

A detailed illustration of a winter village scene. In the foreground, a sleigh pulled by a horse carries two people through a snowy field. Several houses with snow-laden roofs and glowing windows are scattered across the middle ground. A church with a tall steeple stands prominently in the background. The entire scene is set against a backdrop of snow-covered hills and trees.

TOLLAND COMMUNITY

Newsletter

**Tolland Recreation &
Adult Education
Winter 2019 Programs**

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the Chronicle

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Produced by

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Town Manager's Office

Tolland Still Needs Your Help To Increase Recycling!

FY2018 refuse and recycling statistics showed an increase in refuse tons. In the past fiscal year that ended June 30, 2018, refuse tons increased 1.7%. Bulky waste tons were approximately 145 tons from the one free month. Although recycling tons were lower than the previous year, recycling revenue was at about \$40,000. **Please continue to recycle! Recycling more saves the Town money!!**



Below are the items that are acceptable to recycle:

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.tolland.org/solid-waste-recycling



'Tis The Season Of Giving

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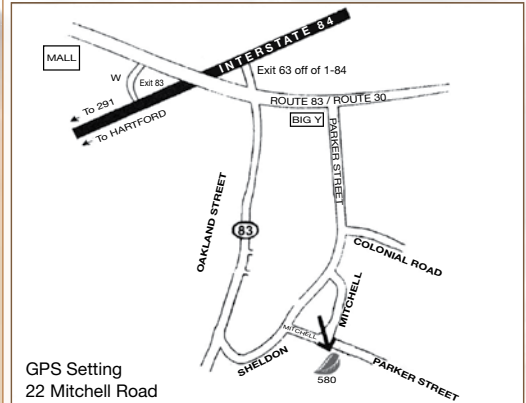
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Phone: 860-875-5748 • www.tollandvethospital.com • Hours: Monday - Friday: 9am - 6pm, Saturday: 9am - 1pm



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:

www.tollandrec.com

Email: tollandrec@tolland.org

Recreation Staff

Director: Bruce Watt, bwatt@tolland.org

Administrative Assistant: Kim Grimes, kgrimes@tolland.org

Recreation Board

Jeff Maron, Chairman

Larry Gramling

David Boland

Anthony Ciccone

David Clokey

Nicole Kowal

Logan Gauvin

The Board meets every second Monday of the month. All meetings are open to the public.

REGISTRATION

BEGINS for the Winter session
the WEEK OF DECEMBER 17, 2018
Please visit our registration site at
www.tollandrec.com

Recreation News

A note from the Recreation Director, Bruce Watt

The Tolland Recreation Department would like to thank our sponsors for the Tolland C.A.R.E.S. Program. The scholarship program was created to help children in need to get more active in recreational activities. The benefits of recreation include: exercise which provides the opportunity to combat obesity and entertainment which provides social opportunities, and much more. This scholarship is for Tolland residents only and is an ongoing program.

Thank you to the following organizations for their support:

Lion's Club of Tolland

Fenton River Veterinary Hospital

Cathy and Larry Gramling

Tolland Community Women

TOLLAND RECREATION DEPARTMENT- 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

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Email: pietrasfhs@att.net



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Tolland CT
860-875-1415

Small & Pietras Funeral Home
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Rockville - Vernon CT
860-875-0703

Burke - Fortin Funeral Home
76 Prospect St
Rockville - Vernon CT
860-875-5490

Conventry - Pietras Funeral Home
2665 Boston Tpk (Rte 44)
Conventry CT
860-742-1255

Bassinger & Dowd Funeral Home
37 Gardner St
East Windsor CT
860-623-4292

Welcoming Fieldstone Family Medicine of Tolland!

ProHealth Physicians, part of OptumCare, is pleased to welcome Binayak Koirala, MD, Ryan Maringola, PA-C, Michele Romero, APRN, and the staff and patients of Fieldstone Family Medicine of Tolland.

Fieldstone Family is a growing primary care office serving the Tolland County area. Our patient care team includes a physician and two advanced practitioners who care for patients age birth and older, and a dedicated office staff ready to assist with all your medical needs.



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ProHealth Physicians, Fieldstone Family Medicine of Tolland
6 Fieldstone Commons, Tolland • P: 860-875-2099
ProHealthMD.com





Recreation Department

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.

Registration Information

MAIL-IN

Registrations are accepted on a first come/first serve basis. A registration form is available at TollandRec.com.

Mail your completed form with payment to:

Tolland Recreation Department
21 Tolland Green
Tolland, CT 06084

Consider yourself registered if you do not hear from us.

ONLINE

Recreation Dept. Registration Website – www.tollandrec.com

Town Website – www.tolland.org

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.

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.

TRIP CANCELLATION

You will be refunded only if the spot can be filled. Requests for refunds must be in writing and are subject to a \$10.00 processing fee.

REGISTER EARLY!

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

Program Locations

Crandall Park 64 Cider Mill Rd, Tolland, CT
Cross Farms Recreation Complex 167 Rhodes Road
Tolland Recreation Center 104 Old Post Rd, Tolland, CT
Tolland Tennis Courts Old Cathole Rd, Tolland, CT
Skungamung River Golf Course 114 Folly Ln, Coventry, CT
(end of Goose La)

Youth Garden, Cider Mill Rd, Tolland, CT (by Lions Field)
Birch Grove School 247 Rhodes Rd, Tolland, CT
Tolland Intermediate School (TIS) 96 Old Post Rd, Tolland, CT
Tolland Middle School (TMS) 1 Falcon Way, Tolland, CT
Tolland High School (THS) 1 Eagle Hill Rd, Tolland, CT

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 by reservation only through the Recreation Office. Call the Recreation office at 860-871-3610 for fee schedule and available dates.

“THE LODGE”

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,

Recreation Department

businesses, daytime, nighttime and weekends. Building contains fireplace, tables & chairs, a warming oven, microwave, and double door fridge. For available dates, fees & more information call the Recreation office at 860-871-3610.

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

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.tolland.org/recreation

The Town of Tolland is an Equal Opportunity Employer-
www.tolland.org

Tolland Youth Sports Leagues & Groups

Tolland Boys Travel

Basketball www.tollandbasketballclub.com

Tolland Girls Travel Basketball..... jeffmartens72@gmail.com

Tolland Lacrosse.....www.tollandlacrosse.org

Tolland Little League.....www.tollandlittleleague.org

Tolland Soccer Club www.tollandsoccer.com

Tolland Youth Football

& Cheerleading..... www.tollandeaglesyouthfootball.com

Tolland Garden Paths

Youth Garden..... www.tgpyouthgarden@comcast.net

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 Marshal (860) 871-3677

x72143

Health District/Sanitarian (860) 871-3608

Human Resources (860) 871-3600

Human Services (860) 871-3648

Library..... (860) 871-3620

Planning & Development.....(860) 871-360

Police - Kevin Eklund,

Admin. Resident Trooper (860) 875-8911

Lori Sherwood, Secretary..... (860) 926-4695

Probate Court (860) 871-3640

Public Safety (Non-Emergency) (860) 871-3677

Public Works (860) 871-3696

Recreation Department (860) 871-3610

Senior Services (860) 870-3730

Solid Waste & Recycling (860) 926-4695

(860) 871-3600

Tax Department (860) 871-3657

Tolland Tykes Preschool (860) 871-3610

Town Clerk (860) 871-3630

Town Manager's Office (860) 871-3600

Youth Services (860) 871-3612

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King, DVM



Weston H.
Brown, DVM

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Recreation Department

Rentals

TOLLAND RECREATION CENTER- Room Rentals

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? Rooms are available for meetings on a limited basis to non-profit groups at no cost. Call the Recreation Office at 860-871-3610 to get rates and check on availability.

THE LODGE at CRANDALL PARK II

A year-round rental facility overlooking Powell Pond; 124 Cider Mill Road, Tolland, CT 06084



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:

- 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
- Sound system with CD player, iPod connection

PRESCHOOL PROGRAMS

MUSIC and MOVEMENTS for TOTS

A wonderful group experience! Come sing, dance, play and move to the beat. This stimulating program will introduce children to a variety of music and instruments. Instructor Jill Maznicki will lead the class in finger plays, songs, bounces, and developmentally appropriate group activities. Parent participation is required.

Instructor: Jill Maznicki
Day: Fridays
Date: January 18 – March 15, 2019 (No class Feb 15)
Time: 9:30-10:15am
Ages: 1-3
Fee: \$65.00 Res / \$70.00 Non-Res, 8 weeks
Location: Tolland Recreation Center



Tolland Tykes Preschool

For 3 & 4 Year Olds

Classes begin September 2019

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 \$1025.00 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 \$1,580.00, 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.tolland.org or www.tollandrec.com. For more information or if you have any questions please check out our website at www.tollandrec.com or feel free to contact the Recreation Office at (860) 871-3610.

Tolland Tykes Preschool Open House

Tolland Tykes will be hosting an Open House on **Tuesday, January 15, 2019** (snow date Tuesday, January 22, 2019) from 6:00 to 7:30pm at the Tolland Recreation Center, 104 Old Post Road, Tolland, CT.

Come meet the teachers and see what we are all about!

Day: Tuesday
Date: January 15, 2019
Time: 6:00-7:30pm
Ages: 3&4
Location: Tolland Recreation Center

YOUTH PROGRAMS

Tolland Recreation After School Program

Open to boys and girls in grades 3rd – 8th. We are happy to be able to offer this program as an alternative to your child going home alone. Our program runs out of the Recreation Center and participants will be met at the Tolland Intermediate School and walked up to our building. You have the option of signing up for 3, 4 or 5 days a week. Program participants will have the opportunity to work on homework, enjoy some quiet time, have a snack and then expend energy participating in games and sports either in the gym or outside.

Instructor: Tolland Recreation Staff
Day: Monday - Friday
Date: First Day of School – Last Day of School
Time: 2:30pm – 6:00pm
Ages: Grades 3rd–5th and Grades 6th–8th
Payment Rates as per month: **due on or BEFORE the 15th of each month** before the month participating
3 days a week-\$160.00 per month
4 days a week-\$200.00 per month
5 days a week-\$240.00 per month

Location: Tolland Recreation Center

Theatre Class

The Musical Theatre Program provides students with a full life cycle experience in musical theatre. This class is a comprehensive musical theatre training program that will teach students the finer points of acting, singing and dancing through the rehearsal process. The students will work together to learn parts of a show and have a final performance during the final class. This class promotes team work, confidence, creativity and fun, along with the opportunity to make new friends.

Instructor: Marisa Paradis
Day: Mondays
Date: January 28 – April 1, 2019 (No class Feb 18)
Time: 5:30-6:30pm
Ages: 7-10
Fee: \$55.00 Res / \$60.00 Non-Res, 9 weeks
Location: Tolland Recreation Department

Hip Hop Dance



Hip Hop dance is a class that incorporates high energy moves with the latest music. This type of dance helps develop rhythm, coordination and musicality in an age appropriate manner. Dress Code: students should wear loose fitting clothes that

they feel comfortable moving in. Shoes: clean sneakers not worn outside.

Instructor: Marisa Paradis
Day: Wednesdays
Date: January 23- March 13, 2019
Time: 5:00-5:45pm
Ages: 4-6
Fee: \$50.00 Res / \$55.00 Non-Res, 8 weeks
Location: Tolland Recreation Department
Day: Wednesdays
Date: January 23 – March 13, 2019
Time: 5:45-6:30pm
Ages: 7-9
Fee: \$50.00 Res / \$55.00 Non-Res, 8 weeks
Location: Tolland Recreation Department



Frederick M. Daniels, DDS
Jaclyn Cattanach, DMD



12 Goose Lane,
Tolland, CT 06084
(860) 875-6269

Office Hours by Appointment
www.DanielsFamilyDental.com

REGISTER ONLINE AT
www.tollandrec.com

Recreation Department

Tap Dance

Tap dance is an intricate style of dance. Not only are you moving your feet, you must ensure that your entire body is performing as well. Also, the sound made by tap dance is an important one, so audiences get a treat for the eyes and the ears.

Instructor: Marisa Paradis
Day: Thursdays
Date: January 24 – March 14, 2019
Time: 5:30-6:15pm
Ages: 6-8
Fee: \$50.00 Res/ \$55.00 Non-Res, 8 weeks
Location: Tolland Recreation Department

Babysitter Safety - 101

This course is for youth's age 10 to 15 years of age with the most common age of 12. 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. Basic first aid and obstructed airway management for a conscious choking adult/child and infant will be covered. Other topics include hand washing, diapering, bottle feeding, personal safety, interview skills and many more topics. Booklet, handouts and Babysitter Safety Certificate of completion included. Bring a snack.

Instructor: LifeSafe Services Staff
Day: Saturday
Date: February 23, 2019
Time: 9:00am – 1:00pm
Ages: 10 and up
Fee: \$55.00 Res/ \$60.00 Non-Res
Location: Tolland Recreation Center

Babysitter Safety Course 102

This course is for youth's 13 to 16+ years of age with a sincere interest in advanced concepts and skills of First Aid including CPR certification. Building on the entry level skills from Babysitter 101, objectives for this scenario based, expanded course includes additional First Aid concept, Adult/Child and Infant CPR. Requires written and skills testing to receive 2 year certification. Student receives book, handouts and Rescue Shield breathing barrier device. **Prerequisite:** Babysitter Safety 101 within the last 365 days

Instructor: LifeSafe Services Staff
Day: Saturday
Date: March 23, 2019
Time: 9:00am-Noon
Ages: 13 and up
Fee: \$55.00 Res/ \$60.00 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 Education early childhood materials. Your child will have the opportunity to work with and bring home evidence-based lab sheets to share

with family to continue the learning process outside of camp.

Instructor: E.Y.E.S., LLC. Staff
Day: Monday-Thursday
Date: April 15 – April 18, 2019
Time: 9:00am - 12:00 pm
Ages: 5-6
Fee: \$126.00 Res. / \$131.00 Non-Res.
Location: Tolland Recreation Center

S.T.E.A.M. Works Using LEGO®

Children are working with standard LEGO materials to problem solve pre-engineering challenges involving structure, levers, gears, pulleys, and other elements of simple machines. Your child will have the opportunity to work with and bring home evidence-based lab sheets to share with family to continue the learning process outside of camp.

Instructor: E.Y.E.S., LLC. Staff
Day: Monday-Thursday
Date: April 15 – April 18, 2019
Time: 1:00 - 4:00 pm
Ages: 7-9
Fee: \$126.00 Res. / \$131.00 Non-Res.
Location: Tolland Recreation Center

YOUTH SPORTS

SKYHAWKS – Basketball



This fun, skill-intensive program is designed with the beginning to intermediate player in mind. Using our progressional curriculum and focusing on the whole player, we teach your child the skills needed both on and off

the court to be a better athlete. Our basketball staff will focus on respect, teamwork, and responsibility, starting each day with a "skill of the day" and progressing into drills and games. The result is an unforgettable experience for your young athlete. After a session of passing, shooting, dribbling, and rebounding, your child will show you why this is one of our most popular programs.

Instructor: Skyhawks Staff
Day: Saturdays
Date: January 12 – February 9, 2019



Recreation Department

Time: 9:00 – 10:00am, Grade K
10:05 – 11:05am, Grade K
11:15 – 12:15pm, Grades 1st & 2nd

Fee: \$90.00 Res/ \$95.00 Non-Res, 5 weeks

Location: Tolland Recreation Center

Jukido - (ages 6-8)



Based on the ancient art of Jujitsu, Jukido helps build focus, determination, confidence and sportsmanship. The emphasis is on safety and doing ones best while learning the basic principles and self-defense techniques.

Instructor: Todd Sise, is a 4th degree black belt certified with the International Kokondo Association

Day: Tuesdays
Date: January 8 – March 26, 2019
Time: 6:00 - 7:00pm
Ages: 6 - 8
Fee: \$55.00 Res./ \$60.00 Non-Res, 12 weeks
Location: Tolland Recreation Center

Jukido - (ages 9-13)

This class builds on the fundamentals learned in the Beginner class. Helps build focus, determination, confidence and sportsmanship. The emphasis is on safety and doing ones best while learning the basic principles and self-defense techniques.

Instructor: Todd Sise, is a 4th degree black belt certified with the International Kokondo Association

Day: Tuesdays
Date: January 8 – March 26, 2019
Time: 7:00-8:00pm
Ages: 9-13
Fee: \$55.00 Res./ Non-Res \$60.00, 12 weeks
Location: Tolland Recreation Center

Dodgeball After School

A chance for some after school fun playing the popular game of dodgeball. 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 the Tolland Intermediate School and walked up to the Recreation Center.

Instructor: Rich Lavigne
Day: Wednesdays
Date: **Session 1:** January 16 – February 13, 2019
Session 2: February 27 – March 27, 2019
Time: 3:30-5:00pm
Ages: Grades 3rd-5th
Fee: \$40.00 Res / \$45.00 Non-Res, 5 weeks
Location: Tolland Recreation Center

FuTSAF Clinic

The Tolland Recreation Department in conjunction with CAB Sports is offering 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.

Day: Monday-Friday
Date: February 25 – March 1, 2019
Time: 2:30pm-4:00pm
Ages: Students attending Tolland Middle School
Fee: \$90.00
Location: Tolland Middle School



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Recreation Department

ADULT SPORTS

Pickle Ball

Are you looking to meet new people, workout, or just have fun? Then Pickle ball is for you! Come join us for some fun playing one of the fastest growing sports in America. Pickle ball is a racquet sport which combines badminton; tennis and ping pong all in one and is easy to learn.

Instructor: Ken and Liz Brown
Day: **TUESDAYS- Advanced**
Date: January 8 –March 26, 2019
Time: 4:30-5:45pm
Ages: 45 and up
Fee: \$48.00 Res/ \$53.00 Non-Res, 12 weeks
Location: Tolland Recreation Department



Day: **THURSDAYS**
Date: January 10 – March 28, 2019
Time: 3:45-5:00pm
Ages: 45 and up
Fee: \$48.00 Res/ \$53.00 Non-Res, 12 weeks
Location: Tolland Recreation Department

Day: **THURSDAYS**
Date: January 10 – March 28, 2019
Time: 5:00-6:15pm
Ages: 45 and up
Fee: \$48.00 Res/ \$53.00 Non-Res, 12 weeks
Location: Tolland Recreation Department

Basketball- Pick-up games

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 improves strength and flexibility.

In other words it provides a complete workout and allows you to meet new people while having fun!

Med-East
A Hartford HealthCare Partner

Medical Walk-In Center services:

- No appointment required
- Travel vaccinations
- Immunizations and Flu shots
- Workers' Compensation injuries
- DOT and school physicals
- Medicare and Medicaid accepted

medeastclinic.com

2 CONVENIENT LOCATIONS

TOLLAND
200 Merrow Rd. (Route 195)
860.871.5452

Hours:
Mon.-Thurs., 9 am-6:45 pm
Fri., 9 am-6 pm
Sat., 10 am-2:45 pm

WILLIMANTIC
Gateway Commons
1703 West Main St.

860.456.1252
Hours:
Mon.-Thurs., 8 am-6:45 pm
Fri., 8 am-6 pm
Sat. & Sun., 10 am-2:45 pm

Pickup games using multiple courts. *Register with the Recreation Department for a reduced rate or pay the drop in for \$5.00 an evening.* **TOLLAND RESIDENTS ONLY**

Instructor: Phil Doucette
Day: **MONDAYS**
Date: January 7 – March 25, 2019
(No class Jan 21 or Feb 18)
Time: 7:00-9:00pm
Ages: 19 and up
Fee: \$46.00, 10 weeks or \$5.00 per walk-in
Location: Tolland Middle School



Day: **WEDNESDAYS**
Date: January 9 – March 27, 2019
Time: 6:30-8:30pm
Ages: 19 and up
Fee: \$55.00, 12 weeks or \$5.00 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 \$5.00 an evening.

Instructor: Sue Vang
Day: Mondays
Date: January 7-March 25, 2019,
(No class Jan 21 or Feb 18)
Time: 7:00-9:00pm
Ages: 16 and up
Fee: \$45.00 Res / \$50.00 Non-Res,
10 weeks or \$5.00 per walk-in
Location: Tolland Intermediate School



Volleyball (Power)

If you have some experience as a 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 \$5.00 an evening.*

Instructor: Sue Vang
Day: Tuesdays
Date: January 8 –March 26, 2019 (No class Feb 5)
Time: 7:15-9:15pm
Ages: 18 and up
Fee: \$50.00Res/ \$55.00 Non-Res ,
11 weeks or \$5.00 per walk-in
Location: Tolland Intermediate School



Recreation Department

Jukido Adult

Jukido is a style of Japanese Jujitsu founded centuries ago. Jujitsu was used by Japan's elite warrior class, the samurai, in battlefield combat. Jukido emphasizes safety and doing one's best in a no-nonsense approach to self-defense.

Instructor: Todd Sise, International Kokondo Association & 4rd Degree Black Belt
Day: Tuesdays
Date: January 8 – March 26, 2019
Time: 8:00-9:00pm
Ages: 14 and up
Fee: \$55.00 Res / \$60.00 Non-Res, 12 weeks
Location: Tolland Recreation Center

Kokondo Karate

Kokondo Karate, a Japanese style of Karate, uses principles indigenous to the far east and draws from the most effective and traditional techniques from Japan, Okinawa and China. The emphasis is a no-nonsense self-defense and perfection of technique.

Instructor: Todd Sise, International Kokondo Association & 4rd Degree Black Belt
Day: Tuesdays
Date: January 8 – March 26, 2019
Time: 8:00-9:00pm
Ages: 14 and up
Fee: \$55.00 Res / \$60.00 Non-Res, 12 weeks
Location: Tolland Recreation Center

ADULT EDUCATION

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. All students will need a skein of worsted weight yarn & needles, size 6, 7 or 8 to practice stitches & techniques.

Instructor: Lori D'Andrea
Day: Tuesdays
Date: January 15 – March 19, 2019
Time: 6:30-8:00pm
Ages: 16 and up
Fee: \$56.00 Res / \$61.00 Non-Res, 10 weeks
Location: Birch Grove School



Ed 2 Go – Online Courses

Take an online class...and learn on your own terms! 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

Zumba

Zumba is perfect for everybody! Each Zumba® class is designed to bring people together to sweat. We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Zumba is a total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

Instructor: Marisa Paradis
Day: **MONDAYS**
Date: January 7 – March 25, 2019
(No class Jan 21 or Feb 18)
Time: 7:00-8:00pm
Ages: 16 and up
Fee: \$50.00 Res / \$55.00 Non-Res, 10 weeks or \$8.00 per walk-in
Location: Tolland Recreation Department

Day: **WEDNESDAYS**
Date: January 9 – March 27, 2019
Time: 7:00-8:00pm
Ages: 16 and up
Fee: \$60.00 Res/ \$65.00 Non-Res, 12 weeks or \$8.00 per walk-in
Location: Tolland Recreation Department

Day: **THURSDAYS**
Date: January 17 – March 28, 2019
Time: 6:30-7:30pm
Ages: 16 and up
Fee: \$55.00 Res/ \$60.00 Non-Res, 11 weeks or \$8.00 per walk-in
Location: Tolland Recreation Department

REGISTER ONLINE AT
www.tollandrec.com

Recreation Department

Yoga AM & PM

The aim of this class is to learn to develop strength and flexibility and reduce stress by performing a series of breathing exercises, warm-ups, simple yoga postures, and meditation techniques to stretch and strengthen the body and calm the mind. No prior experience necessary. Please bring a sticky mat if you have one and a blanket or towel. *Register with the Recreation office or drop in for \$9.00 a class.*

Instructor: Amy Evans, RYT-200

Yoga Incentive Program: If you get a friend to sign up, you will receive 2 FREE class vouchers which can be used at any Tolland Recreation Department Yoga class within 9 months.

Day: TUESDAYS-AM

Date: January 8 – March 26, 2019

Time: 9:00-10:00am

Ages: 16 and up

Fee: \$84.00 Res/ \$89.00 Non-Res,
12 weeks or \$9.00 per walk-in

Location: Tolland Recreation Department

Day: THURSDAYS-AM

Date: January 10- March 28, 2019

Time: 9:00-10:00am

Ages: 16 and up

Fee: \$84.00 Res/ \$89.00 Non-Res,
12 weeks or \$9.00 per walk-in

Location: Tolland Recreation Department

Day: MONDAYS-PM

Date: January 7– March 25, 2019
(no class Jan 21, Feb 18)

Time: 6:00 -7:00pm

Ages: 16 and up

Fee: \$70.00 Res/ \$75.00 Non-Res,
10 weeks or \$9.00 per walk-in

Location: Tolland Recreation Department

Day: WEDNESDAYS-PM

Date: January 9 –March 27, 2019

Time: 6:00-7:00pm

Ages: 16 and up

Fee: \$84.00 Res / \$89.00 Non-Res,
12 weeks or \$9.00 per walk-in

Location: Tolland Recreation Department



Gentle Yoga

This class is for beginners and experienced practitioners alike. The emphasis in this class is on slow, gentle movement with the breath to create ease and flexibility in the muscles and joints, and promote relaxation. We focus on self-awareness, paying attention to sensations in both the body and mind. Gentle Yoga can increase joint mobility as well as deep relaxation. Please bring a yoga mat and a blanket or towel.

Instructor: Amy Evans, RYT-200

Day: TUESDAYS- AM

Date: January 8 – March 26, 2019

Time: 10:15am - 11:15am

Ages: 16 and up

Fee: \$84.00 Res./ \$89.00 Non-Res.,
12 weeks or \$9.00 per walk-in

Location: Tolland Recreation Department

Day: WEDNESDAY AFTERNOON

Date: January 9 – March 27, 2019

Time: 4:45pm – 5:45pm

Ages: 16 and up

Fee: \$84.00 Res./ \$89.00 Non-Res.,
12 weeks or \$9.00 per walk-in

Location: Tolland Recreation Department

Laughter Yoga

It is a unique concept where anyone can laugh for no reason without relying on jokes, humor, or comedy. We initiate laughter as an exercise in a group with eye contact and childlike playfulness. It soon turns into real, spontaneous laughter.

Instructor: Amy Evans, RYT-200

Date: Tuesday, Jan. 15, 2019, Time: 6:00 – 7:00 pm
Saturday, Feb. 16, 2019, Time: 10:00 – 11:00 am
Tuesday, Mar. 19, 2019, Time: 6:00 – 7:00 pm

Ages: All ages; children must be accompanied by an adult

Fee: \$5.00 per walk-in/ per class

Location: Tolland Recreation Department

TRIPS

Trips are coordinated with Ashford, Coventry, Ellington, Mansfield, Tolland, and Willington. Please register with the recreation department in the town in which you live. If you do not live in any of the listed towns, you may register with any department.

The pick-up location for everyone is the commuter lot at I-84 exit 68.



Mangia, Mangia Boston's Little Italy – Italian Food and Beverage Tour

Spend the day in Italy without your passport. Boston's Little Italy testifies to the age-old immigrant experience in the new world.

Spend the day in one of our country's oldest neighborhoods, and find out what it has to offer. This walking food tour is like a cooking class on foot. Spend the morning learning how Italians eat while you glean insider cooking tips. Gain resources and knowledge on how to identify, and where to buy the very best ingredients. You'll discover the panetteria (bakery), pasticceria (pastry shop), the greengrocer, the deli, an enoteca (wine shop), and a spice and confection store. Enjoy the colorful sights, tantalizing aromas and authentic tastes of bread, pastries, cured meat, cheeses, balsamic vinegar, the freshest seasonal produce, and a little liquori in this old-world community. The tour incorporates numerous stops in which we'll enjoy sampling authentic Italian ingredients that can be incorporated into our own cooking and eating adventures.

Once the tour of Italy has finished, there will be free-time for you to grab lunch (on your own), or do some shopping in the markets visited during the tour. This is a great time to get stocked up on those authentic Italian ingredients.

This afternoon, you will head to Sam Adams where you will take a tour and learn about the beer making process.

At the conclusion of the tour, sample beer. There is a gift shop for your shopping pleasure.

*This tour requires a great deal of walking (about five city blocks, or about .3 miles) and standing.

Be sure to wear comfortable walking shoes and clothing. While the markets are inside, getting to and from each location requires walking outside in the elements. Bring appropriate outerwear.

Day: Friday
Date: April 12, 2019
Time: 7:30 AM- Tolland Commuter Parking Lot (Exit 68 off of I-84)
Estimated Return: 6:45 PM- Tolland Commuter Parking Lot
Fee: \$139 per person
Location: Boston, MA

RECREATION HAPPENINGS

Town of Tolland's Eagle Freeze

Title Sponsor: CNC SOFTWARE

Sponsored by: Tolland Recreation Dept.
Tolland Fire Department

Saturday, February 23, 2019

The Tolland Recreation Department is challenging everyone to the 3rd Annual Eagle Freeze! Come and jump in the ICY WATERS OF CRANDALL PARK!! Participants are asked to raise a minimum of \$25 to participate in the event. Participants are encouraged to dress in costumes.

All the profits will benefit Equipment for the Tolland Recreation Department and Tolland Fire Department.

Awards will be handed out for the following categories:

- Most money raised by an individual
- Best individual costume

Event Information:

The Tolland Recreation Department will be holding its 3rd Annual Eagle Freeze Fundraiser to benefit Equipment for the Tolland Recreation Department and Tolland Fire Department.

Date: Saturday, February 23, 2019

Ages: 8 and older

Time: 1:00 pm
(please check in NO later than 12:30pm at the Concession Stand)

Location: Crandall's Park, 64 Cider Mill Road

Fee: Minimum of \$25 donation

Download your registration form at: www.tollandrec.com



Tolland Human Services

Human Services

Residents may call any of the following Tolland Human Services personnel for more information about state programs and local initiatives:

- Beverly Bellody, MS**, Human Services Director
(860) 871-3611
- Nancy Taylor Dunn, LPC**, Assistant Director Human Services
(860) 871-3612
- Jeanne Pitney**, MSW, Human Services Case Manager
(860) 871-3615
- Fran Weigand**, Senior Center Director
(860) 870-3725
- Rebecca Ellert**, Elderly Outreach Case Worker
(860) 870-3726
- Bridget Joy**, Administrative Secretary,
(860) 871-3648

Assistance Programs:

Connecticut Energy Assistance Program (CEAP/CHAP)

Appointments to apply for the 2018/2019 Energy Assistance Program are now being scheduled. On behalf of eligible households, the winter heating assistance program pays for such heating sources as oil, natural gas, electricity, propane, kerosene, coal and wood/pellets. Homeowners and renters may apply. Eligibility for energy assistance is based on income, liquid assets and size of household.

Income Guidelines for Connecticut Energy Assistance Program

Household Income Guidelines - 2018/2019						
1	2	3	4	5	6	7
Under \$35,116	Under \$45,920	Under \$56,725	Under \$67,530	Under \$78,335	Under 89,140	Under \$91,166

To request a list of required documentation, schedule an appointment or learn more about this program: contact Administrative Assistant Bridget Joy, (860) 871-3648; seniors-contact Rebecca Ellert, (860) 870-3726. Information regarding eligibility and required documents will also be posted on the Tolland website, www.tolland.org (search Energy Assistance).

Residents may also contact the ACCESS Agency in Willimantic, (860) 450-7423. All documents must be current and available at the time of your appointment. We are unable to process walk-in applications.

Operation Fuel Emergency Winter/Spring Assistance Program

Tolland residents who meet the income guidelines below may contact Human Services with inquiries as to their eligibility for Operation Fuel Emergency assistance. This program will run through May 31, 2019 or until funds are exhausted, and assists with utilities and deliverable fuels. Income guidelines will be updated as soon as available.

For further information, Tolland residents may contact Nancy Dunn at (860) 871-3612.

Income Guidelines for Operation Fuel Programs

Household Income Guidelines - 2017/2018 (applicable thru 10.31.18)						
1	2	3	4	5	6	7
Under \$42,958	Under \$56,175	Under \$69,393	Under \$82,611	Under \$95,830	Under \$109,047	Under \$111,525

Food Bank

The Food Bank gratefully appreciates donations from individuals, neighborhoods, youth groups, organizations and businesses. Tolland residents needing to use the Food Bank, and those wishing to make donations to the Food Bank, may contact the following staff members: Seniors- contact Rebecca Ellert, (860) 870-3726; all other households- contact Bridget Joy, (860) 871-3648.

Tolland Housing Rehabilitation Loan Program

The Tolland Housing Rehabilitation Loan Program provides zero percent interest loans to eligible residents for home repair projects that include, but are not limited to: septic systems, well repair, roofing and siding, structural deficiencies, replacement windows, insulation, ADA improvements, plumbing, electrical and heating systems.

To be eligible, yearly gross income must not exceed amounts listed below:

Number in Family	Household Income
1	\$50,350
2	\$57,550
3	\$64,750
4	\$71,900
5	\$77,700
6	\$83,450
7	\$89,200
8	\$94,950

For an application or for more information, residents who are interested and feel they may be income eligible may contact Bridget Joy (860-871-3648). All information provided to the Tolland Housing Rehabilitation Loan Program will be kept confidential.

FoodShare Mobile Food Pantry

The FoodShare Mobile Food Pantry is available in Tolland on alternate Thursdays, 9-9:30 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.

For the next few months, distribution at the Tolland site will be on the following dates:

January 3, 17 & 31, 2019

February 14 & 28, 2019

March 14 & 28, 2019

from 9:00-9:30 a.m.

Residents participating in the program must bring their own bags.

Youth Programming

Residents are encouraged to log onto the Town website (www.Tolland.org) to view schedules and information about programs offered through Youth Services, including:

TYSCT Summer Musical - SAVE the dates!

- **Performances - Friday & Saturday, July 26 & 27, 2019**

(Show Title will be announced at a later date)

Registration Forms available online beginning March 28

TYSCT Coffee House 2019 winter/spring schedule:

- **Friday, March 22** (Auditions: Tuesday, March 12)
- **Friday, May 24** (Auditions: Wednesday, May 15)

Coffee House performances are at 7:00 pm in the Tolland High School café.

The event features original and popular vocal selections performed by area high school youth. Admission, which includes light refreshments and coffee, is \$5 and a non-perishable food or toiletries item for the Tolland Food Bank.

Watch for press releases about future TYSCT events. For more information residents may contact Nancy Dunn @ (860) 871-3612 or nancydunn@tolland.org. Please visit us on Facebook @ The Coffee House - TYSCT, and at www.tolland.org

Town of Tolland Fair Housing Notice

Submitted by Beverly Bellody, Director of Human Services

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 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.

For more information you can also contact The Connecticut Fair Housing Center, 221 Main Street, Hartford, CT 06106, 860-247-4236, or email at info@ctfairhousing.org. The Connecticut Fair Housing Center also has information about foreclosure prevention.

Senior Center News

Senior Center Day Trips for 2019

All trips are subject to change. Contact the Senior Center to make a reservation (860-870-3730).

March 19th Gaelic meets Garlic at Grand Oak Villa, Oakville, CT

July 16th Lights and Sights Cruise-Cross Sound Ferry, New London, CT

Senior Center Overnight Trip for 2019

All trips are subject to change. Contact the Senior Center to make a reservation (860-870-3730)

May 7- 9, 2019 (Tuesday-Thursday) Lancaster, PA Trip
Dinner at Amish Homestead, Mt. Hope Estate & Winery, Museum of the American Revolution, light & Sound Theater "Jesus"

Annual Senior Center Variety Show

April 26, 2019 Friday at 7:00 pm
Tolland High School
1 Eagle Hill

Admission: Adults \$10; 17 & Under \$7



Roa Alammari, MD, FACOG
Robert Gildersleeve, MD, FACOG
Lesley Gumbs, MD, FACOG
Veronica Helgans, MD, FACOG
Yvette Martas, MD, FACOG
Devon Root, CNM, W.H.N.P.-B.C.
Stephanie Welsh, CNM

Lifelong Women's Healthcare

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- Pregnancy • Menopause

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860-450-7231 (fax)

Find us on Facebook
www.mansfieldobgyn.com

Updates on Planning for the Future

The Planning and Zoning Commission continues to work on the Plan of Conservation and Development (POCD). Two workshops were held in the Fall, with one focused on the Tolland Village Area and the second focused on economic development in general. To review the findings and results, view the project's webpage:

<https://www.tolland.org/planning-development/pages/2019-plan-conservation-development-update>

2018 Conservation Commission Photo Contest – Winning Photos Announced

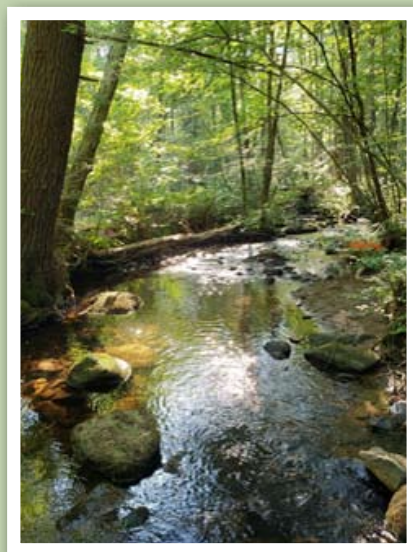
Congratulations to the 2018 Conservation Photo Contest winners! With over 50 entries, the Conservation Commission had difficult decisions to make, but is pleased to announce the four winning entries from Marian Murphy, Patrick Barber, Amy Lumia and Dawn Collins.

2018 CONSERVATION COMMISSION PHOTO CONTEST WINNING PHOTOS



Category: Wildlife

"Do you see me?" by Dawn Collins



Category: Natural Landscapes

"Brook's Delight" by Marian Murphy



Category: Youth

"The reason for a Bee" by Amy Lumia



Category: People on the Tolland Trails

"Picnic in the Pines" by Patrick Barber

Tolland Planning & Development

Building Department

Did you know that many permits can be applied and paid for online? From the homepage of Tolland.org, click on the Building Department Online Permitting button. While you're online, please browse through our many informative handouts, as it might save you a trip to the Town Hall. There are links to information on crumbling concrete, information on home repair and improvement projects, permits and building codes. Remember to schedule a final inspection appointment to properly close out your permit. Open Building Permits will impede the sale of your home and may give cause to an insurance company to deny a claim.

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!

Some people experience ice dams in their homes. Ice dams are caused by melting snow on the roof turning to ice and getting

under the shingles. When it melts, it ruins insulation, drywall and painted finishes and may cause mold growth. Ice dams are most often caused by insufficient insulation in the attic and bathroom exhaust fans venting directly into the attic. A competent, licensed, insured contractor should be consulted to remedy the situation. Especially considering the high cost of heating oil and propane, it always makes sense to address these energy wasting situations.

The Building Official, James Paquin is typically available in the office to answer questions from 8:00-10:00 AM and Noon-2:00 PM, plus 6:00-7:30 PM on Thursdays.

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Tolland 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). You can also get updates on our Facebook page @Tolland Works.

Snow Removal

Snow and ice may not be plowed, blown or shoveled into the street. This practice presents a hazard to passing motorists and may contribute to unsafe road conditions. Please remember that you will also be held responsible for any actions of a contractor hired by you.

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. It will have to withstand countless tons of flying snow this winter and it 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" 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" 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 from in 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

By 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 the storm has concluded. Failure to comply with this ordinance may result in a fine. Please remember that the final snow plow 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.

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.

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**Be Prepared
for Snow Season!**



Adult Events

Photography – Point and Shoot Cameras/Digital Phone Camera

Fred Bird, owner of Fred Bird Photography, will present a two hour lecture on “Getting the Most from your Point and Shoot Digital Camera” on **Tuesday, January 2** from 6 until 8 PM in the library’s program room. Fred will cover composition and where to find some of the simple settings on the camera that will make a difference in the images you capture.

Meditation – Clare Vidich

Meditation can bring about a sense of calm and balance that benefits both your emotional, physical and spiritual well-being. It is easy to learn and can have many lasting and beneficial effects. After you meditate the benefits don’t end when your session ends. Join Clare Vidich, long time meditator, for this enjoyable and informative meditation workshop for new or advanced meditators on **Tuesday, January 22nd** at 6:30 PM in the library’s program room.

Discovery Center

On Saturday, October 13, the David E. Golden Discovery Center was opened to the public. The Discovery Center contains technology not available to the average person and is a safe space for teens to use MACs, gaming PCs, virtual reality systems and midi and music resources. The Tolland Education Foundation funded the laboratory and the Superintendent’s office provided the technical expertise. Call and sign up for a short tutorial on the equipment and take advantage of this wonderful space.

Maker Space

Right next door to the Discovery Center is the Maker Space which houses our 3-D printer. Again after a short tutorial you can use the equipment to make all kinds of useful or entertaining items. The equipment contained in the Maker Space was funded by the Tolland Public Library Foundation.

Ongoing Groups

The Friends of the Tolland Public Library will meet on the first Monday of the month at 11 a.m. in the library’s program room. The group is always looking for new members so just stop in.

The Meditation group meets on the first Tuesday of the month at 6:30 PM in the program room. This new group is run by Kathy Grinold and is appropriate for beginners and more experienced practitioners.

Knitting at Night meets on the second Wednesday and the fourth Tuesday of the month at 6:30 PM in the Audiovisual Room. Bring your handicraft project and join this supportive group.

The Tolland Tabletop Game Group meets on the second and fourth Thursday night of the month at 6 PM. Come with your family or not and participate in some board game play.

The Adult Book Discussion Group meets on the third Tuesday of the month will at 2 PM. We provide the books and questions.

The Writers Workshop meets on the third Tuesday of the month at 6 p.m. in the Audiovisual Room. Participants of this group share their work and receive support from other members.

The Cook Book Club meets on the third Monday of the month at 6:30 PM to discuss an assigned food topic.

Nookless Knitters meet every Friday at 10 a.m. in the Program Room.

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Children's & Teens Winter Programs

1,000 Books Before K with the FRC

Tuesdays at 10:15am

Families are invited to attend storytime and playgroup every Tuesday morning at 10:15am. We will read stories, sing songs and more! This program will encourage children to develop a lifelong love of reading and will introduce children to concepts such as counting, colors and shapes. The books and activities will be geared towards children ages 2 and up but all ages are welcome. There will be a craft and playgroup immediately following the storytime. Please sign up in advance. There will be no program on 12/25 and 1/01.

Little Learners Storytime

Wednesdays at 10:15am

Families with children of all ages are invited to join us every Wednesday morning at 10:15 am for storytime fun. There will be books, songs, rhymes, movement activities and more! This program will encourage children to develop a lifelong love of reading and will introduce children to concepts such as counting, colors and shapes. There will be a craft/coloring and playgroup immediately following the storytime. No sign up required. There will be no program on 12/26 and 1/02.

Kids Chess Club

Wednesdays from 6:30pm to 8:00pm

Students are invited to join this weekly chess club. Players should know basic chess moves before joining the group. Please sign up for this program in advance. There will be no program on 12/26.

Teen Thursday

Second Thursday of every month at 3:00pm

Teens and Tweens in 6th to 12th grade are invited to come and join the fun! Every month they will enjoy something different. There will be games, scavenger hunts, crafts, technology and much more! To see a description of each month's activity and to sign up please visit the library's website. Space is limited, registration is required.

Afterschool Activity

Third Thursday of every month at 5:00pm

Students in K-5th grade can join us the third Thursday of every month at 5:00pm for some afterschool fun. Every month there will be a different activity. Children can look forward to crafts, games, scavenger hunts and more! To see a description of each month's activity and to sign up please visit the library's website. Space is limited, registration is required.

Cut Out Snowflakes

Thursday, December 27 from 3:00pm to 5:00pm

Did you know that December 27th is Make Cut Out Snowflakes Day? Families with children of all ages can visit the library between 3:00pm and 5:00pm to celebrate! Come make snowflakes for home and to decorate the library. No registration is required.

Cartooning Workshop for Kids

Friday, December 28 at 11:00am

Children in 4th-8th grade are invited to attend a free hands-on cartooning workshop! Expand your drawing skills and learn tips and techniques from a professional. Matt Ryan will guide the group through character design and a mini cartoon workshop. No cartooning or drawing experience necessary. Space is limited, please sign up in advance. Participants will receive a Doodle Pocket Pack!

Slime Time

Saturday, January 5 at 11:00am

Families with children of all ages can come make snow slime on Saturday, Jan. 5 at 11:00am! Families will make and be able to take their slime home. Adults are encouraged to stay and help their children. Space is limited, please sign up in advance.

Take Your Child to the Library Day

Saturday, February 2

Celebrate Take Your Child to the Library Day at the Tolland Public Library. Stop by the library to sign up for a library card, check out books, make a bookmark and more! The Golden Discovery Center will be open for you to experience virtual reality, music/video editing and game construction software. Please call the library to sign up for a time slot. Visit the library's online calendar of events to see all the fun things planned for the day!

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Fire Safety during Winter Storms

Winter storms can happen almost anywhere. They can cause us problems. Know what to do before, during and after a storm. This will help keep you and your family safe from a winter fire.

- » Test all smoke alarms. Do this at least once a month. This way you will know they are working. Install carbon monoxide alarms in your home. Test the alarms.
- » Plan two ways out of the home in case of an emergency. Clear driveway and front walk of ice and snow. This will provide easy access to your home.
- » Make sure your house number can be seen from the street. If you need help, firefighters will be able to find you.
- » Be ready in case the power goes out. Have flashlights on hand. Also have battery-powered lighting and fresh batteries. Never use candles.
- » Stay aware of winter weather. Listen to the television or radio for updates. Watch for bulletins online.
- » Check on neighbors. Check on others who may need help.
- » Generators should be used outdoors. Keep them away from windows and doors. Do not run a generator inside your garage, even if the door is open.
- » Stay away from downed wires. Report any downed wires to authorities.
- » Be ready if the heat stops working. Use extra layers of clothes and blankets to stay warm. If you use an emergency heat source, keep anything that can burn at least 3 feet away.
- » Turn portable heaters off when you leave the room. Turn them off when you go to bed.

IMPORTANT REMINDER

There are more home fires in winter than in any other season. Half of all home heating fires happen in December, January and February.

As you stay cozy and warm this winter season, be fire smart!



Fact
Nearly half of all space heater fires involve electric space heaters.

Town of Tolland Fire Marshal

Rob DaBica 860-871-3675



Your Source for SAFETY Information

NFPA Public Education Division • 1 Batterymarch Park, Quincy, MA 02169



Wood & Pellet Stove Safety

As the temperature drops outside, wood and pellet stoves may be fired up inside the home. What you may not realize is that heating equipment is one of the leading causes of home fires during the winter months.

- » Have a **QUALIFIED** professional install stoves, chimney connectors, and chimneys.
- » Stoves should be listed by a qualified testing laboratory.
- » In wood stoves, burn only **DRY**, seasoned wood. In pellet stoves, burn only dry, seasoned wood pellets.
- » Have your chimney and stove **INSPECTED** and cleaned by a certified chimney sweep every fall just before heating season.
- » **CLEAN** the inside of your stove periodically using a wire brush.
- » Allow ashes to **COOL** before disposing of them. Place ashes in a covered metal container. Keep the container at least 10 feet away from the home and other buildings.
- » Keep a **CLOSE EYE** on children whenever a wood or pellet stove is being used. Remind them to stay at least 3 feet away from the stove.
- » Stoves need **SPACE**. Keep anything that can burn at least 3 feet away from the stove.
- » **INSTALL** and maintain **carbon monoxide alarms** (CO) outside each sleeping area and on every level of the home. For the best protection, interconnect the CO alarms. When one sounds, they all sound.

SMOKE ALARM SENSE

Install and maintain smoke alarms on **EVERY** level of your home, outside each separate sleeping area and inside each bedroom. For the best protection, interconnect the alarms.

When one sounds, they all sound. **TEST** all smoke alarms at least monthly.

Tolland Fire Department

Rob DaBica, Fire Marshal



Your Source for **SAFETY** Information

NFPA Public Education Division • 1 Batterymarch Park, Quincy, MA 02169



Tolland Fire Marshal

Apartment and condominium fire safety tips

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 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**
- **Fire Department Notification**

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.

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. Be sure your building has a working fire alarm system and learn to recognize the sound of the alarm. Know where the alarms are located in your building and how to operate them in an emergency.

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.

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 rights thing to do when the alarm sounds.

Fire Department Notification

When it's safe, dial 911 to report the emergency. Don't assume some else has called and made the report. The dispatcher will ask your location and the type of emergency. Do not hang up until instructed to do so by the dispatcher.

Protect Your Pets in Case of Fire or Other Emergency

Ensure your pets always wear collars with tags or are microchipped, in case they escape during a fire or other emergency. Keep a crate or leash handy next to the door you plan to evacuate from so you can safely take your pet. Buy a pet carrier for small pets if you don't already have one. Keep a blanket near it at all times to cover the carrier.

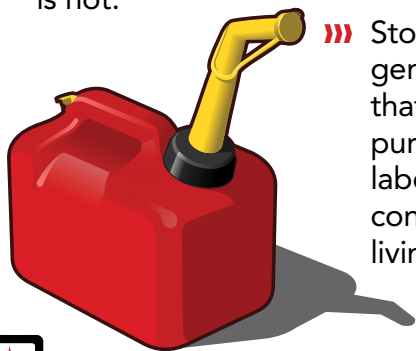
Don't try and carry your pet out of your home during an emergency. The commotion of the fire trucks' noise, the firefighters, the smell and the other activities going on can easily spook your pet. If you have a dog, they need to be on a leash when you remove them from the building because of these reasons as well as for the safety of first responders.



Generator Safety

Downed utility lines, power company blackouts, heavy snow falls or summer storms can all lead to power outages. Many people turn to a portable generator for a temporary solution without knowing the risks.

- » Generators should be used in well ventilated locations outside away from all doors, windows and vent openings.
- » Never use a generator in an attached garage, even with the door open.
- » Place generators so that exhaust fumes can't enter the home through windows, doors or other openings in the building.
- » Make sure to install carbon monoxide (CO) alarms in your home. Follow manufacturer's instructions for correct placement and mounting height.
- » Turn off generators and let them cool down before refueling. Never refuel a generator while it is hot.



- » Store fuel for the generator in a container that is intended for the purpose and is correctly labeled as such. Store the containers outside of living areas.



Your Source for SAFETY Information

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Just Remember...

When plugging in appliances, make sure they are plugged directly into the generator or a heavy duty outdoor-rated extension cord. The cords should be checked for cuts, tears and that the plug has all three prongs, especially a grounding pin.

If you must connect the generator to the house wiring to power appliances, have a qualified electrician install a properly rated transfer switch in accordance with the National Electrical Code® (NEC) and all applicable state and local electrical codes.

FACT

- ! CO deaths associated with generators have spiked in recent years as generator sales have risen.

Tolland Public Safety

Rob DaBica, Fire Marshal

Tolland Fire Department

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. Questions? Call 860-871-3677 x 72158.

Please Keep Fire Hydrants Free From Snow

The Fire Department would like to remind residents and business owners to please remove snow and ice from hydrants that are adjacent to their property this winter. It is extremely important that fire hydrants are accessible at all times. Please periodically inspect hydrants located near your property and remove any surrounding snow and ice build-up in case the Fire Department needs to access them in an emergency. Thank you for your assistance in helping to keep Tolland safe!

Home Safety Reminders

Tolland Fire Department would like to remind residents to make sure that all vents in their homes be kept clear of snow and ice during the winter months. Some homes' furnaces are directly vented to the outside and could become obstructed should large amounts of snow be allowed to accumulate. Even if it isn't snowing, wind can produce snowdrifts that could accumulate and possibly block vents. Dryer vents should also undergo this periodic inspection. We encourage residents to periodically conduct a visual inspection of all their homes' vents.

As always it is extremely important to keep at least two entries/exits to your home clear at all times. Be sure to keep them free from snow, ice or other obstacles that could prohibit you from making a quick exit should the need arise. Also remember to keep a path clear to your home's heating fuel inlet source so that deliveries can continue without interruption.

Is My Car Seat Still Safe After a Crash?

The unthinkable has happened. You were traveling along with the kids in the back and got into a car crash. Thankfully, there were no injuries... except for your vehicle. Are the car seats still safe to use? There are no laws regarding when a car seat should be discarded in this scenario, but the National Highway Traffic Safety Administration (NHTSA) has put forth a set of guidelines to follow.

The NHTSA guidelines state that you should replace your car seat following a moderate to severe crash. In order for the crash to be considered minor, ALL of the following must apply:

1. The vehicle was able to be driven away from the crash site.

2. The vehicle door nearest the car seat was not damaged.
3. None of the passengers in the vehicle sustained any injuries.
4. If the vehicle has airbags, they did not deploy.
5. There is no visible damage to the car seat. (Including under the padding)

If the crash is minor, you may consider keeping your seat, but remember to ALWAYS follow your manufacturer's instructions first. Some manufacturers state that the seat must not be used after any crash. Some follow the NHTSA guidelines. Others have their own specific guidelines. If you are unsure, contact the manufacturer directly. Lastly, this all applies whether your child was in the seat or not. What is important is that the seat (or base) was in the vehicle during a crash.

The good news is that most insurance companies will reimburse for the loss of a car seat in a crash. Make sure you tell them the make and model when you make your claim. If they are unsure as to whether or not it is covered, show them the manufacturer's instructions that say it must be replaced.

The Tolland Fire Department currently has two certified Child Passenger Safety Technicians (also known as Car Seat Techs) on staff, one of which holds an additional certification for special needs children.

They are available by appointment only for inspections or call anytime for advice regarding your child's safety. Call 860-871-3677 extension 72154, please leave your name and the best

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State Law. Move over or slow down for stopped emergency vehicles

STATE LAW

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

Flashing red, blue and yellow lights are a familiar sight on highways and Emergency Responders (Police, Fire and Tow Truck Operators) are asking motorists to "Move Over" and "Slow Down" to

provide enough room for them to safely do their jobs.

When lights are flashing Emergency Responders are working in extremely hazardous and sometimes stressful conditions using very limited space. Close calls are beginning to become the norm as motorists speed by emergency scenes. A split second could mean the difference in everyone going home safely or a responder being injured or killed.

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.

Tolland Animal Control

With the winter now upon us, Tolland Animal Control would like to remind pet owners of some very important information:

- Dogs should not be left outdoors in frigid temperatures for more than enough time to eliminate, unless the dog is being exercised such as running/playing in the yard or going for a jog/walk with their owner. Although most dogs do have an undercoat to help keep them warm, not all do and they can quickly become hypothermic. Dogs of all coat lengths can also get frostbite, especially on the ears, toes and tail where their circulation is not as good. If you think your dog has become hypothermic or frostbitten, immediately get them into a heated vehicle and to a veterinarian.
- CT law prohibits any dog from being tethered outside for more than a short period time during a weather advisory by any local, state or federal authorities which includes wind chills, snow, and winter storm warnings.
- We ask that you be thoughtful in extreme cold and keep in mind your dogs' breed, age, and physical condition when he or she is allowed outdoors. While a young Alaskan Malamute or Husky may enjoy playing outdoors for a little longer period of time, a Chihuahua or Pit Bull type may not be able to tolerate the cold.
- It is recommended that cats be brought indoors during severe weather. If you have feral or outdoor only cats, it is highly recommended to provide a shelter with insulation and straw bedding for them to escape the wind and cold.
- All livestock should have access to shelter with a "wind break"; and we suggest a "run in" shed if you don't have a barn. Also, we suggest purchasing a heater specifically designed for their water bucket. This device will prevent water from freezing and reduce your workload from continuously having to thaw and refill their water buckets.

Reminder to dog owners: Dogs age six months and older are required to be licensed. Licenses are available in the Town Clerk's Office located in Town Hall during regular business hours. Hours are Monday, Tuesday, Wednesday 8:00 AM to 4:30 PM, Thursday 8:00 AM to 7:30 PM, Friday closed. Proof of current rabies vaccination is required. Renewals can be completed on-line only if a valid rabies certificate is already on file. Visit www.tolland.org/town-clerk/pages/dog-licenses. If you no longer own or the dog or the dog is deceased; please contact Animal Control by calling 860-871-3676 to update our licensing database.

If you have concerns of domestic animals being left outdoors for long periods of time in below freezing temperatures/wind chills, need assistance or advice, please contact Tolland Animal Control at 860-871-3676.

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Resident Trooper's Office

TOLLAND RESIDENT TROOPER'S OFFICE

As we approach the upcoming holidays, please be aware of scams and attempts to acquire your identity. The Resident Trooper's Office has received several calls over the past few months regarding a phone scam where the perpetrator pretends to have a loved one held hostage for ransom. The perpetrator will direct the victim to withdraw money and have it wired or sent to them electronically. If you do receive one of these calls, we highly recommend that you immediately contact your loved one and verify that they are safe. You should then contact police and inform them of the incident.

Identity theft continues to be a major and serious problem throughout the entire country. During the holiday season, we tend to see a spike in the attempts to gain identity for the sole purpose of acquiring monies. Please be vigilant when using your debit/credit cards and always hide your PIN numbers from view from others. Also, keep a close eye on all your accounts and immediately contact your financial institution should there be unusual activity.

In conclusion, I'm excited to announce several community policing initiatives being implemented by the Tolland Resident Trooper's Office.

- First and foremost we have commenced the Tolland Police Cadet program. We are asking high school students between the ages of 14-18 who are interested in law enforcement, to sign up for this very exciting and rewarding program. All applicants can apply in person at the Tolland Resident Trooper's Office or go to the Town of Tolland's web site under "Police, Forms"
- Child Safety Seat installation. Recently Trooper O'Brien attended a week long class on the proper and safe way to install child seats in vehicles. These seats must be installed correctly in order to protect children from injury during a vehicle accident. We ask that you call the Resident Trooper's Office in advance to make an appointment with Trooper O'Brien.
- Our Elderly Outreach Program will be spearheaded by TFC Neihengen. TFC Neihengen will meet quarterly with seniors at the town's Senior Center to go over issues and concerns they may have and to provide them with the most current information regarding scams and other safety issues.
- We are currently on a campaign to educate and inform local businesses on the active aggressor/active shooter scenario. In September, we trained and educated all the Town Hall employees and on November 15th we conducted a training seminar for several businesses within the town. We are also offering a free risk assessment of any business within the town. If your business is interested in this type of training or risk assessment, please reach out to me at kevin.eklund@ct.gov or (860) 875-8911.

Happy Holidays,

Trooper First Class Kevin Eklund

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Board of Education

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We'd love to have you involved in our budget process as well. The first BOE Budget workshop is on December 19, 2018 at Tolland Public Library Program Room at 7:00 PM. Please come join us for a budget discussion, and to learn where you can find important updates and information.

- Superintendent Willett



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