

For the Week of October 27, 2025

Manager's Message

Aaron Frank, Town Manager

Happy Halloween! A few reminders:

Please remember to drive cautiously and be especially alert during the evening hours on Halloween as there may be more foot traffic on the roads, at intersections, and on medians or curbs as folks partake in trick or treating.



Be safe and have fun!

Appreciation for Rescue and Technical Rescue

On Saturday, October 18th, we celebrated our Rescue and Technical Rescue teams at the annual Rescue and Technical Rescue Banquet.

The success of our Rescue teams depends on the hard work and dedication of our teams, which includes both career and volunteer members. We especially wish to thank our volunteer members - their contributions and commitment to the community are invaluable. The service of our Rescue and Tech Rescue members is an inspiration, and the Town wishes to express its deepest gratitude.



At this year's banquet, members received awards in recognition of their many achievements:

Excellence in Leadership Award: Mike Cannon

Probation Completion: Nick Labanowski, Morgan Leonard

Driver Training Completion: Natalie Achilles, Zakir Beridze, Olivia Stanley

Senior Attendant Completion: Nick Bender, Morgan Leonard

Officer Training Completion: Elliot Dolzani, Joe Orsolits

Achieved Advanced EMT: Libby Connors, Liam Foley, Nick Labanowski

Most Volunteer Hours: Liam Foley

Life Save Award: Lauren Pelletier, Megan Roush, Landen Nipper, Chris Brown (CFD), Michael Maglione (CFD), Rich Pouliot (CFD), Emily Fitzpatrick (CPD), Hunter Tabor (CPD)

Stork Pins for Childbirth in the Field: Derek Cronin, Sid Pollock

10 Years of Service: David Weiss

25 Years of Service: Mike Voity

Rookie of the Year: Nick Labanowski

Member of the Year: Liam Foley

Town Goals Achieved 2024-2025

Each year, Town staff compile a master list of all of the things each department has achieved in the past fiscal year.

At the October 14 Selectboard meeting, Town Manager Aaron Frank presented the goals achieved by the Town in Fiscal Year 2025.

Some highlights include:

- Completion of the Colchester Recreation Center
- Taking delivery of a new fire engine
- Increasing the Library's open hours to pre-Covid numbers
- Hiring several new officers and police department employees
- Worked on three of seven contracts of the Malletts Bay Sewer project



The presentation, with a longer list of these achieved goals, can be viewed here:

<https://colchestervt.gov/DocumentCenter/View/11573/Goals-Presentation?bidId=>

From the Colchester Historical Society - All About Ira

In case you missed the program last Monday evening about Ira Allen, the Colchester Historical Society is very happy to announce that Lake Champlain Access Television recorded the event. Although most of us are very familiar with Ethan Allen, Ira was his youngest brother who once owned most of



Colchester. Ira Allen also served as our first town clerk and treasurer. It's quite a story, and our speaker presented it with both history and humor. This event was co-hosted by the Town of Colchester and the Vermont Historical Society as we approach the 250th anniversary of the signing of the Declaration of Independence.

Here's the link:

<https://lcatv.org/colchester-historical-society-2025-10-13>. The books by J. Kevin Graffagnino may be purchased through the Vermont Historical Society at <https://vermont-historical-society-museum.square.site/s/shop>.

Department Updates

Burnham Memorial Library – Free Medicare Assistance Informational Session

On **Monday, November 10 from 10:00 am - 12:00 pm** and **Saturday, November 15 from 10:00 am - 12:00 pm**, Chad Piche, a licensed agent and consultant from Good Harbor Insurance Group, will be running an informational session **at the Burnham Memorial Library (898 Main Street)** to answer questions about Medicare and how your coverage may be changing in 2026.



Drop by during the two-hour window to get a free coffee or sweet treat and to ask questions - no need to sign up!

Department of Parks & Recreation – November Fitness Schedule and Newsletter!



November



SUN	MON	TUE	WED	THU	FRI	SAT
-Registration is required for all Fitness Classes -Classes are subject to change monthly, and we encourage any new class suggestions -Please arrive 5-10 minutes prior to class if the class requires weight set-up -You must bring indoor sneakers for all classes in any of our spaces. Outdoor sneakers are not permitted -It is recommended that you bring your own yoga mat and blanket for classes Visit our website for full class descriptions						1 9:00a-Yoga for Fitness (Carol) 10:00a-Yin Yoga (Kelly)
2 9:00a- Vinyasa Yoga (Lisa)	3 8:30a- Intro Pilates (Kim) 12:00p - TRX (Intro) (Nicole) 2:00p- 55+ Spinn (Jenn) 5:15p- Strength Training (Alli)	4 10:00a - 12:00p - Balance Programs (Nicole) 3:00p- 50+ Spinn (Jenn) 4:00p- Spinn (Jenn) 5:30p - Yin Yoga (Kelly)	5 7:15a - Props & Pilates (Kim) 8:30a - TRX (Intro) (Nicole) 4:30p- Strength & Cardio HIIT Circuit (Alli) 5:30p -Yoga for Fitness (Carol)	6 9:15a- TRX (Nicole) 2:30p - Spinn (Jenn) 4:00pm- TRX (Nicole) 6:00p -Gentle Yoga (Hanna)	7 6:45a - Cardio & Core (Alli) 9:00a -Flow Yoga (Hanna) 10:30a - Senior Silver Spin Program (Jenn) 12:00p - TRX (Intro) (Nicole) 2:00p - Spinn (Jenn)	8 9:00a-Yoga for Fitness (Carol) 10:00a-Yin Yoga (Kelly)
9 10:00a - Intro to Spinn (Jenn)	10 8:00a- Spinn (Jenn) 12:00p - TRX (Intro) (Nicole) 2:00p- 55+ Spinn (Jenn) 5:15p- Strength Training (Alli)	11 10:00a - 12:00p - Balance Programs (Nicole) 3:00p- 50+ Spinn (Jenn) 4:00p- Spinn (Jenn) 5:30p - Yin Yoga (Kelly)	12 8:30a - TRX (Intro) (Nicole) 4:30p- Strength & Cardio HIIT Circuit (Alli) 5:30p -Yoga for Fitness (Carol)	13 7:00a- Spinn (Jenn) 9:15a- TRX (Nicole) 2:30p - Spinn (Jenn) 4:00pm- TRX (Nicole) 6:00p -Gentle Yoga (Hanna)	14 6:45a - Cardio & Core (Alli) 9:00a -Flow Yoga (Hanna) 10:30a - Senior Silver Spin Program (Jenn) 2:00p - Spinn (Jenn)	15 9:00a-Yoga for Fitness (Carol) 10:00a-Yin Yoga (Kelly)
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30 9:00a- Vinyasa Yoga (Lisa)	Register Online at colchestervt.gov/recreation					



A larger version of this schedule can be viewed here: <https://colchestervt.gov/3341/Fitness-Schedule>



**Fitness
Instructor
Spotlight**



KELLY BARNETT

My passions include movement, connecting with people, and fostering community. My new role as a Yin Yoga teacher is the perfect fit for me! I hold a 200-hour Mindfulness, SEL (Social-Emotional Learning) and Yoga Teacher Certification, from Breathe for Change, and a 20-hour Yin Yoga certification from Yoga Renew. I began my journey with Breathe for Change in 2022 while I was still teaching at Union Memorial School, one of our amazing local elementary schools. Following 33 years in the classroom, I happily retired in June of 2025. Now, when I am not at the Rec Center, you can find me biking, running, walking in the woods, or simply spending time with my family and friends.



Click Here!

Please complete our fitness class survey to help us better understand your interests.

ATTENTION!

**FREE Fitness Classes for Members on
December 24 & December 31**
Keep your eye out for the schedule next month!
Must pre-register – Space is limited!



FOOD DRIVE

Help stock our food shelf this Thanksgiving, one can at a time! During the month of November please bring a non-perishable item and place it in the box located at the entrance of the Recreation Center. Help us make a difference!

Food Shelf Wish List:

Boxed stuffing, canned green beans, corn, gravy, cranberry sauce and instant mashed potatoes.



Drop-in Pickleball is now available for signups on PlayTimeScheduler!



Plank Challenge



Time to strengthen your core and stability with November's plank Challenge! Planks can be done on your hands or forearms either on the floor or in an elevated position that is right for you. Start your timer and see how long you can hold your plank. Each day try to add 2-5 seconds to your time. The front desk is happy to log your time on our spreadsheet to track your improvement.

Good Luck – and remember, do not hold your breath!



SNEAK PEEK



Coffee, Tea & Treats!

Wed. November 5 @ 11:00 AM

½ Day Sport, Speed and Agility Clinics

Wed. November 5 @ 1:00 PM

Kids Night Out

Fri. November 14 @ 5:00 PM

AGE WELL Luncheon

Fri. November 14 @ 12:00 PM

Phone: (802) 264-5640

80 Dick Mazza Drive ~ Colchester, VT 05446

Email: CRC@colchestervt.gov

Upcoming Town Meetings & Agendas

Selectboard Meeting: Tuesday, October 28, 6:15 p.m. (public portion begins at 6:30 p.m.) at the Colchester Town Offices, 3rd Floor Outer Bay Conference Room, 781 Blakely Road.

Residents are welcome to attend the meeting. Alternatively, send a note, up to 1,000 words, to TownManager@colchestervt.gov with “Citizens to be Heard” in the Subject and your name. As with in-person Citizens to be Heard, we ask that you SHARE YOUR ADDRESS. The email will be shared with the entire Selectboard prior to the meeting and included in the information packet at the next meeting.

- Watch the Meeting Online via Live Stream: <http://lcatv.org/live-stream-2>
- Agenda: www.bit.ly/Colchester-SB-Agendas

Planning Commission: Tuesday, November 4, 7:00 p.m. at the Colchester Town Offices, 3rd Floor Outer Bay Conference Room, 781 Blakely Road. Agenda: <https://clerkshq.com/Colchester-vt?docid=PLANAGENDA>

Recreation Advisory Board: Wednesday, November 12, 7:00 a.m. at the Colchester Recreation Center, 80 Dick Mazza Drive. Agenda: <https://clerkshq.com/Colchester-vt?docid=RecAdv&path=BOARDS%2CRecAdv%2C>

Development Review Board: Wednesday, November 12, 7:00 p.m. at the Colchester Town Offices, 3rd Floor Outer Bay Conference Room, 781 Blakely Road.

Residents are welcome to attend the meeting or public comments can be submitted prior to the hearing by email to zmaia@colchestervt.gov or by mail to Town of Colchester, c/o Development Review Board, 781 Blakely Road, Colchester, VT 05446. Agenda: https://clerkshq.com/Colchester-vt?docid=DRBAGENDA&path=DRB%2CDRB_Agendas%2CDRBAGENDA%2C

Library Board of Trustees: Thursday, November 20, 4:00 p.m. in the Burnham Room of the Burnham Memorial Library. Agenda: <https://clerkshq.com/Colchester-vt?docid=LibBoard&path=BOARDS%2CLibBoard%2C>

Colchester Conservation Commission: Monday, November 17, 6:00 p.m. at the Colchester Town Offices, 2nd floor Champlain Conference Room, 781 Blakely Road.
https://clerkshq.com/Content/Colchester-vt/Boards/ConservCommssn.htm#_CPA1

Subscribe to the Town Newsletter: <https://lp.constantcontactpages.com/su/jkMAO2v>

For more information or to comment, call 802-264-5509 or email townmanager@colchestervt.gov