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## First Selectman's Corner

The dead of winter. Freezing cold breezes off the water. Shoreline winter storms that bring wet, heavy snow and freezing rain. Grey days. Long, cold nights.

Winters in New England are not exactly my favorite season. I'd much rather the warmer weather. I enjoy seeing the many people on our sidewalks visiting our shops and restaurants, families enjoying our beaches and parks, our marinas filled and buzzing with activity. The energy and vibrancy that our citizens and visitors bring during the summer is amazing.

We are New Englanders and winters are our reality.

But there are plenty of positives: Winter marks the beginning of another year. Enduring the harsh winter brings the renewal of spring, the blessing of another shoreline summer, and the crispness and glory of a classic New England autumn. Soon after comes the magic of the holiday season. This is the season of planning and preparing. It's the season of rest and reflection. Hope springs eternal indeed.

Most of us don't just hibernate during the winter. We use this season to change things up. There are plenty of reasons to embrace the winter season. Skiers and snowboarders escape to the nearby mountain ranges for the best East Coast downhill terrain. Snowmobilers and ice-fishing enthusiasts embrace the low digits. Snowbirds

and vacationers use the cold as an excuse to escape to warmer climates and for some, to explore new places in our world. (That's okay... they always come back home.)

It's the season of cozy blankets in front of the fireplace; catching up with friends and neighbors over hearty, comfort-food dinners. Winter also gives us the opportunity of being active in different ways. Our Parks and Rec programming is rich with variety. This quarterly Events magazine outlines many opportunities for you to get off the couch and try something new. Do it! Don't put it off because before you know it, the next Events magazine will be in your mailbox and I'll be talking about spring and the coming summer of 2020! (I can't wait!!!)

On a personal note: I want to thank you for your continued support and encouragement. I am grateful for the opportunity to serve the citizens of this town and lead our incredible team of department heads and their teams. Being First Selectman of East Lyme is an honor that I value and cherish. If I can be of service to you, please feel free to reach out to me at 860-691-4110.

Mark C. Nickerson, First Selectman



Mark C. Nickerson



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# events

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**COVER PHOTO**

The new bridge installed at the trailhead  
in Oswegatchie Hills.  
Courtesy of East Lyme Parks  
& Recreation Department

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## CONTENTS

First Selectman's Corner.....	3
Parks & Recreation Department Hiring Seasonal Maintainer.....	4
Town Meetings Viewable on Town's Cable Channel.....	4
Parks & Recreation Department.....	5
Community Bulletin Board.....	6
Parks & Recreation Registration Policies.....	10
Park and Beach Information.....	11
Parks & Recreation Summer Playground.....	12
East Lyme Parks and Recreation Dept. PLAYGROUND & HANG OUT	
Registration Form 2020.....	13
Skyhawks Sports Programs.....	14
Parks & Recreation Pre-school & Youth Programs.....	15
Youth Services.....	17
Parks & Recreation Adult Programs.....	18
FEMA Flood Facts.....	21
Little Kids with Big Emotions.....	22
Jeffrey's Rainbow Run.....	22
East Lyme Veterans.....	22
East Lyme Senior Center.....	23
East Lyme Public Library.....	27
American Legion Auxiliary Events.....	30
The East Lyme Public Trust Foundation Continues	
to Monitor Niantic Bay Beach.....	31
Harbingers of spring - Tree Planting Time in two	
new areas of East Lyme.....	32
Save the Date for TOUCH A TRUCK 2020.....	33
The Last Word... Women's Suffrage 100 Years Later.....	34

## Parks & Recreation Department Hiring Seasonal Maintainer

The Parks & Recreation Department is currently accepting applications for Seasonal Maintainer positions to start on April 1st. Must be 18 years or older and have a valid Connecticut driver license. Applications available at the Parks & Recreation Office or online at [eltownhall.com](http://eltownhall.com) under the Parks & Rec link.

## Town Meetings Viewable on Town's Cable Channel

Board of Selectman, Board of Finance and Special Town meetings may be viewed live on Atlantic Broadband channel 22 or 191, Comcast channel 97 and Frontier channel 6112. View recorded meetings via the Videos link on the [eltownhall.com](http://eltownhall.com) web site Government / Boards & Commissions pages.

## Parks & Recreation Department

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:** Jason Alves  
**Maintenance Support:** Michael Rak, Austin Grouten

### Parks & Recreation Commission Members

**Chairman:** J. Robert Pfanner  
William Willets, Jr. Emeritus Member, Charles Fenick,  
Emeritus Member, Jackie Curry, Patrick Larkin, Roger Nadeau,  
Sue Kumro, Thomas Beebe, Todd Donovan  
*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: 860-691-4118  
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  
East Lyme Aquatic & Fitness Center (Pool): 860-691-4681  
www.nutmegaquatics.com  
East Lyme Business Organization  
Contact Lynnea Mahlke: 860-691-1611

### Athletic Organizations

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Steve Licitra: 860-460-4018 | eastlymebaseball@yahoo.com  
www.eastlymebaberuth.com  
**EAST LYME LACROSSE**  
Rich McCaffrey: 860-608-0465 | smongo51@gmail.com /  
www.ella.uslaxteams.com  
**EAST LYME LITTLE LEAGUE**  
Joel Farrior: 860-460-8922 | eastlymelittleleague@gmail.com  
www.eastlymelittleleague.org  
**EAST LYME SOCCER CLUB**  
Kristina Bartelt: me2ma2ct@aol.com  
www.eastlymesoccer.org

continued on page 6



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email - [staceywyeth@gmail.com](mailto:staceywyeth@gmail.com)  
website - [staceywyeth.wpsir.com](http://staceywyeth.wpsir.com)



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## Parks & Recreation... continued from page 5

### EAST LYME YOUTH FOOTBALL

Joseph Buzzell: 860-857-3840 | [coachbuzzelli@yahoo.com](mailto:coachbuzzelli@yahoo.com)

### EAST LYME YOUTH CHEERLEADING

Tammy Bogue: 860-303-1741

### EAST LYME YOUTH BASKETBALL

Lotus Schwartz: 860-941-7546 | [elyouthbasketball@yahoo.com](mailto:elyouthbasketball@yahoo.com)  
[www.elyb.org](http://www.elyb.org)

## Clubs / Town Organizations

### NEW COMERS CLUB

Janet Banks: 860-739-2891 | [janbanks@hotmail.co.uk](mailto:janbanks@hotmail.co.uk)

### MOMS CLUB OF EAST LYME:

[www.eastlymemomsclub.org](http://www.eastlymemomsclub.org)

### WOMENS CLUB OF SE CONNECTICUT:

860-691-1948

### AMERICAN LEGION AUXILIARY, UNIT 128

Maggi Prokop: 860-941-5809

### EAST LYME GARDEN CLUB

[www.eastlymegardenclub.org](http://www.eastlymegardenclub.org) or [elgclub@gmail.com](mailto:elgclub@gmail.com)

### EAST LYME VETERANS COUNCIL

Joyce Harris: 860-303-1718 | [joymh1@aol.com](mailto:joymh1@aol.com)

### GIRL SCOUTS REGIONAL OFFICE

Caitlyn Dorrington: 800-922-2770 x 3728

Monica Sistaire: 860-638-7151 | [gsofeastlyme@gmail.com](mailto:gsofeastlyme@gmail.com)

### NIANTIC LIONS CLUB

Ed Keens: 860-451-8333 | [www.nianticlions.org](http://www.nianticlions.org)

### NIANTIC ROTARY CLUB

Donna Gada: 860-739-9280 | [www.nianticrotary.org](http://www.nianticrotary.org)

### DISTRICT SCOUTS REGIONAL OFFICE

Mike Cooney | 860-373-0097

### CUB SCOUTS PACKS

Mike McKee, #24: 860-739-0433 | [www.beascout.org](http://www.beascout.org)

[www.pack24eastlyme.org](http://www.pack24eastlyme.org) | [pack24eastlyme@gmail.com](mailto:pack24eastlyme@gmail.com)

### 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.

### 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 at Bridebrook. The department is currently accepting teams for the 2019 season. Reminder: The meeting will be held on Wednesday March 18 at 6:30 pm in the Recreation Office.

continued on page 8



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## Bulletin Board... continued from page 6

### THAMES RIVER FENCING CLUB

The club meets at the East Lyme Library / Community Center Activity room on Monday evenings. 7:30 to 9:30 pm.

### U.S. AMATEUR BALLROOM DANCE ASSOCIATION DANCES

Dates: Fridays, March 20, April 17, May 15, June 19  
Saturdays, April 4, May 2, June 6  
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: Ken@usadancenewlondonct.com

### SHORELINE SWING DANCES

Dates: Third Saturday of each month:  
March 21, April 18, May 16 & June 20  
Time: 8:00 to 11:00 pm. Dance lessons are offered from 7:00 to 8:00 pm.  
Location: East Lyme Public Library / Community Center Activity room.  
For more information please visit: [shorelineswingct.com](http://shorelineswingct.com).

### DDS/EAST LYME DANCES (DEPARTMENT OF DEVELOPMENTAL DISABILITIES)

Dates: Dances are Friday evenings: 3/27, 4/24, 5/29, 6/26  
Time: 7:00 - 9:00 pm  
Location: East Lyme Community Center  
Fee: Each dance is \$5.00  
For more information please contact Robert Strick at: [stricklyteeth79@gmail.com](mailto:stricklyteeth79@gmail.com).

### DEEP BOATING COURSE

Dates: April 6, 8, & 13  
Time: 6:00 - 9:00 pm  
Location: East Lyme Youth Center  
Fee: \$25.00

East Lyme Parks & Recreation will be accepting registration into its DEEP State Boating class, for individuals age 10 & older. Classes will be held at East Lyme Youth Center. This 3-day class fulfills the education requirements for the CT Certificate of Personal Watercraft Operation, which allows boaters to operate a motor vessel, including personal watercraft (Jet Ski type boats,) in the State of Connecticut. Students must attend all three sessions to be certified.

### SLAMMA JAMMA BASKETBALL CAMP

Dates: July 27 - July 31  
Time: 9:00 am - 3:00 pm  
For more information, including registration please contact Coach Leary at: [coachleary@slamma-jamma.com](mailto:coachleary@slamma-jamma.com).



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**THEATER UNDER THE SHELL - Summer Stock Theater**

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**MYSTERY THEATER FUNDRAISER - Theater Under the Shell (TUTS) and East Lyme Senior Center**

What better way to spend a chilly March night than solving a mystery! Come join us on Saturday, March 14th at 6:00 pm at the East Lyme Community Center for the "Not so Trew Cryme: The White Feathers Murder Mystery." Tickets on sale now at the East Lyme Senior Center which includes dinner of baked ziti, salad, garlic bread and dessert and all the fun you can handle. Don't wait. Last year's event sold OUT. Call us for pricing at: 860-739-5859.

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# Parks & 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 | 8:00 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.)

## REGISTER FOR PROGRAMS

In person at the Parks and Recreation Department Office in the E. Lyme Library Community Center on Society Road, by mail (Mailing address: 41 Society Rd., Niantic, CT 06357 or online.) 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, with-out 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.

## REFUND POLICY

If a program is cancelled by Parks and Recreation, a full refund will be offered or a credit can be issued to your household account for future programs, events, beach passes, etc.

All other refunds will be subject to a \$15.00 processing fee if refund check is to be issued. No fees will be charged if refund is applied to house hold account for future programs, beach passes, etc. (If cancellation is due to medical condition; a doctor's note will be required for fee to be waived.)

## 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.



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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. *East Lyme Parks and Recreation reserves the right to re-schedule or cancel any advertised class due to weather, facility availability, or any other circumstance beyond our control. As we will try our best to reschedule; refunds will not be offered due to any unforeseen cancellation of an individual class.*

## Park and 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 22 – SEPT 7, 2020 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.

### BEACH PASSES

Fees for 2020 were not available at the time of this publication. Please check our website page on [eltownhall.com](http://eltownhall.com) under Parks & Rec link (Beach Pass Information.)

**Beach Passes will go on sale beginning April 1st and can be purchased by:**

**MAIL IN:** To avoid lines, you can mail in a copy of your current car registration, a copy of your latest East Lyme tax bill (for EL tax payers only 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

continued on page 12

## Daily Lunch & Dinner Specials

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## Park & Beach... continued from page 11

we will process your request and mail your beach pass to you.

**ONLINE:** Go to Beach Pass Information page under Parks & Rec on eltownhall.com. On that page follow the link to online registration. If you have an issue logging into the online portal, please call our office at: 860-739-5828 and we will walk you through it.

**Parks & Recreation Office:** To obtain a season pass, applicants must present their valid car registration at time of purchase. If you are new to town (EL/Niantic,) please bring your tax bill or lease/rental agreement to show residency.

As of Saturday, May 23 (Memorial Day Weekend) all vehicles must have a parking permit to enter the parks through

September 7 (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 / TENT RENTAL

The pavilion and tent are 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, rest-rooms, Hole-N-Wall beach, play ground, bocce court, outdoor showers

#### Peretz Park at Bridebrook

- 221 West Main Street, Niantic Base ball, 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 Base ball, softball

## Parks & Recreation Summer Playground

Registration will open on April 1, 2020 ONLINE and in office.

\*Please note that fees will increase after June 10th per child.

### SUMMER PLAYGROUND PROGRAM

#### Entering Grades 1-3 | Entering Grades 4-6

Fun daily activities planned; crafts, sports & games, beach days and optional field trips. Children are grouped according to grades with a ration of 15:1. This program is available for both East Lyme residents and Non-Residents. Both programs will be held at the East Lyme Middle School this summer. *\*Please see refund policy.*

Dates: June 29 - August 7

Days: Monday-Friday

Time: 8:30 am - 1:00 pm

Fee: \$275.00 Residents / Non-Residents \$375.00  
(Includes T-shirt)

Fee: After June 10: \$300.00 Residents / Non-Residents  
\$400.00

### EXTENDED SUMMER PLAYGROUND HOURS

Extended playground hours for children registered in the summer playground program will be available for entering grades 1-8. Registration will be by the week. This program is available for both East Lyme residents and Non-Residents. *\*Please see refund policy.*

### MORNING HOURS

Time: 7:30 am - 8:30 am

Fee: \$20.00 Resident / \$30.00 Non-Resident (Per Week)

Location: East Lyme Middle School

### AFTERNOON HOURS

Time: 1:00 pm - 5:00 pm

Fee: \$80.00 Resident/\$110.00 Non-Resident (Per Week)

Location: East Lyme Middle School

### Hangout for Grades entering 7-9

(NEW CHANGES FOR 2020)

This year Hangout will be a continuation of the Playground Program with one set fee for the six week program. This program offers a variety of recreational activities that appeal to a wide range of youthful interests. Field trips and/or special events will also be scheduled.

Dates: June 29- August 7

Days: Monday-Friday

Time: 8:30 am - 1:00 pm

Location: Youth Center

Fee: \$275.00 Residents / Non-Residents \$375.00  
(Includes T-shirt)

Fee: After June10: \$300.00 Residents / Non-Residents  
\$400.00

Weekly Beach Days will be held at McCook's on Monday (tentative) of each week at no additional cost. Drop off and pick-up on beach days will be at McCook's.

**The following field trips will be offered at an additional cost TBD:**

July 9 Brownstone

**continued on page 14**



## East Lyme Parks and Recreation Dept. PLAYGROUND & HANG OUT Registration Form 2020

PARTICIPANT'S NAME \_\_\_\_\_ AGE: \_\_\_\_\_ BIRTHDATE: \_\_\_\_\_ GRADE ENTERING IN FALL \_\_\_\_\_

LEGAL GUARDIAN/PARENTS' NAME(s): 1. \_\_\_\_\_ RELATION: \_\_\_\_\_ CELL# \_\_\_\_\_ DOB \_\_\_\_\_

2. \_\_\_\_\_ RELATION: \_\_\_\_\_ CELL# \_\_\_\_\_ DOB \_\_\_\_\_

FAMILY/LEGAL GUARDIAN'S ADDRESS: \_\_\_\_\_

HOME TELEPHONE # \_\_\_\_\_ WORK TELEPHONE #1 \_\_\_\_\_

WORK TELEPHONE #2 \_\_\_\_\_ EMAIL ADDRESS: \_\_\_\_\_

LIST ALLERGIES/MEDICINES\*/CONDITIONS: \_\_\_\_\_

PLEASE INDICATE ANY LEGAL CUSTODY/RESTRAINING ORDERS THAT ARE CURRENTLY IN PLACE: \_\_\_\_\_

ALL MEDICINES MUST BE IN ORIGINAL CONTAINERS & IT IS THE PARENT'S RESPONSIBILITY TO HAND IT TO AND PICK IT UP FROM THE SITE LEADER EACH DAY. **ALL MEDICATIONS ARE SELF ADMINISTERED UNDER THE SITE LEADER'S SUPERVISION. COUNSELORS AND SITE LEADERS ARE NOT PERMITTED TO DISPENSE ANY MEDICATIONS.** IF THE CHILD IS ON MEDICATION AND CANNOT SELF ADMINISTER, THE PARENT MUST COME TO THE SITE TO DISPENSE THE MEDICATION. IF IN CASE OF AN EMERGENCY, SITE LEADERS WILL GIVE IMMEDIATE FIRST AID. IF FURTHER ATTENTION IS NEEDED, PARENTS AND/OR CAREGIVERS WILL BE NOTIFIED. IF A PARENT OR CAREGIVER IS UNREACHABLE, EMERGENCY PICK UP PEOPLE LISTED BELOW WILL BE NOTIFIED. **IF EMERGENCY MEDICAL ATTENTION IS NECESSARY, 911 WILL BE CALLED FIRST BEFORE PARENT IS CALLED!**

EMERGENCY CONTACT (OTHER THAN PARENT):

NAME \_\_\_\_\_ TELEPHONE #'S \_\_\_\_\_

In the event of an emergency, I, \_\_\_\_\_ give the staff permission to authorize emergency medical treatment. PLEASE LIST A MINIMUM OF TWO PEOPLE OTHER THAN PARENTS OR EMERGENCY CONTACT WHO HAVE PERMISSION TO PICK UP YOU CHILD. (PLEASE INFORM THEM THEY WILL NEED AN ID, IF UNKNOWN TO SITE LEADER). NO ONE OTHER THAN THE PEOPLE LISTED BELOW CAN PICK UP YOUR CHILD.

NAME & TELEPHONE \_\_\_\_\_ NAME & TELEPHONE \_\_\_\_\_

**I understand that EL Parks & Recreation Department reserves the right to expel from the program any child who is disruptive or disrespectful, or who jeopardizes his/her safety or the safety of other program members. By signing this registration form, I acknowledge that I have read and understand this policy.**

I agree to hold the East Lyme Parks and Recreation Commission & 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. **PHOTO RELEASE:** I understand that for promotional purposes the Town takes photographs of participants enrolled in recreation activities, classes or programs. I hereby release and permit the Town of East Lyme to utilize for said promotional purposes any photographs of my child engaged in the playground activities. (Please notify Parks & Recreation if you do not want picture published.) **BEFORE & AFTER CARE AVAILABLE FOR PARTICIPANTS ENTERING 1-8th GRADE**

**EXTENDED CARE ONLY:** PLEASE INDICATE: AM \_\_\_\_\_ PM \_\_\_\_\_ BOTH \_\_\_\_\_

**Extended Care:** WK1 \_\_\_\_\_ WK2 \_\_\_\_\_ WK3 \_\_\_\_\_ WK4 \_\_\_\_\_ WK5 \_\_\_\_\_ WK6 \_\_\_\_\_  
6/29-7/3      7/6-7/10      7/13-7/17      7/20-7/24      7/27 - 7/31      8/3-8/7

**PARENT/GUARDIAN/CAREGIVER'S SIGNATURE** \_\_\_\_\_ **DATE:** \_\_\_\_\_

*Per Connecticut General Statute 19a-77 we are required to disclose that our programs are not licensed by the State Office of Early Childhood.*

## Playground... continued from page 12

July 16 Matt's Outback Paint Ball  
July 23 Kayaking at Three Belles Marina (Drop off and Pick up will be at Three Belles)  
July 30 Lake Compounce

charged. *\*An exception may be considered should a health related issue arise.*

signing up on a weekly basis if you are uncertain of the dates you need.

### REFUND POLICY\* PLAYGROUND & HANG-OUT PROGRAM

All refund requests must be made in writing to the Parks & Recreation Dept. An administrative fee of \$25.00 will be

### PLAYGROUND PROGRAM

Refunds will only be issued during the first week of the program.

### HANG OUT

Once registered, no refunds will be issued unless your spot is purchased by another participant.

### EXTENDED CARE

When purchasing all seven weeks or multiple weeks at one time; no refunds will be issued. There is the option of

*\*Approved by Parks & Recreation Commission April 9, 2015.*

## Skyhawks Sports Programs

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

### TINY HAWKS (Ages 3 & 4) Soccer & Basketball

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 22 - June 26, M-F, 9:00 am - 9:45 am  
Session 2: July 27 - July 31, M-F, 9:00 am - 9:45 am

Fee: \$85.00

Location: Samuel M. Peretz Park at Bridebrook Basketball Courts

### MINI HAWKS (Ages 4 - 6) Soccer, Baseball & Basketball

This program gives children age 4-6 a fun and positive first step into athletics. All games and activities are designed to allow campers to explore balance, movement, hand/eye coordination and skill development at their own pace.

Dates: Session 1: June 22 - June 26, M-F, 10:00 am - 1:00 pm  
Session 2: July 6 - July 10, M-F, 9:00 am - 12:00 pm  
Session 3: July 27 - July 31, M-F, 10:00 am - 1:00 pm

Fee: \$135.00 per session

Location: Samuel M. Peretz Park at Bridebrook Basketball Courts

### TENNIS CAMP BEGINNER (Ages 6-9)

This class provides a relaxed environment where fundamental tennis skills are taught with a wide range of fun activities that help develop agility, balance, movement, sending, receiving and gross motor skills on a 36 foot court. We help each player to develop better tennis mechanics and more consistent shots.

Dates: Session 1: June 29 - July 2, M-Th, \$125.00  
Session 2: July 6 - July 10, M-F, \$135.00  
Session 3: July 20 - July 24, M-F, \$135.00

Time: 9:00 am - 12:00 pm

Location: East Lyme High School - Tennis Courts

### TENNIS CAMP INTERMEDIATE TO ADVANCED (Ages 8-12)

Players develop their tennis technique and court coverage skills in order to achieve success in rallying consistency and in point playing on a 60 foot court. A variety of fun and competitive games are used to develop a strong foundation of tennis fundamentals. Players will focus on using the proper shot technique and court coverage skills before moving on to a 78 foot court.

Dates: Session 1: June 29 - July 2, M-Th, \$125.00

Session 2: July 6 - July 10, M-F, \$135.00

Session 3: July 20 - July 24, M-F, \$135.00

Time: 9:00am - 12:00 pm

Location: East Lyme High School - Tennis Courts

### BEACH VOLLEYBALL CAMP (Ages 10-14)

All aspects of the game are taught through drills and exercises that focus on passing, setting, hitting and serving. This co-ed program is designed for the beginner to intermediate player and will assist players in developing fundamental skills through game-speed drills and daily scrimmages.

Dates: July 20 - July 24

Time: 9:00 am - 1:00pm

Fee: \$135.00 per participant

Location: Cini Park Beach

### STEM & PLAY FLAG FOOTBALL CAMP (Ages 7-10)

This program combines strategic STEM-based activities with traditional Skyhawks football instruction and a focus on life skills such as teamwork and sportsmanship. STEM Sports® football curriculum educates students on receiver glove and helmet technology, in-game communication, throwing arm strength, football properties, calculating distances and other subjects. Participants will also learn the fundamentals of passing, catching and defense through skill-based drills and scrimmages. Skyhawks puts the Sports in STEM.

Dates: Aug 3 - Aug 7

Time: 9:00 am to 3:00 pm

Fee: \$165.00 per participant

Location: Samuel M. Peretz Park at Bridebrook Basketball Courts



# Parks & Recreation Pre-school & Youth Programs

REGISTRATION FOR PRESCHOOL PROGRAMS  
BEGINS ON MARCH 4

## CREATIVE ART for Age 2

A 30-minute arts & crafts class designed for 2-year olds. Using different mediums, children will manipulate simple supplies to create original artwork all on their own. A first step towards self-discovery and independence, children will learn color recognition and simple art techniques to help their imagination grow. (Maximum number of participants is 6).

Dates: March 23 to May 18 (no class 4/13)  
Days: Monday  
Time: 9:45 - 10:15 am  
Fee: Resident \$40.00 / Non-Resident \$55.00  
Location: East Lyme Youth Center  
Instructor: Sarah Firmin

## "GOT 2 BE MOVING" for Age 2

A 30-minute movement class for 2-year olds that focuses on developing large motor skills such as running, hopping and balancing on one foot to fun games with balls & parachutes. This class is child participation only. (Maximum number of participants is 8.)

Dates: March 23 to May 18 (no class 4/13)  
Days: Monday

Time: 10:30 - 11:00 am  
Fee: Resident-\$40.00 / Non-Resident \$55.00  
Location: East Lyme Community Center  
Instructor: Sarah Firmin

## TOT GYM for Age 3 & 4

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 23 to May 18 (no class 4/13)  
Days: Monday  
Time: 11:15 - 11:55 am  
Fee: Resident \$40.00 / Non-Resident \$55.00  
Location: East Lyme Library Community Center  
Instructor: Sarah Firmin

## TOGETHER TIME for Age 2

In this class children will have the opportunity to develop their socialization skills & foster peer relationships through various forms of play. Participants will also have the opportunity to enhance their language, cognitive, and motor skills, as well as problem solving development through sensory exploration. This class is child participation only.

continued on page 16



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## Preschool & Youth... continued from page 15

Dates: March 25 to May 20 (no class 4/15)  
Days: Wednesday  
Time: 9:45 - 10:15 am  
Fee: Resident \$40.00 / Non-Resident \$55.00  
Location: East Lyme Library / Community Center / Youth Center, Art room

### TOGETHER TIME for Age 3&4

*Same info as above except for time:*

Time: 10:30 - 11:15 am

### CREATIVE ARTS for Kids for Age 3 &4

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 child participation only class.

Dates: March 25 to May 20 (no class 4/15)  
Days: Wednesday  
Time: 11:30 a.m. to 12:15 p.m.  
Fee: Resident-\$40.00 / Non-Resident \$55.00  
Location: East Lyme Youth Center, Art Room  
Instructor: Sarah Firmin



### ELRT Classes

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

### MOMMY / DADDY & ME (Infants- Age 2)

Stimulate your baby's natural response to music! Parents and babies learn rhymes, songs, lullabies, 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 28th to May 23 (No class April 18)  
Days: Wednesday  
Time: 9:45 am - 10:30 am  
Fee: Resident \$75.00 / Non-Resident \$90.00  
Location: ELRT 32 Society Rd., Niantic CT  
Instructor: Erin Stanley

### MUSIC & MOVEMENT WITH MISS ERIN (Infant - Age 5)

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

Dates: March 28 to May 23 (No class April 18)  
Days: Wednesday  
Time: 10:45 am - 11:30 am  
Fee: Resident \$75.00/Non-Resident \$90.00  
Location: ELRT 32 Society Rd., Niantic  
Instructor: Erin Stanley

## Youth Programs

### BEGINNING FOIL 1 - Ages 10 & older

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 24 to May 19 (No class 4/14)  
Days: Tuesday  
Time: 5:30 - 7:00 pm  
Fee: Resident-\$75.00 / Non-Resident \$90.00 (includes equipment)

Registration: Begins Aug 30

Location: EL Middle School gymnasium  
Instructor: Thames River Fencing Club

### INTERMEDIATE / ADVANCED FOIL - Ages 10 & Older

Beginning Foil One is a prerequisite for Intermediate. Intermediate 2 is a prerequisite for Advanced. The intermediate 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.

Dates: March 26 to May 21  
Days: Thursday  
Time: 5:30 - 7:00 pm  
Fee: Resident-\$75.00 / Non-Resident \$90.00  
Location: EL Middle School gymnasium  
Instructor: Thames River Fencing Club



### WHAT IS 2-1-1?

It is Connecticut's free and confidential information and referral service. By calling 2-1-1, a toll-free number throughout CT, callers can reach knowledgeable, multilingual staff and get information, referrals or seek help in a crisis. 2-1-1 operates 24 hours-a-day, every day of the year. TDD access is available. Visit the website for more information: <http://www.211.org/#>



# Youth Services



45 Society Road, Niantic, CT 06357 | 860-739-6788 | Email: mmcdowell@eltownhall.com  
 David Putnam - Executive Director | Michael R. McDowell - Program Director | Hours: 8:00 am - 4:00 pm

## SERVING THE EAST LYME & SALEM COMMUNITIES

*"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.

### REGISTRATION

Registration for Spring Youth Service programs will begin on Friday, February 21st

### NIANTIC BAY BOARDWALK 5K - Sunday, April 26th

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 tent in McCook Point Park. Bring your family and friends. Visit: [eltownhall.com](http://eltownhall.com) for additional information regarding this event!

### HOME ALONE

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. Participants will walk over to the community center from the Middle School.

Day: Monday's  
 Location: The Community Center in the Olive C. Room  
 Time: 3:00 - 4:00 pm  
 Dates: 3/9, 3/16, 3/23  
 Fee: \$45 residents / \$60 Non-residents

continued on page 18

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## Youth Services... continued from page 17

### WHAT'S COOKIN' FOR KIDS

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, maximum of 8 participants.

Day: Tuesdays  
Time: 3:00 - 5:00 pm  
Location: The Community Center in the main kitchen  
(near the senior center)  
Dates: 3/3, 3/10, 3/17, 3/24  
Fee: \$50 resident / \$55 Non-resident

### MOUNTAIN BIKING CLUB (Grades 5-9)

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. We will meet on all Thursdays throughout the spring and summer,

weather permitting and as long as we have two or more riders.  
Day: Saturdays  
Location: Rocky Neck: Trailhead near Divine Wine Emporium  
Time: 10:00 am - 12:00 pm  
Dates: Every Saturday beginning April 18th,  
weather permitting  
Fee: FREE

### FREE OPEN CENTER AFTER SCHOOL PROGRAM

On school days the youth center will be open from 3:00 - 5:30 pm 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.

### 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 17th from 9:00 am - 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.

## Parks & Recreation Adult Programs

*East Lyme Parks and Recreation reserves the right to re-schedule or cancel any advertised class due to weather, facility availability, or any other circumstance beyond our control. As we will try our best to reschedule; refunds will not be offered due to any unforeseen cancellation of an individual class.*

### “FIT & FABULOUS” (Morning Aerobics)

This energizing fun class rotates and combines many fitness styles. Included are: Classic Aerobics, Interval Training, Weighted-Low Impact Cardio, Zumba®, Core & Balance Exercises and Strength Training using hand held & leg weights, balls bands and tubing. Class ends with a relaxing stretch, so bring your non-slip exercise mat and plenty of water! Our motto is “Keep on Moving & get your STEPS in!”

Dates: April 20 to July 1 (No class 5/25)  
Days: Monday-Wednesday-Friday  
Time: 8:30 am - 9:30 am  
Fees: Resident \$95.00 / Non-Resident \$110.00  
Location: East Lyme Community Center, Activity Room  
Instructor: Donna Neaton, AFAA

### FLEX FITNESS

Define, sculpt and build lean muscles utilizing free weights, resistant bands/tubing, balls and your own body weight. Class will also work on balance and posture and conclude with

stretching. Participants are required to bring a non-slip exercise mat.

Dates: April 21 to June 30  
Days: Tuesday  
Time: 10:15 - 11:15 am  
Fee: Resident \$45.00 / Non-resident \$60.00  
Location: East Lyme Library/Community Center - Activity Room  
Instructor: Donna Neaton, AFAA

### TOTAL BODY FITNESS

This 60-minute cardio & strength training class IS DESIGNED FOR ALL fitness levels. It rotates different fitness styles such as, Intervals, Circuits, Classic Aerobics and Weighted-Low Impact Cardio to keep the class moving & challenged. Handheld & leg weights, bands, balls, & tubing are utilized in class for the strength/core portion. Class ends with stretching, so please bring a non-slip exercise mat & plenty of water!

Dates: April 20 to June 10 (No class 5/25)  
Days: Monday and Wednesday  
Time: 4:30 - 5:30 pm  
Fee: Resident \$45.00 / Non-Resident \$60.00  
Location: East Lyme Community Center-Activity Room  
Instructor: Donna Neaton, AFAA



### BARRE CLASS

“ABT” is a barre-based class using a combination of postures inspired by ballet and other disciplines like yoga & Pilates. The barre (or chair) is used as a prop to balance while doing exercises that focus on isometric strength training (holding your body still while you contract a specific set of muscles) combined with high reps of small range-of-motion movements. This class also incorporates light handheld weights to bring the burn during all those reps, as well as mats for targeted core work. Bring a mat. Shoes are optional, but “grippy socks” work great!

Dates: April 23 to June 25  
Days: Thursday  
Time: 4:30 - 5:25 pm  
Fee: Resident \$45.00 / Non-Resident \$60.00  
Location: East Lyme Community Center, Activity room  
Instructor: Donna Neaton

### SATURDAY MORNING ZUMBA® AEROBICS

Come and “Join the Party” with this 1 ½ hour Zumba® class! We will Salsa, Cha-cha, Merengue, Cumbia, Calypso and dance off those calories the first hour, then follow it up with 30 minutes of total body/core strengthening exercises & a relaxing stretch. Bring a non-slip exercise mat and plenty of water!

Dates: April 25 to June 27  
Days: Saturdays  
Time: 8:30 am - 10:00 am  
Fee: Resident \$60.00 / Non-Resident \$75.00  
Location: East Lyme Community Center-Activity Room  
Instructor: Donna Neaton AFAA/Zumba® Instructor

### FASCIAL MOVEMENT

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: March 10 to April 28 (No Class 4/14)  
Days: Tuesday  
Time: 6:00 pm - 7:00 pm (New Time)  
Fee: Resident \$50.00 / Non-Resident \$65.00  
Location: East Lyme Community Center - Activity Room  
Instructor: Kim Stirtan-BSPE, ACE & Stott Pilates. Level One Fascial Instructor

### FASCIAL MOVEMENT (Session 2)

Same info as above except for dates:  
Dates: May 12 to June 23

### MONDAY COED YOGA

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 20 to June 29 (No class 5/25)  
Days: Monday  
Time: 6:00 pm - 7:15 pm  
Fee: Resident \$50.00 / Non-Resident \$65.00  
Location: East Lyme Community Center - Activity Room  
Instructor: Rosemary Gentile - M.S.R.D.-RYT

continued on page 20

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## Parks & Recreation Adult Programs... continued from page 19

### WEDNESDAY NIGHT COED YOGA & MEDITATION

Class is for all levels of students. Students will learn postures, deep relaxation, and breathing techniques. This class will begin at 5:45 to 6:45 pm followed by optional meditation, from 6:45 to 7:00 pm. Participants are required to bring a non-slip exercise mat.

Dates: April 8 to June 24  
Days: Wednesday  
Time: 5:45 - 7:00 pm  
Fee: Resident \$60.00 / Non-Resident \$75.00  
Location: East Lyme Community Center - Activity Room  
Instructor: Michele Flowers, RYT 500

### YOGA FITNESS

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 20 to June 29 (No Class 5/25)  
Days: Monday  
Time: 9:40 - 10:40 am  
Fee: Residents \$50.00 / Non-Residents \$65.00  
Location: East Lyme Community Center - Olive Room  
Instructor: Michele Flowers, RYT 500

### PILATES ON THE MAT

We will work to balance all muscle groups in strength and flexibility, with an emphasis on challenging the core muscles with each movement. Small exercise props such as Magic Circles, weights, body bars, bands & balls are utilized to engage specific muscle groups and assist with body positioning.

Pilates on the mat is a safe method to sculpt your body and to feel increased agility in your everyday movements. Modifications are provided therefore welcoming all levels. Participants are required to bring a non-slip exercise mat.

Dates: May 14 to July 16  
Days: Thursday  
Time: 10:15 am - 11:05 am  
Fee: Resident \$45.00 / Non-Resident \$60.00  
Location: East Lyme Library/Community Center - Activity Room  
Instructor: Marsha Pirie -AFFA

### YOGA FLEX WITH PILATES CORE

Dates: May 15 to July 17 (no class 7/3)  
Days: Friday  
Time: 9:40 - 10:30 am  
Fee: Resident \$45.00 / Non-Resident \$60.00  
Location: East Lyme Public Library/Community Center - Activity room  
Instructor: Marsha Pirie - AFFA

### BALLROOM DANCE - Silver Dance Syllabus

This class will include instruction in "Silver Dance Syllabus," such as the waltz, foxtrot and tango.

Dates: March 12 to April 30  
Days: Thursday  
Time: 6:00 - 7:00 pm  
Fee: Resident \$45.00 / Non-resident \$60.00 per person  
Location: East Lyme Community Center - Activity Room  
Instructor: Marjorie Winslow

### DOG OBEDIENCE - Beginners

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 13 to June 22 (no class on 5/25)  
Days: Monday  
Time: 5:15 - 6:15 pm  
Fee: Resident \$55.00 / Non Resident \$70.00  
Location: East Lyme Public Library/Community Center parking lot  
Instructor: Barbara Keck

### DOG OBEDIENCE - NOVICE

#### (AKC Canine Good Citizen Program)

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

### DOG OBEDIENCE

#### (AKC Canine Good Citizen Program)

Same information as the beginner's class except for:  
Time: 6:30 - 7:30 pm

### ADULT COED VOLLEYBALL

This volleyball program is a fun, informal, pick-up play that meets once a week. No food is allowed in the gym.

(\*Cancellations due to snow will not be made up.)

Dates: Jan 7 to June 2 (no program 2/18, 4/14)  
Days: Tuesdays  
Time: 6:00 - 8:00 pm  
Fee: Resident \$30.00 / Non-Resident \$45.00 or Drop In: \$5.00 per person  
Location: East Lyme Middle School gymnasium  
Supervisor: Cathleen Aquino



# FEMA Flood Facts



## FLOOD FACTS

### Drainage System Maintenance

The Town of East Lyme is a participant in the Federal Emergency Management Agency Community Rating System program which entitles its residents to discounts on their flood insurance policies. One of the objectives of the Community Rating System is to encourage and recognize programs that preserve & restore the natural functions of floodplains and minimize damage & disruption to infrastructure & critical facilities.

### KNOW YOUR FLOOD HAZARD

In the Town of East Lyme, one of the primary threats of flooding results from the

“ponding” of water during heavy storms. Some flooding can result from small ditches and streams overflowing during significant storm events. Many local urban flood problems are caused when trash, yard waste, brush, fill or other debris is dumped into channels. This debris can clog storm drains & culverts, divert flows, and reduce the conveyance capacity of channels, pictured above right.



### STREAM DUMPING REGULATIONS

The house you flood may be your own. Do not dump or throw anything into drainage ditches or streams. Obstruction and pollution of our waterways and ditches is a violation of Town Ordinances and Regulations.

Dumping or disposal of debris throughout East Lyme’s drainage system is prohibited. A Town Ordinance regulating the disposal of solid waste indicates that no person

shall throw or deposit any refuse in any stream or other body of water. According to the East Lyme Inland Wetlands and Watercourses Regulations, filling or depositing material within 100 feet of a wetland or watercourse is considered a Regulated Activity.

The regulations that prohibit disposal of debris in East Lyme’s drainage system are enforced throughout the entire community. The East Lyme Wetlands Enforcement Officer and the Town Engineer are responsible for receiving complaints and monitoring compliance.

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## LYME SHORES

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22 Colton Road  
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### After-School Tennis Programs for Kids

Eight-week sessions throughout the school year

<p><b>Big Shots (ages 4-6)</b> Tue. or Thu., 5-6pm</p> <p><b>Future Stars (ages 7-9)</b> Tue. &amp; Thu., 5-6pm</p> <p><b>Team Connecticut</b> Mon. &amp; Wed., 5:15-6:30pm For competitive junior players</p> <p><b>Junior High Performance</b> Tue. &amp; Thu., 5-6:30pm</p>	<p><b>Local Excellence (ages 10-12)</b> Tue. &amp; Thu., 5-6pm</p> <p><b>Tournament Tough (ages 13-15)</b> Mon. &amp; Wed., 4-5:15pm</p> <p><b>High School</b> Boys- Fri., 3:30-5pm Girls- Sat., 11:30-1pm</p> <p><b>We offer Special Junior Memberships</b></p>
--	--

### Adult Programs

Drop in to our fitness, pickleball and tennis programs!

<p><b>Strength &amp; Balance</b> MF, 10am, W/ 8am</p> <p><b>Stability Ball</b> Mon, 8am</p> <p><b>Circuit Training</b> Wed, 10am Fri/Sun, 8am</p> <p><b>Cardio &amp; Strength</b> Fri., 8am</p>	<p><b>Adv. Beginner Tennis Drills</b> Tue., 9-11am</p> <p><b>Point Play Drills</b> Tues/Thurs/Sat -Please Call</p> <p><b>NTRP Tennis Drills</b> Sat., 10:30am-12pm, All levels</p> <p><b>Drop-in Pickleball</b> Mon. &amp; Thurs., 12:30-3:30pm Beginners Welcome</p>
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Come in and enjoy the experience playing under  
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## WINTER ACTIVITIES

## Little Kids with Big Emotions

Talking to little kids about big emotions isn't always easy, but you can still be creative and have fun in the ways that can help your child understand their big feelings.

Anger, one of the most complicated emotions that we experience, has many different functions. For one, it can serve as an emotional cover-up when we start to feel something that seems intolerable. One way to paint this picture for children could be through discussions of their favorite

super hero, and also, vigilantes. Anger, in a way, is our "emotional vigilante." Anger may present itself in situations when we are perceiving something threatening or dangerous. It then tries to protect us from the "scariest" emotions we are also feeling (fear, anxiety, sadness). Anger also feels accomplished and proud when it has successfully covered up our primary emotions, because in that way, anger served a protective purpose. To children, and even some adults, anger can feel large and in

charge, thus very complex to understand.

There are many interactive ways children can learn about their emotions, understand how to identify how their body changes with those emotions, and ways to respond to these emotions. This may be beneficial in helping them learn to deal and cope with their anger, as well as other big emotions.

Kristin Kiczuk, LCSW  
East Lyme Psychological Associates

## Jeffrey's Rainbow Run

### ACADEMIC SCHOLARSHIP OPPORTUNITY 2020

The East Lyme Youth Services Bureau in cooperation with the Bourgeois family will be awarding scholarships to two (2) graduating High School Seniors in the amount of \$1,500.00 who reside in East Lyme or Salem and will be continuing their education in a field related to animal studies or working with children.

Applicants must submit their high school transcripts as well as a one page essay on how this scholarship will benefit them. Essays and transcripts must be submitted to the East Lyme Youth Services Bureau, 45 Society Road, Niantic, CT 06357 no later than Friday, April 17, 2020. Scholarship recipients will be announced at the East Lyme Youth Services Commission's regular meeting scheduled for Thursday, May 14, 2020.

Monies for this scholarship are in honor of Jeffrey Bourgeois and funded by proceeds from the annual Jeffrey's 5K Rainbow Run held in September each year. For more information on the scholarship and the annual fun run please contact the Youth Services Bureau at: 860-739-6788 or email David Putnam at: Dputnam@eltownhall.com.

### Submittals will be judged on the following criteria:

- Academic Achievement
- Extra Curricular Activities both in school and in the community
- Leadership potential
- Career Objectives
- Essay

## East Lyme Veterans

In October 2013 the State of Connecticut established a Veterans Representative volunteer position in each town to help connect local veterans to resources, services, organizations, and events. The Town of East Lyme is fortunate to have Brian Burrridge as our community's Veterans Representative.

The East Lyme Veterans Coffeehouse is held every 2nd Wednesday of the month at VFW Post 5849, 39 Columbus Avenue, Niantic from 6:00 pm to 8:00 pm and the New London Veterans Coffeehouse is held

on the first Friday of each month at the New London Senior Center, 120 Broad Street, in the Library from 9:00 - 11:00 am.

The mission is to provide a comfortable location for veterans, both men and women of all ages; to meet, socialize, and receive information regarding veteran benefits through state and federal agencies and organizations.

For more information and a current list of events happening in our region, please reach out to Brian directly at: 860-287-2683 or brianburrridge@

gmail.com. For up-to-date information online, please follow Brian on: [https://nextdoor.com/news\\_feed/](https://nextdoor.com/news_feed/).

### EAST LYME VETERANS COUNCIL EVENTS

**May 24: Memorial Day Candlelight Vigil** on the Town Green from 7:30 - 8:30 pm. Open to the public.

**May 25: Memorial Day Parade** - Columbus Ave to Town Hall starting at 2:00 pm. All are welcome to participate. Applications are at the VFW wPost, American Legion Post, and the Town Hall.

# East Lyme Senior Center

37 Society Road, Niantic, CT 06357 | 860-739-5859

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

Cathy Wilson - Director - Program Coordinator  
Jane Bowen - 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](http://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. Check out our Regional Website at: [www.seniorcentersct.org](http://www.seniorcentersct.org).

## 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 LUNCHESES

### Senior Nutrition Program

The Senior Center and TVCCA provide lunches with a 24 hour reservation Monday through Friday at 11:45am. Monthly menus are printed in The Courier newsletter. \$2.00 suggested donation.

### 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.

continued on page 24

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## Senior Center ... continued from page 23

### 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 2nd.

## 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, Apr 2nd** - 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 TBD. Registration begins 02/03. Moderate walking.

**Thu, Apr 16th** - Come join us for a guided tour of Blithewold Mansion in Bristol, RI and experience their Daffodil Days - an explosion of sunny daffodils bursting out of the ground. Lunch at The Lobster Pot in Bristol. Trip fee TBD. Registration begins 02/03. Moderate walking.

**Sat, Apr 25th** - We're heading to West Point Academy for their annual U.S. Military Academy Cadet Review. Lunch included at The Thayer Hotel as well as a step-on guide to share their knowledge of the Academy. You need to provide a proper Gov't issued photo ID for the trip. Trip fee \$130pp. Registration begins 02/03. Lots of walking.

**Sat, May 2nd** - New York City on your own - Bus leaves East Lyme at 7:45 am and leaves NYC at 7:00 pm. Trip is TBD. Registration begins 02/03. No meal included in trip price. Lots of walking.

**Thu, May 28th** - We're going to tour of Old St. Patrick's Cathedral in NYC and discover their Catacombs by Candlelight. Lunch on your own at Urbanspace Food Hall. Trip fee is \$95pp. Registration begins 02/03. Lots of walking.

### OVERNIGHT TRIPS / CRUISES

**Feb 6-9, 2020** - Quebec Winter Carnival with a travel guide.

4 days, 3 nights. Old Quebec City, Winter Carnival and Carnival's Night Parade. \$889pp double, \$779pp triple occupancy, & \$1209pp single occupancy. Registration has begun.

**Mar 2-8, 2020** - Iceland's Magical Northern Lights and tour of the country. Enjoy the natural beauty of Iceland. Transportation & transfers included. Prices start at \$3699pp double occupancy. Registration has begun.

**May 7-8, 2020** - Chinese Lantern Festival in Philadelphia. Trip includes the Chinese Lantern Festival, a tour of the Eastern State Penitentiary, and a local food tour. \$299pp/double or triple and \$379pp single. Registration has begun.

**Aug 21-29, 2020** - Join us for a 9 day trip to the Colorado Rockies. Visits to 4 national parks as well as 11 meals, transportation & transfers. \$3499pp double occupancy, \$4499 single occupancy & \$3499 triple occupancy. Registration has begun.

**Sep 4-11, 2020** - NEW TRIP OFFERING 8 day Alaskan Cruise on the Celebrity Solstice. See the wonders of Alaska from the comfort of a cruise ship. Air fare included. Depart from T.F. Green International Airport. Prices start at \$2548pp. Registration begins 02/03.

**Oct 3-12, 2020** - 10 day Shades of Ireland trip includes 13 meals. Visit Dublin, Blarney Castle, Kilkenny, Waterford, , Ring of Kerry, Cliffs of Moher and more. Transportation & transfers included. \$3649pp double occupancy, \$4249pp single occupancy, or \$3619pp triple occupancy. Registration has begun.

**Oct 7-9, 2020** - "Queen Esther" at The Sight and Sound Theatre in Lancaster, PA. Trip includes a stop at the Appalachian Brewing Company on day 1 and the Mount Hope Estate & Winery on day 3. \$565/double, \$715/single, \$515/triple. Registration has begun.

## Fitness Classes

**SENIOR FITNESS: Mon & Wed 10:00 am**

R\$50.00 / 30 classes- NR\$55.00 / 30 classes. Pass required.

**STRENGTH TRAINING: Mon & Wed 11:30 am**

Session Class - Call for class fee & schedule.

**SENIOR YOGA: Tue 9:00 am & Thu 9:00 am**

R\$60.00 / 30 classes - NR\$65.00 / 30 classes. Pass required.

**TAI CHI: Tue & Fri 9:00 am**

R\$48.00 / 24 classes - NR\$53.00 / 24 classes. Pass required.

**CHAIR YOGA: Tues & Fri 8:15 am, 9:25 am or 10:35 am classes**

Session class - Call for class fee & schedule.

**WEIGHT LIFTING: Tue & Thu 10:15 am**

at ELHS Fitness Center - R\$24.00 / 24 classes - NR\$29.00 / 24 classes. Pass required.

**ZUMBA® GOLD: Tue & Thu 3:00 pm**

Session Class - Call for class fee & schedule.

**PING PONG: Wed 10:00 am**

Will teach. No fee.

**BOCCE: Thu 10:00am**

No fee. Will teach.

**PACE: Thu 1:00 pm**

Session Class - Call for class fee & schedule. People with Arthritis Can Exercise.

**PICKLEBALL: Sat 10:00 am and Tue 7:00 pm**

\$2pp drop in fee. Call the Senior Center office for details. Must know how to play the game.

## Performing Art Classes

**SCENE & ACTING CLASS: Thu 11:45 am - 2:15 pm**

Feb 13th to Apr 2nd. \$80pp. Registration begins 02/03.

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

Call for more information.

**EAST LYME SENIOR CHORUS: Fri 10:00 am**

Any level. Come join the fun. During Feb, Mar, and mid Apr, group meets at the Masonic Temple.

## Crafts

**PAINTING W/FRIENDS: Tue at 9:30 am**

No instructions only camaraderie! No fee.

**STITCH HAPPENS: Wed at 9:30 am**

Knitting, crocheting, sewing together. No instruction and no fee.

**LEARN TO DRAW: Thu 10:00 am**

No fee. Minimal supplies needed. Call to register.

**QUILTING: 3rd Fri and the 4th Tue of every month 5:00 pm and the 1st Mon of every month from 1:00 pm**

Fee is \$2.00. Bring a dish to share for Fri dinner quilting. Intermediate to Advanced level.

## Games / Cards

**BUNCO: Mon 9:30 am**

Will teach. \$2 fee.

**HAND & FOOT: Mon 12:30 pm**

Will teach. No fee.

**SCRABBLE: Tue 9:30 am**

No fee. Will teach.

**MAH JONGG: Tue 12:15 pm**

No fee. Must know the game.

**BRIDGE: Shoot Out played Tue 1:00 pm**

Fee \$5.00pp. Must know the game/have a partner. Must register.

**POPULAR VARIETY GAMES: Tue at 1:00 pm**

Classic Table top games. No fee.

**ACBL Sanctioned BRIDGE:**

**wDuplicate Bridge played Wed 1:00 pm**

Fee \$7.00pp (\$1pp if 26 or younger). Must know the game.

Contact [mikehajoso@gmail.com](mailto:mikehajoso@gmail.com) for questions or to register.

**continued on page 26**



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## Senior Center... continued from page 25

### **BRIDGE: Duplicate Bridge played Thu 1:00 pm**

Fee \$1.00pp. Must know the game/have a partner. Must register.

### **BINGO: Fri 1:00 pm**

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

## Education / Enrichment

### **JAM SESSION: Every Mon 2:00 pm**

No formal instruction just playing with your fellow guitar enthusiasts. Play another instrument? You're welcome too.

### **UKULELE LESSONS: Mon 11:00 am**

Session class - Call for class fee & schedule.

### **BRAIN AEROBICS: 1st & 3rd Wed 11:30 am**

Call to register. No fee.

### **GUITAR LESSONS: Thu 12:30 pm**

Session class - Call for class fee & schedule.

### **TECH SUPPORT: Every Tue 3:00 pm**

with ELHS students during their school year. Call to set up an appointment.

## Health Programs / Benefits Info

### **HEARING CLINIC: 1st Thu of every month at 10:00 am**

Must have an appointment.

### **VNASC NURSE MANAGED FOOT CLINIC:**

### **1st Thu of every starting at 12:30 pm**

Routine foot care. No diabetics please. Appointments are required. Registration at the Senior Center Office with payment. Please note new date & time.

### **REIKI: 1st & 3rd Thu starting at 1:00 pm**

\$5 fee. Registration at the Senior Center Office with payment.

### **REFLEXOLOGY: 1st & 3rd Wed of every month starting at 12:30 pm**

\$5 fee. Registration at the Senior Center Office with payment.

### **MANICURES: 2nd & 4th Tue starting at 8:30 am**

\$5 fee. Registration at the Senior Center Office with payment.

### **MASSAGE THERAPY: 2nd & 4th Wed of every month starting at 1:00 pm**

\$27/25 minutes or \$54/55 minutes. Registration at the Senior Center Office with payment.

### **MINI FACIALS: 3rd Wed of every month starting at 10:00 am**

\$27/25 minutes. Registration at the Senior Center Office with payment.

### **VNASC BLOOD PRESSURE CLINIC:**

**4th Wed of every month 1:15 pm - 2:15 pm**

## Every Month

Theme Meals & Musical Entertainment

Special Events



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# East Lyme Public Library



## February

### COUCH-TO-NIANTIC BOARDWALK 5K

#### Information Session Kick Off

Monday, February 24 - 7:00 pm

Have you always wanted to run or walk a 5K road race but didn't think it was possible? Would you like to accomplish this goal in a supportive and encouraging environment? Come find out what it takes to get started.

## TRIVIA NIGHT

Tuesday, February 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.

## March

### SOUNDS & SONGS WITH THE WILLOUGHBYS

Tuesday, March 3 - 7:00 pm

Good songs and those that write them are miracles of human evolution. Come explore with The Willoughbys as Kathryn Aaron, vocalist and Kevin Sherwin, on guitar celebrate song traditions drawing on the entire history of music. Classically trained and unbridled by convention, trust The Willoughbys to play something that will be your new favorite.

## KERRY BOYS

Saturday, March 7 - 2:00 pm

The Kerry Boys are Connecticut's favorite Irish balladeers. Their high-energy show will have you clapping and singing along, engaging you from start to finish with their wide collection of traditional and original Irish/Celtic songs.

## BOOK DISCUSSION / AUTHOR TALK WITH

### BARBARA KRASNOFF

Sunday, March 8 - 2:00 pm

Barbara Krasnoff, a Nebula Award nominee, will lead the discussion of her latest work, *The History of Soul 2065*, a "mosaic novel" made up of interconnected short stories about two uncanny families through several generations. This program is co-sponsored by Eastern Connecticut Hadassah Book Club.

## COUCH TO THE NIANTIC BOARDWALK 5K

### RUN / WALK SESSIONS

Monday and Wednesdays (March 9 - April 22), 6:00 - 7:00 pm

Meet at Hole-In-The-Wall beach parking lot for training runs/walks. Runners and walkers of all abilities are welcome in this supportive and inclusive environment! Dress for the conditions.

continued on page 28

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## Library... continued from page 27

**STRATEGIES FOR A SUCCESSFUL RETIREMENT:  
Retirement Income Planning/Assessing Income Needs  
Tuesday, March 17 & 24 - 7:00 pm**

Linda Mock, a retired Certified Financial Planner who specialized in retirement planning, will lead this two-part series. Learn about assessing your income needs and the different vehicles for meeting those needs.

### TRIVIA NIGHT

**Tuesday, March 31 - 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.

## April

### POETRY READING & CONCERT

**Saturday, April 4 - 11:00 am**

Steven Ostrowski is a poet, fiction writer, songwriter, painter and teacher. He has published five chapbooks. He and Ben Ostrowski are the authors of a full-length collaboration called Penultimate Human Constellation (Tolsun Books, 2018.) His chapbook, After the Tate Modern, won the 2017 Atlantic Road Prize. He teaches at Central Connecticut State University. Steven will read his poetry and play a few of his original songs.

### KEEP MOVING: SIMPLE TIPS TO RELIEVE PAIN

**An Author Talk with Maggie Downie**

**Saturday, April 4 - 2:00 pm**

Everyone has pain at some point in life. Some of us deal with chronic pain for years. Pain can be complicated, but there are some simple tools that can help relieve pain. Research shows that understanding how pain works can help us begin to get out of pain. Come learn small steps you can take to reduce and manage pain without drugs or surgery with Maggie Downie, author of Keep Moving: Take Steps to Relieve Pain & Improve Your Life.

### BOATS, BOOKS & ART: A Lecture by Kate Wells

**Tuesday, April 7 - 7:00 pm**

Kate Wells will share her stories and artwork of two sailboats and their men: the Madrigal, a 52' black Alden schooner and the Direction, a 33' double-ended cutter rigged Norwegian rescue boat, moored in Essex.

### AMERICAN PIANO & SOUL LEGEND GRAYSON HUGH WITH POLLY MESSER

**Tuesday, April 21 - 7:00 pm**

Internationally acclaimed singer-songwriter Grayson Hugh and his wife, singer Polly Messer, will perform Hugh's songs from his albums and Oscar-winning films. The artists will be on hand for a "meet-and-greet" after the show where you can purchase Hugh's CDs.

### TRIVIA NIGHT

**Tuesday, April 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. Please register for programs online at: [www.eastlymepubliclibrary.org/events](http://www.eastlymepubliclibrary.org/events) or call 860-739-6926.

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### 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. 3/10 *The Secrets We Kept* by Lara Prescott; 4/14 *The Testaments* by Margaret Atwood. No registration necessary.

### MYSTERY BOOK DISCUSSION GROUP

Meets on the last 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. 3/26 *Christine Falls* by Benjamin Black; 4/30 *Celine* by Peter Heller. No registration necessary.

### Storytime Programs

Grow a reader the fun way: read, sing, dance, and play! Join in the fun with stories, songs, dances and other activities that encourage the development of early literacy skills in young children. No registration required. Children must be accompanied by an adult caregiver.

#### MONDAYS

10:00 to 10:45 am - **Stories & Songs.**

Books, songs, dances, and playtime for all ages.

11:00 to 11:30 am - **Terrific Twos!**

Storytime for 2 year-olds. Stories, songs, dances and playtime.

#### TUESDAYS

10:00 to 10:30 am - **Baby Lapsit Storytime.**

Nursery rhymes, songs, and playtime.

11:00 to 11:45 am - **Stories & Crafts.**

Books, short films, and crafts for ages 3-5.

#### WEDNESDAYS

2:15 to 3:00 pm - **Stories & Crafts.**

Books, short films, and crafts for ages 3-5.

6:30 to 7:30 pm - **Evening Storytime**

Storybook movies and coloring activities.

#### THURSDAYS

10:00 to 10:30 am - **Baby Lapsit Storytime.**

Nursery rhymes, songs, and playtime.

11:00 to 11:45 am - **Stories & Crafts Books,**

short films, and crafts for ages 3-5.

#### FRIDAYS

10:00 to 10:45 am - **Stories & Songs.**

Books, songs, dances, and playtime for all ages.

### Programs for Middle Schoolers

#### THURSDAYS

3:00 to 4:45 pm - **Afterschool Movies and Activities** for tweens in grades 5, 6, 7, & 8.

#### FRIDAYS

3:00 to 4:45 pm - **Tween Style Council: Plan events, talk about books, and decorate the children's department.**

For tweens in grades 5, 6, 7, & 8.

continued on page 30

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## Library... continued from page 29

### EAST LYME PUBLIC LIBRARY UNATTENDED MINOR POLICY (5/7/18)

Although serving children and families is an important part of the library's mission, it is not the library's function or purpose to supervise or care for minors. Accordingly, the library and its staff cannot, and expressly do not, assume any responsibility to supervise or care for a minor on library premises. Rather, a minor's caregiver (such as a parent, guardian or other person having custody or control, or providing supervision of a minor) is responsible for the supervision, conduct and safety of such minor at all times while on library premises. Children under the age of ten, for their safety and well-being, must be accompanied by a responsible adult while on library premises, although library staff may in its discretion require any minor to be accompanied by a responsible adult or teenager while on library premises.

Library staff members do not monitor children leaving the library.

If a child is not able to leave the library unaccompanied by an adult, the child should not be in the library without an adult. For privacy purposes, staff members do not sign in or sign out any library patrons.

Disruptive patrons may be asked to leave the library or the children's library. Examples of disruptive behavior include but are not limited to the following: swearing or using inappropriate language, yelling, bullying in-person or online, inappropriate public displays of affection, and destruction of library property.

Library staff is not responsible for monitoring computer usage. If a child is old enough to be in the library alone, that child is old enough to follow library internet safety rules and any additional online rules set by the parent(s). Parents alone are responsible for their child's online activities.

## American Legion Auxiliary Events

16 York Avenue  
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### UNIT MEETINGS - (Monthly)

2nd Monday of the month at 6:30 pm

### BREAKFAST (Monthly)

1st Sunday of month from 8:00 - 11:00 am

March 1, April 5, May 3 Suggested Donation: \$10

Adults \$3 / Children under 10

### DINNERS (Saturday's)

March 21 (Corned Beef) Suggested Donation \$12 Adults / \$4 Under 10

April 18 & May 16 (Roast Pork) Suggested Donation \$10 Adults /

\$3 Under 10

It was my pleasure to represent these 34 families in 2019.



Thank you for a successful year and Happy New Year!



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# The East Lyme Public Trust Foundation Continues to Monitor Niantic Bay Beach

On November 6, 2019, the East Lyme Public Trust Foundation, in partnership with the East Lyme Parks and Recreation Dept., met to discuss their annual survey of Niantic Bay Beach, which they have conducted for the last 5 years. Gerwick/Mereen, a surveying company of East Lyme, reported that the beach has remained relatively stable.

Surveyors Bob Conigliaro and Mike Mason presented sketches of the 2,200 feet of beach front data, depicting the cumulative changes over the five-year period. They noted the slight buildup of more sand at the eastern end of the beach, near the breakwater groin, in contrast to a slight loss at the western end. The surveyors also found that the expanse of beach vegetation cover has increased over two and one-half times over the five year period, with more pronounced growth on the western end.

At the meeting James Gallagher, who supervises the project for the Foundation, remarked in particular about the success of the vegetation aspect. A retired U.S. Navy civilian oceanographer, Gallagher has overseen beach grass plantings in 2016 and 2018 by UConn and East Lyme High School students. Dr. Juliana Barrett of Connecticut Sea Grant also has helped monitor the plantings. This vegetation growth has been instrumental in helping to build

and retain wind-blown sand, especially abutting the Boardwalk.

Parks and Rec Director Dave Putnam, who was also encouraged by the findings, pointed out that most beach-goers occupy the eastern end of the beach, where more sand has accumulated. His Department will continue to support these efforts which are so vital to beach maintenance.

This study, which offers a rare opportunity to monitor beach dynamics, is part of a broad study the Public Trust Foundation initiated in 2015 at the urging of Dr. Frank Bohlen, an Oceanographer and Professor Emeritus in the Marine Sciences Department at the University of Connecticut. It involves assessing the effects of storms and tidal flows on the beach sand stability, managing the area, and monitoring the role of beach vegetation in dune formation.

After having collected this initial baseline data, the Foundation and Parks and Rec. Department have agreed to stretch the survey time frame to two year intervals and also to possibly after significant storm events. Currently, there appears to be no need for additional plantings. Copies of the current findings will be forwarded to the State DEEP. The Foundation also plans to make these findings available on its website: [publictrustfoundation.org](http://publictrustfoundation.org).

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## Harbingers of spring - Tree Planting Time in two new areas of 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, participants can contribute to these signs of spring with some new plantings.

The Promise of Tomorrow's Trees, an East Lyme Public Trust Foundation commemorative tree program started in 2011, makes available to the public trees to be placed in public spaces in East Lyme. This project helps to raise funds for the support of the Niantic Bay Boardwalk and other projects of the Foundation. To date, 38 trees have been planted at Cini Park, McCook Park, Bridebrook Park, The Smith-Harris House, the E.L. Library, and the E.L. Town Hall. This year, we are delighted to announce two new areas for THE PROMISE of TOMORROW'S TREES.



In co-operation with Chris Lund, the Director of Facilities for the East Lyme Board of Education, the Foundation will offer trees at the Flanders Elementary School and the Niantic Center Elementary School. During the Elementary School Renovations, for safety reasons, the Facilities Department had to remove a number of trees at Niantic Center along Pattagansett Road. In addition, at Flanders School, a number of diseased ornamental cherry and apple trees had to be removed from the inner court yard. Mr. Lund, who

became the Director of Board of Education Facilities in June - 2019, thought that 6-7 Dog Wood Trees would be very effective in the inner court yard at Flanders School. At Niantic Center School, he would like to plant a Copper Beech as a Centerpiece tree in the area to the right of the side entrance on Pattagansett Rd. Also, along the road, he has chosen three Red Oaks to replace the diseased threes that had to be removed.

This is a wonderful chance for teachers, employees, parents, grandparents, and former students to help beautify the schools which give such a fine foundation to our students. Not only will these trees be able to commemorate people associated with the schools, but they will also provide scenic beauty and contribute to a healthy ecosystem.

A contribution of \$600 for a tree will cover the cost of the tree, planting, an 8"x 4" plaque, a base, and a water bag to assist in the stabilization of the tree. Planting will take place this spring-2020. 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 Rinoski, administration.

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 website: [www.publictrustfoundation.org](http://www.publictrustfoundation.org). These application forms will also list other areas for planting that are still available.

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# Save the Date for TOUCH A TRUCK 2020



On Saturday, May 16, 2020, the Thames West Auxiliary of Child and Family Agency of Southeastern Connecticut and the East Lyme Parks & Recreation Department will co-sponsor our Thirteenth Annual Touch A Truck. This family event will take place from 9:00 am to 2:00 pm at McCook Point Park in Niantic, CT with a rain date of Sunday, May 17, 2020.

Touch A Truck  
Is for one and all,  
Big and small.  
Spend some time with us.  
Have yourselves a ball.

Fire engines, food, and face painting - there is no better way to spend a day with your favorite children! This year, we will be celebrating Armed Forces Day (May 16th) with an emphasis on

vehicles from the National Guard, Submarine Base, and Coast Guard. In addition, music performances in the Band Pavilion will feature patriotic music. The main event is, of course, TRUCKS! Children will be able to climb, steer, blow horns, and imagine in an amazing array of trucks. This unique event will feature vehicles from the military, law enforcement, fire departments, commercial companies, and industrial companies. In addition Roaming Railroad will provide tours around the park. Six food trucks will return to provide a vast array of food choices for snacks and lunch. Also, the Rotary Club of Niantic will be on hand to present Amber Alert, a program allowing parents to take steps to safeguard their children. There will also be face painting, hair beading, games, and crafts.

The suggested donation is \$5 per person (ages 2 and up) to benefit the Child and Family Agency of Southeastern CT, Inc., a private non-profit that has been working to support children and families for over 200 years. CFA provides a continuum of care beginning with early childhood development centers, outpatient and home-based behavioral health services, as well as school-based health centers and after-school programming. Last year CFA served over 10,000 children and families in over 40 Connecticut communities. Visit the CFA website to learn more about the Agency, to volunteer, or to donate: [www.childandfamilyagency.org](http://www.childandfamilyagency.org). To learn more about Touch A Truck 2020 or to register a vehicle, visit: [www.childandfamilyagency.org](http://www.childandfamilyagency.org), our Facebook page 'Touch A Truck East Lyme, CT' or call Child & Family Agency at: 860-443-2896, Ext. 1407.

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# Women's Suffrage 100 Years Later

by Sigrid Kun

## Honoring the Hard Fought Battle for Women's Voting Rights



The year 2020 marks 100 years since the passage of the 19th Amendment, which was ratified on August 18, 1920. The 19th Amendment reads as follows:

“The right of citizens of the United States to vote shall not be denied or abridged by the United States or any State on account of sex. Congress shall have the power to enforce this article by appropriate legislation.”

Two simple sentences, it seems. Today, it is unimaginable that this basic right would not exist for women. Yet, the 19th Amendment resulted from a long, incredible struggle for equality and it represents a true turning point in United States history. It is only fitting to take a moment to reflect on this centennial. This brief segment can only present a few historical snippets surrounding the fight and can only point out some of the organizations commemorating the centennial.

### THE BEGINNINGS

The first women's rights convention was held in Seneca Falls, New York in 1848. It marked the beginnings of what would become a national movement for women's suffrage. The first National Woman's Rights Convention was held in 1850 in Worcester, MA. Other conventions followed. The Civil War (1861-1865) effectively halted the women's suffrage movement with activists focused on the abolition movement. While the movements for the abolition of slavery and women's rights, respectively, were often entangled, the constitutional amendments following the Civil War created rifts.

By 1869, there were two main groups advocating for women's suffrage. Elizabeth Cady Stanton and Susan B. Anthony formed the National Woman Suffrage Association (NWSA). Lucy Stone and others founded the American Woman Suffrage Association (AWSA). While each entity had the same ultimate goal of winning woman suffrage, their philosophies differed. The NWSA sought change through constitutional amendment while the AWSA focused on gaining rights via individual states.

There were also differences between the AWSA and NWSA when it came to the constitutional amendments following the Civil War. The NWSA opposed the 15th Amendment (the right of a U.S. citizen to vote not to be abridged by race, color or previous condition of servitude) due to the exclusion of women. The AWSA supported the amendment, believing that voting rights for women were not far away. The two organizations ultimately united in 1890 as the National American Woman Suffrage Association (NAWSA).

### AN ARDUOUS STRUGGLE

Progress for the women's suffrage movement was painfully slow and rights were garnered state by state. Women achieved voting rights in Wyoming first in 1869. Colorado followed in 1893. In 1896, Utah and Idaho were added. Fifteen states granted women the right to vote prior to the adoption of the 19th Amendment.

The 19th Amendment itself languished for many decades. Drafted by Susan B. Anthony and Elizabeth Cady Stanton in 1848, the 19th Amendment was not introduced in Congress until 1878 (30 years after the Seneca Falls convention). It was not until 1919 - 41 years after the amendment's introduction and 71 years following Seneca Falls - that Congress submitted it to the states for ratification. The successful struggle capped heroic efforts by a multitude of women

- including pickets, petitions, marches, and speeches. The suffragists endured mockery, arrests, jail, and even forced feeding after hunger strikes.

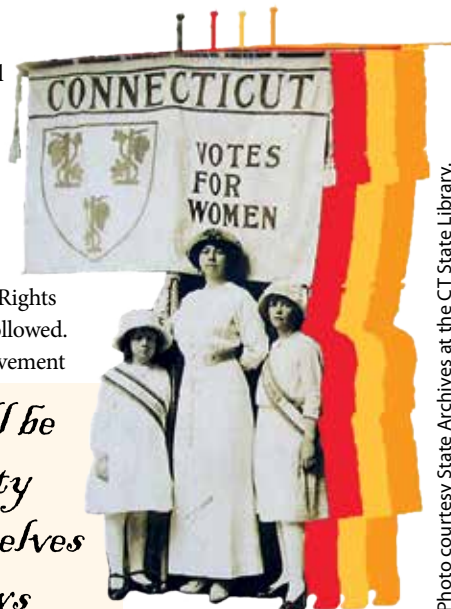


Photo courtesy State Archives at the CT State Library.

One of "Hartford's Mothers" Josephine Bennett.

*“There never will be complete equality until women themselves help to make laws and elect lawmakers.”*

*Susan B. Anthony*

### CONNECTICUT'S CENTENNIAL CELEBRATION

Numerous events in 2020 around the country are celebrating the centennial of women's suffrage. Here in Connecticut, the Centennial Commission on Women's Suffrage (co-chaired by Secretary of State Denise Merrill, Lieutenant Governor Susan Bysiewicz and Connecticut's First Lady Annie Lamont) was launched to celebrate the 19th Amendment. Merrill calls the 19th Amendment “the largest expansion of democracy our nation has ever seen.” The Commission she adds “celebrates the women who made this victory possible, and take[s] a thoughtful look at the work that is left to be done.”

“The moment of achieving a woman's right to vote was a turning point for our country and for our world, that one of the most powerful nations on earth was sending a message that women have the right and responsibility to contribute to our government,” stated First Lady Lamont. “That moment opened the door for women to hold positions of power in government, education, healthcare, and of course, in business.”

Please see [www.votesforwomenct.com](http://www.votesforwomenct.com) for some of the Connecticut events commemorating the centennial of the 19th Amendment. The website also provides insightful biographies of some of Connecticut's women suffragists, including Josephine Bennett pictured above.

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