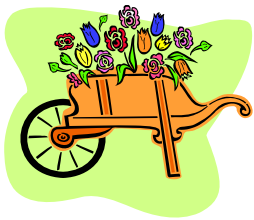


# North Stonington Today

North Stonington Recreation Commission

Spring 2010



Call now and register for Spring 2010 courses offered through North Stonington Recreation Commission! There are courses to choose from for children and adults. Courses this spring include Power Yoga; Basic Photography; a Recreational Golf Program; 5<sup>th</sup> Grade Fun & Games; Zumba, a dance fitness program for adults; and Yoga and Pilates with Anne Nelson. There is also program information about the sign-up day for Summer Activities on Saturday, June 5 from 9:00 am to 12:00 pm.

**Registration for Recreation Commission classes should be done by calling 860-535-2162. Unless otherwise noted, checks should be made out to "NSRC".**

Remember that North Stonington Recreation Commission newsletters and Registration/Medical forms can be found online at [www.northstoningtonct.gov](http://www.northstoningtonct.gov). Forms can be also picked up at our white mailbox (Holly Green Center next to Chelsea Bank) or at Old Town Hall.

## 9<sup>th</sup> Annual Easter Egg Hunt

**Saturday, April 3 at 10:00 am**

***Rain or Shine***

**Rocky Hollow Recreation Area**

The Recreation Commission will host its Annual Easter Egg hunt on Saturday, April 3 for children ages 1 to 10. Egg hunters will be divided into three age groups. Ages 1 to 3 (with assistance from parents) will hunt in the Pavilion Area; ages 4 to 7 will hunt in the Playground Area, and ages 8 to 10 will hunt on the fields and around the Recreation Shack and tennis courts. The Easter Bunny will greet children as they arrive at the recreation area before participating in the Easter Egg hunt. Two thousand plastic eggs filled with candy or a small toy will be scattered through the park. Be sure to look for the Special Eggs with Spring surprises. Bring your baskets!



Parents are encouraged to bring their cameras and take their children's picture with the Easter bunny.

## Wheeler Library events!

Information about spring programs at Wheeler Library is provided in this brochure. You can also visit the library's website ([www.wheelerlibrary.org](http://www.wheelerlibrary.org)) or stop by the library to pick up a copy of their monthly newsletter, register for a program, or see what's available at the Spring Book Sale!

## North Stonington Garden Club Plant Sale

***Come see us at our new location!***

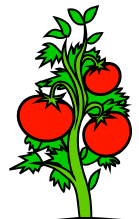
Saturday, May 8

9 am to 1 pm

North Stonington Elementary School

***Rain or Shine!***

Attention gardeners! This year you'll find the North Stonington Garden Club Plant Sale at a new location – on the grounds of the North Stonington Elementary School. Using the school grounds provides more exhibition space for the plants and other gardening related items at the sale. The club is locally famous for the hundreds of perennial plants that members dig from their gardens. Also for sale are annuals in pots or hanging baskets, herbs, and the Club's Heirloom Tomatoes raised from seed with new varieties at each sale. This year the Garden Rummage Sale features used garden books and magazines. There is also a Master Gardener's booth to answer customer's gardening questions. This very visible location on Route 2 is easy to find and has better and safer parking for customers. Visit the plant sale for Mother's Day shopping. Check our website at [www.nsgardenclub.org](http://www.nsgardenclub.org) for news about the Heirloom tomatoes. Please contact Jean Ridall with any questions about the sale.



## North Stonington Recreation Commission

### Kripalu Yoga

Instructor – Anne Nelson, M.A. RYT

Interested in learning more about YOGA? Continuing your practice? Join us for Kripalu Yoga. Learn to love and nurture your body with an exploration of new postures, moon/sun salutations, stretching, breathing, and concluding with deep relaxation (shavasana).

**Dates:** 10 Wednesday sessions – March 31, April 7, 21, 28, May 5, 12, 19, 26, June 2, and June 9 (no class April 14).

**Time:** 5:30 to 6:45 pm

**Location:** Elementary School Music Room

**Fee:** \$80

### Pilates and Movement

Instructor – Anne Nelson, M.A. RYT

Strengthen your core, tone, tighten, and stretch your body! A combination of yoga and pilates, this class utilizes all the muscle groups for a complete body workout. Please bring bands, weights, & mat.

**Dates:** 10 Monday sessions – April 5, 12, 19, 26, May 3, 10, 17, 24, June 7, and June 14 (no class May 31).

**Time:** 5:30 to 6:45 pm

**Location:** Grace Fellowship Evangelical Church (Rt. 184, North Stonington)

**Fee:** \$80

If students take both yoga and pilates, they receive a discounted fee of \$128. Please call or email Anne Nelson with questions (535-0565 or [spirit7free@comcast.net](mailto:spirit7free@comcast.net)).

### Basic Photography Workshop

Instructor – Larry St. Pierre

This is a five week hands-on photography course for adults, held on Thursday nights from 6:30 to 8:00 pm. Camera and lens controls, composition, exposure, films and creative techniques will all be discussed. Students should provide their own manual (adjustable) film or digital camera for class. Feel free to contact the studio at 860-572-8092.

**Dates:** 5 Thursday sessions - April 8, April 15, April 22, April 29, and May 6

**Time:** 6:30 to 8:00 pm

**Location:** St. Pierre Photography Studio at 12B Cottrell Street in Mystic

**Fee:** \$75

## Spring 2010 Courses

### North Stonington Recreational Golf

Instructor – Chris Hedden



This course will cover the following fundamentals of golf: Grip, Stance, Posture, Backswing, Follow Thru, Sandshots, Downswing, Chipping, Putting, Equipment information, and

Golf Etiquette. Required clubs for the course are a 3-Wood, 7-Iron, Pitching Wedge and Putter. Equipment is available if needed. The course instructor has many years of teaching experience, is patient and calm with a solid knowledge of golf principles, a relaxing style and established credibility. Classes take place rain or shine!

**Ages:** 10 years old to adult

**Location:** Great Brook Golf Center, Route 184, Groton Center

#### Session 1

**Dates:** Fridays, May 7, 14, 21, 28, and June 4

**Time:** 6:00 to 7:00 pm

**Fee:** **\$80 for 5 lessons** and each student buys a small basket of balls for each lesson.

#### Session 2

**Dates:** Thursdays, July 1, 8, 15, 22, and 29.

**Time:** 7:00 to 8:00 pm

**Fee:** **\$80 for 5 lessons** and each student buys a small basket of balls for each lesson.



### ZUMBA – A Dance Fitness Class

Instructor – Joy Fidrych

ZUMBA is a Latin-inspired dance-fitness class that incorporates Latin and International music and dance movements, which create a dynamic, exciting, and effective fitness system. You don't even have to know how to dance, just move your body and follow the lead. Join ZUMBA today, because every class feels like a party! Contact Joy at 401-596-8642 with any questions.

**Ages:** 18 and up

**Dates:** Mondays, May 3 to June 7 (no class on May 31)

**Time:** 6:30 to 7:15 pm

**Location:** Wheeler Middle School Cafeteria

**Fee:** \$30

## North Stonington Recreation Commission

## Spring 2010 Courses

### North Stonington Summer Basketball Camp

This camp will cover all the fundamentals of the game with related drills, and individual and group instruction for all campers from a knowledgeable and enthusiastic staff. Each camper will experience actual game play, fun contests, and much more! Don't miss out! Sign up begins June 5 at the Wheeler HS Gymnasium. Each camper receives a t-shirt as part of the program fee. A medical form is required for this program.



**Dates:** July 5 through July 9  
**Ages:** Session 1 for 2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> Graders  
Session 2 for 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup>, & 8<sup>th</sup> Graders  
**Time:** to be announced  
**Location:** Wheeler High School Gymnasium  
**Fee:** not yet determined

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### 5<sup>th</sup> Grade Fun & Games

Instructors – Mrs. Biekert & Mrs. Hines

Are you interested in having some fun with other 5<sup>th</sup> graders after school doing projects, playing games, having scavenger hunts, and participating in contests? If so, then this class is for you! Every week we will be having a different activity you can do with your friends. So come and have some fun with Mrs. Biekert and Mrs. Hines. *Parents should pick up their child in the lobby at 4:30 pm.*

**Dates:** 8 Wednesday sessions – March 31, April 7, 21, 28, May 5, 12, 19, and May 26 (no class April 14).  
**Ages:** 5<sup>th</sup> graders  
**Time:** 3:30 to 4:30 pm  
**Location:** NS Elementary School Room 210  
**Fee:** \$40 per child, maximum of 20 in class

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### North Stonington Dance Program

Instructor – Joy M. Fidrych

The students of North Stonington Dance will proudly present their 9<sup>th</sup> Annual Recital on Wednesday, June 2 at 5:30 pm. The performance will be held at the Wheeler High School Gymnasium. There is a dance rehearsal scheduled for Tuesday, June 1.



### Power Yoga

Instructor – Grace Lewis

Come join us as we work out with lots of stretching, strength, and flexibility poses and exercises. This class will revive and rejuvenate blood flow to muscles you don't ordinarily stretch. Tone your body while targeting areas such as your abdomen and arms, and improve your concentration with balance poses and relaxation techniques. By targeting different muscle groups you will lower your chance of injury in other sports, as well as with your daily activities. Your stress level will go down and you will begin to feel a new sense of recharging your entire self! A medical form is required.

**Dates:** 10 Tuesday sessions – March 30, April 6, April 20, April 27, May 4, 11, 25, June 1, 8, and 15 (no class April 13 or May 18).  
**Time:** 6:00 to 7:30 pm  
**Location:** North Stonington Elementary School (please note that class on April 27 will be held in the HS Media Center and class on June 8 will be held in the Wheeler Gymnasium)  
**Fee:** \$45

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### Recreation Field Updates

This spring we hope to repair the portion of our Walking Trail that was washed out last summer during the large rainstorms in July. The ice rink which planned for installation this winter was not shipped until late November. By that time, the ground had already frozen and it was not possible to install the supporting stakes. The current plan is to install the ice rink immediately following the Fall 2010 soccer season. This will ensure the ice rink is ready for the winter of 2011.



## North Stonington Recreation Commission

### Community Organizations and Contact Info

Are you looking for information about the upcoming Little League season? Contact Contact Pat Gill (860-535-4952) for more information or check out the NS Little League website at [www.eteamz.com/NStoningtonLL](http://www.eteamz.com/NStoningtonLL)



For information about the *North Stonington Garden Club* contact Dorothy Lohmann at 860-889-5543 or [dmlohmann@comcast.net](mailto:dmlohmann@comcast.net).

If you'd like information about *Girl Scouting* in North Stonington contact Julie Evans at 860-889-1636.

*North Stonington Community Grange, No. 138* Meetings are held the 2<sup>nd</sup> and 4<sup>th</sup> Fridays of the month at 8:00 pm. Contact Nancy Weissmuller for information at 860-535-2703.

Are you interested in learning about citizenship, crafts, and community? Check out the *Junior Grange* for children ages 5 to 14. Meetings are held on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of each month at 6:30 pm. Contact Vilma Gregoropoulos (860-535-1677 or [vilmaig@att.net](mailto:vilmaig@att.net)) with questions.

Interested in *Cub Scouts* for your son? Contact Emily Knowles about North Stonington Troop 71 at [selwonk4@sbcglobal.net](mailto:selwonk4@sbcglobal.net)



For information about *Boy Scouts* (boys in grade 6 and up) contact John Bradshaw at 860-599-3654.

*North Stonington Fair* meetings are held at the North Stonington Grange on the 2<sup>nd</sup> Tuesday of each month at 8:00 pm. Contact Fritz Rauch (860-535-4633) for more information or check out the website at [www.northstoningtonfair.org](http://www.northstoningtonfair.org).

For information about local *4H groups*, contact Fran Wood (860-535-4375) about the Meadowlake 4H group or Jim Holdridge (860-535-2676) about the Butter and Beef 4H group.

Are you interested in learning more about the *North Stonington Citizens Land Alliance*? The Alliance maintains walking trails and land preserves, along with projects and other events. Contact the Land Alliance at 860-599-5517 or [landalliance@sbcglobal.net](mailto:landalliance@sbcglobal.net).

## Spring 2010 Courses

### Experience North Stonington's Premier Sports Camps

North Stonington Recreation Commission is proud to present their summer recreation program in association with The US Sports Institute. The US Sports Institute is at the forefront of providing summer camps for boys and girls of all abilities in grades 2 to 8.

There are three exciting programs being offered this summer. Sign-up for all three programs will be held Saturday, June 5 from 9:00 am to 12:00 pm at the Wheeler HS Gymnasium.

#### Multi Sports Camp

Experience over 15 different sports from around the world with the US Sports Institute. All activities will take place in an atmosphere which promotes good sportsmanship, teamwork, and most of all, fun. Campers will receive technical instruction in each sport, then experience the sport in a realistic game situation. Campers receive a t-shirt and certificate. This is the only summer camp truly dedicated to the sports minded youngster. Children will be placed in age appropriate groups. Open to boys and girls in grades 2-8.

#### Beginner Lacrosse

Beginner Lacrosse players will have great fun learning this exhilarating game. The US Sports Institute lacrosse program is ideal for entry level players with no previous experience. Players can experience stick handling, passing, scooping, dodging, and shooting, as well as many other fundamental techniques. Children will be placed in age appropriate groups, depending on experience.

#### Tennis Camp

This camp is suited to players who are of beginner to intermediate level, and will teach children the basic fundamentals in stroke production (forehand, backhand, volley, serve, and smash), court movement, and basic footwork skills. Children are required to provide their own tennis racket.



For additional information, contact the Rec Commission (call 860-535-2162 or visit [nsrecplay@sbcglobal.net](mailto:nsrecplay@sbcglobal.net)) -OR- visit USSI on the web at [www.usssportsinstitute.com](http://www.usssportsinstitute.com).

## Wheeler Library Events and Activities

### Friends of Wheeler Library Book Sale March 2 through March 6

#### Friends only Preview (join then for \$10)

Tuesday, March 2                      6 pm to 8 pm

#### Public Sale Hours

Wednesday, March 3                  10 am to 4 pm

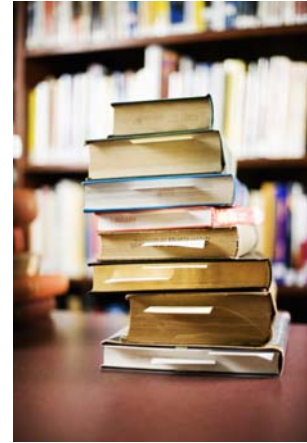
Thursday, March 4                    10 am to 8 pm

Friday, March 6                        10 am to 4 pm

Saturday, March 6                    9 am to 2 pm

**On Saturday a Bag of Books is \$5**

**Wheeler Library, 101 Main Street, 860 535 0383**



### Everything You Wanted to Know About Forensic Science (Including the famous Connecticut 'Wood Chipper Case')

presented by Dr. Edward Bartick

Dr. Bartick graduated with a PhD in Materials Science from the University of Connecticut. Upon retiring from the FBI in 2007, he joined Suffolk University in Boston where he is currently directing the Forensic Science Program. Dr. Bartick has published numerous articles and book chapters and is highly regarded in the world of forensic scientists. This program is funded by a grant from the Community Foundation of Southeastern Connecticut.

**Date:** Thursday, March 11

**Time:** 7:00 pm

### Spring Wool Crown Making with Juli Mancini

We will be making crowns out of organic materials such as twigs and wool. You would be amazed at the results! These colorful original will keep your children stimulated while promoting creativity and hand/eye coordination. These crafts are specifically designed to allow your child to make a non-throw away craft, utilize natural and renewable materials, and explore total creative freedom. There is a maximum of 10 students for this class.

**Ages:** Children 4 to 8 years old

**Date:** Saturday, March 13

**Time:** 10:00 to 11:30 am

**Fee:** \$10

### Chicks and Eggs

with Juli Mancini

This class is combination wet and dry felting. We will apply our basic felting experience to wet felt a hollow egg, which will then be cut open to snugly fit a needle felted chick which we will also make in class. This class is for those who have wet felting experience or have taken the basic wet felting class. Kit will include enough wool for the class project, felting needle and felting pad. There is a maximum of 12 students for this class.

**Date:** Saturday, March 20

**Time:** 9:30 am to 12:30 pm

**Fee:** \$15

### Basic Computing

This very beginning class is for those who wish to learn their way around Windows. The concepts taught in this class will work for all the commonly used versions of Windows from XP to 7. Skills covered in this class will include: using the mouse and keyboard, copying and pasting text, common menus and toolbars, an overview of computer hardware, and a brief discussion on safe computing tools such as anti-virus programs. For North Stonington residents and pre-registration is required. This program is funded by a grant from the Community Foundation of Southeastern Connecticut.



**Date:** Monday, March 22 **–OR–** Sunday, March 28

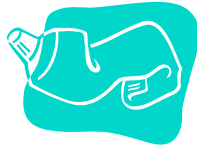
**Time:** 6:30 to 8:00 pm

## Wheeler Library Events and Activities

### CT Invents!

With the Museum of Connecticut History

The *Connecticut Invents!* program celebrates Connecticut inventors and inventions while letting the kids become inventors themselves. Participants will be introduced to many famous and not so famous Connecticut inventions from the last 200 years, including the Colt revolver, the toothpaste tube, Frisbee, tape measure, Wiffleball, can opener, submarine and many more. Hands on activities will allow the young inventors to create their own Connecticut invention using simple materials such as straws, tape, pencils and paperclips.



**Ages:** Children 6 to 10 years old  
**Date:** Monday, March 22  
**Time:** 10:30 am –OR- 1:00 pm (note that 2 different sessions are being offered)

### Cross-country

With Paul and Sabrina Buehler

Come learn more about Paul and Sabrina's upcoming cross-country bike ride to benefit World Bicycle Relief and Chikumbuso.

**Date:** Thursday, April 1  
**Time:** 6:30 pm

### Abraham Lincoln

Presented by Frank Williams

Join us for a presentation from Frank Williams (Rhode Island Chief Justice, Ret.), a renowned Abraham Lincoln expert, who speaks on the life and work of the 16<sup>th</sup> president. This program is funded by a grant from the Community Foundation of Southeastern Connecticut.

**Date:** Thursday, April 7  
**Time:** 7:00 pm

### Cartooning

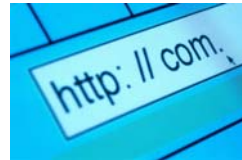
Presented by Cartoonist Steve Brosnihan

Children in grades 2 and up are invited to join us for a program with Steve Brosnihan, author of Cartoonagrams. This program is funded by a grant from the Community Foundation of Southeastern Connecticut.

**Date/Time:** Tuesday, April 12 at 10:30 am

### Basic Internet

This beginning internet class is for those who are just getting their feet wet on the internet. The principles taught in this class will work for Windows Internet Explorer. Skills covered in this class will include: reaching a website by typing in a web address, understanding basic terminology and



toolbar buttons of Internet Explorer, using search engines to find information and websites, using other online tools and search features,

evaluating websites and online information, and a brief discussion on the common sense of internet safety. *If you are very new to using the computer it is highly recommended that you take the Basic Computing Class, above, first.* For North Stonington residents - pre-registration is required. This program is funded by a grant from the Community Foundation of Southeastern Connecticut.

**Date/Time:** Monday, April 5 from 6:30 to 8:00pm  
 –OR- Sunday, April 11 from 4:00 to 5:30 pm

### Wet Felted Vessel Making

with Juli Mancini

Another wet felting class! We will be building on previous classes to make a wet felted vessel or pot. This requires wet felting experience and you will have the ability to design your own vessel. This is a first...there will be no kit for this class! Students will have unlimited access to wool choices in class. Take home what you can make in class. Each creation is unique. There is a maximum of 12 students for this class.

**Date:** Saturday, April 17  
**Time:** 9:30 am to 12:30 pm  
**Fee:** \$15

### Cake Decorating

with Holly Bresnahan

Learn how to make frosting flowers, shells and piping on cupcakes. Pre-registration required. This program is funded by a grant from the Community Foundation of Southeastern Connecticut.

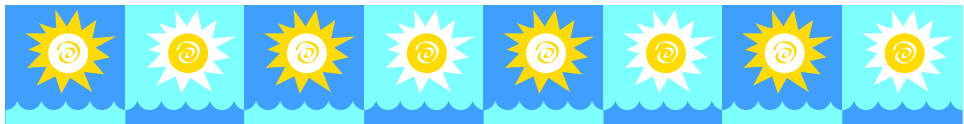
**Ages:** For teens and adults  
**Date:** Friday, April 30  
**Time:** 7:00 pm



**Mark your Calendar with the  
Summer Activity Sign-up Date  
Saturday, June 5  
9:00 am to 12:00 pm**

The NS Recreation Commission will hold a sign-up day for its summer activities at the *Wheeler High School Gymnasium* on Saturday, June 5 from 9:00 am to 12:00 pm. Summer activities are expected to include:

<u>Program</u>	<u>Dates</u>	<u>Time</u>
Ooey-Goey (3, 4, and 5 year olds)	June 28 to July 2	9:00 to 11:00 am
Summer Playground Camp (6 weeks)	June 28 to August 6	9:00 am to 12:00 pm
Kiddie Camp (4 and 5 year olds, 4 weeks)	July 5 to July 30	9:00 am to 12:00 pm
Basketball Camp Session 1 for 2 <sup>nd</sup> , 3 <sup>rd</sup> , & 4 <sup>th</sup> Graders Session 2 for 5 <sup>th</sup> , 6 <sup>th</sup> , 7 <sup>th</sup> , & 8 <sup>th</sup> Graders	July 5 to July 9	To be announced
UK International Soccer Camps 5 & 6 year olds 7-13 year olds	August 2 to August 6 August 2 to August 6	5:00 to 6:30 pm 5:00 to 8:00 pm
Summer Safety Camp (Tues – Fri)	June 22 to June 25	9:00 am to 12:00 pm
Tennis Clinic Grades 2 to 5 Grades 6 to 8	July 26 to July 30 July 26 to July 30	9:00 to 10:30 am 10:30 am to 12:00 pm
Babysitting Course	Thursday, August 5	10:15 am to 4:15 pm
Power Yoga (Outdoors) with Grace Lewis	----- To be announced -----	
Multi Sports Camp (U.S. Sports Inst) Grades 2 to 8	July 12 to July 16	9:00 am to 1:00 pm
Beginning Lacrosse Clinic (U.S. Sports Inst) Grades 2 to 8	July 26 to July 30	5:00 to 7:00 pm
Tri-Town Basketball (Competitive Abilities) Boys and Girls in Grades 5, 6, 7, & 8	Starts June 27 (5 Sundays)	5:00 to 6:30 pm



North Stonington Recreation Commission  
Members

Steve Aiello                      Kip Taylor  
Ted Condon                      Dennis Walley  
Emerson Rusich

John Hines, Recreation Director, 860-535-2162

Email: [nsrecplay@sbcglobal.net](mailto:nsrecplay@sbcglobal.net)

All correspondence should be mailed to:

Recreation Commission  
Old Town Hall  
40 Main Street  
North Stonington, CT 06359



### How do I register for a class?

Please leave any registrations and any recreation correspondence in our white mailbox at the Holly Green Complex (next to Chelsea Bank and Pollywogs). Extra registration forms and brochures are available next to the mailbox and on-line at [www.northstoningtonct.gov](http://www.northstoningtonct.gov).

Remember to make checks payable to "NSRC."

Recreation Commission meetings are held the *first Monday of each month at 6:15 pm*. The public is invited and encouraged to attend these meetings. The commission is always looking for new ideas or events that you'd like to see offered through the North Stonington Recreation Commission. The Rec Commission is also looking for people willing to offer their time and talents for the youth and adults of our town.

Recreation Commission  
40 Main Street  
North Stonington, CT 06359

STANDARD RATE

U.S. Postage

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