



# Let's Talk Turkey

*The Official Newsletter of the Town of East Granby*

September 2022 • Volume XXVII, Issue VI

## Welcome, Fall 2022!

The first day of fall is September 22nd. The days are still warm but are already getting shorter and the evenings are crisp. East Granby is blessed with many special spots to admire the beauty of the season...places like the Farmington River, Rails to Trails, East Granby Farms, and Cowles and Granbrook Parks. Take some time to enjoy the outdoors and breathe in the fresh air!

**Annual Shred Day:** A shred day will be held for East Granby Residents at Town Hall on Saturday, October 8th at 9:00AM to 12:00 PM. You will be able to dispose of your confidential files in a secure manner with on-site shredding. More information is inside this issue of "Let's Talk Turkey."

**East Granby Hazardous Waste Collection:** The collection will be held on Saturday, October 15th at 8:00 AM to 1:00 PM at the Windsor Locks Public Works Garage, 6 Stanton Road, Windsor Locks. Please visit [themdc.org/environment-health-safety/household-hazardous-waste-collection/](http://themdc.org/environment-health-safety/household-hazardous-waste-collection/) for more information.

**Leaf Pick Up:** East Granby Residents may place their leaves curbside in brown earth bags before 7:00 AM on Saturday, November 19th for free pick up. You will find more information regarding leaf pick up inside this issue of "Let's Talk Turkey."

**September is Emergency Preparedness Month:** Winter storms will be here in just a couple of months; remember to create a basic emergency supply kit complete with water for drinking and sanitation, flashlights/batteries, food, and pet needs. Visit [eastgranbyct.org/emergency-management](http://eastgranbyct.org/emergency-management) for more recommendations and helpful information.

### Citizen Alerts:

**Police:** Emergency – Dial 911 ~ Non-Emergency – (860) 653-5385

**State-Wide Information** and availability of resources: Dial 211

**Eversource Energy:** (860) 286-2000 or [eversource.com](http://eversource.com)

**Town Hall:** (860) 653-2576 or e-mail [info@egtownhall.com](mailto:info@egtownhall.com)

**Town Facebook Page:** [facebook.com/townofeastgranbyct](https://facebook.com/townofeastgranbyct)

**Shelter/Evacuation:** Senior/Community Center ~ 20 Center Street ~ (860) 653-4371

**Mid-Term Elections:** Elections will be held on Tuesday, November 8th from 6:00 AM to 8:00 PM at East Granby's polling location, the Senior/Community Center. This year's elections are for Governor, Lieutenant Governor, Attorney General, State Legislature, Secretary of the State, Treasurer, Comptroller, and Probate Judge.

**Condolences:** Our thoughts go out to the friends, family, and community of our beloved Library Director, Doreen Jacius. The memories of her cheery personality and friendly smile will be held in our hearts forever.

Have a wonderful end of summer and beginning of autumn and we will see you again in November!

Eden Wimpfheimer, First Selectwoman

## Newsletter Publication Schedule

Submission Deadline	Delivered to Homes
November 7 Jan. 3, 2023	November 19 Jan. 15, 2023

submit articles via e-mail to  
[newsletter@egtownhall.com](mailto:newsletter@egtownhall.com)

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P.O. Box 1858  
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[info@egtownhall.com](mailto:info@egtownhall.com)

Web:  
[www.eastgranbyct.org](http://www.eastgranbyct.org)



## Register to Vote!

Election Day is Tuesday, November 8th. The polling place location is the Senior/Community Center, 20 Center Street, East Granby. Polls are open 6:00 AM to 8:00 PM.

Go to [MyVote.CT.gov](http://MyVote.CT.gov) to check if you are registered to vote in East Granby. If you are not registered, you may register online at [VoterRegistration.CT.gov](http://VoterRegistration.CT.gov) using a current Connecticut DMV ID. Residents aged 18 years or older by Election Day and meeting eligibility requirements may register. To register by mail, download a Voter Registration Form at [MyVote.CT.gov](http://MyVote.CT.gov) or e-mail [registrars@egtownhall.com](mailto:registrars@egtownhall.com) to request an application form by mail. Mail completed forms to Registrar of Voters, 9 Center Street, East Granby, CT 06026.

Registrars will be holding in-person voter registration sessions at the Senior/Community Center on the following dates:

- Tuesday, October 4th, 9:00 AM to 5:00 PM
- Tuesday, November 1st, 9:00AM to 8:00 PM

An in-person limited registration session will be held Monday, November 7th, 9:00 AM to 5:00 PM for military members, residents living out of country, and residents eligible after November 1st.

### ***Voter Registration Deadlines:***

November 1, 2022 – Last day for eligible residents to register to vote:

- In-person: By 8:00 PM at the Registrars' Office
- Online: By 11:59 PM
- Mail-in: Applications must be postmarked by November 1st

November 7, 2022 by 5:00 PM – Last day for limited registrations (see above)

Election Day registration permits residents meeting eligibility requirements to register and vote in person on Election Day (November 8th). Proof of identity and residency in town is required. Election Day registration is located at Town Hall, 9 Center Street, East Granby from 6:00 AM to 8:00 PM. Registration of eligible residents must be completed by 8:00 PM in order to vote.

Contact Registrars of Voters at [registrars@egtownhall.com](mailto:registrars@egtownhall.com) or (860) 653-0097 with any questions.

Absentee ballots are available from the Town Clerk. Go to [MyVote.CT.gov](http://MyVote.CT.gov) to download an absentee ballot application. Place completed applications in the Official Ballot Drop Box outside Town Hall or mail to the Town Clerk, 9 Center Street, East Granby, CT 06026. E-mail the Town Clerk at [townclerk@egtownhall.com](mailto:townclerk@egtownhall.com) with any absentee ballot questions.



## News From the Tax Office **WHAT'S DUE?**

### **SEWER USE**

Sewer use billing is only for those properties connected to the disposal system. If you have a septic tank on your property, you will not receive this bill. Billing covers the usage between January 1, 2022 through June 30, 2022.

**DUE: OCTOBER 1ST, 2022**

LAST DAY TO PAY TO AVOID INTEREST:  
**NOVEMBER 1ST, 2022**

Visit [www.eastgranbyct.org](http://www.eastgranbyct.org) to look up your tax bill. Sewer users must have the account number or property unique identification number to view sewer information online.

A Payment Drop Box is available 24 hours a day, seven days a week and is located at the back door of the Town Hall, facing the Police Department, Library, and Senior/Community Center. We accept United States Postmaster Stamp/Seal as on-time if postmarked by November 1st. (Post Office at the Airport is open later than our local offices.) Sorry, we do not accept postage metered date stamps.

## **Veterans Tax Exemptions**

Veterans, you may be eligible for a real estate or motor vehicle tax exemption. There is no age restriction or length of residency requirement and there is no need to contact the Veterans Administration. You only need to be a resident who is an honorably discharged veteran, and whose time of service includes 90 days during a specific period of war or conflict. Please contact the Assessor's Office to determine if you are eligible. Discharge papers must be on file with the Town Clerk prior to September 30th to be eligible for the upcoming Grand List. If you have misplaced your original discharge papers, please contact the Veterans Administration to acquire a replacement. The East Granby Town Clerk can also accept a certified copy from another municipalities' Town Clerk.

If you previously applied for the exemption and were told your time of service did not fall within the specific war dates or conflicts, please feel free to contact us again. Some dates have been expanded in recent years that makes the benefit available to more veterans.

If you have a disability rate from the VA of 10% or more, you are eligible for a higher exemption. You need to bring your VA rating document to the Assessor if you have not done so. If the Assessor already has your VA rating document on file, your increased exemption will happen automatically. If your disability rating changes, please bring an updated award letter so we can increase your exemption.

This exemption has been created by Connecticut General Statutes. It is earned by honorable military service during a time of war or conflict. Do not assume you are ineligible to receive it. Please contact the Assessor's Office at (860) 653-2852 for more information.

## **Notice to Taxpayers**

### ***Personal Property Declarations***

All owners of taxable business personal property are required to file declarations of such property with the Assessor of the town where the property is located on the October 1, 2022 assessment date. This declaration is due to the Assessor's Office by November 1, 2022. Failure to declare will result in a 25% penalty.

Items to be declared include non-registered motor vehicles, snowmobiles, and trailers; horses and ponies not used in farming; business furniture and fixtures; farming machinery and tools; mechanics tools; electronic data processing equipment; and leased equipment and machinery. All in-home businesses must declare personal property. Real estate and registered motor vehicles are not included in these declarations.

## **Emergency Preparedness Call List**

If you have special needs such as oxygen use or mobility issues and would like to be contacted during an emergency, please call or e-mail to be added to our list:

Kenneth F. Beliveau  
Fire Marshal/Emergency Director  
[kennethb@egtownhall.com](mailto:kennethb@egtownhall.com)  
(860) 653-3434

## **Save the Date**

### ***East Granby Cares Day***

East Granby Cares Day will be held on October 22nd. This is a day set aside to have East Granby seniors request help from East Granby High School students. Activities may include various kinds of yard work or the like that seniors feel are appropriate for the students. If you would like to request help, please contact Kelly Jacobs at (860) 413-3334 or Elise Cosker at (860) 413-3328 to get on the list. If you have a question about the appropriateness of the task, ask Kelly or Elise when you contact them. Students are ready, willing and able to help East Granby seniors!



## Annual Christmas Cookie Sale

It may seem early, but East Granby Congregational Church just wants you to mark your calendars for the Annual Cookies-by-the-Pound Sale. It will be held on Saturday, December 17th this year, from 9:00 AM to noon. The cookies don't hang around for long! Please mark your calendar to get in on the fun. There will be more information later in the fall.



## East Granby Social Services

East Granby Social Services is located in the Senior/Community Center and office hours are Monday through Thursday from 10:00 AM to 3:00 PM. For more information on programs or assistance please contact Elise Cosker, Director of Social Services, at (860) 413-3328 or [elise@egtownhall.com](mailto:elise@egtownhall.com). Drop boxes for Social Services can be found inside the Senior/Community Center and outside the front door of the Town Hall.

**Our 4th Annual East Granby Cares Day** will take place on Saturday, October 22nd. This is a collaboration between the Commission on Aging the East Granby High School students. This is a day where our students will have a chance to give back and get hands on with helping the community. They will work on landscaping, fall clean up, small repair jobs, and assisting those in the community who need some extra help. If you are interested in participating in East Granby Cares Day either as a student volunteer or as a recipient, please contact Elise Cosker at (860) 413-3328/[elise@egtownhall.com](mailto:elise@egtownhall.com) or Kelly Jacobs at (860) 413-3334/[kellyj@egtownhall.com](mailto:kellyj@egtownhall.com).

**Emergency Assistance Fund:** The East Granby Emergency Assistance Fund is available to those income eligible residents who are in need of emergency financial assistance with fuel, housing, medical, electric, and other critical needs. The fund is supported solely through donations and gifts from the community and 100% of the funds raised are given back to qualifying residents who are facing financial hardship. Donations can be made to the "East Granby Emergency Assistance Fund" and mailed to East Granby Social Services, 9 Center Street, East Granby, CT 06026.



**Energy Assistance:** Applications will be taken after October 1st from residents of East Granby who wish to apply for the Connecticut Energy Assistance Program. This program is designed to help offset the winter heating costs of Connecticut's lower

income households. Winter heating assistance helps pay for a household's primary heating source such as oil, natural gas, electricity, propane, kerosene, coal, wood, and wood pellets. Please contact Social Services for more information on income limits and requirements or visit the State of Connecticut website [www.ct.gov](http://www.ct.gov) and search "Energy Assistance."

**Food Pantry:** The Friend to Friend Food Pantry was established to supplement the weekly grocery needs of residents who have been identified by East Granby Social Services as needing



**friend to friend**

assistance. The pantry is currently operating on Friday mornings for registered participants to shop. The East Granby Mini-Bus is available on some Fridays for transportation to the pantry. If you are in need of food, please call Social Services at (860) 413-3328 or e-mail [elise@egtownhall.com](mailto:elise@egtownhall.com). To donate please call (860) 413-9015 or e-mail [friendtofriendeg@gmail.com](mailto:friendtofriendeg@gmail.com). Food donations may be dropped off at bins outside the East Granby Senior/Community Center and the East Granby Congregational Church, and inside the East Granby Post Office and Geissler's Supermarket in Granby. If you wish to donate money or local grocery store gift cards you can either mail to Friend to Friend Food Pantry, P.O. Box 631, East Granby, CT 06026 or e-mail [friendtofriendeg@gmail.com](mailto:friendtofriendeg@gmail.com).

**Individual Therapy:** Are you stressed? Overwhelmed? Grieving? Need someone to talk to? Schedule an appointment with therapist Sharon Eastman, LCSW. You will



be able to address your concerns in a safe and supportive environment. Appointments are available Mondays 12:00 to 4:00 PM and Thursdays 9:00 AM to 1:00 PM. Sharon will also be offering a **Living With Loss Support Group** on September 23rd and October 21st from 12:00 to 1:00 PM at the Senior/Community Center. For more information or to sign up for individual therapy or the support group please contact Social/Senior Services (860) 413-3328 or (860) 413-3334.

**Operation Fuel:** Operation Fuel offers emergency energy assistance to households who fall outside the Connecticut Energy Assistance guidelines or have exhausted their Connecticut Energy Assistance grant. Applications can be completed through East Granby Social Services or directly through the Operation Fuel website at <https://operationfuel.org/gethelp/>.

**Renter's Rebate:** The last day to apply for the Elderly/Totally Disabled Renter's Rebate Program is September 30th. It is for seniors aged 65 and over (or under 65 and on permanent long-term disability receiving Social Security benefits) that rented in 2021 and have a total income less than \$38,100 for a single person and less than \$46,400 per married couple. Renters' Rebates can be up to \$900 for married couples and \$700 for single persons. The renter's rebate amount is based on a graduated income scale and the amount of rent and utility payments made in the previous calendar year. There is no asset restriction. Please call Social Services for more information or to apply.

## Zoning Change Application Public Hearing

There has been a significant development in what the Silverman Group is proposing for the 130-acre parcel in East Granby's Commerce Park Transitional Zone off of Route 20, across from East Street and extending to behind the Middle and High Schools. The developer has filed an application to change the zoning regulations to allow a building that could be up to 800,000 square feet—double the size that is currently permitted for the zone. The East Granby Planning & Zoning Commission has scheduled a Public Hearing for Thursday, September 22nd at 7:00 PM at the Town Hall.

When the developer purchased the site, the maximum building size was 300,000 square feet. In April, the PZC approved an increase to 400,000 square feet. The Commerce Park Transitional Zone is defined as: "A mixed-use zone that provides for a variety of uses that promote an ideal transition between the Commerce Park areas and the residential zones and Village Center. Uses should be less intensive in nature and scale to better protect the quality of life and character of the surrounding residential zones and Village Center." The site in question borders the Middle and High schools as well as a number of housing communities. The Economic Development Committee, upon learning of and evaluating the proposed zoning regulation changes, advised Planning & Zoning not to approve the Commerce Park Transitional Zone changes. To read the EDC's August 22nd minutes, go to <https://eastgranbyct.org/economic-development/> and click on "2022 Minutes."

A zoning change of this significance has an impact throughout the town, and on the traffic through East Granby. Please come to the September 22nd Public Hearing to learn more and make your opinion known.

## East Granby Historical Society

### Kids' Scavenger Hunt

A scavenger hunt for kids is now at the Historical Society Barn! Find the items in the barn and receive a prize! Open hours are the second and fourth Sundays of the month from 2:00 to 4:00 PM through October, or by appointment. Contact [moodycncancy@gmail.com](mailto:moodycncancy@gmail.com).

### Farmington Canal Heritage Trail

A historic marker is now in place near Granbrook Park. Take a brief stroll along the Farmington Canal Heritage Trail to see this marker which indicates a canal crossing point. Park in the Hartford



Avenue lot next to the trail, cross the road and the Granbrook bridge; shortly after is the spot. This marker was a free gift through a partnership between Robert Madison's book royalties (*New Haven*

& Northampton Canal Greenway) and the Southwick Historical Society, for which we are very grateful. Thanks also to the joint efforts of the East Granby Parks & Recreation Department and East Granby DPW for getting it erected.

## East Granby Land Trust

East Granby Land Trust often focuses on all the great things our green spaces in town have to offer. However, it is also important to think about how we can all do our part to keep our ecosystems healthy long term so we would like to address this question: Is it safe to spray your yard for mosquitos?



Since 1946 we have been spraying various chemicals in our yards to be rid of insects. We may not be spraying DEET anymore, but do we know what these sprays are doing to our yards and the adults, children, and pets who inhale the sprays? Spraying for mosquitos on lawns has become commonplace, but the sprays tend to be ineffective. The problem is that when we spray our yards, everything, including pollinators, insects, plants, waterways, and the air that we breathe all gets sprayed, too. We are also putting pesticide on insects that birds eat or bring home to their young. Another issue with spraying yards is that mosquitos are out mostly at dawn and dusk, so when a company comes to spray during the day, unfortunately, it is the pollinators that get the majority of the spray.

There are some simple solutions that are more effective at reducing mosquitos while still maintaining a healthy ecosystem in your yard, and they save everyone money, too. Experts agree that mosquito dunks are inexpensive and a more effective way to reduce mosquitos in your yard. You place dunks in a bucket with standing water and a little straw; the female mosquitos will be attracted to the scent of the dunk and lay their eggs in it. As the dunk slowly dissolves, it releases a bacterium which is toxic to all species of mosquito larvae. Some other things you can do to prevent mosquitos is to remove standing water around your house. Do not let water stand in your flowerpots or inside plastic containers and clean your gutters in the spring. Using these simple tips and dunks to kill mosquito larvae will help reduce the whole neighborhood mosquito population while keeping pesticides out of our ecosystem.

## East Granby Public Library Historical Room



The historical room needs your help. We are digitizing all the East Granby High School yearbooks and we are missing six books. If you have and are willing to lend any of the following yearbooks or know someone who would lend their yearbook please e-mail the historical room at [history@egpl.org](mailto:history@egpl.org) or drop it off at the front desk with your name and contact information. We will scan the book and have it back to you as quickly as possible. We need the following years: 1988, 1989, 1991, 1993, 2017, and 2022.

## No Cost Fundraising for PTO



The Allgrove/Seymour PTO collects Geissler's receipts to help raise funds to further support the curriculum in our elementary schools. The PTO receives five percent back on all receipts submitted through the Geissler's program. Receipts must be over \$35 and less than six months old. Submit receipts throughout the year at the following locations:

- The Allgrove & Seymour School Offices
- East Granby Public Library (box behind the desk)
- East Granby Post Office (box located in lobby)
- East Granby Senior/Community Center (box in lobby)

Please submit receipts to any of the above locations as soon as possible so that they can be included in our next submission.

grieved together at the community vigil held at the Library shortly afterwards. I was impressed that so many community leaders from many different areas of life were also present. As I prayed about our town, this verse came to mind, "The Father of compassion and the God of all comfort...comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God" (2 Corinthians 1:3, 4).

## East Granby Congregational Church

*Rev. Dr. Sandra L. Fischer*

East Granby Congregational Church is an antidote to the loneliness of the pandemic period. Studies show that close relationships, spirituality, and community engagement improve the mental and physical health of children, teens, and adults. In this time of transition, when the weight of navigating the new school year, work year, or changing seasons adds to our stress levels, EGCC and Rev. Sandra want to help you carry the load. If you are searching for a sense of home, safety, stability, an intergenerational space where you are seen and celebrated as the Beloved Child of God that you are, then Come Home to EGCC. Here are some opportunities.

### **Cafe Church – Sundays, September 18th and October 9th:**

Have you been feeling the need for a space in which to explore your personal spirituality, but a traditional worship service just doesn't do it for you? Join EGCC for Cafe Church! Once a month the community comes together in the "round room" for a quick worship over coffee, and then break out into small groups to talk about things; like the meaning of God, faith and hope. Each group will have a facilitator, but there's no right answer here; just people on the journey coming together to be curious and compassionate with each other.

**Coming Home Sunday – Sunday, September 25th:** EGCC is throwing a party and you are invited. Festive worship happens at 10:00 AM in the sanctuary. Children from 3rd to 7th grade will receive Bibles of their very own. Bring a donation of coffee, cans, or crafts to support the EGCC collaborative ministries—AA, Friend to Friend Food Pantry, and the EGCC Nursery School. After the service, what else but potluck luncheon? Bring a main dish or salad if your last name begins with the letters A-K, or a dessert if your last name begins with L-Z.

**World Communion Sunday – Sunday, October 2nd:** This Sunday is a reminder that all people are connected to each other and to the Divine. By recognizing the Oneness in the mysterious and splendid diversity of creation, EGCC searches for ways to have a positive impact in the world. EGCC shares communion with all adults and children who seek to honor the community of God's people in all places and times.

You don't have to do life alone—Come Home to EGCC. "No matter who you are or where you are on life's journey, you are welcome here."

## News from Copper Hill United Methodist Church

*Rev. Dr. Kelvin Jones*



With the children back in school, we'd like to invite you to pick where you may have left off. Copper Hill Church invites you to "Back to Church" Sunday on September 18th. It is a day to forget all our usual distractions and just take time for worshipping God together, whether in-person or online (Facebook Live and Zoom). Pastor Kelvin's message will be on the theme, "Hope Happens Here." We are planning an outdoor Coffee Hour after the 9:30 AM morning service as part of the festivities (weather permitting) and invite our community to stop by for refreshments.

The exterior of Copper Hill Church received a needed upgrade this summer. Our trustees, under the leadership of chairman Ron Prevost, oversaw the repair and painting of the whole building. E&F Painting Services did an excellent job replacing damaged clapboards, power washing, and painting the church with high quality paint.

With fall programming underway, our church has begun a new weekly discussion group on the topic of "Leaving a Legacy." Led by JoAnne Jones, participants will be discussing the power of their spiritual influence. The group will also be accessible on Zoom. Pastor Kelvin will continue the Thursday afternoon Bible study at Higley Village Clubhouse. A Church-wide advent video series is also "in the works." The purpose of these small groups is to offer forums for growing in friendship, for discussions, for asking questions, and for interactive prayer. For more information about our church activities, call the parsonage at (860) 653-2891.

We were all deeply saddened by the recent tragic incident in our East Granby community. I felt fortunate to be present as we

## News from the Democrats

The East Granby Democrats express their sincere condolences to the Jacius/Lizdas family.

The East Granby DTC has been working hard to support candidates Jim Irwin and Cindy Mangini as they seek to become our State Representative and State Senator. Jim and Cindy have both worked tirelessly to find bi-partisan solutions to diverse problems, Jim in the private sector and Cindy as a respected Town Councilwoman in her hometown of Enfield. They are a breath of fresh air for independent voters who seek solutions over extreme positions and blanket opposition. They will work across party lines to find solutions to all of the challenges facing the families in our district! Join us as we support Cindy and Jim at our DTC meetings on the third Thursday of each month at the Senior/Community Center at 7:30 PM.



The Democrats held their Annual Pasta Dinner and Awards Ceremony on September 9th. Those honored for Distinguished Service at the dinner included Mary Ellen Brown, Caroline White, Jim and Betty Ann Hayden, and Dave McNally. Also honored for their Community Service were Bob Ravens-Seger, Annie Walker, Jeanne Dube, and Bob Paskewicz. Others were given the Chairman's Award for volunteering and supporting the DTC. Chairman Mike Malloy said "There really is no way to acknowledge all those who are dedicated to a better East Granby, but these awards honor a few who have worked hard, and truly deserve our thanks!"

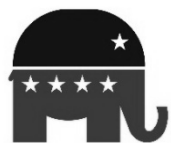
If you would like to volunteer with the Democrats, or for more information, contact [mikemalloy07@gmail.com](mailto:mikemalloy07@gmail.com).

## East Granby Republicans

Our thoughts and prayers go out to the Jacius/Lizdas family. It was heartfelt to see so many community members gather at the vigil in memory and support.

This is an election year for several statewide offices including Governor, Lieutenant Governor, Comptroller, Treasurer, Attorney General, and Secretary of the State, in addition to the state legislature and probate judges. We have a strong slate for 2022 led by Bob Stefanowski who has developed a well thought out platform focused on helping our state's residents rather than increasing the size of government. A U.S. Senate seat is also on this year's ballot, and we ask for your support for the Republican candidate Leora Levy.

Our hometown State Representative Tami Zawistowski is up for re-election this year, and we ask for your support. Tami is a well-respected legislator who was awarded Legislator of the Year by the Connecticut Conference of Municipalities (CCM) and a Town Crier Award by the Council of Small Towns (COST), in part because of her successful opposition to new unfunded state



mandates on our towns. Her first priority is the people of this legislative district, and she has done a lot for East Granby since first elected in 2014. In addition to winning the uphill battle to get Old New-Gate Prison & Copper Mine re-opened after about a decade of neglect, she was also instrumental in getting approval for the safety improvements at the Route 20 Greenway crossing. She also understands the importance of our volunteer first responders and spearheaded the legislation allowing towns to increase the tax abatement available to our dedicated firefighters and ambulance personnel. During the pandemic, she helped our small businesses navigate available state and federal programs, assisted people having problems filing for unemployment, and distributed free masks when personal protective equipment was scarce. She takes a commonsense approach to legislation and reads new proposals with an eye to preventing potential unintended consequences that may create more harm than good.

Senator John Kissel is also up for reelection in November. As Ranking Member on the Judiciary Committee, he has spearheaded the legislative effort to combat juvenile and adult crime that has increased over recent years. His depth of legislative experience makes him a very effective advocate for East Granby and the 7th Senatorial District.

Included on this year's ballot is Edward McAnaney for Probate Judge in the Tobacco Valley Probate District that includes East Granby, Suffield, Windsor Locks, and Suffield. McAnaney served previously as probate judge in a previous district that included East Granby and Suffield from 2000 to 2001, assisting families with probating wills and trusts, conservatorships, guardianships, and adoptions. A Navy veteran, he also served as Suffield First Selectman from 2011-15. His depth of experience in probate matters makes him a preferred choice for Probate Judge.

If you have any interest in assisting with electing our Republican candidates this fall, supporting our causes, or serving on a town board or commission, we would love to hear from you. We can be reached by contacting Todd Zessin at (860) 471-0935 or via e-mail at [todd.zessin@gmail.com](mailto:todd.zessin@gmail.com). We hold our meetings at 7:00 PM at the Senior/Community Center on the third Wednesday of the month. We would be happy to see you there. You can also get updates on our Facebook page: [facebook.com/eastgranbyrepublicans](https://www.facebook.com/eastgranbyrepublicans). Come join us—and vote on November 8th!



## Capitol Update

**Rep. Tami Zawistowski, 61st District**

With the end of summer and the approach of fall and winter, many residents have contacted me with worries about heating costs, and I am extremely concerned about the ability of fixed income seniors and struggling families to stay warm this winter. Energy prices have continued to fluctuate, and the cost of home heating oil and propane are much higher than last year. For months, state House and Senate Republicans have been advocating for additional resources for the Low Income Home Energy Assistance Program

(LIHEAP)/Connecticut Energy Assistance Program (CEAP) as part of our Affordable Connecticut Proposal.

At the same time we anticipate a greater need for heating assistance, the block grant allocations for those plans were reduced by \$50 million by the federal government—a 40% cut from last year which drops the funding even below pre-pandemic levels. In late August, the legislature’s Appropriations, Energy, and Human Services Committees met for the purposes of reviewing and approving energy assistance plans for October 2022 through September 2023. During the committee meeting, my colleagues and I offered an amendment to supplement the reduced amounts by using other unallocated federal funding sitting unused in an account managed by the Department of Economic and Community Development. We had hoped this would be a bipartisan solution to what is likely to become a difficult winter for many of our constituents, but our amendment to fix this problem was summarily dismissed on procedural grounds, despite prior precedents for this type of action.

To continue fighting against reductions in the heating assistance program, my Republican colleagues and I have petitioned for a special session of the legislature to reallocate the unused funds and keep people in need warm this winter. This is an important issue for many of our local residents, and I hope my colleagues the other side of the aisle will join us in getting this done.

A number of new laws are set to take effect on October 1st, including a few that may be of interest to you. Ensuring good government practices and transparency has been a challenge in recent years, particularly with lack of direct in-person public access to state government and the large number of state

employees working from home. I believe improving citizen access to the operations of government is critical to restoring and growing public trust with state agencies. This October, two new laws will take effect: Public Act 22-109 which requires timely and transparent posting of public agency meeting notices on the Secretary of the State’s website, and Public Act 22-65 which will require that state contracts entered into without competitive bidding or competitive negotiation be posted online. These are small steps in the right direction, and I was proud to co-sponsor both measures as an easy way to bring additional sunlight and public access to the people’s government.

Another new law is Public Act 22-8 which can be helpful to those with small home or farm businesses that raises the revenue cap on cottage food producers from \$25,000 to \$50,000. The Department of Consumer Protection defines cottage foods as prepared foods perceived to be low risk of food-related injury or illness that can be prepared in home settings without the controls used in grocery stores or restaurants.

For a full listing of new laws taking effect, visit the Connecticut General Assembly website and search for “Acts Effective October 1st.” New laws typically take effect July 1st, October 1st, and January 1st. For the latest legislative news and updates, please visit my website at [www.repzawistowski.com](http://www.repzawistowski.com). As always, if you have questions or concerns regarding state government, or need help working with state agencies please contact me at [tami.zawistowski@housegop.ct.gov](mailto:tami.zawistowski@housegop.ct.gov) or (860) 842-1423. You can also follow my legislative activity on social media: Facebook (@repzawistowski), Twitter (@tamizawistowski), and Instagram (@repzawistowski).

## Leaf Collection Day Saturday, November 19th

The Town of East Granby will provide a town wide leaf collection day on Saturday, November 19th.

Leaves must be in brown earth bags, which can be purchased at local hardware stores and need to be placed at the curbside prior to 7:00 AM on November 19th.

Bags will not be picked up on private roads.



News  
From



**EAST GRANBY**  
GREATER TOGETHER COMMUNITY FUND  
at the  
**Hartford Foundation**  
FOR PUBLIC GIVING

**Reminder -**

**Grant Proposals Due by  
Friday, Oct 7, 22**

Download Application at  
[www.hpfg.org/eastgranbycf](http://www.hpfg.org/eastgranbycf)

contact -  
[eastgranbygreatertogether@gmail.com](mailto:eastgranbygreatertogether@gmail.com)



friend to friend

Food Pantry & Thrift Shop

## The comfort and traditions of Fall.

We hope you will join Expressions Pottery Workshop, the Women's Club of East Granby and Friend to Friend Food Pantry on **Saturday, October 15th** for the **22nd Annual Empty Bowls** Fundraiser.

**We are so excited for the return of an in-person event!** See our updated registration form in this newsletter for new details or go online to view and purchase at [www.friendtofriendeg.com](http://www.friendtofriendeg.com).

The Friend to Friend Food Pantry offers **holiday food baskets** to our participants each November and December. *Non-perishable donations including boxed mashed potatoes, broth, cranberry sauce, crackers, pickles/olives, pie fillings and crusts, stuffing and turkey gravy are appreciated.* If you are interested in donating special touches to add to the baskets, please leave a message for Mary Ellen at **860-413-9015** or email her at [friendtofriendeg@gmail.com](mailto:friendtofriendeg@gmail.com) with your name and contact info by October 31st. You can choose from items on our "extras" list or suggest one of your own. Thank you for helping us share the joy of the holidays!

And finally, the **Friend to Friend Thrift Shop** is rearranging to feature our fall/winter clothing and holiday decorations. Be sure to stop in for a great deal. The shop closes for the winter on Saturday, December 17th.

**If you are an East Granby resident needing temporary food assistance please contact Elise Cosker at Social Services 860-413-3328 or [elisec@egtownhall.com](mailto:elisec@egtownhall.com).**

See updated registration information for Empty Bowls later in this newsletter!

## Food Pantry

**For information** about the Food Pantry or Thrift Shop please **call 860.413.9015 or email [friendtofriendeg@gmail.com](mailto:friendtofriendeg@gmail.com).**

- **Our Pantry is in need of the following items:** bottled pasta sauce, brownie mix, canned Chef Boyardee, canned chicken, canned fruit, canned mushrooms, canned tuna, jam/jelly, laundry detergent, paper towels, shampoo/conditioner, snack foods, toilet paper and toothpaste.
- **Food donations may be dropped off at:** the East Granby Community/Senior Center, East Granby Library, East Granby Post Office, Geissler's Supermarket and the East Granby Congregational Church.
- **Monetary donations can be made online at [www.friendtofriendeg.com](http://www.friendtofriendeg.com) or mailed to:**  
Friend to Friend Food Pantry, P.O. Box 631, East Granby, CT 06026

## Thrift Shop

32 Spoonville Road  
860.413.9015  
860.392.8362 (after hours)

[friendtofriendthriftshop@gmail.com](mailto:friendtofriendthriftshop@gmail.com)

### Hours:

Tuesday, 10:00am-2:00pm  
Thursday, 12:00pm-4:00pm  
Saturday, 10:00am-2:00pm

The Shop features gently used seasonal clothing, shoes, jewelry, pocketbooks, artwork, small household items, games and much more! Come by for a visit and find a treasure to take home.

22ND ANNUAL

# Empty Bowls



Join *Expressions Pottery Workshop*, the *Women's Club of East Granby* and *Friend to Friend* for the **22nd Annual Empty Bowls** fundraiser on **Saturday, October 15th, 11:30am-1:30pm** at the EG Community/Senior Center. All proceeds benefit the *Friend to Friend Food Pantry* which provides food to pre-qualified East Granby residents and families in need. (You can get a sneak-peek of the bowls on display at the EG Public Library!)

**This year we're returning to a full "in-person" event and we're so excited to see our old friends and make some new ones!** Use this mail-in form to purchase ticket(s) or purchase them online beginning Sept. 15 at [www.friendtofriendeg.com](http://www.friendtofriendeg.com).

On Oct. 15th, join us at the *EG Community/Senior Center* to select a beautiful hand-potted bowl of your choice and receive complimentary offsite coupons from participating restaurants/shops for a featured bowl of soup and a featured dessert confection (valid through 12/31/2022). Peruse our Fall-themed refreshment table, choose your goodies, then relax and enjoy the beautiful music of *Bill Murphy & friends* while catching up with neighbors. Later, head over to *Expressions Pottery Workshop* for a chance to enter in their raffle, find perfect holiday gifts and choose your complimentary pumpkin from *Peter L. Brown*.

We hope you'll join us for this fun, Fall afternoon tradition — full of goodies and for a great cause!



Questions about the event?  
Please contact  
Sandy Landolina at  
860.392.8362 or email  
[friendtofriendeg@gmail.com](mailto:friendtofriendeg@gmail.com)



## Registration Form (please detach and return to the address below)

NUMBER OF BOWLS \_\_\_\_\_ X \$20.00 = TOTAL AMOUNT ENCLOSED: \_\_\_\_\_

NAME: \_\_\_\_\_ PHONE # \_\_\_\_\_

ADDRESS: \_\_\_\_\_ E-MAIL \_\_\_\_\_

\*Checks should be made out to "**Friend-to-Friend (Empty Bowls)**" and sent to:  
Friend to Friend, P.O. Box 631, East Granby, CT 06026

**You can also purchase tickets on line beginning September 15 at [www.friendtofriendeg.com](http://www.friendtofriendeg.com)**

# East Granby Wellness Fair

*It's not just for Seniors and Care Givers!*



**Calling all Seniors,  
Caregivers and Family Members!**

**Monday  
October 17, 2022  
3:30-6:00PM**

East Granby Community/Senior Center  
7 Memorial Dr. East Granby, CT

*Raffle Prizes! Giveaways!*

*Flu Shots are also available by walk-in or appointment*  
**\*\*\*To make an appointment for a flu shot, call (860)651-3539\*\*\***

**Surrounding towns are also welcome!!!!**

***Information on services, products and resources in the  
health, housing and financial industries will be exhibited.***

Sponsored by the East Granby Commission on Aging  
& Farmington Valley Visiting Nurses Association



**Farmington Valley**  
Visiting Nurse Association

8 Old Mill Lane, Simsbury, CT 06070

860-651-3539

[www.farmingtonvalleyvna.org](http://www.farmingtonvalleyvna.org)

## 2022 - Flu Clinic

### East Granby Senior Center

**Monday: October 17 - 3:30 to 5:30 pm**

**Please bring your medical insurance card.**

**MEDICARE Part B as primary insurance**

*Aetna – Regular & Medicare*

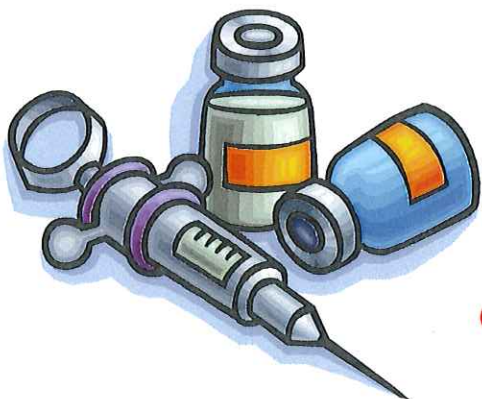
*ConnectiCare – Regular & Medicare*

*Anthem – Regular & Medicare*

*Harvard Pilgrim HealthCare*

*United Health Care – Regular & Medicare*

***We cannot accept: CIGNA, Care Partners of CT or Health New England***

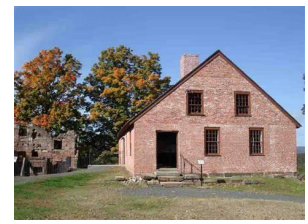
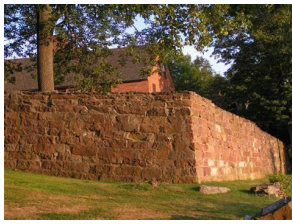


**Vaccines available:**

**Regular** for ages 9 & older

**High Dose** for adults over 65

**Call:** Farmington Valley VNA - 860-651-3539  
for an appointment. **Walk-ins welcome.**

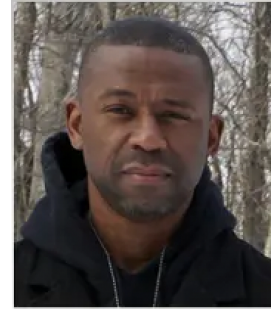


East Granby Historical Society  
and  
Friends of Old Newgate Prison and Copper Mine

# A Lecture by **John Mills**

## **Enslaved for Life: Re-examining Connecticut's Prince Mortimer**

The first in the 2022-2023 speaker series



John brings to light the largely untold story of Prince Mortimer, a slave in the Mortimer household of Middletown CT, who was sentenced to life in Newgate Prison, while evaluating the ripple effects of a past time to the challenges of today. In this riveting lecture, John traces his personal path in discovering his own ties to slavery and the challenges he would face in attempting to find information that would tell a comprehensive accounting of the life of Prince Mortimer.

## **Sunday, September 18, 5-6:30**

the Guard House @ Old Newgate Prison

Light refreshments will be served - The lecture is free, donations are accepted!

**SATURDAY**  
**October 8, 2022**  
**9am-12pm**

**EAST GRANBY TOWN HALL**  
**PARKING LOT**

**FREE SERVICE FOR EAST GRANBY RESIDENTS ONLY**

**SHRED**  
**IT**  
**DAY**

**PREVENT IDENTITY THEFT**

**ELIMINATE CLUTTER AND FIRE HAZARDS**

**PROTECT YOUR PERSONAL INFORMATION**  
**AND DISCARD YOUR DOCUMENTS SECURELY**

**LIMIT: 3 BOXES/BAGS PER HOUSEHOLD**



Old New-Gate Prison & Copper Mine Presents "Light into the Dungeon"



*Advanced Tickets Required*

A Jack O'Lantern Experience  
**October 1-31, 2022**

Celebrate the Fall season with us as we bring "Light into the Dungeon," illuminated by 300 Jack O' Lanterns. Explore the 100-yard loop of the underground copper mine lit by a display of professionally carved pumpkins.

*Tickets include self-guided exploration of the Jack O' Lantern experience in the copper mine as well as entrance to the above ground prison yard and exhibits.*

# East Granby Fire Marshal's Office Safety Tips

## **SMOKE DETECTOR REPLACEMENT PROGRAM**

The East Granby Fire Marshal's Office has a free smoke detector replacement program for our residents. This program will provide battery operated smoke detectors for your outdated detectors as well as replacement 9-volt batteries where needed. At this time we are only able to replace battery operated detectors. To take advantage of this great program contact our office by phone at (860) 653-3444 or the easiest way is by the e-mail: [eastgranbyfiremarshal@egtownhall.com](mailto:eastgranbyfiremarshal@egtownhall.com).

## **SMOKE ALARMS AT HOME**

Smoke alarms are a key part of a home fire escape plan. When there is a fire, smoke spreads fast. Working smoke alarms give you early warning so you can get outside quickly.

- A closed door may slow the spread of smoke, heat, and fire.
- Smoke alarms should be installed inside every sleeping room, outside each separate sleeping area, and on every level. Smoke alarms should be connected so when one sounds, they all sound. Most homes do not have this level of protection.
- Roughly 3 out of 5 fire deaths happen in homes with no smoke alarms or no working smoke alarms.

## **FACTS !!! SAFETY TIPS**

- Install smoke alarms in every bedroom. They should also be outside each sleeping area and on every level of the home. Install alarms in the basement.
- Large homes may need extra smoke alarms.

- It is best to use interconnected smoke alarms. When one smoke alarm sounds, they all sound.
- Test all smoke alarms at least once a month. Press the test button to be sure the alarm is working.
- Current alarms on the market employ different types of technology including multi-sensing, which could include smoke and carbon monoxide combined.
- Today's smoke alarms will be more technologically advanced to respond to a multitude of fire conditions yet mitigate false alarms.
- A smoke alarm should be on the ceiling or high on a wall. Keep smoke alarms away from the kitchen to reduce false alarms. They should be at least 10 feet (3 meters) from the stove.
- People who are hard-of-hearing or deaf can use special alarms. These alarms have strobe lights and bed shakers.
- Replace all smoke alarms when they are 10 years old.
- Residential sprinklers save lives. If You are building or remodeling, consider installing residential sprinklers in your home.
- Smoking is one of the leading causes of fatal fires. If you smoke, put them out every time.
- Cooking fires are the leading cause of all fires. Stay in the kitchen when you are cooking food.
- Know two ways out, no matter where you are: your home, office, restaurant, or movie theater.
- Always react to a fire alarm immediately.



Women's Club East Granby  
Presents

# WINTER WONDERLAND

East Granby Senior/Community Center

SATURDAY  
10 AM to NOON

10

DECEMBER  
2022

*Inclement weather date Saturday December 17th, 2022*

**WINTER WONDERLAND REGISTRATION IS NOW OPEN!!!  
CHILDREN FROM BIRTH TO 12 YEARS OF AGE ARE INVITED TO  
COME TO SEE SANTA AND MAKE SOME CRAFTS.**



**GO TO OUR WEBSITE AT [WWW.WOMENSCLUBEG.ORG](http://WWW.WOMENSCLUBEG.ORG) AND CLICK ON  
'WINTER WONDERLAND'  
FOR MORE INFORMATION AND A LINK TO THE REGISTRATION PAGE.  
DON'T FORGET TO FOLLOW WOMEN'S CLUB OF EAST GRANBY  
ON FACEBOOK!**



*We recognize that this year has been difficult for many,  
and we would hate for any child to miss out.*

*Please contact Elise Cosker at Social Services ([elisec@egtownhall.com](mailto:elisec@egtownhall.com))  
if you would like help with the cost of registration.*



**79 North Main Street  
East Granby, CT 06026**

E-mail : [aliciav@egtownhall.com](mailto:aliciav@egtownhall.com)

Phone : 860-653-7660

Fax : 860-413-3702

[www.EastGranbyRec.com](http://www.EastGranbyRec.com)

## Fall 2022 Programs & Activities

### Adult Activities

#### Adult Painting in Watercolor

Join award winning artist Lori Rapuano and learn how to paint in watercolor. This program is designed for all experience levels; each student works at their own pace, and small class sizes ensure individual assistance can be given.

Guidance is provided on drawing, color theory, composition, design elements and, of course, watercolor technique. Bring reference photos to work from and your own materials and supplies.

**Classes are \$25 each and are held in the Sears House at East Granby Farms.**

**Tuesdays, 7:00 - 9:00 pm**

September 6, 13, 20, and 27

October 4, 11, 18, and 25

**Wednesdays, 9:30 - 11:30 am**

September 7, 14, 21, and 28

October 5, 12, 19, and 26

#### Learn to Meditate

Enjoy learning how to reduce stress, sleep better, and practice mindfulness with meditation.



**Morning Session | Cost: \$60**

Tuesdays, 9/20 – 11/1, 10:00 – 11:00 am

East Granby Community Center

**Evening Session | Cost: \$60**

Wednesdays, 10/19 – 11/30, 6:30pm-7:30 pm

East Granby Public Library

#### Slow Flow Vinyasa Yoga

While connecting breath to movement, we start with a warm-up then flow through a series of yoga poses (asanas) building heat slowly and gently and ending in a relaxing Savasana. Modifications are given for all levels. This class is great for those newer to yoga or those wanting to slow it down in a basic flow class.



**Mondays, 6:30pm - 7:30pm**

9/12, 9/19, 9/26... (see [eastgranbyrec.com](http://eastgranbyrec.com) for October and November class dates)

**Recreation Building at East Granby Farms**

#### Adult Drop-In Basketball

This drop-in program is for anyone over the age of 18. Different teams are made weekly, and we limit the number of participants to 20. Priority is given to those who purchase a punch card and arrive by 7:00 pm. The cost for a full session punch card is \$50 or you can purchase a drop-in pass each week for \$5. We encourage you to register in advance.



**Fall Season: Wednesdays, 9/28 – 12/7**

**7:00 - 9:00 pm in the EG High School New Gym**

High School events & programs take precedence. Please follow the East Granby Parks and Recreation Facebook p, age or register online to ensure you receive notifications for last minute changes due to scheduling conflicts.

Follow us on social media:



[/EastGranbyRec](https://www.facebook.com/EastGranbyRec)



[@eastgranbyrec](https://www.instagram.com/eastgranbyrec)



Join instructor Renee Klucznik for this a fun dance exercise program that burns tons of calories and works your legs, arms, glutes, and abs. Classes are open to those ages 13+

years. You may join us at any point during the Fall session. Drop-In Fee \$10 (you must register online in advance of class). Multi-class punch cards are available at a discount, on eastgranbyrec.com

**Fall Session:** Tuesdays, 9/20 – 12/13  
(No class on November 8, 2022)  
6:00pm- 7:00 pm  
East Granby Farms Recreation Building

### Tap Dance for Teens and Adults

Tap dance is an excellent workout that allows for creative expression and utilizes rhythm, syncopation, and sound in addition to movement. Tap dance sharpens reflexes and improves memory skills and coordination, making this a wonderful class for anyone from teenager through senior citizen.

**Fall Session: 9/14 – 11/30.**

#### Intermediate Tap Dance

This class is for those students who have mastered beginner level tap step combinations.

**Wednesdays, 7:00 - 7:45 pm**

#### Advanced Tap Dance

This class is suitable for those students who have mastered both the beginner and intermediate level classes. Class will include complex steps and combinations put into actual routines.

**Wednesdays, 8:00 - 8:45 pm**

### Trips

#### Bronx Zoo Trip

**LIONS, & TIGERS & BEARS, OH MY!**

Join us on **Monday, October 10, 2022**, for an exciting trip to the world-famous Bronx Zoo!



With award-winning, cutting-edge exhibits featuring over 4,000 animals, there is no other zoo in the world that offers the diversity, superb viewing, and world-renowned expertise that assures a rewarding experience and the knowledge that visitors can make a difference in

the world around them. Whether you are nose-to-nose with Western Lowland Gorillas in their famous Congo Gorilla Forest, spotting Snow Leopards in their naturalistic Himalayan Highlands Habitat, or experiencing almost an acre of an indoor Asian rain forest, you're always within roaring distance of the world's most amazing wildlife. In the end, you'll know that your admission fees went to a conservation organization that has more expert researchers in the field than any other.

**Our deluxe motorcoach will leave the EG Community Center Parking Lot at 7:15am and depart the Bronx Zoo at 4:30pm.**

The Total Experience Deluxe package includes zoo shuttles, Wild Asia Monorail, Bug Carousel, Children's Zoo, the New 4-D Theater, and the Congo Gorilla Forest. **The cost of this adventure is \$79 per person.**

### New York City on Your Own Bus Trip

**Saturday, December 3, 2022 | \$50/ person**

Enjoy a day in the city on your own to enjoy the Big Apple. See Chinatown, Little Italy, Central Park, a museum, the zoo, a Broadway show or shop - use your imagination!

### Children's Activities



#### Preschool Playgroup

Our parent/child toddler through preschool playgroup is an excellent opportunity for socialization, for both your little one(s) and for you!

The East Granby Recreation Building is transformed into a giant playroom that allows your child(ren) to safely explore and play with other children while you chat and connect with other caregivers. After free play, the group comes together for a short circle time.

This Fall, due to popular demand, we are excited to offer two playgroup sessions a week:

**Group #1: Mondays, 9/26 - 12/5**  
**9:30 - 10:30 am**  
**Cost: \$50 per child**

**Group #2: Wednesdays, 9/28 - 12/7**  
**9:30 - 10:30 am**  
**Cost: \$50 per child**

## After School Programs

### Allgrove School - Mad Science

**Mad Labs:** *A hands-on exploration of sights, sounds, nature and more! Optical illusions, the secret components of white light and hidden rainbows, and movies explore our sense of sight. Other senses, such as taste, and hearing are investigated too. Explore cells with a microscope, investigate bugs, why nutrition is so important and how ecosystems work. Explore heat, volcanoes, earthquakes and even weather!*

**Tuesdays, 10/11 – 12/6, 3:00 - 4:30 pm**

EG Rec Staff will walk students from Allgrove to **the East Granby Community Center** for this program. See [EastGranbyRec.com](http://EastGranbyRec.com) for more information regarding the logistics of this.

### Allgrove School - ART-Ventures for Kids

**Lions & Tigers & Pigs, Oh My!** *A ROARING good time!* Animals have been an important subject for artists all over the world since the beginning of time. From ancient caves to the present-day magnificent creatures can be seen in paintings, sculptures, ceramics, mosaic art, fabric design, masks, and stained glass. On a wild journey through the animal kingdom, art adventurers discover a multitude of kooky critters--as well as their own creativity--while exploring various techniques, tools, textures, and materials. Stained glass giraffes, fabric dogs, ceramic elephants, wooden snakes, colorful dinosaurs, and clay lions with fluffy fiber manes. These are just a few of the animals created during our cool and playful art excursions. Fun facts about each creature are included and masterpieces go home each week.

**Mondays, 10/17 – 12/12, 3:00 - 4:30 pm**

EG Rec Staff will walk students from Allgrove to **the East Granby Community Center** for this program. See [EastGranbyRec.com](http://EastGranbyRec.com) for more information regarding the logistics of this.

### Seymour School - ART-Ventures for Kids

**Magical Art Mystery Tour:** *Abracadabra, Hocus Pocus, it's magic and mystery with art as the focus!* Magical Art Mystery Tour draws children into a world of wonder, revealing unbelievable art tricks and inspiring out-of-the-box creativity. Experiment with new and mysterious mediums and discover surprising techniques to transform

familiar materials into magical masterpieces. Sculpt clay lizards and build lizard playgrounds out of sticky magic "nuudles". Create colorful ceramic piggy banks, whimsical Model Magic owls and scratch a work of art inspired by the artist, Miro. Wave wands over T-shirts to form magical designs using fabric printing inks and stir a few unexpected items into a "fluffy goop" potion. Discover the secret ingredient that turns pencils into paints, black lines into circus elephants, and torn paper into painted landscapes. And so much more! The results are totally "WOW." And... voila...young art magicians bring home masterpieces each week.

**Thursdays, 10/13 – 12/15, 3:00 – 4:00 pm**  
after school at **R.D. Seymour School**

### Fall Skills and Drills (Grades 6 - 8)

Does your Middle Schooler want to improve and build upon the basketball fundamentals, improve their strength, and agility and become a more well-rounded athlete?

East Granby Parks and Recreation and TheTotalRunner will be offering a 10-week Skills and Drills program for aspiring basketball players in grades 6-8 that will focus on strength training to improve athleticism, plyometrics and conditioning drills to maintain cardiovascular performance and basketball skills fundamental training, and of course scrimmaging with their peers to further develop their passion for basketball.

**Thursdays, 9/15 – 11/17, after school in the EGHS New Gym, until 4:00 pm.** *Late bus is available as needed | \$140*

### East Granby Cross Country Crusaders (Grades 6-8)

East Granby Parks and Recreation and TheTotalRunner are offering a 10-week Intramural Cross Country program for students in grades 6-8.



This intramural sports program aims to introduce the sport of cross country running to students who may be either new to running or who are looking to participate in High School Track & Field/ Cross Country during their High School years. This program teaches the fundamentals of distance running and will also offer competitive events starting in early October.

The full program will be held Monday – Friday, **September 12 – November 18, 2:30 - 4:30 pm** at **East Granby Farms**. The 3, 4, and 5 day per week option ensures all students who want to participate can do so based on their fall schedules.

Registration is \$165 for the M - F (5-day program), \$145.00 for the M, T, Th, F (4-day option), and \$125.00 for the M, W, F (3-day program).

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### **Girls on an Adventure Club (Grades 6-8)**

This new club serves as a “survival guide” of sorts, for middle school girls, at a critical stage in their development. This program, open to girls in grades 6-8, meets on **Mondays, Sept. 19 – Dec. 5, 4:30 – 6:00 pm in the Sears House at East Granby Farms | \$100**

Each week, our sessions will begin with an “adventure” activity that provides an opportunity to focus on developing the connection between our physical and emotional health as a group. Activities will include, hiking, walking, moving meditations, yoga, visiting local exhibits, events, etc., along with female guest speakers and discussions.

This program is offered by Coach Jennifer Derleth, owner of theTotalRunner Athletics, and East Granby Parks and Recreation. Coach Jennifer has certifications in run coaching, yoga, personal training, youth sports performance, and is currently working to complete her MS in Sport and Performance Psychology.

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## **Youth Sports**

### **East Granby Park & Rec Basketball (Grades K – 8)**

**Registration will open September 30, 2022**

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### **Middle School Drop – In Basketball**

This program is open to any East Granby Middle School student looking to get on the court and practice their skills. Get ready for the upcoming season, or just get some exercise – join us on **Wednesdays, 9/21 – 11/9, 2:15 – 4:00 pm in the EGHS New Gym**.

Drop-in fee: \$5 per week, or purchase a pre-paid punch card for \$40

### **High School Drop – In Basketball**

This co-ed drop-in program is open to EGHS students only and runs **Thursdays, 9/22 – 11/10, 7:00 – 9:00 pm at the EGHS New Gym**.

Drop-in fee is \$5 cash/check or purchase a pre-paid punch card for \$40.

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## **Dance Programs**

**\*The Fall Session begins September 10<sup>th</sup>\***

All East Granby Recreation Dance Classes are **\$150 resident | \$155 non-resident** And are held at East Granby Farms Recreation Building unless otherwise noted on the website.

**Visit [EastGranbyRec.com](http://EastGranbyRec.com) for more information and to register for classes.**

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### **Terrific 2s ~ Baby Creative Movement**

This fun and exciting and adorable 30-minute class teaches coordination, musicality and the fundamental creative movement and ballet. Our tiny dancers will learn rhythm, spatial awareness, basic technique as well as listening and learning skills while learning self-confidence.

**Saturdays, 8:30-9:00 am**

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### **Tap & Ballet**

This is the perfect combination class for tiny dancers. Ballet promotes coordination, grace, balance, and correct body alignment. Tap dance develops a sense of rhythm, timing, and musical awareness. These fun classes are a well-rounded introduction to dance.



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### **Tiny Dancers Tap & Ballet (Ages 3 – 4)**

**Saturdays, 9:15 - 10:00 am**

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### **Tap & Ballet (Grades K – 3)**

**Level 1:** students who have never taken dance classes before.

**Wednesdays, 4:00 – 4:45 pm**

**Level 2:** Students who have completed Level 1 classes.

**Wednesdays, 5:00 – 5:45**

or

**Saturdays 11:15 am – 12:00 pm**

## Tap & Ballet (Grades 4 – 6)

**Beginner:** students who have never taken dance classes before.

**Thursdays, 5:00 – 5:45 pm**

**Intermediate:** students who have completed Beginner Level classes

**Thursdays, 6:00 – 6:45 pm**

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## Mini Tumblers (Ages 4 – 7)

This class will teach basic acrobatic moves, working on fine and gross motor skills and coordination. Students will increase their flexibility and strength and will learn a variety of basic beginner tricks.

**Saturdays, 10:15 – 11:00 am**

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## Boys Ninja Hip-Hop/Tumbling (Ages 4 – 9)

In this high energy class, students will learn age-appropriate hip-hop choreography and tumbling skills, incorporating the spins, kicks, rolls, and jumps of a ninja!



**Wednesdays, 6:00 – 6:45 pm**

## Jazz, Hip-Hop, & Tumbling

Our young dancers will learn jazz and hip-hop steps and combinations working on sequences that will fuse together technique and style, all while building the dancers style and confidence.

## Jazz, Hip-Hop, & Tumbling (Grades K – 3)

**Thursdays, 4:00 – 4:45 pm**

## Jazz, Hip-Hop, & Tumbling (Grades 4 – 6)

**Thursdays, 7:00 – 7:45 pm**

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## Lyrical, Jazz, and Tumbling (Grades 7 – 12)

This class will focus on three genres of dance. Lyrical is a combination of jazz and ballet with expressive motions that tell a story. Jazz will focus on learning proper dance technique. Dancers will work on technique, and performance through age-appropriate choreography. In tumbling, students will learn basic skills with progressions to more difficult skills, focusing on increasing flexibility, strength, balance, coordination, timing, and confidence. **Thursdays, 8:00 – 9:00 pm**

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For **Adult (Ages 16+) Tap Dance Classes** see the information listed under “Adult Activities” on the first page of this program guide.

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# Halloween Party

**SATURDAY,**

**OCTOBER 29, 2022**

**OLD NEWGATE PRISON**



**SAVE  
THE  
DATE**



*Annual Holiday  
Tree Lighting*

AND CAROLING

**Friday,**

**December 2, 2022**

Follow us on social media:



/EastGranbyRec



@eastgranbyrec

# East Granby Youth Services

For information on the most current programs, events, and services available please contact us:

**Susan J. Lawshe, JD, LMFT**  
Call: (860) 653-7800  
E-Mail: [SueL@egtownhall.com](mailto:SueL@egtownhall.com)

**Mason Williams, Program Coordinator**  
Call: (860) 653-7800  
E-Mail: [Mason@egtownhall.com](mailto:Mason@egtownhall.com)

**Becky Hayes, Program Coordinator**  
Call: (860) 653-7800  
E-Mail: [BeckyH@egtownhall.com](mailto:BeckyH@egtownhall.com)

**Website: [www.eastgranbyct.org/commision-on-youth-services](http://www.eastgranbyct.org/commision-on-youth-services)**

79 North Main Street - PO Box 1858  
East Granby, CT 06026  
(860) 653-7660

## East Granby Youth Service Bureau

The mission of the East Granby Youth Service Bureau is to coordinate the delivery of community-based services for prevention, intervention, treatment, and follow up for at risk youth, and to provide opportunities for all youth to function as responsible members of the community.

## Commission on Youth Services

The commission on Youth Services (CYS) has been established to serve in an advisory capacity and support the mission and staff of the Youth Services Bureau. Members are appointed by the Board of Selectmen and represent various segments of the community including law enforcement, education, children and families, and local business and organization. The goal of the CYC is to advocate for our youth population by evaluating priority needs and interests on an ongoing basis and assisting the YSB in the development of appropriate programs and services. Meetings are held every third Monday of the month and are open to the public.

## Counseling Services

Counseling services addressing emotional, behavioral, and mental health issues are available for children and families residing in East Granby. We provide parenting support, family therapy, individual therapy, play therapy for children, and school consultation. School, parent, and self referrals are accepted. All services are professional and confidential and are offered free of charge to East Granby residents.

## PROGRAMS

### Girls' Circle (Grades 6-8)

This Fall, East Granby Youth Services is offering a support and skill building group for girls and youth who identify with female development, in grades 6-8. Through crafts, vision boards, games, and other activities, Sharon Eastman, LCSW, will facilitate real conversations about many of the unique challenges middle school girls are facing growing up in today's world. Snack is provided. All discussions are confidential except under specific circumstances.



When: Fall Session: Mondays, September 26 – November 21, 2022  
Time: 2:15 - 3:45 PM  
Where: EGMS Library  
Cost: \$25



### **Girls' Circle (Grades 3-5)**

Sharon Eastman, LCSW, leads this support and skill building group for girls in grades 3-5. Through crafts, vision boards, readings, and role play, she will facilitate real conversations about many of the challenges girls are facing growing up in today's world. Topics will include improving social skills, strengthening relationships with peers and parents, building communication and leadership skills, goal setting, learning healthy ways to handle stress, and making new friends and realizing you aren't alone. Snack is provided. All discussions will be confidential, except under specific circumstances.

Fall Session: Wednesdays, September 28 – November 16, 2022  
Time: 3:00 - 4:45 PM  
Where: Seymour School, Cafeteria  
Cost: \$25

### **Boys' Council (Grades 6-8)**

A fun group for boys in grades 6-8 that blends hands-on activities with guided discussions to help them build social skills and develop an understanding of what it means to them to be a young man today. Topics touch on competition, stereotypes, friendship, and self-esteem. Team bonding and activities will be paired with other games and social learning exercises following the One Circle Foundation curriculum. This is not a therapy group but is structured to provide social skills instruction and support as needed. Enrollment is limited so there is ample opportunity for discussions.

When: Fall Session: Tuesdays, September 20 – October 25, 2022  
Time: 4:00 - 5:30 PM  
Where: Sears House at East Granby Farms  
Who: Grades 6-8  
Cost: resident: \$20 / non-resident: \$25



### **Boys' Council (Grades 3 – 5)**

A fun group for boys in grades 3-5 that blends play with guided discussions to help them build social skills and develop an understanding of what it means to them to be a boy today. Topics touch in competition, stereotypes, friendships, and self-esteem. Crafts and activities will be paired with other games and social learning exercises following the One Circle Foundation curriculum. This is not a therapy group but is structured to provide social skills instruction and support as needed. Enrollment is limited so there is ample opportunity for discussions.

When: Fall Session: Mondays, September 19 – October 31, 2022 (no class October 10, 2022)  
Time: 3:00 - 4:30 PM  
Where: R.D Seymour School, Cafeteria  
Who: Grades 3-5  
Cost: \$25

Financial Assistance is available to those who may need it.  
Please contact the Youth Services Office to discuss this further: 860-653-7800.



# East Granby Public Schools

33 Turkey Hills Road • P.O. Box 674 • East Granby, Connecticut 06026 • Fax (860) 413-9075

**MELISSA F. BAVARO-GRANDE**  
Superintendent of Schools  
(860) 653-6486  
EMAIL: [mbavaro@eastgranby.k12.ct.us](mailto:mbavaro@eastgranby.k12.ct.us)

**KAREN W. GOGEL**  
Director of Student Support Services  
(860) 413-9079  
EMAIL: [kgogel@eastgranby.k12.ct.us](mailto:kgogel@eastgranby.k12.ct.us)

**MARJORIE LIGHT**  
Director of Curriculum &  
Professional Development  
(860) 653-2541  
EMAIL: [milight@eastgranby.k12.ct.us](mailto:milight@eastgranby.k12.ct.us)

The **East Granby Public Schools** announced its policy for determining eligibility of students who may receive free milk served under the Special Milk Program (SMP).

Local school officials have adopted the United States Department of Agriculture's (USDA) Income Eligibility Guidelines (IEGs) for household size and income criteria for determining eligibility for free milk benefits. The following income guidelines will be used in Connecticut from **July 1, 2022, to June 30, 2023**, for determining eligibility of participants for free milk benefits in the SMP.

<b>Income Guidelines for Child Nutrition Programs: July 1, 2022, to June 30, 2023</b>					
<b>Free Milk Benefits</b>					
<b>Household Size</b>	<b>Annual gross income</b>	<b>Monthly gross income</b>	<b>Twice per month</b>	<b>Every two weeks gross income</b>	<b>Weekly gross income</b>
1	17,667	1,473	737	680	340
2	23,803	1,984	992	916	458
3	29,939	2,495	1,248	1,152	576
4	36,075	3,007	1,504	1,388	694
5	42,211	3,518	1,759	1,624	812
6	48,347	4,029	2,015	1,860	930
7	54,483	4,541	2,271	2,096	1,048
8	60,619	5,052	2,526	2,332	1,166
<b>Each additional family member</b>	6,136	512	256	236	118

The income calculations above are based on the following formulas:

- monthly income is calculated by dividing the annual income by 12;
- twice monthly income is computed by dividing annual income by 24;
- income received every two weeks is calculated by dividing annual income by 26; and
- weekly income is computed by dividing annual income by 52.

All numbers are rounded upward to the next whole dollar.

Students residing in households with income at or below the levels shown in the chart above are eligible for free milk benefits. To apply for free milk benefits, households should fill out the application and return it to the school. Applications are available on the East Granby Public Schools district website at [www.eastgranby.k12.ct.us](http://www.eastgranby.k12.ct.us). Only one application is required per household and an application for free milk benefits cannot be approved unless it contains complete eligibility information as indicated on the application and instructions.

The information provided on the application is confidential and will be used only for the purposes of determining eligibility and for administration and enforcement of the milk program. Additionally, all school-aged students in income-eligible households can receive school milk benefits regardless of a student's immigration status, and the district/school does not release information for immigration-related purposes in the usual course of operating the CNPs. Note that the district *may* share your eligibility information with education, health, social service, and nutrition programs to help them evaluate, fund, or determine benefits for their programs, auditors for program reviews, and law enforcement officials to help them look into violations of program rules. This information may also be verified at any time during the school year by school or other program officials. Applications may be submitted at any time during the year.

No application is required if the district directly certifies a student based on a household member receiving assistance from the Supplemental Nutrition Assistance Program (SNAP) or the Temporary Family Assistance (TFA) program. All students in these households are eligible for free milk benefits. Households receiving assistance under the SNAP/TFA programs will be notified of their eligibility and students residing in the household will be provided free milk benefits unless the household notifies the determining official that it chooses to decline benefits. If any students were not listed on the eligibility notice, the household should contact the district or school to have free milk benefits extended to those students. Households receiving SNAP or TFA benefits for their children should only submit an application if they are **not** notified of their eligibility by **October 31, 2022**.

Some students *may* be directly certified for free milk benefits based on Medicaid (HUSKY A). No application is required if the district directly certifies a student based on Medicaid (HUSKY A). All students in these households are eligible for free milk benefits. Households receiving assistance under Medicaid (HUSKY A) will be notified of their eligibility and their children will be provided free milk benefits accordingly, unless the household notifies the determining official that it chooses to decline benefits. If any students were not listed on the eligibility notice, the household should contact the district or school to have free milk benefits extended to those students.

If a student is not directly certified, the household should complete an application form for free milk benefits. The application for the SNAP or TFA households require the SNAP or TFA case number and the households may be asked to provide proof of the SNAP or TFA case number. The signature of an adult household member is also required.

Students in households participating in the Special Supplemental Nutrition Program for Women, Infants and Children (WIC) may be eligible for free milk benefits. Please send in an application or contact the determining official for more information.

# East Granby Public Schools

33 Turkey Hills Road • P.O. Box 674 • East Granby, Connecticut 06026 • Fax (860) 413-9075

**MELISSA F. BAVARO-GRANDE**

Superintendent of Schools  
(860) 653-6486

EMAIL: [mbavaro@eastgranby.k12.ct.us](mailto:mbavaro@eastgranby.k12.ct.us)

**KAREN W. GOGEL**

Director of Student Support Services  
(860) 413-9079

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**MARJORIE LIGHT**

Director of Curriculum &  
Professional Development  
(860) 653-2541

EMAIL: [milight@eastgranby.k12.ct.us](mailto:milight@eastgranby.k12.ct.us)

When known to the district/school, households will be notified of any student's eligibility for free milk benefits if the individual student is Other Source Categorically Eligible because the student is categorized as either: Homeless; runaway as defined by law and determined by the district's or school's homeless liaison; or enrolled in an eligible Head Start or pre-kindergarten class as defined by law. Households with students who are categorically eligible under Other Source Categorically Eligible Programs should complete an application and check-off the relevant box. Questions should be directed to the determining official. For any student not listed on the eligibility notice, the households should contact the school or determining official about any student also eligible under one of these programs or should submit an income application for the other students.

Households notified of their children's eligibility must contact the determining official or school if it chooses to decline the free milk benefits. If households/students are **not** notified by the district/school of their free milk benefits and they receive benefits under qualifying public assistance programs or under Other Source Categorically Eligible Programs, the parent/guardian should contact the determining official or their school.

Foster children that are under the legal responsibility of a foster care agency or court, are categorically eligible for free milk benefits. A foster parent does not have to complete a free milk application if they can submit a copy of the legal document or legal court order showing that the student is a foster child. Additionally, a foster child may be included as a member of the foster family if the foster family chooses to also apply for benefits. If the foster family is not eligible for free milk benefits, it does not prevent a foster child from receiving free milk benefits. Note however, that a foster child's eligibility for free milk benefits does not automatically extend to all students in the household.

Application forms for all other households require a statement of total household income, household size and names of all household members. The last four digits of the social security number of an adult household member must be included or a statement that the household member does not have one. The adult household member must also sign the application certifying that the information provided is correct.

Under the provisions of the policy for determining eligibility for free milk benefits, **the determining official, Suzanne Wolf-Chester, [schester@eastgranby.k12.ct.us](mailto:schester@eastgranby.k12.ct.us) or 860-653-6486 x-202**, will review applications and determine eligibility. If a parent/guardian is dissatisfied with the ruling of the determining official, they may wish to discuss the decision with the determining official on an informal basis. If they wish to make a formal appeal, a request either orally or in writing, may

be made to the **Business Manager, Raymond Engle, [rengle@eastgranby.k12.ct.us](mailto:rengle@eastgranby.k12.ct.us) or 860-653-6486 x-204** for a hearing to appeal the decision.

The policy contains an outline of the hearing procedure. Each school and the central office of the school district has a copy of the policy, which may be reviewed by an interested party.

If a household member becomes unemployed or if household size changes at any time, the household should contact the school to file a new application. Such changes may make the students of the household eligible for free milk benefits if the household income falls at or below the levels shown in the Income Guidelines.

Questions regarding the application process may be directed to the **determining official, Suzanne Wolf-Chester, [schester@eastgranby.k12.ct.us](mailto:schester@eastgranby.k12.ct.us) or 860-653-6486 x-202.**

This is the Public Release we will send on **September 6, 2022** to the following news media outlet.

1. Let's Talk Turkey (The Official Newsletter of the Town of East Granby)

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. **mail:** U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; or
2. **fax:** (833) 256-1665 or (202) 690-7442; or
3. **email:** [program.intake@usda.gov](mailto:program.intake@usda.gov)

This institution is an equal opportunity provider.

# EAST GRANBY PUBLIC SCHOOLS

## **Congratulations to the East Granby 2023 Teacher of the Year Allgrove/Seymour School Library Media Specialist ~ Brett Lowman**



Each year, the East Granby Public School District chooses a teacher that exemplifies the best qualities in education to be honored as Teacher of the Year. This year we are pleased to announce that Brett Lowman has been chosen as the East Granby Public School 2022-2023 Teacher of the Year.

Brett serves as the elementary media/library specialist for Allgrove and Seymour schools. He joined East Granby in 2017. Brett came to us with a rich background in both education and the private sector. Brett worked as a retail merchandiser for Lego Systems from 2016 until he started in EG in 2017. Prior to that he was owner and operator of Play Ok Antiques business in East Granby. His previous educational experience was as the library media specialist and physical education teacher at Eagle Point Elementary School in Plainfield, Illinois and as the library media specialist at Coventry Grammar School and G.H. Robertson School in Coventry, Connecticut.

To anyone who has worked with Brett or listened to the students who speak so joyfully about him and his class they understand how much he loves teaching and working with all of his students. Brett consistently researches and collaborates with colleagues to ensure that East Granby students and staff have the collection of resources that is relevant to and reflective of our students' community, their world and themselves. As EGPS curriculum leader for the Library Media and Technology Brett has been instrumental in expanding and improving teaching and learning for all of our students. Brett has brought authors such as Kate Messner to East Granby and new programs for coding k-12 as well as expanding others such as Read Across America, to provide exciting and exceptional experiences for our students.

Less obvious to some is how much Brett does for his students, his colleagues and this district that goes above and beyond his role as the library media specialist. Starting from his arrival in East Granby when, on his own time-nights and weekends- with parent volunteers he recruited and trained, Brett oversaw the automation of the library collections for both Allgrove and Seymour Schools. He then taught all students and staff how to scan and check out books. During the COVID 19 pandemic, working with the East Granby Public Library, Brett organized a book lending system that allowed our students to continue to borrow books during the lockdown in the spring of 2020. He also made countless video recordings of his favorite children's' books, read in his inimitable style, which he shared with grateful East Granby families. In addition Brett shares his time and passion for sports with the East Granby community serving as Vice President of the Granbeast Little League and as a coach for the East Granby Parks and Recreation Basketball League

Brett has rightfully earned the admiration and esteem from his colleagues and is a role model who impacts the lives of students. He has a wide variety of teaching strategies and exceptional leadership qualities that have significantly contributed to East Granby Public Schools and the greater East Granby community. He is truly deserving of the honor of East Granby Public Schools Teacher of the Year.

EAST GRANBY PUBLIC SCHOOLS WELCOME MANY NEW STAFF MEMBERS WHO HAVE JOINED OUR TEAM THIS YEAR.



Samantha Linner  
Paraprofessional  
Carl Allgrove School



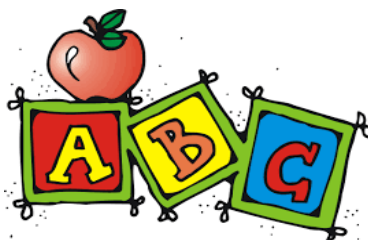
Curtis Field  
Paraprofessional  
High School  
and Athletic Director



Jalen Drzewiecki  
Paraprofessional  
R.D. Seymour School



Kristy Preli  
Paraprofessional  
Carl Allgrove School



Lauren Vassallo  
Paraprofessional  
R.D. Seymour School



Justin Lacharite  
Paraprofessional  
Middle School



Brianna Goncalves  
Paraprofessional  
R.D. Seymour School





Madison Bailey  
Paraprofessional  
Carl Allgrove School



Cynthia Smith  
Tutor  
R.D. Seymour School



Sheena Panos  
English Teacher  
High School



Alicia Palmer  
Social Studies Teacher  
High School



Courtney Prendergast  
School Counselor  
High School



Loretta Black  
Speech/Language  
Pathologist  
Carl Allgrove School



Sarah Park  
Math Teacher  
High School



## EAST GRANBY SENIOR CENTER

### DIAL-A-RIDE ON THE MINI BUS

① Grocery, Pharmacy & Banking every Wednesday

② Doctor, Dentist, Hairdresser & Personal Care Appointments every Tuesday and Thursday 9:00 AM until 3:00 PM. Appointments should be scheduled no earlier than 9:00 AM and no later than 3:00 PM.

Call (860)413-3327 at least 48 hours in advance. Your reservation will be recorded on the voicemail system and a driver will call you to confirm. There is no charge to use the Mini Bus but an annual donation of \$20 is greatly appreciated.

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**CHOICES: CALL 1-800-994-9422** for assistance with Medicare, Medigap and Medicare Part-D applications.  
**ELDER JUSTICE HOTLINE – Call (860) 808-5555** if you have been the victim of a scam, neglected, exploited or abused.

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### FLU CLINIC— PROVIDED BY THE FARMINGTON VALLEY VNA

**MONDAY, OCTOBER 17<sup>TH</sup> 3:30-5:30PM.** Located at the East Granby Senior Center. Appointments can be made by calling (860) 651-3539. **See flyer for more information.**

### EAST GRANBY WELLNESS FAIR

**Monday, October 21<sup>st</sup> 3:30-6:00pm** The East Granby Wellness Fair will be held on at the East Granby Community/Senior Center. This event is free and open to all. Vendors will be present to provide information about health care, financial planning, wellness programs, estate planning and more. Get a jump start on learning about the many services available to you and your loved ones whether they are needed now or you are planning for the future. **See flyer for more information.**

### LICENSED THERAPIST

Are you stressed? Overwhelmed? Grieving? Need someone to talk to? Schedule an appointment with therapist, Sharon Eastman, LCSW. You will be able to address your concerns in a safe and supportive environment. Appointments are available Mondays 12pm -4 pm and Thursdays 9a.m-1pm. Contact Senior/Social Services to book your appointment. (860) 413-3334 or (860) 413-3328.

### GET FIT EXERCISE CLASS

Mondays and Wednesdays 10:00 AM-11:00 AM at the Senior Center—\$4.00 drop in cost. Improve fitness, balance, strength, flexibility, range of motion, and posture. This ALL LEVELS class uses hand weights, exercise bands, and loops done in or next to a chair for safety (No class 10/10, 10/12, 11/7, 11/23).

### KNITTERS & CROCHETERS

The first and third Wednesdays of each month from 1:00-3:00 PM at the East Granby Senior Center. Come and socialize, work on your own project, meet other knitters and crocheters, or make items to donate to area hospitals, shelters, or schools.

### BLOOD PRESSURE & BLOOD SUGAR SCREENING CLINIC

**MONDAYS~ OCTOBER 3<sup>RD</sup>, NOVEMBER 14<sup>TH</sup> 11:00AM-12:00PM.** The Farmington Valley Visiting Nurses Association will be at the East Granby Senior Center providing free blood pressure screenings as well as blood sugar screenings. No appointment necessary.

**PEDI—CARE FOR YOUR FEET**—Professional foot care is provided by a licensed nurse the 1st and 2nd Thursday of each month 8:30 AM—2:00 PM in the East Granby Senior Center. Your visit includes: General assessment of your feet; trimming, filing, & cleaning nails; reduction of thickened toe nails; smoothing of corns and calluses; massaging, moisturizing lotion and powdering. Call (860)413-3334 for an appointment. Cost \$35. (Masks Required)

### SHOPPING TRIPS

- **SEPTEMBER 26<sup>TH</sup>, OCTOBER 31<sup>ST</sup>, NOVEMBER 28<sup>TH</sup> –BIG Y & OCEAN STATE**
- **OCTOBER 3<sup>RD</sup> – CHRISTMAS TREE SHOP & REIN'S DELI**
- **OCTOBER 17<sup>TH</sup>, NOVEMBER 14<sup>TH</sup> – WALMART**



## UPCOMING PROGRAMS/TRIPS

### **\*\*4th ANNUAL EAST GRANBY CARES DAY\*\***

**SATURDAY, OCTOBER 22ND**— This is a collaboration between the *Commission on Aging* the East Granby High School students. This is a day where our students will have a chance to give back and get hands on with helping the community. They will work on landscaping, fall clean up, small repair jobs and assisting those in the community who need some extra help. If you are interested in participating in East Granby Cares Day either as a student volunteer or as a recipient, please contact Elise Cosker at (860) 413-3328 [elisec@egtownhall.com](mailto:elisec@egtownhall.com) or Kelly Jacobs at (860) 413-3334 [kellyj@egtownhall.com](mailto:kellyj@egtownhall.com).

### **\*\*AARP DRIVER SAFETY COURSE\*\***

**THURSDAY, NOVEMBER 10, 2022 9:00am-1:00pm** at the East Granby Town Hall meeting room. Completion of this course may result in a savings on your car insurance! Cost is \$20 for AARP members and \$25 for non-members. Call (860) 413-3334 by November 1<sup>st</sup> to reserve your seat.

**FRIDAY, SEPTEMBER 23RD —The Big E— West Springfield, MA** - Come and enjoy a day at New England's Great State Fair. It's the largest agricultural event on the eastern seaboard and the fifth largest fair in the nation! Take a stroll along the Avenue of the States featuring exhibits and vendors that best exemplify the heritage, food and traditions of each state; Take a look at the livestock and other farm animals; Stop in to the Better Living Center to visit the many vendors and of course enjoy the large variety of delicious foods. It's sure to be a fun-filled day! **Depart the senior center at 9:30am. We will leave at 2:00pm to return home. Cost for admission is \$10. Reservation and payment due by September 15<sup>th</sup>.**

**FRIDAY, OCTOBER 7TH —Hancock Shaker Village— Hancock, MA**- Join us for a beautiful ride into the Berkshires to visit the Hancock Shaker Village, a landmark destination of 750 acres, 20 historic Shaker buildings, and over 22,000 Shaker artifacts. On the National Historic Register, it is the most comprehensively interpreted Shaker site in the world, and the oldest working farm in the Berkshires of Western Massachusetts. The mission of Hancock Shaker Village is to bring the Shaker story to life and preserve it for future generations and to reflect on living a principled life and the values the Shakers embraced: integrity, racial and gender equality, pacifism, community, sustainability, responsible land stewardship, innovation, and simplicity. This will be a guided tour for a little over an hour and there will be additional time to explore on your own. A boxed lunch will be included. Please note this is an indoor/outdoor walking tour so please wear comfortable shoes. **Depart the Senior Center at 9:00am. Cost \$30 (includes guided tour and lunch). Reservation/payment due by September 22nd.**

**FRIDAY, OCTOBER 21ST—Gouveia Vineyards—Wallingford, CT**, Come and enjoy a wonderful day as we go on a scenic ride, taking in the beautiful fall foliage, on our way to our destination. Once there we will relax at this lovely vineyard while enjoying a tasting of 5 different wines and you will also receive a complimentary wine glass to take home. We will have a light lunch on site. You don't want to miss this trip! **Depart the Senior Center at 11:30am. Cost \$25. Reservation and payment due by October 13th.**

**FRIDAY, NOVEMBER 4TH —Yankee Candle— Deerfield, MA**— Come and enjoy a fun day shopping at the Yankee Candle Flagship store. It will be a great opportunity to buy all your holiday essentials! **Depart the senior center at 9:30am. We will leave at 12:30pm to return home. There is no charge. Reservation due by October 27th.**

**FRIDAYS, SEPTEMBER 30TH, OCTOBER 28TH & NOVEMBER 18TH—Gentle Stretch & Flex—**Gain strength, increase flexibility and reduce stress ~ this class is the perfect way to get started on your journey to better physical and mental health. The class will be led by Laura Fetzer, who has over 20 years of teaching experience in the Granby/East Granby/Windsor area. The focus will be on enhancing ease of movement and joint mobility through gentle stretches, strengthening movements and balance. Laura will also help you to find and use some tools for calming the mind with gentle breathwork and meditation techniques. No experience or equipment necessary. Take time for you - sign up today! **Join us 9:30 am at the East Granby Senior Center. Cost is \$4 per class (or \$10 for all three classes).**

**Please call the East Granby Senior Center (860) 413-3334 or email [kellyj@egtownhall.com](mailto:kellyj@egtownhall.com) to register or if you have any questions**

# East Granby Public Library

## GEN-IUS OF TASTE

Monday, September 26th  
4:15pm - 5:00pm  
Grades 6th - 8th



Join the CT Science Center and discover DNA. Use the techniques of molecular biologists to extract your own DNA and bring it back to the classroom in a necklace. Then, explore one of the main genes influencing our ability to taste bitter substances as you use bioinformatics to analyze actual DNA sequences.

## TEEN GAME NIGHT

First Thursday of Every Month  
5:00pm - 6:30pm  
Ages: 13-17 years



The October 6th session will be lead by Miss Erin Dugan. Hang out with new and old friends and enjoy board and card games, snacks and fun!

## DROP-IN CONSTRUCTION ZONE!

First Saturday of Every Month  
10:30am - 12:30pm  
Ages 4-12 years with caregiver



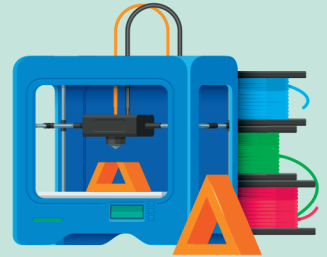
Drop-in and explore our building stations. Stations may include:

Simple Machines, Crazy Forts, Groovy Blocks, Dominoes, Foam Building, Lego Bricks, Connectagons, and more!



## 3D PRINTING INTRODUCTION

Wed, September 28th  
4:00pm - 5:00pm  
Middle & High School  
Students



Learn how engineers think spatially to create products in CAD software. Learn the basics of how to design items to be 3D printed.

## ENCANTO TIME WITH MIRABEL!

Saturday, October 8th  
10:30am - 11:15am



Join Wonderland Works Company and Encanto's Mirabel for stories, songs, musical games, and photos!

## GAVEL CLUB

Every 2nd & 4th Thursday  
5:30pm - 6:30pm  
Grades 4th-9th



New members are welcome at anytime! Improve your public speaking and leadership skills at the Gavel Club. Learn how to craft speeches and present them.

Visit [www.egpl.org](http://www.egpl.org) for more info, to register and to see our complete list of programs!



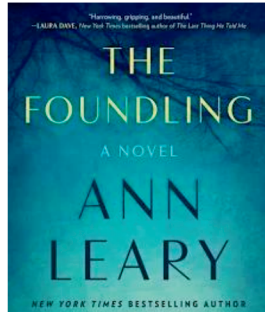
# East Granby Public Library

(860) 653-3002  
www.egpl.org

## Author Talk with Anne Leary

Monday, October 3rd  
6:30pm

Join New York Times bestselling author of *The Good House*, Anne Leary, as she discusses her new book, *The Foundling*. The story of two friends, whose loyalty is put to the ultimate test.



## Needle Felting Class: Owl

Tuesday, October 18th  
6:00pm - 8:00pm



Register to make this adorable owl.

Adult class; \$15/person.

## Book Clubs

Select Monday Mornings  
and Tuesday Afternoons



Interested in joining a book club? EGPL offers both in-person and virtual options. Visit our website for more info.

## Savvy Social Security Planning

Saturday, October 29th  
10:00am - 11:00am



Join Financial Advisor Matthew Tyo, and learn what you need to know to help maximize your retirement income.



## Afternoon at the Movies - Wednesdays at 1pm

To register visit [www.egpl.org](http://www.egpl.org) or call (860) 653-3002.

### Elvis

September 21st  
PG-13, 2 hr 39 min

Explore the life and music of Elvis Presley, seen through the prism of his complicated relationship with his enigmatic manager.



### One Summer

September 28th  
NR, 1 hr 26 min

Jack takes his son and daughter to his late wife's beachside hometown hoping to heal and become closer.



### Where the Crawdads Sing

October 5th  
PG-13, 2 hr 5 min

A woman who raised herself in the marshes becomes a suspect in the murder of a man she was once involved with.



# Meeting Schedules

Town Hall (TH) • Senior/Community Center (SC)  
Allgrove School (AS) • East Granby Farms (EGF)  
Library (L) • High School (HS)

Commission on Aging 6:30 (SC) .....	10/4, 11/1, 12/6
Conservation 7:00 (TH).....	10/5, 11/2, 12/7
Board of Education 7:00 (AS) .....	9/26, 10/11, 10/24, 11/14, 12/12
Economic Development 5:30 (TH) .....	9/26, 10/24, 11/28
Town and School Building Committee 7:30 (TH) .....	As Needed
Board of Finance 7:00.....	9/20, 10/18, 11/15, 12/20
Parks & Recreation 7:00 (EGF) .....	10/6, 11/3, 12/1
Planning & Zoning 7:00 (TH).....	10/11, 11/8, 12/13
Board of Selectmen 6:30 (TH) .....	9/21, 10/12, 10/26, 11/19, 11/22, 12/14, 12/28
Zoning Board of Appeals 7:00 (TH) .....	9/22, 10/27, 11/17, 12/15
Youth Services Commission 6:30 (EGF) .....	9/19, 10/17, 11/21, 12/19

**The above meeting dates and times are subject to change.**

Library, Board of Education, and Recreation times & dates are found in the articles. Times are PM unless noted.

**Guidelines for Submitting Articles**

The following are the deadlines for the upcoming "Let's Talk Turkey" editions. Please note that the deadline submission time is 9:00 AM on Monday. All articles must be submitted in Word format and sent via e-mail to newsletter@egtownhall.com. Deadlines are strictly enforced to ensure timely preparation of the newsletter. This will enable our Editor and Printer enough time for the one week turn around delivery date. Articles should pertain to an East Granby organization, agency, or business (non-advertisement) and be of general interest to the public. At the discretion of the Editor, articles and graphics may be edited. The name of the submitter and a phone number must accompany the article. If you have any questions, please call (860) 653-2576.

**East Granby Town Hall  
PO Box 1858  
East Granby, CT 06026**

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