



Beacon Falls Parks &
Recreation Commission
10 Maple Avenue
Beacon Falls, CT 06403

BEACON FALLS PARKS & RECREATION COMMISSION
Regular Monthly Meeting
September 18, 2023
MINUTES (Subject to Revision)

1. **Call to Order / Pledge of Allegiance:** D. Ferretti called the meeting to order at 7:03 PM and led the assembled in the Pledge of Allegiance.
Members Present: D. Ferretti, P. Monti, L. DeGeorge, R. Egan, V. Santos, ME Fernandes, M. Carroll via TEAMS
Members Absent: None
Public Present: Selectman M. Krenesky, 4 members of the public.
2. **Read and Approve Minutes from Previous Meetings:** Motion to approve the August 2023 meeting minutes as presented. P. Monti made a motion to approve the minutes. L. DeGeorge seconded the motion. All ayes.
3. **Comments from the Public:** Sensei Wojciech Wasilewski of Taro Dojo Karate spoke about the new school which just opened in Town. He brought forth his philosophy and goal of having students become better citizens, mind, and body. He spoke about his Mind Fit program and other offerings and would like to support any needs of the community. We are excited about working with Parks & Recreation about the possibility for programs for the town. He is happy to be a part of Beacon Falls and hopes that there will be interest and success in the future. He offers women's self-defense classes which are 3 hours sessions with breaks. He also books events at the Dojo and thanked the commission for the opportunity to speak. His pamphlets are attached to these minutes.

Ann McGoldrick is new to Beacon Falls and comes from a farming family. She loves the community garden and would like to see composting at the Community Garden, as a way to address waste management in Town. There is a push statewide for more recycling of food waste and she thinks it would be a great start to have composting available to residents at the garden site. 40% of trash is food scraps, 24% of municipal waste, 31% of food supply is wasted and composting assists in all these areas. D. Ferretti and P. Monti thanked her for bringing this forward. B. Egan noted that the Community Garden will be needing a new director soon, as Todd texted that he will be stepping down in the next month or so. Discussion continued on the possibilities of composting on the Wolfe Avenue site. M. Krenesky encouraged Ann to come to a Board of Selectman meeting with her ideas. He also noted that we are in the process of looking at grants to build a community center on that site, so that would need to be considered. P. Monti likes the idea of community-wide composting. He encouraged us to start on a small scale and then move the project to the town. D. Ferretti asked what other towns are doing in this realm. The NVCOG has been encouraging composting with annual composter and rain barrel sales, so they are a resource.

Jo D. composts and has an arrangement with a neighbor. She has spoken with other towns like Southbury and Seymour, and they look for a neighborhood approach to composting as well, as it has a significant reduction in bulk



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for trash. There would be a learning curve for residents and the Selectmen would need to initiate it. She thinks it is a great idea.

4. Old Business

- a. Matthies Park – S. Moffat sent D. Ferretti a text today on what is going on at the Parks. They moved the portolet to the new gravel pad.
- b. Pent Road – One of the basketball backboards was sent out for repairs. Soccer nets and lining for soccer fields are complete. The Sugar Shack was deep cleaned for the fall. The lighting has been repaired.
- c. Toby's Pond – P. Monti noted that Toby's entrance is developing potholes again from the rain. Routine maintenance.
- d. Riverbend, Veterans and Volunteer Park – Routine maintenance.
- e. Community Garden – B. Egan noted that Todd Waldron will be moving, so we will need a new director for the garden. Thanks to Todd for all his work with the garden.
- f. Park Activities. –
 - i. Halloween Hayride – The wagons and hay are all set for this 4-hour event on Sunday, 10/22/23, but our drivers are concerned about insurance liability, which we will investigate ASAP. The Board discussed logistics and activities for the children. M. Carroll created a flyer for publicity. We can order Halloween decorations for the hayride route and set up an "I Spy" scavenger hunt for the items on the route. The library may do their pumpkin painting event under the pavilion and suggested some other activities for Parks & Rec, like a pumpkin cornhole or pumpkin ring toss with glow sticks. D. Ferretti will contact the YMCA about face painters. The Board suggested a costume contest, giveaways. We will also need volunteers from the high school to assist with activities and adults on hand to load the tractor. Details to be worked out.
- g. YMCA Update – M. Carroll was at the meeting in August with the YMCA. No updates.
- h. FY2024 Budget: No changes in the budget since August. Any overages for upcoming events can come from the Special Activities fund.
- i. Parks Signage – D. Ferretti will get with S. Moffat to order a message board for Pent Road.
- j. Veteran's and Volunteer Park signage – Signage still needs to be updated and the signs were originally put together with the NVCOG, so they are a good place to start.

5. New Business:

- a. Holiday Lights contest: The commissioners were very interested in resuming the Parks & Recreation Holiday lights contest, where houses sign up and are judged by different criteria to win gift cards for the holidays. The commissioners discussed when judging could take place, etc. and sign ups would begin to take place around Thanksgiving.

6. Correspondence: None at this time.

7. Facility Applications: No new applications at this time. All prior applications have been processed.

- a. There is pavilion rental and Lions event this weekend at Pent Road



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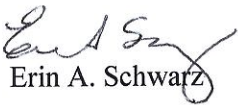
8. **Grant Information:**

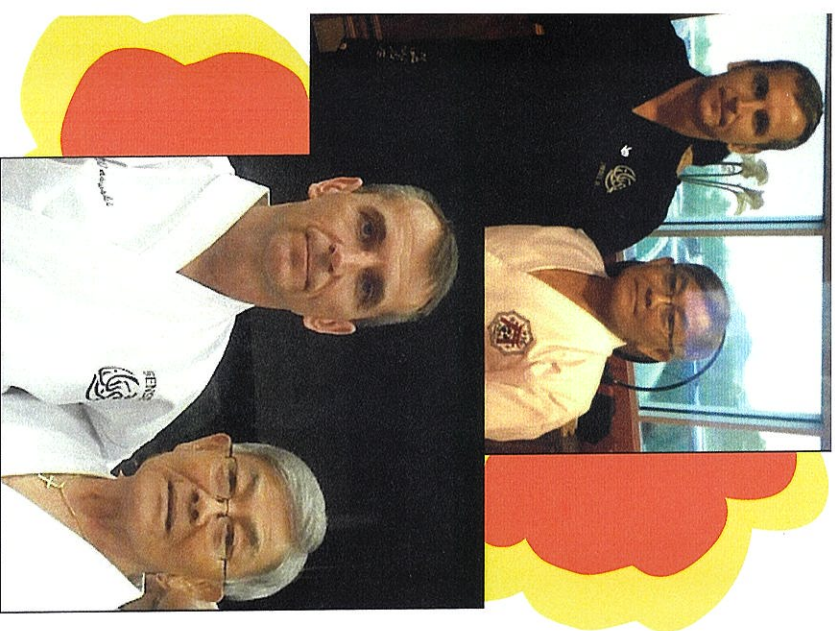
- a. K. Matthies Grant – The swing set for Matthies is on order and should be coming soon.

9. **Other Business:** None at this time.

10. **Adjournment:** R. Egan made a motion to adjourn at 7:56 PM. P. Monti seconded the motion. All ayes.

Sincerely,


Erin A. Schwarz



Pictured: Wojciech Waslewski with Grand Master Masayuki Ward, Chairman-Oknawa Karate -Do Shorin Ryu International.

Tarō Karate, a system that is inspired by Grand Master Masayuki Ward, is built on three pillars; respect, integrity and confidence.

Students will learn basic karate skills while improving foundation blocks, kicks, and self-defense, Tarō Karate will not only develop students' character and personal skills but will help them to become better and stronger members of the community.

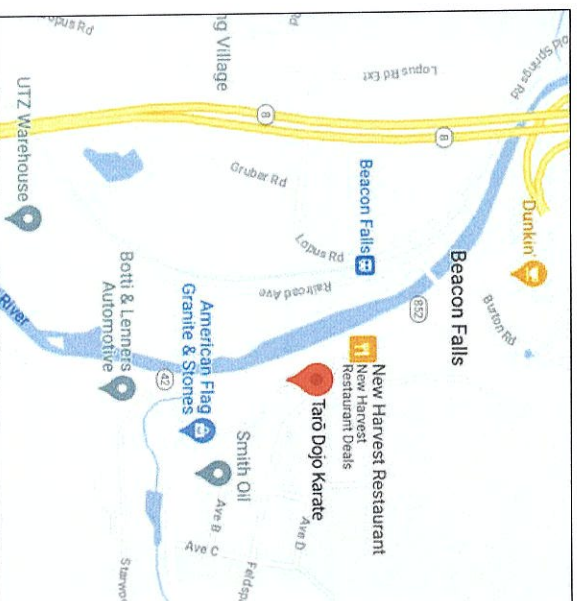
What's the word? See what our students have to say about Sensei Wojciech:

"Sensei Wojciech from the beginning of my journey saw something in me that even I did not see in myself. Through his teachings, guidance and friendship I have found a confidence and strength in myself that I didn't know existed in me." -Carol D.

"I have trained with Sensei Wojciech. I have learned to push myself beyond what I thought were my physical, mental and emotional abilities." -Thomas D

"Beyond being a great teacher Sensei Wojciech is a friend and mentor in my life and someone from whom everyone can learn something" -Tyler L

Where to find us:



Tarō Dojo Karate
115 South Main Street, Beacon Falls, CT 06403
tarokarate@gmail.com | 203-278-0869



太郎道場

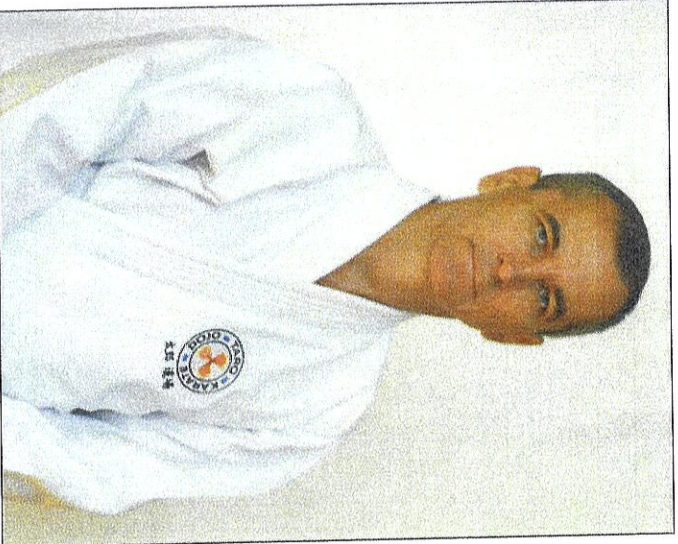
RESPECT



INTEGRITY



CONFIDENCE



Dear Students,

I would like to welcome you to Tarō Dojo.

My name is Wojciech Wasilewski and I am the founder and head instructor of Tarō Dojo. I started my karate journey at the age of 12, in Poland. I trained in Karate Kyokushinkai under the vision of Sensei A. Orłowski and was rewarded with a brown belt. When I moved to the United States, I started training in the Bushi Ban Martial Art system. Throughout my years of training, I became a Master of Bushi Ban, and was awarded the ranking of 5dan Black belt. I have attended many events and have trained domestically and internationally. In 2016, I was inducted into the Asia Pacific Martial Arts Hall of Fame in Bangkok. I am also a certified sword instructor in the International Sports Chanbara Association, the Zen Nihon Roshindo Renmei, and many more.

I have spent the last 30 years of my life training and today I would like to invite you on my journey at Tarō Karate Dojo.

-Sensei Wojciech Wasilewski

Tarō Dojo offers karate classes from age 4 and up. Students will learn about self confidence, self defense, bully's training, body coordination and more:

Black Belt Club

Students receive elevated training for the purpose of improving technical skills, balance and confidence. This program also includes weapons training and demonstration team training.

Tarō Karate Leaders

This program is designed to help students develop confidence as role models in the Dojo and extend that into their own community.

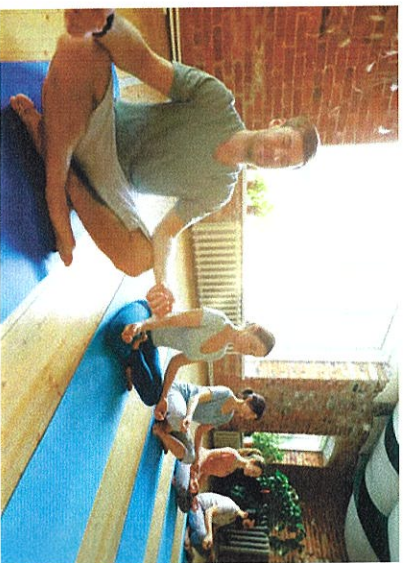
Epic Birthday Party

We are now offering a 90 minute party which includes basic karate skills, games, board breaking, glowing sword, and much more!

Student of the Month

We are excited to help our students become the best version of themselves, not only inside our Dojo but also in their daily lives. We offer this award to outstanding students.

Our life is in constant motion. We place ourselves on an intense mode, with everyday looking more stressful than the one before. Slowing down is seldom an option, and this causes our health to get weaker. We move in a hurry, barely thinking of the values of daily life. Our breathing is impulsive and our mind is overcharged.



MindFit is a workout designed to find a new way to work your mind and body. It is balanced training that allows the making or keeping of a sculpted body, while also teaching a calm and clear mental state with readiness to take on everyday life.

It has helped me improve my balance, strength, and flexibility. I feel I have more energy and most importantly relief of stress.

- **Shannon**

I have found these classes so helpful, I have started a program with instructor Wojciech at my place of business to decrease stress and improve morale of the staff.

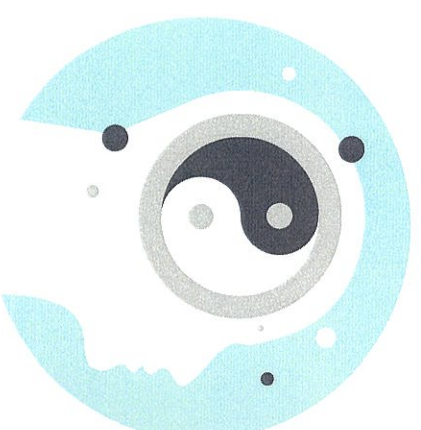
- **Maureen**



Wojciech Wasilewski

owner, head instructor

115 South Main St | Beacon Falls, CT 06403
203-278-0869 | mindfct@gmail.com



MINDFIT

live happy, rebalance healthy

Improve your physical and mental health while enjoying the positive energy and camaraderie of a group of like minded individuals.



My name is Wojciech Wasilewski

I am the founder and owner of MindFit.

Since my early childhood, I was involved in different kinds of Martial Arts training.

As a regular practitioner, I saw the value it bore on my physical and mental health.

During my life I started studying more and more of the ancient forms of healing.

I graduated an Acupressure Mastery program, and constantly study Tai Chi, Meditation, Yoga and Qigong. I have traveled to many countries and attended various seminars that have provided me with the knowledge and skills I possess today.

Sessions include methods of stretching to increase flexibility, meditation to provide a calm mind, self-healing with elements of acupressure and more. Executing these methods correctly will provide more comfort and less stress.

SESSION FOR GROUPS

- Group session for ten students and up
Release body and mind stress in the workplace.

PRIVATE ADULT SESSION

- Private session
Rebalance your body and mindset.

PRIVATE CHILDREN SESSION

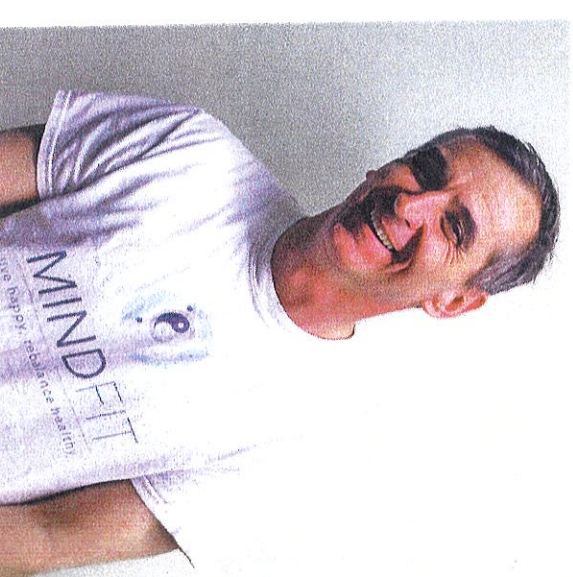
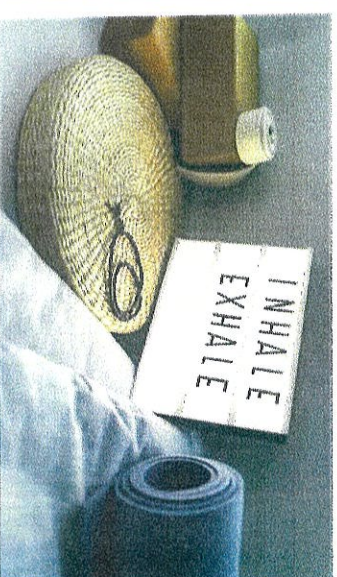
- Private session for children 6 and up
Control your emotion with calm meditation.

MIND AND BODY CONDITIONING

- Group session for ten students and up
Calisthenics body work and Mind recalibration.

KICKBOXING

- Group session for ten students and up
High intensity interval workout



* ALL FIRST SESSION ARE FREE

Come join us at a MINDFIT SESSION TODAY and start to relieve stress from your busy life. Begin your journey towards a healthier lifestyle.