

# The Recreational Reader

Truro Recreation & Beach Department

"People don't notice whether it's winter or summer when they're happy."  
-Anton Chekhov-

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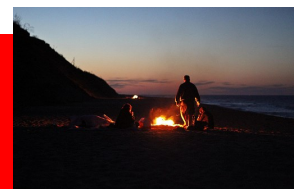
## Summer REC 2019

The month of July whizzed by us! We had a couple of jampacked and fun-filled weeks. We hiked with Alex, played Capoeira with Mr. Lima, explored Water Wizz, bounced through Cape Cod Inflatable Park, chilled out on Pajama Day, knocked down pins at Orleans Bowling, and birdied holes at Cape Escape. If these kids aren't sleeping well this summer, we would be shocked! From the looks of all the pictures we have seen, I think the counselors and supervisors are having just as much fun. The fun is not over yet, either. This month we are traveling to Heritage Museum, Charles Moore Arena, and the Whydah Museum. The older kids will explore Skull Island as well. Harwich Junior Theater will pay us a visit. We have been so proud of how well our groups have behaved on trips. We have been recognized for our great manners and behavior. Stay tuned to Facebook for more pictures and updates. Thank you for participating in Truro Recreation's Summer Youth Program and for your continued support. We love what we do and we love to share it with you!



**BEACH FIRE PERMITS AVAILABLE  
ONLINE STARTING JUNE 8TH.**

**Please review the rules for putting fires out.  
We need to protect the paws of beachgoers and our furry friends.**



# Beach Season is Coming

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Truro is home to eleven of the most beautiful beaches on Cape Cod. 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](http://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.**

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## Town Of Truro Beach Reminders

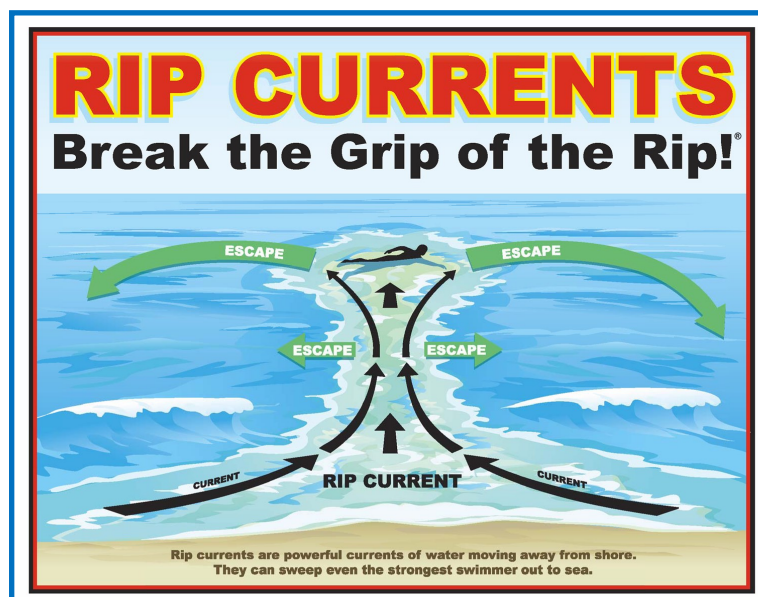
- Beach parking permits are required beginning **June 15, 2019**.
- The Truro Beach Office, located at 36 Shore Rd, opens on **June 8, 2019**.
- Fire permits are available at the Truro Fire Department until June 7th and will be available online through the Beach Office on June 8<sup>th</sup>, 2019.
- 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](http://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 United States. Lifeguards rescue tens of thousands of people from rip currents in the U.S. every year, and it is estimated that 100 people are killed by rip currents annually.

To avoid being 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/playourvisit/beachsafe.htm](http://www.nps.gov/caco/playourvisit/beachsafe.htm) and [www.usla.org/page/RIPCURRENTS](http://www.usla.org/page/RIPCURRENTS)

# Team Truro

Thank you to this amazing trio and their staff members. They have become a united front and made for some smooth sailing this summer. They are on the ball daily with attendance, our food program, scheduling and just organizing an amazing program. They even cook snacks for staff meetings! Thank you to the whole team. The staff shows up energetic and ready to create memories. Truro Rec could not exist without this group. A huge thank you to our Recreation Youth Program Staff. Thank you for showing up with smiles, compassion, and dedication every weekday morning. You all rock!



## **Attention: We are Looking for Volunteer Soccer Coaches for the Fall.**

Call Erica Nunes at 508-487-1632 or email at [enunes@truro-ma.gov](mailto:enunes@truro-ma.gov)





## Putting our Heads Together

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We are looking for some ideas for Adult Programming for the off-season. What are some activities that you would like to participate in and see offered here at Truro Recreation? Email Erica Nunes at [enunes@truro-ma.gov](mailto:enunes@truro-ma.gov) with any ideas.



### **Truro Walking Club** **Meets Tuesdays at 9:00am**

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

#### **August 6th: Truro Old Air Force Base**

**Address:** Old Dewline Road.

**Park:** Lot is in front of old baseball field.

#### **August 13th: Pine Grove Cemetery**

**Address:** Cemetery Rd., Truro

**Park:** Small parking lot at the cemetery off Old County Rd. in Truro

#### **August 20th: Pamet Cranberry Bog**

**Address:** North Pamet Rd.

**Park:** Trail head parking lot at the end of No. Pamet Rd. by the hostel

#### **August 27th: Pilgrim Heights**

**Address:** Pilgrim Heights Rd., Truro

**Park:** First Parking Lot



# Adult Programs



## Truro Community Center

Days	Time	Instructor
Tuesday	8:30am - 9:30am	Naya
Thursday	8:30am - 9:30am	Naya
Saturday	9:00am – 10:00am	Erin
Sunday (No class Aug. 4th)	10:00am – 11:00am	Julie

Email Naya and Erin with any questions: [naya.bricher@gmail.com](mailto:naya.bricher@gmail.com) , [esilval1@comcast.net](mailto:esilval1@comcast.net) and [purajulie@hotmail.com](mailto:purajulie@hotmail.com)

### **Adult Coed Indoor Soccer**

(age 40+)

They often play outdoors at  
Snow's Field in Truro.

For more info.  
Contact Todd Schwebel, Coordinator

[rtschwebel@gmail.com](mailto:rtschwebel@gmail.com)

### **Community Pickleball**

Stay tuned for Winter Schedule.

For more info.  
Contact Judy Linen, Coordinator

[jlinen45@gmail.com](mailto:jlinen45@gmail.com)

### **Community Volleyball**

Often at Longnook Beach  
noon

Drop-In  
Free

Truro Community Center  
7 Standish Way, N. Truro

For more info.  
Contact Brian Dunne, Coordinator

[bdunne2000@hotmail.com](mailto:bdunne2000@hotmail.com)

# Iyengar Yoga at the Truro Community Center



PHOTO: NEIL BALJING-ARTEN

JOIN US IN MAGICAL TRURO  
**CAPE COD**

Early bird specials!  
10% off  
by May 15

## IYENGAR YOGA WITH KARIN STEPHAN CLASS SCHEDULE • AUGUST 2 – SEPTEMBER 2, 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
All classes are held at the TRURO COMMUNITY CENTER near the Truro Library and Council on Aging in North Truro 7 Standish Way • off Route 6 in North Truro				<b>AUG 1</b>	<b>2 FIRST DAY</b> 8 – 9:30 am no evening class	<b>3</b> 10:30 am – 12 no evening class
<b>4</b> 8 – 9:30 am no evening class	<b>5</b> 8 – 9:30 am no evening class	<b>6</b> no morning class 5 – 6:30 pm	<b>7</b> 8 – 9:30 am 5 – 6:30 pm	<b>8</b> no morning class 5 – 6:30 pm	<b>9</b> 8 – 9:30 am no evening class	<b>10</b> 10:30 am – 12 no evening class
<b>11</b> 8 – 9:30 am no evening class	<b>12</b> 8 – 9:30 am no evening class	<b>13</b> no morning class 5 – 6:30 pm	<b>14</b> 8 – 9:30 am 5 – 6:30 pm	<b>15</b> no morning class 5 – 6:30 pm	<b>16</b> 8 – 9:30 am no evening class	<b>17</b> 10:30 am – 12 no evening class
<b>18</b> 8 – 9:30 am no evening class	<b>19</b> 8 – 9:30 am no evening class	<b>20</b> no morning class 5 – 6:30 pm	<b>21</b> 8 – 9:30 am 5 – 6:30 pm	<b>22</b> no morning class 5 – 6:30 pm	<b>23</b> 8 – 9:30 am no evening class	<b>24</b> 10:30 – 12 5 – 6:30 pm
<b>25</b> 8 – 9:30 am 5 – 6:30 pm	<b>26</b> 8 – 9:30 am 5 – 6:30 pm	<b>27</b> no morning class 5 – 6:30 pm	<b>28</b> 8 – 9:30 am 5 – 6:30 pm	<b>29</b> no morning class 5 – 6:30 pm	<b>30</b> 8 – 9:30 am no evening class	<b>31</b> 10:30 – 12 no evening class
<b>SEPT 1</b> 8 – 9:30 am no evening class	<b>2 FINAL DAY</b> 8 – 9:30 am no evening class	<b>COST:</b> \$23 drop-in. <b>SERIES RATES:</b> 4 classes/\$90, 7 classes/\$150, 14 classes/\$285, 21 classes/\$395. Unlimited: (all 39 classes) \$630.				

KARIN STEPHAN has more than 45 years of international teaching experience. She holds an Iyengar Yoga Junior Intermediate III Certificate as well as an E-RYT-500 Yoga Alliance Certificate.

PRIVATE LESSONS AVAILABLE. Contact Karin at 617.529.1632 or KarinStephanYoga@aol.com

www.YogaMacro.com



RECREATION & BEACH DEPARTMENT

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Visit us on the web!  
[www.truro-ma.gov/recreation-beach-department](http://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.



Iyengar Yoga with  
Karin Stephan starts this  
Month

Summer Recreation Youth  
Program 2019

Participants Will Need To Create A New Online Account With  
Truro Recreation In Order To  
Participate in Our Programs.  
Go to [trurorec.com](http://trurorec.com) !

Youth Soccer Registration will be open this month

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](http://www.truro-ma.gov/recreation-beach-department)

Connect with us:



## Become A Team Sponsor Today!

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](mailto:dclements@truro-ma.gov) or call (508) 487-1632