

East Lyme



Events

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Volume 1 • Quarter 2 • 2013



A decorative graphic featuring a blue wave on the left and a red firework burst on the right.
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July 20th, 2013

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First Selectman's Corner

The cold wind is blowing through the trees outside my office with a fierceness more often seen in January than the last week of April. Even though spring has not arrived in East Lyme as of this writing, I am hoping that warm weather will be here when this magazine arrives at your door step! And with warmth comes comfort outside and all those things we love to do! Hiking, planting, pruning, exercising, strolling or just plain relaxing in the sun; East Lyme has a great spot for you to enjoy your leisure activity! Flanders Village and Niantic Main Street are bursting with businesses ready to serve your every need and the town is readying our beaches, trails and walkways for your enjoyment.

Our *Events Magazine* is a great source of information on programs, activities and recreation available right here in East Lyme. I encourage you to read it through and support those advertisers who make it possible for you to get this information.

From *Celebrate East Lyme* on July 20th, the Triathlon in August, to the annual Light Parade and holiday activities in December, and our great beaches and farmlands; come to East Lyme to enjoy what we have to offer you and your family.

Half of our one mile Boardwalk is expected to be open by mid-June with construction on the other half to follow near summer's end. New parking will be available in Cini Park and our new beach will be open and they are both beautiful. Come take a walk and see for yourself!



Paul M. Formica, First Selectman

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Parks & Recreation Department Staff

Parks & Recreation Department Staff

Director: David M. Putnam, CPRP
 Program Coordinator: Carolann Rossiter
 Administrative Secretary: Robin Grandieri
 Administrative Assistant: Deb Levandoski
 Special Events Coordinator: Mike McDowell
 Park Foreman: Edward Ball
 Maintenance Support:

Michael Rak, Jason Alves, Jake Pickerell

Parks & Recreation Commission Members

J. Robert Pfanner, Chairman
 William Willets, Jr., Charles Fenick, Jackie Curry,
 Edward Dzwilewski, Roger Nadeau, Milan Keser
 "The Parks and Recreation Commission meets in the Parks and
 Recreation conference room on the first Thursday of each month
 at 7:00 p.m. The public is welcome to attend the meetings."
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 East Lyme Public Works860-739-8444
 East Lyme Senior Center860-739-5859
 East Lyme Town Hall.....860-739-6931
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Parks and Recreation - Director's Note



As summer approaches we are eagerly anticipating (early summer) opening of the Niantic Bay Beach and Boardwalk which will be accessed from Cini Park. Over the past couple of years the community has patiently waited for the Boardwalk to re-open and finally this summer approximately half of it will open for use. As a result of the construction, a new nine acre beach has been added to our inventory. The Parks and Recreation Commission has adopted policies to treat this beach as an extension of our other beaches. The intention, as of this printing, is to staff the new beach and parking area at Cini Park

with lifeguards and gate attendants once open, through the Labor Day weekend. Parking stickers and day passes will allow entry to all three beaches. I ask for your patience as we manage this great new amenity to our parks inventory.

As always please feel free to contact me with your thoughts or concerns. I hope you and your family will take advantage of our beautiful parks, special events and the many program offerings we provide. Remember to feel great "Recreate".

Sincerely,
David Putnam, Director



Summer 2013 Special Events

CELEBRATE EAST LYME: Join 35,000 local residents and vacationers to Celebrate East Lyme on Saturday July 20th from 3:00 pm - 9:00 pm. This premier outdoor celebration will showcase all things local throughout Niantic, capped by a wonderful fireworks display over Niantic Bay! Browse over 200 local creative, community and business vendors, a wide variety of treats, multiple live music stages and much more! Be sure to stop by the Re/Max Tethered Hot Air Balloon and the Rolling Railroad as well as these other popular attractions: Art and Author Walk, Amber Alert, Cooking Demonstrations, Interactive Children's Area, Diamond Dig, Dunk Tank on Liberty Green, Great Niantic Bay Raft Race, Sand Castle Competition, Teen Area, and more! Stroll through our Health and Wellness Walk to learn about everything from Acupuncture to Zumba from many local experts! The day is capped with an excellent fireworks display over Niantic Bay. Make your way to McCook Point Park and enjoy them with thousands of others while listening to the tunes of East Lyme's own, The Paul Lussier Band. Interested in singing on as a vendor or sponsor? Contact Special Events Coordinator Mike McDowell via email at eastlymeparks@gmail.com or call 860-739-5828. For up to date information go to celebrateeastlyme.com and "like" the event on Facebook by search "Celebrate East Lyme"

SANDCASTLE/SCULPTURE CONTEST: Our 8th annual sandcastle/sculpture contest will be held at 9:00 am, the morning of Celebrate East Lyme Day at Hole in the Wall beach. Please register ahead of time by stopping by the parks and recreation office.

GREAT NIANTIC BAY RAFT RACE: Our fifth annual Raft Race will be held at 7:00pm on Hole in the Wall beach during Celebrate East Lyme. Compile a crew, build a raft, and see if you have what it takes to bring home the prestigious Golden Paddle! For additional information call 860-739-5828.

NIANTIC BAY 10K AND COMMUNITY CLAMBAKE: June 14th. Come kick-off the summer by having a good old fashioned New England Clam Bake at McCook Point Park. Enjoy

great food, great music, and outdoor games as we invite the whole community to join the fun! Enjoy the food and music beginning at 6:00 and head on down to McCook's Beach for a bonfire at 7:30. Tickets must be purchased at the parks and recreation office by Wednesday, June 12th and cost \$35.00. Each ticket purchased for the clambake will include the following menu items: Barbecue Chicken, Corn on the Cob, Red Potatoes, Steamers, Mussels, and Clam Chowder.

THE NIANTIC BAY 10K returns this year to raise money toward East Lyme Youth Services goal of offering free afterschool programming for East Lyme Middle School students. The event will take place at McCook Point Park on Friday, June 14th in the lower level parking lot. For more information contact East Lyme Parks & Recreation Office.

SOUNDS AT SUNSET CONCERT SERIES: Concerts are returning to McCook Point Park this summer! We will be kicking off the series with the Connecticut Army Band on Friday, July 26th and continue the series through the month of August on each Saturday evening from 6:00 - 8:00 pm with great local bands. One exception to Fridays will be a show by the Paul Lussier Band on Saturday July 27th. No parking pass will be needed for concert-goers arriving after 5:00 pm, and attendees are encouraged to bring lawn chairs, blankets, food and beverages. No alcohol is permitted in town parks.

BACK TO SCHOOL MOVIE NIGHT AND FAMILY CAMPOUT AT MCCOOK'S: To cap the summer we will be holding our first ever Back To School Family Campout Night at McCook Point Park on Friday August 30th. Bring your tent, sleeping bags, food and necessary items to enjoy a nice night outdoors with the whole family. A movie will be shown on a large, inflatable screen beginning at 7:30, patrons not intending to stay over are encouraged to join for the show at no cost! Registration ends August 28th and the fee is \$10.00 per campsite. Backyard games and activities will be on site for patrons to use before sunset. For additional information contact Mike McDowell at 860-739-5828.

Events

MAGAZINES



East Lyme Events

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Essex Printing Winner In New England Regional Awards of Excellence Competition

The announcement was made April 4 during PINE'S Industry Awards Gala with hundreds of industry professionals in attendance.

PINE'S Awards of Excellence Competition attracts over 200 entries from 41 printing and imaging companies across New England competing in a variety of printing and graphic communications categories.

Essex Printing won Awards of Recognition for the printing of Essex Savings Bank's 2013 calendar. A panel of judges with extensive experience in printing and print production examined a wide range of work submitted.

Each entry was judged anonymously on its own merit in a category with similar printed pieces.

"We are very proud to have won this competition because it confirms our commitment to our clients that we provide an outstanding level of quality printing," said William McMinn, President of Essex Printing and Events Magazines.

For more information please contact Essex Printing at 860-767-9087.

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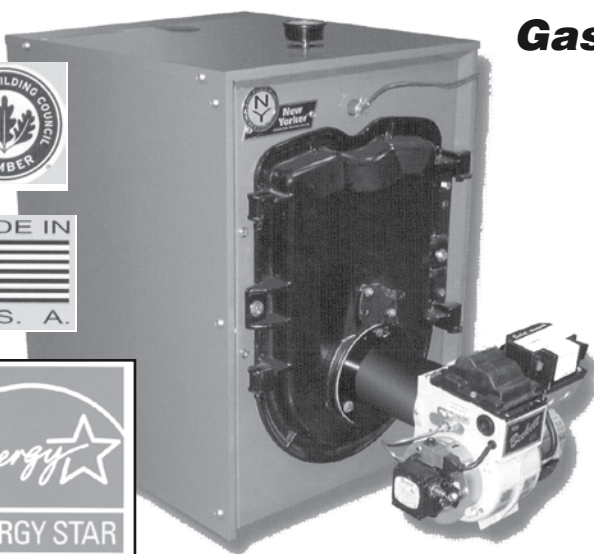
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Community Board

PASSPORTS

East Lyme Parks & Recreation Department is now an Acceptance Facility for Passports. Please call (860) 739-5828 to make an appointment or for any questions.

NIANTIC BAY 10K ROAD RACE

Friday, June 14, 6:00 pm (Late registration starts at 3:30pm and 5K Walk starts at 5:30 pm) \$20 PreRegistration before June 11/\$25 after June 11. Start and Finish at McCook Point Park. Pre-registration packets can be picked up at East Lyme Parks & Rec Office on June 10, 11, & 12 from 9:00 am - 4:00 pm. For more information or to register contact Cathy Robbins at robbinsct@comcast.net or East Lyme Parks & Recreation office.

NIANTIC BAY TRIATHLON

Sponsor: Hartford Marathon Foundation. Sunday, August 4th beginning at 7:30 am. Start and Finish at McCook Point Park. For more information: Beth Shluger 860-652-8866 or visit: www.hartfordmarathon.com.

U.S. AMATEUR BALLROOM DANCE

Dates: Fridays: 7:00 - 10:00 pm on: 6/15, 7/13, 7/27, 8/10, 8/24. Saturday: June 2 from 6:30 - 11:00 pm. East Lyme Library & Community Center-Activity Room.

For more information call Roger Orshal at 860-739-0697 or www.usadancenewlondonct.com.

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DUPLICATE BRIDGE GAMES

Duplicate Bridge games are associated with the American Contract Bridge League. This is ongoing and pre-registration

is not required. Tuesdays from 10:00 am - 2:00 pm. \$6.00 per person, per day. East Lyme Library/Community Center, Activity Room. Instructor: Pat Kelsey.

EAST LYME ANNUAL TRAIL RIDE

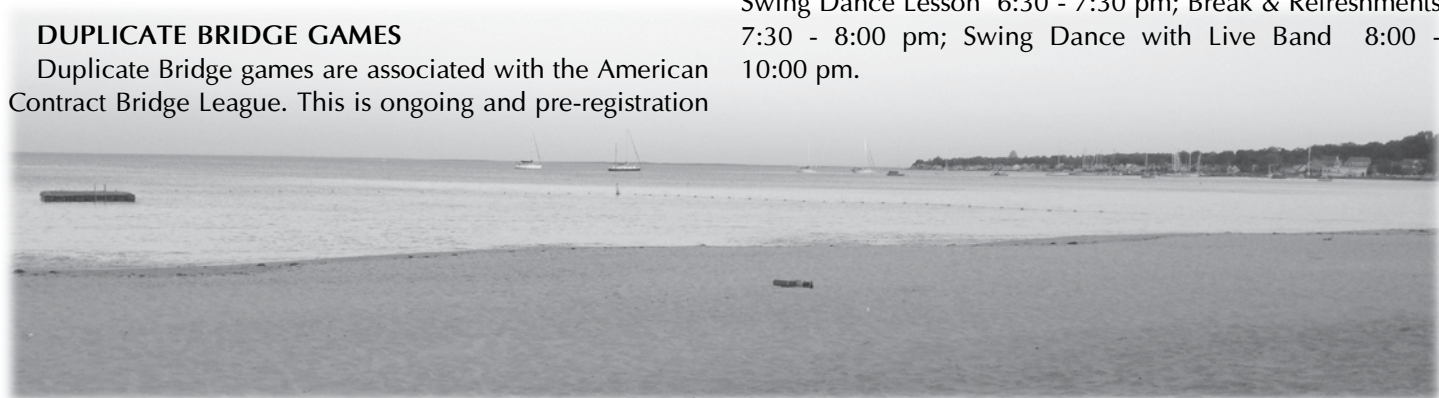
October 6 at Nehantic State Forest. Sponsored by East Lyme Parks & Recreation Dept. This is a 10-15 mile Pleasure Ride (Rain or Shine). 4-H Riders are welcome. \$30 Adults, \$20 for ages 16 and under. For more info call Mark at 860-442-1292 or email greenacresinc@sbcglobal.net.

CONNECTICUT TRAILS DAY HIKE

CT Trails Day Educational Walk - Saturday, June 1st. 10:00 a.m. to 12:00 p.m. Oswegatchie Hills Nature Preserve. Join David Putnam and Greg Decker, of the Friends of OswegatchieHills Nature Preserve, for this 4th Annual Connecticut Trails Day Hike. Points of interest will include: Smith Cove Overlook, Clark Pond Vista East and West, Rocky Ledge Overlook, Granite Quarry, and Mount Tabor. Open to all ages and abilities. Meet at the Oswegatchie Hills Nature Preserve trailhead at Veterans Memorial Park (Memorial Drive, Niantic) at the registration tent that will be in the parking lot adjacent to the softball field. Sponsored by East Lyme Parks and Recreation (eltownhall.com) and Friends of OswegatchieHills (oswhills.org). Rain or shine. Pre-registration is NOT NECESSARY. Questions: contact David Putnam, dputnam@eltownhall.com.

SUMMER SWING

East Lyme Library Foundation presents Summer Swing on Friday, July 19th from 6:30pm - 10:00pm at the East Lyme Community Center. Music provided by East Lyme's Andy Sherwood. Tickets are \$15.00 per person and go on sale at EL Library on June 10th. For more info call 860-739-5960. Swing Dance Lesson 6:30 - 7:30 pm; Break & Refreshments 7:30 - 8:00 pm; Swing Dance with Live Band 8:00 - 10:00 pm.



Want to advertise? Call Betty Martelle at 860-333-7117

Park and Beach Information for McCook's & Niantic Bay Boardwalk

McCook Point Park

Open daily from 8:00 a.m. to sunset. Restrooms will remain open until mid-November as weather permits. The new Restroom facility was completed in October 2012 and will be open for summer. We appreciate everyone's cooperation during the construction phase.

Contact the Parks and Recreation office for Pavilion reservations/availability.

State Statue

State Statue 22-364 states that dogs must be under the direct control of their owners at all times when using town parks. It is the dog owner's responsibility to clean up all dog waste. Dogs will be allowed on Town beaches from October 1 to April 30, and year round on Amtrak Beach. Dogs are not permitted on the Niantic Bay Boardwalk at any time during the year.

All of our Parks and Beaches are Tobacco Free

McCook Point Park/Hole N' Wall - Parking Permits

Parking permits will go on sale Monday, May 6, at the Parks & Recreation Office. Permits will be sold from 8:30 am to 4:00 pm, Monday through Friday, throughout the season. From May 23 through June 27 the office will extend the office hours to 7:00 pm on Thursdays. To obtain a season permit, all applicants must present their car registration at the time of purchase. If you are new to Town, please bring your tax bill or lease to expedite the process. PLEASE NOTE, to avoid lines, mail in a copy of your registration, a copy of your latest tax bill (if your vehicle is not registered to and East Lyme/Niantic address), the applicable payment (check should be made payable to the TOWN OF EAST LYME) and a self addressed stamped envelope, and we will process your request and mail your beach pass to you.

Resident Seasonal - \$30.00 (includes two walk-ins)

Resident Seasonal add'l vehicles - \$20.00*
(includes two walk-ins)

*Patrons must be in the same family with the car registered to same address.

Non-Resident Seasonal - \$90.00
(included two walk-ins)

Resident Walk-in - \$5.00

Non-Resident Walk-in - \$20.00

Resident Day - \$5.00

Non-Resident Day - \$20.00

Starting on Saturday, May 25 (Memorial Day Weekend) all vehicles must have a parking permit to enter the park through September 2, 2013 (Labor Day). Park hours are 8:00 am to dusk. Lifeguards are on duty daily from 9:00 am to 5:00 pm, beginning June 22 through mid-August.

Pavilion Rental

The pavilion is available for full day or half day rental (9:00 am to 1:00 pm or 1:30 pm until dusk) during the summer season (Memorial Day weekend through Labor Day) for East Lyme/Niantic residents/taxpayers. Please contact the Parks & Recreation office for information and availability.

Niantic Bay Boardwalk

We are anticipating an early summer opening of approximately half of the boardwalk that is accessed from Cini Park. The Hole in the Wall access will remain closed as repairs are expected to begin on this portion in late summer.

Construction Update

Amtrak Information/concerns regarding construction should be directed to the AMTRAK office phone number (860)451-8039.

PARKS & BEACHES

Cini Park

Route 156, Niantic

Located at end of boardwalk by Niantic Bridge

Hole N' Wall Beach

Baptist Lane, Niantic

McCook Point Park

8-10 Atlantic Street, Niantic

Main beach, pavilion, picnic area, restrooms,
Hole-N-Wall Beach, playground, bocce court,
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Peretz Park at Bridebrook

221 West Main Street, Niantic

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Summer Playground

Summer Playground Program

Entering Grades 1-3 Session 160101-01
 Entering Grades 4-6 Session 160101-02
 Fun daily activities planned; crafts, sports & games, beach days and optional field trips. Children are grouped according to grades with a ratio of 15:1. This program is available for both East Lyme residents and NonResidents this year.

Dates: June 24 – August 9 (No program 7/4)
 Days: Monday-Friday
 Time: 8:30am – 1:00pm
 Fee: \$200.00 Residents / NonResidents \$300.00
 (Includes T-shirt)
 Registration: Begins May 29 at EL Parks & Recreation Office
 Where: Grades 1-3 Lillie B. Haynes Elementary School
 Grades 4-6 East Lyme Middle School

Extended Summer Playground Hours

Extended playground hours for children will be available for entering grades 1-7. Registration will be by the week. This program is available for both East Lyme residents and NonResidents this year.

Dates: June 24 – August 9 (No program 7/4)
 Days: Monday-Friday
 Time: 1:00pm – 5:00pm
 Fee: \$55.00 per child/per week Residents
 \$100.00 per child/per week Non/Residents
 Registration: Begins May 29 at EL Parks & Recreation Office
 Where: East Lyme Middle School for all grades

Hangout for a Cause

Entering Grades 7-10
 This program offers a variety of recreational activities that appeal to a wide range of youthful interests as well as creative community service projects, which the students organize during the week. The reward activity for the week will be a special field trip or event. This program is available for East Lyme resident/taxpayers only due to limited number of spaces available.

Dates: June 24 – August 9 (No program 7/4)
 Days: Monday-Friday
 Time: 8:30am – 1:30pm
 Where: East Lyme Youth Services

Registration: Begins May 29
 Week 1: June 24 – June 28 Checkered Flag \$85.00
 Session 160101-03
 Week 2: July 1 – July 5 (no 7/4) Beach Day \$60.00
 Session 160101-04
 Week 3: July 8 – July 12 Brownstone \$100.00
 Session 160101-05
 Week 4: July 15 – July 19 Matt's Outback \$95.00
 Session 160101-06
 Week 5: July 22 – July 26 Lake Compounce \$95.00
 Session 160101-07
 Week 6: July 29 – Aug 2 Rockcats \$85.00
 Session 160101-08
 Week 7: Aug 5 – Aug 9 Field Day McCooks \$65.00
 Session 160101-09

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*The next deadline for
 East Lyme Events
 is July 26*

Lyme Shores Tennis & Conditioning Center's
SUMMER TENNIS PROGRAMS

June 24 - August 30, 2013



- Monday - Friday Sessions
- Half Day (9am - 12pm): \$230 / week
- Full Day (9am - 4pm): \$330 / week (Lunch and swimming included)
- High Performance Program for Advanced Players (12:30 - 4pm)

Tennis for Kids Ages 5-16



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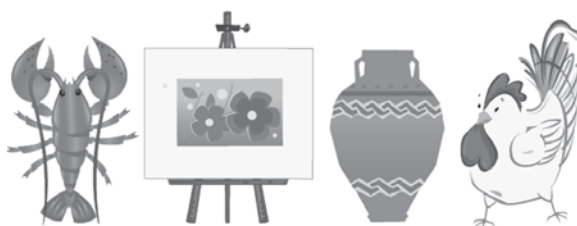
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Lions Club

53rd
Arts & Craft
Show

35th
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Parks & Recreation Programs

REGISTRATION FORM ON PAGE 27

PRESCHOOL PROGRAMS

I'm Two

Session # 150201-01. This play session is an opportunity for your child to begin meeting playmates on their own! Children will have a different activity each week utilizing all five senses. Parents do not stay in class with their child.

June 10 - July 15 (6 classes) on Mondays. 11:15 am - 12:00 pm. Resident \$25.00/Non-Resident \$40.00. Registration begins June 3. East Lyme Library/Community Center/Olive C. Room. Instructor: Paula Jessuck

Creative Art for Kids

Session # 150301-01. The program for 3 and 4 years olds concentrates on the process of expression through art. Children will learn to manipulate art supplies while creating their own designs. Parents do not participate with children. June 10 - July 15 (6 classes) on Mondays. 9:15 am -10:00 am. Resident \$25.00/Non-Resident \$40.00. Registration begins June 3. East Lyme Library/Community Center - Olive C. Room. Instructor: Paula Jessuck.

Tot Gym

Session # 150501-01. Children ages 3 to 5 engage in physical activities designed to build their motor skills and explore movement. A guided way to use some of the energy each day brings! June 10 - July 15 (6 classes) on Mondays. 10:15 am - 11:00 am. Resident \$25.00/Non-Resident \$40.00. Registration begins June 3. East Lyme Library/Community Center - Olive C. Room. Instructor: Paula Jessuck.

YOUTH PROGRAMS

Beginners/Intermediate Foil – Ages 10 & Older

Session # 180101-01. This class covers basic fencing movements with the foil, including the guard positions, basic footwork, simple and compound attacks, defensive actions (parries), attacks on the blade and attacks into preparation. The student develops sensitivity to the blade, timing and distance awareness, and basic bouting skills. The class introduces the student to elementary tactics and the fencing rules. August 5 - August 8. Monday-Thursday. 6:00 pm - 8:00 pm. Resident \$70.00/Non-Resident \$85.00 (Includes Equipment). Registration begins July 23. ELHS South Gym. Instructor: Thames River Fencing Club.

Intermediate/Advanced Foil

Session #180201-01. See description for Intermediate above. Advanced would be a continuation of the Beginner/Intermediate class. August 12 - August 15. Monday - Thursday. 6:00 pm - 8:00



pm. Resident \$70.00 / Non-Resident \$85.00 (Includes Equipment). Registration begins July 23. ELHS South Gym. Instructor: Thames River Fencing Club.

Summer Strings

Sting ensembles for students in grades 3-12. Students must provide their own instruments. Open to residents and non-residents. July 9 - August 1. Tuesday & Thursdays. \$100.00 Residents/ \$105.00 Non-Residents. Registration begins May 20. ELHS. Instructor: Karin Carlson. Times: 9:00 -10:00 am Grades 3&4 Session 140501-01. 10:00 -11:00 am Grade 5 Session 140501-02. 11:30 -12:30 pm Grades 6&7 Session 140501-03. 12:30-1:30pm Grades 8-12 Session 140501-04.

SPORTS CAMP PROGRAMS

Gold Medal Squared Volleyball Camp

Session#140301-01. For girls entering grades 9 -12. August 5 - August 8. Monday - Thursday from 8:00 am - 5:00 pm. \$205.00 EL/Salem Residents \$210.00 - Non-Residents. East Lyme High School.

Football Clinic

Session#140601-01. For players entering grades 3-8. Clinic will be conducted by ELHS Coach Rudy Bagos and staff/members of the ELHS Football Team. July 22 - July 26. Monday - Friday at 6:00 pm - 8:00 pm. \$75.00.Residents / \$100.00 NonResident (Includes T-Shirt). East Lyme High School Turf Field.

Girls Lacrosse Summer Camp

Session #140701-01. Camp is for girls entering grades 3-8. Camp will be conducted by Phil Schneider and ELHS players. Players must bring Stick, Goggles, & Mouthpiece. July 29 - August 2, Monday - Friday at 5:30 pm - 8:30 pm. \$150.00 Residents/\$200.00 NonResidents. East Lyme High School Turf Field.

Women's Adult Lacrosse League

Session:#140701-02. For women players ages 15 years old and up.

Continued on page 16

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1,250-1,500 SF	RAKA037JAZ	3	\$5,600.00
1,500-1,750 SF	RAKA042JAZ	3.5	\$6,200.00
1,750-2,000 SF	RAKA048JAZ	4	\$6,400.00
2,100-2,500 SF	RAKA060JAZ	5	\$7,100.00

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Parks & Recreation Programs ... continued from page 14

June 25 & 27 / July 2, 3, 9, 11, 16, 18, 23, 25. 6:00 pm - 8:00 pm. (8:00-9:30 pm on July 23&25 only). \$100.00 EL/Salem Residents/\$125.00 NonResidents. East Lyme High School. Contact: Phil Scheider at (860) 884-1980 or phillip-schneider@att.net.

ADULT PARKS & RECREATION PROGRAMS**Morning Aerobics**

Session # 110101-01. The classes consist of 35 minutes of aerobics and 15 minutes of body toning using weights, body bars, bands, and balls. Each class concludes with 5 to 8 minute cool down. Participants are required to bring a non-slip exercise mat. June 24 - August 23 (26 classes) (No class 7/5). Monday - Wednesday - Friday. 8:45 am - 9:45 am. Resident \$55.00 / Non-Resident \$70.00. Registration begins June 19. East Lyme Library/Community Center - Activity Room. Instructor: Sue Roos, AFAA/Donna Neaton. AFAA.

Zumba Aerobics

Session #110103-01. A Latin inspired dance aerobic class that incorporates Latin and International music and dance. The class on Monday begins with 40 minutes of ZUMBA dance aerobics and will be followed by a core strengthening workout. On Wednesday the class will consist of 55 minutes of Zumba dance aerobics. Both classes end with stretching. On Mondays, participants are required to bring a non-slip exercise mat. July 1 – Aug 5 (11 classes). Monday - Wednesday. 3:55 pm - 4:55 pm. Resident \$35.00/Non-Resident \$50.00. Registration begins June 19. East Lyme Library / Community Center-Activity Room. Instructor: Donna Neaton AFAA / Zumba Instructor.

Saturday Morning Zumba Aerobics

Session #110103-04. This 1 hour class begins with 55 minutes of Zumba dance aerobics, followed by a core strengthening workout. Class ends with a 10 minute stretch. Participants are required to bring a non-slip exercise mat. July 6 - Aug 3 (5 classes). Saturdays from 8:30 am - 10:00 am. Resident \$30.00/Non-Resident \$45.00. Registration: June 19. East Lyme Library/Community Center - Activity Room. Instructor: Donna Neaton AFAA/Zumba Instructor.

Coed Cardio Total Body Conditioning

Session # 110201-01. This class includes cardio and strength training using hand held weights, bands, tubing. It features a total body workout taking individuals from standing moves to floor workouts. Class ends with an abdominal core workout and stretching exercises. Participants are required to bring a non-slip exercise mat. July 1 - Aug 21 (16 classes) Monday - Wednesday from 5:00 pm - 6:00 pm. Resident \$45.00/Non-Resident \$60.00. Registration begins June 19. East Lyme Library/Community Center - Activity Room. Instructor: Donna Neaton - AFAA/ Sue Roos, AFAA.

Total Fitness

Session # 110104-01. Classes include circuit training, weights, and bands to create a variety of exercises for the entire body. Participants are required to bring a non-slip exercise mat. June 18 - July 30 (7 classes). Tuesdays Only. 10:15 am -11:15 am. Resident \$30.00/Non-Resident \$45.00. Registration begins June 4. East Lyme Library/Community Center-Smith-Harris Room. Instructor: Donna Neaton - AFAA.

Pilates Mat & Reebok Flexible Strength Beg/Intermediate

Session # 110301-01. This training program will combine essential Pilates Mat exercises to develop strength and flexibility. The purpose will be to build Neuromuscular Fitness, the core to performing sports and everyday movements. Participants are required to bring a non-slip exercise mat. July 9 - August 20 (7 classes) on Tuesdays from 6:30 pm -7:10 pm. Resident \$30.00/Non-Resident \$45.00. Registration begins June 19. East Lyme Library/Community Center - Activity Room. Instructor: Kim Stirtan-BSPE, ACE & Stott Pilates.

Pilates Mat & Reebok Flexible Strength – Advanced

Session # 110302-01. Having mastered the essential Pilates Mat exercises, more emphasis will be on Neuromuscular control. Participants are required to bring a non-slip exercise mat. July 9 - August 20 (7 classes). Tuesdays from 7:15 pm - 8:15 pm. Resident \$40.00 / Non-Resident \$55.00. Registration begins June 19. East Lyme Library/Community Center - Activity Room. Instructor: Kim Stirtan-BSPE, ACE & Stott Pilates.

Monday Coed Yoga

Session # 110501-01. Class is for all levels of students. Students will learn postures, deep relaxation, and breathing techniques. Participants are required to bring a non-slip exercise mat. July 1 - August 26 (9 classes) on Mondays. 6:10 pm - 7:25 pm. Resident \$45.00/Non-Resident \$60.00. Registration begins June 19. East Lyme Library/Community Center- Activity Room. Class Size: Min 15/Max 40. Instructor: Rosemary Gentile.

Wednesday Night Coed Yoga and Meditation

Session # 110502-01. Class is for all levels of students. Students will learn postures, deep relaxation, and breathing techniques. This class will begin with an optional meditation from 6:30 - 6:55 pm followed by the class, from 7:00 to 8:15 pm. Participants are required to bring a non-slip exercise mat. July 10 - August 28 (8 classes) on Wednesdays from 6:30 pm - 8:15 pm. Resident \$40.00/Non-Resident \$55.00. Registration begins June 19. East Lyme Library/Community Center - Activity Room. Instructor: Michelle Flowers.

Continued on next page

Parks & Recreation ... continued from previous page

Ballroom Dance – Beginner Lessons

Session # 130101-01. The Beginner Class will include instruction in waltz, foxtrot, rumba and swing. July 11 - August 29 (8 classes) on Thursdays from 6:00 pm - 7:00 pm. Residents \$45.00/Non-Residents \$60.00. Registration begins July 2. East Lyme Library/Community Center - Activity Room. Instructor: Marjorie Winslow.

Ballroom Dance – Intermediate Lessons

Session # 130102-01. The Intermediate Class will include instruction in cha-cha, foxtrot, tango and swing. July 11 - August 29 (8 classes) on Thursdays from 7:00 pm - 8:00 pm. Residents \$45.00/Non-Residents \$60.00. Registration begins July 2. East Lyme Library/Community Center -Activity Room. Instructor: Marjorie Winslow.

Registration Policies (Parks & Recreation Dept.)

The East Lyme Parks and Recreation Department reserves the right to reschedule, relocate, or cancel any announced program due to facility availability and public response.

The Parks and Recreation Department may also establish minimum or maximum class sizes to ensure appropriate instructor-to-participant ratios.


Program Registration Hours: Monday - Friday 8:30 a.m. - 4:00 p.m.

Directions: 95 South, take Exit 74; turn right onto Flanders Rd (CT-161) & continue for approx. 1 mile. Turn right onto Society Rd. (Clauson Nursery is on corner). Turn right immediately after Lillie B. Haynes School, following signs to East Lyme Library/Community Center (complex will be on left). The Parks & Recreation Office is located in Community Center complex.

95 North, take Exit 73; turn left onto Society Road, follow road until 3-way stop sign, bear left onto Society Rd. and follow to Lillie B. Haynes School (see above)

There are two ways to register for programs: In person at the Parks and Recreation Department office in the E. Lyme Library /Community Center on Society Road or by mail (Mailing address: 41 Society Rd., Niantic, CT 06357). Programs limiting the number of participants will be determined on a first-come-first-served basis. Non-residents will be charged an additional \$5 fee for programs. Payment must be made in full at the time of registration, without exception. We accept cash, Visa / MasterCard / Discover, and checks made payable to "The Town of East Lyme". Returned checks will be charged a \$20 fee. There are no refunds unless extenuating circumstances occur during a program session.


All program cancellations due to inclement weather will be announced on local radio stations and local TV channels 3, 8, & 30. If schools close due to weather or other circumstances, then programs held at affected schools will be cancelled. The Parks & Recreation Department makes every effort to have programs and facilities that are appropriate and accessible for all ages and abilities and seeks to ensure that all programs and activities are available to East Lyme residents with physical and mental disabilities. We provide accommodations when necessary to allow your participation. Please check with our office for programs being offered within the region.



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(left to right) NANCY TROSTLER, A.U.D., CCC-A; BETHANY B. KELLY, A.U.D., CCC-A; KATHLEEN D. DREHER, M.S., CCC-A

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East Lyme Public Library

The weather is warming up outside, the flowers are blooming, and the trees are starting to bud, but the library is where the real action is happening! Take a look at the upcoming programs, there is sure to be one or two that pique your interest.

The Library's E-Books and Your E-Reader - One-on-one help sessions are available by appointment with Greg Rice on Mondays (5 - 9 p.m.), Tuesdays (9 - 12 p.m.), and Fridays (9 - 12 p.m.). Reference librarian Greg Rice will demonstrate use of the library's e-books. Bring your e-readers and any questions. Please call to register for the one-on-one help sessions.

iPhone/iPad Help Sessions - One-on-one help sessions are available by appointment with Stephen Moss on Mondays (7 - 9 p.m.). Reference librarian Stephen Moss will share insights for users of iPhones and iPads. Bring your devices and any questions. Please call to register for the one-on-one help sessions.

Manga Club - Wednesday, May 29 - 7:00 p.m. Come gather and discuss two popular media: manga, or Japanese print comics, and anime, or Japanese animation. Manga Club is open to those in 7th-12th grade. This program will be repeated on Wednesday, June 26 at 7:00 p.m. Please call to register.

June - Summer Solstice Harp Concert - Wednesday, June 12 - 7:00 p.m. Allyn Bryson Donath presents her annual harp concert to welcome summer. Register early - space fills fast!

Online Database Tour - Thursday, June 13 - 11:00 a.m. Take a tour of the online databases in the Library's collection: Chilton-Library (automotive repair), Mango Languages (foreign languages), and Universal Class (over 500 online continuing education in subjects such as: arts & photography, gardening, nutrition, computer programming and many, many more). Please call to register.

Civil War Songs - Tuesday, June 18 - 7:00 p.m. Rick Spencer will perform Civil War songs, including, "Children of the Battlefield". Listen to live songs as they were heard 150 years ago. Please call to register.

Film Discussion- Skyfall - (Directed by Sam Mendes, 2012) Wednesday, June 19 - 5:30p.m. for film screening (143 minutes), discussion follows screening

Our film discussion series finally meets James Bond! In Skyfall, Bond's loyalty to M is tested as her past comes back to haunt her. As M16 comes under attack, 007 must track down and destroy the threat, no matter how personal the cost.

Gettysburg: 150 Year Anniversary - Tuesday, June 25 - 7:00 p.m. Civil War historian Matthew Bartlett will discuss his latest research. Bartlett is the author of a series of intricately detailed "non-fiction novels" on Gettysburg, *The Gettysburg Chronicle*.

July - Guitar with Peter Biedermann. Wednesday, July 10 - 7:00 p.m. Peter will perform original compositions on a variety of 6, 8, and 12 string guitars in unique tunings combined with subtle ambient electronics. His music is melodic and rhythmic and embraces the influences of the last 50+ years of fingerstyle acoustic guitar. Register early - space fills fast!

The Allure of Witches and Other Dangerous Women in German Renaissance Art - Tuesday, July 16 - 7:00 p.m.

Professor Robert Baldwin (Art History, Connecticut College) explores witch imagery's transformation on artists' imaginations and its effect on attitudes toward sexuality and the body beginning in the early sixteenth century. This talk is intended for adults due to its mature themes.

Film Discussion - Lincoln (Directed by Steven Spielberg, 2012). Wednesday, July 17 - 5:30 p.m. for film screening (150 minutes), discussion follows screening. As the Civil War rages, President Lincoln struggles with continuing carnage on the battlefield as he fights with many inside his own cabinet on the decision to emancipate the slaves. This July marks the 150th anniversary of Lincoln's Gettysburg Address.

The Long Journey Home for Albert Afraid of Hawk Wednesday, July 24 - 7:00 p.m. Dr. Nicholas Bellantoni, the state archaeologist, will discuss the story of Albert Afraid of Hawk, Lakota Sioux, who died in Danbury, CT, in June 1900 while performing with Buffalo Bill's Wild West Show. He was buried in an unmarked grave in Wooster Cemetery. In 2008, a local historian found the cemetery archives and the burial location. Family members on the Cheyenne River Sioux Reservation requested that Albert's remains be returned to the reservation for reburial according to Lakota heritage. The presentation tells the life and death of Albert Afraid of Hawk, the story of the Lakota people, the archaeological exhumation, forensic identification and repatriation of his remains."

August - One Book, One Region Book Discussion. Tuesday, August 6 - 7:00 p.m. Please join us for a discussion of the 2013 One Book, One Region selection, *Little Princes* by Conor Grennan.

Weight Loss and Healthy Habits with Dianne Rubin of Thin's In. Wednesday, August 14 - 7:00 p.m. Learn about the safe way to lose weight and the healthy habits to maintain weight loss.

The Slave Catcher's Woman - Tuesday, August 20 - 7:00 p.m. Local educator James Littlefield will talk about his new book, *The Slave Catcher's Woman*. Prepare to be immediately transported back in time to the antebellum South and meet the unforgettable character, Coswell Tims.

Film Discussion - Twelve Angry Men (Directed by Sidney Lumet, 1957). Wednesday, August 21 - 5:30 p.m. for film screening (96minutes), discussion follows screening. *Twelve Angry Men* pursues a jury's dilemma to the limit and in the process becomes a truly rare film. The entire film takes place in the jury room, where the guilt or innocence of a young youth, accused of murder, is at stake. When Juror #8 (Henry Fonda) is not convinced of the boy's guilt, an exploration of the issue "beyond a reasonable doubt" ensues.

Young Adult Book Group - This newest book discussion group for Young Adults meets at 7:00 p.m. in the East Lyme Room. Copies of the current month's books are available at the library. 6/19 *Divergent* by Veronica Roth; 7/24 *Human.4* by Mike Lancaster; 8/28 *Night Circus* by Erin Morgenstern.

Continued on next page

East Lyme Public Library ... continued from previous page

Mystery Book Discussion Group - This book discussion group meets on the last Thursday of each month at 11:00 a.m. in the East Lyme Room. Copies of the current month's book are available at the library. 5/30 *Something Missing* by Matthew Dicks; 6/27 *The Prophet* by Michael Koryta; 7/25 *A Killing in the Hills* by Julia Keller; 8/29 *Standing in Another Man's Grave* by Ian Rankin. No registration necessary.

Book Discussion Group - A book discussion group meets the second Tuesday of each month at 7:00 p.m. in the East Lyme Room. Copies of the current month's book are available at the library. 5/14 *The Painted Girls* by Cathy Marie Buchanan; 6/11 *The Last Runaway* by Tracy Chevalier; 7/9 *Mrs. Lincoln's Dressmaker* by Jennifer Chiaverini; 8/13 *The House Girl* by Tara Conklin. No registration necessary.

SUMMER 2013 STORYHOURS

July 1 - August 9 (No class July 4). Registration begins June 17, 2013 at 9 am for walk-ins and 10am for call-ins. Call (860) 739-6926 x2.

Terrific Threes - Monday 10:30-11:00 am. Tuesday 9:30-10:00 am. Wednesday 10:30-11:00 am.

Fabulous Fours - Monday, Tuesday, Thursday from 11:30 am -12:00 pm.

Summer Funsters (5 year olds & entering K). Monday 9:30-10:15 am. Wednesday 9:30-10:15 am. Thursday 9:15-10:00 am.

Mrs. Bull's Buddies (Entering grades 1-2). Tuesday 10:15-11:15 am. Wednesday 11:15 am-12:15 pm. Thursday 10:15-11:15 am.

Lunch Bunch (Entering grades 3-4 & older. Monday, Tuesday, Thursday from 12:30 - 2:00 pm.

"DIG INTO READING" Summer 2013 Performers: Wednesdays 2:15 p.m.

July 3 - Alexander King of Jesters "World of the Wise Fool"

July 10 - Airborne Jugglers "Juggling with a Comedy Twist"

July 17 - Domino the Great

"Dig Into Reading Magic Show"

July 24 - Pumpernickle Puppets

"Sir George and the Dragon"

July 31 - Les Julian "Dreaming Aloud"

August 7 - Irv Plastock "Sing-along with Irv"

August 14 - Rich Rothstein "Mister Magic"

All programs are free and open to the public. Advanced registration is suggested because of limited seating. Please call 860-739-6926 to register. If you register for one of our programs and cannot make it to the program please call and let us know. Often we have waiting lists for our programs and we want as many people as possible to be able to enjoy our programs.

During inclement weather the library sometimes closes. To check the status of the library call 860-739-6926 and listen to the announcement. Library closings will also be listed on the library's web page <http://www.ely.lioninc.org>.



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East Lyme Senior Center

Check out our monthly newsletter, *The Courier*, for a full list of activities, programs and services. It is available the beginning of every month at the Senior Center, Public Library, Town Hall, at the senior housing sites, and the local grocery stores. The complete newsletter is available on-line at the Town of East Lyme website at www.eltownhall.com. Look for the Senior Center tab on the left side of the home page. If you would like the newsletter emailed to you, contact the Senior Center office.

Commission on Aging - The Commission on Aging Board meets the 2nd Monday of every month except for August. The meetings are held at the East Lyme Senior Center at 6:00pm. The public is welcome to attend.

Transportation - In-Town Transit Services - Transportation to and from the Senior Center as well as to in-town destinations are available Monday through Friday. Donations are gratefully accepted in the Senior Center Office. An annual Appeal Letter is mailed to all those registered for this service. Call the Senior Center for more information.

Medical Transit/Southern New London County - We are currently offering transportation for medical appointments that are located within southern New London County. Transportation is being funded by a grant through the Dept. of Transportation. Call the Senior Center for more information.

Senior Lunches - The Senior Center and TVCCA provide lunches with a 24 hour reservation Tuesday through Friday at 11:45am. Monthly menus are printed in *The Courier* newsletter.

The Bistro - Every Monday, the Senior Center will offer a bistro meal ranging from sandwiches to hot entrees. All are welcome - no age restriction! The cost ranges from \$3.00 to \$6.00 depending on the menu for the day. No reservations required but it is first come - first served program. Lunch will be served at 11:45 am.

Meals on Wheels - The Senior Center and TVCCA provide Meals on Wheels Monday through Friday to East Lyme seniors age 60 and over who are temporarily or long term homebound. Please contact TVCCA for eligibility at 885-2745.

Mature Driver Safety Classes - The Senior Center and AARP provides Mature Driver Safety classes 10-12 times a year to anyone 50 or older. This 4-hour session develops safe, defensive driving techniques and refines existing skills. Contact your insurance company for about a possible discount after completion of this course.

Trips - The Senior Center offers a diverse selection of trips. There are some restrictions regarding the registration of residents versus non-residents. Detailed flyers are available once registration begins. Below are the trips currently being promoted:

DAY TRIPS - Open to any person 55+.

Thursday, May 30 - Fenway Park Tour & Boston Duck Tour. Fee \$79 pp. Registration has begun. Lunch on your own at the Prudential Center. Lots of walking.

Tuesday, June 18 - Whale Watch from Boston, MA on a high speed catamaran with free time at Quincy Market afterwards. Lunch on your own. Fee \$64 pp. Registration has begun.

Lots of walking.

Thursday, June 27 - Hyde Collection Museum in Glen Falls, NY - exhibit of Georgia O'Keefe's works of the Lake George area. Guided tour of Saratoga. Lunch on your own. Fee \$67pp. Registration has begun. Moderate walking.

Sunday, July 7 - Boston Pops Orchestra with Special Guest, Vince Gill for a matinee performance at Tanglewood. Lunch prior to the concert is included. Fee \$137.00. Registration has begun. Moderate walking.

Thursday, July 18 - Long Island Wine Country with lunch on your own in Greenport. Fee \$77 pp. Registration began May 1st. Moderate walking.

Thursday, August 1 - "Little Italy" in the Belmont Section of the Bronx. Tour the neighborhood - lunch included at Ann and Tony's - browse the streets. Fee \$89 pp. Registration begins June 3rd. Lots of walking.

Tuesday, August 13 - Pilgrim Belle Harbor Tour in Plymouth, MA with lunch at the John Carver Inn. Fee \$75 pp. Registration begins June 3rd. Minimal walking.

Thursday, August 22 - Newport Dinner Train and free time in Newport. Fee \$84pp. Registration begins June 3rd. Moderate walking.

OVERNIGHT TRIPS/CRUISES - Open to any person 55+ .

Aug 26-28 - Atlantic City & Cape May. \$277 pp double occupancy. Registration has begun.

Sep 9-10 - Ogunquit & Portland, ME. \$256 pp double occupancy. Registration has begun.

Oct 4-9 - Charleston, Savannah, & Jekyll Island - Includes motor coach and airfare. Prices begin at \$2229. Call to register. Trip will sell out by June - Act Fast!

Dec 10-12 - Miracle of Christmas at the Sight & Sound Millennium Theater in Strasburg, PA. \$421 pp double occupancy. Registration began May 1st.

FITNESS CLASSES - The Senior Center has a core set of classes that are offered on a year round basis. With these classes, a pass is purchased and must be brought to every class. Attendance is tracked and when the card is full, a new pass must be purchased.

Mon at 9:00 am at Cedar Crest Golf Course - Starts Jun 3rd - \$14.00 pp - continues until cold weather.

SENIOR FITNESS - Mon & Wed & Fri 10:15 am to 11:30 am - Mon & Wed 12:30 pm to 1:30 pm - Residents \$45.00/30 classes - Nonresidents \$50.00/30 classes. Pass required.

SENIOR YOGA - Mon 2:30 pm to 3:30 pm & Tue 8:30 am to 9:30 am & Thu 9:00 am to 10:00 am & - Residents \$60.00/30 classes - Nonresidents \$65.00/30 classes. Pass required.

WALKING - Tue & Thu 9:00 am - Meet at Hole-N-Wall Parking Lot - No fee. Started May 7th. Goes through the summer.

TAI CHI - Tue & Fri 9:00 am to 10:00 am - Residents \$48.00 for 24 classes - Nonresidents \$53.00 for 24 classes. Pass required.

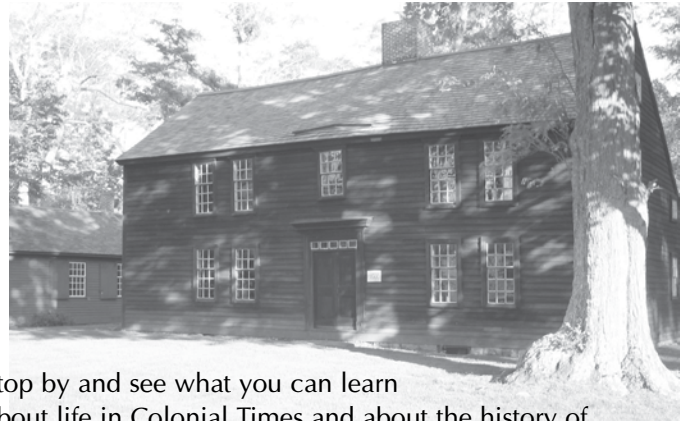
Continued on page 22

East Lyme Historical Society

Thomas Lee House to Celebrate Statewide Connecticut Open House Day on June 8th

The Thomas Lee House (c.1660) located on route 156 just east of Rocky Neck State Park will participate in the 9th annual Connecticut Open House Day on June 8th from 10:00 am to 4:00 pm. This exciting event is designed to broaden awareness among residents about Connecticut's cultural assets and encourage them to share newfound discoveries with family and friends.

The East Lyme Historical Society will feature tours of the Thomas Lee House, which is the oldest wood frame house in Connecticut still in its primitive state, and the Little Boston School House. In our barn are exhibits on the Nehantic Indians and on Ezra Lee who manned the first submarine during the Revolutionary War. The Quoketaug Rangers will be there along with Oxen and other animals.



Stop by and see what you can learn about life in Colonial Times and about the history of East Lyme. There is no admittance charge for the event, so come join us and take a trip back in time. For more information visit our web site eastlymehistoricalsociety.org

Accolades for Events Magazines!

I've always enjoyed reading Events Magazines. I've lived and worked on the shoreline most of my life and love to see what's going on, and look at the ads for local businesses. I think it's important to shop local and support our fellow businessmen and women.

As a graphic designer, the look of the magazine is clean and stylish. Keep up the good work.

Bette McLean, L.E. Designers, Inc., Old Saybrook, CT

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“Scooper Sunday Social”

New Britain Rock Cats vs Reading Phillies

Sunday, June 30th - Come join Channel 3 sports anchor John Holt for an Ice Cream Social Fundraiser at the New Britain Rock Cats game on Sunday, June 30th, when they play the Reading Phillies. All proceeds from the fundraiser will go to the American Foundation for Suicide Prevention. John Holt recently spoke at East Lyme Youth Services Suicide Prevention Forum that was held in January.

At New Britain Stadium, 230 John Karbonic Way, New Britain, CT. Game Starts at 1:35 p.m. Ice Cream Tent & Stadium Gates open at 12 noon. All inclusive game tickets and unlimited ice cream from 10 vendors. General Admission Game & Ice Cream: \$10.00. Reserved Seating (seat back) Game & Ice Cream \$15.00.

For more info or to purchase advance tickets, contact John Holt at John.Holt@WFSB.com

Senior Center ... continued from page 20

CHAIR YOGA - Tues & Fri 10:00 am to 11:00 am - Residents \$36.00/24 classes - Nonresidents \$41.00/24 classes. Pass required.

WEIGHT LIFTING - Tue & Thu 10:30 am to 11:15 am @ ELHS Fitness Center - Residents \$24.00/24 classes - Nonresidents \$29.00/24 classes. Pass required.

LAUGHTER YOGA - Thu 11:30 am - No fee - No residency issues. Great fun - be prepared to work your abdominal muscles.

ZUMBA GOLD - Tue & Thu 3:00 pm to 4:00 pm - Session Class - Call for class fee & schedule.

PACE - Thu 1:00pm to 2:00 pm - Session Class- Call for class fee & schedule - People with Arthritis Can Exercise program was developed specifically for people with arthritis.

HIKING - Every Fri at 9:00 am through June - Call for schedule.

PICKLEBALL - Contact the Senior Center Office for the outdoor playing schedule. No residency issues. For adults only.

BEACH YOGA - Sat 8:00 am to 9:00 am at McCook's Point Beach beginning in June. Call for class fee & schedule.

DANCE CLASSES

TAP CLASS - Tue 1:00 pm to 2:00 pm - Residents \$20.00 for 20 classes - Nonresidents \$25.00 for 20 classes. Pass required.

LINE DANCING - Wed 2:00 pm to 3:00 pm - Session Class. Call for class fee & schedule.

CRAFTS

HAND APPLIQUE: 1st & 3rd Thu of every month 6:00 pm to 9:00 pm. No sewing machines. Intermediate to Advanced level.

QUILTING - 3rd Fri and the 4th Tue of every month 5:00 pm to 9:00 pm and the 1st Mon of every month from 1:00 pm to 4:00 pm. Fee is \$2.00. Bring a dish to share for dinner quilting. Intermediate to Advanced level.

GAMES/CARDS

CRIBBAGE - Mon 9:00 am to 11:30 am. No fee. Will teach interested players.

CANASTA - Mon 1:00 pm to 3:00 pm. Will teach interested players. No fee.

MAH JONGG - Tue 9:30 am to 11:30 am & Tue 1:00 pm to 3:00 pm. No fee. Must know the game.

SCRABBLE - Tue 9:30 am to 11:30 am. No fee.

BRIDGE - Rubber Bridge Shoot Out - Tue 1:00 pm to 4:00 pm. Fee \$5.00pp per day played. Must know the game and have a partner. Must register.

BRIDGE - Contract Bridge - Wed 1:00 pm to 4:00 pm. Must know basics of the game. No fee. Must register.

DOMINOES - Mexican Train Dominoes - Thu 9:00 am to 12:00 pm. Will teach interested players. No fee.

BRIDGE - Duplicate Bridge - Thu 1:00 pm to 4:00 pm. Fee \$1.00pp per day played. Must know the game and have a partner. Must register.

BINGO - Fri 1:00 pm to 3:00 pm. \$1.00 for the first card - .25c for every additional card to a total of 9 cards.

EDUCATION/ENRICHMENT

INTERNET INSTRUCTION - 1st Tue of every month 10:15 am to 12:15 pm. One-to-one hourly sessions. \$12.00 for residents- \$14.00 for Non-residents.

VNASC NURSE MANAGED WELLNESS CLINIC - 2nd Wed of every month 1:00 pm to 3:00 pm for services that focus on prevention and self-care.

VNASC BLOOD PRESSURE CLINIC - 4th Wed of every month 1:15 pm to 2:15 pm.

BENEFITS CHECKUP - Two Weds every month 9:00 am to 12:00 pm. One-to-one counseling on available government benefits.

HEALING TOUCH - 3rd Thu of every month 1:00 pm to 3:00 pm. Fee is \$10.00 for residents - \$12.00 for Non-residents. 30 minute sessions.

DANCES - May 3rd - Jul 5th - Sep 6th - Nov 1st - 7:00 pm to 10:00 pm. Admission is \$9.00.

Every Month - Theme Meals & Musical Entertainment, and Special Events.

37 Society Road, Niantic, CT 06357

860-739-5859

Monday - Friday 8:30am to 4:30pm

Cathy Wilson - Senior Services Coordinator

Gail Glenn - Program Assistant

Anna Hartung - Administrative Secretary

Roxanne Kormos - Full Time Driver

Lee James - Part Time Driver

Jan Larson - TVCCA Site Server

Town Clerk's Office

The Town Clerk's Office is reminding dog owners that they must register their dogs by June 30.

All dogs 6 months of age or older must be licensed. Fees for neutered or spayed dogs are \$8.00 and for dogs that are not neutered or not spayed, the fee is \$19.

A certificate of neutering or spaying from a licensed vet must be presented when licensing a dog for the first time.

An up-to-date certificate of rabies vaccination must be presented before a dog can be licensed. The rabies tag is not acceptable.

To license by mail, send all required information (which will be returned) along with a check made payable to Town of East Lyme and mail to East Lyme Town Clerk, PO Box 519, Niantic, CT 06357.

We do require a self-addressed stamped envelope. Postage on the return envelope is 66 cents for the return of the license.

A penalty of \$1 per month will be assessed for payments received after July 1. For information, call the Town Clerk's Office at 739-6931, x 120.



East Lyme Regional Theater

East Lyme Regional Theater proudly presents

"Once On This Island" on August 9 - August 11th at East Lyme High School. Directed by Erin Sousa-Stanley. Music Direction by Chris Stanley.

For more information or questions, please call Erin Stanley at 860-501-1456 or visit www.eastlymeregionaltheater.com.

Audition Info

Seeking adults, teens, and children who sing and are comfortable with movement. Please prepare 16-24 bars of a song that shows off your voice. Bring sheet music. Accompanist will be provided. Also seeking non-singing dancers.

Saturday, May 18th

3:00 pm : Children 5-12 only

4:00-6:30 pm: Adults & teens only

Sunday, May 19th

2:30 pm: Dancers only

3:00 pm: Children 5-12 only

4:00-6:00 pm: Adults & teens only

7:00 pm: Backs by invitation only

EAST LYME PERFORMING ARTS CAMP

The theater camp will meet Monday through Friday at ELHS auditorium. Classes will be taught in Acting, Singing,



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Dance and Art for the theater. Special workshops for audition technique, piano, guitar, stagecraft and acting for the camera will also be given. Each session ends with a fabulous performance for friends and family. Enrollment is limited to a max of 50 participants. Participants should bring a drink and snack each day. Please register with East Lyme Parks & Recreation Dept.

Session #180806-02. July 8 - 12, Monday - Friday from 8:30 am - 12:30 pm. \$160.00. East Lyme High School Auditorium. Registration: Parks & Recreation Dept.

Youth Services



"Our mission is to foster the positive development of youth by providing and/or coordinating preventive, remediative, educational, social, and service opportunities for young people and support for their families."

Youth Services Commission - The East Lyme Youth Services Commission meets on the third Thursday of every month. The meetings are held at the Parks and Recreation Offices and begin at 6:00 pm. The public is welcome to attend.

ASAP Coalition: We are looking for members to join our ASAP (Adolescent Substance Abuse Prevention) Coalition to address underage drinking, drug use, and addiction in our town. We have monthly meetings on the fourth Monday of the month. High school students, school and town officials, parents, and community members are all welcome to attend and/or join. Contact Sarah at sbutterfield@eltownhall.com for more information.

Registration and Cancellation Information - In order to attend our activities and programs, participants must turn in a signed registration form for each of the programs they attend (with the exception of Summer Family Nights at McCook). Registration forms are available at Youth Services, the Parks and Recreation office, ELMS cafeteria, and online at www.eltownhall.com. Registration forms and fees should be turned in to the Parks and Recreation Department offices from 8am-4pm or can be mailed to us. All payments by check should be made out to Town of East Lyme/ELYS with the participant's name and program in the memo section. All cancellations will be posted on our website: www.eltownhall.com, and on our Facebook page.

Summer Programs and Activities - East Lyme Youth Services holds after-school programs and activities to foster positive youth development throughout the school year, and recreational and safety programs throughout the summer.

Infant, Child, and Adult CPR Recertification - Has your CPR Certification expired? Not to worry! ELYS holds one class in the summer to help you out! American Red Cross certification card included. (Open to all ages 12-99 years old) June 25th 3-6 p.m. \$45.00/Resident & \$50.00/NonResident.

The 5th Annual Black & White Ball - Open to graduating 8th graders from East Lyme and Salem. Black and white semiformal attire requested. June 21st East Lyme Youth Center from 7:00-9:00 pm. \$7.00 and a signed ELYS registration form required for admission.

Summer Family Nights - Beach Games, acoustic music, and bonfire at McCook Beach (beach chairs, blankets

recommended, s' mores encouraged!) McCook Beach on Wednesdays. 5:00-10:00 p.m. July 3rd - August 21st. FREE.

Outdoor Adventure Camp - Participants will get moving outside at various local (Southeastern CT) sites. A syllabus will be given to participants upon registration. Hiking, beach days, and other field trips will be sure to thrill youth Ages 10 +. Participants need to bring a towel, bagged lunch, and change of clothes, along with plenty to drink on camp days. There will be no camp in case of inclement weather. Cost is \$75.00 EL & Salem Residents/\$90.00 NonResidents for the summer. No partial registrations or payments will be accepted. Mondays and Wednesdays 9:00 a.m. - 4:00 p.m. July 1st - August 21st (Maximum enrollment of 10 youth for the summer).

Community Garden Project - Help the East Lyme community by caring for the vegetable garden put in by the East Lyme Middle School Blue Crabs kiva! We are looking to continue the great work of the Blue Crabs this summer by tending and harvesting the vegetable garden on ELMS property. We will water, weed, and harvest twice weekly during the summer months. The veggies will be donated to the Shoreline soup kitchen to help them provide healthy food to those in need. This is a great way to get some community service hours and enjoy the summer weather! Tuesdays and Thursdays 2-3 p.m. July 2-August 23rd. East Lyme Middle School (soccer field side of building). FREE Program. (Pre-arranged transportation available for a nominal fee, inquire to Sarah Butterfield.)

Misquamicut Beach Fridays - Participants will meet at the EL Youth Center at 8:30 a.m., travel to Misquamicut for fun in the sun and return to the Youth Center for parent pick up at 4:00 p.m. Fridays 8:30 a.m. - 4:00 p.m. July 12, 19, 26. August 2, 9, 16. \$20.00 for EL&Salem Residents/\$25.00 for NonResidents per trip (Sun block, towel, and bagged lunch or lunch money required) Participants must be able to swim.

Cooking Camp - Do you have the next Emeril or Giada De Laurentiis on your hands? Want them to enjoy some great instruction and hone their skills? We have the opportunity for you! Our week-long Cooking Camp is a great way to nurture those skills and get kids interested in nutrition and real food, while incorporating team work! Youth will meet at the Community Center for instruction 2-4p.m., at a date to be determined. Dates, times, & cost to be determined at time of publication...please contact ELYS if you are interested!

American Girl Summer Series - Claudia Mathison holds degrees in art education and teaches at the Guilford Art Center, with Young Audiences of CT, and at libraries and museums throughout Connecticut. Reminder: All of Claudia's Classes must be paid to register, and secure your spot. These classes fill up fast, so come in today!

Continued on next page

Youth Services ... continued from previous page

FEES for below American Girl programs are \$21.00 for EL/Salem Residents & \$26.00 for NonResidents.

All About Julie - East Lyme Youth Center, Saturday, June 15th 10 a.m. - 12 p.m.

Adventures with Kit's Dog Grace - East Lyme Youth Center. Saturday, July 13th 10:00 a.m. – 12:00 p.m.

Tea Time with Your American Girl Doll - East Lyme Youth Center. Saturday, August 10th 10:00 a.m. – 12:00 p.m. Crafts, stories, games and a tea party! Have a girly gathering with your friends and favorite American Gil doll this summer! Learn about the interesting lives of the historical American Girl dolls through crafts, stories, games and refreshments. Decorate Julie's purse, sew Kit's soft furry dog, enjoy a tea party while designing a flower crown for you and your doll. American Girl clothes, books and accessories will be for sale with a percentage going to ELYS. Sign up today.

VOLUNTEERING - If you love kids of all ages and you are interested in becoming a Volunteer to work with Youth Services and our amazing kids, please call us to join our team of caring and dedicated staff.

We are currently working on additional programs and events. Check out our website frequently for updates www.eltownhall.com (and click ELYS to the left), "like" our page on Facebook for updates, shoot us an email to: sbutterfield@eltownhall.com, or give us a call at (860) 739-6788 for more information.

East Lyme Youth Services, 45 Society Road,
Niantic, CT 06357, 860-739-6788
David Putnam - Director
Sarah Butterfield - Program Director

YOUTH SERVICES REGISTRATION FORM ON PAGE 26

Leaf Collection Schedule

Leaves will be collected during the following weeks on your regular collection day:

Week of May 13

Week of June 3

Week of July 15

October 15 through December 16

(No collection Thanksgiving week.)

All leaves put out for collection must be in paper bags. Leaves in plastic bags are not collected. Bags can be obtained at the Public Works Department in Town Hall between 8:00 a.m. and 4:00 p.m. and at the Transfer Station which is open 7:00 a.m. – 3:00 p.m. Monday through Friday and 8:00 a.m. – 12:00 p.m. on Saturday. The charge is \$.50 per bag.

Any other paper bags are also acceptable.

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EAST LYME PARKS AND RECREATION DEPARTMENT
REGISTRATION FORM—SUMMER 2013



REGISTRATION INFORMATION:

Complete the registration form below. Include all pertinent information. Return the completed form with payment in full to the Recreation office. We accept cash, checks and Master Card/Visa only. Checks are made payable to the Town of East Lyme. **(The exception is "Music Together".)** Program cancellations will be heard on radio station WNLC, WICH, WCTY, WTVD, WKCD, WAVE AND WSUB the day of the cancellation. Participants unable to register in person please fill out this form and mail with check to: East Lyme Parks and Recreation Dept., 41 Society Road, Niantic, Ct. 06357.

Name: _____ Spouse's Name: _____

Address: _____ Town: _____ Zip Code: _____

Home Phone #: _____ Work Phone #: _____ **E-Mail:** _____

Cell Phone # _____ **Cell Phone Provider:** _____ *(i.e. Verizon, Sprint)

***This info is needed so we may send emails and/or texts to notify of any cancellations, etc.**

Emergency Contact:

Name: _____ Relationship: _____

Address: _____ Town: _____ Zip Code: _____

Home Phone #: _____ Cell Phone #: _____ Work Phone #: _____

Participants Name	DOB	Gender	MEDICAL CONCERNS	Program	Session Number	Fee

I agree to hold the East Lyme Parks and Recreation Commission and Department and any person connected therewith and the Town of East Lyme harmless from any and all claims for bodily injury and property damage arising from the use of facilities and programs during the course of an East Lyme Parks and Recreation sponsored activity.

Signature: _____ Date: _____

I consent to the use of my or my child's photo, video, or artwork for flyers or presentations: _____

Medical concerns _____

Stormwater Pollution Solutions

Residential - Recycle or properly dispose of household products that contain chemicals such as insecticides, pesticides, oil-based paint, solvents, and used motor oil and other auto fluids. Don't pour them onto the ground or into storm drains.

Lawn Care - Excess fertilizers and pesticides applied to lawns and gardens wash off and pollute streams. In addition, yard clippings and leaves can wash into storm drains and contribute nutrients and organic matter to streams. **Don't overwater your lawn.** Consider using a soaker hose instead of a sprinkler. **Use pesticides and fertilizers sparingly.** When use is necessary, use these chemicals in the recommended amounts. Use organic mulch or safer pest control methods whenever possible. **Compost or mulch yard waste** - don't leave it in the street or sweep it into storm drains or streams. **Cover piles of dirt or mulch** being used in landscaping projects.

Auto Care - Washing your car and degreasing auto parts at home can send detergents and other contaminants through the storm sewer system. Dumping automotive fluids into storm drains has the same results as dumping the materials directly into a water body. Use a commercial car wash that treats or recycles its wastewater or wash your car on your yard so the water infiltrates into the ground. **Repair leaks and dispose of used auto fluids and batteries** at designated drop-off or recycling locations.

Pet Waste - Pet waste can be a major source of bacteria and excess nutrients in local waters. When walking your pet, remember to pick up the waste and dispose of it properly. Flushing pet

waste is the best disposal method. Leaving pet waste on the ground increases public health risks by allowing harmful bacteria and nutrients to wash into the storm drain and eventually into local water bodies.

Septic Systems - Leaking and poorly maintained septic systems release nutrients and pathogens (bacteria and viruses) that can be picked up by stormwater and discharged into nearby water bodies. Pathogens can cause public health problems and environmental concerns. **Inspect your system every 3 years** and pump your tank as necessary (every 3 to 5 years). Don't dispose of household hazardous waste in sinks or toilets.

Residential Landscaping - Permeable Pavement - Traditional concreted and asphalt surfaces don't allow water to soak into the ground. Instead these surfaces rely on storm drains to divert unwanted water. Permeable pavement systems allow rain and snowmelt to soak through, decreasing stormwater runoff.

Rain Barrels - You can collect rainwater from rooftops in mosquito-proof containers. The water can be used later on lawns or garden areas. **Rain Gardens and Grassy Swales** - Specially designed areas planted with native plants can provide natural places for rainwater to collect and soak into the ground. Rain from rooftop areas or paved areas can be diverted into these areas rather than into storm drains.

Vegetated Filter Strips - Filter strips are areas of native grass or plants created along roadways or streams. They trap the pollutants stormwater picks up as it flows across driveways and streets.

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East Lyme Athletic Organizations

Youth Basketball - Basketball clinics will be held this summer. For further information; contact Mike Catanzaro at (860) 941-7272 or mcat1962@gmail.com.

Viking Hoop Camp - July 29 - August 2nd from 9:00 am to 1:00 pm. East Lyme High School Gymnasium. For Boys & Girls entering grades 4-9 in the Fall. \$150 for 1st child, \$100 for any additional sibling (Includes t-shirt). Instructor: James Cunningham, ELHS Boys Coach. For more information contact Mr. Cunningham at (860) 739-4491 x3532. Please make checks payable to: Viking Hoop Camp.

Youth Football - Registration for the 2013 season will be held from 9:00 am - 12:00 pm at the field house located behind ELMS on Saturday, June 8 & June 22 for ages 6-14 from the communities of East Lyme, Old Lyme, Lyme, Salem, and Bozrah. Fee will be \$120.00 for Tackle Football (additional siblings \$100.00) and \$50.00 for Flag Football (ages 6-8). Registrations received after June 30th will be assessed a late fee of \$25. For more info contact Chip Mundell at chip-mundell@sbcglobal.net

East Lyme Cheerleading - Registration for Seniors, Juniors, Micros, and Minis will be held on Saturday June 8 & Saturday June 22 from 9:00am to Noon at the ELMS field house (2nd floor in cheer room). Fees are \$100.00 per cheerleader for all Senior, Juniors, & Micros and \$75.00 for Minis. Please bring copy of child's birth certificate. Registration is open to children who reside in EL, Salem, & OL and are entering grades 1st - 8th (ages 6-14). For questions contact: Jennifer Adanti at jsiadanti@sbcglobal.net. Tracy Leckie tracy_elycl@att.net or Tammy Bogue tammy-bogue@sbcglobal.net.

Football Clinic - July 22 - 26, 2013 for grades 3-8. Please see program description and registration info under Parks & Recreation Sports Camps.

Girls Lacrosse Summer Camp - July 29 - August 2, 2013 for girls entering grades 5-8. Please see program description and registration info under Parks & Recreation Sports Camps.

Women's Adult Lacrosse League - Summer League for Women players 15 years old and up. Please see program description and registration info under Parks & Recreation Sports Camps.



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Single Stream Recycling

In single stream recycling recyclables are separated at the processing plant and not at your home. This means that all recycling can be placed in a single container separate from the trash container and can be compacted resulting in reduced transportation costs. No other containers are used for recycling. A gray recycling can is the only one that will be picked up.

Recycling collection has been moved to a cycle of every other week. To view the single stream recycling calendar visit our web site at www.eltownhall.com/publicworks.

Single stream accepts all plastics with the exception of plastic bags and Styrofoam. As with your trash can the recycling can must have a four-foot separation from other objects including your trash can.

Single Stream Recyclables

- Acceptable Items
- Newspapers and inserts
- Magazines/brochures
- Cardboard
- Paper bats
- Paperboard boxes (e.g., cereal, egg cartons)
- Junk mail
- Phone books/catalogues
- Hard and soft cover books
- White and colored paper
- Envelopes (including window)
- File folders
- School paper
- Shredded paper
- Multi 3 ply paper
- All glass food/beverage containers
- Tin cans
- Aluminum cans

Aluminum foil (clean)

- Aluminum pots and pans
- Juice and milk cartons
- Plastic milk jugs
- Plastic soda bottles
- Detergent bottles
- All plastic #1 - #7
- Small metals
- Empty aerosol cans
- Plastic buckets and crates
- Paper labels do not need to be removed from cans, bottles, etc. before recycling.

Unacceptable Items

- Not allowed – food waste in any containers
- Needles or syringes
- Hazardous or biohazard waste
- Trash or bagged material
- All other non-recyclable items

JUNE						
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23	24	25	26	27	28	29
30						

JULY						
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21	22	23	24	25	26	27
28	29	30	31			

AUGUST						
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