

Tolland Recreation & Adult Education Programs

**TOLLAND
COMMUNITY**
Newsletter



FALL 2023

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www.ohdct.com

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To advertise please contact:

Jean Beckley, *Sales Representative* 860-423-8466 x3305

Jackie Gottlieb, *Sales Representative* 860-423-8466 x3348

Tolland Town Manager's Office

Tolland Needs Your Help To Recycle!

Below are the items that the Town of Tolland is presently recycling:

- Cardboard and Brown Paper bags
- Milk & Juice Cartons
- Glass and Metal Food Containers
- Mixed Paper (Including Junk Mail, Magazines, Multi Ply Carbon Paper)
- Newspaper
- Soft & Hard Covered Books
- Phone Books
- Copy, Color and Computer Paper
- Plastic Containers #1 through #7
- Cans (Aluminum and Tin)

More information can be found
at www.tollandct.gov/solid-waste-recycling

Next Town sponsored (no charge) Bulky Waste and Metal pick-up will take place during the first full week of October 2023

The next Town sponsored no charge Bulky Waste and Metal pick-up will take place during the first full week of October 2023 (the week of October 2nd), on the same day of the week as your trash collection. A reservation is required at least (4) business days in advance of your pick-up day or your items WILL NOT be picked up.



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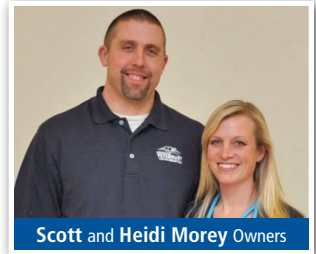
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Psychiatry
Radiology
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ASHFORD
118 Ashford Center Rd,
Ashford, CT 06278
(860) 487-0479

www.fentonrivervet.com

Tolland Recreation Department

Tolland Recreation Department

Contact Information

104 Old Post Road

Office: 860-871-3610

Fax: 860-870-1367

Office Hours

Monday–Wednesday: 8:00am–4:30pm

Thursday: 8:00am–7:30pm

Friday: CLOSED

Mailing Address

21 Tolland Green

Tolland, CT 06084

Registration Website:

Registration Website: www.tollandct.myrec.com

Email: tollandrec@tollandct.gov

Recreation Staff

Director: Bruce Watt, bwatt@tollandct.gov

Recreation Coordinator: Leah Margelony,

lmargelony@tollandct.gov

Administrative Assistant: Kim Grimes, kgrimes@tollandct.gov

Recreation Board

Jeff Maron, Chairman

David Drost, Assistant Chairman

David Clokey

Nicole Kowal

Jennifer Gott-Caldwell

Brian Lievense

James Leahy

The Board meets every second Monday of the month.

All meetings are open to the public.

FALL PROGRAM REGISTRATION

BEGINS ON:

Monday, August 28, 2023

Please visit our registration site at
www.tollandct.myrec.com

Activity and Program Pictures

Throughout the year Andre Garant has taken pictures of our activities and programs. If you would like to see them please go to: **www.flickr.com/photos/63906149@N02/**

Andre Garant-Photography on Demand

General Information

Insurance

All persons participating in Recreation programs should carry their own personal health insurance. The Town of Tolland is not responsible for personal injuries. Participants in all Department sponsored programs do so at their own risk.

ADA

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

Participation

Only those enrolled in the program may attend. Sorry, children will not be allowed in the class room or gym during adult programs and siblings must remain seated and not disturb youth classes.

Age Requirement

To participate, children must meet minimum age before the class starts.

Inclement Weather

Program cancellations due to inclement weather are announced via email blasts through the Recreation Department's registration system and are broadcast on Channel 3's Early Warning Announcements.

Scholarship Programs

It is our policy that residents of the Town of Tolland who cannot afford to participate in programs or activities can make confidential inquiries for assistance to the Recreation Director.

"Oops!"

Despite our best efforts, errors sometimes make it into this Newsletter. We apologize for any inconvenience these errors may cause." We reserve the right to: Make changes in price, content, description, etc. at any time without notice.

Registration Information

MAIL-IN

Registrations are accepted on a first come/first serve basis.

ON-LINE

Recreation Department Registration Website:

www.tollandct.myrec.com

Town Website: www.tollandct.gov

Tolland Recreation Department

Participants registering online will be confirmed online. Not all classes can be registered for online; however you may view all classes.

INFORMATION

Be sure to complete all information when registering.

REGISTER EARLY!

If a program does not meet its minimum enrollment number prior to the start of class it will be cancelled.

CLASSES

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

PAYMENT

Registration is not considered valid until the program fee is paid. We accept cash, checks, Discover Card, Visa or MasterCard.

REFUNDS

Refunds are given only prior to the start of classes or if we cancel the program. Requests for refunds must be in writing and are subject to a \$10.00 processing fee. Programs less than \$15.00 receive an account credit.

Program Locations

Crandall Park	64 Cider Mill Rd, Tolland
Cross Farms Recreation Complex	167 Rhodes Rd, Tolland
Tolland Recreation Center	104 Old Post Rd, Tolland
Tolland Tennis Courts	Old Cathole Rd, Tolland
Skungamung River Golf Course, (end of Goose La)	114 Folly Ln, Coventry
Youth Garden, (by Lions Field)	Cider Mill Rd, Tolland
Birch Grove Primary School	247 Rhodes Rd, Tolland
Tolland Intermediate School (TIS)	96 Old Post Rd, Tolland
Tolland Middle School (TMS)	1 Falcon Way, Tolland
Tolland High School (THS)	1 Eagle Hill Rd, Tolland



Park Facilities

*All parks are open sunrise to sunset. Dogs are required to be on a leash.
Dogs are **NOT** allowed on athletic fields!!*

CRANDALL PARK

64 Cider Mill Road- 350+ acre Town Park containing 3 tennis courts/ 3 pickle ball courts, a basketball court, softball & baseball fields, a swimming pond, bathrooms, 2.5 miles of marked hiking trails and a picnic area.

PAVILION

Is an open air shelter with picnic table seating for groups of up to 75. Facilities include a large charcoal grill, horseshoe pits and a sand volleyball court. Use of a softball field is possible depending on availability. Rental of the Pavilion does not include beach access. Rental by reservation only through the Recreation Office. Call the Recreation office at 860-871-3610 for fee schedule and available dates

"THE LODGE"

124 Cider Mill Road- The Lodge is a year round rental facility available to groups of 100 or less for special events such as weddings, showers, picnics, parties or meetings. Rental rates vary for residents, non-residents, and businesses. Building contains Central Air-conditioning, fireplace, tables & chairs, a warming oven, microwave, and double door fridge.

RIVER PARK

South River Road - 2 Little League size baseball fields, river access.

HERON COVE PARK

125 South River Road-Small soccer field, multipurpose field, basketball court & canoe launch.

TENNIS COURTS

Old Cathole Road - Six all weather tennis courts across from Tolland Middle School.

CROSS FARMS RECREATION COMPLEX

167 Rhodes Road - 3 baseball and 3 soccer fields, hiking trails, exercise stations, 18 hole disc golf course, concession stand and Adam's Adventure an all-inclusive play structure.

ALL WEATHER TURF FIELD

1 Eagle Hill Road - A beautiful lighted synthetic turf field at Tolland High School. The field with permanent lines for football, soccer and lacrosse is available to rent for a variety of practices, games and other events. To find out more, call the Recreation Department at 860-871-3610 or go to the web site www.tollandct.gov/recreation.

**The Town of Tolland is an Equal Opportunity
Employer-www.tollandct.gov**

TOLLAND YOUTH SPORTS LEAGUES & GROUPS

Tolland Boys Travel Basketball	www.tollandbasketballclub.com
Tolland Girls Travel Basketball	www.tollandtravelbasketball.com
Tolland Lacrosse	www.tollandlacrosse.org
Tolland Little League	www.tollandlittleleague.org
Tolland Soccer Club	www.tollandsoccerclub.org
Tolland Youth Football & Cheerleading ..	www.tollandeaglesyouthfootball.com
Tolland Garden Paths-Youth Garden ..	www.tgpyouthgarden@comcast.net

Tolland Recreation Department

Tolland Town Directory

DEPARTMENT	PHONE
Animal Control	(860) 871-3676
Assessor's Office.....	(860) 871-3650
Building Department.....	(860) 871-3601
Elections Administration	(860) 871-3634
Emergency Management.....	(860) 871-3677
Finance Department	(860) 871-3653
Fire Department/Ambulance-(Non-Emergency).....	(860) 871-3677
Fire Chief.....	(860) 871-3674
Fire Marshal	(860) 871-3675
Health District/Sanitarian.....	(860) 871-3601
Human Resources	(860) 871-3600
Human Services	(860) 871-3648
Library.....	(860) 871-3620
Planning & Zoning	(860) 871-3601
Police –	
Lori Sherwood, Secretary	(860) 926-4695
Kevin Eklund,,Admin. Resident Trooper.....	(860) 875-8911
Probate Court	(860) 871-3640
Public Works	(860) 871-3696
Recreation Department	(860) 871-3610
Senior Services	(860) 870-3730
Tax Department	(860) 871-3657
.....	(860) 871-3654
Tolland Tykes Preschool	(860) 871-3610
Town Clerk	(860) 871-3630
Town Manager's Office.....	(860) 871-3600
Trash & Recycling.....	(860) 926-4695
.....	(860) 871-3600
Youth Services	(860) 871-3612

Rentals

TOLLAND RECREATION CENTER- Room Rental 104 Old Post Road, Tolland, CT 06084

Rent a room for parties, events or weekend meetings. Want to have a party for your son or daughter but don't have the space in your house? The Tolland Recreation Center has rooms available to rent for parties, small gatherings, weekend meetings or similar events. Want a special birthday party? Why not rent our gym? Call the Recreation Office at 860-871-3610 to get rates and check on availability.

THE LODGE at CRANDALL PARK II 124 Cider Mill Road, Tolland, CT 06084

A year-round rental facility overlooking Powell Pond; Available to residents, non-residents, businesses, etc. in groups of 100 or less for special events such as weddings, showers, picnics, parties, or meetings. The building contains tables & chairs, a warming oven, microwave, and double door fridge. Built in 1991, it is located

in the middle of a 300+ acre town park. Nestled on a wooded hilltop overlooking a quiet pond, its singular design blends with the rustic surroundings to create a warm and serene atmosphere. A covered deck on two sides adds to the down home feeling, while inside a large fieldstone fireplace, a cathedral ceiling, and cedar siding completes the picture. The Lodge is heated for year round use, and is available weekdays, weeknights, or weekends. Call the Recreation Department office at (860) 871-3610 for more information, rental fees and available dates.

Amenities:

- Central Air-conditioning
- Kitchen with warming oven, microwave, double door refrigerator (no freezer)
- Two sided field stone fireplace
- Cedar planking on interior walls
- Tables & chairs to accommodate groups of up to 100
- Clean bathrooms
- Sound system with CD player, iPod connection, Bluetooth connection
- Horseshoe pits
- Easy access to hiking trails and fishing pond



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Tolland Preschool / Youth Programs

SOCCER SHOTS Mini Program



Soccer Shots Mini designed for 2 year olds. It is a high energy program introducing young children to fundamental soccer principles such as using your feet dribbling and basic rules of the game. Through fun games, songs, and positive reinforcement, children will begin to experience the joy of playing soccer and being active. Each child will receive a

Soccer Shots jersey. No equipment is necessary. Space is limited to 12 participants.

Day: Saturdays
Date: September 16– November 4, 2023
Time: 10:00am-10:30am
Ages: 2
Fee: \$130.00 Res. / \$140.00 Non-Res. (8 weeks)
Location: Tolland Recreation Department

SOCCER SHOTS Classic Program



Soccer Shots Classic is designed for 3 and 4 year old children as an introduction to Soccer. Soccer Shots Classic utilizes creative and imaginative games to focus on basic soccer skills like dribbling, passing and shooting. We also highlight a positive character trait each session such as respect, teamwork and appreciation. Space is limited to 12 participants.

Day: Saturdays
Date: September 16– November 4, 2023
Time: 10:45am-11:30am
Ages: 3 & 4
Fee: \$140.00 Res. / \$150.00 Non-Res. (8 weeks)
Location: Tolland Recreation Department

FOOD EXPLORERS- Brunch Club

Max Enrollment: 12

Join Food Explorers for our brand new Brunch Club! Each week you'll make a new brunch recipe, with a mixture of sweet and savory flavors. You'll be making: Avocado Pancakes, 4 Fold Quesadillas, Pumpkin Ricotta Toasts, Zucchini Fritters. All recipes are nut free. Students attending Tolland Intermediate School will be walked to the Recreation Department by a Staff Member.

Day: Mondays
Date: October 2 - October 30 (no class Oct 9)
Time: 3:30 pm - 4:30 pm
Grades: 3 -5
Fee: \$75.00 Res. (4 weeks).
Location: Tolland Recreation Department

FOOD EXPLORERS - Holiday Desserts

Max Enrollment: 12

Join Food Explorers for some delicious holiday desserts! Each week you'll make your own dessert and explore new foods and flavors. You'll be making: Mini Gingerbread Cheesecakes, Hot Chocolate Croissant Bites, Cinnamon Sugar Skewers, Chocolate Peppermint Energy Bites. All recipes are nut free. Students attending Tolland Intermediate School will be walked to the Recreation Department by a Staff Member.

Day: Tuesdays
Date: November 28 - December 19, 2023
Time: 3:30 pm - 4:30 pm
Grades: 3 -5
Fee: \$75.00 Res. (4 weeks)
Location: Tolland Recreation Department



TOLLAND TYKES Preschool

For 3 & 4 Year Olds Classes begin September 2023

Our 3 year old class meets on Tuesdays and Thursdays from 9:00am to 11:30am, September thru May (32 weeks). The tuition for this program is \$1,150.00 payable in *two (2) installments (August & January). Children must be 3 years old on or before December 31st.

4 year old class meets on Mondays, Wednesdays & Fridays from 9:00am to 12:00pm, September through May (32 weeks). The tuition for this program is \$1,700.00, payable in *two (2) installments (August & January). Children must be 4 years old on or before December 31st.

We will be holding an open enrollment on a first come first serve basis. To register, fill out our department's registration form and mail to the Tolland Recreation Department, 21 Tolland Green, Tolland, CT 06084, along with your \$100.00 non-refundable deposit to hold your child's place. The deposit will be applied toward your tuition fee. Registration forms can be found on our department's website at www.tollandct.gov or www.tollandct.myrec.com.

For more information or if you have any questions please check out our website at www.tollandct.myrec.com or feel free to contact the Recreation Office at (860) 871-3610.

Tolland Youth / Sports Programs

THE “CREW AFTER SCHOOL” PROGRAM

The ‘CREW After School’ offers an opportunity exclusively for Tolland Intermediate School students to Celebrate **R**ecreation, **E**ducation and **W**ell-being. ‘The CREW’ meets every day after school for the 2023/2024 school year. Students are met by a Crew Leader at the dismissal bell on Regular School days as well as Scheduled Early Release days (9/20, 10/18, 11/2, 11/15, 12/13, 12/22, 2/7, 3/7, 3/8, 3/20, 4/24, 5/15, 6/13). From there the CREW make the quick walk up to the Recreation Center - 104 Old Post Road (next door to TIS). Afternoons with ‘the CREW’ begin with quiet time which may look like a good book, a game of cards, making a friendship bracelet or getting a head start on homework - all before jumping into recreational activities. Consider ‘the CREW After School’ - the cousin of Crandall’s Summer Camp! We can’t wait to meet you and have you join ‘the CREW’!

Day: Monday-Friday 2023/2024 School Year
Date: August 31, 2023 – June 13, 2024
Time: Regular Days 3:15 P.m. – 6:00 P.M.
Scheduled Early Dismissal 12:40 P.M. – 6:00 P.M.
Grades: 3rd, 4th & 5th – Must be attending Tolland Intermediate School
Fee: \$250/month – 50% ARPA Funding Discount = \$125/month
Location: Tolland Recreation Center

BABYSITTER SAFETY

This course is for youth’s age 11 to 17 years of age with the most common age of 12 - 14. This is an entry level course intended to teach age appropriate skills necessary to care for children of all ages using team babysitting, mother’s helper and individual babysitting concepts. The course focuses on safety with emphasis on prevention. Other topics include hand washing, diapering, bottle feeding, and personal safety and interview skills. Basic first aid and obstructed airway management for a conscious choking adult/child and infant will be covered. First Aid including adult and child CPR (requires passing written and skills testing to receive 2 year certification)

Booklet, handouts and Babysitter Safety Certificate of completion included. Bring a snack.

Instructor: LifeSafe Services Staff
Day: Saturday
Date: November 11, 2023
Time: 9:00am – 2:00pm
Ages: 11-17
Fee: \$100.00Res/ \$110.00 Non-Res
Location: Tolland Recreation Center

BUILDING UP S.T.E.A.M. USING LEGO®

Children are working independently and cooperatively as they begin to explore simple machines using LEGO® DUPLO® early childhood materials. Projects may include spin tops, motorcycles, and hockey players.

Instructor: E.Y.E.S. ,LLC. Staff
Day: Mondays
Date: September 18-October 30, 2023 (No Class Oct. 9)
Time: 3:45-4:45pm
Grades: Kindergarten-2nd
Fee: \$180.00 (6 weeks)
Location: Birch Grove Elementary School

DODGEBALL AFTER SCHOOL

A chance for some after school fun playing the popular game of dodge ball. The players will use super soft foam balls and safety is stressed. Each week different styles of dodgeball are learned. The emphasis will be on teamwork and sportsmanship. Participants will be met at Tolland Intermediate School and be walked up to the Recreation Center.

Instructor: Rich Lavigne
Day: Wednesdays
Date: September 13 –October 11, 2023 (no class 9/20)
Time: 3:30-5:00pm
Ages: Grades 3 - 5
Fee: \$40.00 Res. / \$50.00 Non-Res. (4 weeks)
Location: Tolland Recreation Center

INSTRUCTIONAL BASKETBALL-SATURDAYS

This coed class will teach the basic skills such as, dribbling, passing, shooting and sportsmanship in a fun way! Bring water bottle and wear sneakers. Space is limited to 10 participants per class.

Instructor: Jayden Regisford
Day: Saturdays
Date: January 6- February 10, 2024
Time: 8:00-8:45am (Age 4)
9:00-9:45am (Age 5)
10:00-10:45am (Age 6)
11:00-11:45am (Age 6)
12:00-12:45pm (Age 7-8)
1:00-1:45pm (Age 7-8)
Ages: 4 – 8
Fee: \$75.00 Res. \$85.00 Non-Res. (6 weeks)
Location: Tolland Recreation Department

Tolland Youth Sports Programs

FUTSAL CLINIC

The Tolland Recreation Department in conjunction with CAB Sports is running a Futsal Clinic this Winter. Futsal is a sport that is widely popular in South America, and Europe. It is traditionally played as a 5 v. 5, with goalies on a basketball court. Futsal is played with a smaller, low bounce ball and encourages a great touch on the ball, good footwork, and dribbling past a defender. It is gaining popularity in America because many famous players have praised Futsal for developing their playing style. Players such as Lionel Messi, Neymar, and Cristiano Ronaldo. Futsal is one of the fastest growing sports worldwide. The United States is now developing a league which will begin soon. What does a session look like? Every session is broken down into 3 parts; Technical Training, Tactical Training and Game/ Skill Application. Players will engage in game or modified game in order to apply both technical and tactical skills. This is the player's favorite part of the clinic and where they are really encouraged to show the skills they have learned.

Tolland Intermediate School

Day: Monday-Friday
Date: December 11 – December 15, 2023
(no class Dec 13)
Time: 3:30 - 5:15 pm
Ages: Students attending Tolland Intermediate School
Fee: \$95.00
Location: Tolland Intermediate School

Birch Grove School

Day: Monday-Friday
Date: January 8 – January 12, 2024
Time: 3:50 – 5:20pm
Ages: Students attending Birch Grove School
Fee: \$95.00
Location: Tolland Birch Grove School



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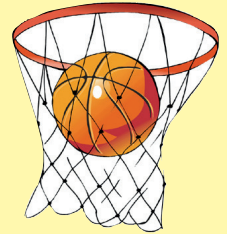
Monday–Friday: 9am-6pm
Saturday: 9am-1pm

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RECREATION YOUTH BASKETBALL PROGRAM



This recreational basketball league is for boys and girls grades 3-12. A fun program designed to help improve individual skills and learn the fundamentals of basketball. Games will be played on Saturdays. Practices will be held one a week during the week day. Each league has a separate program for boys and girls.

SPACE IS LIMITED!

Game Play : Saturdays, schedule will vary

Practices : Will be held 1 day per week
during the weekday.

Dates : Mid December-Early March

Time : Times will vary according to schedule

Boys League: Grades 3rd& 4th, 5th& 6th,
7th& 8th and 9th - 12th

Girls League: Grades 3rd – 5th and Grades 6th – 9th

Fee: \$100.00

**We will not accept registrations
after November 17, 2023**

**Volunteer coaches are needed for all age groups.
Leagues cannot start until we have enough coaches.
Call the Recreation Office at 860-871-3610.**

GOLF LESSONS - Coed

If you want to learn to play golf or improve your game this course is for you. Learn proper grip, alignment, swing technique, basic etiquette and rules. **Instructor Rick Nelson, PGA Professional**

Day: WEDNESDAYS
Date: Session 2: September 6–September 27, 2023
Time: 6:00 -7:00pm
Ages: 16 & up
Fee: \$80.00 Res. / \$90.00 Non-Res., (4 weeks)
Location: Skungamaug River Golf Course (end of Goose La)

BASKETBALL- Pick up

The benefits of basketball include great aerobic exercise, it provides a wonderful cardiovascular workout, improves heart health, stamina and lung capacity. The quick movements exercise your joints and muscles and improve strength and flexibility. In other words it provides a complete workout and allows you to meet new people while having fun! Pickup games using multiple courts. Register with the Recreation Department for a reduced rate or pay the drop in for **\$6.00 an evening.**

TOLLAND RESIDENTS ONLY

Day: MONDAYS
Date: September 18 – December 11, 2023 (No class Oct 9)
Time : 7:00-9:00pm
Ages : 19 and up
Fee : \$60.00 (12 weeks) or \$6.00 per walk-in
Location : Tolland Middle School

Day: WEDNESDAYS
Date: September 20 – December 13, 2023 (No class Nov 22)
Time: 6:30-8:30pm
Ages: 19 and up
Fee: \$60.00 (12 weeks) or \$6.00 per walk-in
Location: Tolland Middle School

VOLLEYBALL (Coed)

If you are looking for a fun way to improve your health, volleyball could be the sport for you. Join us for coed pickup games, No experience necessary. Our experience instructor will help you learn the game. If you have experience he will help you improve. A good opportunity to meet new people and make new friends. Sign up with the recreation department at the reduced rate or pay the drop in rate **\$6.00 an evening.**

Instructor: Sue Vang
Day: Mondays
Date: September 18 – December 11, 2023 (No class Oct 9)
TIME: 7:00-9:00pm
AGES: 16 and up
Fee: \$60.00Res./ \$70.00Non-Res. (12 weeks) or \$6.00 per walk-in
LOCATION: Tolland Intermediate School

VOLLEYBALL (Power)

If you have some experience as volleyball player this program is for you. Coed pick- up games for fitness and fun. Improve your game and meet new people while getting a good cardiovascular workout. Build muscle and burn fat.

Sign up with the recreation department at the reduced rate or pay the drop in rate for **\$6.00 an evening.**

Instructor: Sue Vang
Day: Tuesdays
Date: September 19 – December 5, 2023
Time: 7:15-9:15pm
Ages: 18 and up
Fee: \$60.00 Res./\$70.00 Non-Res. (12 weeks) or **\$6.00 per walk-in**
Location: Tolland Intermediate School



PICKLE BALL- OPEN COURT

Are you looking to meet new people, workout, or just have fun? Then Pickle ball is for you! Pickle ball is a racquet sport which combines badminton; tennis and ping pong all in one and is easy to learn. **REGISTRATION IS REQUIRED.**

Class limited to 10 participants.

Session 1

Day: THURSDAYS
Date: September 7 – November 16th (No Class 10/26)
Time: 1:00-2:30pm
Ages: 55 and up
Fee: \$50.00 Res./\$60.00 Non-Res. (10 weeks)
Location: Tolland Recreation Department

Session 2

Day: THURSDAYS
Date: September 7 – November 16th (No Class 10/26)
Time: 2:30-4:00pm
Ages: 55 and up
Fee: \$50.00 Res./\$60.00 Non-Res. (10 weeks)
Location: Tolland Recreation Department

Session 3

Day: THURSDAYS
Date: September 7 – November 16th (No Class 10/26)
Time: 4:00-5:30pm
Ages: 55 and up
Fee: \$50.00 Res./\$60.00 Non-Res. (10 weeks)
Location: Tolland Recreation Department

Tolland Adult Education

ED 2 GO-Education to Go- Online Courses

Here at the Tolland Recreation Department we offer a wide range of ed2go courses that you can take from the comfort of your own



home. All of our courses include expert instructors, many of whom are nationally known authors. Our online courses are affordable, fun, fast, convenient, and geared just for you. **Classes as low as \$95!!** Ready to explore our catalog? Visit www.ed2go.com/TollandRec

KNITTING CLASS

Beginners, novice, intermediate or expert knitters; this is your class. Bring your problems, questions, or unfinished projects. The basics of knitting will be explored. Casting on, binding off, the knit stitch, the purl stitch, simple knit & purl combinations, simple cables, reading & interpreting patterns & abbreviations. Come join the fun and learn a thing or two. Materials are covered by the student according to individual patterns. Extra yarn and needles to practice stitches & techniques will be available during class.

Instructor: Lori D'Andrea
Day: TUESDAY
Date: September 12– November 14, 2023
Time: 6:30-8:00pm
Ages: 16 and up
Fee: \$70.00 Res / \$80.00 Non-Res, (10 weeks)
Location: Tolland Recreation Center- Program Room 1

SHAKE IT UP FITNESS

Shake up your routine, shake up your mindset, shake up your goals, shake it up fitness. Show up to a Shake It Up Fitness class exactly how you are; then let loose, be free, shake it up and leave it all on the dance floor. This high energy dance fitness class incorporates cardio, endurance, balance, flexibility and strength with fun upbeat music you'll want to sing along to! In this class you are not just getting a great workout, you are welcomed into a fun community and atmosphere that will challenge you to push your limits, while celebrating how far you've come. **Walk in rate \$10.00 per class.**

Instructor: Marisa Paradis
Day: THURSDAYS
Date: September 7 – December 14th
(no class 9/28, 10/26, 11/23)
Time: 6:30-7:30pm
Ages: 16 and up
Fee: \$96.00 Res./ \$106.00 Non-Res. (12 weeks) or \$10.00 per walk-in
Location: Tolland Recreation Department

YOGA AM & PM

These classes are moderate, mixed level Kripalu Yoga classes. In the Kripalu approach, we use the tools of yoga - breathing exercises, yoga postures, and meditation - to develop awareness, strength, flexibility, balance, and resilience in the body and mind. I also incorporate some of the principles of Ayurveda, "the science of life", in these classes to give you more tools to create



balance, harmony, and vibrant health in your life. Everything can be adapted to suit individual levels. No previous experience with yoga is necessary. Please bring a yoga mat and a blanket or towel to cover up for the final relaxation. **Walk in rate \$10.00 per class.**

Instructor - Amy Evans, RYT-500, AYT

MORNING YOGA

Day: TUESDAYS- AM
Date: September 19- December 12, 2023
(No Class Oct.10)
Time: 9:00-10:00 am
Ages: 16 and up
Fee: \$84.00 Res./ \$94.00 Non-Res.,
(12 weeks) or \$10.00 per walk-in
Location: Tolland Recreation Department

MORNING YOGA

Day: WEDNESDAYS- AM
Date: September 20 – December 13 (No Class Oct.11)
Time: 9:00 – 10:00am
Ages: 16 and up
Fee: \$84.00 Res./ \$94.00 Non-Res., (11 weeks) or \$10.00 per walk-in
Location: Tolland Recreation Department

AFTERNOON YOGA

Day: WEDNESDAYS- Afternoon
Date: September 20 – December 13 (No Class Oct.11)
Time: 4:45pm – 5:45pm
Ages: 16 and up
Fee: \$84.00 Res./ \$94.00 Non-Res., (12 weeks) or \$10.00 per walk-in
Location: Tolland Recreation Department

EVENING YOGA

Day: WEDNESDAYS- PM
Date: September 20 – December 13 (No Class Oct.11)
Time: 6:00-7:00 pm
Ages: 16 and up
Fee: \$84.00 Res./ \$94.00 Non-Res., (12 weeks) or \$10.00 per walk-in
Location: Tolland Recreation Department

A Scenic Autumn Day on your own in Boston, MA Saturday October 14, 2023

Join us for an exciting trip to Boston, Massachusetts this October, just in time to check out all the Autumn charm this historic city has to offer! We provide transportation, and you are free to explore the streets of Boston as you wish! Just make sure you meet us back at the bus station by 5:45pm for the bus ride home.

Day: Saturday
Date: October 14, 2023
Time: 7:00am- Tolland Commuter Parking Lot (Exit 68 off of I-84)
Arrival: Approximately 8:30-9:00am, Boston-South Station, 700 Atlantic Ave, Boston, MA 02110
Depart: 6:00pm- Boston-South Station, 700 Atlantic Ave, Boston, MA 02110
Return: Approximately 7:30 -8:00PM Tolland Commuter Parking Lot
Cost: \$60.00
Location: Boston, MA
Registration
Deadline: September 29th, 2023

Things to do in Boston in the Fall:

<https://heyeastcoastusa.com/boston-in-fall/>

Transportation in the city: <https://www.mbtta.com/>

Things to do in Boston:

<https://www.meetboston.com/things-to-do/>

<https://www.boston.gov/visiting-boston>

A Day on Your Own in New York City Saturday, December 2nd

Enjoy a day in the "Big Apple" with friends and family. Get a jump start on your holiday shopping, visit the museums, see a Broadway show or just enjoy the sights of the city. Bus will drop off & pick up at Rockefeller Center.

Date: Saturday, December 2nd
Reg Deadline: Wednesday, November 15th
Departs From: Tolland Commuter Lot, I-84 Exit 68 (Near Dunkin Donuts)
Departure Time: 7:00am
Return Time: 10:30pm Approx.

Fee: \$90.00 (fee includes bus transportation only)

TRICK-OR-TREAT

TOLLAND RECREATION DEPARTMENT THURSDAY, OCTOBER 26, 2023

A chance to show off your child's costume, see your friends and trick or treat in a safe friendly environment.

Visit the Recreation Department and find out more about us. Busiest time is between 5:30 and 6pm; come later when the lines are shorter. The event will be held at the Tolland Recreation Center (104 Old Post Road).

Sponsored by: The Tolland Recreation Department

Day: Thursday
Date: October 26, 2023
Time: 5:30-7:00pm
Ages: 10 and under
Fee: In lieu of a fee, we ask that you bring a non-perishable food donation.
Location: Tolland Recreation Department

LETTERS TO SANTA

Santa's elves will be collecting letters left in the mail boxes at the Post Office, the Tolland Recreation Department, and Tolland Library beginning Tuesday, November 28, 2023 thru Wednesday, December 13, 2023.

It is so hard for Santa to write back when a child doesn't include their **FULL NAME & ADDRESS**, so please be sure that children include them.



CIDER MILL 5K & FAMILY 1 MILE RUN

Saturday, September 30, 2023

The Cider Mill Road Race is an annual morning tradition of fitness and fun!

Cider Mill Fun Run- a shorter course for the younger kids!

The 1 mile race is a cross-country Cider Mile, a trek through the wooded trails at Crandall Park which starts promptly at 9:45 am.

The Cider Mill 5K — a closed road race which starts at 10:30am.

New course for 2023

Prizes are awarded to the top male/female in each bracket.

Registration fee for the Cider Mill Fun Run and the 1 Miler is \$12.00, and the 5K is \$25.00. Registration in advance, no race day registration.

The Cider Mill 5K & Family Fun Run is organized by a committee of volunteers who partner with the Tolland Elementary PTO, Tolland Middle School PTO, Tolland High School Booster Club and the Tolland Recreation Department. All proceeds benefit these organizations and their efforts to promote physical fitness within the Tolland community.

REGISTRATION

Registration is now available ONLINE at <https://runsignup.com/Race/CT/Tolland/Cidermillroadrace>

CELEBRATE TOLLAND Festival



Saturday, September 9, 2023

Join us for a full day of fun with good food, entertainment, kid games, information booths by local groups, contests and much more!!

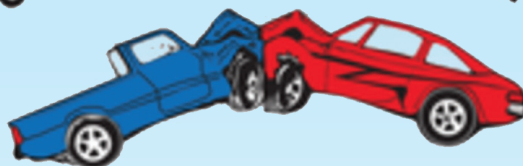
FUN FOR THE WHOLE FAMILY!

We are in need of volunteers to help make the day run smoothly.

If you are interested give the Recreation Office a call at 860-871-3610.

Day:	SATURDAY
Date:	September 9, 2023
Time:	12:00 - 4:00pm
Ages:	All
Fee:	FREE
Location:	Tolland Middle School Field

JOHNSON AUTO BODY, INC.



Tolland, CT

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393 Merrow Road
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Hours: Monday-
Friday 8:00 – 5:00

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Tolland Human Services

Human Services Assistance Programs:

If you have trouble paying your home heating bills, help may be available.

Eligibility for the CT Energy Assistance Program is based on **annual gross income** and household size. Assistance is for your **primary source of heating**, including oil, electricity, and propane. Renters and homeowners may apply. Renters whose heating costs are included in their rent may also apply.

Maximum Household Income: 2022/2023 Program Guidelines*

1	\$39,761
2	\$51,996
3	\$64,230
4	\$76,465
5	\$88,699
6	\$100,933
7	\$103,227

* Income Guidelines are subject to change for the 2023/2024 year. Any household with an individual who receives Cash Assistance, SNAP or Supplemental Security Income will be automatically eligible for CEAP Benefit.

- Residents can apply through **Tolland Human Services** 860-871-3648. Please call in advance to set up an appointment if you would like to meet with someone from Human Services. Tolland seniors can contact Rebecca Ellert at the Senior Center, 860-871-3726. Required documentation is listed on the next page.
- Residents can apply at the **Access Agency** in Willimantic 860-450-7400.
- Residents can apply online @ <https://portal.ct.gov/heatinghelp/ctenergy>

Food Bank

If you are a Tolland resident and your household would benefit from using the Food Bank, please contact 860-871-3648. Distribution is by appointment only, and participation is strictly confidential.



FoodShare Mobile Food Pantry

The FoodShare Mobile Food Pantry is available in Tolland on alternate Thursdays, 10-10:30 a.m. in the parking lot adjacent to the United Congregational Church of Tolland, 45 Tolland Green. Pre-registration and identification are not required. For more information about FoodShare, residents may contact FOODSHARE at (860) 286-9999 or the UCC office at (860) 875-4160, or visit the FOODSHARE website, www.foodshare.org.

Residents participating in the program must bring their own bags.

mansfield



Mansfield

Roa Alamdari
MD, FACOG

Robert Gildersleeve
MD, FACOG

Lesley Gumbs
MD, FACOG

Yvette Martas
MD, FACOG

Shannon Morgan
CNM

Stephanie Welsh
CNM, DNP

Lauren Startz
CNM

Lifelong Women's Healthcare
Adolescence • Pregnancy • Menopause

860-450-7227 (phone) • 860-450-7231 (fax)

A member of



Find us on Facebook
www.Mansfielddobgyn.com

**Transitions
Salon**

12 Goose Lane • Tolland, CT 06084
(860)896-9010

Tolland Human Services

HVCC Dial-A-Ride Program

Dial-A-Ride is a transportation program (wheel-chair accessible) for residents who are at least 60 years of age or are disabled. Rides are available to locations in Vernon, Ellington, and Tolland, and to Manchester and South Windsor for medical appointments. All appointments are on a first come, first served basis. You will need to reserve your ride both to the appointment and from the appointment. In order to provide a return ride, you will need to estimate the duration of your stay at your appointment. You may reserve your ride up to 8 weeks in advance. There is an annual \$20.00 registration fee and a \$2.00 donation for each trip. Round trips are \$4.00. You must have exact change. No Passenger will be refused. Call (860) 870-7940 to make a reservation.

Youth Programming

Please visit the Youth Services pages on the Town website for up to date programming information as it becomes available. For current information about any services for Tolland youth and families, residents may contact Assistant Director of Human Services Caitlin Mather, (860) 871-3612 or visit <https://www.tolland.org/youth-services>

Elderly Outreach/Case Management Services

Would you or a loved one benefit from Elderly Outreach/Case Management Services?

Navigating the world of programs and services can be confusing as there are so many options out there. Tolland Elderly Outreach Worker Rebecca Ellert has many years of experience working with elders.

Case Management services include:

- An Assessment of the elder's current health, financial and living situation
- Identification of community resources and funding options for home care services such as Transportation, Home Delivered Meals, Insurance, Adult Day Care, Emergency Response Systems etc.
- Developing a Plan of Care based on the client's needs/ situation

- Monitoring of the elders situation

Rebecca is a Certified Choices Counselor and is available to help you understand your options regarding Medicare including Medigap and Medicare Advantage Plans. Contact Tolland Human Services (860) 871-3648 or Rebecca at the Senior Center (860) 870-3726 to arrange a consultation.

Fair Housing Notice

Beverly Bellody, Director of Tolland Human Services, serves as the Fair Housing Officer for the Town of Tolland. The Federal Fair Housing Act prohibits discrimination in the sale, rental and financing of dwellings, and in other housing-related transactions, based on race, color, national origin, sex, religion, familial status or the presence of children, or disability.

Under the Connecticut Fair Housing Act, it is against the law to deny anyone housing based on race, color, national origin, ancestry, sex, religion, familial status or the presence of children, disability, marital status, sexual orientation, age (except minors), lawful source of income, veteran status or gender identity or expression. If you feel your rights have been denied in the equal access to the rental, sale or financing of residential property, please contact Beverly Bellody at (860) 871-3611, Mon.-Wed. 8:00 am-4:30 pm, Thurs. 8:00 am-7:30 pm, closed on Friday.

Tolland's Commission on People with Disabilities

Did You Know?

The goal of the Tolland Commission on People with Disabilities is to provide information, education, and advocacy for the entire community by embracing the contribution of its citizens with disabilities, and to create a more inclusive Tolland. The Commission researches and advises the Town Council on issues relevant to our citizens with disabilities.

The Commission will:

- Offer support for legislative initiatives that promote equality and accessibility for people with disabilities
- Invite speakers from both the public and private sector to discuss topics of concern to the disability community;
- Explore additional state, federal, and grant funding resources;
- Analyze the services for persons with disabilities provided by the community, both by public and private agencies, and make recommendations to the Town Council regarding their findings.

Remember – when you make something accessible for a person with a disability, you make it accessible for **EVERYONE**.

Do you have suggestions on how to make Tolland more inclusive and improve the lives of people with disabilities in our town? We would love to hear from YOU! You can join our Facebook page, join a meeting (every 3rd Thursday of the month at 6:30pm) or send an email to copwd@tollandct.gov.

Monet's Table
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Your Purchase of \$ 25 or more
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Expires October 31, 2023

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860.875.7244 **Debra@monetscatering.com**
Wed - Fri 11:30-2:30  **www.MonetsCatering.com**
Saturday Brunch 9-2

TOLLAND SENIOR CENTER

674 Tolland Stage Road, Tolland, CT 06084

Mailing Address:

21 Tolland Green, Tolland, CT 06084
860-870-3730

Center Hours

Monday – Wednesday: 8:30 AM – 4:00 PM
Thursday: 8:30 AM – 6:30 PM
Friday: CLOSED

Programs we offer:

***Bean Bag Toss, Billiards, Book Club,
Bridge, Cardio Drumming, Cards,
Chair Volleyball, Chorus, Dominoes,
Jammers, Line Dancing, Mahjong,
Pickleball, Ping Pong, Cooking Program,
and Tech Class!!***

We also offer the following

Health & Wellness programs:

***Chair Yoga, Exercise, Drumming Circle,
and Blood Pressure & Blood Sugar Clinic!!***

We serve **LUNCH** every Wednesday!!!

Stop in or visit our webpage

www.tollandct.gov/home/senior-center
to see what we have to offer

Want a newsletter emailed to you?

Email kkowalyszyn@tollandct.gov and let us know.

Senior Center Mission

The mission of the Tolland Senior Center is to give purpose to older adults by empowering them to continue to live independent lives. By providing physical, social, educational, and nutritional programs, we stand devoted to the well-being of the older adult.

Planning & Development

Community Newsletter Fall, 2023

Building Department

860-871-3601

<https://www.tollandct.gov/building-department>

Did you know that many permits can be applied and paid for online? Visit the Building Department webpage and click the Online Permit Center button to start your application. Having proper permits will not only guarantee the work is approved and inspected, but will benefit you if you decide to sell your home. Did you know that homeowner's insurance claims may be denied due to unpermitted home improvements? Our office staff is happy to answer any questions you may have on the permit process.

While you're on the Building Dept. page, check out our many Reference Materials and Links. There is quite a bit of information provided to help you with your home improvement projects, including swimming pools, decks, additions and more.

With the snow and ice, come many problems for our homes. Residents with direct-vent pellet stoves, boilers, water heaters and furnaces should verify that the intake and exhaust vents are not buried by blowing and drifting snow. Direct-vent appliances are those that don't have a typical chimney system; they often have plastic pipes going through the exterior wall, low to the ground. If these pipes are blocked, deadly carbon monoxide can build up in your home. Please don't become a statistic!

Before the snow arrives, consider calling in professional help to address any ice dam issues your roof may have had last year. The root cause is usually a lack of ceiling insulation and/or attic ventilation. We always recommend using a competent, licensed and insured contractor for any home improvement project. A professional contractor will take care of the permit requirements for you and will provide peace of mind knowing that the work is done properly and to current code requirements.

If you have questions for Jim Paquin, the Building Official, he is usually available in the office Mon-Thurs, 8:00-10:00 AM and noon-2:00PM. He is also available Thursday evenings from 6:00-7:30PM.

SENIORHOOD

FREE Resource Fair Tolland County Seniors

October 21, 9:30am-2pm • Vernon Center Middle School

Information: (860) 870-3661

Public Works Department

Winter Parking Bans

Residents are reminded of the winter parking ban in effect from **November 1st through April 15th**. Overnight parking is not allowed on public streets or municipal parking lots between the hours of **midnight and 6:00 AM**. A parking ban may also be declared if a significant snow event is forecast or in progress. For information on whether a parking ban has been declared (beyond the midnight to 6 AM ban) tune to WFSB (CBS), WTNH (ABC) or WVIT (NBC).

Mailboxes

Your mailbox should be in good repair, firmly attached to a solid post and properly placed so no part of it is over the pavement. Your mailbox will have to withstand countless tons of flying snow this winter and may require periodic maintenance. If a mailbox or post is pushed over or damaged as a result of snow or slush coming off a snowplow, it is considered a winter hazard and the Town will not repair or replace the mailbox or post. The height of the bottom of the mailbox to the street should be between 42- 48 inches and the mailbox door should be 6 to 8 inches back from the front face of the curb or road edge.



Garbage & Recycling Tote Placement



Residents are reminded that garbage and recycling totes should be placed within 18 inches of the curb or roadside. Please know that they are to be placed on your property, not in the street. Doing so not only creates a public safety issue but also hinders snow removal operations. The Town is not responsible for damage done to totes by plows.

Portable Basketball Hoops

Portable basketball hoops and similar items should NOT be in the Town Right-of-Way. The Town is not responsible for damage done by plows to such items left in the Town Right-of-Way.

Catch Basins & Storm Inlets

Help minimize street flooding by shoveling snow and ice away from the front of the storm inlet nearest your house. This includes keeping catch basin grates free of leaves and other debris all year long.

Sidewalk Clearing

Per Town Ordinance, it is the responsibility of owners and occupants of buildings and vacant lots to remove snow, sleet and ice from public sidewalks abutting their property within 24



hours after a storm has concluded. Failure to comply with this ordinance may result in a fine. Please remember that the final snowplow pass is not made until after the storm has concluded. Your cooperation in clearing sidewalks is an essential safety measure for pedestrians using the sidewalks.

Fire Hydrants

Owners of property and occupants of buildings that have a fire hydrant are required by Town Ordinance to clear a four-foot area in all directions around the hydrant and a three-foot wide path from the street to the fire hydrant. Failure to comply with this ordinance may result in a fine. The Fire Department counts on hydrants being clear of snow in the event of an emergency.

Christmas Trees

Tolland does not offer curb side pick up of Christmas trees. However, Christmas trees may be dropped off at Crandall's II, near the Lodge driveway, from December 26th through January 26th.





ALL ELECTIONS

(MUNICIPAL, GUBERNATORIAL, PRESIDENTIAL AND PRIMARIES)
are held at the Recreation Center and Senior Center

ALL REFERENDUMS are held in the Program Room of the Library.

POLLING HOURS are 6:00 a.m. to 8:00 p.m.

ELECTION CALENDAR November 7th, 2023

Municipal Election for Town of Tolland officials including Town Council, Board of Education, Planning and Zoning, and Zoning Board of Appeals.

To register to vote online or to make changes to your voter registration card (name, address, party etc.), please visit **www.govote.ct.gov** and follow the prompts.

You will need a valid Connecticut Driver's license.

You may use this web-site **www.Tollandelections.org** to fill out an Absentee Ballot application, and for answers to many questions you may have.

Absentee ballots and applications may also be obtained in the Town Clerk's office in Town Hall.

If you have any further questions, please call the Registrars of Voters at 860-871-3634.

Tolland Girls Travel Basketball

tollandgirlstravelhoops@gmail.com

Tolland Travel Basketball is an organization that provides opportunities and training for girls to become competitive basketball players. Girls will gain a foundation of skills and understanding of the game so they can continue playing in high school and beyond. Our main season is November - March but offer camps, clinics and programming year round.

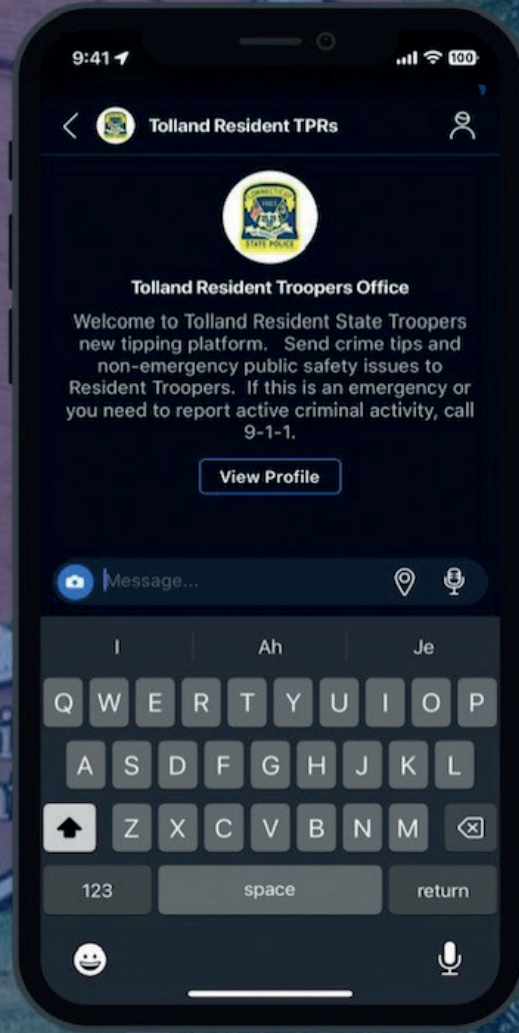
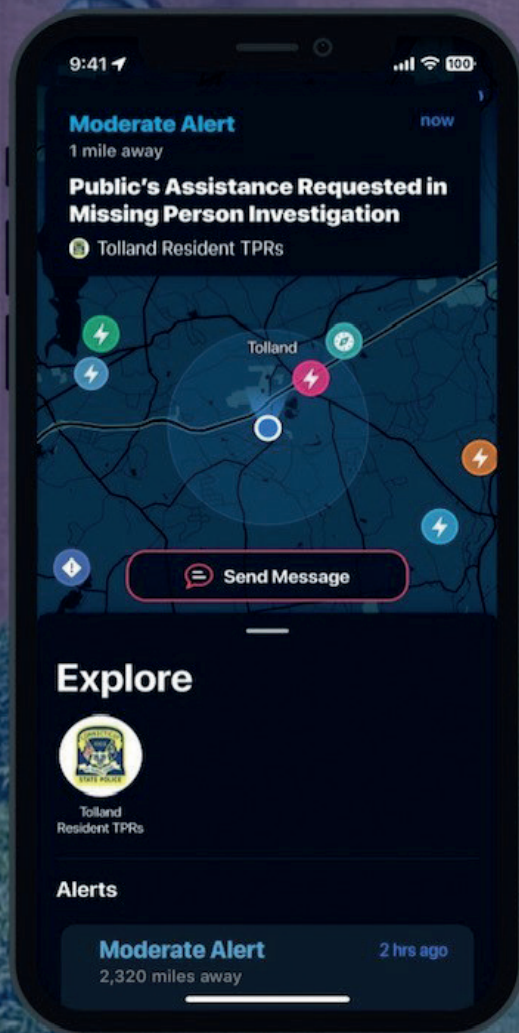
Please visit our website or Facebook page for more information and upcoming programs

www.tollandtravelbasketball.com

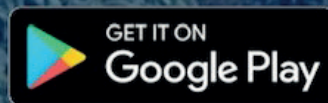
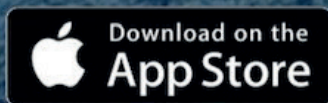
**Tryouts will be in
mid-late October**



Introducing, Atlas One Tolland's new public safety app!



Download for iOS & Android today



Tolland Resident Troopers Office

Fellow Tolland residents,

the long awaited Atlas One platform has been launched and is now live in our Town! The emergency notification system is a user friendly platform which will allow Tolland residents to share crime tips in a two-way communication setting with the Tolland Resident Troopers Office. Users will receive real time updates of incidents occurring within our Town such as motor vehicle accidents, road closures, crime bulletins, public events, and critical incidents. Information broadcasted

on Atlas One by the Tolland Resident Troopers will be received by users in real time, and will be updated as incidents are investigated and as information is developed. The Atlas One platform is not a replacement for the 9-1-1 system. Anyone observing active criminal activity or requiring immediate police response should call 9-1-1. Anyone with questions regarding the utilization of Atlas One can contact the Tolland Resident Troopers Office. Download Atlas One today. It's FREE!

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**Complete Automotive Repair Service
That You Have Known and
Come to Expect for Over 46 Years**



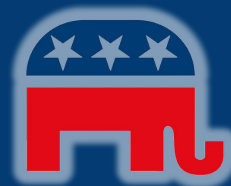
Is your Car Road Trip Ready?

Contact Glenn and Holly at Morrison and Johnson today.

Inspection Includes: Tune up • Tires • Brakes
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• Exhaust system • All Fluids Checked

TOLLAND REPUBLICANS

Vote Row B! Tuesday, November 7th



TOWN COUNCIL

MICHEAEL FAMIGLIETTI
SCOTT LEWIS
JACOB MARIE
ALEX NOONAN
JOSEPH SCE

PLANNING & ZONING

JOSEPH MATTEIS
BRIAN MEAD
ERIN STAVENS

BOARD OF EDUCATION

BILL BODE
MONIQUE MEAD
DANIEL SHERIDAN
BRIAN THOMPSON

ZONING BOARD OF APPEALS

ROBERT BURNS
NATE CARLSON

Paid for by the Tolland Republican Town Committee; Cynthia Fontanella, Treasurer. Approved by all Candidates.

Tolland Public Library

Adult Programs

Summer Reading

The Adult Summer Reading Program will end on **August 28**. Get in your last minute reads by sending us (bpettijohn@tollandct.gov) the title of books read or listened to, to be eligible for the final prizes. Thanks go to the Friends of the Tolland Public Library for their financial support.

NOW HIRING PART-TIME SCHOOL BUS DRIVERS In Tolland CT!

WE'RE LOOKING FOR YOU!

At First Student, our Bus Drivers are an integral part of the communities they serve. They are committed to safety, customer service and have genuine, caring attitudes for children. We are your friends, family, and neighbors!

WE ARE PROUD TO OFFER:

- \$20.79/hr. starting wage - can make more based on experience*
- Fantastic Training
- The process is paid training at \$15 per hour
- Child ride along program

*Conditions may apply, please see location for details.

To qualify, you must be at least 21 years of age, have a valid driver's license, a safe driving record and be subject to a background check and drug test.

APPLY ONLINE: WorkatFirst.com and search for vacancy 43190 or 46248!

860-875-6378

1 Falcon Way., Tolland, CT 06084
WORKATFIRST.COM



Home Buying/Selling

Do you want to know how to buy and sell a house in today's market? Join Mark Riesbeck, Realtor, Phil Bailey, Mortgage Consultant, Dave Sherwood, Home Inspector, and Elena Bonavita, Stager on **Wednesday, September 13** for a presentation on buying at 6 pm and on selling at 7 pm in the library's program room. Please register at tollandct.gov/library for the appropriate presentation and look for the Online Library Events Calendar.

Trusts

On **Monday, September 18** at 6:30 pm in the library's program room there will be a presentation by Attorney Brendan Daly, CELA, on trusts. He will demystify trusts and explain how a trust could be suitable for you and why. You'll walk away knowing how to use trusts to do things like minimize or avoid taxes, protect assets from potential ex-spouses and creditors, keep public benefits for loved ones, provide for a beneficiary who is disabled or has special needs and how avoid probate court. Please register at tollandct.gov/library and look for the Online Library Events Calendar.

Leave the Leaves and Lose the Lawn

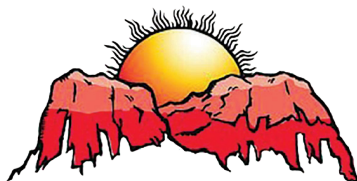
As fall clean up time in the garden draws near, it may be time to re-examine the effects of our gardening practices on the native fauna, including birds and pollinators. Maybe it's time to hang up that rake and ditch the mower!

On **Thursday, September 21** at 6:30 pm the library's program room Kathy Grinold will offer reasons why it is important to minimize lawn spaces and let the leaves lie. Please register at tollandct.gov/library and look for the Online Library Events Calendar.

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Women and Finance

On **Wednesday, October 11** at 6:30 PM, Michael Alimo from USA Financial will be speaking about women and finances in the library's program room. Today's modern women are navigating a myriad of challenges as they approach retirement. In this informative workshop, we will focus on the variety of ways you can positively impact your future through effective planning. We will explore the implications divorce, separation and death of a spouse can have on tax liability, Social Security, and portfolio management. We will share concepts relating to management of assets during times of market volatility as well as legacy planning concepts. Please register at tollandct.gov/library and look for the Online Library Events Calendar.



Felting

Angelina Fleury is back on **Tuesday, October 17** from 6 until 8 pm to teach a needle felting craft. Each participant will make a fall pumpkin. Angelina's programs fill up very quickly. This program is funded by the Friends. Please sign up online at tollandct.gov/library and look for the Online Library Events Calendar.

Oktoberfest

On **Thursday, October 19** at 6:30 pm in the library's program room, Em Sauter will present "Oktoberfest" a program on the German festival and the beer that is served there. Em is an Advanced Cicerone, a BJCP Certified Beer judge and has judged many international beer competitions. Please sign up at tollandct.gov/library and look for the Online Library Events Calendar.

Learning to Live Lightly

Are you concerned about toxins in our environment? Pollution in the air we breathe? The effects of our throw-away culture? Climate change? It's easy to feel overwhelmed by it all. Learn how even seemingly small shifts in behavior can have a big impact. Please join Kathy Grinold on **Thursday, November 16** at 6:30 pm in the library's program room to hear how many ways, big and small, can help create a more sustainable world. Please register at tollandct.gov/library and look for the Online Library Events Calendar.

Queen Elizabeth II Dramatization

On **Tuesday, November 28** at 6:30 pm in the library's program room, Sheryl Faye will bring to life Queen Elizabeth II using costumes and a multimedia learning experience. Sheryl has portrayed Amelia Earhart, Eleanor Roosevelt, Ruth Bader Ginsberg, Helen Keller and Susan B. Anthony for the Tolland Public Library in the past. This program is supported by the Friends of the Tolland Public Library. Please register at tollandct.gov/library and look for the Online Events Calendar.

Save the date of Jan. 10, 2024!

Luanne Rice is speaking at the Tolland Public Library as part of the Tolland Public Library Foundation's Eaton-Dimock-King Authors Series

Luanne Rice, a New York Times bestselling author of 36 novels, will give a free book talk on Jan. 10 at 6:30 p.m.

She will be discussing "Last Night," her latest novel, which will be released on Dec. 5. It's a gripping murder mystery set during a fierce blizzard at a familiar locale, the Ocean House in Watch Hill, Rhode Island.

Ongoing Adult Programs

The Friends of the Tolland Public Library meet on the first Monday of the month (September thru June) in the program room at 11 a.m. All library lovers are welcome.

The meditation group meets on the first Tuesday of the month in the program room at 6:30 p.m. Beginners and advanced practitioners are welcome.

Tech help is available the second Wednesday of the month at 11 p.m.

The Tolland Book Discussion Group meets on the third Wednesday of the month at 2 p.m. in the program room. We supply the books and the questions.

The Tolland Writer's Group meets on the third Tuesday of the month at 6 p.m. in the Audiovisual Room.

Tech classes on a variety of topics happen on the fourth Thursday of the month at 2 pm in the program room.

Nookless Knitters meet every Friday at 10 a.m. in the program room. Nookless Knitters II meet on the second and fourth Tuesday of each month at 6:30 in the audiovisual room. The Featherweight Friends club meets one Saturday a month in the library's program room from 10 am until 4:45 pm.

Tolland Public Library

Events in the Children's Department

Story Time

Kids and caregivers are invited to join our children's librarian on Tuesdays for stories, songs, crafts, and oodles of fun! Toddlers & Kids. FREE. Due to limited space and supplies registration is required for all participants.

Please register for your spot at tollandct.gov/library and look for the Online Library Events Calendar or call (860) 871-3621.

September 5 & 26

October 3, 10, 17, 24, 31

November 7 & 14

Baby Bookworms

Join us on Wednesday mornings for board book read-alongs, songs, rhymes, finger-plays, and playtime for your little ones. Perfect for babies 0 -23 months. Free!

Please register for your spot at tollandct.gov/library and look for the Online Library Events Calendar or call (860) 871-3621.

September 6 & 27

October 4, 11, 18, 25

November 1, 8, & 15



Tech Time

Meets one Saturday a month - 12 PM – 1 PM

Got a tech question? Need help with your iPads, iPhones, or computers? Bring your devices and see if we can help. Want to explore the technology we have here? Have fun using our Zozobots, iPads, Nintendo Switch, and more!

Please register for your spot at tollandct.gov/library and look for the Online Library Events Calendar or call (860) 871-3621.

September 23

October 21

November 18

Anime/Manga Club

**Meets one Wednesday a month
4 – 4:45 PM**

Practice manga-style art, eat exotic snacks, fold origami, watch, read, and discuss your favorite anime and manga. Pre-Teens & Teens. Please register for your spot at tollandct.gov/library and look for the Online Library Events Calendar or call (860) 871-3621.



Lego Club

Attention LEGO lovers! Exercise your creativity, show off your skills, and attempt awesome challenges online. Meets on the 2nd and 4th Thursday of every month. Kids & Pre-Teens. FREE. Call (860) 871-3621 for more info.

September 14 & 28

October 12 & 26

November 9

Dungeons and Dragons

Grab a character sheet and a set of dice and embark on an epic quest designed by local Dungeon Master extraordinaire, Jerry Rapone of "The Winding Way Forward Tabletop Adventures"! Experienced players and DMs are welcome to join and run their own games. Registration is required. Players should have a basic understanding of how to play before joining. Call (860) 871-3620 for more info.

Thursdays, 6:00 - 7:30 PM.

Next session start date TBA.

Friends of the Tolland Public Library

Tote Bags

The popular zippered tote bags have come in and can be bought at the front desk of the library for \$15 each. They have outside pockets for 2 beverage containers and inside pockets for your cell phone and pens. They come in 5 beautiful colors and they are displayed by the front desk.

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Book Sale Room

Thank You to everyone who is donating wonderful selections to our Book Sale Room, and thank you to all of you who visit the room and make purchases. We receive new donations each week and new paperbacks, hard cover books, and trade books are alphabetized by author and put in the New Arrivals Section. Nonfiction books are arranged by subject and put in the Nonfiction Section. We also have DVDs, CDs and a variety of children's books.

Come and shop for that special book that is a wonderful bargain in our Sale Book Room! Books are \$1.00 or \$.50. DVD and CD prices have been reduced to \$1.00.

If you are donating books or DVDs to us, please donate items you feel will sell. Cookbooks, yellow paged or damaged books, and nonfiction books more than 10 years old are difficult to sell. DVDs that are not Blu-Ray are also hard to sell.

Museum Passes

When you make your plans to visit a venue in Connecticut keep in mind that the library has passes that will save you a lot of money. These are the museums and venues for which we have passes at this time: Children's Museum in West Hartford along with the Roaring Brook Nature Center, Connecticut's Old State House, Connecticut River Museum, Connecticut State Parks and Forests, Connecticut Trolley Museum, Florence Griswold Museum, Lutz Children's Museum, Mark Twain House, Museum Mystic Seaport, New Britain Museum of Art, New England Air Museum, Old Sturbridge Village, USS Constitution Museum, Wadsworth Atheneum Museum of Art, and Naismith Memorial Basketball Hall of Fame

If you have suggestions for passes or other activities, we will take them, but purchasing services depends on costs and the expected popularity of the service. Just mention your idea to library staff or to a member of the Friends' Board.

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Festival of Trees

More information to come on the most important fundraising effort by the Friends. Typically the Festival of Trees is set up in November and the silent auction takes place the first week in December.

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Is Your Street Number Visible from the Road?

Residents and Business Owners are asked to please check their street address numbers. Can they be seen from the road? Are they faded, too small, overgrown or missing? If so, please update your numbers so that they are visible from both directions. The Fire Department offers blue reflective street address signs for \$16. The signs measure 6" wide and 18" long, your house numbers are placed on both sides and the blue coating is also reflective. These signs will make your address easier to find and they also make great gifts! For an order form please visit www.tollandfire.org, click the Forms button on the left.

Help Us Help You!

Tolland Fire Department is currently seeking additional Emergency Medical Technicians (EMTs) to join our volunteer ranks. If you currently hold an EMT license or would like to train to become an EMT please consider volunteering for your community.

- Did you know that the Tolland Fire Department is a combination department?
- A combination department means that both career and volunteer members work together to provide emergency services to the residents, businesses and visitors of Tolland. Our small career staff is on duty Monday through Friday covering the hours of 6:00 A.M. to 6:00 P.M. Our volunteer staff covers nights, weekends and major holidays. This type of coverage is a resourceful and cost-effective way to provide top-level services to the Town. Career staff may be called into work to cover major emergencies or during severe weather events. We are grateful that there are still a handful of volunteers that supplement the career staff during the daytime hours.
- The Department operates two ambulances and responds to emergency calls 24/7/365.
- We have a flexible duty schedule in which volunteer EMTs can sign-up for night or weekend shifts. This schedule allows EMTs to fit volunteering into their personal schedules.
- With the increased emergency call volume we are starting to burn-out our core membership. If we could recruit a few more people to assist us we can lighten the load of our members, possibly holding onto these well-trained EMTs and extend their years of service to the community.
- Additions to the Town's population both residential and commercial over the past years have affected our membership as well. Members have moved away from volunteering for a variety of reasons such as work and family obligations. Bottom line is we need additional volunteer EMTs to keep delivering our high-level of service. We need to plan for Tolland's future, now.
- Volunteer EMTs often reflect on their service to their neighbors and community as a personally fulfilling and extremely rewarding experience.

We would like to thank all of our past and present members,

www.tollandct.gov

both career and volunteer, because together they have created a foundation that we continue to build on. We miss those who have moved on and look forward to meeting new people who will help shape our future.

If you reside in Tolland and are interested in becoming a volunteer EMT please visit the Department's website www.tollandfire.org, click the "join us" button on the left side of the page or stop by the Training Center, located at 191 Merrow Road, during the day or on Monday nights when training is in session.

Thank you in advance for Helping Us Help You!

STATE LAW: Move Over or Slow Down for Stopped Emergency Vehicles

STATE LAW

**MOVE OVER OR SLOW
DOWN FOR STOPPED
EMERGENCY VEHICLES**

Drivers are reminded that they must move over one lane and slow down if they see emergency vehicles and tow trucks stopped on the shoulder of a highway with their lights flashing. If all lanes are full and drivers can't move over, they are required to slow down as they pass the scene. Connecticut passed its Move Over law in 2009, fines for breaking the law start at \$181.

Scam Alert

It has been reported that someone is "selling" Tolland Fire Department t-shirts online. This is a scam. Do not click the link! Tolland Fire Department does not sell t-shirts or other types of apparel, hats etc. nor do we solicit donations via phone or email. We ask residents to be vigilant and be on the lookout for all types of scams.



Submitted by the Office of the Fire Marshal:

Apartment And Condominium Fire Safety Tips*

***Much of the following information applies to single family residences as well.**

Responsibility for the fire safety of your building lies with each and every resident. That's why it is so important that you plan together to keep your building as fire safe as possible and learn

Fire Department/Public Safety

the right thing to do should fire break out. The first place to start is to learn the facts.

- Smoking is the #1 cause of all fatal apartment fires. And, nearly a third of them are caused by someone smoking in bed.
- Most residential fires occur at night when condos and apartments are most heavily populated.

Be Prepared! Plan Ahead for Everyone's Safety!

Meet with your landlord or building manager to devise fire safety plans for your building. As part of your group planning, explore your building. Know every possible exit, including exits from laundry, storage, and recreation rooms. If hallways become smoky in a fire, your memory can help you find a way out. Remember never to use elevators in a fire. Keep exit and stairwell doors closed at all times, but not locked. And, keep exits clear of debris and storage.

Focus on these four key elements in your fire safety plan: **Prevention, Detection, Escape Planning and Practice, and Fire Department Notification.**

1) Prevention

An ounce of prevention can save your life. Prevention is your best insurance against fire. Take these simple fire safety precautions in your own unit to prevent fire from starting.

- Be careful with smoking materials. Keep large ashtrays for smokers and never smoke in bed!
- Keep matches and lighters out of the reach of children. Store matches and lighters in a locked cabinet up high out of the reach of children.
- Check regularly for electrical hazards, such as worn electrical cords, overloaded extension cords and outlets, and broken appliances.
- Don't store flammable liquids in your home, car, or anywhere else inside your building.
- Don't use balconies, porches, fire escapes or furnace rooms for storage. Fires starting in these areas can burn undetected.

2) Detection

Make sure the fire detection system works! If fire strikes, smoke detectors and fire alarms alert you to a fire right away, so you can get out of the building safely. Remember to test Smoke Detectors and Carbon Monoxide Detectors monthly. Change out any devices that have expired.

- Install smoke detectors on every floor of your own unit. Be sure to place detectors on the ceiling near bedroom areas. This way, if a fire starts while you're asleep, detectors will wake you before it's too late.
- If you notice that smoke detectors in your own unit or in public hallways are beeping, be sure to have their batteries changed or electrical systems checked. Replace dead batteries immediately.

3) Escape Planning and Practice

In a fire, there is no time to stop and think. You need to know in advance the two quickest safe ways out of your unit and your building. That is why it is critical that you make and practice escape plans.

- Draw up floor plans for each floor with exits clearly marked. Ask your building manager to post the floor plans in high-traffic areas, such as near elevators, exit doors, and foyers. Make a point to review the floor plans now - because in a fire, smoky conditions and urgency can make this impossible.
- Once you've mapped out evacuation procedures, decide on a meeting place outdoors. Go there as soon as you exit the building and stay there. This way, you can keep track of who is out and who may be trapped inside. If you think someone is trapped, tell the fire department - do not go back into the building yourself.
- PRACTICE! Rehearse your escape plans as a group. Appoint a floor captain and hold a fire drill to make sure that everyone knows the right thing to do when the alarm sounds.

4) Fire Department Notification

Call 9-1-1! As a general rule, get out of the building, and then call the fire department from a safe place. When you call, be ready to provide your location and any other information about the fire.

What to Do If Fire Strikes

- Don't rush out of your apartment into the hallway. First, feel the door. If it is hot, use another way out. If the door is cool, leave by the nearest exit.
- If an announcement can be heard over your building's public address system, listen carefully and follow directions.
- Never use elevators in a fire! Use the stairs. Close all doors behind you to slow fire spread.
- If your planned escape route becomes smoky, get down on your hands and knees and crawl. Smoke rises, so the cleanest air is near the floor.
- Never go back into the building. Go directly to your planned meeting place and stay there. If you think someone is trapped inside, notify the fire department.
- If you can't escape your apartment, stuff wet towel, sheets, or clothes around the door and vents to keep smoke out.
- Call the fire department and tell them where you are. If no smoke is coming into the room you are in, open a window slightly both at the top and the bottom. Stay low and wave a bright cloth, towel, or sheet out the window to signal your location.

Remember, a little bit of planning and awareness can make the difference between safety and disaster... for everyone!

"Reproduced from NFPA's website, www.nfpa.org/publiceducation. © NFPA."

Articles submitted by Tolland Animal Control:

Hot Surfaces

While sunny days can be great for taking pets on walks, it can also pose some dangers. Surfaces such as asphalt and artificial grass can become extremely hot and cause injuries to our pet's paws.



Fire Department/Public Safety

The Journal of the American Medical Association reported that "when the air temperature is 86 degrees, the asphalt temperature registers 135 degrees." They recommend testing the temperature of the pavement by placing the back of your hand on it. If it is too hot for your hand, it is likely too hot for your pet's paws.

Overheating and Dehydration

With warmer weather also comes the risks of your pet suffering from heat exhaustion and heat stroke. Some signs of this include excess saliva, nausea, limited movement, dizziness, seizures and loss of consciousness. Signs of dehydration include too much or too little urine as well as dry eyes, mouth and nose. Immediate care should be provided to your pet upon noticing these symptoms. Keep a watchful eye on your pets and be sure to provide plenty of fresh water and shade if outdoors. Do not hesitate to seek professional medical attention.

Air Quality

In addition to extreme hot/cold temperatures, air quality can also affect our pets. Smog, humidity and haze from wildfires can affect the quality of air we breathe. If you plan on taking your pet for a walk, it might be helpful to check the Air Quality Index to make sure it will be comfortable for both you and your pet.

Pets in Vehicles

It is never a good idea to leave a pet inside a vehicle by themselves, especially on hot days. The American Veterinary Medical Association mentions that *"Even on a 70-degree day, that's 110 degree inside your vehicle!"* Even on cloudy days, the temperature inside a vehicle can be too dangerous for people and pets.



Whether long trips or short trips around town, when traveling with your pet consider placing them inside a properly secured carrier or use a specially-designed pet seatbelt (harness/tether) to ensure that they are safe and secure inside the vehicle. Having your pet loose isn't safe for the driver or your pet. In the unfortunate event of an accident taking these small steps can protect your beloved pet and increase their chance of survival.

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Don't let your dog ride with their head out the window!

While this makes some dogs happy, and it's cute to see, it subjects your pet to real risks. Debris kicked up from the road can strike and injure your faithful friend. Microscopic particles in the air can cause discomfort to their eyes and nose. In the case of an



accident or if the driver has to make a sudden maneuver to avoid a collision, your pet could be ejected from the vehicle. For their benefit think safety first when traveling with your furry friends.

Visit <https://www.tollandct.gov/animal-control/pages/safety-tips-hot-weather> for additional resources and helpful links.



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