

Announcements & Events for the week ending on
1/31/2014

 Produce of the Week from Nurse Anne Wiant-Rudd

 Windham – Tolland 4-H Camp

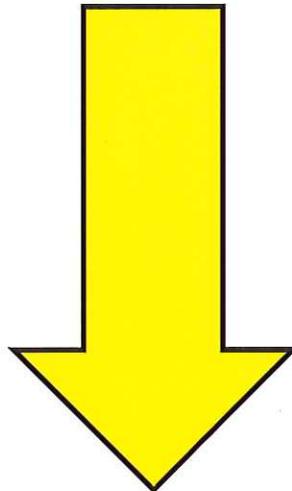
 CT Foster Care Flyer

 Mansfield Parks & Recreation

- Mansfield Boys Lacrosse
- Ray Reid Soccer School – April Vacation Camp
- Father-Daughter Valentine's Dance
- Recreation Rescue – CT Science Center

Please scroll down to find more announcements and forms that need to be filled out and sent back to Goodwin or other organizations.

Thank You



Brought to you by the Eastern Highlands Health District through a grant from the CT Department of Public Health for obesity prevention.

The produce of the week is...

Mushrooms

You can find POW! info sheets on the EHHD website! www.ehhd.org
Look for Produce Of the Week



What food was considered by the Egyptians as a food for royalty ?

MUSHROOMS!

- ◆ Look for firm, moisture-free (not dry), unblemished caps, that are free of mold.
- ◆ Place purchased loose mushrooms in a paper bag in the refrigerator to keep them fresh longer.
- ◆ Make sure to buy mushrooms from a grocery or market. Eating ones that grow in the wild can be very dangerous.
- ◆ Clean mushrooms only when you are ready to use them.

Source: www.fruitsandveggiesmatter.gov

Nutrition Facts:

- Mushrooms can be used to flavor a soup or sauce.
- They contain no fat, cholesterol or sodium.
- A typical serving size is 1/2 a cup, which contains about 20 calories.

Did you know ?

- ◆ There are over 38,000 mushroom varieties. Some are edible but others are toxic!
- ◆ Squeezing a little bit of lemon juice on mushrooms

Count it out!

Keep track of the fruits and veggies that you eat each day by outlining a different color triangle every time you have a fruit or veggie. Try to eat a rainbow of colors and eat at least 5 servings of fruits or veggies each day.

Day 1



Day 2



Day 3



Day 4



Day 5

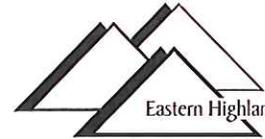


Day 6



Day 7





Eastern Highlands Health District

4 S Eagleville Rd ♦ Mansfield CT 06268
860.429.3325 www.ehhd.org

Try these delicious, nutritious and healthy recipes!

Fresh Mushroom Soup

4 Servings

INGREDIENTS

- ♦ 1½ pounds fresh mushrooms
- ♦ 8 scallions
- ♦ ½ tsp thyme
- ♦ ¼ tsp black pepper
- ♦ 1 Tbsp Dijon mustard
- ♦ ½ cup red wine (optional)
- ♦ 1 quart fat-free no-added-salt chicken broth
- ♦ 1 cup plain non-fat yogurt

DIRECTIONS

Chop mushrooms and scallions into bite-sized pieces. Place in non-stick Dutch oven and cook with red wine until tender. Add thyme, pepper, mustard, and chicken broth. Bring to a boil and simmer for 15 minutes. Add yogurt, stirring just to blend, and serve. Makes 4 (1½ cup) servings.

Simple ways to enjoy MUSHROOMS:

- ☞ Slice and add to salads, omelets, soups, & spaghetti sauce ☞
- Make a simple appetizer by removing the stems and placing a small chunk of fresh avocado in the cap



Apricot Studded Pilaf with Mushrooms

4 servings

INGREDIENTS

- ♦ 1 Tbsp olive oil
- ♦ 1 cup finely chopped onion
- ♦ 3 cloves minced garlic
- ♦ 8 oz Portobello mushrooms, thickly sliced
- ♦ ½ cup sliced carrots
- ♦ ½ cup diced green bell pepper
- ♦ 1 cup long-grain brown rice
- ♦ ½ cup wild rice
- ♦ 2 cups carrot juice (or orange juice)
- ♦ ½ tsp rosemary
- ♦ ½ tsp dried sage
- ♦ ¼ tsp black pepper
- ♦ ½ cup diced dried apricots

DIRECTIONS

In a large saucepan, heat oil over medium heat. Add onion and garlic; cook, stirring frequently, for 5 minutes or until onion is golden brown. Stir in mushrooms, carrot, and bell pepper; cover and cook 7 minutes until the vegetables are tender. Stir in brown rice, wild rice, carrot juice, rosemary, sage, black pepper, and 2 cups of water; bring to a boil. Stir in apricots, and cook 45 minutes, or until rice is tender and liquid has been absorbed.

Recipe modified from allrecipes.com & morematters.org

Caution: Make sure to try all of these recipes under the supervision of an adult and be careful of food allergies! Happy and healthy cooking!



WINDHAM-TOLLAND 4-H CAMP

326 Taft Pond Rd Pomfret, CT 06259

www.4hcampct.org



PUT SOME FUN IN YOUR 2014 SUMMER!

June 22nd to August 15th, 2014

Windham-Tolland 4-H Camp, located in Pomfret Center, Connecticut, has provided summer camp experiences for thousands of youngsters for 59 years. The camp has both overnight and day camp programs for boys and girls 6-15 years of age. Campers need not be 4-H members. The camp program maintains a state license and ACA accreditation.

The camp is located on 270 acres containing woodlands, cabins, recreation areas and scenic lakes. *Our caring, camper-centered, college-aged and trained staff is committed to providing a safe, educational, and fun experience for every child*

All campers have the opportunity to participate in a variety of programs each week including:

- Arts & crafts
- Ropes course & Horizontal Climbing wall
- Swimming
- Self-defense
- Fishing
- Sports
- Drama
- Dance
- Archery
- Outdoor Education
- Zip-line
- Canoeing & Kayaking



A variety of specialty programs are also available on a weekly basis. These activities are an additional cost.

Horseback riding, wood fiber crafts, goat camp, and introduction to draft horses.



CAMP PRICING 2014

- Day Camp (ages 6-15)\$235 per week
- Resident Camp (ages 6-15)\$435 per week
- Teen Leadership Program (ages 15-17)\$435 (for the 1st week & \$235 for additional weeks)
- Overnight Clover Camp (ages 7-8) \$160-\$220 per week



THEME WEEKS FOR 2014

- Week 1- Where's Waldo Week
- Week 2- Holiday Palooza Week
- Week 3- Wacky Water Week
- Week 4- Olympic Week
- Week 5 - International Week
- Week 6- Crazy Camp Week
- Week 7- Carnival Week
- Week 8- Capture the Flag Week



A stayerover weekend (July 12th-July 13th) will include a FUN TRIP to the Bronx Zoo in NY for campers who attend both weeks 3 & 4.

Call the Camp Registrar at (860) 974-3379

or e-mail us at windham4h@earthlink.net for a camp brochure or additional information.

Visit our **website** at www.4hcampct.org for updates

(Print the necessary forms to submit a registration by mail)



OPEN HOUSES

Saturday, April 26, 2014 and Sunday, April 27, 2014

Saturday, May 31, 2014 and Sunday, June 1, 2014

From 2:00 to 4:00 PM Each Day



Both Saturdays Only, please join us from 1:30 PM-2 PM for an informational parent panel on the benefits of Windham-Tolland 4-H Camp for you and your child hosted by Heather Logee, Camp Director and Daryn Tenenbaum, LCSW/camper parent.

Fold this flyer, place a stamp on the reverse side, with your return address in the left-hand corner, mail to us, and a brochure will be forwarded to you.



Mansfield Parks & Recreation

Family, Fitness & Fun!

MANSFIELD BOYS LACROSSE WELCOMES YOU TO JOIN US!



- (420067-A) Introductory Division (grades K-2)
- (420067-B) Bantam Division (grades 3&4)
- (420067-C) Junior Division (grades 5&6)
- (420067-D) Senior Division (grades 7&8)

Bantam, Junior and Senior Divisions will participate as members of the Connecticut Valley Youth Lacrosse League. Practices held 1-2 times per week plus game days. Practices begin at 5:30p.m. with days to be announced. Games held on weeknights and some weekends. Grades 3-8 are competitive programs with emphasis on skill development and learning the game. Equal playing time will be encouraged. Practices and games will be held early-April to June. Additional information provided after registration.

K-2 Introductory Division play held Saturdays, April 12 - May 17, 10:00-11:15am. Additional information provided after registration. Instructors will be provided but volunteer support help is welcome.

Required Equipment: Helmet, mouth guard, arm & shoulder pads, gloves and lacrosse stick.

Fees: Senior/Junior/Bantam \$70/Mansfield residents/\$80 non- residents. Introductory Division: \$35/\$45. Includes game jersey (shorts must be purchased by participants separately), t-shirt for K-2 division, balls and league expenses. Fees do not include required equipment. ** Program fee reductions are available to qualified Mansfield families; must apply separately at Mansfield Parks & Recreation.*

***We need paid referees for games. Local training programs forming now.**

Contact us if interested or visit www.cvyll.org

Coaches and other volunteer help are needed. Please see volunteer form below

How to Register: *In person at the Mansfield Community Center, by mail or online (www.mansfieldcc.com) Registration must be completed in advance. No on-the-field registrations. Call (860) 429-3015, ext. 0 for more information. Registration form on next page.*

***Girls Lacrosse is now being formed in Tolland. Contact gailotis0103@gmail.com**

YES, I WOULD LIKE TO HELP... (Circle options below, cut on line and return)

<u> </u> Head Coach	<u>Division:</u> K-2 Bantam Junior Senior
<u> </u> Assistant Coach	<u>Division:</u> K-2 Bantam Junior Senior
<u> </u> Other Program Support	<u>Division:</u> K-2 Bantam Junior Senior

Name: _____ **Address:** _____

Best Contact Phone Number: _____

ACTIVITY REGISTRATION FORM

PLEASE CHECK REGISTRATION DATES. PLEASE PRINT CLEARLY!

MAIL TO: Mansfield Parks & Recreation Department
10 South Eagleville Road, Storrs/Mansfield CT 06268

Primary Household Contact/Parent/Guardian		Secondary Household Contact (Parent/Guardian)	
Name:		Name:	
Address:			
Town:	Zip		
Phone: (H)	(W)	Phone: (H)	(W)
(Cell)		(Cell)	
Email Address:		Email Address:	

LOCAL Emergency Contact (Other than parent/guardian, i.e., grandparent, neighbor, etc.)

Name:	Phone:
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Activity # /Letters	Activity Name	Participant's Last Name	First Name	Birth Date	Sex	Fee
Contribution to Scholarship Fund						
TOTAL:						

Please Check here if you have purchased a Community Center Membership.

Some Mansfield residents may be eligible for low-income fee reductions. Check with the Parks & Recreation Office for more information and an application

Also fill details below for each participant:

	Grade (if child)	School (if child)	Allergies, Special Asst., Meds, Other Info:
1.			
2.			
3.			

PAYMENT INFORMATION: Please make checks payable to: Town of Mansfield

Payment method: Check _____ Cash (in office only) _____ AMEX/DS/MC/Visa (in office only) _____
(separate checks required for each program)

Credit Cards accepted on line and in person only

Signature _____

Date _____

WAIVER OF PARTICIPANT BY PARENT OR SELF: I hereby agree to release, discharge, and hold harmless the Town of Mansfield, its directors, officers, employees, agents, contractors, and/or volunteers from any and all liability that may occur during either my participation or the participation of my minor child in the above listed recreational activities. I understand that participation in any recreational or sport activity involves risk, and I grant permission to the Town of Mansfield to utilize any medical emergency services it deems necessary to treat any injuries that I or my minor child may incur. I further understand that the Town of Mansfield does not provide insurance for recreational program participants. PHOTO RELEASE: I understand that for promotional purposes the Town videotapes and/or takes photographs of participants enrolled in recreation activities, classes or programs. I hereby release and permit the Town of Mansfield to utilize for said promotional purposes any photographs and /or videotapes of me or my minor child engages in the above listed recreational activities.

Signature _____

Date _____



Ray Reid Soccer School

and

Mansfield Parks &

Recreation

Presents...

April Vacation

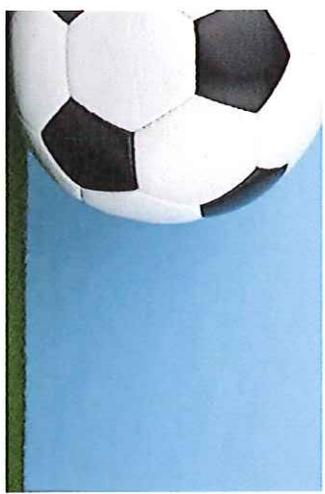
Soccer Camp

Mansfield, CT.



April 14 - 18, 2014
9:00 A.M. - 12:00 P.M.

Lions Club
Memorial Park
Mansfield, CT



April 14 - 18, 2014
9:00 A.M. - 12:00 P.M.

Lions Club
Memorial Park
Mansfield, CT

Mansfield Parks & Recreation
April Vacation Soccer Camp
10 South Eagleville Road
Storrs/Mansfield, CT 06268

860.429.3015
rayreiduc@yahoo.com

Daily Schedule

-  **Group Warm Up**
-  **Technical Demonstration**
-  **Technical Work**
-  **Tactical Demonstration**
-  **Tactical Work**
-  **Small Sided Games**
-  **Bring Water Bottle**
-  **Bring your own Ball**





April Vacation Soccer Camp

The April Vacation Soccer Camp will offer three soccer programs during the April Vacation Camp.

The **JUNIOR PROGRAM**, for players in grades K - 4, is geared for the younger player just beginning in the sport of soccer. The camp will consist of fun games with soccer techniques involved.

The **SENIOR PROGRAM**, for players in grades 5 - 8, providing progressive instruction in techniques and tactics for the beginner.

The **GOALKEEPER PROGRAM**, for players in grades 1 - 8, will be grouped accordingly and trained together with a separate curriculum.

T-Shirts will be distributed to all participants. We ask that each camper bring a ball. The fee for the camp, for residents, is \$160 per camper and \$170 for non-residents.

For more information please contact
Valarie Reid @631.455.1782 or email at
valariereid07@gmail.com
or
Mansfield Park & Recreation
@ 860.429.3015



April Vacation Soccer Camp Staff

Ray Reid

- Head Coach - University of Connecticut
- Four Time NSCAA National Coach of the Year
- 2000 NCAA National Champion - UCONN
- 3 National Championships at Southern Univ.
- 12 Big East Championships
- Connecticut State University
- USSF 'A' Licensed
- Career Coaching Record 381-94-54

Michael Mordocco - Camp Director

- Former Assistant Coach - Stony Brook Univ.
- Member 2000 National Championship Team - UCONN
- Ray Reid Soccer School - Camp Director
- Director - Northeast United Soccer Club

John Danton

- Tolland Middle School Coach
- NEU - U10 & U12 Boys Coach
- Ray Reid Soccer School - Camp Director

Andy Parker

- Saint Anselm College Men's Soccer
- Two time Captain
- Started all 72 games played
- All-time leader in minutes played
- 2008 Northeast - 10 All Rookie Team
- 2011 Northeast - 10 Academic All Conference
- Inni Soccer Academy - Volunteer coach for inner-city youth team.
- NEU - U9 & U15 Boys - Assistant Coach

April Vacation Soccer Camp Registration Form

Kindly make your check payable to Mansfield Parks & Recreation
Please complete & detach the registration form and mail with your check to
the following address:

Mansfield Park & Recreation
2014 April Vacation Soccer Camp
10 South Eagleville Road
Storrs' Mansfield, CT 06268

Price: \$160 Resident, \$170 Non-Resident

Please check the applicable program:

- JUNIOR Program (grades K - 4)
- SENIOR Program (grades 5 - 8)
- GOALKEEPER Program (grades 1 - 8)

Name _____
 Address _____
 Town _____ State _____ Zip _____
 Phone (H) _____ Cell _____
 DOB _____ Grade _____
INSURANCE AND EMERGENCY INFORMATION
 Physician _____
 Phone _____
 Physician Address _____
 Insurance Co. _____
 Policy # _____
 Name of Insured _____
 Emergency Contact _____
 Phone (H) _____ Cell _____

GENERAL RELEASE

I hereby agree to release, discharge and hold harmless the Town of Mansfield, its directors, officers, employees, contractors and/or volunteers from any and all liability or damage that may occur during either my participation or the participation of my minor child in the above listed recreational activities. I understand that participation in any recreational or sport activity involves risk and I grant permission to the Town of Mansfield to utilize any medical emergency services it deems necessary to treat any injuries that I or my minor child may incur. I further understand that the Town of Mansfield does not provide insurance for recreational program participants. PHOTO RELEASE: I understand that for promotional purpose the Town videotapes and/or takes photographs of participants enrolled in recreational activities, classes or programs. I hereby release and permit the Town of Mansfield to utilize for said promotional purposes any photographs and/or videotapes of me or my minor child engaged in above listed recreational activities.

Signature _____ Date _____



The Mansfield Parks and Recreation Department is proud to present:

The Father-Daughter

Valentine's Dance



Friday, February 7, 2014
7-9p.m.

UCONN'S Rome Ballroom

Fathers (or father figures) and their daughters (all ages) won't want to miss this special evening where lasting memories will be made.

**Fathers \$25(resident) \$35(non-resident) before Feb. 7
or \$35(resident) \$45(non-resident) on Feb. 7, including at the door.
Daughters are free.**

**Refreshments and snacks will be served. Photos will be taken
and posted online.**

This semi-formal event is an opportunity for you to spend an evening of dancing and fun with that special girl or girls in your life.



Register in Person: Come into the Mansfield Community Center

Register by Mail: Fill out the form and send along with payment in full to Mansfield Parks and Recreation, 10 S. Eagleville Road, Storrs, CT 06268. *Make checks payable to The Town of Mansfield.*

Register on line at www.Mansfieldcc.com and click on the online registration.

Father's Name _____ Phone _____

Daughter's Name(s) _____

Address _____

Code Number 390214-A

I hereby agree to release, discharge and hold harmless, the Town of Mansfield, its employees and volunteers from any liabilities which may occur while participating in the Valentine's Dance. I understand that participation in any recreational or sport activity involves risk. I further understand that the Town of Mansfield does not provide insurance for program participants.

Signature _____

Date _____



Mansfield Parks & Recreation
Family, Fitness & Fun

No School, No Problem! Join Us For
Recreation Rescue
CT Science Center



Tuesday, February 18, 2014

Mansfield Middle School Gym, 7:30 a.m. – 5:30 p.m.

Time	Activity-354010-A
7:30-9:30	Drop off/Open Play in MMS Gym
9:30-4:30	<p>Trip to the Connecticut Science Center in Hartford – Today we will be visiting this state of the art science museum. We will have lots of time to explore the 150 hands on exhibits. Visit ctsciencecenter.org for more information.</p> <p>There is a gift shop if you would like to send extra money along with your child. Please send a lunch with your child on this day.</p>
4:30-5:30	Return from Trip - Open Play/Pickups

GRADES: K-8

LUNCH: Please pack a lunch and snack that does not require refrigeration with your child today.

CHECK-IN: A parent or guardian **MUST** come into the school to drop off and pick up their child. This is for the safety and protection of your children. Thank you for your cooperation.

COST: \$45 resident (per child) \$55 non-resident (per child)

REGISTER NOW - SPACE IS LIMITED

UPCOMING REC RESCUE ON MARCH 31ST

TO NOMADS ADVENTURE QUEST

ACTIVITY REGISTRATION FORM

PLEASE CHECK REGISTRATION DATES. PLEASE PRINT CLEARLY!

REGISTRATION CAN BE DONE
ONLINE AT: MANSFIELDCC.COM

MAIL TO: Mansfield Parks & Recreation Department
10 South Eagleville Road, Storrs/Mansfield CT 06268

Primary Household Contact/Parent/Guardian | Secondary Contact (include address if different)

Name:		Name:	
Address:		Address:	
Town:	Zip	Town:	Zip
Phone: (H)	(W)	Phone: (H)	(W)
(Cell)		(Cell)	
Email Address:		Email Address:	

LOCAL Emergency Contact (Other than parent/guardian, i.e., grandparent, neighbor, etc.)

Name:	Phone:
-------	--------

Activity # /Letters	Activity Name	Participant's Last Name	First Name	Birth Date	Sex	Fee
Contribution to Scholarship Fund						
TOTAL:						

Please Check here if you have purchased a Community Center Membership.

Some Mansfield residents may be eligible for low-income fee reductions. Check with the Parks & Recreation Office for more information and an application

Also fill details below for each participant:

	Grade (if child)	School (if child)	Physician	Allergies, Special Asst., Meds, Other Info:
1				
2				
3				
4				

PAYMENT INFORMATION: Please make checks payable to: Town of Mansfield

Payment method: Check ____ Cash (in office only) ____ AMEX/DS/MC/Visa (in office only) ____

(separate checks required for each program)

CREDIT CARDS PAYMENTS ACCEPTED ONLINE OR IN-PERSON ONLY

Signature _____

Date _____

WAIVER OF PARTICIPANT BY PARENT OR SFLF: I hereby agree to release, discharge, and hold harmless the Town of Mansfield, its directors, officers, employees, agents, contractors, and/or volunteers from any and all liability that may occur during either my participation or the participation of my minor child in the above listed recreational activities. I understand that participation in any recreational or sport activity involves risk, and I grant permission to the Town of Mansfield to utilize any medical emergency services it deems necessary to treat any injuries that I or my minor child may incur. I further understand that the Town of Mansfield does not provide insurance for recreational program participants. PHOTO RELEASE: I understand that for promotional purposes the Town videotapes and/or takes photographs of participants enrolled in recreation activities, classes or programs. I hereby release and permit the Town of Mansfield to utilize for said promotional purposes any photographs and /or videotapes of me or my minor child engages in the above listed recreational activities.

Signature _____

Date _____



Connecticut
Focus on Foster Care
We all have love to give.

The Department of Children and Families needs foster families for children of all ages, particularly adolescents.

Attend an information meeting where we will give descriptions of our foster family programs.

Homes are especially needed for children over 12 years old.

<p>Hearts, Hands and Homes Community Collaborative for Foster Care & Adoption 1-860-710-1593 heartshandsandhomes.org</p> <p>Monday February 3, 2014 6:00pm Thompson Public Library 934 Riverside Drive No. Grosvenordale, CT 06255</p>	<p>Wednesday March 5, 2014 6:30pm Killingly Public Library Community Room 25 Westcott Road Danielson, CT 06239</p>	<p>Tuesday April 8, 2014 6:30pm Putnam Public Library 225 Kennedy Drive (Price Chopper Plaza) Putnam, CT 06260</p>	<p>Thursday May 8, 2014 6:30pm Plainfield Community Services Complex 482 Norwich Road Plainfield, CT 06374</p>
<p>Tuesday February 11, 2014 6:30pm Plainfield Community Services Complex 482 Norwich Road Plainfield, CT 06374</p>	<p>Hearts, Hands and Homes Community Collaborative for Foster Care & Adoption 1-860-710-1593 heartshandsandhomes.org</p> <p>Thursday March 6, 2014 1:00pm Thompson Public Library 934 Riverside Drive No. Grosvenordale, CT 06255</p>	<p>Hearts, Hands and Homes Community Collaborative for Foster Care & Adoption 1-860-710-1593 heartshandsandhomes.org</p> <p>Monday April 14, 2014 1:00pm Day Kimball Healthcare 12 Lathrop Road Plainfield, CT 06374</p>	<p>Hearts, Hands and Homes Community Collaborative for Foster Care & Adoption 1-860-710-1593 heartshandsandhomes.org</p> <p>Tuesday May 13, 2014 6:00pm Killingly Public Library Community Room 25 Westcott Road Danielson, CT 06239</p>
<p>Hearts, Hands and Homes Community Collaborative for Foster Care & Adoption 1-860-710-1593 heartshandsandhomes.org</p> <p>Tuesday February 18, 2014 1:00pm Day Kimball Healthcare 12 Lathrop Road Plainfield, CT 06374</p>	<p>Hearts, Hands and Homes Community Collaborative for Foster Care & Adoption 1-860-710-1593 heartshandsandhomes.org</p> <p>Tuesday March 11, 2014 1:00pm Day Kimball Healthcare 12 Lathrop Road Plainfield, CT 06374</p>	<p>Hearts, Hands and Homes Community Collaborative for Foster Care & Adoption 1-860-710-1593 heartshandsandhomes.org</p> <p>Tuesday April 22, 2014 6:00pm Killingly Public Library Community Room 25 Westcott Road Danielson, CT 06239</p>	<p>Thursday May 15, 2014 6:30pm DCF 322 Main Street, 3rd floor Willimantic, CT 06226 <i>English/Spanish</i></p>
<p>Wednesday February 19, 2014 6:30pm DCF 322 Main Street, 3rd floor Willimantic, CT 06226 <i>English/Spanish</i></p>	<p>Tuesday March 25, 2014 6:30pm DCF 322 Main Street, 3rd floor Willimantic, CT 06226 <i>English/Spanish</i></p>	<p>Monday April 28, 2014 6:30pm DCF 322 Main Street, 3rd floor Willimantic, CT 06226 <i>English/Spanish</i></p>	<p>Hearts, Hands and Homes Community Collaborative for Foster Care & Adoption 1-860-710-1593 heartshandsandhomes.org</p> <p>Monday May 19, 2014 10:00am Thompson Public Library 934 Riverside Drive No. Grosvenordale, CT 06255</p>

For more information, call 1-888-KID-HERO or visit our website: www.ctfosteradopt.com

Los clases se ofrecen en español. Para mayor información sobre la fecha y el lugar llame a Edma Perez al: 860-450-2071 (Spanish Only).