

The Recreational Reader

Truro Recreation & Beach Department

April 2019

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“As a single footstep will not make a path on the earth, so a single thought will not make a pathway in the mind. To make a deep physical path, we walk again and again. To make a deep mental path, we must think over and over the kind of thoughts we wish to dominate our lives.” – **Henry David Thoreau**

April is Autism Awareness Month

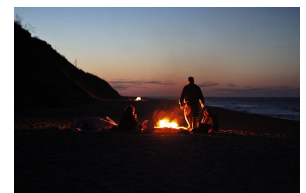
According to the [Center for Disease Control](#) and [National Institute of Mental Health](#), Autism Spectrum Disorder is a developmental disability that effects 1 and 59 children in the United States and over 3 million people in the United States live with an Autism Spectrum Disorder. Because there are no medical tests to diagnosis people, and we rely on behavioral tests, early intervention is crucial. April, the month of Autism Awareness, is just one piece of the puzzle when it comes to spreading awareness. The more people who know about Autism, the more we can all help.

Pamet After School played their small part in spreading awareness last Spring..

[Wear blue with us on Tuesday, April 2nd to speak up for Autism Awareness!](#)



**FOR ALL BEACH FIRE PERMITS AFTER SEPTEMBER 5TH,
PLEASE VISIT THE FIRE DEPARTMENT
AFTER 4PM. PERMITS ARE AVAILABLE ON FIRST COME
FIRST SERVE BASIS FOR THE DAY OF.**



Beach Season is Coming

Memorial Day is less than 60 days away! Truro is home to some of the most beautiful beaches on Cape Cod, we have 11 gorgeous town beaches. Parking spaces are limited and only valid sticker holders are permitted to park in the lots. Here is some information to help you start planning for your beach adventures in Truro.

Please remember that the ocean waters are home to a variety of potentially hazardous marine life including seals, jellyfish, sharks, etc. In the past decade, the Cape Cod region, especially Truro, has observed an increased population of grey and harbor seals. The region has become home to many of the seals for several months every year. The increased seal population has attracted great white sharks, which depend on seals as the staple of their diet. Here are some safety tips, know your risk.

Safety Mitigation and Wildlife Protection

- Be aware sharks hunt for seals in shallow water.
- Stay close to shore where rescuers can reach you.
- Swim, paddle, kayak, and surf in groups - Don't isolate yourself.
- Avoid areas where seals are present.
- Avoid areas where schools of fish are visible.
- Avoid murky or low-visibility water.
- Limit splashing.
- Adhere to all signage and flag warnings at beaches.
- Follow instructions of the lifeguards.
- If there are no lifeguards on duty, and you see a shark, please contact Truro Police Department at **508- 487-8730**.

Most shark bite victims survive because of first-aid initiated from bystanders. Sign up for training and you could save a life. Check out www.bleedingcontrol.org to find out where trainings are near you.

WILDLIFE PROTECTION: Piping Plovers, Terns and other endangered birds nest along the beaches in Truro. Periodically, areas of beach may be restricted to the public. Please obey the signs posted in the bird's nesting areas. **ABSOLUTELY NO DOGS OR OTHER ANIMALS ALLOWED IN PROTECTED AREAS.** Piping plovers are protected by State and Federal Law. It is the intention of our town to provide a safe environment to help these endangered species. Your cooperation and respect is greatly appreciated.

Dogs are allowed on public beaches after 6pm and before 9am. Please pick up after your furry friend.

Town Of Truro Beach Reminders

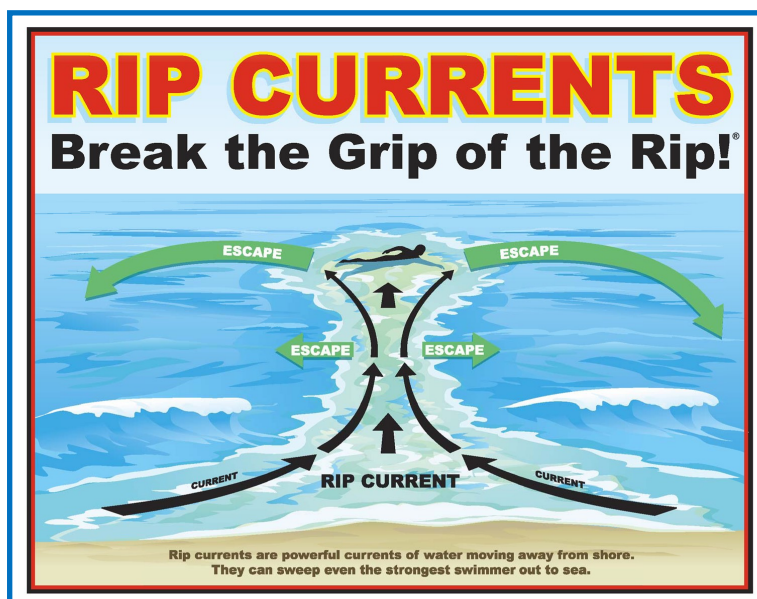
- Beach parking permits are required beginning **June 15, 2019**.
- The Truro Beach Office, located at 36 Shore Rd, opens on **June 8, 2019**.
- Fire permits are available at the Truro Fire Department until June 7th and will be available online through the Beach Office on June 8th, 2019.
- The Cape Cod National Seashore requires that dogs be on a 6' leash on Seashore property. Please be aware of Town and Seashore property boundaries, so that you can abide by the appropriate leash rules.
- Complete list of 2019 beach parking rates available at www.truro-ma.gov/truro-beach-office

Beach Season is Coming Know Your Risk

Rip currents are powerful, channeled currents of water flowing away from shore. According to the National Oceanic and Atmospheric Administration (NOAA), rip currents account for 80% of beach rescues. Rip currents are prevalent along the East, Gulf, and West coasts of the U.S.. Lifeguards rescue tens of thousands of people from rip currents in the U.S. every year, but it is estimated that 100 people are killed by rip currents annually.

If you are caught in a rip current, the National Park Service and the United States Lifesaving Association recommend that you take the following steps:

- **Don't Swim Alone**
- **Be cautious at all times, especially when swimming at unguarded beaches. If in doubt, don't go out!**
- **Whenever possible, swim at a lifeguard protected beach.**
- **Obey all instructions and orders from lifeguards.**
- **If caught in a rip current, remain calm to conserve energy and think clearly.**
- **Don't fight the current. Swim out of the current in a direction parallel to the shoreline. When out of the current, swim towards shore.**
- **If you are unable to swim out of the rip current, float or calmly tread water. When out of the current, swim towards shore.**
- **If you are still unable to reach shore, draw attention to yourself: face the shore, wave your arms, and yell for help.**
- **If you see someone in trouble, get help from a lifeguard. If a lifeguard is not on duty call 911.**



For more information, Check out: www.nps.gov/caco/planyourvisit/beachsafe.htm and www.usla.org/page/RIPCURRENTS

We are Hiring: Join Our Team

The Town of Truro's Recreation and Beach Department is hiring for Summer 2019.

Check out our job listings on the website

<https://www.truro-ma.gov/home/pages/jobs>

Deadline for applications is Tuesday, April 16th at 4pm.

Call us at 508-487-1632 with any questions.

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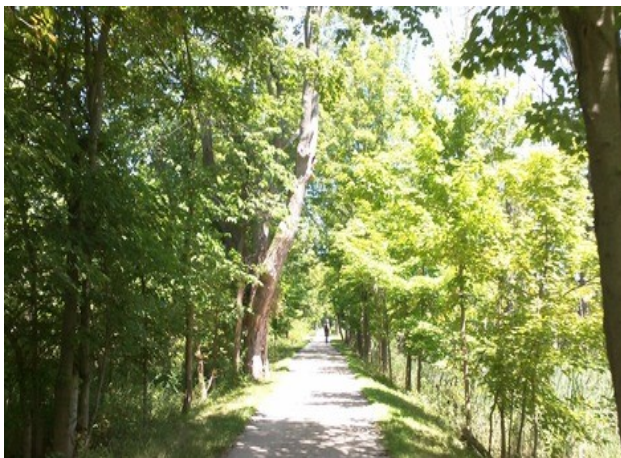


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Truro Walking Club Meets Tuesdays at 9:00am

Resuming Tuesday, May 14th

Join Bob Lowe, Club Coordinator, for a peaceful walk in some of the most beautiful areas on Cape Cod.



Summer Recreation Youth Program

We are gearing up! We are hiring and planning our fieldtrips for our summer program. Truro Rec is for children ages 5-14, who are residents, outer-cape residents and non-residents. Our counselors provide a supervised environment that fosters friendships, physical activity, and trying new things. We have theme days, fieldtrips and guest instructors. The kids spend as much time outdoors as possible. We create works of art and tasty treats to try. Participation and collaboration are always encouraged. More information will be available on our website shortly.



Summer Rec 2018

Upcoming Events



Snow's Field in Truro

10:00am - 12:00pm



Welcome to All Girls on Cape Cod Grades 2-6
Come Work on Skills and Drills



Pitching, Hitting, and Catching for Coaches and Players

Please Wear Appropriate Attire



Please Bring Your Own Glove

You do not have to be signed up for softball, just come check out the clinic!

Register Online at www.truro-ma.gov/recreation-beach-department or call Erica Nunes at 508-487-1632

April Vacation Program Truro Recreation Department

Tues. 4/16 - Fri. 4/19
8:00 am - 4:00 pm
Extended Day Pick up: 5:30 pm
Truro Community Center

Pre-registration Required

Deadline 4/10/19
Register Online

www.truro-ma.gov/recreation-beach-department

Tuesday - Maker Space

We will spend the day creating structures, games, jewelry, and decorations out of recycled materials! Cardboard boxes, egg cartons, bottle caps, straws, and more will transform into beautiful creations.

Wednesday - Mystery Mania

Calling all gumshoes! We will solve mysteries, write messages with invisible ink, follow a scavenger hunt, and more! Let's see what mysteries might arise!

Thursday - Music Day

We will create our own instruments, have a Zumba dance class, and play music related gym games. Listen to your inner rhythm and join the fun!

Friday - Pajama Party

Wind down the week with a movie on the big screen and popcorn. Wear your pajamas to be extra cozy.

www.truro-ma.gov/recreation-beach-department | 508-487-1632 | enunes@truro-ma.gov

Sports Parent Pledge

Dear Parents:

We're excited to share with you an opportunity to take part in a new initiative offered by the National Alliance for Youth Sports. Their new Sports Parent Pledge will give lots of resources and advice to help make this season fun for your child and the whole family!

It's completely free to participate. All you have to do is go to www.nays.org/sportsparentpledge to sign up. Each week, for six weeks, you'll get an email focusing on topics sports parents often face (like working with coaches, health and safety resources, etc.). Even though the pledge emails will only last for six weeks, they're full of information you can use for as long as your family is a part of our program and beyond!

We encourage you to check out www.nays.org/sportsparentpledge today and become a part of the Sports Parent Pledge movement! Make sure to tell them that Truro Recreation sent you!



Take the pledge to
**KEEP YOUTH
SPORTS
POSITIVE!**

Adult Coed Indoor Soccer

(age 40+)

Tuesdays 6:00pm-8:00pm

Drop-In
Free

Truro Central School
317 Route 6, N. Truro

For more info.
Contact Todd Schwebel, Coordinator

rtschwebel@gmail.com

Community Pickleball

Saturdays 10:30am - 1:30pm

Drop-In
Free

Truro Community Center
7 Standish Way, N. Truro

For more info.
Contact Judy Linen, Coordinator

jlinen45@gmail.com

Community Volleyball

Wednesdays 6:30pm-9:30pm
Sundays 5:00pm - 8:00pm

Drop-In
Free

Truro Community Center
7 Standish Way, N. Truro

For more info.
Contact Brian Dunne, Coordinator

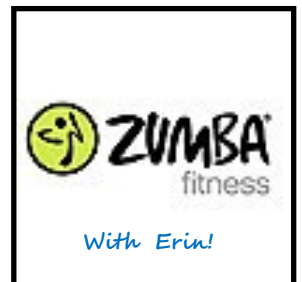
bdunne2000@hotmail.com



Truro Community Center

Tuesday	8:30am - 9:30am	Naya
Thursday	8:30am - 9:30am	Naya
Saturday	9:00am - 10:00am	Erin

Email Naya and Erin with any questions:
naya.bricher@gmail.com and esilva1@comcast.net



Pamet After-School

The Pamet After School program is a state licensed after-school program serving children ages 5-12, who reside in Truro or attend Truro Central School. Families of all abilities, races, gender, sexual orientations, religions, and socio-economic status are welcome. P.A.S. is a safe, supervised environment for children to learn and grow. The program operates every day that Truro Central School is in session, including half days. Participants are bused from Truro Central School at the end of the school day to the Truro Community Center.

For more info. Call (508) 487-1632

Program Supervisor: Nola Glatzel

Assistant Program Supervisor: Alex Cowing



**PRE-REGISTRATION
REQUIRED**

Registration packets
required prior to
attending

Mon - Fri
3pm - 5:30pm
***\$6/day**
(pre-registration required)

12pm - 5:30pm
(half days)
****\$10/day**
(pre-registration required)

Truro Community Center

*\$8/day if registered the day of.
**\$12/day if registered the day of.

Capoeira with Mr. Lima Mondays in April

We have been so lucky to have Mr. Lima at Pamet After-School over the last few years. His dedication to serving the community is commendable. Mr. Lima holds Capoeira classes all over Cape Cod. Capoeira is a Brazilian form of martial arts, dance and music that combines to not only promote physical activity, but self awareness, balance, and discipline. He makes time for playing Capoeira with our students here in Truro despite his busy schedule, because he sees a need for our children to get involved and stay active. For him, it's about sharing his love for Capoeira with us and with him, he brings a sense of community and a flow of energy that is contagious.

Salve, Mr. Lima, for all that you do!





RECREATION & BEACH DEPARTMENT

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Truro, MA 02666

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Fax: (508)487-0854

Visit us on the web!
www.truro-ma.gov/recreation-beach-department

"Committed to Community"



The Truro Recreation & Beach Department provides the residents and visitors of Truro with healthy, beneficial programs year round.

The Recreation Department is located in the Truro Community Center and consists of an administrative office, a recreation lounge, an all-purpose auditorium, and the Puma Park Playground.

Upcoming EVENTS

April Vacation Youth Program
Registration is Open
Deadline is 04/10

Summer Recreation Online
Registration will be open shortly

Softball Clinic with Cape Crush
Saturday, April 6th 10am-12pm
Snow's Field Truro Girls Grades 2-6

The Truro Recreation & Beach Department wants to hear from you!

Got an idea or a suggestion? Get in touch with us!

Phone: (508) 487-1632

www.truro-ma.gov/recreation-beach-department

Connect with us:



Become A Team Sponsor

We would like to invite you to be a part of the youth sports experience in Truro. Sponsor a youth sports team and have your company's logo placed on their uniform and receive recognition through our social media, web site and game programs. To become a sponsor contact, Damion Clements at dclements@truro-ma.gov or call (508) 487-1632



SEAMEN'S BANK
MEMBER FDIC/DIF

