exercise, craft, and bake. In this camp your child will be able to do a variety of things! Come hang out with other kids your age and have a week of fun! Your child will be walking, baking, crafting, and making memories! Throughout the week, your child will:

- Walk the airline trail from the school and check out the exercise park
- Paint/make kindness rocks for others
- Craft daily including decoupage, canvas crafts, card making, and more!
- Walk to Main Street pizza for lunch
- Get a manicure at Creative Nails
- Have our hair styled for fun
- Baking fun
- Walk to ice cream shop
- Walk to the art studio

We will meet daily in a classroom at Memorial School.

For: Ages 9 - 14
 Location: Memorial School
 Cost: \$180
 Dates & Times: Monday - Friday, July 6 - July 10
 from 9:00 am - 2:00 pm

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SUPER SECRET SPY CAMP - Molly Clark & Stephanie Hoffman

Do you enjoy solving mysteries? Have you ever wanted to become a secret agent? Then this is the camp for you! If you want to undergo spy training to become a secret agent join us! Activities will include daily missions, learning how to read and create your own secret messages, dusting for fingerprints, creating a spy name and disguises, obstacle courses and putting together a spy toolkit!

For: Ages 5 - 12
Location: Memorial School
Cost: \$175 - Full Day; \$110 - Half Day
Dates & Times: Monday - Friday, July 6 - July 10
from 9:00 am - 2:00 pm or
Half Day 9:00 am - 12:00 pm

SOCCER SKILLS CLINIC / CAMP - Michele DeSanti & Meghan Ryczek

Come to our Soccer Skills Clinic Camp to improve your touch and game. We will have technical and tactical skill practices and don't forget a side of fun and competition! We will be outside for most of the day so make sure you are dressed appropriately and ready to play. Bring your own soccer ball if you have one and wear your cleats and shin guards. Water bottles and sunscreen are a must! If you choose to join us for a full day, please be sure to pack a lunch and snacks each day.

For: Entering Grades 6 - 9
Location: East Hampton Middle School
Cost: \$250 - Full Day; \$150 - Half Day
Dates & Times: Monday - Friday, June 29 - July 3
from 8:30 am - 11:30 am (Half Day);
8:30 am - 2:30 pm (Full Day)

FANDOM CAMP - Ken Landry

Anime! Video Games! Movies! Comics! Hobbies and more! A "fandom" is a subculture of fans who share a common and unique interest. At Fandom Camp, we'll explore the origins of cartoon/anime themes, dissect the development of a hero through movies and books, and compete for prizes in gaming and cosplay challenges. Come for the morning or the whole day! If you choose to join us for a full day, please be sure to pack a lunch.

For: Entering Grades 6 - 9
Location: East Hampton Middle School
Cost: \$215 - Full Day; \$120 - Half Day
Dates & Times: Monday - Friday, July 6 - July 10
from 8:30 am - 11:30 am (Half Day);
8:30 am - 2:30 pm (Full Day)

TRACK & FIELD CLINIC/CAMP - Ken Landry & Michele DeSanti

Run faster, jump higher and throw farther! Welcome to track and field camp. Come spend a week with us at East Hampton High School's track and field complex, learning and competing in

various events. Throw the metal shot-put into the sky, soar over the hurdles on the track, get dirty in the long jump sand pit and race against competitors with your relay team! If you choose to join us for our full day, please be sure to pack a lunch each day and water bottle. Also be sure to apply sunscreen before camp each day since we will be going outside!

For: Entering Grades 6 - 9
Location: East Hampton High School Track
Cost: \$250 - Full Day; \$150 - Half Day
Dates & Times: Monday - Friday, July 13 - July 17
from 8:30 am - 11:30 am (Half Day);
8:30 am - 2:30 pm (Full Day)

SURVIVOR GAMES CAMP - Ken Landry & Michele DeSanti

The tribe has spoken. With new challenges every day, come compete with friends in unique obstacles and cooperative games to bring home the title of sole-survivor and earn prizes. Be sure to apply sunscreen before camp each day since we will be outside!

For: Entering Grades 6 - 9
Location: East Hampton High School Track
Cost: \$250 - Full Day; \$150 - Half Day
Date: Monday - Friday, July 20 - July 24
from 8:30 am - 11:30 am (Half Day);
8:30 am - 2:30 pm (Full Day)

FIVE TOOL ALL STAR BASEBALL CAMP - Scott Wosleger

This clinic features age appropriate, comprehensive instruction from high school, college and professional coaches and players. Hitting, fielding, pitching, and mental training are all covered

For: Ages 7-10
Location: East Hampton Middle School Baseball Field
Cost: \$95
Dates & Times: Monday - Thursday, June 29 - July 2
from 9:00 am - 12:00 pm

FAIRYTALE LAND - Lisa Forcellina & Meghan Ryczek

Live in a fairytale for the week with Cinderella, Belle, Rapunzel, and more! Join us for a week of arts and crafts, STEM activities, story inspired snacks, and lots of fun! You're welcome to choose what works best for your schedule: half day or full day at Fairytale Land! If you choose to join us for our full day adventures, please be sure to pack a lunch each day and water bottle each day. Also be sure to apply sunscreen before camp each day for fairytale fun outside!

For: Grades K-5
Location: Memorial School
Cost: \$120 (Half Day); \$215 (Full Day)
Dates & Times: Monday - Friday, July 6 - July 10
from 8:30 am - 11:30 am (Half Day);
8:30 am - 2:30 pm (Full Day)

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SUMMER SOCCER WEEK

Combination program with Ray Reid's Young Stars program in the morning and Futsal in the afternoons!

Morning - Ray Reid's Young Stars Camp

Led by Coach Ray Reid's first-class coaching staff this program seeks to develop and improve each player's technique, skills and creativity with the ball. Players will be exposed to dribbling, passing, receiving, shooting, and small-sided games emphasizing touches on the ball and possession. The training focus for younger players ages will be to improve their skills in a fun-filled environment and players will work on technical refinement and receive an introduction to the tactical side of the game. The East Hampton Young Stars Camp features a strong coach-to-player ratio and a certified trainer will be on duty throughout camp. All participants should bring a soccer ball, water bottle, shin guards and lunch if staying all day. Lunch will be supervised by EHPR Staff.

Afternoon - Futsal

The aim of this program is to increase the players personal skills to the next level. Using Futsal (Futbol de Salao - Soccer in a Room) as a platform for high speed, high volume ball touches and maneuvering in tight spaces. A typical Futsal game allows the player to touch the ball up to 600% more than traditional soccer thereby increasing the player's decision-making skills and comfort with the ball. A Futsal ball is smaller and heavier, which allows the player to easily command the ball and in return increase confidence that seamlessly transforms to a soccer game.

For: Entering Grades 1-8
 Location: East Hampton High School Fields and Gym
 Cost: \$250 - Young Stars and Futsal;
 \$170 - Young Stars Only; \$100 - Futsal Only
 Date: Monday - Friday, July 13 - July 17
 Times: Young Stars & Futsal - 8:30 am - 2:45 pm
 Young Stars Only - 8:30 am - 11:30 am
 11:30 am - 12:30 pm - Lunch Hour staffed by
 Parks and Recreation
 Futsal Only - 12:30 pm - 2:45 pm

SUMMER RUNNING CAMP - Kevin Radavich

This 8-week program introduces students in grades 6-9 to the world of running. Each week has a new running topic such as stretching, running form and goal setting. The program focuses on developing these runners to compete in the Rails to Trails 5K and the CFA Society 5K races.

For: Grades 6-9
 Location: East Hampton High School Track
 Cost: \$80
 Dates & Times: Wednesdays, June 10 - August 6
 from 6:00 pm - 7:30 pm

WET AND MESSY CAMP - Stacey Gibson & Keri Evans

This camp is for children ages 4-8 years who are ready to get wet and messy! Each day the children will painting, gluing, having water fun, making slime, playdoh, and having hands on FUN! Dress your child for mess each day! Please send your child to camp each day with a snack and a water bottle. We will meet your child in the lobby each day for drop off and dismissal. Bring a smock!

For: Ages 4 -8
 Location: Memorial School
 Cost: \$110
 Dates & Times: Monday - Friday, July 13 - July 17
 from 8:00 am - 11:00 am

WELCOME TO KINDERGARTEN - Stacey Gibson & Keri Evans

This camp is for children entering Kindergarten in fall of 2020. In this camp, your child will get to explore and see Memorial school. They will be able to craft, read, and play alongside of peers their age. Each day in kindergarten camp has a theme! The daily themes are: Letter Fun, Clifford, Rainbow Fish, Elephant and Piggy, and Pete the Cat!

For: Entering Kindergarten
 Location: Memorial School
 Cost: \$110
 Dates & Times: Monday - Friday, July 13 - July 17
 from 11:30 am - 2:30 pm

2020 OLYMPICS - Lisa Forcellina & Meghan Ryczek

Go for the gold and join us for a week of learning about the Olympics, playing different sports that you'll see on TV, and creating different crafts for celebrations like your own medals, gym bag, and more! You pick what's best for your schedule: half day or full day! If you will be joining us for a full day of Olympic excitement, please bring a water bottle and lunch each day. Half day campers should bring a snack each day. All campers should come each day with sunscreen already applied!

For: Grades K-5
 Location: Memorial School
 Cost: \$120 (Half Day); \$215 (Full Day)
 Dates & Times: Monday - Friday, July 20 - July 24
 from 8:30 am - 11:30 am (Half Day);
 8:30 am - 2:30 pm (Full Day)

EXPLORING PRE-K - Stacey Gibson

In this camp your child will be able to explore and play in a pre-k classroom. The children will have a daily theme. Each day the children will be involved in an art project, sensory play, dramatic play, and read-alouds related to the theme! We will have snack together each day and play outside too! Come and have fun! Themes included will be castles, space, farm, zoo, and camping!

For: Ages 3 and 4

Parks & Recreation

Location: Memorial School
Cost: \$110
Dates & Times: Monday - Friday, July 27 - July 31
from 8:00 am - 11:00 am

ALL SPORTS CAMP - Greg Ruel

All Sports Camp features several sports and recreation activities that campers can choose from, with both specific sports and team options as well as more relaxed, recreational options.

The camp is directed by Coach Ruel (Memorial Elementary School PE Teacher), as well as local college graduates, local college student-athletes, and current high school student-athletes from area towns. The camp runs July 27-31 at East Hampton HS from 8:00 am- 5:00 pm, with options to stay the whole day or parts of the day.

The camp offers a great experience where all campers get personal attention and leave each day with great memories of fun, play, competition, and friendship! Registration is through the East Hampton Park and Recreation Department and children from any town are more than welcome! Contact Coach Ruel at Memorial Elementary School with any questions at all.

For: Entering Grades 1 - 8
Location: East Hampton High School and Sears Park
Cost: Varies by session and activities see www.east-hamptonrec.com for more information.
Dates & Times: Monday - Friday, July 27 - July 31
from 8:15 am - 5:00 pm

ANIMAL EXPLORATION - Stacey Gibson & Keri Evans

In this camp your child will be able to explore a variety of animals with hands-on activities, crafts, cooking projects, and movement. They will be zookeepers, paleontologists, safari leaders, and even farmers. If your children love animals, this may be the camp for them.

For: Ages 4 - 9
Location: Memorial School
Cost: \$110
Dates & Times: Monday - Friday, July 20 - July 24
from 11:30am - 2:30pm

BAKING CAMP - Lisa Forcellina & Meghan Ryczek

Grab your aprons, it's time to get messy and creative in the kitchen! We'll spend the week making new, delicious recipes that you can then teach your family at home! At the end of each day you'll get to take home yummy treats and crafts we make while the food is in the oven! Please bring a snack and water bottle to camp each day!

For: Grades K-5
Location: Memorial School

Cost: \$120
Dates & Times: Monday - Friday, July 27 - July 31
from 8:30 am - 11:30 am

UNDER THE SEA - Lisa Forcellina & Meghan Ryczek

Who doesn't love a week at the beach in the summer?! Join us for a week of seashell and sand art, decorating beach gear, splash-splashing in the water, and so much more! Please apply sunscreen before camp each day, bring a snack and water bottle, and pack a bathing suit and towel!

For: Entering Grades K-5
Location: Memorial School
Cost: \$120
Dates & Times: Monday - Friday, July 13 - July 17
from 8:30 am - 11:30 am

ALL ABOUT NATURE - Beth Haydu

& Katrina Messerschmidt

Nature walks, crafts and scavenger hunts are just a few of the activities that campers will participate in. Each day will revolve around a theme such as bugs, plants, and birds with fun activities each day. We will also be headed to the Airline Trail as well as explore the nature trail behind Memorial School. Be sure to pack a snack, lunch and water bottle each day. Campers should plan on applying sunscreen prior to camp.

For: Grades 1-5
Location: Memorial School
Cost: \$160
Dates & Times: Monday - Friday, July 27 - July 31
from 8:30 am - 1:00 pm

LET'S CELEBRATE - Beth Haydu & Jamie Haydu

Are holidays your favorite time of the year? This summer we'll celebrate Christmas, Halloween, St. Patrick's Day, Fourth of July and more all in one week. Each day will include crafts, games and a tasty treat or two revolving around the holiday of the day. Of course, you will need to dress for each occasion too! Be sure to pack a snack, lunch and water bottle each day.

For: Grades 1-5
Location: Memorial School
Cost: \$160
Dates & Times: Monday - Friday, July 20 - July 24
from 8:30am - 1:00pm

BRING ON THE SPORTS AND CRAFTS - Beth Haydu & Jamie Haydu

Do you prefer sports or crafts? How about both? You can choose! Each day campers start their day in a whole group activity such as a scavenger hunt. Campers can then design the rest of their day. Choose between sports activities like home run derby, kickball or
continued on page 22

knock-out. OR perhaps a craft interests you such as painted rocks, tie dye or beading. You can even mix it up and choose both! Be sure to pack a snack, lunch and water bottle each day. Campers should plan on applying sunscreen prior to camp.

For: Grades 1-5
 Location: Memorial School
 Cost: \$140
 Dates & Times: Monday - Thursday, June 29 - July 2
 from 8:30 am - 1:00 pm

VOLLEYBALL CLINICS with Matthew Warner

Program:

Session 1: Foundation Building Clinic
 (girls entering grades 6 through 12)
 Location: Middle School Gymnasium
 Cost: \$115
 Date: Monday - Friday, July 6-10
 Time: 8:00 am - 11:00 am
 Participants: capped at 30
 Session 2: Pre-Season Camp
 (girls entering grade 10 through 12**)
 Location: High School Gymnasium
 Cost: \$115.00 (\$165.00 if attending both camps)
 Date: Monday - Friday, August 17-21
 Time: 8:00 am - 11:00 am
 (Wed. August 19: 3:00 pm - 6:00 pm)
 Participants: capped at 20

****PLEASE NOTE:**

Any 9th grade participant seeking enrollment in Session 2: Pre-Season Camp must start in the Session 1: Foundation Building Clinic so that the clinic director can assess each 9th grade participant's level of volleyball skill and technique to recommend if Session 2 would be appropriate. Experience beyond Middle School volleyball can help with skill development and knowledge for Session 2.

AMERICAN RED CROSS SWIM LESSONS LEVEL 1-6
All swim lessons are taught at Sears Park by certified Lifeguards.

Level 1-Introduction to Water Skills

Objective: To help students feel comfortable in the water and to enjoy the water safely
 Requirements: None

Level 2-Fundamental Aquatic Skills

Objective: To give students success with fundamental skills

Requirements: Students entering this level must possess a Level 1 certificate or demonstrate all the Level 1 skills

Level 3-Stroke Development

Objective: To build on skills in Level 2 through additional guided practice
 Requirements: Students entering this level must possess a Level 2 certificate or demonstrate all the Level 2 skills

Level 4-Stroke Improvement

Objective: To develop confidence in the strokes learned thus far and to improve other aquatic skills by increasing endurance through swimming greater distances
 Requirements: Students entering this level must possess a Level 3 certificate or demonstrate all the Level 3 skills

Level 5-Stroke Refinement

Objective: Coordination and refinement of strokes
 Requirements: Students entering this level must possess a Level 4 certificate or demonstrate all the Level 4 skills
 Skills Covered: Shallow dive, tuck and pike surface dives, 2 minutes of survival floating, back float and treading water, flip turns on front and back, 50 yards front and back crawl, 25 yards butterfly, breaststroke, elementary backstroke and sidestroke, 2 minutes of survival swimming, rescue breathing

Level 6-Swimming and Skill Proficiency

Objective: Refine strokes so students swim them with more ease, efficiency, power and smoothness over greater distances; includes "menu options" - Personal Water Safety, Fitness Swimmer and Fundamentals of Diving
 Requirements: Students entering this level must possess a Level 5 certificate or demonstrate all the Level 5 skills

Location: Sears Park Waterfront
 Cost: \$70 - Parent and Child Aquatics and Level 1;
 \$60 - Levels 2 - 6; \$75 - Junior Lifeguarding
Additional Children from the same family discounted \$30
 Date: Lessons run on weekdays - No Lessons July 3rd. We allow one day for makeup classes due to weather.
 Session I: June 22 - July 2
 Session II: July 6 - July 16

Day and evening lessons are offered:

Session I: 10:00 am, 11:00 am, 5:00 pm and 6:00 pm
 Session II: 10:00 am, 11:00 am, and 5:00 pm

Economic Development Commission

OUR MISSION IS: *“To successfully attract new business, retain established business and improve the quality of life of East Hampton residents, visitors and tourists.”*

WE CONGRATULATE THE FOLLOWING BUSINESSES:

Dave Zaborowski DBA Black Goose Chimney Sweep and Palmer Eyecare Center on being named “Belltown Spotlight on Business” monthly honorees. Please contact any member of the EDC or the Town Manager to nominate a business for this award. Current EDC members are Chairman Ted Turner, Tim Csere, Walt Jedziniak, Robyn Letourneau, Christopher Ott and Matthew Reich. The EDC meets the third Tuesday of every month at 6:30 pm in the East Hampton Town Hall Meeting Room. All are welcome and please remember... *“Shop local and put your money where your house is!”*

In the photo above center, East Hampton



EDC Chairman Ted Turner presents Dave Zaborowski of Black Goose Chimney Sweep Services his plaque as December Business of the Month. Dave has been a local business owner for 32 years and his service is legendary. Black Goose specializes in chimneys, woodstoves and oil burner flues. Be smart and safe - get it done. You can call Dave at: 860-267-8422 to schedule an appointment or consultation.

In the photo above right, East Hampton EDC Chairman Ted Turner presents the



January Business of the Month proclamation to Dr. Jeff Palmer and his staff, L-R, Courtney Minor, Susan Ivey, Sharon Lessor and Cathy Kerkes. Palmer Eyecare Center is East Hampton’s first and only eye doctor office and has been in business here for 15 years. Dr. Palmer provides comprehensive eyecare, advanced practice clinical optometry, eyeglasses, contact lenses and sunglasses. Dr. Palmer provides superior products from around the world at competitive prices. You can find Palmer Eyecare Center at 240 Middletown Avenue and the telephone number is: 860-267-2222. Their website is: <https://www.palmereyecare.com>.

East Hampton Town Directory

www.easthamptonct.gov

Animal Control (24 hour dispatch)	860-873-5044	Human Resources	860-267-4468
Assessor	860-267-2510	Parks & Recreation	860-267-7300
Board of Education	860-365-4000	Police Department (non-emergency) ...	860-267-9544
Building/Planning/Zoning	860-267-9601	Probate Court	860-295-6239
Chatham Health District	860-365-0884	Public Library	860-267-6621
Collector of Revenue.....	860-267-2300	Public Works.....	860-267-4747
Emergency Management.....	860-267-0088	Senior Center	860-267-4426
Finance Department	860-267-7548	Town Clerk	860-267-2519
Fire Marshal	860-267-0088	Town Manager.....	860-267-4468
Food Bank	860-365-5978	Water Pollution Control Authority ...	860-267-2536
Housing Authority	860-267-8498	Youth & Family/Social Services.....	860-267-7300



105 Main Street | East Hampton CT 06424
860-267-6621 | www.EastHamptonPublicLibrary.org

HOURS:

Monday, Tuesday, Wednesday 10:00 am - 8:00 pm
Thursday, Friday, Saturday 10:00 am - 5:00 pm

Library News

By the time you read this in March, hopefully the weather will be a little more mild. As I write this, however, it is still the depths of January and here at the Library, we're both reflecting on the year that is past as well as planning for the future.

We have a lot to be thankful for; 2019 was a very good year for the Library. Borrowing was up 28% from the year before. East Hampton borrowed over 92,000 books, eBooks, movies, and music in 2019 compared to only about 72,000 in 2018. We saw huge jumps in our circulation of our children's collection and in our digital collections. We also implemented automatic renewals. If no one is waiting for your book, we automatically renew it for you!

We also saw enormous increases in our Summer Reading participation. Over 400 children and teens participated this year compared with about 120 in 2018. What's more, on average each participating child read 6.5 books over the summer. Research shows that reading only 4 to 5 books during the summer months is equivalent to Summer School attendance.

With all this good news it would be easy to rest on our laurels. We know, however, that we can, and we should do more for East Hampton. That's why we're doubling down and planning for our future.

In January, the Library Advisory Board, a group of seven community members appointed by the Town Council, decided to embark on a strategic planning process with the goal of producing a three-year plan for the Library. They want to make sure the Library is constantly doing its best to help our community. That's why they launched a survey to engage with our community to hear how the library is doing and how it can do better. They want to know: what is the library doing well, what could the library do better and how can the Library best help East Hampton. Those answers can only come from you: the public!

By the time you read this the results of the survey will likely be posted on the library's website: easthamptonpubliclibrary.org. Check out what your neighbors had to say. After receiving feedback from the public, the Board will sit down with active members of the Friends of the Library, leaders in our community and frequent Library users to formulate goals for the Library to strive for over the

next three years all with the purpose of better serving East Hampton.

We're really proud of the work we've done over the last year, but we know that we can do more. Check out our website: easthamptonpubliclibrary.org for the most up to date news and event listings!

Sincerely,
Ellen Paul, Library Director

Weekly Children's Early Literacy Programs

BABY RHYME TIME: Ages 0-12 months

Mondays 10:00 am

Babies and their caregiver are invited for songs, stories, and play time. Come build early literacy skills and get to know other families in your community. For babies up to 12 months. Year Round. No registration required, just drop in!

WIGGLES & GIGGLES: Ages 12-24 months

Fridays 10:00 am

An interactive early literacy program for toddlers and their caregiver that introduces books, nursery rhymes and songs. For ages 12-24 months. Year Round. No registration required, just drop in!

STORIES & SONGS: Ages 18 months-4 years

Wednesdays 10:00 am

An early literacy program for child and caregiver that combines stories, songs & literacy activities to promote lifelong learning. Unstructured play time with toys, art supplies, and socialization will follow. Year Round. No registration required, just drop in!

LITTLE LEARNERS: Ages 2-3 years

Thursdays 10:00 am

A story time program that engages children in active listening, promotes motor skills & literacy development with shared books, felt board activities and songs. Year Round. No registration required, just drop in!

After School Programs

The Library's Footprint and Fribrary programs offer children an opportunity to engage in fun and educational activities that inspire creativity, inclusion, and literacy. Please register for every event separately.

FOOTPRINTS: Grades 2 & 3

Select Fridays, 3:30 - 4:30 pm

Registration is required, limited to 15 children.

Registration opens Monday February 10 at 6:30 pm.

Children will be given a light snack. Please let us know of any

allergies. Bus transportation provided from Memorial School to the library. Children must bring a note to school giving them permission to attend. Please register for each event separately. Call the library or visit: <https://easthamptonpubliclibrary.org/> to register.

- **March 6: Kindness With Kids** - Celebrate kindness by making cards for CCMC, making a kindness bracelet, and creating a vision board. This event is sponsored in part by Kindness With Kids!
- **April 3: Cardboard Creations** - What will you design with several boxes, and our new Makedo cardboard construction toolkit?
- **May 1: Oh Sugar! With Food Explorers** - Katie from Food Explorers will teach us how to make (and eat!) healthy snacks. Please let us know of any allergies.
- **May 15: Summer Reading Sneak Peek** - Get ready for summer reading 2020 with a sneak peek at Imagine Your Story!

FRIBRARY: Grades 4 & 5

Select Fridays, 3:30 - 4:30 pm

Registration is required, limited to 15 children.

Registration opens Monday February 10 at 6:30 pm.

Children will be given a light snack. Please let us know of any allergies. Bus transportation provided from Center School to the library. Children must bring a note to school giving them permission to attend. Please register for each event separately. Call the library or visit <https://easthamptonpubliclibrary.org/> to register.

- **March 20: Kindness With Kids** - Celebrate kindness by making cards for CCMC, making a kindness bracelet, and creating a vision board. This event is sponsored in part by Kindness With Kids!
- **April 24: Cardboard Creations** - What will you design with several boxes, and our new Makedo cardboard construction toolkit?
- **May 8: Grocery Games with Food Explorers** - Katie from Food Explorers will teach us how to shop for (and eat!) healthy snacks. Please let us know of any allergies.
- **May 22: Summer Reading Sneak Peek** - Get ready for summer reading 2020 with a sneak peek at Imagine Your Story!

Family Programs

LIBRARY LEGO CLUB: Ages 5 to 12

Tuesdays, 3:30 - 5:00 pm

February: 11, 18, 25

Our Library LEGO Club meets after school in the Children's Room. We provide the LEGOs (please don't bring your own) and members work on the creations! This is a great chance to make new friends and practice cooperative building skills. What will you create? No registration required, just drop in!

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Library... continued from page 25

AFTER SCHOOL STEAM SERIES: Grades 1-5

Wednesdays 3:30 - 4:30 pm

Registration is required, limited to 12 children.

Registration opens Monday February 10 at 6:30 pm.

Join us after school (no transportation provided) for hands-on science, technology, engineering, art, and math activities. Ms. Vanessa will share some books about the day's topic, followed by hands on experiments, crafts, and more. What will you discover? Please register for each event separately. Call the library or visit: easthamptonpubliclibrary.org/ to register.

- **March 25: Circuits and Batteries** - Discover circuits with Squishy Circuits and Littlebits, then make and take your own lemon battery.
- **April 1: Make It Move** - Use sound, magnets, air, ramps, and more to discover new ways to make things move.
- **April 8: Shaping Up** - See shapes in a new light by solving puzzle challenges and creating your own mosaic.
- **April 22: Coding Concepts** - Learn the basics of computer coding by coding a LEGO maze, then going on a full-size coding treasure hunt!
- **April 29: Engineering Challenge** - Put your engineering skills to the test as you're challenged to build the strongest, most accurate catapult and the tallest, sturdiest tower.
- **May 6: Cardboard Castle Construction** - Work as a team to design and build a castle out of cardboard boxes, to display in the children's room.

SPECIAL STORY TIME: Mother's Day

Saturday May 9, 10:30 am (ages 0-5) and 11:30 am (ages 6-10)

Celebrate Mom with a special Saturday story time featuring stories, songs, card making, and light refreshments. 10:30 is most appropriate for ages 0-5, while 11:30 is for ages 6-10. Siblings are welcome at either time slot. No registration required, just drop in!

Spring Break Fun

UMBRELLA SCAVENGER HUNT: All Ages

Drop in any time between April 1 and 30.

All month long, pictures of umbrellas will be hidden around the children's room. Solve the clues to find where the umbrellas are hidden throughout the library. Win a prize while supplies last.

DINOSAUR YOGA: Ages 4-8

Tuesday April 14, 3:30 pm

Registration is required, and opens March 16

"Dinosaurs are crashing, bashing, thrashing through the leafy green. But they don't want to scare anyone - they want to learn yoga! Stomp, stretch, and snort your way through a yoga flow featuring a reading of Dinosaur Yoga by Mariam Gates. This program is most appropriate for ages 4-8. Please bring a water bottle, mat or towel, and comfy clothes. Call the library or visit: easthamptonpubliclibrary.org/ to register.

LLAMA IN THE LIBRARY: Ages 3-10

Saturday April 18, 11:00 am - 12:00 pm

Registration is required, and opens March 16

Are you Hooked on Llamas? We are! Debbie Labbe from Country Quilt Llama Farm will share the story Is Your Mama a Llama, tell us about how llama fiber is used, show different products made from llama fiber, and allow any who would like to pet the llama and take a picture. This program is most appropriate for ages 3-10. Call the library or visit: easthamptonpubliclibrary.org/ to register.

Save the Date!

SUMMER READING KICKOFF 2020: Imagine Your Story

Friday June 26, 3:00 pm - 4:30 pm

Join us for a musical variety show with Fiddle N' Fun to be followed by an outdoor ice cream social! Then sign up for Summer Reading and receive your Summer Reading passport! In addition to singing, listening games, and movement, Fiddle N' Fun includes Suzuki-style activities using simple one-stringed instruments. Fiddlestix are fun, durable, and have been proven to prepare young listeners for learning the violin. Highly interactive and full of fun!

Teen Programs

BOOK TO MOVIE CLUB

Saturdays, April 25 and May 30, 1:00 pm.

So many of our favorite books have been made into movies! Read the book then let's get together and watch the movie! We'll discuss which we liked more: the book or the movie and the differences in the two! Snacks provided. Movies to be announced the end of February! Call the library or visit: easthamptonpubliclibrary.org/ to register.

TEEN ADVISORY BOARD

Mondays, March 30, April 27, May 18, 6:00 - 7:30 pm.

Registration is required.

Work together with the library to create new programs exclusively for 6th-12th graders! Provide input to expand our collection of books, music and DVDs. What better way than to put your knowledge and creativity to work to create programs and expand the library's collection with material suited specifically for you! If you are interested in offering your voice and earning two hours of community service a month join us! Call the library or visit: easthamptonpubliclibrary.org/ to register.

DUNGEONS & DRAGONS

Wednesdays, March 4 & 18, April 1, 15 & 29th,

May 13 & 27, 4:00 - 6:00 pm.

Registration is required.

Learn how to play Dungeons and Dragons by first-hand experience. Bring friends and we'll meet some fun characters, have some combat, and learn the basics of the game.

No experience required, just a sense of adventure! Every other Wednesday beginning March 4th. Call the library or visit: easthamptonpubliclibrary.org/ to register.

Special Events for Adults

FERMENTED FOOD WORKSHOP: Kombucha and Kefir

Tuesday, May 12th, 6:00 - 7:30 pm.

Registration is required.

Join us for a demonstration workshop with Tri Gable Lea Farms. Every culture has their native fermented drinks. They all rely on similar processes. We will focus on Kombucha & Kefir by demonstrating all of the key steps in making both drinks. We'll cover standards of cleanliness, basic kitchen equipment, key ingredients and recipes. Space is limited to 20 participants. Call the library or visit: easthamptonpubliclibrary.org/ to register.

FERMENTED FOOD WORKSHOP: Pickles, Sauerkraut & Other Fermented Foods

Tuesday, May 19th, 6:00 - 7:30 pm.

Registration is required.

Join us for a demonstration workshop with Tri Gable Lea Farms. Every culture has their native fermented foods. We will focus on classic Lacto-Fermented Dill Pickles and Sauerkraut by demonstrating all of the key steps in making both. We'll cover standards of cleanliness, basic kitchen equipment, key ingredients and recipes. Space is limited to 20 participants. Call the library or visit: easthamptonpubliclibrary.org/ to register.

FERMENTED FOOD WORKSHOP: Sourdough Bread

Tuesday, May 26th, 6:00 - 7:30 pm.

Registration is required.

Join us for a demonstration workshop with Tri Gable Lea Farms. We will focus on demonstrating key steps in making sourdough bread from scratch. We hope to give everyone a free sourdough mother to take home, feed, grow and bake with. We'll cover how to make your own mother from natural yeast, standards of cleanliness, basic kitchen equipment, key ingredients and recipes. Space is limited to 20 participants. Call the library or visit: easthamptonpubliclibrary.org/ to register.

Monthly Adult Programs

BOOK CLUB

Third Thursdays of the Month, 2:00 pm.

Each month we choose a different book to read and discuss. Copies of the book are available at the circulation desk. Check to see which book we're reading on the event calendar.

COOKBOOK CLUB

Second Tuesday of the Month, 6:30 pm.

Do you like browsing through cookbooks and trying new recipes? Join us monthly for Cookbook Club! Each month will choose a cookbook. Pick a recipe for that book (copies available at the circulation desk) and bring a dish and 12 copies of the recipe to share. Dishes should arrive ready to eat, we'll provide the plates and forks. We'll sample and talk about each recipe and take home new ideas!

Old Home Days Committee Remembers Red McKinney



Above, Red welcomes one and all to Old Home Day. 2020 East Hampton Old Home Days theme is "Paint the Town Red"
Photo by Kamey Cavanaugh.

In the winter of 1977, Red McKinney (given name Robert) and Moe Lanzi gathered together a small group of people to share their idea of resurrecting East Hampton Old Home Day, a town-wide celebration of East Hampton's unity with a history that stretches back to 1912.

They succeeded and last July marked the 42nd anniversary of the modern East Hampton Old Home Day Glorious Celebration. During that time, membership in the East Hampton Old Home Day Association grew and the event's popularity and community participation soared. While many things changed throughout the years, there was always one constant - co-founder Red McKinney.

Red was our beacon, our voice of reason, our historian, our reality check, our always enthusiastic leader, our mentor and our

good friend. Red was truly the voice - and he, more than anyone, embodied the spirit - of Old Home Day. He spent three days each year narrating the procession of the Old Home Day parade from the gazebo in the town center and announcing bands, raffle winners, and free bicycle recipients (not to mention making announcements regarding lost parents and cell phones and other community concerns) from the stage.

Over the years, Red welcomed thousands of people to Old Home Day from the stage. Then, throughout the weekend, he could often be found by the stage, enjoying the music while exchanging handshakes, hugs, pecks on the cheek and pats on the head with everyone from town who approached him. His warmth and humor endeared him to all. He made everyone feel that they had

continued on page 28

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Remembering Red McKinney... continued from page 27

indeed come home. That was his goal 42 years ago and he more than achieved it.

The loss of Red is unspeakably profound for all who have contributed to Old Home Day throughout the years. However, the organization will persevere in his honor and we will do our very best to make him proud. He will always be present on our heart's stage. We grieve for his wife Anne, their children, grandchildren and other extended family, and for our entire community.

The East Hampton Old Home Days Committee

East Hampton Senior Center

105 Main Street, East Hampton, CT | 860-267-4426

Hours: Monday-Thursday: 8:30 am - 4:00 pm

Friday: 9:00 am - 4:00 pm

Weekly Events

MEXICAN TRAIN Mondays at 9:30 am

Mexican Train is a game played with number dominoes. The object of the game is for a player to play all the dominoes from his or her hand onto one or more chains, or "trains," starting from a central hub or "station." Walk-ins welcome. Pre-registration not required. Free

BINGO Tuesdays at 1:00 pm

We offer a wide variety of games. Cash prizes. Pre-registration not required. Cost: Up to \$3.00 depending on how many cards played.

QUILTING Mondays, 9:00 - 11:00 am

New members welcome. Bring your own project. Members help each other, as needed. Group also makes quilted lap robes that are donated to a charity. Pre-registration not required.

GENTLE YOGA WITH KITCH Mondays, 1:30 pm - 2:30 pm

Gentle yoga is a hidden gem of a yoga style. It is appropriate for a wide spectrum of practitioners. A gentle class isn't necessarily an "easy" one, it does move at a slow and steady pace. New Session starts 3/18/2020 - 5/20/2020. Sign up for new session occurs now. Registration required with payment \$25.00 for 10-week session.

GENTLE YOGA WITH KITCH

Wednesdays, 11:15 am - 12:15 pm

New Session is 3/9/2020- 5/11/2020. Sign-up accepted now at the Senior Center. Registration required with payment \$25.00 for 10-week session.

SIT & STRETCH W/ CARLIANNE Tuesday & Thursday, 10:00 am - 11:00 am

Total range of motion with passive resistance. Enjoy this total fitness work-out, 45 minutes-chair exercise: 15 standing exercise. \$3.00/class.

SILVER SNEAKERS: STRENGTH & BALANCE

Tuesday & Thursday, 10:45 am - 11:45 am

Designed to increase muscle strength, range of movement and improve activities for daily living. A chair is used for seated exercises and standing support and class can be modified depending on fitness levels. Register with the Instructor, day of class. Bring your Silver Sneakers card with you. Not a silver Sneakers member? No worries, Purchase a 10 class punch card for \$30.00

WII BOWLING 1st and 3rd Fridays of the month,

10:00 am - 11:45 am

Wii-bowling can be great fun. It's not hard to play but can be challenging for even the most accomplished bowlers. The object of Wii-bowling is to knock down the pins.



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REFLEXOLOGY: Fridays by appointment.

Reflexology, also known as zone therapy, is an alternative medicine involving application of pressure to the feet and hands with specific thumb, finger, and hand techniques without the use of oil or lotion. Call Susette at: 860-334-9255 (30 minutes for \$20.00)

BRIDGE Fridays, 12:30 pm

New members are welcome! Must be familiar with the game. Please see a staff member for more information.

SETBACK Thursdays, 1:00 - 3:00 pm

Object of the game is to be the first team to score 21 points. No partners necessary. Cost: Free.

Special Events for Older Adults

TAX ASSISTANCE sponsored by AARP by appointment only.

The program offers free tax preparation assistance. Now in its 51st year, the AARP Tax-Aide has helped more than 68 million low- and moderate-income taxpayers. You don't have to be an AARP member, and there's no age requirement to get tax help from IRS-certified volunteers. Make your appointment now for Mondays thru March, at the Senior Center.

AARP SMART DRIVER COURSE

Monday, March 9, 2020, 9:00 am - 1:00 pm

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continued on page 30

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Senior Center... continued from page 29

Non-members \$20.00 Payment is due at time of registration. Checks payable AARP will be accepted. No Cash please.

MEDICARE WHAT IT COVERS & WHAT IT DOES NOT **Seminar starts 2:30 pm**

Please call or sign up at the Senior Center. This is an educational seminar. Sponsored by Bankers Life Presentation

MEDICARE SAVINGS PROGRAM

Monday, April 13, 2020 at 2:00 pm

Sponsored by Senior Resources, Area Agency on Aging. See if you may qualify for this program! Pre-registration required at the Senior Center.

BEING MORTAL Monday, April 20, 2020, 1:00 pm

A screening and discussion of the PBS Frontline documentary Being Mortal. Based on the best-selling book by Dr. Atul Gawande, MD, this film explores the hopes of patients and families facing terminal illness and their relationship with the doctors, nurses and family members who care for them. Regardless of one's age, these are important questions for all of us to answer for ourselves and to communicate with our families. Discussion sponsored by AARP. Please pre-register at the Senior Center or call to reserve your seat. Join us in this interactive and dynamic seminar.

Finding Lung Cancer

While lung cancer is the leading cause of cancer deaths in the United States, it's important to understand that it can be treated successfully when found early. Lung cancer often has no symptoms, making it difficult for people to realize that something is wrong. Most often, early stage lung cancer can be best detected through lung screenings. Lung screenings are ordered by physicians and recommended for those aged 55 to 80 who have a 30-pack year history of smoking. You must also be a smoker or former smoker who quit within the past 15 years and not be exhibiting lung cancer symptoms.

Middlesex Health is a Lung Cancer Screening Center of Excellence. This means that Middlesex demonstrates responsible, high-quality screening practices, and it ensures that the low-dose CT scans used to screen for lung cancer are carried out safely, efficiently and equitably.

Early lung cancer can also be detected through "incidental findings," meaning that a suspicious lesion was detected during the reading of a diagnostic test that a patient was having for another medical issue. It is critically important that lesions, regardless of how they are detected, are followed up on as recommended.

The Total Lung Care Center, part of Middlesex Health Cancer Center, works with primary care physicians, radiologists and nurse navigators to coordinate expedited care plans. The goal is to always get you an appointment with a pulmonologist as soon as possible. A timely diagnosis is very important because it allows lung cancer to be treated at an earlier stage. If your lesion is determined to be cancerous, you may need additional care and treatment. The Total Lung Care Center's nurse navigator will guide and support you through all aspects of lung cancer care—from diagnosis to survivorship. For more information, visit: MiddlesexHealth.org/lung.

East Hampton Prevention Partnership, Youth & Family Services and Social Services

East Hampton Prevention Partnership

The East Hampton Prevention Partnership is looking for High School students to participate in leadership activities for the remainder of the 2020 school year and beyond. Students involved will participate in group activities while promoting healthy lifestyles among their classmates. Students and parents can keep up with our latest activities on ParentSquare under the group "EH Prevention Partnership Youth Committee." Please call or email the Prevention Coordinator, James Olsen at: 860-267-7300 ext 207 or jolsen@easthamptonct.gov for more information.

As a Local Prevention Council, the East Hampton Prevention Partnership is dedicated to reducing substance abuse among young people. Our mission is to foster a culture that values the wellbeing of East Hampton's youth. We strive to instill self-acceptance, self-confidence and goal setting to promote healthy choices. In collaboration with community stakeholders, we offer educational programs and outreach initiatives.

Get rid of your unused, unwanted and expired medications in the new medication drop box located in the East Hampton Police Department Lobby.

Youth & Family Services

We continue to focus on youth and families with the overarching goal of strengthening and empowering families through education, programs on risk reduction, positive youth development, and mentoring. At any time, any one of us can experience a crisis that affects one or more life areas. Providing support and helping clients develop a person-centered plan in a measurable time frame is our primary focus. Moving forward, our priorities will include our restorative justice program for minor offenders and on building upon our existing therapeutic counseling program through partnerships with universities, local law enforcement, and community agencies.

SERVICES OFFERED

Youth and Family Services provides an array of person-centered

services. We offer free therapeutic counseling to families, individuals, youth, and couples. Residents experiencing a crisis can call 860-267-7300 to schedule an appointment. Our counselors will do an intake and set up a therapy schedule. We offer flexible evening and weekend therapy.

When it comes to enriching the lives of young people, we offer prevention programs aimed at reducing high-risk behaviors. Our Juvenile Review Board (JRB) centers on restorative justice that diverts young people from the court system. We work with minor offenders and families to develop coping strategies in response to adverse behavior while helping young people evaluate choices and the relationship between actions and consequences.

We collaborate with community organizations to create programs that support positive self-image and focus on the individual, unique and beautiful strengths of each young person we meet. We stand behind our message of finding ways to help young people express themselves in a safe, positive, supportive environment.

WHAT'S NEXT

Between now and June 2020, Youth and Family Services and Social Services will be offering a series of life skill programs for young people. In addition, we will be offering programs dealing with anxiety while partnering with local agencies in order to bring residents workshops and programs focused on mindfulness and relaxations skills. We have family movie nights coming up and budgeting and finance workshops for both youth and adults.

Social Services

At any time, residents can contact our office if they would like help creating a budget. We will be hosting finance-specific workshops for both adults and youth in the near future and bringing in a job coach expert to speak on key topics necessary in the job market, including how to put together a versatile resume, dressing for an interview and post-interview etiquette and follow up.

We will soon have a reference guide available for residents that will include names and numbers of resources and social services agencies in the area. Please visit our Facebook page to see of future events and programs our department will be offering. For more information, please contact Lauren Incognito, Director of Social Services and Youth & Family Services at: 860-267-7300.

Land Use Department

ACCESSORY STRUCTURES - PERMANENT OR TEMPORARY?

As winter slowly turns to spring, we'll all be thinking about getting outside and working in the yard. As we start to use more tools and machines for those spring and summer activities, the need for more storage always arises. There have been a number of questions about "temporary" structures and the zoning requirements in town. Many buildings that are used in the backyard are considered temporary by homeowners and retailers alike but in actuality remain in place year after year. "Temporary" buildings tend to include things like hoop houses, plastic or metal sheds from big box home improvement stores, or enclosures around cars and lawnmowers. All of these structures require Zoning Approval. Please keep in mind that the East Hampton Zoning Regulations state that anything with a roof intended as shelter of any animal or equipment must be reviewed and approved by the Land Use Department before installation. Different sized buildings have different requirements.

The zoning review is for your benefit. We can help to ensure that your new structure is in fact on your property and not too close to your neighbor. This also prevents the overcrowding of land and ensures proper stormwater infiltration. The regulation of the placement and size of buildings protects you and your neighbors' property values and ensures quality of life and creates an attractive place to live. Please stop into the Land Use Department or call us at 860-267-7450 before placing any structure, permanent or "temporary" on your property so that we can assist you with getting the extra storage space you need!

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Police Department



The East Hampton Police Department is participating in Connecticut's "Blue Envelope" Program. The program is designed to improve communications with drivers through the use of a "Blue Envelope." The envelope allows officers to identify individuals who are on the autism spectrum disorder during traffic stops. The "Blue Envelope" was created under legislation that went into effect January 1, 2020, which serves multiple purposes: It is meant to hold the driver's license, registration and insurance card, and it includes tips on how the driver and officer can best respond to one another during a traffic stop. Drivers can keep

the envelope in the glove box or on the visor of their vehicle so they can easily find it and hand it to the officer when stopped. Anyone wanting one of these envelopes can visit the East Hampton Police Department during normal business hours.



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Conservation-Lake Commission

Recently, the Town of East Hampton and the Conservation Lake Commission sent letters to watershed residents seeking help to protect against harmful runoff into Lake Pocotopaug. The Town received many responses to the request but would like to remind anyone that is still interested that they can contact the Town at the emails listed at the end of this article.

We are seeking residents in the watershed who are interested in installing LID (Low Impact Development) measures on their property as suggested in the Nine Elements Plan that has been enacted by the town of East Hampton and the State of CT DEEP. The proposed measures would include grass swales, rain gardens or other systems to capture and clean excess nutrients like phosphorus and nitrogen out of storm water runoff from adjacent lands and impervious surfaces like Town or other roads before it enters the lake. If you are interested in granting the Town a no-cost easement for the installation and maintenance of an LID measure contact the Town's Park and Recreation Director.

The Conservation Lake Commission encourages all lakefront and watershed residents to grow a "Buffer Zone" of un-mowed grass or shrubs along the lake front or along streams on your property that feed into the Lake to help clean water running off your own property. For a better understanding of the proposed LID measures or buffers, please view the various documents on the Land Use Department portion of the Town website at this link: www.easthamptonct.gov/land-use-department/pages/protecting-lake-pocotopaug.

Additional questions may be directed to our LID Engineer Steven Trinkaus by email at: strinkaus@earthlink.net or Parks and Recreation Director Jeremy Hall at: jhall@easthamptonct.gov.

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Women's Suffrage 100 Years Later

by Sigrid Kun

Honoring the Hard Fought Battle for Women's Voting Rights



The year 2020 marks 100 years since the passage of the 19th Amendment, which was ratified on August 18, 1920. The 19th Amendment reads as follows:

“The right of citizens of the United States to vote shall not be denied or abridged by the United States or any State on account of sex. Congress shall have the power to enforce this article by appropriate legislation.”

Two simple sentences, it seems. Today, it is unimaginable that this basic right would not exist for women. Yet, the 19th Amendment resulted from a long, incredible struggle for equality and it represents a true turning point in United States history. It is only fitting to take a moment to reflect on this centennial. This brief segment can only present a few historical snippets surrounding the fight and can only point out some of the organizations commemorating the centennial.

THE BEGINNINGS

The first women's rights convention was held in Seneca Falls, New York in 1848. It marked the beginnings of what would become a national movement for women's suffrage. The first National Woman's Rights Convention was held in 1850 in Worcester, MA. Other conventions followed. The Civil War (1861-1865) effectively halted the women's suffrage movement with activists focused on the abolition movement. While the movements for the abolition of slavery and women's rights, respectively, were often entangled, the constitutional amendments following the Civil War created rifts.

By 1869, there were two main groups advocating for women's suffrage. Elizabeth Cady Stanton and Susan B. Anthony formed the National Woman Suffrage Association (NWSA). Lucy Stone and others founded the American Woman Suffrage Association (AWSA). While each entity had the same ultimate goal of winning woman suffrage, their philosophies differed. The NWSA sought change through constitutional amendment while the AWSA focused on gaining rights via individual states.

There were also differences between the AWSA and NWSA when it came to the constitutional amendments following the Civil War. The NWSA opposed the 15th Amendment (the right of a U.S. citizen to vote not to be abridged by race, color or previous condition of servitude) due to the exclusion of women. The AWSA supported the amendment, believing that voting rights for women were not far away. The two organizations ultimately united in 1890 as the National American Woman Suffrage Association (NAWSA).

AN ARDUOUS STRUGGLE

Progress for the women's suffrage movement was painfully slow and rights were garnered state by state. Women achieved voting rights in Wyoming first in 1869. Colorado followed in 1893. In 1896, Utah and Idaho were added. Fifteen states granted women the right to vote prior to the adoption of the 19th Amendment.

The 19th Amendment itself languished for many decades. Drafted by Susan B. Anthony and Elizabeth Cady Stanton in 1848, the 19th Amendment was not introduced in Congress until 1878 (30 years after the Seneca Falls convention). It was not until 1919 - 41 years after the amendment's introduction and 71 years following Seneca Falls - that Congress submitted it to the states for ratification. The successful struggle capped heroic efforts by a multitude of women

- including pickets, petitions, marches, and speeches. The suffragists endured mockery, arrests, jail, and even forced feeding after hunger strikes.

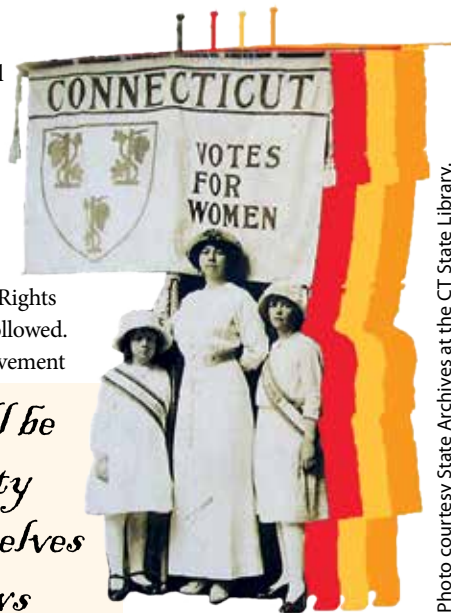


Photo courtesy State Archives at the CT State Library.

One of "Hartford's Mothers" Josephine Bennett.

“There never will be complete equality until women themselves help to make laws and elect lawmakers.”

Susan B. Anthony

CONNECTICUT'S CENTENNIAL CELEBRATION

Numerous events in 2020 around the country are celebrating the centennial of women's suffrage. Here in Connecticut, the Centennial Commission on Women's Suffrage (co-chaired by Secretary of State Denise Merrill, Lieutenant Governor Susan Bysiewicz and Connecticut's First Lady Annie Lamont) was launched to celebrate the 19th Amendment. Merrill calls the 19th Amendment “the largest expansion of democracy our nation has ever seen.” The Commission she adds “celebrates the women who made this victory possible, and take[s] a thoughtful look at the work that is left to be done.”

“The moment of achieving a woman's right to vote was a turning point for our country and for our world, that one of the most powerful nations on earth was sending a message that women have the right and responsibility to contribute to our government,” stated First Lady Lamont. “That moment opened the door for women to hold positions of power in government, education, healthcare, and of course, in business.”

Please see www.votesforwomenct.com for some of the Connecticut events commemorating the centennial of the 19th Amendment. The website also provides insightful biographies of some of Connecticut's women suffragists, including Josephine Bennett pictured above.



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