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events

VOLUME 5 • QUARTER 1 • 2017



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First Selectman's Corner

It's been far too long since Niantic Main Street was bustling with pedestrians, dressed in t-shirts and flip flops. It seems like "forever" since hazy, hot and humid weather was the daily forecast and residents and visitors populated our beaches, boardwalk, and parks.

The cold temperatures of this winter and the winds coming off the sound blow away any thoughts of toddlers running in the surf and dads commanding the grills at backyard bbq's. Yet, in no time at all, these summer scenes will once again be upon us. And we are already busy planning for the Summer of 2017.

All the great traditions of a Niantic summer will be back including the Niantic Boardwalk 5k in April, the great Memorial Day parade on May 29th, Celebrate East Lyme on July 15th, and the Niantic Triathlon in August.

In addition, we are planning to continue the popular Wednesday night beach concerts in August and Friday night family movie nights under the stars at McCook's Park.

Working with the Niantic Lions, the Niantic Rotary Club and the EL Public Trust, the Parks and Rec Commission will add a new performance stage (bandshell) to McCook's Park this summer. Get ready for the inaugural season of great bands and performances at McCook's great lawn. What a fabulous addition this will be!

At the town hall, our team is busy planning work for the warmer months to improve our roads, trim trees along our rural routes, and finally improve the old gas station on Main Street. While it's frustrating that the demolition approval from the state has taken longer than expected, I am confident that the

building will be removed and the property will be improved before the summer season.

The town was unsuccessful in receiving a beautification grant (STEAP) from the state yet we have developed a plan to improve the property using local resources. This will be a terrific improvement to our Main Street.

Our Parks and Rec Department is among the very best. The variety of programming is amazing for a small town. There is literally something for everyone and I can't encourage you enough to browse through this great magazine and commit to try something new.

continued on page 2



Mark C. Nickerson

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I promise you will not regret it.

I am so grateful to be East Lyme's First Selectman. It truly is an honor. Because of my position, I have the privilege of meeting and speaking with so many residents. I love hearing the different stories why our citizens love our town. I hear stories about the natural beauty, the beaches, the trails, the great schools, the quality of life, and the wonderful caring nature of our people who watch out for one another. I look forward to hearing your story too. If you see me out and about, don't hesitate to stop me and say hello... or drop into the town hall.

I wish you and your family the very best. "I'll see you on the Boardwalk."

Mark C. Nickerson
First Selectman
Town of East Lyme, CT
860-691-4110

Director's Note

As warmer weather nears the Parks and Recreation/Youth Services Department is working hard to provide innovative and exciting programs for you and your family to stay active, healthy and fit. We have numerous upcoming Special Events planned over the next few months which will include:

- 2nd Annual Niantic Bay Boardwalk 5K in partnership with Niantic Main Street on Sunday, April 23rd.
- 10th Annual Touch A Truck event in partnership with the Child and Family Agency of SECT. on Saturday, May 20th.
- Annual National Trails Hike at Oswegatchie Hills partnering with the Friends of Oswegatchie Hills on Saturday, June 3rd.
- Annual Niantic Bay 10K Road Race on Friday, June 9th.

- Celebrate East Lyme Day for Saturday, July 15th.

More information on the above special events and the many more programs we offer can be found in this issue of our East Lyme Events Magazine.

The department is also excited about the completion of the Band Shell at McCook Point Park this spring. Thank you, to the East Lyme Public Trust Foundation, the Niantic Lions Club and the Niantic Rotary Club for partnering, and making this Band Shell a reality. We will have more information on events and a grand opening in the summer edition of this magazine.

As always a huge thank you to the advertisers of our Events Magazine who make it possible for this publication, allowing us to provide our residents



David Putnam

with information on town wide events and programs.

Sincerely,
David Putnam
Director / Parks and Recreation

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Park & Beach Information

MCCOOK POINT PARK, HOLE N' WALL, & CINI PARK

Open daily from 8:00 am to sunset

Pets are permitted on beaches from the Tuesday after Labor Day until the Friday before Memorial Day ONLY**; must be under owners control at all times and it is the owner's responsibility to clean-up all pet waste. Dogs are not permitted on the Niantic Bay Boardwalk at any time during the year.

Restrooms will remain open until mid-November as weather permits.

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

Tobacco Free Parks

State Statute 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.

**NO PETS May 26 – Sept 4, 2017 AT

ANY BEACH FACILITY / SEE BELOW REGULATION

State Regulation (Public Swimming Area Regulations) Section 19a-36-B61 (10) states domestic animals shall be prohibited in the water and the land immediately adjacent to the water of a public swimming area when the public swimming area is open for use.

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BEACH/PARKING PASSES

Parking permits will go on sale beginning April 3rd at the Parks & Recreation Office. Permits will be sold from 8:30 am to 4:00 pm throughout the season. From May 25 – June 29 the office will extend the office hours to 7:00 pm on Thursdays. To obtain a season permit, ALL applicants must present their valid car registration at time of purchase. If you are new to town, please bring your tax bill or lease to expedite the process. To avoid lines, you can mail in a copy of your registration, a copy of your latest tax bill (if vehicle is not registered to an East Lyme/Niantic address), the fee (checks payable to Town of East Lyme) and a self addressed envelope, and we will process your request and mail your beach pass to you.

FEES FOR 2017

| | |
|--|----------|
| Resident | \$35.00 |
| Resident (Add'l car) | \$25.00 |
| Senior (62 & over) | \$15.00 |
| Non-Resident | \$100.00 |
| Resident Day | \$10.00 |
| Non-Resident Day Parking M-F | \$25.00 |
| Non-Resident Day Parking Weekends & Holidays..... | \$30.00 |
| Non-Resident Day Walk In | \$10.00 |
| Non-Resident Season Walk In | \$50.00 |

As of Saturday, May 27 (Memorial Day Weekend) all vehicles must have a parking permit to enter the parks through September 4 (Labor Day). Park hours are 8:00 am to dusk. Lifeguards are on duty daily from 9:00 am – 5:00 pm, beginning tentatively mid-June.

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. Rentals are also available before Memorial Day and after Labor Day; Non-Residents are able to rent during that period. Please contact the Parks & Recreation office for information and availability.

PARKS & BEACHES ADDRESSES

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, outdoor showers

Peretz Park at Bridebrook – 221 West Main Street, Niantic
Baseball, soccer, basketball court, softball, lacrosse, utility fields

Smith-Harris Park – 31 Society Road, Niantic (Behind EL Middle School) Little League, Pee-Wee football

Veteran's Memorial Park – 10 Memorial Park Road, Niantic
Baseball, softball

Parks & Recreation Department



41 Society Road, Niantic, CT
860-739-5828 fax 860-691-2409
www.eltownhall.com

Contact Information & Websites

Executive Director: David M. Putnam
Program Coordinator: Carolann Rossiter
Administrative Assistant: Robin Grandieri
Administrative Secretary: Arlene Wilbur
Special Events Coordinator: Michael R. McDowell

Park Foreman: Edward Ball
Maintenance Support: Michael Rak, Jason Alves, William Steward

Parks & Recreation Commission Members

Chairman - J. Robert Pfanner
William Willets, Jr. Emeritus Member, Charles Fenick,
Jackie Curry, Patrick Larkin, Roger Nadeau, Milan Keser,
Thomas Beebe

The Parks and Recreation Commission meets in the Parks and Recreation conference room on the second Thursday of each month at 7:00 pm. The public is welcome to attend the meetings.

East Lyme Police Department 860-739-5900

East Lyme Public Library 860-739-6926

www.ely.lioninc.org

East Lyme Public Works 860-739-8444

East Lyme Senior Center 860-739-5859

East Lyme Town Hall 860-739-6931

www.eltownhall.com

East Lyme Youth Services 860-739-6788

Commission Meetings are 2nd Thursday

Rocky Neck State Park 860-739-5471

DEP Old Lyme 860-434-8638

Children's Museum of SE Connecticut 860-691-1255

continued on page 6

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Parks & Recreation Department

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East Lyme Aquatic & Fitness Center (Pool) 860-691-4681

www.nutmegaquatics.com

East Lyme Business Organization

Contact Lynnea Mahlke 860-691-1611

Athletic Organizations

EAST LYME BABE RUTH LEAGUE

Jay Reid, President / 860-326-1579

www.eastlymebaberuth.com

EAST LYME LACROSSE

Rich McCaffrey / 860-608-0465 / smongo51@gmail.com

www.ella.uslaxteams.com

EAST LYME LITTLE LEAGUE

Rob Tukey / 860-912-2679 / rtukey71@gmail.com

www.ETEAMZ.com/EastLymeLittleLeague

EAST LYME SOCCER CLUB

Chuck Massung / 860-739-9147 / www.eastlymesoccer.org

EAST LYME YOUTH FOOTBALL

Chip Mundell / 860-271-6191

EAST LYME YOUTH CHEERLEADING

Tammy Bogue / 860-303-1741

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Mike Catanzaro / 860-941-7272 / mecat1926@gmail.com

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www.eastlymemomsclub.org

WOMENS CLUB OF SE CONNECTICUT / 860-691-1948

AMERICAN LEGION AUXILIARY, UNIT 128

Pat Keegan / 860-739-2107

EAST LYME GARDEN CLUB

www.eastlymegardenclub.com or elgclub@gmail.com

GIRL SCOUTS REGIONAL OFFICE

Jenna Duff / 800-922-2770 x 3728

Monica Sistaire / 860-691-8318 / monicarae79@sbcglobal.net

DISTRICT SCOUTS REGIONAL OFFICE

Mike Cooney / 860-373-0097

CUB SCOUTS PACKS

Mike McKee, #24 / 860-739-0433 / www.beascout.org

www.pack24eastlyme.org / pack24eastlyme@gmail.com

Axel Mahlke, #7 / 860-287-1174

BOY SCOUT TROOPS

George Sisson, #7 / 860-691-2165

Troop #24 / 860-443-5492

Richard Cushing, #240 / 860-739-5239

Community Bulletin Board

PASSPORTS

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

Evening hours will be available on Thursdays only May 25 – June 29. Office will be open until 7:00 pm. Appointments must be made in advance for this day.

MEN'S SOFTBALL LEAGUE ORGANIZATIONAL MEETING

The league is scheduled to begin play in mid-May. All games are played at Samuel M. Peretz Park @ Bridebrook. The department is currently accepting teams for the 2017 season.

Reminder: The meeting will be held on Tuesday March 14 at 6:30 pm in the Parks and Recreation office.

SUMMER PLAYGROUND PROGRAM AND EXTENDED CARE FOR CHILDREN ENTERING FIRST GRADE THROUGH ENTERING GRADE 6:

DATES: JUNE 26 TO AUGUST 11

(NO PROGRAM ON JULY 4)

DAYS: MONDAY THROUGH FRIDAY

TIME: 8:30 am TO 1 pm

FEES: \$235.00 Resident/\$335.00 Non-Resident

LOCATION: L.B. HAYNES

(1ST GRADE TO 3RD GRADE)

MIDDLE SCHOOL

(4th GRADE TO 6th GRADE)

EXTENDED CARE (WEEKLY PAYMENT):

TIME: 7:45 TO 8:30 am (OR TBA)

FEE: \$20.00 Resident/\$30.00 Non-Resident Per Week

TIME: 1:00 TO 5:00 pm

FEE: \$65.00 Resident/\$110.00 Non-Resident Per Week

LOCATION: EAST LYME MIDDLE SCHOOL

REGISTRATION BEGINS ON JUNE 1 AT THE

RECREATION OFFICE

SUMMER HANG OUT FOR ENTERING 7th THROUGH 9th GRADE:

Weekly Programs For East Lyme Residents Only, Limited To The First 30 to Register.

Dates: June 26 to August 11 (No Program On July 4)

Days: Monday Through Friday, Trips On Thursday

Time: 8:30 am to 1:30 pm

Fee: Weekly Fee And Trips To Be Determined

Location: East Lyme Youth Services

REGISTRATION BEGINS ON JUNE 1 AT THE RECREATION OFFICE

THAMES RIVER FENCING CLUB

The club meets at the East Lyme Library/Community Center Activity room on Monday evenings. 7:35 to 10:00 pm.

U.S. AMATEUR BALLROOM

DANCE ASSOCIATION DANCES

Dates: Fridays, March 17, May 19 & June 16; Saturdays, April 1, May 6 & June 3.

Time: Fridays, 7:00 to 10:00 pm

Saturdays, 6:30 to 11:00 pm

Location: East Lyme Public Library/Community Center Activity Room.

Contact: Raymond O'Connell @ 860-501-5260;

www.usadancenewlondonct.com

SHORELINE SWING DANCES

Dates: Third Saturday of each month: March 18, April 15, May 20 & June 17

Time: 8:00 to 11 pm.

Dance lessons are offered from 7 to 8 pm.

Location: East Lyme Public Library/Community Center Activity room.

For more information please visit "shorelineswingct.com."

Athletic Organizations

2017 EAST LYME LITTLE LEAGUE BASEBALL & SOFTBALL REGISTRATION

Register your ball player
for the 2017 season!

Tee Ball through Majors (Ages 4 to 12)

Wednesday, February 1st

(6:00 pm to 8:00 pm)

Saturday, February 4th

(9:00 am to Noon)

East Lyme Middle School Cafeteria

Or register online today at:

www.eastlymelittleleague.org

2017 CHEERLEADING REGISTRATION COMING SOON!

Seniors / Juniors / Micros / Minis

The ELYCL program strives to provide a safe & respectful environment that will enrich the athletes understanding of the sport. Through cheerleading the emphasis will be to provide opportunities to the athletes that will encourage personal growth, promote teamwork, respect, and help develop positive self confidence. We welcome all levels, beginners to advanced! Season starts on August 1st and runs through early November. The ELYCL program is open to children who reside in East Lyme, Salem and Old Lyme.

Registration is open to kids entering into grades 1 through 8th and are between the ages of 6 and 14. Any questions please email: President Tammy Bogue: tammybogue@sbcglobal.net.

EAST LYME SOCCER ASSOCIATION

Programs include Pre K (ages 3-5), K-2, 3-8 travel and recreational programs and High School Summer Soccer (current 8th-11th graders). We also offer camps and clinics for all ages. Please visit our web site at www.eastlymesoccer.org for information on each program. For any questions please contact our registrar Lynda Mills at www.elsa.registrar@gmail.com.

Parks & Recreation PRE-SCHOOL PROGRAMS

CREATIVE ARTS FOR KIDS, AGES 3 & 4:

Session: 450301-01

This class concentrates on the process of free expression through art. Children learn to manipulate various art supplies and to create close and open ended projects with a variety of conventional and unconventional materials. Socialization, fine motor skill development, following directions & color recognition are some of the important skills that are addressed in this class. Creative Art is a child participation only class.

Dates: March 23 to May 4 (No class 4/13)

Days: Thursday

Time: 9:30 to 10:15 am

Fee: Resident-\$35/Non-Resident-\$50.00

Registration: Begins April 8

Location: East Lyme Library/Community Center/
Youth Center

Instructor: Rachel Skelton

Dates: March 20 to May 1

Day: Monday

Time: 9:30 to 10:15 am

Fee: Resident \$35/Non Resident \$50

Registration: Begins on March 1

Location: East Lyme Library/Community Center/
Youth Center

Instructor: Rachel Skelton

OUTDOOR EDUCATION, AGES 3 TO 5

Session #450601-01

Using the outdoors as their classroom, children discover the wonders of the natural world. Observing & exploring the beach or the woods, develop skills & concepts such as language & sensory development, conservation & sustainability. This class is child participation only.

Dates: May 11 to June 22

Day: Thursday

Time: 11:00 am to 11:45 am

Fee: Resident \$35/Non Resident \$50

Registration: Begins on April 24

Location: McCook Point Park, upper level, tent &
Oswegatchie Hills Trails

Instructor: Rachel Skelton

CREATIVE ARTS FOR KIDS, AGES 3 & 4:

Session: 450301-02

Info same as above with following dates:

Dates: May 11 to June 22

Registration: Begins on April 24

SIMPLE STEM, AGES 3 TO 5

Session #450401-01

In this hands-on STEM based series, kids will love finding out how things work as they begin learning about Science, Technology, Engineering, and Math concepts with age-appropriate projects & experiments each week. This class encourages experimenting, tinkering, building, observing, exploring, problem solving & creating.

MOVIN' & GROOVIN', AGES 3 TO 5

Session #450501-01

A learning through movement class focused on developing large motor skills, socialization and team building. Interactive games each week will encourage independence and working together. An energetic class filled with running, jumping, twirling and dancing!

Dates: March 20 to May 1 (No class 4/10)
 Days: Monday
 Time: 10:30 to 11:15 am
 Fee: Resident \$35/Non Resident \$50
 Registration: Begins March 1
 Location: East Lyme Library/Community Center/
 Smith-Harris Room
 Instructor: Rachel Skelton

MOVIN' & GROOVIN', AGES 3 TO 5

Session #450501-02
 Info same as above with following dates:
 Dates: May 8 to June 19 (No class 5/29)
 Registration: Begins on April 24

YOGA FUN & FITNESS FOR AGES 3 TO 5

Session # 410303-02
 Introducing & practicing yoga with fun music
 Dates: April 7 to June 9
 Days: Friday
 Time: 1:00 to 1:45 pm
 Fee: Resident \$35/Non Resident \$50
 Registration: Begins March 1
 Location: East Lyme Public Library/Community Center,
 Activity Room
 Instructor: Marsha Pirie

**NEW PROGRAM:
 "MY SMART HANDS" SIGN LANGUAGE CLASS FOR
 BIRTH THROUGH PRE-K**

Session #440101-01
 In a playful, educational and language-rich environment, caregivers and children will build their American Sign Language (ASL) vocabulary through instruction, interactive games and songs. You will learn recommended first signs, the benefits of using ASL with hearing children, and easy techniques for integrating signs into everyday life. Topics include: family, food, animals, emotions, opposites, bed time and play signs. All classes include a full color MSH™ curriculum book with a CD (a \$25 value)! Each enrolled adult receives a book and CD and may bring up to 2 children, birth through Pre-K. Maximum number of participants 6.

Dates: March 22 to May 17 (no class on 4/12)
 Day: Wednesday
 Time: 2:45 to 3:30 pm
 Fee: Resident \$85/Non-resident \$100
 (includes book with a CD)
 Registration: Begins March 5
 Location: East Lyme Public Library/Community Center,
 Youth Center Art Room
 Instructor: Rosemarie Goss

continued on page 10

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P&R Pre-School & Youth Programs ... continued from page 9



THE FOLLOWING PRESCHOOL AND YOUTH PROGRAMS ARE OFFERED BY ELRT AND ARE SPONSORED BY EL PARKS & RECREATION

MOMMY /DADDY & ME (Infants – 2 year olds)

Session: 440901-01

Stimulate your baby's natural response to music! Parents and babies learn rhymes, songs, lullabies, and floor and lap games. Dance, shake and play together to an array of musical styles and genres. Your baby will develop important listening and motor skills. Adult participation required.

Dates: March 30 to May 25 (no class on 4/13)

Days: Thursday

Time: 9:45 am – 10:30 am

Fee: Resident \$75.00/Non-Resident \$90.00

Registration: Begins Feb. 20

Where: ELRT 32 Society Rd., Niantic

Instructor: Erin Stanley

PRESCHOOL MUSIC, MOVEMENT AND EXPLORATION (ages 2 ½ - 5 year olds)

Session: 440903-01

Imagination! Creativity, fun and interactive learning are the basis of this class. Students will experience different genres of music while singing, dancing and telling stories through exploration and play. Adult participation is required for some of the class.

Dates: March 30 to May 25 (No class on 4/13)

Days: Thursday

Time: 10:45 am – 11:30 am

Fee: Resident \$75.00/Non-Resident \$90.00

Registration: Begins Feb. 20

Where: ELRT 32 Society Rd., Niantic

Instructor: Erin Stanley

LITTLE BROADWAY STARS (Ages 5-7)

Session: 440911-01

A singing, dancing, and acting class for some of our youngest performers. Learn fun songs, basic jazz, ballet and tap and act out popular children's stories. Students will showcase all they learned in our final class. Dancing shoes are encouraged.

Dates: March 30 to May 25 (No class 4/13)

Days: Thursday

Time: 4:15 – 5:00 pm

Fee: Resident \$75.00/Non-Resident \$90.00

Registration: Begins Feb. 20

Where: ELRT 32 Society Rd., Niantic

Instructor: Erin Stanley

LIGHTS OF BROADWAY (Ages 8 to 11)

Session #440907-01

Learn how to sing, act and dance in this beginner musical theater class. This class will also include drama games, improv and more. Children will act out stories, sing songs and learn fun dances in

a comfortable and loving environment. The group will showcase some of the things they have learned on final day of class.

Dates: April 3 to May 29 (No class April 10)

Days: Monday

Time: 5:00 – 5:50 pm

Fee: Resident \$90.00 /Non-Resident \$105.00

Registration: Feb. 20

Where: ELRT 32 Society Rd., Niantic

iiDANCE PERFORMANCE WORKSHOP (Grades 3 and up)

Session #440902-01

Come to one or all of the days. New dances each time!

Do you love musical theater – both on the stage and on the big screen? Then come join the fun as we explore the exciting world of dance in musical theater. This class will consist of a warm-up and a brand new dance routine. For those that like to sing we will familiarize ourselves with the music and learn more about this show! We will have a few surprises in store too! We'll learn choreography based on a popular Broadway style musical. No dance experience is necessary! Erin Stanley is a professional performer and theater/dance educator with more than 20 years of experience. She has performed all over the US, including TV, movies, professional theater and Off-Broadway. She is the artistic director of ELRT and directs, choreographs and teaches classes and productions throughout CT.

Dates: Saturday April 8th 10:30 -11:45 am

Sunday April 23 2:00 – 3:30 pm

Fee: \$15.00 per class (drop-in welcome)

Registration: Feb. 20

Where: ELRT 32 Society Rd., Niantic

ADULT DANCE WORKSHOP (Ages 13 and up)

Session #440902-03

Want to learn to dance or improve your current skills?

Come join the fun as we explore the exciting world of dance in musical theater. This class will consist of a warm-up and a brand new dance routine. For those that like to sing we will familiarize ourselves with the music and learn more about this show! We will have a few surprises in store too! We'll learn choreography based on a popular Broadway style musical. No dance experience is necessary! Instructor Erin Stanley (see above).

Dates: March 26 and April 2

Days: Sunday

Time: 2:00 – 3:15 pm

Fee: \$15.00 per class (drop-in welcome)

Registration: Feb. 20

Where: ELRT 32 Society Rd., Niantic

MUSICAL THEATRE AUDITION WORKSHOP (Ages 12 and up & Adults welcome)

Session #440902-03

Want to prepare for a big audition coming up? College auditions, Community theater, professional theater or maybe even ELRT's summer production? Learn how to pick the right song, what to

wear and how to put together a resume. Also learn what directors are looking for, how to impress the choreographer and how to fight off those nerves. Each student is encouraged to bring a song and or a monologue that they may want to get feedback on. We will also explore reading sides and cold readings. This class will be taught by ELRT's Artistic Director and Musical Director; Erin and Chris Stanley.

Date: Sunday, April 30
 Time: 2:00 – 4:15 pm
 Fee: \$35.00 per class
 Registration: Feb. 20
 Where: ELRT 32 Society Rd., Niantic

CALLING ALL PRINCESSES! (Ages 3-6)

Session #440902-04
 Ever wonder how a princess dances or how a princess walks? Join us for a magical Princess Workshop complete with games, dances, songs, treats, crafts, stories and more. Lots of surprises in store too! Costumes are encouraged but not needed.

Date: Sunday, April 2
 Time: 2:00 – 3:30 pm
 Fee: \$20.00
 Registration: Feb. 20
 Where: ELRT 32 Society Rd., Niantic

YOUTH PROGRAMS

BEGINNING FOIL 1 – Ages 10 & older

Session #480101-01
 This class covers basic fencing movements with the foil, including the guard positions, basic footwork, simple & compound attacks, defensive actions (parries), attacks on the blade and attacks into preparation. The student develops sensitivity to the blade, timing & distance awareness, & basic boutting skills. The class introduces the student to elementary tactics & the fencing rules.

Dates: March 23 to May 18 (no class 4/13)
 Days: Thursdays
 Time: 6:30 to 8:00 pm
 Fee: Resident \$75.00/Non Resident \$90.00 (includes equipment)

Registration: Begins Feb. 27
 Where: Lillie B. Haynes School, gymnasium
 Instructor: Thames River Fencing Club

INTERMEDIATE FOIL/ADVANCED FOIL – Ages 10 & Older

Session: #480201-01
 Beginning Foil One is a prerequisite. This class builds upon the skills introduced in Beginning Foil One & covers more complex footwork & blade work, including variations on attacks on the blade and blades takes (prises de fer).

Boutting skills, tactics and the fencing rules are also covered in greater detail.

continued on page 12



Come See What's On
at Lyme Shores

NEW TENNIS CLINICS & SOCIALS
NEW DROP-IN PICKLEBALL SESSIONS
NEW FITNESS CLASSES

AFTER-SCHOOL TENNIS PROGRAMS FOR KIDS

Eight-week sessions throughout the school year

| | |
|--|--|
| <p>Big Shots (ages 4-6) Tue. or Thu., 4-5pm</p> <p>Future Stars (ages 7-9) Tue. & Thu., 4-5pm</p> <p>Team Connecticut Mon. & Wed., 5:15-6:30pm For competitive junior players</p> | <p>Local Excellence (ages 10-12) Tue. & Thu., 4-5pm</p> <p>Tournament Tough (ages 13-15) Mon. & Wed., 4-5:15pm</p> <p>High School Boys- Fri., 3:30-5pm Girls- Sat., 9-10:30am</p> |
|--|--|

ADULT TENNIS, PICKLEBALL & FITNESS

| | |
|---|--|
| <p>Beginner Tennis Drills Wed., 5:30-7pm</p> <p>Adv. Beginner Tennis Drills Tue., 9-11am, 11am-12pm</p> <p>Intermediate Tennis Drills Mon., 10:30am-12pm</p> <p>NTRP Tennis Drills Sat., 10:30am-12pm, All levels</p> <p>Cardio Tennis Wed., 7-8pm, All levels</p> <p>Tennis Round Robins/Socials Tue., 9-11am, Fri., 12-2pm, 7-9pm</p> | <p>Drop-in Pickleball Mon., 1-4pm, Thu., 9:30am-12pm</p> <p>Strength Training M/W/F, 10am, W/F, 8am</p> <p>Circuit Training Sat./Sun., 8am</p> <p>Stability Ball Mon., 8am</p> <p>Yoga M/W, 11am</p> <p>Zumba Sat., 9:15am</p> |
|---|--|



LYME
SHORES

TENNIS & CONDITIONING CENTER

(860) 739-6281

www.lymeshores.com

22 Colton Road
East Lyme, CT 06333

P&R Youth Programs ... continued from page 11

Dates: March 28 to May 23 (no class 4/11)
Days: Tuesdays
Time: 6:15 to 7:45 pm
Fee: Resident \$75.00/Non Resident \$90.00
(includes equipment)
Registration: Begins Feb. 27
Where: Lillie B. Haynes School, gymnasium
Instructor: Thames River Fencing Club

SKYHAWKS SPORTS PROGRAMS

Registration for Skyhawk programs is now only accepted ONLINE at www.skyhawks.com or call 800-804-3509. No registrations will be accepted at the Parks & Recreation Office.

TINY HAWKS (Ages 3 & 4)

The essentials of soccer and basketball are introduced in a fun and safe environment with lots of encouragement. Children will learn balance, body movement, hand/eye coordination, and skill development through a series of sport specific games tailored to their attention spans.

Dates: Session 1: June 26 – June 30 M-F
Session 2: July 31 – Aug 4 M-F
Time: 9:00 am – 9:45 am
Fee: \$75.00
Where: Samuel M. Peretz Park @ Bridebrook

MINI HAWKS (Ages 4 - 7)

This program gives children age 4-7 a fun and positive first step into athletics.

Dates: Session 1: June 26- June 30 M-F 10:00 am-1:00 pm
Session 2: July 10– July 14 M-F 9:00 am – 12:00 pm
Session 3: July 31 – Aug 4 M-F 10:00 am-1:00 pm
Fee: \$120.00 per session
Where: Samuel M. Peretz Park @ Bridebrook

TEDDY TENNIS (Ages 3-5)

Teddy Tennis is a fantastic educational program that inspires kids to get active and learn to play tennis. It works by combining music, pictures, and teddy bear stories.

Dates: Session 1: June 26 – June 29 M-Th
Time: 12:15 pm – 1:00 pm
Fee: \$70.00 per participant
Where: East Lyme High School – Tennis Courts

RED BALL TENNIS (Ages 6-9)

This class provides a relaxed environment where fundamental tennis skills are taught along with a wide range of fun activities that help develop agility, balance, movement, sending, receiving and gross motor skills.

Dates: Session 1: June 26- June 29 M-Th
9:00 am-12:00 pm \$125.00
Session 2: July 5 - 7 W,T,F
9:00 am – 12:00 pm \$79.00

Session 3: July 17 – July 20 M-Th
9:00 am-12:00 pm \$125.00
Where: East Lyme High School – Tennis Courts

ORANGE BALL TENNIS (Ages 7-10)

Players develop their tennis technique, athletic and court coverage skills in order to achieve success in rallying consistency and in point playing on a 60' court. Players will focus on using the proper shot techniques and court coverage skills before moving on to a 78' court.

Dates: Session 1: June 26- June 29 M-Th
9:00 am-12:00 pm \$125.00
Session 2: July 5 - 7 W,Th,F
9:00 am – 12:00 pm \$79.00
Session 3: July 17 – July 20 M-Th
9:00 am-12:00 pm \$125.00

Where: East Lyme High School – Tennis Courts

GREEN BALL TENNIS (Ages 8-12)

This class emphasizes all aspects of the game and helps improve proper shot technique. Focus is placed on live ball drills that develop rallying and decision-making skills along with proper movement and recovery. Point playing games are used to reinforce the skills learned and to improve the players' competitive skills.

Dates: Session 1: June 26- June 29 M-Th
9:00 am-12:00 pm \$125.00
Session 2: July 5 - 7 W,Th,F
9:00 am – 12:00 pm \$79.00
Session 3: July 17 – July 20 M-Th
9:00 am-12:00 pm \$125.00

Where: East Lyme High School – Tennis Courts

MULTI-SPORT (Ages 7 -12)

(Capture the Flag, Ultimate Frisbee, Flag Football & Kickball)
Multi sports programs are tailored to your child's age & skill level while teaching life lessons such as respect & teamwork. Boys & girls will learn the rules and essential skills of each sport.

Dates: July 10 – July 14 M-F
Time: 9:00 am – 12:00 pm
Fee: \$120.00
Where: Sam Peretz Park - Bridebrook

BASKETBALL (Ages 5-7 & Ages 7-10)

An active week of passing, shooting, dribbling and rebounding makes this one of our most popular programs. There are two separate age groups.

Dates: July 24 – July 28 M-F
Time: 9:00 am – 12:00 pm Ages 5-7
9:00 am – 12:00 pm Ages 7-10
Fee: \$120.00
Where: Sam Peretz Park - Bridebrook

Parks & Recreation / ADULT PROGRAMS

MORNING AEROBICS

Session # 410101-01

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.

Dates: May 8 to June 30 (No class 5/29)

Days: Monday-Wednesday-Friday

Time: 8:30 am – 9:30 am

Fees: Resident \$55.00/Non-Resident \$70.00

Registration: Begins April 10

Location: East Lyme Library/Community Center,
Activity Room

Instructors: Donna Neaton, AFAA

TOTAL FITNESS

Session # 410104-01

Classes include circuit training, PiYo, weights, bands and balls to create a variety of exercises for the entire body. Every class is different; Participants are required to bring a non-slip exercise mat.

Dates: April 25 to June 15

Days: Tuesday – Thursday

Time: 10:15 am – 11:15 am

Fee: Resident \$50.00/\$30.00 (1-day)

Non-Resident \$65.00/\$45.00 (1 day)

Registration: Begins April 10

Where: East Lyme Library/Community Center
Activity Room

Instructors: Marsha Pirie, AFFA, PiYo

TUESDAY ZUMBA

Session #410103-02

This class will be 55 minutes of Zumba dance aerobics and & toning. The class will end with stretching.

Dates: April 11 to June 27

Days: Tuesday

Time: 5:30 pm – 6:25 pm

Fee: Resident \$48.00/Non-Resident \$63.00

Registration: Begins March 28

Where: East Lyme Library/community Center-activity room

Instructor: Donna Neaton AFAA/Zumba Instructor

SATURDAY MORNING ZUMBA AEROBICS

Session #410103-03

This 1½ hour class begins with 50 minutes of ZUMBA dance aerobics and will be followed by a core strengthening workout. Class ends with a 5 minute stretch. Participants are required to bring a non-slip exercise mat.

Dates: April 1 to June 24 (No Class 4/15, 6/10)

Days: Saturdays

Time: 8:30 am – 10:00 am

Fee: Resident \$60.00/Non-Resident \$75.00

Registration: Begins March 28

Where: East Lyme Library/Community Center
Activity Room

Instructor: Donna Neaton AFAA/Zumba Instructor

COED CARDIO TOTAL BODY CONDITIONING

Session #410202-01

This class includes cardio and strength training using hand held weights, bands, balls and tubing. It features a total body workout taking individuals from standing moves to floor workouts. The class will end with an abdominal core workout and stretching exercises. Participants are required to bring a non-slip exercise mat.

Dates: March 13 to April 26

Days: Monday - Wednesday

Time: 5:00 to 6:00 pm

Fee: Resident \$45.00/Non-Resident \$60.00

Registration: Begins March 1

Where: East Lyme Library/Community Center
Activity Room

Instructor: Donna Neaton-AFFA

COED CARDIO

Session # 410202-02

Same information as above except for:

Dates: May 8 to June 28 (No Class 5/29)

Registration: April 26

INTERVAL TRAINING

Session #410403-01

This is a 45 minute high intensity class rotating a variety of interval training methods such as TABATA, Circuit and more. IT IS A PROGRAM DESIGNED FOR ALL FITNESS LEVELS. Please bring a non-slip exercise mat and plenty of water to drink!

Dates: March 13 to April 26

Days: Monday and Wednesday

Time: 4:10 to 4:55 pm

Fee: Resident \$45.00/Non-resident \$60.00

Registration: Begins March 1

Where: East Lyme Library/CC-Activity Room

Instructor: Donna Neaton, AFFA

INTERVAL TRAINING

Session # 410403-02

Same information as above except for:

Dates: May 8 to June 28 (No Class 5/29)

Registration: April 26

CORE AND MORE FITNESS WITH STABILITY BALL

Session #410105-01

A 45 minute class focusing on balance and the core muscles with additional upper/lower body strength training. This workout can be done on an exercise mat as well as the stability ball.

continued on page 14

P&R Adult Programs ... continued from page 13

Participants are required to bring a non-slip exercise mat and your own stability ball. (BALL IS OPTIONAL, BUT PREFERRED)

Dates: March 16 to May 4
Days: Thursday
Time: 4:10 to 4:55 pm
Fee: \$40.00 Resident/\$55.00 Non-resident
Registration: Begins on March 1
Where: East Lyme Public Library/Community Center activity room
Instructor: Donna Neaton, AFFA

CORE AND MORE FITNESS WITH STABILITY BALL

Session # 410105-02
Same information as above except for:
Dates: May 11 to July 6 (No Class 5/25)
Registration: April 26

JILLIAN MICHAELS BODYSHRED

Session #410303-01
This is a 45 minute class. Thirty minutes will involve intervals of 3 minutes of strength using hand held weights, 2 minutes of cardio and 1 minute of abs. The other 15 minutes will include warming up, stretching, cooling down and more stretching. You will define muscle, sculpt your physique and enhance your overall health & performance. Please bring a non-slip exercise mat and water to drink!
Dates: April 11 to June 27
Days: Tuesday
Time: 4:30 to 5:15 pm
Fee: Resident \$48.00/Non Resident \$63.00
Registration: Begins on March 28
Where: East Lyme Library/Community Center, Activity room
Instructor: Marsh Pirie, AFFA, Jillian Michael's Body Shred Certified

CORE WORKOUT

Session # 410301-01
This class incorporates the principles of Pilates, using as resistance body weight, different equipment, and stretching. Participants in this class will work the body in a full range of motion using the core muscles. Active isolated stretching will be used to effectively regain movement that has been restricted because of injury or tight muscles. Participants are required to bring a non-slip exercise mat.
Dates: May 16 to June 27
Days: Tuesday
Time: 6:30 pm – 7:30 pm
Fee: Resident \$50.00/Non-Resident \$65.00
Registration: Begins April 26
Where: East Lyme Library/Community Center Activity Room
Instructor: Kim Stirtan-BSPE, ACE & Stott Pilates

MONDAY COED YOGA

Session #410501-01
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.
Dates: April 24 to July 3 (No class 5/29)
Days: Monday
Time: 6:10 pm – 7:25 pm
Fee: Resident \$50.00/Non-Resident \$65.00
Registration: Begins March 28
Where: East Lyme Library/Community Center Activity Room
Instructor: Rosemary Gentile – M.S.R.D.-RYT

WEDNESDAY NIGHT COED YOGA AND MEDITATION

Session # 410502-01
Class is for all levels of students. Students will learn postures, deep relaxation, and breathing techniques. This class will begin at 6:30 to 7:45 pm followed by optional meditation, from 7:55 to 8:15 pm. Participants are required to bring a non-slip exercise mat.
Dates: April 5 to June 21
Days: Wednesday
Time: 6:30 pm – 8:15 pm
Fee: Resident \$60.00/Non-Resident \$75.00
Registration: Begins March 14
Where: East Lyme Library/Community Center Activity Room
Instructor: Michele Flowers, RYT 500

YOGA FITNESS

Session #410107-01
This class is Yoga for the active mind & body. Postures are linked together through breath to create an invigorating flow. The class will focus on toning & sculpting through flow & core work. Participants are required to bring a non-slip exercise mat.
Dates: April 10 to June 26
Days: Monday
Time: 9:35 to 10:35 am
Fee: Residents \$50.00/Non Residents \$65.00
Registration: Begins March 28
Where: East Lyme Library/Community Center Smith-Harris Room
Instructor: Michele Flowers, RYT 500; Marsha Pirie, AFFA, Certified PiYo Instructor

EVENING PIYO CLASS

Session #410106-01
PiYo Strength is a fun, work at your own level class, joining Pilates and Yoga into one workout. You will burn calories, tone muscles, work on balance and get a great stretch. It is designed to build strength and flexibility. You will exercise your body, mind & spirit. For the March-April session only: Rachel Baer will be instructor in March and Marash Pirie for April.
Dates: April 6 to June 8

Days: Thursday
Time: 5:15 to 6:00 pm
Fee: Resident \$45.00/Non Resident \$60.00
Registration: Begins March 28
Location: East Lyme Public Library/Community Center
Activity Room
Instructor: Marsha A Pirie, Certified PiYo Instructor/
Rachel Baer

MORNING PIYO CLASS

Session #410106-02
Dates: April 7 to June 16 (No Class 4/14)
Days: Friday
Time: 9:40 to 10:25 am
Fee: Residents \$40.00/Non Resident \$55.00
Registration: Begins on March 28
Location: East Lyme Public Library/Community Center
Activity Room
Instructor: Marsha A. Pirie, Certified PIYO Instructor/
Rachel Baer

BALLROOM DANCE - BEGINNER LESSONS

Session #430101-01
The Beginner Class will include instruction in waltz, foxtrot, rumba and swing.
Dates: March 16 to May 4

Days: Thursday
Time: 6:30 to 7:30 pm
Fee: Resident \$45.00/Non-resident \$60.00 per person
Registration: Begins on March 1
Where: East Lyme Library/Community Center
Activity Room
Instructor: Marjorie Winslow

BALLROOM DANCE - INTERMEDIATE LESSONS

Session #430102-01
The intermediate class will include instruction in cha-cha, foxtrot, tango and swing. Same information as the beginner's class except for:
Time: 7:30 to 8:30 pm

DOG OBEDIENCE - BEGINNERS

Session # 430201-01
This class will teach the basic skills and work towards taking the dog off the leash. The FIRST class is held in the Olive Chendali room without your dog.
Participants must provide proof of rabies and parvo at the time of registration. The dog must be 4 months and older.
Dates: April 17 to June 26
Days: Monday
Time: 5:15 to 6:15 pm

continued on page 16

Daily Lunch & Dinner Specials

*Check out our
Easter Specials!*



Great Food • Great Prices • Great Location

Watch for Our
March Madness
Specials!!!

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Built in 1960 and located in scenic Niantic, Connecticut, Rocky Neck Inn & Suites has 31 private suites available. Whether you would like to stay for one night, one week, or longer we can comfortably accommodate you!

237 West Main Street
Next Door to Lyme Tavern

Part of Old Lyme

P&R Adult Programs ... continued from page 15

Fee: Resident \$55.00/Non Resident \$70.00

Registration: Begins on March 28

Where: East Lyme Public Library/Community
Center parking lot

Instructor: Barbara Keck

DOG OBEDIENCE - NOVICE

(AKC Canine Good Citizen Program)

Session #430202-01

This class refines the basic skills and work towards taking the dog off the leash. The beginner's class is a prerequisite. Partici-

pants must provide proof of rabies & parvo at the time of registration. The dog must be 4 months and older. Owner and dog will participate in the AKC Canine Good Citizen Program. In order to receive the certificate, dogs must pass the Canine Good Citizen test.

Same information as the beginner's class except for:

Time: 6:30 to 7:30 pm

Parks and Recreation Registration Policies

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 am - 4:00 pm.

DIRECTIONS

95 South - Take Exit 74; turn right onto Flanders Rd (CT-161)

& continue for approx. 1 mile. Turn right at stop light 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; take Left (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 \$15 fee for programs.

PAYMENT

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.

CANCELLATIONS

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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Psychological & Mental Health Services

Serving adults, adolescents, children
and families · Individual, couple,
and family therapy

Adoption competent therapists work
with adoptees and/or families

Psychological evaluation for adoption
related issues, personality functioning,
and treatment planning

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860-739-6974

EAST LYME PARKS AND RECREATION DEPARTMENT
REGISTRATION FORM



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.** Program cancellations will be heard on radio station WNLC, WICH, WCTY, WTYD, 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 _____

East Lyme Youth Services

45 Society Rd., Niantic, CT 06357
(860) 739-6788
Email: mmcdowell@eltownhall.com

Serving the East Lyme and
Salem Communities

Dave Putnam – Executive Director
Mike McDowell – Program Director
Office Hours 8:00am – 4:00pm

“Our mission is to foster the positive development of youth by providing and/or coordinating preventive, remedial, 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.

REGISTRATION

Registration for Spring Youth Service programs will begin on Friday, February 27.

NIANTIC BAY BOARDWALK 5K

Sunday, April 23rd
The Niantic Bay Boardwalk 5K invites you to run or walk down the Niantic Bay Boardwalk. This spectacular promenade in East Lyme, CT, boasts stunning views of Long Island Sound, lapping waves, and the whoosh of trains passing on nearby tracks. 5K runners and walkers will enjoy a mostly flat course from Niantic's McCook Point Park through the charming Village of Niantic, along Main Street and the Boardwalk, to a sparkling finish at Hole-in-the-Wall Beach. Post-race festivities and awards follow at the pavilion in McCook Point Park. Bring your family and friends.

Visit eltownhall.com for additional information regarding this event!

HOME ALONE

Day: Mondays
Location: The Community Center in the Olive C. Room
Time: 3:00-4:00 pm
Meeting Dates: 3/13, 3/20, 3/27
Fee: \$45 residents / \$60 Non-residents
Recommended for all students in 5th and 6th grade. Participants learn how to be home without supervision responsibly, utilizing the expertise of local police and fire professionals and other guest speakers.

WHAT'S COOKIN' FOR KIDS

Day: Tuesdays
Time: 3:00-5:00 pm
Location: The Community Center in the main kitchen (near the senior center)
Meeting dates: 3/7, 3/14, 3/21, 3/28
Fee: \$50 resident/ \$55 Non-resident
Participants will learn cooking techniques, while preparing yummy meals. Participants will be given instruction and assistance in learning some basic meals they can contribute to their family's weekly menu! Parents please take note: Youth must be mature and responsible, as they will be handling sharp knives and hot items in the kitchen. Participants should bring Tupperware to bring leftover goodies home with them on some days. This class is open to children in grades 6-8.

MOUNTAIN BIKING CLUB (GRADES 5-9)

Day: Thursdays
Location: Rocky Neck: Trailhead near Divine Wine Emporium
Time: 5:00-6:30 pm
Meeting Dates: 4/20, 4/27, 5/4, 5/11
Fee: FREE

Guided rides will be led by program Coordinator Mike McDowell along the trails of Rocky Neck. Participants will build confidence from tackling terrain found along the trails while also enjoying the time outdoors! Participants must have a working bike with front and rear brakes, helmet, a fix-a-flat kit, and water.

FREE OPEN CENTER

AFTER SCHOOL PROGRAM

On school days the youth center will be open from 3:00 – 5:30pm for all middle school students to come, hang out, and utilize all that the center has to offer! Our staff is available to assist with homework, and supervise the kids to ensure they are engaging in safe activities. Half days of school, the center opens at noon.

STUDENT ADVISORY BOARD

The Student Advisory Board is a group of high school students who are interested in bettering the community by volunteering at town events, as well as planning and hosting events for advocates of youth in the community. Events the club has collaborated on are the Boardwalk 5k, the Niantic Bay 10k, Trick or Trunk, Holiday Stroll and various middle school dances.

BIKES FOR KIDS

BRING YOUR OLD BICYCLES TO US.
We are collecting bikes in any condition to bring to the Bikes For Kids organization in Centerbrook. Donated bikes are fixed up, and donated to families/organizations who otherwise cannot afford them. Drop-off location will be at the Youth Center on May 20th from 9:00-Noon (arrangements may be made for different time, please contact Youth Services staff to arrange) Adult bikes may be donated as well as they occasionally receive requests for them.

American Parkinson Disease Association Connecticut Chapter Support Group

Mystic– Mystic Healthcare / 475 High Street, Mystic, CT 06355
Meets the 3rd Wednesday of each month from 1:15-3:15pm.
Contact Donna Weissman - 860-536-1020

East Lyme Youth Services
45 Society Rd., Niantic, CT 06357
(860) 739-6788 Fax: (860) 691-2409

PROGRAM REGISTRATION FORM

Program Registering For : _____

PARTICIPANT INFORMATION

Participant's Name: _____ Date of Birth: _____ Age: _____

Grade: _____ Gender: _____ Home Phone : _____

Parent Email Address: _____

Address: _____ City: _____ Zip: _____

Mother Name: _____ Work Phone _____ Cell _____

Father Name: _____ Work Phone _____ Cell _____

Emergency Contact: _____ Relation _____ Phone _____

List any allergies, medications, or medical conditions _____

DEMOGRAPHICS (please check one in each category)

Race:

- American Indian/Alaska Native
- Asian
- Black/African American
- Native Hawaiian/Other Pacific Islander
- Multi Racial
- White

Family:

- 2 Birth/Adoptive Parents
- Step & Birth Parent
- Single Parent Female
- Single Parent Male
- Grandparent
- Relative/Guardian
- DCF
- Foster Parent
- On Own
- Joint Custody
- Other

Ethnicity:

- Hispanic/Latino
- Not Hispanic/Latino

[Note: We provide certain demographic information from this form to the State of CT Department of Education for statistical and research purposes]

I give my child permission to participate in the East Lyme Youth Services (ELYS) activities. I further understand that ELYS is not responsible for the time or manner in which my child arrives or leaves the Youth Center .

In consideration for participating in the above referenced program/activity sponsored by East Lyme Youth Services/Town of East Lyme , I hereby waive and release the Town of East Lyme, its agents, officers and employees, whether paid or voluntary, from and against any and all claims, suits, actions, damages, liabilities, costs, expenses and or judgments, including attorney's fees and court costs, which may arise from my (or my child's) participation in the above referenced program/activity or any illness or injury resulting there from, either directly or incidentally.

I also understand that my child is expected to follow the ELYS rules and his/her participation can be suspended or revoked at any time without refund of fees. I give permission for my child to fill out anonymous surveys related to the content and quality of ELYS programs.

I give permission for medical treatment for my child in the event he/she is injured and I cannot be contacted. I will assume all responsibility for costs incurred.

Parent/Legal Guardian Signature: _____ Date: _____

Check here if you do NOT want your child's name or photo published _____

East Lyme Senior Center

East Lyme Senior Center

37 Society Road, Niantic, CT 06357

860-739-5859

Monday – Friday 8:30 am to 4:30 pm

Cathy Wilson – Director

Kristen Caramanica – Program Coordinator

Anna Hartung – Senior Center Associate

Roxanne Kormos – Driver

John Hallissey – Driver

Melissa Victor – Driver

Joe Savoie - Driver

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 online at the Town of East Lyme website at www.eltownhall.com. Hover over the “Community” Button and then Click on “Senior Center.” If you would like the newsletter emailed to you, contact the Senior Center office.

Websites

“Like Us” on Facebook. Use our online registration feature located at www.register.eltownhall.com

Check out our Regional Website at www.seniorcentersct.org



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COMMISSION ON AGING

The Commission on Aging Board meets the 2nd Monday of every month except for August at the East Lyme Senior Center at 5:00 pm. 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

The Senior Center is currently offering transportation for medical appointments that are located within southern New London County. Transportation is funded by a grant through the Dept. of Transportation. Call the Senior Center for more information.

SENIOR LUNCHES

SENIOR NUTRITION PROGRAM

The Senior Center and TVCCA provide lunches with a 24 hour reservation Tuesday through Friday at 11:45 am. Monthly menus are printed in The Courier newsletter. \$3.00 suggested donation.

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 a 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 adults age 60 and over who are temporarily or long term homebound. Please contact TVCCA for eligibility at 860-886-1720.

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 about a possible discount after completion of this course.

AARP TAX-AIDE

The Senior Center and AARP provides tax assistance every February, March and April. The AARP Tax-Aide program provides free, confidential tax preparation of middle to low income people with special attention paid to those 60 and older. Appointments must be made and will be held on Monday and Friday mornings starting February 3rd.

TRIPS

The Senior Center offers a diverse selection of trips. Detailed flyers are available once registration begins. Below are the trips currently being promoted:

DAY TRIPS

Open to any person 55+

Thu, April 6th - Join us for a trip to the Mohegan Sun Casino. Departure from the East Lyme Senior Center but checks made out to the Lymes' Senior Center. No meal included but you will receive a casino package. Trip fee is \$20pp. Registration has begun. Moderate walking.

Wed., April 12th - Join us for a production of "Mamma Mia" at the Westchester Broadway Theatre in Elmsford, NY. Lunch included. Trip fee is \$97pp. Registration has begun. Minimal walking.

Sat., April 29th - New York City on your own - Bus leaves East Lyme at 7:45 am and leaves NYC at 7:30 pm. Trip is \$48pp. Registration has begun. No meal included in trip price. Lots of walking.

Tue., May 9th - One World Observatory at One World Trade Center. Lunch on your own at Brookfield Place. Trip fee is \$88pp. Registration has begun. Lots of walking.

Late May - Trip to the Boston Museum of Fine Arts for a guided tour of the Matisse Exhibit. Trip fee and details TBA. Registration begins February 1st.

OVERNIGHT TRIPS/CRUISES

May 28-June 5 - Steamboatin' on the Mississippi River aboard the American Queen paddleboat. 9 days and 8 nights. Trip fees from \$3068 to \$5468 (taxes included). Registration has begun.

October 1-11 - Fall Foliage Cruise in New England, Canada & Newfoundland with Royal Caribbean. 11 days and 10 nights. Trip fees from \$1530 to \$2620 (taxes included). Registration has begun.

October 24-November 8 - Escorted Panama Canal Cruise on Celebrity's Infinity. 16 days and 15 nights. Trip fees from \$3315 to \$3825 (taxes included). Trip is full.

November 4-15 - Escorted tour of Croatia, Slovenia and the Adriatic Coast. This is one of those bucket list trips so start saving! Trip fees from \$3369 to \$3899 (only item not in price is travel insurance). Registration has begun.

Croatia Trip Presentation scheduled for Thurs., March 30th at 10 am. Please call to register.


FITNESS CLASSES

SENIOR FITNESS - Mon. & Wed. 10 am - R=\$50.00/30 classes - NR=\$55.00/30 classes. Pass required.


SENIOR YOGA - Mon. 2:30 pm & Tues. 8:30 am & Thu. 9 am - R= \$60.00/30 classes - NR=\$65.00/30 classes. Pass required.

TAI CHI: Tues. & Fri. 9 am - R=\$48.00/24 classes - N=\$53.00/24 classes. Pass required.

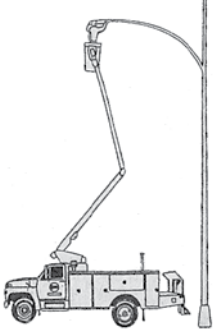
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Senior Center ... continued from page 21

CHAIR YOGA: Tues. & Fri. 9:30 am & 10:30 am – R=\$36.00/24 classes - NR= \$41.00/24 classes. Pass required.

WEIGHT LIFTING: Tues. & Thu. 10:15 am @ ELHS Fitness Center – R=\$24.00/24 classes – NR=\$29.00/24 classes. Pass required.

STRENGTH TRAINING: Mon. & Wed. 11:30 am – Session Class – Call for class fee and schedule.

ZUMBA GOLD: Tues. & Thu. 3 pm – Session Class – Call for class fee & schedule.

PiYo: Thu. at 11:30 am. Session Class – Call for class fee & schedule.

BOCCE: Thu. 10:00 am. No fee. Will teach.

PACE: Thu. 1 pm – Session Class – Call for class fee - People with Arthritis Can Exercise.

PICKLEBALL: Sat. 10:30 am and Tues. 7:30 pm - \$2pp drop in fee. Call the Senior Center office.

PERFORMING ART CLASSES

TAP CLASS: Tues. 1 pm – Residents \$24.00 for 20 classes – Nonresidents \$29.00 for 20 classes. Pass required.

DRAMA GROUP: Thu. 1 pm – Session Class – Starts February 2nd. Call for class fee & schedule.

VALLEY SHORE WOMENS ACAPELLA: Wed. 6:30 pm.

Call for more information.

EAST LYME SENIOR CHORUS: Fri. 8:45 am. Any level. Come join the fun.

CRAFTS

PAINTING W/FRIENDS: Tues. at 9:30 am. No instructions, only camaraderie! No fee.

ADULT COLORING: Tues. 12:30 pm. No fee.

LEARN TO DRAW: Thu. 10 am. No fee. Minimal supplies needed. Call to register.

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

GAMES/CARDS

BUNCO: Mon. 9:30 am. Will teach. \$2 fee.

HAND & FOOT: Mon. 1 pm. Will teach. No fee.

SCRABBLE: Tues. 9:30 am. No fee. Will teach.

CHESS: Tues. 10 am. No fee. Should know how to play.

MAH JONGG: Tues. 12:30 pm. No fee. Must know the game.

BRIDGE: Shoot Out played Tues. 1 pm. Fee \$5.00pp per day played. Must know the game and have a partner. Must register.

PING PONG: Wed. 10 am. Will teach. No fee.

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

BINGO: Fri. 1 pm. \$1.00 for the 1st card - .25¢ for every additional card up to 9 cards.

CANASTA: Fri. 12 pm. Will teach. No fee.

EDUCATION/ENRICHMENT

UKULELE LESSONS: Mon. 11 am – Session class – Call for class fee & schedule.

BRAIN AEROBICS: 1st & 3rd Wed. 12:45 pm – Call to register. No fee.

WOMEN'S ACAPELLA GROUP: Wed. 6:30 pm –

Looking for new people – Call to register. No fee.

GUITAR LESSONS: Thu. 12:30 pm – Session class – Call for class fee & schedule.

DANCES: Every other month – Fri. at 7 pm. Mar 3rd, May 5th, Jul 7th, Sep 15th,

Nov 3rd, 2017. Fee \$10pp – tickets sold at the door. The Illusions Band plays.

iPAD INSTRUCTION: Various dates and times. Call the Senior Center office.

HEALTH PROGRAMS/BENEFITS INFO REFLEXOLOGY: 2nd Wed. of every month. Call to register. No fee.

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

VNASC BLOOD PRESSURE CLINIC: 2nd Thu. of every month 12:15 pm to 12:45 pm and 4th Wed. of every month 1:15 pm to 2:15 pm.

HEARING CLINIC: 1st Fri. of every month at 10 am. Must have an appointment.

EVERY MONTH
Theme Meals & Musical Entertainment
Special Events
New Classes

East Lyme Library

KERRY BOYS IRISH MUSIC

Saturday, March 4 – 2:00 pm

The Kerry Boys are Connecticut's favorite Irish balladeers. Their high-energy show will have you clapping and singing along in no time, engaging you from start to finish with their wide collection of traditional and original Irish/Celtic songs. This program will take place in the Senior Center and is sure to fill up quickly!

AN INTRODUCTION TO AMERICAN INDIAN MUSIC WITH CRAIG HARRIS

Tuesday, March 21 – 7:00 pm

Join percussionist/educator Craig Harris for an exciting multimedia and participatory celebration of the music of Indigenous North America. Experience a soundscape that spans from the "heartbeat" of powwow drums and the "warble" of wooden flutes to the electrifying sounds of Native infused rock, jazz, reggae, country music, blues, hip-hop, and electronic dance music.

TRIVIA NIGHT

Tuesday, March 28 – 7:00 pm

Come by yourself or bring your friends. Test your knowledge from general categories, including pop culture, current events, history, music, and of course, literature!

SONGS OF THE WOMEN'S SUFFRAGE MOVEMENT

Wednesday, March 29 – 7:00 pm

The struggle for women's suffrage was one of the most important and hard-fought in the long history of a movement that has seen much important advancement toward gender equality. Music was one of the significant tools used in the crusade for a woman's right to vote. Songs were composed to advance (and to oppose) the agenda which resulted in the passing of the 19th amendment to the Constitution. In commemoration of the centennial of this historic event Dawn Indermuehle and Rick Spencer present a program of Songs of the Women's Suffrage Movement.

WEST AFRICAN KORA MUSIC PERFORMANCE

Tuesday, April 4 – 7:00 pm

Sean Gaskell features traditional songs on the Kora, a 21 string harp that he learned how to play throughout the course of multiple visits to its homeland in Gambia, West Africa. Gaskell has studied extensively under the instruction of Malamini Jobarteh and Moriba Kuyateh, both of Brikama, Gambia.

He has been featured at a number of music festivals in the US, Gambia, and Senegal.

BLACK BEARS IN CONNECTICUT

Tuesday, April 18 – 7:00 pm

Learn about the natural history of black bears in Connecticut with an overview of the black bear habitat, diet, behavior, reproduction, current research efforts, and recommendations for optimum coexistence with our growing black bear population. Paul Colburn is a graduate of Master Wildlife Conservationist Program (MWCP) and is a certified Master Wildlife Conservationist (MWC) with the Connecticut Department of Energy & Environmental Protection (DEEP).

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Library ... continued from page 23

TRIVIA NIGHT

Tuesday, April 25– 7:00 pm

Come by yourself or bring your friends. Test your knowledge from general categories, including pop culture, current events, history, music, and of course, literature!

BOOK DISCUSSION GROUP

A book discussion group meets the second Tuesday of each month at 7:00 pm in the East Lyme Room. Copies of the current month's book are available at the library. 3/14 *The Dollhouse* by Fiona Davis; and 4/11 *The Gene: An Intimate History* by Siddhartha Mukherjee. No registration necessary.

MYSTERY BOOK DISCUSSION GROUP

This book discussion group meets on the fourth Thursday of each month at 11:00 am in the East Lyme Room. Copies of the current month's book are available at the library. 3/30 *Haunted Ground* by Erin Hart; and 4/27 *Dust and Shadow* by Lyndsay Faye. No registration necessary.

ACTIVITIES FOR CHILDREN, TWEENS, AND TEENS

TEEN/TWEEN TECH WEEK: MARCH 5

THROUGH MARCH 11th

Stop by the Children's Room to see our hands-on retro tech exhibit.

SPRING SPLENDORS STORY TIME AT THE LIBRARY

April 17 – May 26

Grow a reader at the East Lyme Public Library! Bring your child to Story Time to enjoy books, rhymes, and fun activities that promote early literacy skills and inspire a love of reading. Story Time is also a great time to meet other parents, learn tips on how to encourage your child to become a reader, and have FUN! For more information, call 860-739-6926 ext. 2.

Registration begins, April 3.

MONDAYS

All Ages Drop-In with Miss Rebecca / 10:00 to 10:45 am

Ages 4 & 5 / 2:15 to 3:00 pm

TUESDAYS

Babies Lap-Sit with Miss Rebecca / 10:00 to 10:30 am

Ages 2 and 3 / 11:00 to 11:30 am

Ages 4 and 5 / 2:15 to 3:00 pm

WEDNESDAYS

Ages 2 and 3 / 10:00 to 10:30 am

Ages 4 and 5 / 11:00 to 11:45 am

Ages 4 and 5 / 2:15 to 3:00 pm

PJ Movie Night with Miss Rebecca / 7:00 to 8:00 pm

THURSDAYS

Baby Lap-Sit with Miss Rebecca / 10:00 to 10:30 am

Ages 2 and 3 / 11:00 to 11:30 am

Ages 4 and 5 / 2:15 to 3:00 pm

FRIDAYS

All Ages Drop-In with Miss Rebecca / 10:00 to 10:45 am

Tween Movies with Miss Rebecca / 3:00 to 4:45 pm

Please Note

Baby Lap-Sit for Birth to 23 Months

Child Needs to Be Appropriate Age by April 17

All Ages Drop-In – No Registration Required

THE EAST LYME LIBRARY OFFERING PASSES FOR MUSEUM OUTINGS

The East Lyme Library has a wide selection of discounted and free passes available for patrons. For discounted passes, participants can choose from The Children's Museum of Southeastern Connecticut here in Niantic to the Maritime Aquarium of Norwalk. Families who would like to explore the local area can choose from the Mashantucket Pequot Museum, the Mystic Aquarium, the Mystic Seaport or the Roger Williams Park Zoo in Providence, R.I. Lovers of the outdoors can also visit the Connecticut State Parks and Forests which also allow discounted admission and/or free parking.

Free Family Passes are available for seven different locations. Those nearby include the Custom House and Lyman Allyn in New London and The Florence Griswold in Old Lyme. For those hoping to explore more of Connecticut, The Wadsworth Atheneum in Hartford and the New Britain Museum of American Art won't disappoint. Whether your interests are Aquariums, Zoos, Art, Science or History, these museums are sure to instruct and delight.

The system for checking out passes is simple. One pass per family may be checked out a time. All passes are available on a first come, first served basis. Passes cover admission only; special programs/exhibits are extra.

Passes are checked out for two nights to borrowers 16 and older. There are neither renewals nor back-to-back checkouts of the same pass by the same family. For pass availability, call the Library a (860) 739-6926 and select #4 on the menu for the Circulation Desk. Participants do not have to be an East Lyme resident. They only need a valid CT library card.

To banish those winter doldrums, start planning your museum trips on <http://www.eastlymepubliclibrary.org/>.

East Lyme Veterans

In October of 2013 the state of Connecticut established a Veterans Representative volunteer position in each town to help connect local vets to resources, services, organizations, and events. Cheryl Six is currently serving as the Veterans Representative for East Lyme and can be reached by emailing eastlymevetrep@gmail.com or by calling 860-691-4110 at the East Lyme Town Hall.

East Lyme Fire Marshal's & East Lyme 911 Center

For some residents your spring cleaning lists already include yard work and while there are restrictions on what items are acceptable, perhaps an Open Burn Permit can suit your needs. Visit the East Lyme Fire Marshal's Office to apply for an Open Burn Permit. Open Burning is limited to the burning of brush only, on residential property upon which the permittee resides and is subject to certain requirements such as Forest Fire Danger, Air Quality Index and wind speed. Burning must cease if so directed by any member of the Town Fire Marshal's Office, any Officer of the Fire Department or any Official of the Department of Energy and Environmental Protection. Once you receive your Open Burning Permit, this permit must be available on site during the burn. Burning is allowed only between the hours of 10:00 am and 5:00 pm on a sunny or partly sunny day with the wind speed between five and fifteen miles per hour. Prior to burning, the permittee is required to contact the East Lyme Dispatch Center at 860-739-3419 to receive authorization that burning is allowed for the day.

The permittee is required to contact the East Lyme Dispatch Center upon completion of burning. If you're planning on having a recreational fire or a bonfire/campfire at your residence the East Lyme Fire Marshal's Office requests you contact the East Lyme Dispatch Center at 860-739-3419 and notify the dispatchers. A recreational fire is an outdoor fire, burning materials where the fuel being burned is not contained in an incinerator, outdoor fireplace, portable outdoor fireplace, barbecue grill or barbecue pit and has a total fuel area of 3 feet or less in diameter and 2 feet or less in height for pleasure, cooking warmth or similar purposes. Recreational fires shall not be conducted within 25 feet of a structure or combustible material. Only seasoned dry firewood can be burned. Burning of yard waste, leaves, refuse, trash, building materials or other materials is expressly prohibited. A garden hose, fire extinguisher or other means of extinguishment must be readily available for immediate use. It is requested that the resident contact the East Lyme Dispatch Center upon completion of the fire. Stay up to date on upcoming storms and weather alerts by visiting www.ctalerts.gov. The CT Alert ENS (Emergency Notification System) uses the state's Enhanced 9-1-1 (E9-1-1) database for location-based notifications to the public for life-threatening emergencies. But the E9-1-1 database includes only traditional wire-line telephone numbers in the state (the "land line" phone you may have in your home). CT Alert ENS Citizen Sign-up Page Allows you to add other means of communication to the CT Alert ENS, in addition to your current home phone "land line" if you have one. Take a moment to visit www.ctalert.gov and sign up your mobile devices to receive the alerts.

It's almost spring and while we may still be shoveling out those last few inches of snow, it's time to make sure your homes and businesses are ready for the coming warmer months. Here are a few items that East Lyme Public Safety would like you to put on your spring cleaning lists. Many homes and businesses in town are equipped with Burglar and Fire Alarms and we would like to make sure your information is up to date with our Dispatch Center. If you're new to town and activated a home security system, if you've just installed a new alarm system or are a business owner in town with an alarm system in place we recommend that you update the Dispatch Center with current key holder and primary contact information. Key Holder refers to any person whose name appears on the alarm registration form as a key holder or is designated in writing by the alarm owner or user to respond to the premises of alarm activation when requested by the Police Department or Fire Department (e.g. Reset system, gain entry, etc.). The information you provide is kept on a secure server not connected to the internet and is housed at the Dispatch Center. You'll find a copy of the Alarm Registration Form in this issue that you can send into the Dispatch Center P.O. Box 519 Niantic, CT 06357 where our dispatchers will update your home or business address with the current information.



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*Come join us for a tour
and information session:*

Saturday, January 21 at 10 a.m.
Tuesday, January 24 at 6 p.m.

Tuesday, February 7 at 6 p.m.
Saturday, February 25 at 10 a.m.

Saturday, March 11 at 10 a.m.
Tuesday, March 28 at 6 p.m.

APPLICATIONS ACCEPTED FOR STUDENTS
ENTERING GRADES K-5
APPLICATION DEADLINE: APRIL 3, 2017

For more information contact: Angela Rasmussen • (860) 447-6033 • rasmussena@newlondon.org
winthrop elementary.org | [facebook.com/NLPS.Winthrop](https://www.facebook.com/NLPS.Winthrop)



A division of New London Public Schools

FEMA News for Residents

The Town of East Lyme is a participant in the Federal Emergency Management Agency Community Rating System (CRS) program which entitles its residents to discounts on their flood insurance policies. The CRS program recognizes and encourages activities that reduce flood damage to existing buildings and protects new buildings beyond the minimum Nation Flood Insurance Program protection level. The Town of East Lyme currently provides property protection advice by providing individuals with information as to what they can do to protect their own properties from flood damage. Those who have a federally backed mortgage, or plan to refinance with a federally backed lender, are required to purchase flood insurance if their home is shown in a high-risk flood area, known as a Special Flood Hazard Area, on the FEMA Flood Insurance Rate Maps. Residents are urged to contact their insurance agent or visit www.floodsmart.gov to learn more about how and where to get a policy. There are many ways to protect a property from flood damage, including but not limited to the following:

- Demolish the building or relocate it out of harm's way;
- Elevate the building above the flood level;
- Elevate damage-prone components, such as the furnace or air conditioning unit;
- Dry flood proof the building so water cannot get into it;
- Wet flood proof portions of the building so water won't cause damage;
- Construct a berm or redirect drainage away from the building;
- Maintain nearby streams, ditches, and storm drains so debris does not obstruct them; and
- Correct sewer backup problems.

There are several qualified people at the Town of East Lyme who can talk to you about flood hazard, flood protection measures, and/or possible financial assistance. For more information, please visit the town website at the following link:

<http://eltownhall.com/zoning/flood-claims-information/>

Harbingers of Spring ~ Tree Planting Time in East Lyme

In the middle of February, we long to see that first robin at McCook Park, the first pussy willow bud at the inner harbor walkway to Cini Park, and the first crocus peeking from the snow at the gardens at the Hole-in-the-Wall. Now, you can join those signs of spring.

The East Lyme Public Trust Foundation in co-operation with the East Lyme Parks and Recreation Department is again pleased to offer THE PROMISE of TOMORROW'S TREES - a project to raise funds for the support of the Niantic Bay Boardwalk and other projects of the Trust. This commemorative tree program makes available to the public, trees to be placed in public spaces in East Lyme.

In 2015, 8 trees were sponsored at McCook Park. In 2016, 5 dog-wood trees were sponsored at the Cliff Walk to McCook Point. In 2017, we are offering Phase III - a walkway of trees along the chain-link fence at McCook Park on Columbus Ave. The trees, which will be located between the side gate and the railroad tracks, will be a flowering, low growing species chosen

by the Parks Department. Don't miss your chance to become part of beautifying this new location.

However, McCook Park is not the only public space where people can choose to plant trees. If you are a former athlete, parent, or grandparent, perhaps, you will wish to commemorate the many games you participated in or viewed at Bridebrook Park. If you have always entered the Boardwalk at Cini Park, perhaps, you will want to commemorate the pleasure of a walk by the Bay with a tree located in the Park. Members of the Smith-Harris House and the Samuel Smith House can commemorate the many volunteer hours they have spent at these historical homes with a tree on the grounds. Book lovers can commemorate the satisfaction they have received from the many services of the Library by planting a tree at the Library Courtyard, and employees and citizens of the town can choose a commemorative tree at Town Hall.

A contribution of \$600 for a tree will cover the cost of the tree, planting, an 8"x4" plaque, a base, and a water bag to

assist in the stabilization of the tree. Planting will take place this spring-2017. Since the East Lyme Public Trust Foundation is a non-profit 401c, contributions are tax deductible.

June Hoye is the chairperson for the project in partnership with Dave Putnam, the Director of Parks and Recreation. Her committee includes Carol Marelli and Bill Rinowski-administration, and Pat and Jack Lewis, who assist in publicity.

Application forms will be available at: East Lyme Town Hall-Town Clerk's Office, East Lyme Parks and Rec., East Lyme Library, and the E.L. Book Barn. They also can be found on the Trust web-site: www.publictrustfoundation.org

Become a harbinger of spring and support THE PROMISE of TOMORROW'S TREES.

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(pictured left to right)*



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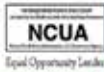
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Smith-Harris House

Annual Plant Sale

Friends of Smith-Harris House

Smith-Harris House Barn

Saturday, May 6th, 9 am to 12 pm

Prepare your summer garden at the Friends of Smith-Harris House annual plant sale fundraiser! From blossoms to bulbs, this sale is sure to have everything you need to stay 'in-bloom' until the leaves fall! Annuals, perennials, hanging plants, and vegetable starters are just a few of the types of plants available, and all proceeds will benefit preservation and public programs at the Smith-Harris House. Is your thumb "heirloom green?"

Then consider volunteering with the Smith-Harris House garden team, to help keep our historic-varietals garden at its best year-round! Sign-up sheets will be available at the plant sale.

All proceeds benefit the Friends of Smith-Harris House, a non-profit 501c3 organization. For more information, call Donna Massung, President of the Friends of Smith-Harris House at 860-691-1872 or email at dmmsew@sbcglobal.net.



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My Side and Your Side

Today's world feels so much more conflictual than in the past. It feels like minds are set, opinions firmly planted, and extremes have become the norm. Over the holidays, rules were established against political discussion at family gatherings, and people were afraid to ask friends, coworkers, and even family members about their political views. We continue to feel this tension in our relationships and communities. Do we need to accept this as the new normal? Or is there still hope for a sense of cooperation, compromise, and respect? Discourse on the larger stage does not have to filter down to our personal relationships, even when we disagree on things that matter deeply to us.

We need to go back to what we learned in our own families about getting along.

Growing up, we learned that disagreements are normal, but communication in positive, affirming ways; true listening to each other's opinions; and simple kindness was often all that was needed, to build, rather than tear down relationships.

As parents, we see that our children are different from each other, and we teach them respect and understanding of the differences. The same applies to our relationships within our community. Conflict in relationships is inevitable. Conflict resolution is a skill, honed by practice. Practice resolution!

Nancy Randall, Psy.D.

East Lyme Psychological Associates

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Save the Date!!! Touch A Truck 2017



**Town of East Lyme
Parks & Recreation**



On Saturday, May 20, 2017, the East Lyme Auxiliary of Child and Family Agency of Southeastern Connecticut and the East Lyme Parks and Recreation Department will co-sponsor our tenth annual Touch A Truck event. This is a family event that will take place from 9:00 am to 2:00 pm at McCook Point Park in Niantic, CT.

An event not to be missed, the Touch A Truck experience is for one and all, big and small. Spend some time with us and have yourself a ball. It's an educational experience that will make you a 'hero' with your child/grandchild.

Children can climb various vehicles, sit in the driver's seat and discover the world of trucks.

They will be able to see, touch, and interact with big trucks and learn their functions. This unique event will feature large trucks and heavy equipment from law enforcement, fire departments, commercial companies, industrial companies and rental companies.

Vehicle demonstrations will be conducted and we never know just who might make an appearance. In addition there will be face painting, hair beading, games and crafts. Refreshments will be available for sale.

The Rotary Club of Niantic has agreed to be with us again this year with Amber Alert. This is a great time to sign up and take steps to safeguard your children.

The suggested donation is \$4.00 per person (ages 3 and up) to benefit the Child and Family Agency of Southeastern Connecticut. Since 1809, Child & Family's mission has been to promote the well-being and development of all children and their families, in particular to give priority to the unmet needs of children lacking physical, emotional and intellectual care and nurturing.

Programs deal with child abuse prevention, the treatment of family violence, teen pregnancy, children's health care, childcare, parent education and children's mental health.

Last year 18,000 families were served in 79 towns in New Haven, Middlesex, Windham, and New London Counties, the Child & Family Agency service region.

To learn more, to volunteer or to donate, visit our website www.childandfamilyagency.org or Facebook page (Touch A Truck East Lyme) or call Child & Family Agency at 860-443-2896, Ext. 1406.



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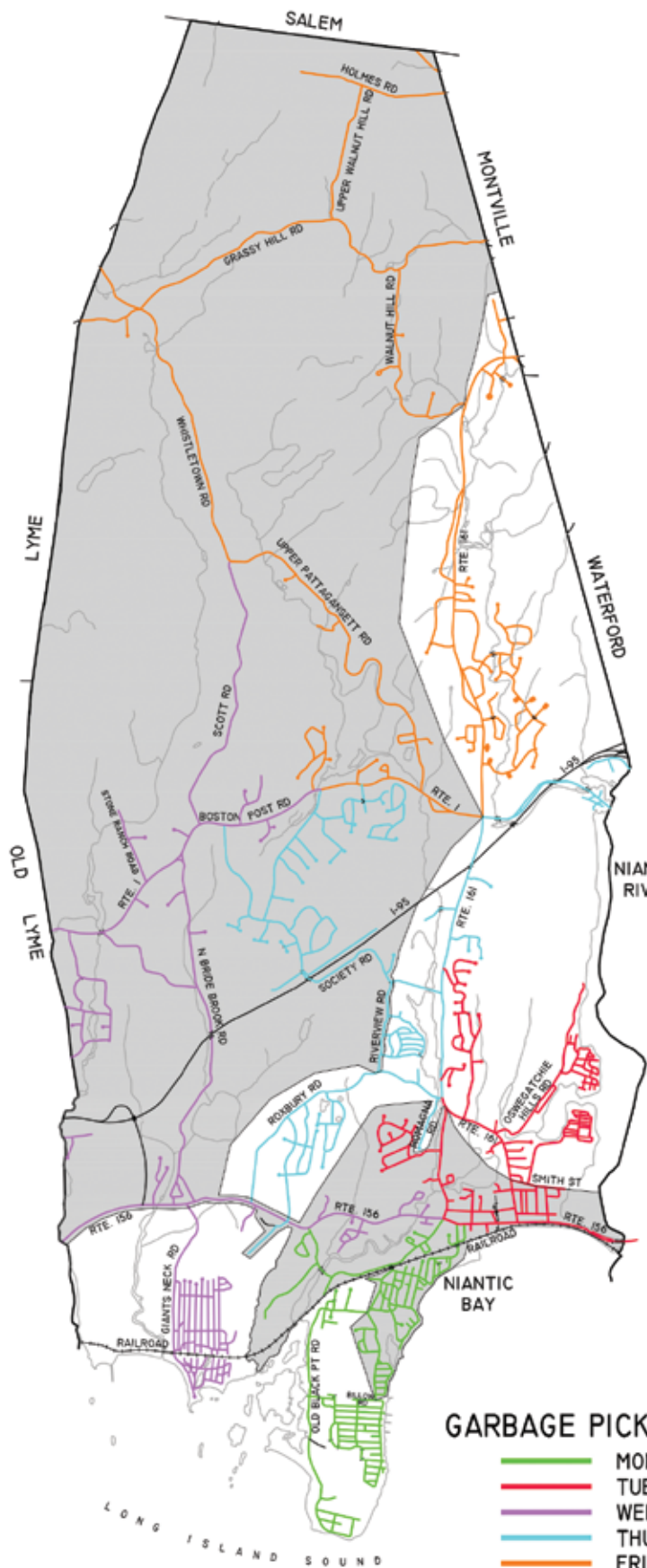
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Recycling Schedule 2017

(see next page for entire calendar year)

| FEBRUARY | | | | | | |
|----------|----|----|----|----|----|----|
| S | M | T | W | T | F | S |
| | | | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | | | | |

| MARCH | | | | | | |
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| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | |

| APRIL | | | | | | |
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| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | | | | | | |

HOLIDAY For Holiday Schedule visit Public Works Curbside Collection at www.eltownhall.com

HOW TO DETERMINE YOUR RECYCLING COLLECTION DAY

1. LOCATE YOUR STREET ON THE MAP.
2. THE COLOR OF YOUR STREET CORRESPONDS TO THE DAY OF THE WEEK FOR YOUR GARBAGE PICKUP (SEE LEGEND BELOW).
3. RECYCLING PICKUP IS EVERY OTHER WEEK.
4. IF YOUR STREET IS IN THE SHADED AREA OF THE MAP, YOUR RECYCLING DAY FALLS ON THE SHADED DAYS ON THE CALENDAR.
5. IF YOUR STREET IS IN THE UN-SHADED AREA OF THE MAP, YOUR RECYCLING DAY FALLS ON THE UN-SHADED DAYS ON THE CALENDAR.
6. EVERY YEAR A NEW CALENDAR WILL BE POSTED TO DETERMINE YOUR RECYCLING WEEK. FUTURE CALENDARS WILL BE AVAILABLE AT WWW.ELTOWNHALL.COM OR AT THE TOWN HALL.

REVISED: JANUARY, 2017

FOR QUESTIONS, CALL 860-739-6931

Capitol Connection

By State Senator Paul Formica

As your state senator, I am excited to represent your voice at the Capitol in Hartford.



While our state is currently facing significant financial challenges, I believe there are many opportunities to put our state on a new path towards prosperity and job growth.

During the 2017 legislative session I am focusing my efforts on three main goals: stabilizing our state's finances, advancing smart energy policies and promoting tourism and economic development.

As the new Co-Chair of the General Assembly's budget-writing Appropriations Committee and a member of the Commerce Committee, my goal is to pass fiscal policies that will create a more business friendly environment, fund core services for those most in need, and pass a state budget that is predictable and stable so that we can restore confidence in Connecticut.

I am also serving as Co-Chair of the Energy & Technology Committee where I'm working to encourage renewable energy development, protect ratepayers, and preserve local energy resources by advancing legislation to help keep Millstone Nuclear Power Plant in Waterford operating.

Finally, I am excited to serve as Co-Chair of the state's Tourism Caucus. Every dollar spent in tourism generates even more for the local economy. We need to make sure support for tourism remains part of the conversation to grow the economy.

Are there other state issues you'd like to discuss? If you need to reach me throughout the legislative session to ask a question or share an idea always feel free to contact me by email at Paul.Formica@cga.ct.gov, office phone 1-800-842-1421, or cell phone 860-235-1869.

To stay up-to-date on issues at the Capitol that will impact our community, you can also sign up for my e-newsletters at senatorformica.com, like my page on Facebook at facebook.com/senatorformica, and follow me on Twitter @SenatorFormica.

Thank you for the continued opportunity to serve!

Sincerely,
Paul Formica
State Senator for the 20th District



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