

Newsletter Publication Schedule

Submission Deadline March 6 Mav 1 July 31 September 5 November 6 Jan. 2, 2024

Delivered to Homes March 18 May 13 August 12 September 16 November 18 Jan. 13, 2024

submit articles via e-mail to newsletter@egtownhall.com

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Let's Talk Turkey The Official Newsletter of the Town of East Granby

– January 2023 • Volume XXVIII, Issue I

Wishing You Good Health & Happiness in 2023!

This past year was one filled with change, resiliency, and growth. As a community we shared losses and are working together as we continue to navigate forward. We are a small but mighty community! We are also hopeful and have exciting opportunities on the horizon! I would like to personally thank all of those who attend meetings and workshops, those who reach out to me personally, and those who actively pursue making East Granby a favorable place to live.

Volunteers: A HUGE "Thank You" to all our volunteers who tirelessly give of their time to help better our East Granby community. Our Town boards, fire department, and service organizations are all run by volunteers. To mention a few: Women's Club of East Granby along with Friend to Friend Food Pantry & Thrift Shop and Expressions Pottery sponsor the Annual Empty Bowls Fundraiser; Commission on Aging hosts a hugely successful Wellness Fair in the fall; Lions Club sponsors the Memorial Day Parade and the ever popular Rubber Duck Derby; Resilience Grows Here assists veterans and their families with mental health challenges, suicide prevention programs, and education; Parks and Recreation sponsors the annual Jacky Christmas Tree Lighting; and the Youth Action Council at the Middle and High Schools give our students exposure to the community and teach leadership skills to our youth. East Granby also has six Town commissions, six boards, and several committees all comprised of volunteers. Volunteerism affords our community many opportunities we otherwise would not have. Thank you again for all you do! If you would like information on joining a committee or service organization in East Granby, feel free to reach out to info@egtownhall.com.

Economic Development Committee: The EDC is seeking applications from residents interested in joining the commission. The EDC's primary goals are to develop policies consistent with the Plan of Conservation and Development (POCD) that support business growth, development, retention, and expansion. Please e-mail info@egtownhall.com if you are interested in joining.

Village Center Master Plan: Thanks to the hard work of our Village Center Committee, the Economic Development Committee, and our Town Planner, the Village Center Master Plan is under way! Be on the lookout for the flyer included this "Talk Turkey" edition, signage around town, and visit our town website at eastgranbyct.org for information on public and business owner workshop dates. These are your opportunities to share your ideas. Public planning and visioning dates are January 19th at 6:00 PM and January 21st at 9:00 AM at the Town Hall Conference Room.

Capital Expenditures: The following budgeted Capital items were approved by residents at a Town Meeting in 2022: \$63,000 to purchase and equip a new police cruiser; \$65,000 to purchase and equip a new DPW utility pick-up truck; \$50,000 for the assessor revaluation; an agreement between the BOE/Town and Eversource Energy and Earthlight Innovative Solar Solutions for the replacement of LED lighting at EGMS/HS (Total cost is \$476,084.53 and Eversource Energy has agreed to provide incentives of \$155,008.80 and has agreed to finance the balance of \$321,075.73. The project includes a transfer of \$80,268.93 from the Unallocated Fund Balance to the Debt Service Account in Fiscal Year 2023.); an agreement between the BOE/Town and Eversource Energy and Earthlight Innovative Solar Solutions for the replacement of LED Lighting at Seymour School (Total cost of the project is \$59,849.02 and Eversource Energy has agreed to provide incentives not to exceed \$12,660 and has agreed to finance the balance of \$47,189.02. The project includes a transfer of \$11,797.25 from the Unallocated Fund Balance to the Debt Service Account in Fiscal Year 2023.); \$10,000 to purchase and install camera and security system upgrades at East Granby schools; \$14,028 to repair and maintain the EGHS tennis courts; \$6,975 to remove trees around EGHS tennis courts; \$7,241.85 to refinish the main gym floor at EGHS; \$29,674 to purchase custodial cleaning equipment; \$15,000 to reconfigure the computer room at Seymour School; \$5,493.67 to purchase and install a Dell server at Seymour School; and \$30,000 to repair sidewalks at EGHS and Seymour School. Please see the June 28, 2022 Special Town Meeting Minutes for more details.

Budget Process: The Boards of Selectmen, Education, and Finance are working on the 2023-2024 budget. Some significant dates: BOF provides initial operating budget guidelines to BOS and BOE on February 7th; budget proposals are presented for review to BOF by BOS and BOE on March 16th; BOF gives directives to the boards on April 4th for a public hearing presentation on April 18th; Town Meeting is scheduled for May 2nd; and a potential referendum will be held in early/mid May.

Happy New Year! Eden Wimpfheimer, First Selectwoman

Preschool Enrollment Opportunity

East Granby Early Childhood Services & Family Resource Center located at Carl Allgrove Elementary School is hosting Open Enrollment Night on Wednesday, February 15th from 6:00 to 6:30 PM. (Snow Date is Thursday, February 16th.)

East Granby residents may register for 2023-2024 programs:

- Integrated 3 & 4 Year Old Preschool Classes: Applications will be accepted on a first come basis beginning at 6:00 PM by drive up, drop off process in the Allgrove School bus circle. Please bring a completed application, birth certificate (both the original & a copy), and proof of residency at the time of enrollment.
- Early Learning Groups Terrific Twos (ages 2-3) / One, Two & You (ages birth-3): Fall 2023 ELG applicants need not apply in person. Please submit an application and proof of residency to the East Granby Family Resource Center at Allgrove School, 33 Turkey Hills Road, East Granby.

Applications and brochures are available online at www.eastgranby.k12.ct.us. Go to the "Students" tab, then "Early Childhood Services." You may contact Kerry Anthony at kanthony@eastgranby.k12.ct.us for more information.

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 elisec@egtownhall.com. Drop boxes for Social Services can be found inside the Senior/Community Center and outside the front door of the Town Hall.

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 are being taken at Social Services from residents of East Granby who wish to apply for the CT 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 and search "Connecticut Energy Assistance Program."

Food Pantry: The Friend to Friend Food Pantry was established to supplement the weekly grocery needs of residents who have



friend to friend

been identified by East Granby Social Services as needing assistance. The pantry is currently operating on Friday mornings for registered participants to shop. The East Granby Mini-Bus is available for

transportation to the pantry. If you are in need of food, please call Services (860)413-3328 Social at or e-mail elisec@egtownhall.com. To donate please call (860) 413-9015 or e-mail 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, East Granby Public Library, and Geissler's Supermarket in Granby. If you wish to make a monetary or local grocery store gift card donation you can either mail to Friend to Friend Food Pantry, P.O. Box 631, East Granby, CT 06026 or e-mail friendtofriendeg@gmail.com.

Holiday Gift Program: The Social Services 2022 Holiday Program was a success thanks to the outpouring of generosity



from our community. Thank you to our sponsors and supporters this year: East Granby Congregational Church, Sacred Heart Parish, Copper Hill United Methodist Church, Westminster School, RSCC Wire & Cable

LLC, Amped Fitness, the East Granby Knitters Group, Copper Hill United Methodist Church Knitters, Allgrove School, East Granby Library, and over a dozen generous families. Together these sponsors helped spread kindness and joy this holiday season for 24 East Granby families. Donations of toys, winter coats, gift cards, hats, mittens, scarves, and books were gifted to almost 50 children. Thank you to all of our supporters and donors for making the holiday season so special year after year!

Individual Therapy: Are you stressed? Overwhelmed? Grieving? Need someone to talk to? Schedule an appointment



with therapist Sharon Eastman, LCSW. Appointments are available Mondays 12:00 to 4:00 PM and Thursdays 9:00 AM to 1:00 PM. For more information, please contact Social Services at (860) 413-3328 or Senior Services at (860) 413-3334.

Operation Fuel: Operation Fuel offers a one-time grant per household, per year for deliverable fuel oil, natural gas,



electricity, kerosene, wood, propane, pellets, and other energy sources. Income guidelines have increased this year and can be found on their website. Applications can be completed

through East Granby Social Services or directly through the Operation Fuel website: https://operationfuel.org/gethelp/.



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Commission on Aging

The Commission on Aging (COA) wishes all to stay in good health. In these times, a lot of people in town are in need of help. The "Good Samaritan" program was created some nine years ago to help East Granby residents who had needs that could be met by town volunteers. Some five years ago, "East Granby Cares Day" was created to have East Granby High School students supply help to those in need.

The East Granby "Good Samaritan" Program is ready and able to help people in town. If you have a need and are looking for help or if you know someone who could use help, contact Senior Services or Social Services to be matched up with our volunteers. If you're a person who would like to volunteer to help our town's seniors, please provide your information in the same manner. Details of this program and the volunteer form can be found at the Town website: eastgranbyct.org. Click on "Good Samaritan Program" on the front page for further information. You can also go to "Boards and Commissions," "Commission on Aging" for information. Join in and make our program a success by helping our seniors in town.

The COA advocates for the senior community in town and needs help to continue doing so on an efficient basis. The Commission, as constituted, has nine members and three alternates. The Commission has openings for alternates. Please help us out. If you have an interest or for more information, contact Rich Galluccio, Chairman, at (860) 658-0603 or Kelly Jacobs, Senior Services Director, at (860) 413-3334.

Nourish My Soul Awarded Grant

The East Granby Greater Together Community Fund of the Hartford Foundation for Public Giving recently awarded Nourish My Soul \$14,562.00 to fund a shed and outdoor classroom with kitchen. Nourish My Soul has been empowering young people to grow, prepare, and share food since 2016. This spring, Nourish My Soul leased farmland from East Granby Land Trust at their newly



acquired Howard Preserve located between Seymour Elementary School and Granbrook Park. Everything grown on the property went into classes and back into the community.

"There is an abundance available to us, so much that Americans waste 40% of our food supply. I believe

that everyone should have access to healthy food." said A.Alicia Cruz, Executive Director of Nourish My Soul. "We were honored to be able to feed so many families from our farm this summer, and we are looking to expand that in the upcoming season.

Combined with the ability to educate our young people on how to provide for themselves and their communities in the future, we hope there will soon be no need for the work we do." This grant money will provide much needed storage for farming and classroom supplies as well as an outdoor classroom. Nourish My Soul not only offers classes for young people and their families, but also partners with Seymour School to provide outdoor learning experiences for students.

One parent summed up their children's experience with Nourish My Soul Farm: "My kids are much more willing to try new foods because they were part of the growing process, and have found many new vegetables they enjoy eating. They are inspired by the entire process of growing, harvesting, and preparing their own food. I have seen improvements in their self-confidence, leadership skills, and their desire to give back to the community."

The funds from the East Granby Greater Together Community Fund will be instrumental in creating an outdoor learning environment that really takes the lesson from seed to plate. If you are interested in learning more about Nourish My Soul, you can visit their website at www.nourishmysoul.org, as well as follow them on Facebook, Instagram, and YouTube.

The East Granby Greater Together Community Fund was created by the Hartford Foundation for Public Giving in 2019. The Fund was initially started with \$100,000 from the Hartford Foundation to support the needs of East Granby residents. In January 2022, the Hartford Foundation gave an additional \$50,000 to the Fund with half of the funding being maintained in the Fund's endowment and the remaining half to support current grantmaking efforts.

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.

East Granby Congregational Church

Offering a Values-Based Community to Transform Your Life Rev. Dr. Sandra L. Fischer

As we enter into a new year, many of us spend time reflecting on our daily lives. Studies show that people yearn for a spiritual connection in their lives, but often don't know how to find it. Being in community with people who hold similar values can help. At EGCC we are grounded in the values of love, justice, and peace. If you are someone who is curious about ways to find a transformative community grounded in similar values, EGCC encourages you to be courageous and come join us on Sunday mornings.

EGCC offers two different formats for worship—most Sundays we gather in a traditional worship in our sanctuary, including hymn singing, a sermon, and monthly communion, and once a month we meet for a casual small group discussion called Cafe Church in our "Round Room." (January 15th and February 12th.) Sunday School is offered for children during the services. Why not try both types of services and see which one resonates with you? If a more contemplative spiritual practice attracts you, EGCC offers Lectio Divina (scripture reading, meditation, and prayer) via zoom on the first Saturday of the month. Speak with Rev. Sandra for more information.

The spiritual practice of coming together in community on Sunday morning can help put you in the right frame of mind to start your week, reminding you that you are a beloved human being who can have a transformative impact on the world. From that place of feeling loved and supported, you'll be empowered to choose actions within your family, your work, and your community that spread love, work toward justice, and establish peace.

"No matter who you are or where you are on life's journey, you are welcome here."

News from the Democrats

Happy New Year from the East Granby Democrats! 2023 will be a municipal election year and it's your chance to get involved. If you are interested in being a member of a board or

commission or running for an elected office and are a registered Democrat, e-mail us at eastgranbydemocrats@gmail.com.

Despite recent changes in town, rest assured that we will continue to promote quality

education, ensure fiscal discipline, and support development that doesn't sacrifice our quality of life to the highest bidder. We love East Granby and will continue to fight for all our residents!

Join us at our regularly scheduled meetings on the third Thursday of the month at 7:30 PM in the Senior/Community Center. Our next meeting will be held on January 19th.

East Granby Republicans

Happy New Year to you and your families! Let's make East Granby even better in 2023!



This year, the East Granby budget will bring us many challenges. Inflation has affected nearly every category in the Board of Education and Board of Selectmen's budgets. Among the items affected are increases in electricity, fuel

oil, and garbage disposal fees. A new contract with East Granby teachers is under negotiation. Similar contracts around the State show annual increases ranging from 3.5% to as high as 7%. This line item has a significant effect on the BOE budget since certified teachers' salaries account for nearly 50% of the total. There were other unpleasant surprises as well. The BOE recently reported that additional roof repairs and modifications to HVAC systems are needed, with the total of these amounting to nearly \$3 million. Also, this year we begin making principal and interest payments towards our roof and road bond issue.

We need modest business growth in town to offset these increases; otherwise our property taxes will continue to escalate. A proposal by a well-respected developer to change a local ordinance to allow a larger building was rejected by the Planning and Zoning Commission. This developer had a client already lined up to occupy the proposed building. This would have brought much needed additional revenue to the Town. This setback has not deterred us. A study for a Village Center is underway. A re-vitalized center would provide additional revenue to the Town, make us even more family-friendly, and provide entry level jobs for our teenagers.

If you have any interest in 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. 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. Come join us!



Capitol Update Rep. Tami Zawistowski, 61st District

Happy New Year! The 2023 legislative session began on January 3rd with opening day ceremonies at the State Capitol in Hartford—the first in-person

opening day in three years. At this writing, session rules are still being discussed, and I'm keeping my fingers crossed that legislative committee meetings and public hearings will provide both in-person and remote options. This will improve public access and input into the legislative process.

Effective this month, composition of the 61st District has changed due to redistricting. This process takes place every ten years when



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new census data is available, with an aim to keep each House district to include approximately 25,000 residents. I will continue to represent the towns of East Granby and Suffield and will now represent a large portion of the town of Windsor Locks. I will miss my constituents in the Rainbow and Poquonock sections of Windsor but look forward to working with residents of Windsor Locks.

During this legislative term I will continue to serve on the Appropriations, Transportation, and Planning & Development Committees. Additionally, I am excited to have been named Chair of the House Republican Screening Committee, which is a select committee tasked with being the final set of eyes on important legislation before it reaches the House floor for debate. Appointed by the House Republican Leader, the Screening Committee is tasked with ensuring that legislation is legally sound, aligned with our legislative priorities, and prepared for rigorous debate in the General Assembly.

I have heard from many people with significant cost-of-living concerns, especially energy costs including home heating and gas, as well as groceries. Many are having to make difficult choices that have affected their families and their quality of life.

While the special legislative session at the end of November increased funding for heating assistance programs and modified the gas tax "holiday" to keep down prices at the pump, it simply isn't enough. Affordability issues are on the front burner for this coming legislative session for many of us, and we are continuing to work on proposals to help ease this burden. I invite you to get involved through in-person or e-mail testimony on topics of concern to you once public hearings begin.

On January 1st, several new laws took effect in Connecticut. For a full list of new laws and to read more about how these will impact you, your family, your business, or your community, visit: https://www.cga.ct.gov/asp/content/aeauto.asp. As always, please contact my office if you have questions about state issues by phone at (860) 240-8700 or by e-mail at Tami.Zawistowski@housegop.ct.gov. I would also encourage you to sign up for my e-mail newsletters online at www.RepZawistowski.com and follow my social media on Facebook (@repzawistowski) and Instagram (@repzawistowski) for the latest news from the Capitol and across the district.



East Granby High School PROJECT GRADUATION CLASS OF 2023

The parents of the Class of 2023 are working hard to plan an exciting and safe graduation event. Each year, the parents, friends, and community work together to provide a substance-free/safe graduation party for our deserving graduates. It is an overnight event with lots of great activities to give the Class of 2023 a great send-off. For those of you who have already donated to this year's graduating class, please accept our sincere appreciation. If you are new to the community, please consider contributing to this worthy event. As a thank you for your donation, we will display your donor/business name at graduation activities, as well as recognize you in the summer edition of "Let's Talk Turkey" as a donor. We are a small community that succeeds by supporting each other. It truly does take a village!

If you wish to donate, please make your check payable to "EGHS Project Grad 2023" and send to the address listed below by March 8, 2023. Thank you for your continuous and generous support!!

Mail donations to: EGHS Project Graduation 2023, P.O. Box 234, East Granby, CT 06026.

Donor/Company Name for publication:
Contact Name & Address:
I/We would like to support the East Granby High School 2023 Project Graduation event with a monetary donation in the amount of \$:



Allgrove School

KINDERGARTEN VIRTUAL REGISTRATION

February 6th - February 17th 2023

Welcome to Allgrove School! We are beginning our kindergarten registration for the upcoming school year 2023-2024. The registration paperwork can be downloaded from the district website at www.eastgranby.k12.ct.us. Visit the Allgrove School page and click "Register for Kindergarten School Year 2023-24" under Quick Links. All the forms in our registration packet need to be completed in your web browser, saved as a PDF and emailed to kindergarten-reg@eastgranby.k12.ct.us.

<u>Forms must be signed by the East Granby parent.</u> The documents are fillable and typing ensures accuracy of the information submitted.

We look forward to meeting you and your child(ren) in the very near future.

If you have any questions regarding registration or cannot register during February 6th - February 17th, please contact Miss Donna at 860-653-2505, Ext. 500.

All forms below must be filled in its entirety for your child's registration to be complete.

- Allgrove Registration Form
- Public School Information System Form
- Release of Information
- Dominant Language Form
- Emergency Form
- Bus Transportation Form
- State of Connecticut Health Assessment Record

Please scan a copy of your child's full-length *original* birth certificate, most recent physical and immunization records and include when emailing your child(ren)'s completed packet.

Proof of Residency:

- If you own your home, we will additionally verify through the Town Assessor's Office
- Copy of a Utility Bill
- Copy of the Sales Agreement if purchasing home and scheduled closing date (If requesting to start school prior to closing date, written request must be submitted and approved by our Superintendent, Melissa Bavaro mbavaro@eastgranby.k12.ct.us)
- If you are renting, a copy of your current lease agreement with lessee and lessor signatures
- If residing with family and do not have a lease, a Proof of Residency, Policy 5118, APR#1 must be completed and Notarized

All registration information must be completed before your child may begin Kindergarten.

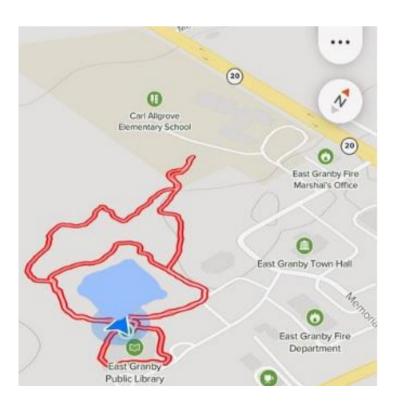
All pupils entering Kindergarten must be five years of age on or before January 1, 2024. <u>Please be advised that pursuant to Section 10-184 of the Connecticut General Statutes, parents are required to register all children whose ages meet this eligibility for Kindergarten. If parents choose not to send their child to Allgrove Elementary School during this coming school year, please contact Donna Mattera at 860-653-2505, Ext. 500.</u>

We look forward to having you become a member of our Allgrove Community!



Doreen Jacius Nature Trail

There have been many conversations among the people whose lives were touched by Doreen Jacius and the best way to honor her memory. We discovered Doreen had reached out to the East Granby Land Trust about creating a walking trail behind the library. As soon as we heard that, we knew we wanted to make her dream a reality. Combining her love of nature and the outdoors with her love for this community, The Doreen Jacius Nature Trail will be a wonderful addition to the town center for our community!



When we received permission and support from the town and Galasso Materials to create the two trails on their land, several members of the library board and land trust walked the proposed trails around the pond, scouting out the best paths. They were pleasantly surprised to find that the trails connect nicely to the existing Allgrove Nature Trail and the entire route was picturesque.

We are beginning the planning process to determine the costs of materials needed and would like to start by compiling a list of people interested in assisting with manual labor. The paths will need to be cleared, construction of bridges, benches and stairs, as well as gravel added to soft spots, and wood chips spread. Please visit egpl.org to fill out a contact form and you will be informed of upcoming work parties. For questions, email Monique Gerken at moniqueg@egpl.org.



Food Pantry & Thrift Shop

New Year Reflections.

After the rush and hustle of the holiday season, January provides us a time to look back on the past year and create new strategies for the year ahead. The **Friend to Friend Food Pantry** witnessed a **34% increase** in families served this December as compared to last year. We were successful in absorbing that jump in numbers due to our tireless volunteer staff and the consistent donations from our community, which included over 12 food drives this year. We are grateful to be part of this caring and compassionate community!

The **Friend to Friend Thrift Shop** had another successful year and our volunteers are looking forward to our **Donation Drop-Event in March** and our **reopening on April 1, 2023**. (*Please do not leave donations until our drop-off event, we clear out the shop each year for cleaning and maintenance*.) This March on our Facebook page, the Thrift Shop will host a **Cabin Fever Online Auction**. If you have new, unused items (including extra holiday gifts!) please message us on facebook or call/text 860-392-8362 to donate. We can arrange pick up. Thank you in advance!

Food Pantry

To register with the Food Pantry call Elise at **Social Services at 860.413.3328** or email **elisec@egtownhall.com.**

To volunteer or donate to the Food Pantry or Thrift Shop please call **860.413.9015** or email **friendtofriendeg@gmail.com**.

- In need of the following items: baked beans, bottled juice, canned fruit/ vegetables (corn and peas), canned chicken and tuna, Campbell's Chunky and Progresso Rich and Hearty Soups, coffee, granola bars, jar pasta sauce, jelly, peanut butter, sugar, laundry detergent, paper towels and toilet paper.
- Non-perishable food donations may be dropped off *outside* at the EG Community/Senior Center and EG Congregational Church or *inside* at the EG Public Library and EG Post Office. You can also purchase and donate at Geissler's Supermarket in Granby, CT
- Monetary donations can be at <u>www.friendtofriendeg.com</u> 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

Our shop is closed for the winter and will reopen on Saturday, April 1, 2023.

Look on our facebook page and in the next issue of Talk Turkey for our donation drop off event, online auction details and shop opening info.

Help us envision the East Granby Village Center

The Town of East Granby is excited to partner with our Consultant, Goman & York.

Goman & York will be guiding the Town, Residents and Business Owners through a series of public workshops for the creation of a Village Center Master Plan.





A Reminder From:



EAST GRANBY GREATER TOGETHER COMMUNITY FUN

at the

Hartford Foundation

FOR PUBLIC GIVING

Grant Proposals
Due by
Wednesday,
March 1, 2023

Find information and download an application at www.hpfg.org/eastgranbycf

Contact:





East Granby's Good Sam Program



The **Good Samaritan Program** helps connect
East Granby volunteers *willing to lend a hand* with
East Granby senior citizens (age 65+)

who need assistance.

Volunteers may be able to assist with small tasks such as:

- Light household maintenance
 - Small projects
 - Small repair jobs
 - Friendly visiting

Could you <u>USE</u> a Good Samaritan's hand?

Could you <u>BE</u> a Good Samaritan and lend a hand to a senior citizen?

We have Good Sams waiting to lend a hand! Please contact us if you would like more information.

Social Services (860) 413-3328 / Senior Services (860) 413-3334

WCEG is selling Valentine's Day Flower Grams







Flower grams include:

- one carnation
- chocolate

Crushes include:

• 12 oz Crush soda

Both:

- personalized card
- delivery to recipient
 (East Granby only; pick up available)

Prices:

- One (1) flower gram \$5.00
- Five (5) flower grams \$18.00
- Ten (10) flower grams \$35.00
- Crush \$2.00 each
- Checks can be made out to Women's Club of East Granby
- Venmo to @WomensClubEG (please add "Valentines" to the memo)

Scan the QR code for online ordering:

or detach the form below and mail to: WCEG Valentines c/o Katie Kardos, 12 Granger Cir., East Granby, CT 06026
Email questions to: wcegflowergrams@gmail.com

Orders due by Feb. 3

Vour namo:	 E-mail:
Your name:	E-IIIdII
Recipient Name: Recipient Address:	Short Message for card:
Delivery? □ Pick up? □ Nut free chocolate needed? Yes □ Flower gram? □ Crush? □	



The Secret Senior Admirer Program is back for 2023! Beginning in January you can join in the fun as a **Secret Senior Admirer** and get ready to celebrate our wonderful East Granby seniors all February long!

- Place a goodies-for-purchase order using our form available at the library, online and featured in the January Issue of *Talk Turkey*. (Use separate forms for each delivery address). Orders can be placed Jan. 3-Feb. 22nd and **deliveries will be made each Saturday, throughout February**.
- The East Granby Public Library will also offer **FREE Card making kits** to take home or create while at the library. They'll be available in January. You can return finished cards to the library for delivery, with or without a Goodies order.
- Pen a Limerick about your favorite East Granby Senior and have a chance to win one of 3 giftcards. Limericks are published on the East Granby Community Facebook page, on the library's **Secret Senior Admirer Brag Board** and hand delivered to the recipient! Email to eg.communityworks@gmail.com or drop it off at the library.
- You can also be a Super Secret Senior Admirer and anonymously sponsor a craft, card and/or gift. East Granby Senior and Social Services will make sure your "admiration" is delivered to a special EG senior. Questions or ideas? Email us at eg.communityworks@gmail.com or text 860-392-8362. We will also deliver to East Granby residents at local rehab facilities.

Secret Senior Admirer Order Form

Complete one form for each delivery address, enclose a check made payable to EG Senior Services and mail it to EG Senior Services, P.O. Box 1858, East Granby, CT 06026 or drop in the labeled bin at the EG Public Library. Place orders January 3rd-Feb. 21st.



Deliveries are FREE and made each Saturday in February.





Surprise your favorite East Granby Senior or sponsor a surprise for one you don't! (Offer includes 62 or older East Granby residents.) **FREE** Card Kits will be available at the East Granby Public Library in January, where you can also leave your completed order forms and cards. Look on facebook for info on our Limerick Contest and more. Questions? Call or text 860-392-8362. Thank you for being a Secret Senior Admirer!

Brought to you by #EG CommunityWorks in collaboration with East Granby Senior Services, East Granby Social Services and the East Granby Public Library.

Ordered by			
Ordered by:	Offer(s) 1 2 3 4 5 6 7 0 ordered: 8 9 9 10 11 12 12 13 1		
Name	ordered: 8 □ 9 □ 10 □ 11 □ 12 □ 13 □		
Address	Total \$		
Phone	Deliver to: Name		
Email	Address		
☐ Please include a card to tell recipient who their Secret Senior Admirer is!	Phone for delivery		
☐ Please keep me a Secret Senior Admirer!	☐ Make this order an anonymous donation for delivery to a senior chosen by EG Senior and Social Services.		



East Granby Soccer Association's

Spring 2023 Soccer Registration is Open for Travel Teams & In-Town Program

Register with early bird pricing! (Good through January 31)

Travel registration closes March 17th

In-town registration closes April 7th

To register visit our webpage @ https://clubs.bluesombrero.com/default.aspx?portalid=50874

Soccer Referees Needed §



Interested candidates, 13+ years of age, which includes middle schoolers, high schoolers and ADULTS, can visit https://ctreferee.net to learn more!

Paid positions for assistant and center referees.

Cash payment distributed on game day.

Opportunity to referee multiple games over the weekend.

EGSA will provide reimbursement for referee training class and certification renewal!

East Granby Soccer Association is committed to providing the best possible refereeing experience for its volunteers. The board and coaches are committed to work collaboratively with referees and the referee coordinator to ensure that ALL fans/spectators, soccer players, and coaches treat volunteer referees with respect and dignity.

If you have any questions about the process of becoming a soccer referee, please contact: egrefassignor@gmail.com



79 North Main Street East Granby, CT 06026

E-mail: aliciav@egtownhall.com

Phone: 860-653-7660 Fax: 860-413-3702

www.EastGranbyRec.com

Winter 2023 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 pmJanuary 3, 10, 17, 24, and 31
February 7, 14, 21, and 28

Wednesdays, 9:30 - 11:30 am January 4, 11, 18, and 25 February 1, 8, 15, and 22

Learn to Meditate

Enjoy learning how to reduce stress, sleep better, and practice mindfulness with meditation. Taught by Josette Lumbruno, an experienced meditation teacher with over 40 years of practicing meditation.

Winter Session | Cost: \$60 Tuesdays, 1/24 – 3/7, 6:30 - 7:30 pm East Granby Farms Recreation Building

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, 6:30 - 7:30 pm January 2, 9, 16, 23, and 30 February 6, 13, and 27

Wednesdays, 6:30 – 7:00 pm January 4, 11, 18, and 25 February 1, 8, 15, and March 1

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 season punch card is \$45 or you can purchase a drop-in pass each week for \$5. We encourage you to register in advance.

Winter Season: Wednesdays, Jan. 4 – March 1 7:00 - 9:00 pm in the EG High School Old Gym ** High School events & programs take precedence. Please follow the East Granby Parks and Recreation Facebook page or register online to ensure you receive notifications for last minute changes due to scheduling conflicts. **





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.

Winter Session: January 12 - March 16 Spring Session: March 30 - May 25

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

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.

Group #1: Mondays, 1/23 - 4/3

9:30 - 10:30 am Cost: \$50 per child

Group #2: Wednesdays, 1/25 - 3/29

9:30 - 10:30 am Cost: \$50 per child

Valentines Crafts for Kids

Join the East Granby Parks & Recreation Staff for an afternoon of Valentine's crafts and fun!

Cost: \$25 per child



Allgrove Students:

Friday, February 10, 2023 | 3:05 - 4:30 pm

Tuesday, February 14, 2023 | 3:05 - 4:30 pm

R.D. Seymour Students:

Monday, February 13, 2023 | 2:55 - 4:30 pm

Introduction to Horseback Riding

Looking for an opportunity for your child to learn to ride, or improve their current riding skills? Join our advanced riding instructors in this introductory set of lessons!

Tuesdays, 1/10 - 1/24 | 4:30 - 5:30 pm Held off site in the indoor barn at the End of Hunt Equestrian Center (1360 Hill Street, Suffield, CT).

After School Programs

NEW Aligrove School – Food Explorers: "Super Snacks"

Join the Food Explorer staff as they empower children to learn about food and nutrition and make some



delicious after-school snacks! You'll create a mix of sweet and savory snacks while chopping, mixing, stirring, and learning about food. You'll be making taco pizzas, apple nachos, chips & dip and red velvet trifles. All recipes are nut free but may contain dairy and/or eggs.

Thursdays, 3/30 - 4/27 | 3:05 - 4:30 pm **East Granby Senior/ Community Center**

Cost: \$85





NEW Seymour School – Food Explorers: "Chocolate Crazy"

Join the Food Explorer staff as they empower children to learn about food and nutrition. Each week a nutritionist will teach students how to whip up something sweet, delicious, and made from chocolate! The menu consists of chocolate croissant bites, s'mores cups, dessert tacos and edible brownie batter... YUM! All recipes are nut free but may contain dairy and/or eggs.

Thursdays, 2/9 – 3/2 | 2:55 - 4:15 pm R.D. Seymour School Cafeteria Cost: \$75

Seymour School – Skyhawks After School Sports and Games

Join East Granby Parks and Rec as we partner with Skyhawks to bring this fun, active, and exciting after school Sports and Games program to R.D. Seymour School students.

A variety of skill-building games and activities will give each athlete a complete understanding and overview of many different popular sports and games including capture the flag, soccer, ultimate frisbee, basketball, kickball, baseball, 4 square, flag football, team handball and many more. We will play 2-4 different games/sports each week.

Tuesdays, 1/24 – 3/7 | 2:55 - 4:30pm R.D. Seymour School Gymnasium Cost: \$105

Allgrove School – ART-Ventures for Kids



ART-Ventures Around the World: Art travelers go on a spectacular journey around the globe, touring various countries and cultures. Create hot air balloon lanterns to take you up

and away! Each week we land somewhere in the world and create wicked cool cultural art using unique materials and artisan's techniques. Design Mosaic Picture Frames in Greece and sculpt miniature clay Vejigante Masks in Puerto Rico. Build Tribal Rain Sticks in Australia, and paint

Maracas in Brazil. Plus, design Japanese Windsocks, Mexican Yarn Paintings, Spanish Paper Fans, Native American Story Necklaces, and more! Fun facts about each country and culture, geography and art history are included. Throw your imagination in your suitcase and let's hit the road!

Choose from one of two days being offered: Mondays, 1/23 – 3/20 | 3:00 - 4:30 pm or Thursdays, 1/26 – 3/23 | 3:00 - 4:30 pm

EG Rec Staff will walk students from Allgrove to the East Granby Town Hall for this program. See EastGranbyRec.com for more information regarding the logistics of this.

Seymour School - ART-Ventures for Kids

Winter: Monsters and Mermaids Fantasy ART-**Ventures:** Pay no attention to that fire-breathing dragon! Armored in aprons and wielding paintbrushes, brave young art explorers journey into a fairy tale kingdom, where fairies flit through rainbow skies and zany zombies roam the streets. Meet fantastical creatures, both spooky and sweet, while conjuring bedazzling art: Decorate wicked cool witch or wizard hats and sculpt clay witches on broomsticks! Design colorful ceramic skulls inspired by Dia De Los Muertos and paint unicorn or dragon banks. Craft monster t-shirts and create sparkling castles on canvas. Make hand puppet mermaids, vampires, fairies, werewolves, or any creature you can imagine. Build UFOs and sculpt clay aliens to fly them, construct haunted house boxes, and make metal robot art. Using some very magical potions and spells (i.e., materials and techniques), art-venturers experience painting, drawing, sculpting, stained glass, ceramics, fabric art, and more. Enchanting two- and threedimensional masterpieces come home each week. Fun, fantasy-filled art-ventures!

Wednesdays, 1/25 – 3/22 | 3:00 - 4:00 pm after school at R.D. Seymour School

For more information and to register for any Parks and Recreation program or activity, please visit our website at www.EastGranbyRec.com





Youth Sports

Winter Soccer Shots Mini (Ages 2-3)

This program is geared toward our youngest players. Soccer Shots Mini is a high-energy program that introduces children to the fundamental soccer principles such as using your feet, dribbling, and the basic rules of the game.

Through fun games, songs and positive reinforcement, children will begin to experience the joy of playing soccer and being active, in the R.D. Seymour School Gymnasium.

Wednesdays, 1/25 - 3/1 | 4:30 - 5:00 pm

Thursdays, 1/12 - 2/16 | 4:30 - 5:00 pm

Winter Soccer Shots Classic (Ages 3-5)

Soccer Shots Classic utilizes creative and imaginative games to focus on basic soccer skills like dribbling, passing, and shooting. We also highlight positive character traits during each session, such as respect, teamwork, and appreciation.

This program is geared toward 3-year-olds who have soccer experience up to those not yet enrolled in kindergarten.

Wednesdays, 1/25 - 3/1 | 5:15 - 6:00 pm

Thursdays, 1/19 – 2/23 | 5:15 - 6:00 pm

Skyhawks - Multi-SportTots (Ages 2-3)

Introduce your little superstar to sports in SkyHawks' most popular program! This basketball and soccer class uses ageappropriate games and activities to explore balance, hand/eye coordination, fitness, sport skills and child development. Parent participation is required during this program.

Tuesdays, 1/24 - 3/7 | 4:30pm - 5:15pm R.D. Seymour School Gymnasium | Cost: \$100

Skyhawks - Mini-Hawk (Ages 4-6)

This multi-sport program was developed to give children a positive first step into athletics. Sports are taught in a safe, structured environment filled with encouragement and fun. Through exciting games and activities, children explore balance, hand/eye coordination and skill development at their own pace.

Tuesdays, 1/24 - 3/7 | 5:30 - 6:30pm R.D. Seymour School Gymnasium | Cost: \$100

Youth Activities

Cartooning Masterclass Series with Zach Bakken (Grades 4-8)



This creative course will allow you to bring your favorite characters to life by learning step-by-step how to draw, color, and create! All materials will **be provided**; all you need to bring is your imagination and love of cartoons!

Zach Bakken is an accomplished voice actor and artist who loves all things art and animation. Zach is a former Disney World cast member and can impersonate over 400 different cartoon voices. (and he does so frequently in his classes!) He has been teaching painting and drawing classes for participants of all ages for the past six Years. Zach has taught numerous cartooning classes in East Granby for the past two years. Zach enjoys helping children hone their cartooning skills, especially with their favorite characters. He is extremely talented at breaking down drawing step by step which makes it very easy for students of all talent levels to follow along. Taking a cartooning class with Zach is a fun, hilarious experience you don't want to miss!

This Masterclass Series will meet on Saturdays, 1/28, 2/25, 3/25, and 4/22 12:00 - 2:00 pm, at the EG Community Center Sign up for 1-2 classes or join us for all four! Cost per class: \$35 resident | \$40 non-resident All 4 classes: \$130 resident | \$150 non-resident





Dance Programs

The Winter Session begins January 11th

All East Granby Parks and Recreation Dance Program Classes are: \$150 resident | \$155 non-resident All classes are held at East Granby Farms

Visit EastGranbyRec.com for more information and to register for classes.

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

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.

Tiny Dancers Tap & Ballet (Ages 3 – 4) Saturdays, 9:15 - 10:00 am

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 Thursdays, 5:00 - 5:45 pm

Intermediate: students who have completed Beginner Level classes Thursdays, 6:00 - 6:45 pm

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

Boys' Ninja Hip-Hop & Tumbling (Ages 4 - 9)

In this high energy class, students will learn ageappropriate 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

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 ageappropriate 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

For Adult (Ages 16+) Tap Dance Classes see the information listed under "Adult Activities" on the first

Follow us on social media:





page of this program guide.



New Year!



Thank you to all who attended the 12th Annual Jacky Welsh Town Tree Lighting on December 2, 2022. It is such a special event and it is so wonderful to come together as a town and celebrate the holidays while honoring those we have lost. The addition of the memorial luminaries made the night even more beautiful and memorable this year! We are so grateful to all who purchased a luminary in memory of a loved one and to the businesses whose generous donations allowed the entire Town Campus to glow, including:

F. A. Hesketh & Associates, Inc.

F&L Construction LTD.

Grey Matter Tech Corp

East Granby Motors, LLC

Farmington Valley Plumbing

Thank you to the following organizations, businesses, and individuals whose contributions made the rest of the night fun and festive:

Allgrove Seymour PTO

TJ's Burritos

East Granby High School Chorus

Marquis of Granby

East Windsor Parks & Recreation

East Granby DPW

Nicole Sokolowski

Middle School Youth Action Committee (YAC) volunteers



79 North Main Street East Granby, CT 06026

https://eastgranbyct.org/youth-services

Susan J. Lawshe, JD, LMFT

Call: (860) 653-7800 Email: SueL@egtownhall.com

Alicia Van Neil, Supervisor

Email: AliciaV@egtownhall.com

Mason Williams, Program Coordinator

Email: Mason@egtownhall.com

Becky Hayes, Program Coordinator

Email: BeckyH@egtownhall.com

East Granby Youth Service Bureau

The mission of the East Granby 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) was 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 businesses and organizations.

The goal of the CYS 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 3rd 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, referrals, 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.

Upcoming Programs from East Granby Youth Services

Positive Youth Development - Feelings Bunch (Grades K-2)

Join your child for an hour of fun, creative activities designed to help learn and express feelings. The Feelings Bunch is an opportunity for kids and their caregivers to explore and promote the development of social & emotional learning together, while creating connections with others their age.

The Feelings Bunch will meet on **Wednesdays**, **January 18 – February 8**, **2023**, **4:30 - 5:30 pm**, **at the East Granby Senior/Community Center**. This program is facilitated by Megyn Craine, a Master Level Student Intern in Marriage and Family Therapy and is open to any East Granby Family in Grades K-2.

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. *All discussions will be confidential, except under specific circumstances*.



Girls Circle participants will be transported from R.D. Seymour School to the Sears House at East Granby Farms for this program. They will meet on **Wednesdays**, **January 25 – March 22**, **2023** (no group meeting on 3/8), after school until 4:30 pm.

After School Hang Out (Grades 3-5)



Looking to hang out with your peers in a relaxed and fun environment? Come join Mason Williams, EG Program Coordinator for Park & Rec & Youth Services for some afternoon "hang-out" time. Each week will be filled with different crafts, science experiments, board games, outdoor time, and more. This 6-week program will be an opportunity to relax and unwind with friends you know and ones you haven't met yet.

Mondays, January 23 - March 6, 2023, (no hangout on 2/20) from 3:00 - 4:30 pm

Safe Sitter® Program

Safe Sitter® is for young teens in grades 6-8 who are ready to learn the skills they need to care for themselves and younger children. In addition, Safe Sitter® teaches young teens life and business skills, so that they know how to be prepared, be responsible, and be considerate whether they are babysitting or doing odd jobs for family, friends, or neighbors. The Instructor-led class is filled with fun games and role-playing exercises.

Students learn:

- Safety Skills
- Child Care Skills
- First Aid & Rescue Skills
- Life & Business Skills

Tuesday, February 21, 2023 | 9:00 am - 3:00 pm *Please bring a bagged lunch* East Granby Community Center | Cost Resident: \$60 | Non-Resident: \$100 Registration closes February 13, 2023

In addition to a Certificate of Completion, each participant will receive a Safe Sitter® Kit that includes a cinch sack with the student handbook, an LED flashlight, a bandage dispenser and an important information note pad.

Safe@Home Program

Safe@Home by Safe Sitter® is a 90-minute program designed for students in grades 4-6 to prepare them to be safe when they are home alone.

During this class, students learn to practice safe habits, how to prevent unsafe situations and what to do when faced with dangers such as power failures or weather emergencies. Students are also introduced to the Safe Sitter® First Aid Chart and learn a system to help them assess and respond to injuries and illnesses.

Some of the items that are discussed:

- Indoor Safety
- Outdoor Safety
- Online Safety
- Personal Safety
- Handling Emergencies (Weather, power outages, smelling smoke or fire, smelling gas, carbon monoxide, and break-ins)
- Preventing Injuries
- Injury Management
- First Aid chart (different types of injuries and how to handle them)

Included in the cost is a Safe@Home booklet that each student will take home, so they can then go over what they learned with their parent or guardian.

March 11, 2023 | 9:00 - 10:15 am
East Granby Community Center | Cost: Resident \$20 | Non-Resident \$35
Registration ends March 2, 2023

Youth Action Council (YAC) Updates

The Middle School Youth Action Council has been busy planning and helping with events in the community. We were given the opportunity to volunteer for the Town Tree Lighting event and some of our YAC members helped with holiday craft activities that the Parks and Recreation Department provided for the elementary students.

Next month, look out for boxes around town as we are going to do a food/toy drive for local animal rescue organizations. We also plan on volunteering with the organization so we can have some time with the animals.

The High School Youth Action Council would like to thank everyone who donated items to the Recycle-a Gift program and make our kids' holiday shopping a success. We had many shoppers that found the perfect gift for their family members and were excited to have it wrapped and ready to give to that special person.

Next month EGHS YAC will be assisting East Granby Parks and Rec with their Valentine Craft events. More information can be found at www.eastgranbyrec.com.

SAVE THE DATE FOR THE GREAT SKATE



SUNDAY, MARCH 19, 2023 2:45-3:45 PM

INTERNATIONAL SKATING CENTER, SIMSBURY

Sponsored by the East Granby Middle School YAC *Open to East Granby Residents Only*

Instilling Number Sense in Children

By Marjorie Light, Director of Curriculum and Professional Development, East Granby Public Schools

When some adults talk about math and their own schooling, they say things like: "I was always terrible at math!" or "I never really **got** math." We can help our children feel more confident about math, avoiding labels and removing the fear and stigma that might surround the subject by using it in their everyday lives at home. The science and study of mathematics can be a beautiful and exciting experience for children. Read on to learn how to awaken the mathematician inside your child...and maybe even yourself.

Talking to babies, preschoolers, and young children at home not only helps them process speech and learn new words quickly, but also shapes their understanding of mathematical concepts. Children who have a rich language environment at home start school with an advantage. Through play and everyday conversations, we can easily bring subitizing and cardinality into our child's world. First, some definitions:

- Cardinality: "The actual count or number of items in a set." (NCTM)
- <u>Subitizing</u>: "to perceive the number of (a group of items) at a glance and without counting" (<u>Collins Dictionary</u>) For example, when you roll a pair of dice, you say, "I got a six and a three," without having to count each individual dot.

Recently, I interviewed East Granby preschool teacher, Gina Palmbach, to see how parents and guardians can help instill mathematical concepts in their children. One of the most important aspects of teaching mathematical concepts, Palmbach said, is to "embed the learning in play." She continued, "Learning is a new and hard thing, but if the work is associated with enjoyment, children will learn naturally." From the ages of eighteen months to two years, the parent should point out numbers in their everyday environment. Counting steps as you walk up them, saying 1-2-3 GO! on the slide, or everyone counting to five before dinner.

The next stage has the early phases of subitizing. Palmbach explained, "Say to the child, May I have one? And you have one? when you have two items." This is the beginning of number sense. Another example is to point out parts of the body, which is a natural way of math talk, "I have two ears and YOU have two ears," while pointing to the first and then the second ear. When playing with blocks: "One block and then one more block is TWO blocks!"

For children who are three years old, Palmbach encourages counting with 1:1 correspondence. The child can help set the table for four people, counting out four placements, plates, napkins, spoons, etc. Another activity Palmbach mentioned is Assign and Count tasks. Here, the child matches storage container lids to the bottom, stacking cans in towers of two, or matching pairs of socks and folding them together.

By the time a child is four, you can introduce up to five objects, such as a puzzle, cars in a parking lot, or items in a dollhouse. Around ages four to five, a child can have an understanding of cardinality, Palmbach said. They understand that the number four is composed of four objects. She cautioned against what she called "table work" - having a child sit and do flashcards or worksheets. Instead, she advises having the child hold up four fingers for how many chairs are at the table. Matching numbers on blocks gives them number sense. Now you have the child move into higher level skills, such as sorting laundry or pairing opposite nouns (something tall vs short; or a heavy vs a light object).

As your child reaches school-age, adding measuring cups and spoons to a sandbox, rice bin, or during bathtime fun, helps give a sense of spatial awareness to children. Be sure to include the metric system, too, since children can absorb so quickly and have such a great capacity to learn. Talk about which is more, a pint or a quart, then ask how many pints in a quart. Compare gallons to liters while watering the garden. There are so many fun ways to bring math talk into your child's life!

If you'd like to learn more about number sense, resources are linked below.

Resources for Preschool:

The U.S. Department of Education has numerous resources for helping your child learn mathematics, such as the book linked here. In the section on <u>Mathematics in the Home</u>, suggested activities include going for a walk and playing a game, saying silly directions, such as "The three little steps, hop one time, take three big steps" and making a game out of sorting clean socks in the laundry. Another site by the Institute of Education Sciences, Teaching Math to Young Children for Families and Caregivers, has quick tips, resources, and activities.

Subitizing Videos - catching songs with activities are available on the Lucky Little Learners website.

For adults, the Institute of Education Sciences has a video of <u>Early Childhood Math Questioning Strategies</u>. The calm presenter, expert Dr. Douglas Clements, makes it feel like you are learning about math from Mr. Rogers. He leads you through daily activities that you can relate to math.

Another section of activities, <u>Math on the Go</u>, has a game called "Are We There Yet?" while another features a bingo-like number grid for finding numbers during a family trip.

Helping Your Child Learn Mathematics "This booklet is made up of fun activities that parents can use with children from preschool age through grade 5 to strengthen their math skills and build strong positive attitudes toward math." U.S. Department of Education

Resources for Older Students:

<u>Early Family Math</u> is a group of mathematicians, educators, and like-minded people who believe mathematics should be fun, social, and accessible to all. They have many free resources for families to use for children up to age eight.

<u>Math For Love</u> is a site run by spouses Dan Finkel and Katherine Cook who want "to show people how playful, beautiful, and life-changing mathematics can be." Their site has free puzzles and games you can use at home, along with lesson plans for teachers.

Note: The Let's Talk Turkey article will also be posted on the EGPS Curriculum page.

East Granby Middle School Honor Roll · First Quarter 2022-2023

HIGH HONORS

GRADE 6

Henry Ball **Avery Bednarz** Julian Bento Sydney Bloom Hannah Bouchard **Bartlett Clark** Abbygail Cole Lillian Cole Joseph Copeland Mckenzie Cormier Mason Cosker Jonathan DeSimone William Fortier Emma Gerken Cameron Grabowski **Ryan Hamilton** Chloe Hayes Cole Hazard Isabella Herivaux **Brooke Hines** Alan Joby Lylah Jones Kayla Lengyel Kiele Lizon **Everett Lowman** Rockwell Madden Lacev Pavette Gideon Rich Addyson Russo Charlotte Rutkowski Mason Schlagenhauf

GRADE 7

Abigail Abrham Giuliana Aiello Crispin Kaden Anderson Grayson Augsberger Avery Burke James Cavanaugh Maddox Cestero Olivia Dallesander Nicholas Derleth Robby Dlugolenski Maham Ejaz Samuel Forero Ivan Gao Ian Griffin Trevor Gworek Mcazyh Hercule Whitney Johnson Caleb Kleinman Rachael Logie Madeline Lundell Stella McKay **Timothy McKay** Talia McKeen Wesley Namnoun Logan Nicolle Vanessa Passeri Victoria Pellegrino Tyler Rioual Cody Sandora Hendrix Sclare Benet Stafford Caitlin Van Neil Nehemiah Victor

GRADE 8

Elizabeth Adams Amani Akedde-Bernstein Gabriella Aviles Patrick Baran Izabella Bernstein Elizabeth Bissell Jasper Byrne **Kasey Clemens** Stephanie Clement Colin Daly Carson Elsner Aamiyah Gregory Evan Hanks Gabriela Jablonska Daniel Jacius Kavin Jayaganesh Anay Mahindru Sophie McKenna Aislinn Moore Sean O'Connor Dionnee Ortiz Jamien Pedraza Nathan Russell Amelia Rutkowski Jake Schlagenhauf Lilv Shuster Chevenne Smith Robyn Triblets Alyana VanBeek **Brenn Vaughn**

GRADE 6

Zachary Smith

Lily Thompson

Quinn Thompson

Makar Tkachenko Alyssa Yeomans

Mohid Ahmed
Alexander Bissell
Megan Blake
Mackenzie Brooks
Mehmet Caglar
Jason Dlugolenski
Noah Doncet
Devin Hanlan
Adya Maharjan
Jeffrey McCorison
Joseph Pyskaty
Ashley Robison
Dylan Sandora
Isabella Varano

HONORS

GRADE 7

Ryan Devane
Jacob Kiesewetter
Caleb Litchfield
Gavin Lloyd
Timothy Lloyd
Dyanni Lopez
Brianna Peck
Hailey Popella
Christian Resto
Mark Roth
Talon Sacristan
Klimentiy Tkachenko
Lillianna Wagner
Zion Williams-Barron

GRADE 8

Suchita Bhattacharya **Brock Brunelle** Jeanette Cabrera Gianna Caron Mason Chamberlain Kaitlyn Clemens **Chennacy Copeland Emily Dallesander** Ryan Derleth **Lourens Francois** Isaac Gaudette Abigail Glenn Aidan Hayes Nakii McCray Alayna Pariaug Lorenzo Policella Liam Smith Anna Sterrett John Walsh

East Granby High School Honor Roll · First Quarter 2022-2023

HTGH HONORS

GRADE 9

Adarsh Atluri Karina Baran Alexa Bednarz Maya Betts Olivia Caravello Cassidy Clark Genevieve Corricelli Izabella Dallesander Mackenzie Delpha Eliza Ersan Leila Feliciano Malia Gabbidon Mia Gabbidon Gabriella Haves Tamia Hewitt Bartosz Jablonski **Thomas Jacius** Sreekirthana Kolla Abhinav Lenkala Hansika Lenkala Jason Lloyd **Beckett Lowman** Kaya McKay Maya Mosteanu Sebi Prescott Eliiah Rich Gretchen Ritter Elianna Russo

GRADE 10

Antonio Amisano Tanvi Bandikallu Arvind Bhattacharya Hannah Broome Jordan Collie Oliver Forero Jesse Gao Mia Hines Salina Ho Kayla Holjes Hooriya Ilyas Caelan Jones Alyssa Kovaleski Michael Lemire Hailey Litchfield **Tyler Marques** Andrew O'Connor Ava Pasquantonio Alexandra Podbielski Chloe Rapose Kiley Rudzik Riley Ruggiero Sheridan Scott Ava Tran Peyton Vanbeek Maximilian Vaughn Ava Walsh

GRADE 11

Ashlyn Allen
Kyle Anthony
Kieran Beman
Alexander Cardoso
James Fagnant
Taylor Hayes
Jackson Moore
Sara Moore
Aishani Nagamalla
Leo Nordell
Aditri Patti
Ethan Sirotnak
Abigail Wegrzyniak

GRADE 12

Maria Amisano Maria Avalos-Escobedo Ryan Barry Melina Betts Abigail Case Suzanne Figueroa **Dylan Gates Brady Gill** Holly Grenier Ava Guyer Ryan Hall Nicholas Huapava Samantha Kovaleski Gavin Kulch Jaidyn Lacharite Sophie Landolina Shreyas Lenkala Larissa Mcdonough Lauren Monegan Ana Namoradze Kathryn Patrizzi Alexandra Pond **Amy Post** Kiernan Daniel Adam Sakti Leila Schoenfeld Nathaniel Swanson **Noah Thomas** Madeline Tracey Makenzie Vick Katrina Watton

HONORS

GRADE 9

Anas Sakti

Andrew Yi

Patrick Zhang

Varshny Sriganesh

Adrian Bento Noah Bouchard Charlize Brown Jean Cabrera Maria Caracciolo **Andrew Case** Jacob Cyr Gianni Damato Mackenzie Dubois Jakai Fyans Kaileigh Ferrari Morgan Gabbidon Lucas Kleinman Killian Lizon Christopher Llovd Chase Malinowski Cole Malinowski Ra'Miya Matthews Riley Moore Ella Robison Leilany Sanchez **Devin Sirotnak** Jack Slocum

Samantha Thomas

GRADE 10

Cassi Worlund

Sarina Abrham Kyrianna Christie Jenna Connole Sinead Drake Davin Dziedzic Brendan Egan Greta Jambard Joshua Lemire Cameron Lloyd Mya Mcpherson Olivia Price Brenna Rapose Robert Ravens-Seger Melanie Ruiz Noah Santv **Landon Smith** William Van Neil

GRADE 11

Cecilia Carcorze-Lefebvre Sienna Copeland Ryan Fisk Emmett Gallagher Mira Goberman Jacob Guilmartin Mcrea Michaud Yahailey Montanez Liam Phelan Lucas Shelton Brandon Thomas Caedessey Williams

GRADE 12

Megan Benner Landon Bohm Nicholas Braga **Brandy Caterino** John Connole Laiken Cormier Morgan Egan Auriana Evans Teresa Galloway **Austin Griffin** Luke Guyer Chen Li Taylar Long Marissa Lyman Lauren Mackinnon Camden Malinowski Deshawn Mcclymont Brett O'Brien Sean Pitney Jenna Pratt

Julia Walsh

EAST GRANBY SENIOR CENTER

DIAL-A-RIDE ON THE MINI BUS

- 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.

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.

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 1/16, 2/20).

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)

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~ FEBRUARY 6TH, MARCH 6TH, APRIL 3RD 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.

SHOPPING TRIPS

- JANUARY 23RD, FEBRUARY 27TH –BIG Y/OCEAN/DOLLAR.
- FEBRUARY 6TH WALMART

UPCOMING PROGRAMS/TRIPS

SATURDAY, JANUARY 28TH — Native Gardens at the Majestic Theatre— West Springfield, MA — Join us for a matinee at this wonderful intimate theatre. Native gardens is a contemporary comedy about next door neighbors in an affluent neighborhood in Washington DC that hash out border disputes and cultural misunderstandings in this timely comedy about two couples learning how to live, and garden, next to each other. Captivating audiences with its humor and poignant comment on what it means to be good neighbors, Native Gardens is sure to entertain and enlighten. Depart the Senior Center at 12:45 PM (for the 2:00 show). Cost is \$29. Reservation due by January 19th. Masks required in the theatre.

FRIDAY, FEBRUARY 3RD— Understanding Trusts and the Uniform Trust Code— Trust laws in Connecticut saw massive changes in 2020. You may have heard about these changes and may be wondering how these changes affect you. And if you don't have a trust, maybe now is the right time to finally create one. Join estate planning attorney, Jeff Rivard, who will give an easy-to-understand overview of the new Uniform Trust Code. You'll learn how the changes may or may not affect your existing trust and estate plans. Jeff will also give a general overview of trusts in Connecticut for those who may be thinking about creating a trust. You'll walk away understanding if a trust is something you actually need. Light refreshments will be served. Program begins at 10:30am at the East Granby Senior Center. There is no cost for this program however registration is REOUIRED by January 26th.

FRIDAY, FEBRUARY 24TH — Painting Fun—Back by popular demand - Artist Sandy Poirier will instruct this lesson on how to paint a beautiful winter scene. Come enjoy the fun of painting with acrylics on an 11x14 stretched canvas. You will create a one of a kind masterpiece to take home with you. NO EXPERIENCE NECESSARY. All supplies will be included. 10:00am at the East Granby Senior Center. Cost is \$15. Reservation and payment due by February 16th.

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

East Granby Public Library

CHESS CLUB

Mondays: Feb 13th, Feb 27th, March 6th & March 13th 5:30pm - 6:30pm; Grades 1-8

Fee: \$25 per student for the 4-class session

Class will include talking about the rules, opening play, closing a winning position, and tactics. Both past club members and new players are welcome.



Saturday, Feb 4th 10:30am - 12:00pm Ages 5-12 years with caregiver

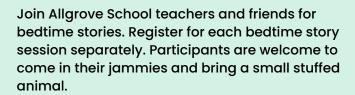


Drop in anytime during our sessions and rotate our interactive lab stations and explore science, technology, engineering, and math!

BEDTIME STORIES!

Mondays: Jan 30th, Feb 27th, March 27th, April 24th, & May 22nd 6:00pm - 6:30pm

6:00pm - 6:30pm All are welcome to join



Visit www.egpl.org for more info, to register, and to see our complete list of programs!



WINGMASTERS

Saturday, Feb 18th 10:30am - 11:30am Ages 6 years - Adult* East Granby Community Center

This event will feature 5 - 6 live birds of prey (owls, falcons, hawks). *All participants must be able to sit calmly for the duration of this program. This event is brought to you by the East Granby Public Library and the East Granby Land Trust.

CHINESE NEW YEAR CELEBRATION!

Monday, January 23rd 4:00pm - 4:45pm Ages 3- 12 years with caregiver

Learn about the Chinese New Year through stories and crafts!



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.



East Granby Public Library

(860) 653-3002 www.egpl.org

Art Show

Opening Reception Saturday, January 28th 6:00pm - 8:00pm Music by: November Sound



Exhibition Dates: January 30th - March 4th

Needle Felting Class: Penguin

Monday, February 6th 6:00pm Adult Class



Join us for this 3D needle felting class. Cost is \$15 per person.

Book Clubs

Select Monday Mornings or Tuesday Afternoons



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

Museum Passes

Parks & Forests Exhibit Centers

Passes may be checked out for a two day period. Reserving ahead of time is advisable.



Children's Museum * Roaring Brook Nature Center
* Florence Griswold Museum * Mark Twain House * Mystic
Seaport * New Britain Museum of American Art * New
England Air Museum * Old State House Museum
* Wadsworth Antheneum * The Zoo in Forest Park * Old
Newgate Prison * Henry Whitfield Museum * Prudence
Crandall Museum * Sloan-Stanley Museum * CT State



Afternoon at the Movies - Wednesdays at 1pm

To register visit www.egpl.org or call (860) 653-3002.

Ticket to Paradise

January 25th PG-13, 1 hr 43 min

George Clooney and Julia Roberts team up as exes who find themselves on a shared mission: to stop their lovestruck daughter.



Till

February 1st PG-13, 2 hr 10 min

In this true story, Mamie Till-Mobley relentlessly pursues justice for her son who, in 1955, was lynched while in Mississippi..



Something From Tiffany's

February 8th PG, 1 hr 27 min

In this romance, one woman's life is forever changed by an engagement ring meant for someone else.



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)	2/7, 3/7
Conservation 7:00 (TH)	2/1, 3/1
Board of Education 7:00 (AS)*Second Meeting of the Month As Neede	
Economic Development 5:30 (TH)	1/23, 2/27, 3/27
Town and School Building Committee 7:30 (TH)	As Needed
Board of Finance 7:00	1/17, 2/7, 3/16
Parks & Recreation 7:00 (EGF)	2/2, 3/2
Planning & Zoning 7:00 (TH)	2/14, 3/14
Board of Selectmen 6:30 (TH)	1/25, 2/8, 2/22, 3/8, 3/22
Zoning Board of Appeals 7:00 (TH)	1/26, 2/23, 3/23
Youth Services Commission 6:30 (EGF)	2/27, 3/20

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.

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