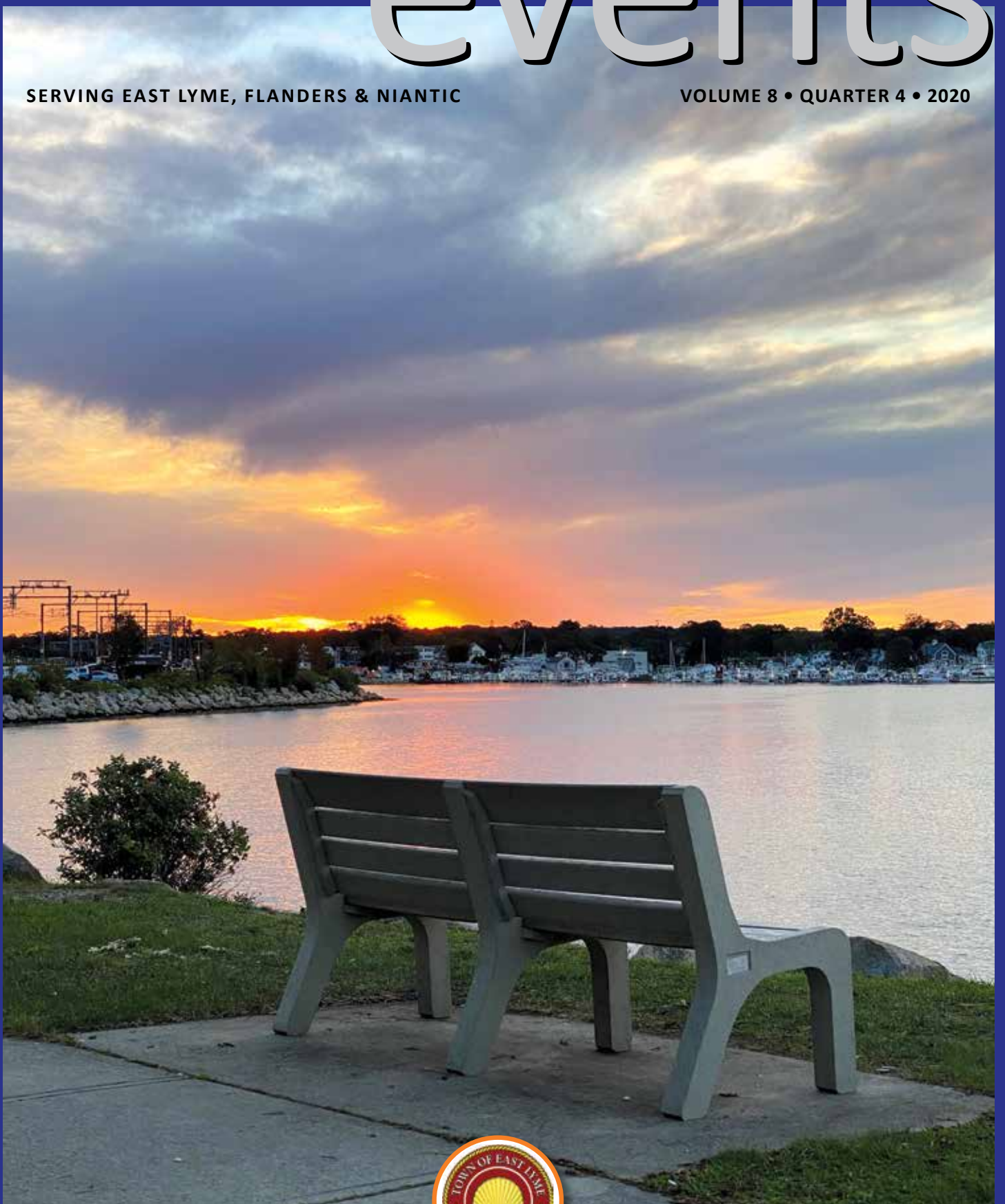


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First Selectman's Corner

To everything (turn, turn, turn)

There is a season (turn, turn, turn)

And a time for every purpose, under heaven.

--Pete Seeger 1959

Twenty-one years ago, I took the oath of office to serve the citizens of East Lyme, "faithfully and to the best of my abilities." I had just become an "elected official" for the first time... an alternate on the Zoning Commission. I was raised to generously give back to people in my community. Much had been given to me; my obligation was to give my time and talent to make the world a better place. In 1999, I was given an opportunity to serve our adopted hometown. I took it.

Six years ago, after Paul Formica's successful bid to become our district's State Senator, I was appointed to the office of First Selectman. This December, I will begin my 7th and last year as its Chief Elected Official. I have chosen to not seek re-election next November.

My commitment to make East Lyme a better place has never wavered and has always been the highest of my priorities as its leader. That commitment will stay in place right up through my last day in office, and beyond. My wife and I have given our best years to this town. Many know that Marlene served 11 years as a committed member of our Board of Education. We both cherish

the friendships, partnerships and collaborations we have made over the years.

Through it all, my family (most especially my wife) had to make many sacrifices. Evening meetings, missed sporting events, working weekends, commitments that altered our life... all in the name of "service to our community." We ALL had to accept the responsibilities of the job. I am grateful for my family's support in spite of it all.



Mark C. Nickerson
First Selectman

I have cherished this time as our town's leader. Being the First Selectman of such a dynamic town is a humbling experience. We live in an amazing town. Together we have accomplished so much during the past 6 years; there have been so many successes. But the job takes its toll too. Mistakes and second guesses bring on sleepless nights. The concern and worry that comes with managing a town full of dedicated employees, hundreds of volunteers, and countless organizations is overwhelming at times. The positives outweigh the negatives 100:1, but it's the difficult days (and nights) that are strenuous and stressful.

continued on page 5



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CONTENTS

First Selectman's Corner.....	3
Cable TV Meeting Replays.....	4
Director's Note Winter 2020.....	6
Niantic Light Parade - December 12, 2020.....	7
Social Distancing: Peace and Quiet	8
Parks & Recreation Department.....	9
Parks & Recreation Registration Policies	11
Park and Beach Information	13
Parks & Recreation Adult Programs	14
East Lyme Aquatic and Fitness Center Foundation Scholarship	16
East Lyme Veterans	16
East Lyme Public Library	18
Parenting Challenges: Wants vs. Needs	20
Holiday Gatherings & COVID-19	20
Time to Honor-Athletes, Artists, and Academics	22
FEMA News for Residents.....	24
East Lyme Senior Center	24
The Last Word... Joan Joyce - Our Finest Athlete.....	26

Cable TV Meeting Replays

Thanks to a State of Connecticut PEGPETIA grant, the quality of the town's cable TV channel has been improved. In addition, scheduled replays of recorded meetings can now be seen on the town's cable TV channel. Meetings replayed on the town's cable TV channel can be seen on Atlantic Broadband channels 22 and 191, Comcast Xfinity channel 97 and Frontier Vantage TV channel 6112. On eltownhall.com, see Government / Information / Videos for the cable TV replay schedule. On the same page, there are lists of videos available to watch on demand.

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

I'm not going away. I look forward to channeling my energies and commitment to serve in another capacity... perhaps a larger role in the regional community or maybe quietly on a local non-profit board... or maybe both. It's also time for me to get back to my business. I owe a debt of gratitude to GEICO for granting me the leverage and flexibility to pursue this leadership position. Most companies would never have seen the big picture and allowed me the opportunity for a seven year "sabbatical." Marlene and I have worked very hard in our careers. We also look forward to creating some better quality time with each other and our families. It's long overdue.

There will be plenty of time in the coming year to thank all those who I have had the pleasure to work with... and to remember all that we have accomplished. I'll save that for next year's November issue.

But enough about the past, let's look to the future. As a community we need to continue to grow and build upon the success we have enjoyed over the past several decades. East Lyme is the "best small town in America" because people continue to volunteer and give selflessly. If you are waiting for a sign or an invitation to be part of the solution... here it is... GET INVOLVED!!! Town government needs more people to step up and do their part.

We need future leaders. Every single person makes a difference.

"How do I get involved?" "What could I do?" "I don't know anything about zoning, planning, finance, wetlands, etc." The time is right now to get prepared for next year's election. Please reach out to me and I will introduce you to the leadership in the respective parties. If you are too shy to put your name up for an elected position, how about an appointed position? (no lawn signs necessary.) Again, reach out to me at mnickerson@eltownhall.com or call 860-691-4110 and I will guide you through the process.

Lastly, we are not out of the "Covid Woods" yet... not even close. During this spirit-dimming ordeal, please continue to show kindness, tolerance and compassion. Remember that EVERYONE is going through something. We are all vulnerable to depression these days, no matter how low grade, and a kind word or a selfless gesture may just be the one act of universal healthcare we have/need/crave to keep us afloat. Be the light. Be the difference in someone else's journey.

May you find the ability to appreciate God's many blessings.

Mark Nickerson,
First Selectman

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Director's Note Winter 2020



David M. Putnam

I hope this letter finds you and your family healthy and safe as we move closer to a new year and hopefully a return to a somewhat normal. The past seven months have been challenging for all of us. The Parks and Recreation Department continues to explore alternative programming options and, with that said, we are thrilled to be moving forward with the 32nd Annual Niantic Light Parade. We will be conducting a reverse light parade; floats will be stationed in and around McCook Point Park with viewers driving their vehicles one way to enjoy the creative floats and stations along the way. We are asking all

viewers to remain in the warmth and comfort of their vehicles and consider bringing along non-perishable food items to donate to Care and Share. A huge shout out to the Parade Committee for coming up with an innovative way to keep the tradition going.

As our beach season winds down, I want to give a special shoutout to Jen McMahon, our gardening expert, and person who has brought newfound beauty to our gardens at McCook Point Park, Cini Park and Hole in the Wall. We continue to receive rave reviews about the gardens, and Jen has taken on the task with vigor to tame even the most "out of control" areas. If you have yet to see them for yourself, I invite you down to the parks to see Jen's magic firsthand. I thank Jen for going above and beyond. She has become an invaluable part of our team!

Periodically, I have given updates on the progress and programming of the Miracle League Athletic Field located at Flanders Elementary School. The MLSECT conducted a ribbon cutting ceremony in mid-September to thank our top tier "Grand Slam" sponsors. The MLSECT will be conducting a larger event to recognize all of our contributors and celebrate the opening of the field as soon as conditions allow. The MLSECT is pleased to announce that they were able to offer two programs (Dance and Soccer) for kids with special needs while following CDC guidelines to keep our athletes, volunteers and staff safe. It has also been uplifting to see the hundreds of Flanders Elementary School students using it daily for recess and mask breaks. The Miracle League of SECT has now set their sights on fundraising for Phase II which will include a fully accessible playground and restroom facility. For more information on the progress and future programming please visit their website at: www.mlsect.org or on their Facebook page.

As always please feel free to contact our office with any program ideas or suggestions. Wishing you and your family a happy holiday season.

Sincerely,
David M. Putnam
Director

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Niantic Light Parade - December 12, 2020

HAPPY HOLIDAYS!

In a year full of unknowns, we are happy to announce that the Niantic Light Parade will be taking place on Saturday, December 12th, albeit a different format than we have become accustomed to. For the first time in its 30+ year history, the parade will not be going down Main St. in Niantic. Instead, the parade will take place at McCook Point Park, and the format will be one in which the floats remain stationary, positioned throughout the park, and patrons will drive through in their vehicles to view them between 5:00 - 8:00 pm.

This format has been chosen as the best way to ensure the safety of all patrons and avoid crowds, while still providing a family friendly and festive event to celebrate the holidays. Our team will continue to work to ensure this event can be held safely and follow all necessary guidelines that may change between now and December.

We are giving participants from last year



A festive float from a past Niantic Light Parade.

an early heads up on this change in hopes you can begin brainstorming ideas and getting your creative energy flowing, toward building the jaw dropping floats our patrons have become accustomed to at our event. We would appreciate you reaching out to us as soon as possible to let our team know whether you will be participating in the event this year, as well as asking us any questions or share concerns you may have leading up to the event.

Please download, fill out and return the registration form to ellightparade@gmail.com to confirm your participation, ask questions and share your concerns. We will provide additional details as the event gets closer. Get your ideas in motion and help bring the holiday spirit to our community once again this winter!

Have a wonderful day,
The Niantic Light Parade Team
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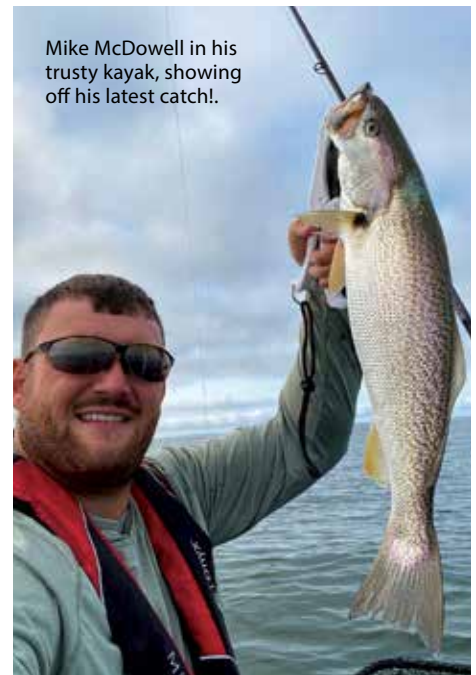
Social Distancing: Peace and Quiet

Back in the spring issue I wrote about the activities my family had spent our leisure time doing. At the time, social distancing was a foreign idea; one that was difficult to wrap our heads around, and something that seemed dreadful. Seven months later, and a summer without many of our traditional town events, I have found the value of recreation and the great outdoors.

We are fortunate to live on the shoreline, something many of us take for granted. I spent 5 days a week at McCook Point Park this summer and saw firsthand how important time in the park was for our patrons. Many of our residents purchased beach passes in the spring and could roll out of bed, slip on a swimsuit and be soaking up the vitamin D within 30 minutes. Other patrons would drive over an hour, pay a \$50 daily fee, and be grateful they weren't turned away at the gate, as they wanted a few hours of relaxation to escape from COVID-19 updates and guideline adaptations. As we edge toward December,

the boardwalk, park and beach are still calling for you to visit, albeit with additional layers of clothing.

When I wasn't working, I spent much of my free time on the saddle of my bicycle, or seat of my kayak with fishing rod in hand. While pedaling around town it is hard not to find new sights and smells, taking in the beauty of the town we call home. From catching sailboat races on Niantic Bay, to the smell of sweet apples as I would reach the top of North Bridebrook Road, and one of my favorites, taking in a sunset from Old Black Point Road. I spent many hours on Niantic Bay in my trusty kayak this summer, targeting striped bass, black sea bass, or fluke, but more likely than not reeling in a sea robin or porgy when I got a bite. This is what keeps fishing fun, never knowing just what you are reeling in until it reaches the surface. Some days you get lucky and take-home dinner. Other days you lose gear because you tied a poor knot or it gets stuck on the bottom. Its all part of the game and



Mike McDowell in his trusty kayak, showing off his latest catch!.

learning to take the bad with the good has kept it fun for me. Sometimes all you can do is laugh at yourself!

Looking ahead toward the winter, the dreary, cold months, I want to encourage you and your family to continue exploring

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our town and the natural treasures that are here. Bundle up and take a walk on the boardwalk when it is so cold there is sea “smoke” on the water. Venture out to the Nehantic State Forest or the Darrow Pond property and go for a quiet walk in

the woods. Where it is allowed, go for a full moon night hike, or maybe make a new “polar plunge” tradition with your friends. Needless to say, don’t let the colder temperatures tame your need and desire for adventure!

Almost made it without mentioning a mask, please wear one when you are in close proximity to others!

Get out and explore,
Mike McDowell

Parks & Recreation Department

860-739-5828 | fax 860-691-2409 | www.eltownhall.com

Contact Information, Websites & Email Addresses

Executive Director: David M. Putnam
dputnam@eltownhall.com

Program Coordinator: Carolann Rossiter
crossiter@eltownhall.com

Administrative Assistant: Robin Grandieri
rgrandieri@eltownhall.com

Administrative Secretary: Arlene Wilbur
awilbur@eltownhall.com

Special Events Coordinator: Michael R. McDowell
mmcdowell@eltownhall.com

Park Foreman: Jason Alves

Maintenance Support: Michael Rak, Austin Grouten

Parks & Recreation Commission Members

Chairman: J. Robert Pfanner

William Willets, Jr. Emeritus Member, Jackie Curry, Patrick Larkin, Roger Nadeau, Sue Kumro, Thomas Beebe, Todd Donovan

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

East Lyme Police Department: 860-739-5900

East Lyme Public Library: 860-739-6926 | www.ely.lioninc.org

East Lyme Public Works: 860-691-4118

East Lyme Senior Center: 860-739-5859

East Lyme Town Hall: 860-739-6931 | www.eltownhall.com

continued on page 10

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Parks & Recreation... continued from page 9

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DEP Old Lyme: 860-434-8638

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

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

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East Lyme Business Organization

Contact Lynnea Mahlke: 860-691-1611

Athletic Organizations

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www.eastlymebaberuth.com

EAST LYME LACROSSE

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

www.ella.uslaxteams.com

EAST LYME LITTLE LEAGUE

Joel Farrior: 860-460-8922 | eastlymelittleleague@gmail.com

www.eastlymelittleleague.org

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Kristina Bartelt: me2ma2ct@aol.com

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EAST LYME VETERANS COUNCIL

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Caitlyn Dorrinston: 800-922-2770 x 3728

Monica Sistaire: 860-638-7151 | gsofeastlyme@gmail.com

NIANTIC LIONS CLUB

Ed Keens: 860-451-8333 | www.nianticlions.org

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Donna Gada: 860-739-9280 | www.nianticrotary.org

DISTRICT SCOUTS REGIONAL OFFICE

Mike Cooney | 860-373-0097

CUB SCOUTS PACKS

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www.pack24eastlyme.org | pack24eastlyme@gmail.com

BOY SCOUT TROOPS

George Sisson, #7: 860-691-2165 | Troop #24: 860-443-5492,

Richard Cushing, #240: 860-739-5239

Parks & Recreation Registration Policies

The East Lyme Parks and Recreation Department reserves the right to reschedule, relocate, or cancel any announced program due to facility availability and public response. The Parks and Recreation Department may also establish minimum or maximum class sizes to ensure appropriate instructor-to-participant ratios.

Program Registration Hours:

Monday - Friday | 8:00 am - 4:00 pm.

DIRECTIONS

95 South - Take Exit 74; turn right onto Flanders Rd (CT-161) & continue for approx. 1 mile. Turn right at stop light onto Society Rd. (Clauson Nursery is on corner.) Turn right immediately after

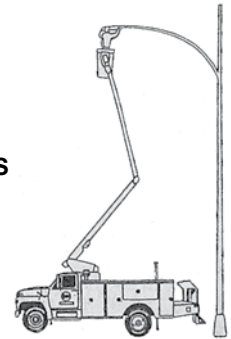
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Registration Policies... continued from page 11

Lillie B. Haynes School, following signs to East Lyme Library / Community Center (complex will be on left). The Parks & Recreation Office is located in Community Center complex.
95 North - Take Exit 73; turn left onto Society Road. Follow road until 3-way stop sign. Bear left onto Society Rd. and follow to Lillie B. Haynes School; take Left (see above.)

REGISTER FOR PROGRAMS

In person at the Parks and Recreation Department Office in the E. Lyme Library Community Center on Society Road, by mail (Mailing address: 41 Society Rd., Niantic, CT 06357 or online.) Programs limiting the number of participants will be determined on a first-come-first-served basis. Non-residents will be charged an additional \$15 fee for programs.

PAYMENT

Payment must be made in full at the time of registration, 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.

REFUND POLICY

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

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

CANCELLATIONS

All program cancellations due to inclement weather will be announced on local radio stations and local TV channels 3, 8, & 30. If schools close due to weather or other circumstances, then programs held at affected schools will be cancelled.

The Parks & Recreation Department makes every effort to have programs and facilities that are appropriate and accessible for all ages and abilities and seeks to ensure that all programs and activities are available to East Lyme residents with physical and mental disabilities. We provide accommodations when necessary to allow your participation.

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



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Richard Gada, President
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Niantic, CT 06357

Park and Beach Information

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

- Open daily from 8:00 am to sunset
- Pets are permitted on beaches from the Tuesday after Labor Day until the Friday before Memorial Day ONLY**; must be under owners control at all times and it is the owner's responsibility to clean-up all pet waste. Dogs are not permitted on the Niantic Bay Boardwalk at any time during the year.
- Restrooms will remain open until mid-November as weather permits.
- Contact the Parks and Recreation Office for Pavilion reservations/availability.
- Tobacco Free Parks

STATE STATUTE 22-364

STATES THAT

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

**NO PETS MAY 22 – SEPT 7, 2020

AT ANY BEACH FACILITY:

SEE BELOW REGULATION

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

PAVILION/TENT/BANDSHELL RENTAL

The pavilion, tent, and bandshell are available for full day or half day rental (9:00 am to 1:00 pm or 1:30 pm until dusk) during the summer season (Memorial Day weekend through Labor Day) for East Lyme/Niantic residents/taxpayers. Rentals are also available before Memorial Day and after Labor Day; Non-Residents are able to rent during that period. Please contact the Parks & Recreation office for information and availability.

PARKS & BEACHES ADDRESSES

Cini Park

- Route 156, Niantic – (located at end of boardwalk by Niantic Bridge)

Hole-N-Wall Beach

- Baptist Lane, Niantic

McCook Point Park

- 8-10 Atlantic Street, Niantic
Main beach, pavilion, picnic area, 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



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Parks & Recreation Adult Programs

STABILITY BALL

A 50-minute class focusing on balance and the core muscles with additional upper/lower body strength training. This workout can be done on an exercise mat as well as the stability ball. Participants are required to bring a non-slip exercise mat, water, face mask & your own stability ball. (Ball is optional, but preferred).

Dates: February 2 to April 6

Days: Tuesday

Time: 4:30 - 5:20 pm

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

Location: East Lyme Community Center Activity Room

BARRE CLASS

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

Dates: February 4 to April 8

Days: Thursday

Time: 4:30 - 5:30 pm

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

Location: East Lyme Community Center Activity Room

Instructor: Donna Neaton, AFFA/Barre Instructor

SATURDAY MORNING ZUMBA® AEROBICS

Come and “Join the Party” with this 55-minute Zumba® class! We will Salsa, Cha-cha, Merengue, Cumbia, Calypso and dance off those calories. Then follow it up with a relaxing stretch. Bring a non-slip exercise mat, plenty of water, and a face mask.

Dates: February 6 to April 10

Days: Saturdays

Time: 8:30 am - 9:30 am

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

Location: East Lyme Community Center-Activity Room

Instructor: Donna Neaton AFAA/Zumba® Instructor

TOTAL BODY FITNESS

This 55-minute cardio & strength training class IS DESIGNED FOR ALL fitness levels. It rotates different fitness styles such as, intervals, circuits, classic aerobics and weighted-low impact cardio to keep the class moving & challenged. Class ends with 5-minute stretching. Please bring a non-slip exercise mat, water, weights and face mask.

Dates: January 20 to March 17 (No class 2/15)

Days: Monday and Wednesday

Time: 4:30 - 5:30 pm

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

Location: East Lyme Community Center Activity Room

Instructor: Gina Morris, AFAA

FASCIAL MOVEMENT

This class incorporates the principles of Pilates, using as resistance body weight and beach towel. Participants in this class will work the body in a full range of motion

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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, water, and face mask.

Dates: January 12 to February 23
Days: Tuesday
Time: 5:30 pm - 6:30 pm
Fee: Resident \$50.00 / Non-Resident \$65.00
Location: East Lyme Community Center Activity Room
Instructor: Kim Stirtan-BSPE, ACE & Stott Pilates.
Level One Fascial Instructor

MONDAY COED YOGA

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

Dates: January 11 to March 29 (No class 1/18, 2/15)
Days: Monday
Time: 5:45 pm - 7:00 pm
Fee: Resident \$60.00 / Non-Resident \$75.00
Location: Via Zoom
Instructor: Rosemary Gentile - M.S.R.D.-RYT

WEDNESDAY NIGHT COED YOGA & MEDITATION

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 and water. Participants are required to wear a face mask during class. Class will be via Zoom.

Dates: January 13 to March 31
Days: Wednesday
Time: 6:00 - 7:00 pm
Fee: Resident \$60.00 / Non-Resident \$75.00
Location: Via Zoom
Instructor: Michele Flowers, RYT 500

YOGA FLOW

This class uses a combination of movement, postures and breath to work on strength, flexibility and balance. An all levels class with focus on alignment; beginners will safely learn the basics while more experienced students can take postures to a deeper level. Participants are required to bring a non-slip exercise mat and water. Participants are required to wear a face mask during class.

Dates: January 11 to March 29 (No class 1/18, 2/15)
Days: Monday
Time: 9:35 - 10:35 am
Fee: Residents \$50.00 / Non-Residents \$65.00
Location: East Lyme Community Center Activity Room
Instructor: Michele Flowers, RYT 500

continued on page 16



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Adult Programs... continued from page 15

GUTS & BUTTS WITH CARDIO

Train & tighten all regions of the lower body & core with this toning & cardio class. Workout will focus on the abs, glutes, legs & lower back using light weights and body resistance. Participants are required to bring a non-slip exercise mat, weights, water, and face mask.

Dates: January 20 to March 31
Days: Wednesday
Time: 3:30 - 4:15 pm
Fee: Resident \$40.00 / Non-Resident \$55.00
Location: East Lyme Library/Community Center Activity Room
Instructor: Narciss Green, ACE Certified Group Fitness Instructor

East Lyme Aquatic and Fitness Center Foundation Scholarship

EL POOL SCHOLARSHIP FOUNDATION ENCOURAGES LOCAL PARTICIPATION IN THE ANNUAL WORLDWIDE CELEBRATION OF GENEROSITY

A global celebration of generosity, Giving Tuesday, December 1, encourages people throughout the world to support their communities through nonprofit organizations such as the East Lyme Aquatic and Fitness Center Foundation (ELA&FCF), a 501(c)(3) charitable organization.

The East Lyme Aquatics Center (at the High School) re-opened in May for lap swimming during limited hours and for an hourly fee (\$10 for 45 minutes) under COVID-19 restrictions to serve our community. The ELA&FCF has provided financial support to several qualified

community members at this time when, for many, these hourly fees would mean that they would not be able to take advantage of the Center's recreation, training, and therapy benefits. Your support to the Foundation at this time would help those in need and also help the pool gain the greater number of participants needed to expand its offerings and return to more modest membership fees during COVID-19 restrictions.

As expressed by the Foundation's Board: "It is our much appreciated relationship between ELA&FCF and its many individual community friends and business

partners that enables us to fulfill our mission of building strong and healthy lives through physical fitness and social community."

The financial aid/scholarships are granted based on need to East Lyme and Salem citizens. For further information about ELA&FCF and how you might offer support, please visit our website at: <https://www.eastlymeaquatics.com/pool-foundation> or send an email with your query to Elpoolfoundation@aol.com. If you are in need of support to use the pool, the website link also provides instructions to apply.

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East Lyme Veterans



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

The East Lyme Veterans Coffeehouse is held every 2nd Wednesday of the month at VFW Post 5849, 39 Columbus Avenue, Niantic from 6:00 pm to 8:00 pm and the New London Veterans Coffeehouse is held on the first Friday of each month at the New London Senior Center, 120 Broad Street, in the Library from 9:00 - 11:00 am.

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

For more information and a current list of events happening in our region, please reach out to Brian directly at 860-287-2683 or brianburrridge@gmail.com. For up-to-date information online, please follow Brian on https://nextdoor.com/news_feed/.

Fall Home Projects To Boost Your Comfort and Energy Efficiency

By: Enoch Lenge

Fall is a great time to tackle those home improvement projects that have been put off because of the summer heat. In addition to landscaping, gutter cleaning, power washing, and deck repair, here are some home improvement projects to add to your list to boost your comfort while helping save you money and energy this winter:

- Upgrade Your Lighting – Did you know that the average household dedicates about 5% of its energy budget to lighting? Now that it's getting darker earlier and your lights are on longer, consider switching your current light bulbs with LEDs. According to Energy.gov, ENERGY STAR-certified residential LEDs use at least 75% less energy and last up to 25 times longer than incandescent lighting.
- Insulate Doors and Windows – Air sealing, especially in an old, drafty house, can save homeowners more than 20% on their heating and cooling costs. Installing weatherstripping around your doors and windows is an easy and low-cost way to improve your home's energy efficiency and keep the cold winter wind at bay.
- Check Your Attic for Air Leaks – An unfinished, poorly insulated attic is another common area where homeowners experience significant heat loss. Adding insulation to the attic floor and sealing any air leaks can help stabilize the temperature inside your home, prevent ice dams, and save on energy costs.
- Maintain Your Heating and Cooling Systems – Be sure to add scheduling a preventative tune-up with your local



- HVAC company to your list to keep that system running efficiently and preserving air flow. A clean system that is free of dirt and debris will run more efficiently and preserve airflow.
- Install Programmable Thermostats – You can save as much as 10% a year on heating and cooling by simply turning your thermostat back 7°-10°F for 8 hours a day from its typical setting. Programmable thermostats allow you to easily set your home's temperature in advance to avoid coming home to a freezing house. A smart thermostat takes that a step further by allowing you to set your temperature from your smart phone or tablet. Some even learn your habits and adjust accordingly – saving you even more.
- Window Replacement – While this may not be at the top of your list, replacing old windows, especially with high performance ones like triple-pane windows, can improve a home's energy efficiency and overall comfort.

Before researching various contractors or DIY-ing these improvements, take advantage of the limited time only, no-cost Home Energy Solutionssm program offered by Eversource. To get started, you can schedule an appointment with an Eversource-authorized energy expert to evaluate your home's energy efficiency needs. During in-person visits, energy experts, while following COVID-19 safety requirements, will also conduct important safety tests and install weatherization measures and energy-saving improvements, such as air sealing, LED lighting, and advanced power strips.

To help make these improvements more affordable, program participants can take advantage of 0% financing on approved energy-saving improvements, and up to 100% off of eligible insulation projects. Eversource has you covered with a wide range of energy-saving rebates and discounts, including a new triple-pane window rebate.

From now through December 31, Eversource is offering a \$100 rebate per window for each window replaced with an ENERGY STAR-certified triple-pane window.

Whether you're looking to improve the comfort of your home, save on your energy bill, or help save the environment, Eversource has several budget-friendly solutions to help you get started. To schedule your energy assessment, call 1-877-WISE-USE (877-947-3873), or visit Eversource.com to learn more about Eversource's residential offerings and additional ways to save.

Enoch Lenge is Eversource's energy efficiency spokesman and provides energy saving tips on the company's blog.

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East Lyme Public Library

THE LIBRARY IS HERE FOR YOU!



The library is open and still providing many of the services and programs that you rely on. While computers and tables are limited for social distancing, you are welcome to reserve time for a computer or study table. We're happy to see you when you visit to borrow books and movies! If you prefer, we also offer these services:

OUR CURRENT HOURS ARE:

Monday through Friday 10:00 am to 4:00 pm

Saturday 10:00 am to 2:00 pm

CURBSIDE SERVICE

Curbside service remains a popular way for patrons to check out books, movies, and music. Just fill out the easy online form found on our website, and we will call you when your materials are ready to be picked up.

HOMEBOUND DELIVERY

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For more information on all of our services, events, and the latest news, visit us at: eastlymepubliclibrary.org or call 860-739-6926, ext. 4.

OUR PROGRAMS ARE NOW ONLINE

Below you'll find a full schedule of programs for all ages. Check out the library's website and our Facebook page for the latest news and events.

For Children

NEW! East Lyme Public Library

STORYTIME WITH MISS REBECCA

Every Tuesday from 10:00 to 10:30 am

Miss Rebecca is sharing stories, songs, and puppet shows on TV! Join her on your local community channels. Atlantic Broadband: 24; Comcast: 12; Frontier: 6041

STORYTIMES WITH MISS REBECCA

Every morning on our Facebook page you'll find Miss Rebecca reading a story or leading sing-alongs. On Wednesdays at 7:00 pm, join Miss Rebecca for a bedtime story and songs that kids are sure to want to join in on!

STORYBOOK TRAIL

Perimeter of Samuel M. Peretz Park at Bridebrook Park

Get out in nature and enjoy a walk—or run—with your kids while reading a picture book along the way! Pages from the book are posted on signs spaced along the walking trail.

For Adults

Please join us for discussions of favorite novels, mystery books, and films. Our discussions are held online and can be accessed on your phone, computer, or tablet. You can learn how to join each meeting on our website.

CRAFT GROUP

Every Tuesday at 7:00 pm

If you like gathering with friends to craft, talk, and laugh together, join our weekly virtual craft group! Bring whatever you're working on or find inspiration for your next creative project.

NOVEMBER

Virtual Film Discussion

The Park Bench

Tuesday, November 24 - 7:00 pm

The Park Bench is a comedy romance about two opposites who share their inner lives through the books they read. After revealing their deepest feelings and secrets, they must make an important choice about their future. This film is available on Hoopla.

Mystery Book Discussion

What You Break by Reed Farrel Coleman

Thursday, November 26 - 11:00 am

While investigating the murder of a wealthy businessman's granddaughter, crimes committed decades ago in Russia and Vietnam come back to haunt former Suffolk County cop Gus Murphy. Navigating a minefield of "hostile cops, street gangs, and a Russian mercenary," Gus opens the door to a past that may have been better left forgotten.

DECEMBER

Pearl Harbor: The Stories Behind the Story

A Presentation by Philip Devlin

Tuesday, December 1 - 7:00 pm

This presentation not only recounts numerous Connecticut connections to the infamous sneak attack on Pearl Harbor, but also reveals often-overlooked historical antecedents which render the attack in Hawaii as less of a surprise than has been portrayed. The program will be presented by Philip Devlin, a retired teacher of English, History, and Latin at Haddam-Killingworth High School. Please register by emailing: tborden@ely.lioninc.org.

Book Discussion

Deacon King Kong by James McBride

Tuesday, December 8 - 7:00 pm

This funny and moving novel, set in 1960s New York, follows the aftermath when an old church deacon shoots a neighborhood drug

dealer in broad daylight. James McBride explores the lives of the members of this multicultural neighborhood and how their stories overlap in surprising ways.

Mystery Book Discussion

Blind Search by Paula Munier

Tuesday, December 31 – 11:00 am

Blind Search takes former army MP Mercy Carr and her retired bomb-sniffing dog Elvis into the Green Mountains, where nine-year-old Henry has witnessed a murder. But “Henry, whose autism often silences him, is not talking.” With a murderer lurking among the hunters and a blizzard on the mountain, can Carr protect Henry, solve the crime, and catch the killer before snowplows arrive?

JANUARY

Mystery Book Discussion

Turn of the Key by Ruth Ware

Thursday, January 28 – 11:00 am

Rowan Caine believes she’s found her dream job as a live-in nanny, with a “staggeringly generous salary.” But the job becomes a nightmare—one that ends with a child dead and herself awaiting trial for murder. She tries to explain about the toxic atmosphere and explain away her own dishonest behavior, but, she says, she’s not guilty of murder. So who is?

RESOURCES FOR BUSINESS & EDUCATION FOR ALL AGES

The East Lyme Library has recently added a broad range of resources to help you with your business and education needs, improve or learn important skills, and even find a new hobby.

Whether you’re an entrepreneur or experienced in business, our new suite of Gale Business resources can help you achieve greater success. You’ll find tools for starting and operating a business, analyzing demographics, and creating plans to maximize your business or nonprofit.

Parents and caregivers with preschoolers will love Miss Humblebee’s Academy, a welcoming program that teaches little ones a wide variety of skills to prepare them for kindergarten. Hundreds of interactive lessons in art, language, reading, math, science, social studies, and music engage children in learning. Rewards for children and assessments for adults makes this a valuable resource for home education.

Have you always wanted to learn how to knit... or paint... or journal? Maybe you’d just like to know how to mend that hole in your

continued on page 20

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Library... continued from page 19

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Parenting Challenges: Wants vs. Needs

While we can agree that many things have become "harder" during this pandemic, we probably would all agree on one thing that was hard pre-pandemic, too: parenting! Our instincts as parents often tell us, "I need to make my child feel better!" or "It's my job to fix this problem!" But does our instinct always end up matching our goal? While as parents, we always hope and intend to make our children 'feel better,' we also must remember our goal: to make sure our children feel understood and are able to understand themselves.

Other goals of parenting, with some variation of course, will look like providing and reinforcing consistent, firm, and loving boundaries. Why? This fosters and creates a sense of safety & trust within a secure environment. We can strive to always understand their wants, but not let that become a replacement for their needs. Parenting guidance and support is available, as well as child counseling, to support healthy communication dynamics within the parent-child relationship.

Kristin Kiczuk, LCSW
East Lyme Psychological Associates

Holiday Gatherings & COVID-19

As we begin the 2020 holiday season, it is important to remember that travel increases the chance of getting and spreading the virus that causes COVID-19. Staying home is the best way to protect yourself and others.

HOSTING GATHERINGS DURING THE HOLIDAYS

- Remind invited guests to stay home if they have been exposed to COVID-19 in the last 14 days or are showing COVID-19 symptoms. Anyone who has had close contact with a person who has COVID-19 should also stay home and monitor their health. Invited guests who live with those at higher risk should also consider the potential risk to their loved ones.
- Consider keeping a list of guests who attended for potential future contact tracing needs.
- Encourage social distancing.
- Host your gathering outdoors, when possible. If this is not feasible, make sure the room or space is well-ventilated (for example, open a window.)
- Arrange tables and chairs to allow for social distancing. People from the same household can be in groups together and don't need to be 6 feet apart - just 6 feet away from other families.
- If planning activities for adults and/or kids, consider those where social distancing can be maintained, like sidewalk chalk art or frisbee.
- When guests arrive, minimize gestures that promote close contact. For example, don't shake hands. Instead wave and verbally greet them.
- Wear masks when less than 6 feet apart from people or indoors.
- Consider providing masks for guests or asking them to bring their own.
- Clean hands often. Wash your hands for at least 20 seconds when entering and exiting social gatherings. If soap and water are not readily available, use a hand

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sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.

- Remind guests to wash their hands before serving or eating food.
- Use single-use hand towels or paper towels for drying hands so guests do not share a towel.
- Limit the number of people handling or serving food.
- Limit people going in and out of the areas where food is being prepared or handled, such as in the kitchen or around the grill, if possible.
- If serving any food, consider identifying one person to serve all food so that multiple people are not handling the serving utensils.

*Patients with COVID-19 have reportedly had mild to severe respiratory illness. Symptoms can include:

- Fever
- Cough
- Shortness of breath

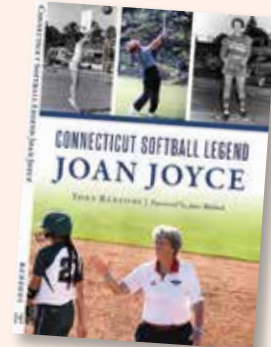
Symptoms may appear 2-14 days after exposure.

"I wear my mask to protect you. You wear your mask to protect me."
—DR. JAY C. BUTLER, CDC

*Source: CDC FOR MORE INFO VISIT: <https://www.cdc.gov/>

Read About the Connecticut Native many consider the Greatest Female Athlete in Sports History!

"Connecticut Softball Legend Joan Joyce" by Tony Renzoni traces the life and career of the legendary Joan Joyce.



The book is available at Amazon and Barnes & Noble.

Signed copies can be found locally at: RJ Julia Bookstore (Madison); Griswold Inn's "Goods and Curiosities" store (Essex), and Seaside Homes and Gifts (Branford).

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Time to Honor-Athletes, Artists, and Academics

THE PROMISE OF TOMORROW'S TREES - EAST LYME PUBLIC TRUST FOUNDATION

As our attention turns to the gift-giving times of Christmas, Hanukkah, Kwanzaa, and other holidays, consider a unique gift of a tree which has the power to symbolize and express our deepest feelings of love, gratitude, and happiness. They can be a lasting tribute to a beloved person or event.

For the athletes, there are still two Sugar Maples that can be sponsored at Peretz Park at Bridebrook along the outfield fence of the baseball field. Are you an adult who has fond memories of playing baseball at Bridebrook as a child? Are you a parent who has had a child who enjoyed learning the principles of sportsmanship at soccer games at Bridebrook? Are you a grandparent who has enjoyed many games watching family members grow and learn the game of lacrosse? There are already four trees planted for this project. The plaque for one of the four trees that has already been planted, thanks the donor's parents for "Summers at Niantic." We know there are many more people who are grateful for their experiences at Peretz Park.

For the dramatic and musical artists, there are four Evergreen trees that can be sponsored behind the Band Shell at McCook Park. In May, 2017, The East Lyme Public Trust Foundation with the partnership of the Rotary and the Lions, combined efforts to make our new band shell at McCook Park a reality. Now, three years later, we want to beautify the area behind the bandstand.



Left to right: examples of a sugar maple tree, evergreen trees and dogwood trees. They can be a lasting living tribute for a beloved person or event.

The Parks and Recreation Department has proposed a line of four evergreen trees that would run behind the back of the Band Stand along the chain link fence that separates the park from the railroad tracks. If you have enjoyed a concert, play, or other event at this new installation, we urge you to commemorate your enjoyment with the purchase of a tree.

In addition, for the academics whether they be alumni, grandparents, students, staff, or faculty, we are offering 5 Dogwood trees in the courtyard at Flanders School. This is a wonderful chance for teachers, employees, parents, grandparents, and former students to help beautify the school which gives such a fine foundation to our students. Not only will these trees be able to com-

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memorate people associated with the schools, but they will also provide scenic beauty and contribute to a healthy ecosystem.

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

Since the inception of this program, forty-three trees have been planted to not only remember a person or event but to also cut down on the carbon dioxide in the environment.

A contribution of \$600 for a tree will cover the cost of the tree, the planting, an 8"x 4" plaque, a base, and a water bag to assist in the stabilization of the tree. Planting will take place the spring of 2021. Since the East Lyme Public Trust Foundation is a non-profit 401c, contributions are tax deductible.

June Hoyer is the chairperson for the project in partnership with Dave Putnam, the Director of Parks and Recreation. Her committee includes Carol Marelli and Bill Rinoski-administration.

Applications can be found on the Trust website at: <http://public>

trustfoundation.org/wp-content/uploads/2020/07/TREE-APPLICATION-REVISIONS-7-4-20.pdf. Application forms are also available at: East Lyme Town Hall-Town Clerk's Office, East Lyme Parks and Rec., East Lyme Library, and the E.L. Book Barn.

Follow us on Facebook: <https://www.facebook.com/EastLymePublicTrustFoundation/> and on our web-site: <http://publictrustfoundation.org/> In this depressing time of COVID-19, give the gift that symbolizes life and hope.

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FEMA News for Residents

The Town of East Lyme is a participant in the Federal Emergency Management Agency Community Rating System (CRS) program which entitles its residents to discounts on their flood

insurance policies. The CRS program recognizes and encourages activities that reduce flood damage to existing buildings and protects new buildings beyond the minimum Nation Flood Insurance Program protection level. The Town of East Lyme currently provides property protection advice by providing individuals with information as to what they can do to protect their own properties from flood damage. Those who have a federally backed mortgage, or plan to refinance with a federally backed lender, are required to purchase flood insurance if their home is shown in a high-risk flood area, known as a Special Flood Hazard Area, on the FEMA Flood Insurance Rate Maps. Residents are urged to contact their insurance agent or visit www.floodsmart.gov to learn more about how and where to get a policy.

There are many ways to protect a property from flood damage, including but not limited to the following:

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

There are several qualified people at the Town of East Lyme that can talk to you about flood hazard, flood protection measures, and/or possible financial assistance. For more information, please visit the town website at the following link: <http://eltownhall.com/zoning/flood-claims-information/>.

East Lyme Senior Center

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

GREETINGS FROM THE EAST LYME SENIOR CENTER.

The State of Connecticut moved to Phase 3 on October 8th which allowed the Senior Center to prepare for indoor programming. However, our area of the State saw a spike with COVID-19 cases, and our Town went to a Red Alert status on October 16th. This status has prevented the Senior Center from opening our doors and bringing in programming.

However, the Senior Center is going to

plan for some programs to come indoors in the event we move out of the Red Alert status. In addition, programs that can be offered via Zoom are being put into place now for a November start. These programs will be offered at no charge as people become accustomed to using the new technology. The fee structure will be re-evaluated at the beginning of 2021. Please pick up a November newsletter for further details.

THE SENIOR CENTER IS PLANNING SOME OUTDOOR EVENTS FOR NOVEMBER.

They are:

Grab-n-Go, the Niantic Lions will sponsor their annual fall supper on Thursday, November 19th. This will be for free and will be a Grab-n-Go meal. The distribution of the meals will begin at 6:00 pm. The menu will consist of pasta in a meat sauce, garlic bread, salad and dessert. Registration began November 2nd, and it is limited so be sure to contact us.

An event that will be held inside is our **Open Enrollment Fair**. It began October 15th and will be running until December 7th. It is Open Enrollment for Medicare beneficiaries. Everyone should review their Part D prescription drug coverage



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to ensure they are in the correct plan. Additionally, if you are interested in switching Medicare Advantage plans, now is the time. This will be held on Friday, November 20th from 9:00 am to 3:00 pm. Appointments are required, and this will be held via Zoom. The Senior Center will provide the equipment - no need to do anything except show up with your information and questions.

During the fall and winter months, the Senior Center is assisting residents over 60 or disabled adults to apply for

Energy Assistance. If you have any questions or would like to apply, please contact the Senior Center office.

The Senior Center is promoting overnight trips for 2021 but they will not depart until June of 2021. No day trips are scheduled as of yet. If you are interested in receiving the flyers for the overnight trips, please contact the Senior Center office.

We miss you, all of you.
Stay safe.
Stay strong.

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Joan Joyce - Our Finest Athlete by Sigrid Kun

Many fondly remember going to Raybestos Memorial field in Stratford, CT. Amid chants of “Joanie, Joanie,” the softball phenom mowed down the competition. Joan Joyce dominated women’s fast pitch softball for decades - beginning her amateur career at age 13 with the Raybestos Brakettes. The Waterbury, CT native excelled at every sport she tried - a true competitor, a lifelong coach/mentor. Joyce combines an unbridled, remarkable talent with a matter of fact, humble personality. While she readily speaks about her success, there is no bragging.

Many consider her as “The Greatest Woman Athlete of All Time.” Her jaw-dropping achievements/honors take pages to list, including 20 Hall of Fame inductions, Connecticut Athlete of the Year (selected by the Connecticut Sports Writers Alliance), and a softball field renamed Joan Joyce Field (a part of Municipal Stadium in Waterbury).



Women’s softball coach at Florida Atlantic University.

A LIFETIME OF ASTOUNDING ACHIEVEMENTS

Joyce’s softball career covered 1954-1963 and 1967-1975 with the Brakettes and 1964-1966 with the Orange Lionettes. The slingshot pitcher notched 150 no-hitters and 50 perfect games with a lifetime earned run average of 0.09. An outstanding hitter, her career batting average is .327. In 1974, her Brakettes were the first American team to win the World Championships.

She co-founded the International Women’s Professional Softball Association, being the star player for

and part-owner of the Connecticut Falcons. The Falcons won every championship of the IWPSA’s existence (1976-1979).

She is a four-time Women’s Basketball Association All-American and three time AAU Basketball All-American. She played on the USA Women’s National Team in 1964 and 1965, setting a national tournament basketball single-game scoring record (67 points) in 1964.

She formed the Connecticut Clippers volleyball team in 1968, and competed as a player/coach. She was named to the All-East United States Volleyball Association Regional Team. Taking up golf at age 35, she spent 19 years on the LPGA tour (1977-1995). She still holds the LPGA and PGA record of just 17 putts in one round of golf.

Now 80, Joyce is the women’s softball coach at Florida Atlantic University. Starting the program from scratch in 1994, she has amassed 12 Conference Championships, participated in 11 NCCA Tournaments, and won 8 Coach-of-the Year Awards.

THE SECRET TO SUCCESS?

“I don’t know,” she says. “The only thing I can say about me is that I am very competitive. . . . I will beat you at just about everything. If you beat me, I’d shake hands. But I’d say to myself, you are not going to beat me a second time.”



Joan with her biggest fan - Dad (Joe Joyce).

Photo courtesy of Joan Joyce.

Her mother worked days. She, her father (above) and brother played sports all the time. “We would end up going to my father’s softball games,” she recalls. “We had no gloves. We’d run around everywhere while my father was playing. When they came in from the field, they’d put the gloves under the bench. We’d take them and start catching. When they went back in the field, they’d have to come and get the gloves back from us.” When her father played basketball, she and her brother would wait for the halftime buzzer and then fly onto the court to play.

SPECIAL MOMENTS - JOYCE SHARED A FEW



Striking Out Ted Williams/Hank Aaron. She calls striking out Ted Williams (left) and Hank Aaron her favorite moments. “It’s the easiest thing I’ve ever done in my life,” she relates. “They had no chance against a softball pitcher just because of the distance.” She faced Williams as part

of fundraisers in 1961 and 1966; Aaron in 1978 in a West Hartford exhibition. There were no radar guns then. A doctorate study from USC determined her pitching speed to be the equivalent of 119 mph in baseball.

Invited to China by the All-China Sports Federation (1979).

“It was the first team ever invited to China,” she recalls of the Connecticut Falcons. “When we played our last game sixty thousand people came to the game. I was looking out and it was like a flood of people just coming and coming and coming. And I’m thinking, ‘Oh, my God!’” The American team won all six games. In the final game, Joyce pitched a no-hitter to beat the Chinese all-star team.



Softball World Championships (1974).

Joyce pitched a no hitter against Australia. “Only one walk. And we picked her off,” notes Joyce. “It would have been a perfect game.” She also stymied Japan, giving up only two hits. No team wore helmets then. Japan showed up wearing them. Was it to distract her or out of fear of her? “It didn’t work,” she laughs. “You did not want to get me focused or to get my attention. Stare at me? Give me looks? I would say to myself,

keep doing that ‘cause you’re never going to beat me. I just didn’t like to lose.”

Photo of Joan coaching (far left) courtesy of FAU Athletics.

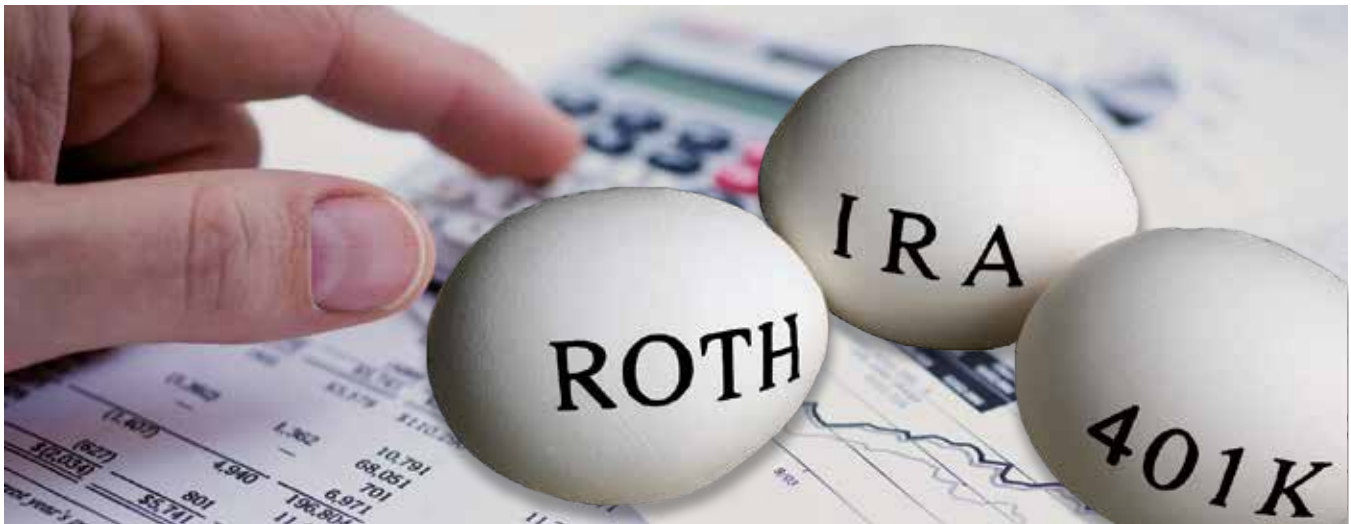
Photo of Joan pitching (left) and photo of Joan with Ted Williams (above left) courtesy of Joan Chandler.

RETIREMENT PLANNING QUESTIONS:

- Do you still have a 401 (k) at a previous job?
- Have you reviewed your IRA (s) recently?
- Do you have a ROTH IRA or want to learn more about them?
 - Want a free 2nd opinion and review of your retirement accounts?

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