

East Lyme

# events

VOLUME 4 • QUARTER 2 • 2016



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# events

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## Niantic Lions Club Presents

**The 56th Annual Niantic Outdoor Arts & Crafts Show  
and 38th Annual Lobsterfest/Chicken BBQ**

**July 2 – 3**

**Sat 10 am-5 pm and Sun 10 am-4 pm**

(Dinner service at noon)

East Lyme Town Hall Green and Pavilion

Over 150 Juried Artists and Crafters

Pre-event tickets: Liberty Bank (Flanders/Waterford), Tri-Town  
Grocery, Bayberries and Wild Birds Unlimited. Proceeds benefit Lions Charities.

More information and ticket orders at [www.nianticlions.org/lobsterfest/](http://www.nianticlions.org/lobsterfest/)

# First Selectman's Corner

This issue marks the beginning of the best time of the year on the shoreline. With winter far behind us, we can look forward to what the spring and summer will bring.

Last summer, downtown Niantic was bustling with activity day and night and there's reason to believe that this summer will be even better. With the construction of the Boardwalk finished, there will be more parking available and our beaches will be fully open 7 days a week. We have also added volleyball courts to Niantic Bay Beach... something that has been requested for a number of years.

But our beaches and our boardwalk only tell half the story. East Lyme has so many other natural resources to enjoy. Our trail system is the envy of other towns. We have ponds, lakes and rivers that are enjoyed by many for boating, swimming, waterskiing, canoeing/kayaking, and fishing. I encourage everyone to get

outdoors... soak-up the fresh air and enjoy what Mother Nature has blessed us with! We live in an amazing place.

And to compliment the natural beauty that surrounds us, we live in a vibrant community filled with great recreational facilities and parks. Our great sport teams are supported by an entire community. Our exciting downtown village comes alive in the summertime with music, great restaurants, and of course our ever-popular ice cream shops. Here are a few updates on our upcoming season:

Niantic Bay Boardwalk: By now, hopefully you've been able to experience and enjoy the full Niantic Boardwalk... 1.1 miles overlooking our beloved Niantic Bay. Last year's anticipation and frustrations have given way to thousands and thousands of citizens, neighbors and tourists coming to our bay to walk the now famous boardwalk every day. I have proclaimed

this summer as "Niantic Boardwalk Summer". We are planning on celebrations all season long to commemorate the re-launch of our walkway. Whether you are a daily walker/jogger or you only get on the Boardwalk during your day off, use #NianticBoardwalk and #FantasticNiantic on all your social media postings.



Mark C. Nickerson

**Celebrate East Lyme:** July 16th from 2-10 pm. The best Summer Celebration returns for another great day of fun and festivities. Join your neighbors on our Main Street. Come early and stay for the great fireworks.

**continued on page 4**

# STRESSLESS NIGHTS

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Main St., Old Saybrook 860.388.0891 saybrookcountrybarn.com

## First Selectman's Corner ... continued from page 3

### "Music Feeding Music"

The Friday night music series at ProTek on Main Street will return for another great year of "free" music. Donations are collected and are distributed to music programs in our local schools. What a great idea! There will be music on their stage - and several other stages - on Celebrate East Lyme Day. Be sure to check out some great local acts. Also, Parks and Rec and Youth Services are bringing back the music stage scheduled for Wednesdays at McCook's Beach in August.

### Lobsterfest and Artshow

The weekend before the 4th of July will once again bring the Niantic Lion's Club's annual Lobsterfest and Artshow onto the EL Town Hall ground. This event is the highlight of East Lyme's Independence Day celebrations and is full of tradition. Come down and browse thru hundreds of vendor tents displaying interesting and unique craft items. And bring an appetite because the Lion's will be serving up

fare for everyone... not just lobster, but hamburgers, chicken and the fixins too.

### Looking to the Future

We are busy planning for future improvements to our town facilities including:

Building the Cini Park bathrooms

Development of the park and overlook at the corner of Penn Ave and Main (former gas station)

Engineering sidewalks around Gorton Pond on Flanders Road

Engineering the Sauder's Point sewer extension

School building project

Adding a dingy dock for out-of-town boaters to visit our town

Improving the visual impact of the Amtrak fence on Main Street and other areas

Development and fundraising for a dog park

And many, many other ideas and projects

Our town is a special place, especially during the warmer months. I always say that "our town is great because our people are great!" The true magic of our town is its citizens. Hundreds of people volunteer in our community and bring their talents, passion and energy to make our town what it is. I am forever amazed and grateful to those who do so much for all of us.

If you want to get involved, either on a committee or at a non-profit group, drop me a line at [MNickerson@ELTownHall.com](mailto:MNickerson@ELTownHall.com). I'll try to help.

I wish you and your family good health and a great spring and summer on the shore!

Best,  
Mark C. Nickerson  
First Selectman, Town of East Lyme



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# Director's Note

With the completion of the Boardwalk, the Parks and Recreation Department is now responsible for 1.5 miles of a continuous Park stretching from the Main Beach at McCook Point to the entrance of the Boardwalk at Cini Park. Amenities include; 3 beaches, 1.1 miles of the Boardwalk, 4 restroom facilities, 3 Children's Playscapes, Picnic Pavilion and Tent for rentals, picnic areas, walking paths, 3 parking lots with the Hole in the Wall Parking lot also serving as an educational site for storm water runoff, fishing piers, benches overlooking Long Island Sound and the Niantic River and open space areas for further recreational opportunities.

McCook Point Park will again be a focal point of our summer recreational opportunities that will include the following Special Events:

Touch - A - Truck on May 21st

Niantic Bay 10K on June 10th

Celebrate East Lyme on July 16th

Niantic Bay Triathlon on August 7th

Summer Concert Series on the beach Wednesdays in August

Family overnight camp out and movie on Friday, August 2th

Friday night movies in the Park starting September 2nd

We have a busy summer scheduled and will make every effort to create healthy recreational opportunities for you and your family to partake in. My staff and I are up for the challenge ahead of us in managing the new Boardwalk.



David M. Putnam

I hope to see you all out "recreating" in this great community and hope you take advantage of the many program offerings in this magazine. As always please feel free to contact me with any concerns or suggestions.

Sincerely,  
David M. Putnam  
Director / Parks and Recreation

**THE PARKS & RECREATION OFFICE WILL OFFER SATURDAY HOURS FOR BEACH PASS SALES AND PASSPORT APPOINTMENTS FROM MAY 21 - JUNE 25 FROM 8:30 a.m. - 11:00 a.m.**

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# Park & Beach Information

## McCook Point Park, Hole N' Wall, & Cini Park

Open daily from 8:00 a.m. 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.

### OUR PARKS ARE TOBACCO FREE

### DOGS AT PARKS

State Statue 22-364 states that dogs must be under the direct control of their owners at all times when using town parks. It is the dog owner's responsibility to clean up all dog waste.

**\*\*NO PETS May 27 – Sept 5, 2016 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/Parking Passes

Parking permits went on sale April 1st at the Parks & Recreation Office. Permits will be sold from 8:30 a.m. to 4:00 p.m. throughout the season. From May 26 – June 23 the office will extend the office hours to 7:00 p.m. on Thursdays. Saturdays 8:30 a.m. - 11:30 a.m., May 21 - June 25. 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 2016

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
WEEKENDS & HOLIDAYS	\$30.00
Non-Resident Day Walk In	\$10.00
Non-Resident Season Walk -In	\$50.00

As of Saturday, May 28 (Memorial Day Weekend) all vehicles must have a parking permit to enter the parks through September 5 (Labor Day). Park hours are 8:00 am to dusk. Lifeguards are on duty daily from 9:00 am – 5:00 pm, beginning tentatively on June 11 through mid-August.

Follow My Tail to ...



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## Pavilion/Tent Rental

The pavilion/tent 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

### NEED TO TALK?

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- Teen Support, Social Learning, LGBTQ Youth Support and more
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For more information or to schedule an appointment, call 860-442-4319.

*Medicaid, Medicare, income-based sliding fee scale and other insurances accepted.*

**UCFS** Behavioral Health Office  
United Community & Family Services 351 N. Frontage Rd. Suite 24, New London, CT  
[UCFShealthcare.org/groups](http://UCFShealthcare.org/groups)  



## Grand Opening May 7th

210 Main Street, Old Saybrook, CT 06475 • 141 West Main Street, Clinton, CT 06413  
Information at [funktionfit.com](http://funktionfit.com)

# 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 p.m. 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](http://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](http://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



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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

Judd Andres / 860-739-2260 / Cell 860-912-3106  
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

### EAST LYME JUDO CLUB

Nancy Kelly / 860-691-3314

### EAST LYME YOUTH BASKETBALL

Mike Catanzaro / 860-941-7272 / mcat1926@gmail.com  
www.eastlymeyouthbasketball.org

## Clubs

### NEW COMERS CLUB

Janet Banks / 860-739-2891 / janbanks@hotmail.co.uk

### MOMS CLUB OF EAST LYME

www.eastlymemomsclub.org

### WOMENS CLUB OF SE CONNECTICUT / 860-691-1948

### AMERICAN LEGION AUXILIARY, UNIT 128

Pat Keegan / 860-739-2107

### EAST LYME SCOUTING

#### 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

Robin Greer, #24 / 860-443-5492

Richard Cushing, #240 / 860-739-5239

## Community Bulletin Board

### PASSPORTS

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

The hours for passports are Monday –  
Friday from 8:15 am – 3:30 pm. Evening  
hours will be available on Thursday's only  
starting May 26– June 30. Office will be  
open until 7:00 pm. Appointments must be  
made in advance for this day.

**Saturday hours will be available by  
appointment only May 21 – June 25 from  
8:30 am – 11:00 am.**

### NIANTIC BAY TRIATHLON

Sponsor: Hartford Marathon Foundation  
Date: Sunday August 7th beginning  
at 7:30 am.  
Location: Start and Finish at McCook  
Point Park.

More Information: Call (860) 652-8866  
or visit [www.hartfordmarathon.com](http://www.hartfordmarathon.com).

### NIANTIC LIONS CLUB

The 55th Annual Outdoor Arts & Craft  
Show and 37th Annual Lobsterfest &  
Chicken BBQ will be held on July 2nd  
from 10 am - 5 pm and July 3rd from 10  
am – 4 pm at the East Lyme Town Hall  
grounds. It will feature over 1150 artists  
and crafters. Admission and parking are  
free. The Niantic Lions will be preparing  
lobster & chicken BBQ dinners, chowder,  
burgers and hot dogs are also for sale.  
Proceeds support local Lion charities.

### U.S. AMATEUR BALLROOM DANCE

Dates: Fridays: 7:00 – 10:00 pm (June 17,  
July 8, July 22, Aug 12, Aug 26)  
Saturday 6:30 to 11:00 pm (June 4)  
Where: East Lyme Library & Community  
Center-Activity Room. For more  
information call Raymond O'Connell

@ (860) 501-5260 or  
[www.usadancenewlondonct.com](http://www.usadancenewlondonct.com).

### SHORELINE SWING DANCES

Dates: Third Saturday of each month:  
May 21 & June 18  
Time: 8:00 to 11 p.m. Dance lessons are  
offered from 7 to 8 p.m.  
Location: East Lyme Public Library/  
Community Center Activity room.  
For more information please visit  
"shorelineswingct.com".

### DUPLICATE BRIDGE GAMES

Duplicate Bridge games are associated  
with the American Contract Bridge  
League. This is ongoing and pre-registra-  
tion is not required.  
Days: Tuesday  
Time: 10:00 am – 2:00 pm  
Fee: \$6.00 per person, per day

**continued on page 10**

## Community Bulletin Board ... continued from page 9

Where: East Lyme Library/Community Center –  
Activity Room  
Instructor: Pat Kelsey

### 2016 EAST LYME SUMMER CREW

Sponsored by the East Lyme Rowing Association.

**Middle School Learn to Row Program/High School Skill Development Program**

Dates: June 20 to July 22

Days: Monday through Friday

Time: 8:00 to 10:00 a.m.

Fees: \$125 per week (if signed up  
for all 5 weeks, 5th week is free)

Contact: Scott Mahon @ scott.mahon@eastlymeschools.org  
or 860-949-5422.

### ADULT GOLF LESSONS

Learn all the strokes in golf in an effortless five week lesson package. Course will be held at East Lyme Driving Range starting on June 3rd at 11:00 am and continue every Friday for five weeks. Fee is \$115.00 per person and covers instruction (golf balls not included). Instructor will be Jerry Frechette the golf director at the range and a 20 year veteran of teaching golf. Contact Jerry at (860) 912-0979 for more information and to register.

### CONNECTICUT TRAILS DAY HIKE

#### CT Trails Day Educational Walk

Saturday, June 4th from 10:00 am to 12:00 pm.

Oswegatchie Hills Nature Preserve. Join David Putnam and Greg Decker, of the Friends of Oswegatchie Hills Nature Preserve, for this 6th Annual Connecticut Trails Day Hike. Points of interest will include: Smith Cove Overlook, Clark Pond Vista East and West, Rocky Ledge Overlook, Granite Quarry, and Mount Tabor. Open to all ages and abilities. Meet at the Oswegatchie Hills Nature Preserve trailhead at Veterans Memorial Park (Memorial Drive, Niantic) at the registration tent that will be in the parking

lot adjacent to the softball field. Sponsored by East Lyme Parks and Recreation (eltownhall.com) and Friends of Oswegatchie Hills (oswhills.org). Rain or shine. Pre-registration is NOT NECESSARY. Questions: contact David Putnam, dputnam@eltownhall.com.

### CT TRAILS WEEKEND

#### SPECIAL HIKE

Sunday, June 5th at 7:30 a.m.

Have you ever heard of a Worm-eating Warbler or a Wood Thrush? Join The Friends of Oswegatchie Hill Nature Preserve birding specialists, Bruce Dasinger and Linda Vegliante, for a walk to view and hear songs of summer nesting birds in the Oswegatchie Hill Nature Preserve. Meet at the Preserve's main entrance at Vets Memorial Field, by the kiosk, 7:30 am Sunday, June 5, 2016. Approximately two hour walk. If available, bring binoculars. The walk will still be held in the event of light rain or occasional showers.

### CELEBRATE 90+ TEA

The 11th Annual Celebrate 90+ Tea will be held at the East Lyme Community Center on Friday, May 20th at 1 pm. The East Lyme Senior Center, Bridebrook Health & Rehabilitation Center and Crescent Point of Niantic host this Annual Tea to celebrate the lives of East Lyme residents who are 90 or older. If you are interested in attending or if you know someone who is 90 or older that should be invited, please contact the East Lyme Senior Center at 860-739-5859.

### SHRED DAY

The East Lyme Police Benevolent Association in conjunction with the East Lyme Senior Center will hold a Shred Day on Saturday, May 7th from 9 am to 12 pm in the parking lot of the East Lyme Community Center. Asking for non-perishable food items for Care & Share. Bulk Shredder on site.

## Summer Special Events

### CELEBRATE EAST LYME

Join 35,000 local residents and vacationers to Celebrate East Lyme on Saturday July 16th from 3:00 pm - 9:00 pm. This premier outdoor celebration will showcase all things local throughout Niantic, capped by a wonderful fireworks display over Niantic Bay! Browse over 200 local creative, community and business vendors, a wide variety of treats, multiple live music stages and much more! Be sure to stop by all of these other popular attractions: Amber Alert, Cooking Demonstrations, Interactive Children's Area, Diamond

Dig, Dunk Tank at Arthur Murray Dance Studio, Sand Castle Competition, and more! The day is capped with an excellent fireworks display sponsored by Dominion over Niantic Bay. Make your way to McCook Point Park and enjoy them with thousands of others while listening to the tunes of East Lyme's own, The Paul Lussier Band. Interested in signing on as a vendor or sponsor? Contact Special Events Coordinator Mike McDowell via email at eastlymeparks@gmail.com or call 860-739-5828. For up to date information go to [celebrateeastlyme.com](http://celebrateeastlyme.com)

and "like" the event on Facebook by searching "Celebrate East Lyme".

### SANDCASTLE/SCULPTURE CONTEST

Our 10th annual sandcastle/sculpture contest will be held at 9:00 am, the morning of Celebrate East Lyme Day at Hole in the Wall beach. Please register ahead of time by stopping by the parks and recreation office. Prizes will be awarded to the top three sculptures (judged by participating teams) as well as a judges pick.

**continued on page 12**

**WITH THIS YEAR'S WACKY WEATHER PATTERNS, IT PROBABLY WILL BE A SUPER HOT JULY!**

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1,500 - 1,750 SF	RAKA042JAZ	3.5	\$6,200.00
1,750 - 2,000 SF	RAKA048JAZ	4	\$6,400.00
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## Summer Special Events ... continued from page 11

### NIANTIC BAY 10k: JUNE 10th

The Niantic Bay 10k returns this year to raise money toward East Lyme Youth Services goal of offering free afterschool programming for East Lyme Middle School students. The event will take place at McCook Point Park on Friday, June 10th in the lower level parking lot.

### FAMILY FUN NIGHT

Friday August 5th

Families are invited to come participate in a night full of outdoor fun and games. The event will take place at Bridebrook Park on the evening of Friday, August 5th. The event is FREE and is open to all of the public. Bring your family and play such games as kickball, knockout, soccer, and more! The games will be organized by members of the Parks and Recreation Department and will kick off at 7:00 pm. An official list of all games will be available by June 1st. We encourage families who are looking to participate to sign up for the specific events by Monday August 1st.

### SOUNDS AT SUNSET CONCERT SERIES

Wednesday Evenings August 3rd- August 31st

Concerts are returning to McCook Point Park this summer on Wednesday nights from 6:00-8:00 pm. Concert goers can make themselves comfortable right on McCook's Beach as the bands will be located in the lower parking lot. The series will run from August 3rd through August 31st. No parking pass will be needed for concertgoers arriving after 5:00 pm, and attendees are encouraged to bring lawn chairs, blankets, food and beverages. No alcohol is permitted in town parks. This summer's concert schedule is as follows:

August 3rd – Paul Lussier Band

August 10th – Second Chance

August 17th – Branded

August 24th – First Company Footguard

August 31st – 5 Bean Row

### BACK TO SCHOOL MOVIE NIGHT AND FAMILY CAMPOUT AT McCOOK'S

To cap the summer we will be holding our second annual Back To School Family Campout Night at McCook Point Park

on Friday, September 2nd. Bring your tent, sleeping bags, food and necessary items to enjoy a nice night outdoors with the whole family. A movie will be shown on a large, inflatable screen beginning at 7:30, patrons not intending to stay over are encouraged to join for the show at no cost! Registration ends August 30th and the fee is \$10.00 per campsite. Backyard games and activities will be on site for patrons to use before sunset. For additional information contact Mike McDowell, at 860-739-5828.

### FRIDAY NIGHT MOVIES IN THE PARK

We have partnered with the East Lyme Public Library to bring our popular movie series back to the park this summer! A kick off to the summer movie will occur on the last day of school, June 10th. The movie series will be shown Friday evenings in September at sunset, at McCook Point Park. The following is the lineup for this summer.

June 10th 8:30 pm - Jaws

September 2nd 7:45 pm - Star Wars: The Force Awakens

September 9th 7:30 pm - Guardians of the Galaxy

September 16th 7:15 pm - The Good Dinosaur

September 23rd 7:00 pm - Big Hero 6

September 30th 7:00 pm - Minions

### EAST LYME BIKE & BBQ

Saturday, October 1st

A new event is coming to town for cyclists! Join us at Rocky Neck State Park and challenge yourself with one of five rides ranging from the 10 Mile historical house tour, to the 100 Mile ride. Once you've completed the ride, a BBQ meal will be provided in the park. Registration includes the ride of choice, BBQ meal, and event t-shirt. Proceeds from this event will benefit historic places and open spaces in town through the following groups: EL Land Trust, EL Historical Society, Friends of Samuel Smith House, Friends of Smith Harris House, Friends of Oswegatchie Hills Nature Preserve.

## East Lyme Athletic Organizations

### East Lyme Babe Ruth League, Inc.

Session II (13 - 15) late May to mid June \$65.

Session II (16 - 18) mid June through August \$65.

Fall Session begins in September

Open to players from East Lyme (Niantic), Lyme, Old Lyme, Salem and East Haddam (Moodus).

Visit: East Lyme Babe Ruth League, Inc. or email at eastlymebaseball@gmail.com

### 2016 CHEERLEADING

REGISTRATION COMING SOON!

Seniors - Juniors - Micros - Minis

Saturday, May 21th • 9am-Noon

Saturday, June 4th • 9am-Noon

Saturday, June 25th • 9am-Noon

Registration will be held at the field house behind ELMS, 2nd floor in the cheer room. Please bring a copy of your child's birth certificate. Registration fees are \$100 per cheerleader for all Senior, Juniors & Micros. \$75 for all Minis. 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 K through 8th and are between the ages of 5 and 14. NOW ACCEPTING 5 YEAR OLDS  
Any questions please email: Registration Manager Jennifer Adanti: siadanti@sbcglobal.net  
President Tammy Bogue: tammybogue@sbcglobal.net

# Parks & Recreation Summer Playground Camp

REGISTRATION FORM ON PAGE 21.

## SUMMER PLAYGROUND PROGRAM

Entering Grades 1-3 Session 160101-01

Entering Grades 4-6 Session 160101-02

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

Dates: June 20 – August 5 (No program 7/4)

Days: Monday-Friday

Time: 8:30 am – 1:00 pm

Fee: \$220.00 Residents / Non-Residents \$320.00  
(Includes T-shirt)

Registration: Begins June 1 at EL Parks & Recreation Office

Where: Grades 1-3 Lillie B. Haynes Elementary School  
Grades 4-6 East Lyme Middle School

## EXTENDED SUMMER PLAYGROUND HOURS

Extended playground hours for children registered in the summer playground program will be available for entering grades 1-7.

Registration will be by the week. This program is available for both East Lyme residents and Non-Residents. \*Please see refund policy.

Dates: June 22 – August 7 (No program 7/4)

Days: Monday-Friday

## NEW 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/\$90.00 Non-Resident (Per Week)

Location: East Lyme Middle School

## HANGOUT FOR GRADES 7-10

This program offers a variety of recreational activities that appeal to a wide range of youthful interests and some creative community service projects, which the students will organize during the week. Weekly field trips and/or special events will be scheduled each week. \*Please see refund policy. This program is available for East Lyme resident/taxpayers only due to limited number of spaces available.

Dates: June 20 – August 5 (No program 7/4)

Days: Monday-Friday

Time: 8:30 am – 1:30 pm

Where: East Lyme Youth Services

Registration: Begins June 1

Week 1: June 20 – June 24 Checkered Flag

\$105.00 Session 160101-03

Week 2: June 27 – July 1 Brownstone

\$120.00 Session 160101-05

continued on page 14

East Lyme Events Quarter 2 2016



# Niantic Lions Club

*Presents*

## The 56th Annual Niantic Outdoor Arts & Crafts Show

*and the*

## 38th Annual Lobsterfest/Chicken BBQ



# July 2nd and 3rd

Saturday - 10 am - 5 pm  
Sunday - 10 am - 4 pm  
(Dinner service at noon)

### East Lyme Town Hall Green and Pavillion

### Over 150 Juried Artists and Crafters

Pre-event tickets: Liberty Bank  
(Flanders/Waterford), Tri-Town Grocery,  
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*Proceeds benefit Lions Charities.*

More information and ticket orders at  
[www.nianticlions.org/lobsterfest/](http://www.nianticlions.org/lobsterfest/)



www.eventsmagazines.com

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## P&R Summer Playground Camp ... continued from page 13

Week 3: July 5– July 8 Beach Day

\$ 60.00 Session 160101-04

Week 4: July 11 – July 15 Matt's Outback

\$120.00 Session 160101-06

Week 5: July 18 – July 22 Sports Center

\$120.00 Session 160101-07

Week 6: July 25– July 29 Lake Compounce

\$120.00 Session 160101-08

Week 7: Aug 1 – Aug 5 Field Day McCooks

\$ 70.00 Session 160101-09

### 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

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

#### PLAYGROUND PROGRAM

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

#### EXTENDED CARE

When purchasing all seven weeks or multiple weeks at one time; no refunds will be issued. There is the option of signing up on a weekly basis if you are uncertain of the dates you need.

#### HANG OUT

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

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

To download previous issues of East Lyme Events  
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and download the issue you desire!



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# Parks & Recreation Youth Programs

## BEGINNERS/INTERMEDIATE FOIL

Ages 10 & Older

Session # 180101-01

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

Dates: June 14 - 17

Days: Tuesday - Friday

Time: 6:00 pm - 8:00 pm

Fee: Resident \$75.00/Non-Resident \$90.00  
(Includes Equipment)

Registration: Begins May 18

Where: ELHS

Instructor: Keith Knight /Thames River Fencing Club

## INTERMEDIATE/ADVANCED FOIL

Session #180201-01

Intermediate Advanced would be a continuation of the Beginner/Intermediate class.

Dates: June 20 - 23

Days: Monday - Thursday

Time: 6:00 pm - 8:00 pm

Fee: Resident \$75.00/Non-Resident \$90.00  
(Includes Equipment)

Registration: Begins May 18

Where: ELHS

Instructor: Keith Knight/Thames River Fencing Club

## SUMMER STRINGS FOR STUDENTS IN GRADES 3 - 12

A variety of String Ensembles for students in grades 3-12, will be offered on Tuesdays and Thursdays, July 5 to 28. This program is open to East Lyme residents and non-residents.

For more information please contact Karin Carlson at [karin.carlson@eastlymeschools.org](mailto:karin.carlson@eastlymeschools.org). The registration form with class information is available at the East Lyme Parks & Recreation office. Fee for Residents \$110.00; Non-residents \$125.00.

## PERFORMING ARTS CAMP

Ages 4 through entering Grade 9

Session #180806-02

Join us for a week full of Musical Theater for ages 4 through those entering 9th grade. This musical theater camp will meet Monday through Friday at ELHS auditorium. Classes will be taught in ACTING, SINGING, DANCE AND ART FOR THE THEATER. Special workshops for audition technique, piano, guitar, stagecraft and acting for the camera will also be given. The session ends with a fabulous performance for friends and family. Enrollment is limited to a max of 50 participants. Participants should bring a drink and snack each day. Registration for this program is at the Parks & Recreation office. Go to: [eastlymeregionaltheater.com](http://eastlymeregionaltheater.com)

for more info.

Dates: July 6 to July 10

Days: Monday - Friday

Time: 8:30 am to 12:30 pm

Fees: \$160 Residents/\$175.00 non-Residents

Location: ELHS Auditorium

Registration: Begins June 1

## YOGA FUN & FITNESS FOR PARENT & CHILD

(See listing under Adult Programs) For parents and children 3-7.

# Parks & Recreation Sports Camp/Clinics

## FOOTBALL CLINIC

Session#140601-01

For players entering grades 3-8. Clinic will be conducted by ELHS Coach Rudy Bagos and staff/members of the ELHS Football Team. Participants need to bring sneakers in case of rain.

Dates: July 11 - July 14

Days: Monday - Thursday

Time: 5:30 pm - 7:30 pm

Fee: \$90.00 Residents/\$105.00 Non-Resident  
(Includes T-Shirt)

continued on page 16



**THE HIDEAWAY RESTAURANT & PUB**

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## P&R Sports Camp/Clinics ... continued from page 15

Where: East Lyme High School Turf Field  
Instructors: Rudy Bagos and staff including members of High School team

### GIRLS LACROSSE SUMMER CAMP

Session #140701-01

Camp is for girls entering grades 3-8. Camp will be conducted by Phil Schneider and college players. Players must bring Stick, Goggles, & Mouthpiece. At ELHS Turf Field.

Dates: July 25 – July 29

Time: 5:30 pm – 8:30 pm

Fee: \$150.00 Residents/\$200.00 Non-Residents

### WOMEN'S ADULT LACROSSE LEAGUE

Session: #140701-02

For women players in high school, college and post-collegiate. Players must bring Stick, Goggles, & Mouthpiece. At ELHS.

Dates: June 21, 23, 28 & 30

July 5, 7, 12, 14, 19, 21

Time: 7:30 pm – 9:30 pm

Fee: \$100.00 EL/Salem Residents/\$125.00 Non-Residents  
Half sessions \$55.00 Residents/\$70.00 Non-Residents

Contact: Phil Schneider at (860) 884-1980  
or phillip-schneider@att.net

### SLAMMA-JAMMA BASKETBALL CAMP

For boys and girls in grades 3-8. For more information contact: Art Leary at (203) 676-1314 or Carolyn Ascioffa at (860) 961-6710. At ELHS.

Dates: August 1 – August 5

Days: Monday – Friday

Time: 9:00 am – 3:00 pm

Fee: \$140.00

Registration: Register on-line at [slamma-jamma.com](http://slamma-jamma.com)

### FIELD HOCKEY CLINIC

This clinic will offer participants an opportunity to learn the fundamentals of field hockey. Skills will include, dribbling footwork, attacking, defending and positioning. Participants are required to bring a field hockey stick, goggles, shin guards and water bottles. A mouth guard and t-shirt will be provided to all participants. Location will be at ELHS.

Dates: August 1-5, 2016

Time: 8:30 am-10:00 am Ages 10-13

10:30am-12:00pm Ages 14 and up

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

Instructor: Diane Swan, former ELHS head field hockey coach

### VOLLEYBALL CAMP – run by Sound Volleyball Club

SESSION: 140301-01

For High School girls entering grades 8 through 12. This is an all-day camp, 9 a.m. to 3 p.m., with a break for lunch. Participants must register with the Recreation office.

Dates: August 8 to August 11

Time: 9 a.m. to 3 p.m.

Fee: \$190 East Lyme & Salem Students/  
\$205 Non-Res students

Registration Begins on July 5. Participants must register by July 29

Where: East Lyme High School, north & south gymnasium

Instructors: Josh Edmed, Patty Giannattasio, and Molly Giannattasio

Contact: Carol Rossiter, 860-739-5828

### SKYHAWKS SPORTS PROGRAMS

Registration for Skyhawk programs is now only accepted ON-LINE 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)

(This is a "Parent & Child team" camp. Adult participation is highly encouraged).

Dates:

Session 1: June 20 – June 24 M-F

Session 2: Aug 1 – Aug 5 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 20- June 24 M-F 10:00 am-1:00 pm

Session 2: July 11 – July 15 M-F 9:00 am – 12:00 pm

Session 3: Aug 1– Aug 5 M-F 10:00 am-1:00 pm

Fee: \$119.00 per session

Where: Samuel M. Peretz Park @ Bridebrook

#### TENNIS (Ages 7 – 12)

Boys & girls learn proper grip, footwork, strokes, volleys & serves, as well as the rules and etiquette that make tennis an exciting game. Space is limited.

Dates:

Session 1: June 20 – June 24 M-F

Session 2: July 5 – July 8 T-F

Session 3: July 18 – July 22 M-F

Time: 9:00 am – 12:00 pm

Fee: \$119.00 per participant Session 1 & 3, \$105.00 Session 2

Where: East Lyme High School – Tennis Courts

#### GOLF

(Beginners) (Ages 5-8)

Boys & girls will learn the fundamentals of swinging, putting & body positioning. Using the SNAG (starting new @ golf) system,

we have simplified instruction so that young players can make effective transition onto the golf course.

Dates: July 25 – July 29 M-F  
Time: 9:00 am – 12:00 pm  
Fee: \$119.00  
Where: Samuel M. Peretz Park @ Bridebrook

**MULTI-SPORT**

(Ages 7 -12)  
(Soccer, Baseball, Basketball and Flag Football)  
Multi sports programs are tailored to your child's age & skill level while teaching life sessions such as respect & teamwork. Boys & girls will learn the rules and essential skills of each sport.

Dates: June 27 – July 1 M-F  
Time: 9:00 am – 3:00 pm  
Fee: \$149.00  
Where: Samuel M. Peretz Park - Bridebrook

**MULTI-SPORT**

(Ages 7 -12)  
(Flag Football, Capture the Flag, Ultimate Frisbee & Kickball)  
Multi sports programs are tailored to your child's age & skill level while teaching life sessions such as respect & teamwork. Boys & girls will learn the rules and essential skills of each sport.

Dates: July 11 – July 15 M-F  
Time: 9:00 am – 12:00 pm

Fee: \$119.00  
Where: Samuel M. 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 18 – July 21 M-Th  
Time: 5:00 pm – 7:00 pm Ages 5-7  
5:00 pm – 7:00 pm Ages 7-10  
Fee: \$89.00  
Where: Site to be determined

**BEACH VOLLEYBALL CAMP**

(Ages 10 - 15)  
Skyhawks Volleyball takes the energy and excitement of this great team sport and puts it all together into one fun-filled camp. 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 incorporate essential life-lessons such as teamwork and sportsmanship.

Dates: August 1 to August 5  
Time: 9:00 am to 12:00 pm  
Fee: \$119 per participant  
Location: Cini Park Beach

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# Parks & Recreation Adult Programs

## MORNING AEROBICS

Session # 110101-01

The classes consist of 35 minutes of aerobics and 15 minutes of body toning using weights, body bars, bands, and balls. Each class concludes with 5 to 8 minute cool down. Participants are required to bring a non-slip exercise mat.

Dates: July 6 – Aug 24

Days: Monday – Wednesday - Friday

Time: 8:30 am – 9:30 am

Fee: Resident \$50.00/Non-Resident \$65.00

Registration: Begins June 1

Where: East Lyme Library/Community Center – Activity Room

Instructor: Donna Neaton AFFA

## COED CARDIO AND TOTAL BODY CONDITIONING

Session # 110201-01

This is a Cardio and strength training class using hand held weights, bands and tubing. The challenging workout is for all fitness levels. It features a full body workout taking individuals from standing moves to floor workouts. The class ends with an abdominal workout and stretching exercises. Participants are required to bring a non-slip exercise mat.

Dates: June 27 – Aug 15

Days: Monday – Wednesday

Time: 5:00 pm – 6:00 pm

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

Registration: Begins June 1

Where: East Lyme Library/Community Center – Activity Room

Instructor: Donna Neaton-AFFA

## TOTAL FITNESS

Session # 110104-01

Classes include circuit training, pilates, weights, bands and balls to create a variety of exercises for the entire body. Every class is different; Donna Neaton and Marsha Pirie bring together their experience, education and many years of group training to instruct the classes. Participants are required to bring a non-slip exercise mat.

Dates: June 21 to August 11

Days: Tuesday – Thursday

Time: 10:15 am – 11:15 am

Fee: Resident \$50/\$30 (1-day)

Non-Resident \$65/\$35 (1 day)

Registration: Begins June 1

Where: East Lyme Library/Community Center – Activity Room

Instructors: Donna Neaton-AFFA; Marsha Pirie, AFFA; Certified PiYo-Strength & Yoga Fit

## TABATA TRAINING

Session #110403-01

This is a “High Intensity Interval Training (HIIT) class offering the maximum benefit with the least amount of time to improve both the aerobic and anaerobic systems. The structure of this program is 20 seconds of “all out” hard work to 10 seconds of rest repeated 8 times which equals one “Tabata”. The class will consist of a warm-up, 5 rounds of Tabata, additional core work and a stretch. IT IS A PROGRAM DESIGNED FOR ALL FITNESS LEVELS! Please bring a non-slip exercise mat and plenty of water to drink!

Dates: June 1 to July 27 (No class 7/4)

Days: Monday and Wednesday

Time: 4:10 to 4:55 pm

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

Registration: Begins May 16

Where: East Lyme Library/CC-Activity Room

Instructor: Donna Neaton, AFFA

## TUESDAY ZUMBA

Session #110103-02

This class consists of 55 minutes of ZUMBA dance aerobics, and ends with stretching.

Dates: July 5 – Aug 23 (No class 8/2 & 8/9)

Days: Tuesdays

Time: 5:30 pm – 6:25 pm

Fee: Residents \$30.00 Non-Resident \$45.00

Register Now!

# Summer Tennis

for Kids Ages 5-16

**Monday - Friday Sessions  
June 20 - August 19, 2016**

- Half Day: 9am - 12pm
- Full Day: 9am - 4pm (Includes lunch & swimming)
- High Performance Program (Advanced): 12:30pm - 4pm

**LYME SHORES**  
TENNIS & CONDITIONING CENTER

22 Colton Road  
East Lyme, CT  
lymeshores.com

Register at:  
**(860) 739-6281**  
**lymeshores.com**



Registration: Begins June 1  
Where: East Lyme Library/Community Center – Activity Room  
Instructor: Donna Neaton AFAA/Zumba Instructor

### SATURDAY MORNING ZUMBA AEROBICS

Session #110103-03

This 1½ hour class begins with 50 minutes of Zumba dance aerobics, followed by a core strengthening workout. Class ends with a 10 minute stretch. Participants are required to bring a non-slip exercise mat.

Dates: June 18 – Aug 20 (No class 8/6)  
Days: Saturdays  
Time: 8:30 am – 10:00 am  
Fee: Resident \$45.00/Non-Resident \$60.00  
Registration: Begins June 1  
Where: East Lyme Library/Community Center – Activity Room  
Instructor: Donna Neaton AFAA/Zumba Instructor

### CORE WORKOUT (REPLACES PILATES)

Session # 110301-01

This class incorporates the principles of Pilates, using as resistance body weight, different equipment, and stretching. Participants in this class will 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: July 5 – Aug 16  
Days: Tuesday  
Time: 6:30 pm – 7:30 pm  
Fee: Resident \$50.00/Non-Resident \$65.00  
Registration: Begins June 1  
Where: East Lyme Library/Community Center – Activity Room  
Instructor: Kim Stirtan-BSPE, ACE & Stott Pilates

### MONDAY COED YOGA

Session # 110501-01

Class is for all levels of students. Students will learn postures, deep relaxation, and breathing techniques. Participants are required to bring a non-slip exercise mat.

Dates: July 11 – Aug 29  
Days: Monday  
Time: 6:10 pm – 7:25 pm  
Fee: Resident \$40.00/Non-Resident \$55.00  
Registration: Begins June 1  
Where: East Lyme Library/Community Center – Activity Room  
Instructor: Rosemary Gentile - RYT

continued on page 20

# Check Out Our Daily Lunch & Dinner Specials

**PATIO BAR Open in May!**



Open for Breakfast!  
7 - 11 Mon-Sat  
7 - 12 Sundays

**Great Food • Great Prices • Great Location**

## LYME TAVERN

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(Across from Rocky Neck State Park)  
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Catering Available

**BEER & WING SPECIALS**  
While the Red Sox or Yankees are Playing!!!



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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 19

### WEDNESDAY NIGHT COED YOGA AND MEDITATION

Session # 110502-01

Class is for all levels of students. Students will learn postures, deep relaxation, and breathing techniques. This class will begin with the regular class from 6:30 – 7:55 pm and follow with an optional meditation from 7:55-8:15 pm. Participants are required to bring a non-slip exercise mat.

Dates: July 6 – Aug 24

Days: Wednesday

Time: 6:30 pm – 8:15 pm

Fee: Resident \$40.00/Non-Resident \$55.00

Registration: Begins June 1

Where: East Lyme Library/Community Center –  
Activity Room

Instructor: Michelle Flowers, RYT 500

### BEACH YOGA AT MCCOOK POINT PARK

Session #110503-01

Enjoy yoga on the beach Saturday mornings with Michelle Flowers. Participants are required to bring their own mat, towel or blanket.

Dates: June 11 – Sept 17 (No class 8/6, 8/13, 8/20)

Days: Saturday

Time: 8:15 – 9:15 am

Fee: Resident \$60.00/Non-Resident \$75.00  
(Drop in fee \$10.00)

Registration: Begins May 16

Where: McCook Point Park-Main Beach

Instructor: Michelle Flowers (RYT-500) Certified Kripalu Yoga

### JILLIAN MICHAELS BODYSHRED

Session #110303-01

This is a 45 minute class. Thirty 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: July 5 to Aug 23

Days: Tuesday

Time: 4:30 to 5:15 p.m.

Fee: Resident \$40.00/Non Resident \$55.00

Registration: Begins June 1

Where: East Lyme Library/Community Center,  
Activity room

Instructor: Marsh Pirie. AFFA, Jillian Michael's  
Body Shred Certified

### YOGA FUN & FITNESS FOR PARENT & CHILD

Session # 110303-02

Introducing & practicing yoga with fun music and incorporating partner yoga poses. For kids ages 3-7.

Dates: June 20 to Aug 15 (no class 7/4)

Days: Monday

Time: 11:15 a.m. to 12:00 p.m.

Where: East Lyme Library/Community Center,  
Activity room

Instructor: Marsh Pirie. AFFA, Jillian Michael's Body Shred  
Certified

### EVENING PIYO CLASS

Session #110106-01

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.

Dates: July 7 – Aug 25

Days: Thursday

Time: 5:10 to 6:00 pm

Fee: Resident \$35.00/Non Resident \$40.00

Registration: Begins June 1

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

Instructor: Marsha A Pirie, Certified PiYo Instructor

### MORNING PIYO CLASS

Session #110106-02

Same description as evening session.

Dates: July 8 – Aug 26

Days: Friday

Time: 9:35 to 10:20 am

Fee: Resident \$35.00/Non Resident \$50.00

Registration: Begins June 1

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

Instructor: Marsha A Pirie, Certified PiYo Instructor

### YOGA FITNESS

Session #110107-01

This class is Yoga for the active mind and body. Postures are linked together through breath to create an invigorating flow. The class will focus on toning & sculpting through flow and core work. Participants are required to bring a non-slip exercise mat.

Dates: June 6 – Aug 15

Days: Monday

Time: 9:40 to 10:45 am

Fee: Resident \$50.00/Non Resident \$65.00

Registration: Begins May 16

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

Instructor: Marsha A Pirie, Certified PiYo Instructor

## The Shoreline Soup Kitchens & Pantries

**EAST LYME** - Every Thursday from 5 - 6:00 pm  
St. John's Episcopal Church / 400 Main Street, Niantic  
Guests are reminded to bring bags.

**EAST LYME PARKS AND RECREATION DEPARTMENT**  
**PLAYGROUND CAMP REGISTRATION FORM**

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

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

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:  
\_\_\_\_\_

HAND IT TO AND PICKS 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 YOUR 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.) **Please take note of posted refund policy posted in Parks & Recreation office.**

**EXTENDED CARE ONLY:** Please indicate: AM \_\_\_\_\_ PM \_\_\_\_\_ BOTH \_\_\_\_\_

WK1 \_\_\_\_\_ WK2 \_\_\_\_\_ WK3 \_\_\_\_\_ WK4 \_\_\_\_\_ WK5 \_\_\_\_\_ WK6 \_\_\_\_\_ WK7 \_\_\_\_\_  
6/20-6/24 6/27-7/1 7/5-7/8 7/11-7/15 7/18-7/22 7/25-7/29 8/1-8/5

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

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 WNLG, 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



# 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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Our trainer, a successful event rider, trained and rode in Europe. Lessons combine necessary disciplines for a well rounded relationship with your horse.

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**Cell 860-861-0316**

**Queensway Farm LLC**  
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## East Lyme Psychological Associates

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and treatment planning

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**860-739-6974**

# East Lyme Youth Services

East Lyme Youth Services  
45 Society Road, Niantic, CT 06357  
(860) 739-6788

David Putnam – Director  
Michael R. McDowell – Program Director

*“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 AND CANCELLATION INFORMATION

In order to attend our activities and programs, participants must turn in a signed registration form for each of the programs they attend (with the exception of Summer

Family Nights at McCook). Registration forms are available at Youth Services, the Parks and Recreation office, ELMS cafeteria, and online at [www.eltownhall.com](http://www.eltownhall.com). Registration forms and fees should be turned in to the Parks and Recreation Department offices from 8 am-4 pm or can be mailed to us. All payments by check should be made out to Town of East Lyme/ ELYS with the participant's name and program in the memo section. All cancellations will be posted on our website: [www.eltownhall.com](http://www.eltownhall.com), and on our Facebook page.

## SUMMER PROGRAMS AND ACTIVITIES

East Lyme Youth Services holds after school programs and activities to foster positive youth development throughout the school year, and recreational and safety programs throughout the summer. Registration begins May 31st for Youth Services summer programs.

## THE 7TH ANNUAL BLACK & WHITE BALL

Open to graduating 8th graders from East Lyme and Salem. Black and white semiformal attire requested. June 17th East Lyme Community Center from 7:00-9:00 pm. \$7.00 and a signed ELYS registration form required for admission

## 3D PRINTING SUMMER CAMP

Session #942270-01  
The basics of 3D Printing will be explored in this four day summer camp. Each day will focus on a different aspect of 3D Printing. Attendees will learn how to design their own 3D objects, convert an image file into a 3D Object and use a scanning program to create a 3D file. The camp will be run by Kathleen Sasso, Library Media Specialist at East Lyme High School. Limited to 10 participants  
Location: East Lyme High School



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Center for Arts Programming  
University of New Haven

For information and to register online:  
[www.lymeacademy.edu](http://www.lymeacademy.edu)

ARTWORK: Peggy Root, *Open Gate*, oil on linen

Dates - June 27th-June 30th, Mon. – Thurs  
Time: 9:00 to 11:30 am  
Ages: 12-16  
Cost: \$80.00 which includes materials.

### OUTDOOR ADVENTURE CAMP:

Dates: July 5th – July 29th  
Session 1: Tuesdays (5th & 6th graders) Session #942260-01  
Session 2: Thursdays (7th & 8th grade students) #942260-02  
Location: Different each week  
Fee: \$230.00 EL & Salem Residents / \$250.00 Non-residents  
Time: 9:00 am – 3:00 pm  
Come and join the Outdoor Adventure Camp this summer for a month of adventure, exploration, and team building. This camp is focused on getting youth from grades 5-8 excited to be outdoors, exploring local destinations, and engaging in adventure based activities. Campers will engage in such activities as hiking, kayaking, biking, and paddle boarding. The last week of camp, there will also be a campout at the Yale Outdoor Education Center. A syllabus will be given to participants upon registration. For the safety of the kids, camp days may be cancelled due to inclement weather. There will be two sessions with session one being separated into grades 5 & 6 and session 2 being grades 7 & 8. Each session will be open to 15 participants. Grades 5 & 6 will meet on Tuesdays and grades 7 & 8 will meet on Thursdays. All field trips (except the last week) will take place on Wednesdays. There may be additional costs for each field trip (such as for lunch packages) but those costs will be optional. No partial registrations or payments will be accepted.

### FIELD TRIPS

7/8: Fields of Fire Paintball & High Ropes  
7/15: Brownstone Adventure Park  
7/22: Farmington River Tubing  
7/29: Yale Outdoor Education Center Sleepover

\*Field trips may be subject to change after this publication.  
\*\*Field trips will take a wait list for any interested youth who are not in the Outdoor Adventure Camp on a first come first served basis, and will be contacted should program participants not be able to attend. If interested in having your child join for a field trip, please call for a per trip price.

### WHAT'S COOKIN' FOR KIDS

Session #942220-01  
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. This class is open to children in grades 5-8. Classes will meet at the Community Center on Mondays from 1:30-3:30 pm  
Dates: July 5th, 12th, 19th, 26th  
Fee: EL & Salem Residents \$50.00/\$65.00 Non-Residents.  
Maximum of 8 participants.

### LEGO CAMP

Pre-Engineering: (Session #941240-01)  
Dates: August 15th – August 19th  
Location: East Lyme Youth Center  
Fee: \$140.00 Residents / \$150.00 Non-residents  
Time: 9:00 am – 12:00 pm  
Recommended for children ages 5 to 7. Let your imagination run wild with tens of thousands of LEGO®! Build engineer designed projects such as boats, bridges, mazes and motorized cars, and use special pieces to create your own unique design! Explore the endless creative possibilities of the LEGO® building system with the guidance of an experienced Play-Well instructor, who will challenge new and returning students to engineer at the next level. This camp is open to the first 24 registrants.

### ENGINEERING FUNDAMENTALS

(Session #941240-02)  
Dates: August 15th – August 19th  
Location: East Lyme Youth Center  
Fee: \$140.00 Residents / \$150.00 Non-residents  
Time: 1:00 pm – 4:00 pm  
Recommended for children ages 8-10. Power up your engineering skills with Play-Well TEKnologies and tens of thousands of LEGO®! Apply real-world concepts in physics, engineering, and architecture through engineer-designed projects such as arch bridges, skyscrapers, motorized cars, and the Battletrack!

continued on page 26



The diagram shows the word "NETWORKING" in a central oval. Lines radiate from this oval to various terms: RELATIONSHIPS, OPPORTUNITIES, CONTACTS, BUSINESS CARDS, COLLEAGUES, MEET AND GREET, COMMON INTERESTS, COMMUNITIES, SUCCESS, CONNECTIONS, CAREER, and INTERNET.

## East Lyme Business Organization

ELBO, the East Lyme Business Organization, is dedicated to preserving the seaside villages of Flanders & Niantic, ensuring economic vitality and promoting a sense of community in East Lyme through education, networking and community outreach.

We meet on the 2nd Wednesday of the month at 8:00 am and get together once every two months for networking events at local businesses.

We always welcome new members. Feel free to come if you represent a local business or organization in the East Lyme / Niantic area.

If you are interested in becoming a member or would like more information, please email the leadership team at [EastLymeBusinessOrganization@gmail.com](mailto:EastLymeBusinessOrganization@gmail.com)

Check out local events and news at:  
[www.facebook.com/EastLymeBusinessOrganization](http://www.facebook.com/EastLymeBusinessOrganization)



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## Youth Services ... continued from page 25

Design and build as never before, and explore your craziest ideas in a supportive environment. An experienced instructor will challenge new and returning students to engineer at the next level. This camp is open to the first 24 registrants.

### VOLUNTEERING

If you enjoy interacting with kids of all ages and you are interested in becoming a Volunteer to work with Youth Services and our amazing kids, please call us to join our team of caring and dedicated staff. We are currently working on additional programs and events. Check out our website frequently for updates [www.eltownhall.com](http://www.eltownhall.com) (and click ELYS to the left), "like" our page on Facebook for updates, shoot us an email to: [mmcdowell@eltownhall.com](mailto:mmcdowell@eltownhall.com), or give us a call at (860) 739-6788 for more information.

### RENTAL

The Youth Center is available for rental for private events and meetings. Please call or email for more info.

### THREE BELLE'S KAYAKING AND SUP COURSES

This summer, Three Belle's Outfitters and East Lyme Youth Services has formed two new four week courses open to 10-13 year-olds who are interested in getting out on the picturesque waters of the Niantic River. A Stand-up Paddleboard course (SUP) will be offered every Tuesday from June 21st to July 12th. The SUP course will run from 12:00 pm to 2:00 pm and will be open to 8 registrants. The kayaking course will be every Wednesday from June 22nd to July 13th. Also from 12:00 pm to 2:00 pm, but will be open to 10 total registrants. Kayaking course cost: \$65 Resident/ \$75 Non-Res. SUP course cost: \$65 Resident/ \$75 Non-Res.

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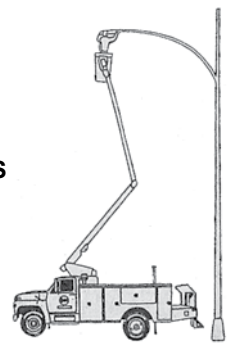
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**East Lyme Youth Services**  
**45 Society Rd., Niantic, CT 06357**  
**(860) 739-6788 Fax: (860) 691-2409**

**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 Public Library

## THE DOG LISTENER

Tuesday, May 17 – 7:00 p.m.

Spend the evening with Dog Listener Pat Wright. Learn how to bring your dog to peace and solve the problem of unwanted behaviors. Pat has studied in England with the original Dog Listener, Jan Fennell. Some of the many topics discussed are pulling on the lead, jumping up, aggression, separation anxiety, and excessive barking. Pat mixes in some very entertaining experiences from her many years of Dog Listening throughout New England. Please leave Fido at home for this program.

## BODY SCRUBS

Homemade Cinnamon Coffee or Lemon Sugar

Tuesday, May 24 – 7:00 p.m.

You decide which 8 ounce scrub to create! The caffeine in coffee works as a vasodilator – it will tighten the surface of the skin, making your skin firmer. Lemon is ideal for treating a dull complexion, aging skin, and pigmentation. Ehris Urban of Grounded Holistic Wellness will lead the workshop and give a historical and medicinal overview. All materials provided. Please register early, as class size is limited.

## TRIVIA NIGHT

Tuesday, May 31 – 7:00 p.m.

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

## LANDMARKS YOU MUST VISIT IN SOUTHEAST CONNECTICUT

Tuesday, June 7 – 7:00 p.m.

Discover more about our region - learn about landmarks tucked away where the casual traveler might not think to venture with local author and illustrator Constant Waterman as he gives us a sneak peek at some of the exciting places in our backyard, southeastern Connecticut.

## SUMMER SOLSTICE HARP CONCERT

Tuesday, June 21 – 7:00 p.m.

Allyn Bryson Donath presents her very

popular annual harp concert to welcome summer. Register early – space fills fast!

## TRIVIA NIGHT

Tuesday, June 28 – 7:00 p.m.

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

## THE NOT-SO-GOOD COLONIAL GOODWIFE

Tuesday, July 5 – 7:00 p.m.

Discover what life was really like for New England's colonial women. Velya Jancz-Urban is a teacher, author, former Brazilian dairy farm owner, and expert on New England's colonial women. Her presentation not only makes audience members laugh and grimace, but it also honors our foremothers. It's not about quilting bees and spinning wheels - it's an interactive presentation about the little-known issues faced by New England's colonial women.

## STRANGE GIRLS

Perspectives and Poems on the Lives of Early- 1900s Circus Women

Tuesday, July 19 – 7:00 p.m.

Join historian and poet Joanie DiMartino for a fascinating look at women who worked in the circus and sideshow at the turn of the 20th-century. Based on the research completed for her poetry collection of the same title, DiMartino will share both historical vignettes and poems inspired by these self-styled "strange girls"--women who chose to eschew the rigid social roles of their day and instead travelled throughout the country performing under the Big Top. On with the Show!

## FREEMEN FOR FREMONT

Songs of the Presidential Campaign of 1856. Tuesday, July 26 – 7:00 p.m.

The Presidential campaign of 1856 was a lively and exciting one. The nation was deeply divided around the issue of slavery, and a complex set of social, cultural,

economic and political issues were beginning to boil into what would become the most serious conflict in United States history. Historian, composer and singer Rick Spencer brings this lively, entertaining program of music and history of the campaign to modern day life.

## KATHARINE HEPBURN: FROM HARTFORD TO HOLLYWOOD

Tuesday, August 2 – 7:00 p.m.

With a stage and film career that spanned six decades, Katharine Hepburn is an American icon. The story of her life-long ties to Connecticut offers a complete picture of how Hepburn became the woman and the star she was. The Connecticut Historical Society's Traveling Programs makes a stop at our Library to present this engaging and entertaining presentation.

## NANCY SHAPIRO'S WE HAD A BALL

Connecticut Authors Trail presents Nancy Shapiro's *We Had a Ball... The Indelible Influence of Youth Sports on the Game of Life* - Tuesday, August 16 – 7:00 p.m.

Nancy Shapiro will talk about her recent book, a collection of short stories, *We Had a Ball... The Indelible Influence of Youth Sports on the Game of Life*. Coaches and parents of children participating in youth sports or anyone who grew up in the 1970s and 1980s remembers playing pick-up games will want to take this program in. Don't forget to get your Connecticut Authors Trail passport stamped! Follow other authors on the trail at: [connecticutauthorstrail.org](http://connecticutauthorstrail.org)

## BOOK DISCUSSION GROUP

A book discussion group meets the second Tuesday of each month at 7:00 p.m. in the East Lyme Room. Copies of the current month's book are available at the library. 5/10 *A Dictionary of Mutual Understanding* by Jackie Copleton; 6/14 *A Kim Jong-Il Production* by Paul Fischer; 7/12 *Eruption: The Untold Story of Mount St. Helen's* by Steve Olson; and 8/9 *The Forgetting Time* by Sharon Guskin. No registration necessary.

### MYSTERY BOOK DISCUSSION GROUP

This book discussion group meets on the fourth Thursday of each month at 11:00 a.m. in the East Lyme Room. Copies of the current month's book are available at the library. 5/26 *The Doorbell Rang* by Rex Stout; 6/30 *Dead of Summer* by Camilla Way; 7/28 *A Demon Summer* by G.M. Malliet; and 8/25 *The Big Sleep* By Raymond Chandler. No registration necessary.

### SAVE THE DATE!

The East Lyme Library Foundation will sponsor a bus trip to the New Britain Museum of American Art on Thursday, June 23, 2016. Tickets will go on sale at the library in early May, and will include museum entrance, transportation and lunch.

### ACTIVITIES FOR CHILDREN, TWEENS, AND TEENS

Visit eastlymelibrarykids.blogspot.com for great book recommendations, educational Internet games, and the latest news about library events for kids.

### SUMMER 2016 READING REWARDS

Registration begins June 6 and the program continues through July 29.

Read books and win prizes! Stop by the Library to pick up your Reading Rewards kit and your first prize. Use your reading logbook to keep track of the books you read. Visit the Library throughout the summer to show us your reading logbook and collect your reading rewards. Going away this summer? Good news! We have an online reading rewards game, too! For more information, email Rebecca at rscotka@ely.lioninc.org.

### SUMMER 2016 PROGRAM SCHEDULE

"Lights, Camera, Action!" Summer 2016 at the East Lyme Public Library. Registration begins June 6th. To sign up, please call 860-739-6926 (ext. 2) or drop by the Children's Room. Programs begin June 20 and end on July 29.

### MONDAYS

- \*Miss Rebecca's Storytime for all ages: Read, Sing, Dance, and Play! No registration - 10:00 to 10:45 am.
- \*Mrs. Bull's Friends: Stories, Movies, and Crafts for 5's & fall kindergarteners - 1:00 to 1:45 pm.
- \*Mrs. Bull's Pals: Stories, Movies, and Crafts for fall 1st and 2nd graders - 2:00 to 3:00 pm.
- \*Middle Grade Movie Maker Series for 5th through 8th graders. June 20, June 27, July 11. 2:30 to 4:30 pm. Registration required. Spaces are limited.
- \*Mrs. Bull's Mates: Books, Movies, and Crafts for fall 3rd & 4th graders - 7:00 to 8:00 pm.

### TUESDAYS

- \*Mrs. Bull's Buddies Stories, Movies, and Crafts for ages 3 & 4 10:00 to 10:30 am.
- \*Mrs. Bull's Friends: Books, Movies, and Crafts for fall 3rd or 4th Graders: 11:00 to 11:45 am.

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## Library ... continued from page 29

\*Middle Grade Movie Discussion Group for 5th through 8th graders. 2:00 pm to 4:30 pm.

### WEDNESDAYS

\*Mrs. Bull's Buddies: Storytime and Crafts for ages 3 & 4:10:00 to 10:30 am.

\*Mrs. Bull's Pals: Books and Crafts for fall 1st & 2nd Graders - 11:00 am to 12:00 noon.

### \*FREE! SUPER SUMMER SPECTACULAR SHOWS

Silly Fun for Everyone!

2:30 pm to 3:15 pm in the Community Room. No registration.

June 22: Airborne Jugglers

June 29: Keith Johnson, The Bubble Guy: "Bubbleology" Show.

July 6: GRAMMY winner Les Julian: Concert for Kids

July 13: Ed Popielarczyk's Comedy Magic Show

July 20: Judi Ann Jones: Dancing with Hoops

July 27: Rob Duquette Children's Music Concert

August 3: Magician Scott Jameson.

Followed by our annual END OF SUMMER PARTY!

### PAJAMA WEDNESDAYS FAMILY MOVIE NIGHTS

June 22, June 29, July 6, July 13, July 20,

July 27. 7:00 to 8:30 pm.

No registration. To find out the movie of the week, call 860-739-6926 ex. 2.

### THURSDAYS

\*Mrs. Bull's Buddies: Storytime and Crafts for ages 3 & 4: 10:00 to 10:30 am.

\*Mrs. Bull's Mates: Books, Movies, and Crafts for fall 3rd & 4th graders 11:00 am to 12 noon

\*Middle Grade "MG" Book Discussion Group with Miss Rebecca for 5th through 8th graders. 2:30 to 3:30 pm.

June 23: *When You Reach Me* by Rebecca Stead. A Newbery Medal Book.

June 30: *Paperboy* by Vince Vawter. A Newbery Honor Book.

July 7: *Confetti Girl* by Diana López. A New York Public Library Top 100 Book.

July 14: *Boy: Tales of Childhood* by Roald Dahl. A Boston Globe Nonfiction Honor Book.

July 21: *The BFG* by Roald Dahl.

An NEA Top 100 Book.

July 28: *Smile* by Raina Telgemeier. An Eisner Medal Book.

### FRIDAYS

\*Miss Rebecca's Storytime for all ages: Read, Sing, Dance, and Play!

No registration. 10:00 to 10:45 am.

\*Family Matinee Movie. 2:00 to 4:00 pm.

To find out the movie of the week, call 860-739-6926 ex. 2.

## 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 – Full Time Driver

Lee James – Part Time Driver

John Hallissey – Relief Driver

Melissa Victor – Relief Driver

Check out our monthly newsletter, *The Courier*, for a full list of activities, programs and services. It is available on the 1st at the Senior Center, Public Library, Town Hall, at the senior housing sites, and the local grocery stores. The complete newsletter is available on the Town of East Lyme website at [www.eltownhall.com](http://www.eltownhall.com). If you would like the newsletter emailed to you, contact the Senior Center office. In addition, the Senior Center is on Facebook and on a regional website at [www.seniorcenterct.org](http://www.seniorcenterct.org).

### COMMISSION ON AGING

The Commission on Aging Board meets the 2nd Monday of every month except for August. The meetings are held at the East Lyme Senior Center at 5 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 is 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 also offers transportation for medical appointments located within southern New London County. Transportation is being funded by a grant through the Dept. of Transportation. Call the Senior Center for more information.

### SENIOR LUNCHESES

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 offers a bistro meal ranging from sandwiches to hot entrees. All are welcome – no age restriction! The cost ranges from \$3.00 to \$6.00 depending on the menu



for the day. No reservations required but it is first come – first served program. Lunch served at 11:45 am.

#### MEALS ON WHEELS

The Senior Center and TVCCA provides 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 860-885-2745.

#### MATURE DRIVER SAFETY CLASSES

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

#### BENEFITS CHECKUP

Twice a month, a representative from Senior Resources can screen for eligibility for state or federal benefits. Appointment required.

#### TRIPS

The Senior Center offers a diverse selection of trips. Detailed flyers are available once registration begins.

#### DAY TRIPS

Open to any person 55+

**Wed, May 11th** - "Happy Days" at the Westchester Broadway Theatre in Elmsford, NY. Lunch included. Trip fee is \$97pp. Registration has begun. Minimal walking.

**Sat, May 21st** - Guided tour of Brighton Beach, "Little Russia" and free time at Coney Island. Lunch included. Trip fee is \$98pp. Registration has begun. Moderate walking.

**Tue, June 7th** - Trip to the Boston Museum of Science in Boston, MA. Ticket price includes admission to the IMAX Theater Show. Lunch is not included. Trip fee is \$63pp. Registration has begun. Lots of walking.

**Fri, June 24th** - The Newport Flower Show at the Rosecliff Mansion in Newport, RI. Lunch on your own in the Wharf area. Trip fee is \$44pp. Registration has begun. Moderate walking.

**Tue, July 12th** - River Rose Cruise for a 2 hour narrated tour in the Newburgh NY area. Lunch included at The River Grill. Trip fee is \$100pp. Registration has begun. Minimal walking.

**Tue, July 26th** - Trip being planned for a day on Long Island with a tour of the Raphael Vineyard & Winery with time being spent in Greenport. More details to follow. Registration has begun.

#### OVERNIGHT TRIPS/CRUISES

Open to any person 55+

June 6-19, 2016 - Fully escorted Alaska Land & Cruise - 6 nights Land Tour & 7 night Cruise aboard the Holland American "Zaandam." Starting at \$4434pp. Registration has begun.

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## Senior Center ... continued from page 31

**August 27 - September 13** - Trans/Atlantic Cruise with flight and motorcoach included aboard the Royal Caribbean's "Serenade of the Seas." 18 days. Starting at \$3136pp. Registration has begun.

**October 9-11** - "Samson" at the Sight & Sound Millennium Theater in Lancaster, PA. 2 night stay at the Double Tree by Hilton hotel. Free time at Longwoods Garden and Philadelphia included. \$467pp double. \$429pp triple. \$557pp single. Registration has begun.

**October 30 - November 11** - Escorted Caribbean Cruise aboard the Royal Caribbean "Serenade of the Seas." Fly out of Boston and return from Fort Lauderdale. 12 nights. Starting at \$2027 with port and government taxes included. Registration has begun.

### FITNESS CLASSES

**SENIOR FITNESS:** Mon & Wed 10:15 am - R\$50/30 classes - NR\$55/30 classes. Pass required.

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

**SENIOR YOGA:** Mon 2:30 pm & Tue 8:30 am & Thu 9am - R\$60/30 classes - NR\$65/30 classes. Pass required.

**TAI CHI:** Tue & Fri 9am - R\$48/24 classes - NR\$53/24 classes. Pass required.

**CHAIR YOGA:** Tues & Fri 9:30 am & 10:30 am - R\$36/24 classes - NR \$41/24 classes. Pass required.

**WEIGHT LIFTING:** Tue & Thu 10:30 am @ ELHS Fitness Center - R\$24/24 classes - NR\$29/24 classes. Pass required.

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

**PING PONG:** Wed 10:00am - No equipment needed. No fee.

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

**INDOOR BOOCE:** Thu 10:00 am. No fee. Will teach.

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

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

### DANCE/THEATER CLASSES

**TAP CLASS:** Tue 1 pm - R\$24/20 classes - NR\$29/20 classes. Pass required.

**DRAMA GROUP:** Thu 1 pm - Session Class - Call for class fee & schedule.

### CRAFTS

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

**ADULT COLORING:** Thu at 12:30pm. Limited supplies provided or bring your own. No fee.

**QUILTING:** 3rd Fri and the 4th Tue of every month 5pm and the 1st Mon of every month from 1pm. Fee is \$2pp. Bring a dish to share for dinner quilting. Intermediate to Advanced level.

### GAMES/CARDS

**BUNCO:** 2nd & 4th Mon at 9:30 am. \$2pp. Call to register. Will teach.

**CRIBBAGE:** Mon from 9 am. No fee.

**CANASTA:** Mon from 1 pm. Will teach. No fee.

**SCRABBLE:** Tue 9:30 am. No fee. Will teach.

**MAH JONGG:** Tue 12:30 pm. No fee.

Must know the game.

**BRIDGE:** Shoot Out played Tue from 1:30 pm. Fee \$5pp per day played. Must know the game and have a partner. Must register to play.

**BRIDGE:** Contract Bridge played Wed from 1 pm. Must know basics of the game. No fee. Must register to play.

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

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

### EDUCATION/ENRICHMENT

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

**COMPUTER INSTRUCTION FOR PCs:** 1st Tue of every month starts at 10:15am. One-to-one hourly sessions. R\$12 - NR\$14.

**TRAVEL THE WORLD VIDEOS:** Monthly on Tue at 10 am. No fee. Call for schedule.

**BRAIN AEROBICS:** 1st & 3rd Weds. No fee.

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

**COMPUTER INSTRUCTION FOR MACs:** By appointment.

**DANCES:** July 15th - Sep 16th - Nov 4th Fee \$10pp - tickets sold at the door. The Illusions Band plays.

### HEALTH PROGRAMS/BENEFITS INFO

Health & Wellness Programs Monthly

**MONTHLY HEARING CLINIC:** 1st Fri of every month. Appointment required.

**VNASC NURSE MANAGED WELLNESS CLINIC:** 2nd Wed of every month 1pm 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.

**FINANCIAL CHECKUP:** 4th Wed of every month. 1on1 session. Appointments required.

**EVERY MONTH** - Theme Meals & Musical Entertainment & Special Events.

## Town Clerk's Office

The Town Clerk's Office is reminding dog owners that they must register their dogs by June 30, 2016.

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

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

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

To license by mail, send all required information (which will be returned) along with a check made payable to Town of East Lyme and mail to East Lyme Town Clerk, PO Box 519, Niantic, CT 06357. We do require a self-addressed stamped envelope with sufficient postage on your return envelope.

The penalty of \$1 per month will be assessed for payments received after June 30, 2016. For information, call the Town Clerk's Office at 739-6931, x 120.

## Old Lyme Country Club Celebrates Its 100 Year Anniversary

The Old Lyme Country Club is celebrating its founding in 1916 with a season long schedule of events.

The club, organized in 1916 as a 6 hole golf course and incorporated in the 1920's with an expansion to 9 holes, continues as a key shoreline institution to this day.

Throughout its long history it has served its member's social and athletic needs as well hosting many community events. The club's membership has included such well known figures as Walker Evans, the Depression era photographer & Dominick Dunne the celebrity author.

The club has survived two World Wars, the Great Depression and most recently, the Great Recession. Over the years the club has continued to evolve. It has added tennis courts, paddle tennis courts, a heated near Olympic size pool in 2005 and, most recently a bocce court. With a growing membership it is looking forward to another century of prosperity!

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# Samuel Smith Farmstead

The Samuel Smith Board Members have been busy through the winter months. Inside they have been working on removing wall paneling to expose the southeast corner walls in order lift that corner to repair the foundation. This illustrates the wonderful earlier construction. The old wiring that needed replacement has been removed and a new panel installed. Work continues by a group of volunteers led by Bob Ramsay and Art Carlson to open up areas to show the large hand hewn timbers that support the second floor.

The Samuel Smith Board of Directors holds their monthly meeting the second Monday of each month at the Homestead at 82 Plants Dam Road at 4:30 pm. In the winter and colder months, these meetings continue at the same time in the East Lyme Police Station. These are always open to the public and any board member may be contacted for more information. Please see the website, [thesamuelsmithhouse.org](http://thesamuelsmithhouse.org) for names and phone numbers.

The Samuel Smith House is getting ready for spring. Outreach volunteers and volunteer members have been clearing brush and removing trees. They have continued the major task of putting the double fencing around the Community Gardens to keep out deer and other wildlife.

The next Open House with planned activities and entertainment will be on Saturday, June 11 as part of the state-wide Connecticut Historic Museum Day. The house will be open and guided tours will be conducted throughout the day. The grounds will include the new bee hives, farm animals, colonial games and music available throughout the day. On spring weekends, the grounds of the Samuel Smith Farmstead will be open; the trails and the fields provide a good walking woodland trail. On weekends, weather permitting, there will be board members in the barn to offer visitors the opportunity to see the inside of the house. For more information, visit the [samuelsmithhouse.org](http://samuelsmithhouse.org).

# East Lyme Public Works

## SINGLE STREAM RECYCLABLES

### ACCEPTABLE ITEMS

Newspapers and inserts  
Magazines/brochures  
Cardboard  
Paper bats  
Paperboard boxes (e.g., cereal, egg cartons)  
Junk mail  
Phone books/catalogues  
Hard and soft cover books  
White and colored paper  
Envelopes (including window)  
File folders  
School paper

Shredded paper  
Multi 3 ply paper  
All glass food/beverage containers  
Tin cans  
Aluminum cans  
Aluminum foil (clean)  
Aluminum pots and pans  
Juice and milk cartons  
Plastic milk jugs  
Plastic soda bottles  
Detergent bottles  
All plastic #1 - #7  
Small metals

Empty aerosol cans  
Plastic buckets and crates  
Paper labels do not need to be removed from cans, bottles, etc. before recycling.

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Trash or bagged material  
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## How Do I Know If My Child

It's sometimes difficult to know when our child's struggles are things we should let them work through themselves or when we should step in to help them. There are certain things you can look for while trying to figure this out.

Have you noticed changes in behaviors and how they are functioning at home, school or other areas in their life? Is he or she becoming more isolated, or are there changes in mood that cannot be attributed to adolescence? Have there been recent events or losses which could be causing your child's distress? Are any other adults such as teachers, coaches or family members expressing concern?

Let your child know that you've noticed changes and ask if they are worried or upset. If they are in distress, they may not have the language to express what they are feeling. It may be easiest to ask if something has happened that is troubling them. If there is not a precipitating event, your child may still report that they are sad or angry but don't know why. Let them know you'd like to help. Seek assistance from a school counselor or therapist, and always keep the lines of communication open with your child.

Faith Marrion, LCSW  
East Lyme Psychological Associates

## 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](mailto:eastlymevetrep@gmail.com) or by calling 860-691-4110 at the East Lyme Town Hall.



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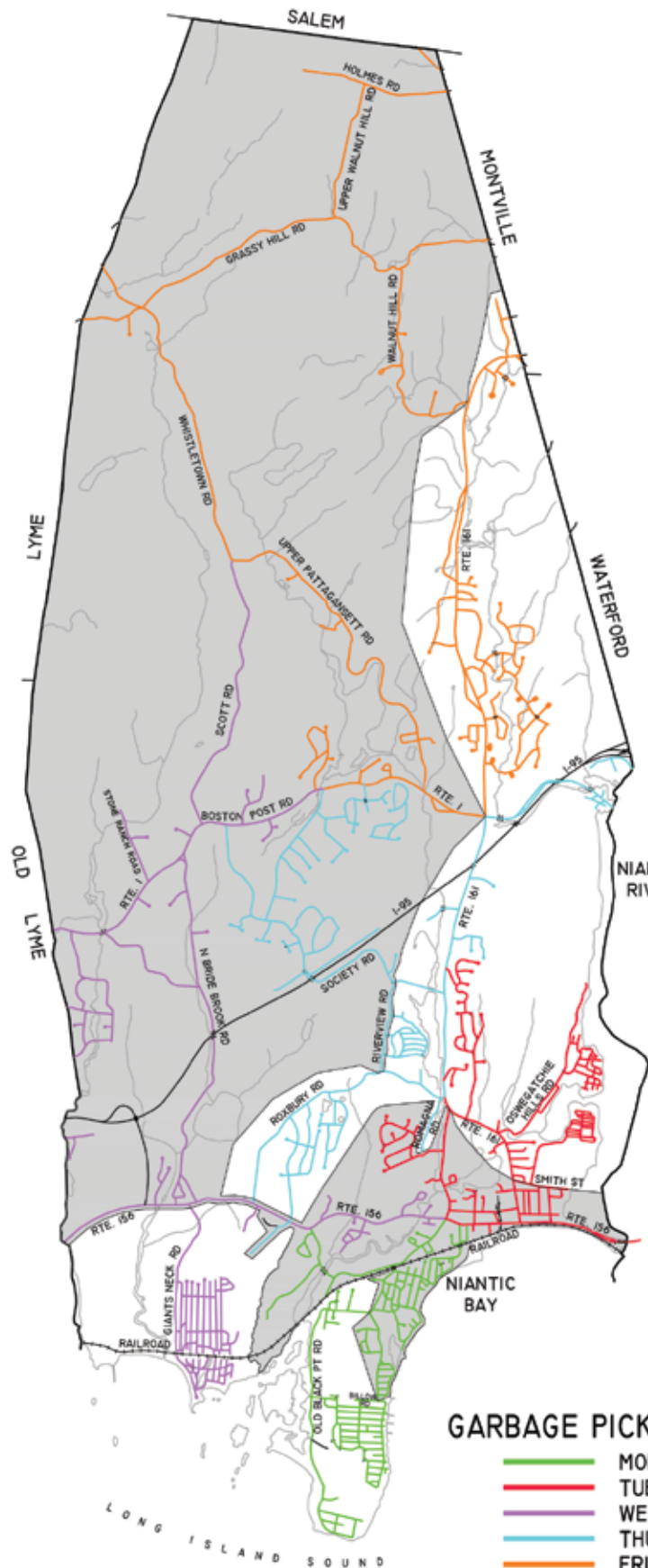
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# Recycling Schedule 2016



JUNE						
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	29	30		

JULY						
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	29	30
31						

AUGUST						
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	29	30	31			

**HOLIDAY** For Holiday Schedule visit Public Works Curbside Collection at [www.eltownhall.com](http://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](http://WWW.ELTOWNHALL.COM) OR AT THE TOWN HALL.

### GARBAGE PICKUP LEGEND

- MONDAY
- TUESDAY
- WEDNESDAY
- THURSDAY
- FRIDAY

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REVISED: JANUARY, 2016

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## Smith-Harris House



### Annual Plant Sale

Smith-Harris House Barn  
Saturday, May 7th, 9 am to 1 pm

Just in time for Mother's Day! 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 it's best year-round! Sign-up sheets will be available at the plant sale. All proceeds benefit Friends of Smith-Harris House, a 501c3 which provides funding for the continued preservation and programming efforts of the Smith-Harris House. For more information, call 860-739-0761 or email [director@smithharris.org](mailto:director@smithharris.org), [www.smithharris.org](http://www.smithharris.org).

### Legend Trips Ghost Tour Fundraiser

Smith-Harris House & Barn  
Saturday, May 14th, 6 pm to 1 am  
\$99 per person  
Join PBS Emmy-nominated host Jeff Belanger as he returns to the Smith-Harris

House to lead visitors in a late-night, light-hearted, hunt for haunts! The cost of the ticket includes dinner, lectures, a historical tour of the house, and hours of investigation into potential paranormal happenings. Registration MUST be made through Legend Trips at [www.legendtrips.com](http://www.legendtrips.com), tickets limited to 25 people. If this tour has sold out, please email [director@smithharris.org](mailto:director@smithharris.org) to be placed on the waiting list for an upcoming second ghost tour date (TBD).

Legend Trips has raised thousands of dollars for museum preservation throughout New England. A portion of the proceeds benefits the Friends of Smith-Harris House, a 501c3 which provides funding for the continued preservation and programming efforts of the Smith-Harris House.

### Historic House Tours

Smith-Harris House & Outbuildings  
June through August, Friday through

# events online

For the latest issue plus archives  
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Sundays, 12 pm to 4 pm, tours every hour on the half-hour  
\*Closed July 4th Weekend, Suggested donation: \$5

The Smith-Harris House is open for visitors for the summer season. Tours are every hour on the half-hour, starting at 12:30 pm; last tour at 3:30 pm. A 45-minute guided tour of the Greek-Revival farmhouse demonstrates the family and agricultural lives of the Avery, Smith, and Harris families through the 1840s and into the mid-20th century. Discover what East Lyme was like around the time of the Civil War and afterwards. For more information, contact director Joanie DiMartino at 860-739-0761 or [director@smithharris.org](mailto:director@smithharris.org). [www.smithharris.org](http://www.smithharris.org).

### Connecticut Open-House Day

Smith-Harris House, Thomas Lee House, Samuel Smith House  
Saturday, June 11, 10 am - 3 pm, FREE!

East Lyme's three historic house museums, the Smith-Harris House, the Thomas Lee House, and the Samuel Smith House, invite you to discover the area's rich history through the lives of the families who once called East Lyme home! Each historic house will be open for tours, along with special programs unique to each museum, some of which includes reenactors, children's games on the lawn, farm animals, spinning demonstrations, and historically-inspired refreshments!

Continued on page 40



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## Smith-Harris House ... continued from page 39

Get your "Passport to History" stamped at all three museums to be entered in a drawing to win a gift basket.

For more information, contact the Smith-Harris House, [www.smithharris.org](http://www.smithharris.org), 860-739-0761, [curator@smithharris.org](mailto:curator@smithharris.org); OR the Thomas Lee House at [www.eastlymehistoricalsociety.org](http://www.eastlymehistoricalsociety.org), [info@eastlymehistoricalsociety.org](mailto:info@eastlymehistoricalsociety.org), OR the Samuel Smith House [www.samuelsmithhouse.org](http://www.samuelsmithhouse.org), 860-739-5079, [samuelsmith1685@gmail.com](mailto:samuelsmith1685@gmail.com).

Connecticut Open-House Day is a one-day statewide event designed to showcase Connecticut's diverse world of history, art, and tourism, and is sponsored by the Connecticut Department of Economic and Community Development, Offices of Culture and Tourism. Connecticut-Still Revolutionary.

## Open-House Museum Day

Smith-Harris House & Barn,  
Saturday, June 11, 10 am to 3 pm, FREE!

Enjoy historic games on the lawn, tours of the House, and historic-inspired refreshments. Also, meet and chat with Mrs. Elizabeth Avery Henderson, a setagenarian who lived with her brother, Thomas Avery, during the 1860s, portrayed by

East Lyme's own Maggi Prokop. Thomas Avery portrayed by Gary Lakowsky. For more information, contact director Joanie DiMartino at 860-739-0761 or [director@smithharris.org](mailto:director@smithharris.org). [www.smithharris.org](http://www.smithharris.org). Sponsored by the Connecticut Department of Culture and Tourism.

## Let's Talk About Lace

Smith-Harris House & Barn  
Saturday, June 18, 1 pm to 3 pm  
\$15 per person

The Smith-Harris House collaborates with the Avery-Copp House in Groton to feature textile conservator Susan J. Jerome! Ms. Jerome will begin with an illustrated lecture about the history of handmade lace and the development of the machine-made lace industry. Then she will share how to properly care for and store your own heirloom lace. Each person is welcome to bring one item from home to learn about its age and origin. Cost of the program also includes an optional tour of the Smith-Harris House, a free voucher to visit the Avery-Copp House later in the summer, and light refreshments. This program is funded in part with a grant from Chelsea Groton Foundation.



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## 40th Anniversary Celebration

Smith-Harris House & Barn

Sunday, July 3rd, Time TBD

The Smith-Harris House celebrates its 40th Anniversary! Please join us as we kick off our "\$40 for 40 Years" fundraising campaign, and enjoy cake and other celebratory events that day--more details coming soon! Visit our website for the most up-to-date information, [www.smithharris.org](http://www.smithharris.org).

## Antique & Classic Motorcycle Show Fundraiser

Smith-Harris House & Barn

Sunday, August 14

Time & Cost TBD

Come and enjoy the history of coolness on two wheels! View antique and classic motorcycles, then vote for your favorite to receive the People's Choice Award! Tours of the house and music concerts included. Cycle equipment, enthusiast, and food vendors will be on-site to sell their wares. Rain or shine. For more information, contact director Joanie DiMartino at 860-739-0761 or [director@smithharris.org](mailto:director@smithharris.org) or visit [www.smithharris.org](http://www.smithharris.org).



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## Is My Well Water Safe?

Unlike homes supplied by municipal water, homeowners with private wells are responsible for the quality of their own drinking water.

The only way to determine if your drinking water is safe is to have it tested by a state certified lab. Harmful bacteria, parasites and viruses are invisible to the naked eye, so water which looks and tastes good may not be safe to drink.

The best time to test is following heavy rains, typically in the spring or summer. The State of Connecticut recommends testing your well water a minimum of once per year, and drinking water should be checked any time there is a change in taste, odor, appearance, or when the well system is serviced.

In addition to health related contaminants, your well water can contain dissolved minerals and substances that can harm your plumbing and appliances.

In Southeastern CT, common issues associated with well water are low pH (acidic water), iron, manganese and hardness. Acidic water is recognizable by a blue-

green staining of fixtures which is caused by the water leaching copper from copper water pipes. Low pH can also cause fixture corrosion and give your water a foul taste. Indicators of iron and manganese include foul taste as well as staining of the laundry. Iron can cause red staining on fixtures where manganese is noticeable by a brown/black buildup in the dishwasher.

Hard water, which contains dissolved particles of calcium and magnesium, is evident by a white scale buildup on plumbing fixtures.

Over time, pipes can become clogged with scale build up from hard water and appliances will wear out more quickly.

So, if you have a well, make sure to be diligent in periodic water testing. A great resource is the State of CT Dept. of Public Health, Drinking Water Division at [www.ct.gov/dph/privatewells](http://www.ct.gov/dph/privatewells).

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## East Lyme Regional Theater

(a Parks & Recreation Dept. Program)

East Lyme Regional Theater will celebrate their 6th year as a vibrant successful theater group producing high quality musical theater productions. This August 5th-7th they will proudly present "HAIRSPRAY," the toe-tapping feel good musical at East Lyme High School.

Auditions will take place May 18th and 21st at The Masonic Temple 32 Society Rd Niantic.

Go to [www.eastlymeregionaltheater.com](http://www.eastlymeregionaltheater.com) for more information. Like us on Facebook- East Lyme Regional Theater for all the latest info.

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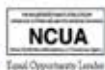


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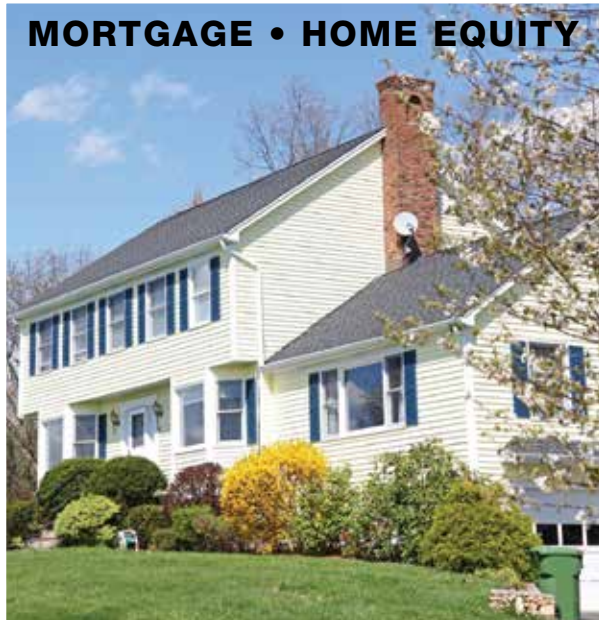
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