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# events

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**BALLESTRINI'S**

## First Selectman's Corner

I have absolutely nothing to announce in this article. Yet, that seems to be okay this year!

In years past, the article in the May edition of Events Magazine has given me the opportunity to announce big events and additions to our town. Three years ago we were anticipating the opening of the fully re-built Boardwalk and the full-scale celebration that went along with it. A couple years back, we were putting the final plans together for the addition of the Bandshell at McCook's Point Park. Last year, we were counting down the days until the opening of our new Main Street Park and the celebration of the fantastic transformation of this important space.

This year, I have nothing to report. No fanfare. No balloons or ribbon cuttings (at least not yet.) And I'm just fine with that. Our idyllic seaside town is just perfect and I wouldn't change a thing. Nothing beats Niantic in the summer and I'm looking forward to enjoying every bit of the season. I hope you join me. Visit the fine restaurants and local shops, concerts and our summer-stock play at the Bandshell, our charming movie theater, and our plethora of ice cream shops. The town is alive with entertainment and excitement especially during the summer.

I think our town is special not just because of what we are but also because of who we are. I particularly enjoy the kindness and

friendly "hellos" we give one another in our town. It is true that our town has grown to 18,000+ full time residents (and nearly doubles during the busy summer months) however, most of the time it still feels like a small village. Whether I'm on the Boardwalk, the grocery store, the beach, a town event or strolling Main Street, people seem to be always friendly and offer a "hello" or at least a smile and a nod. New Englanders are often described as a cold and unfriendly group at least compared to other regions of our country. I disagree. In fact, I've been to plenty of places around our country that are only half as inviting as our little town. I hope our friendliness and kindness continues to flourish. On the same subject, someone once told me that there was something called the "Boardwalk nod" which is defined as a quiet and simple "hello" when passing someone on the Boardwalk. I started paying attention to it and, sure enough, it happens.

Although there aren't any major projects being completed this summer season, we are quite busy at town hall these days planning for the future. We have a host of projects that will be **continued on page 3**



Mark C. Nickerson



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# events

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**COVER PHOTO**  
McCook's Concert Series on the Beach  
Photo courtesy Town of East Lyme

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## Helping Children Manage Anger

One of the most important things a caregiver can teach a child is how to manage feelings. Children today are growing up in a very different world. They are exposed to social media and influences over which we have little control. We can give them tools to use when they are upset or hurt, so they don't act out in ways they may regret later.

Therapists who work with children often tell them that anger is a secondary emotion, a response to another feeling such as frustration, sadness, rejection or shame. If children can learn to pause briefly and examine what is happening, they will respond in ways which are more effective in meeting their needs. Too often children will respond to anger with violence toward other people, themselves, animals or property,

and these responses only add to their difficulties.

Offer your children specific strategies they can use anywhere, such as slow breathing, counting slowly forward or backward, taking space to calm down. Go online with them to research and discuss which strategies might work for them. Help them identify how they feel physically when they are upset, so they will know the signals which tell them to pause and think more clearly. A child who is able to understand and work through their emotions is a child who will make wiser decisions and feel more confident about themselves.

Faith Marrion, LCSW  
East Lyme Psychological Associates

## First Selectman's Corner... continued from page 1

coming later this year or in the years to come. They include:

- **Completed renovation of all three of our elementary schools.** This project will be delivered on time around Labor Day as the kids go back to school.
- **The renovation of our new Public Safety Facility out on West Main Street.** Currently there is a task force selecting a contractor and a scope of work. We hope to have the departments in the building shortly after the first of next year (or sooner!!!)
- **The acquisition and brownfield clean-up of our current police station.** A clean-up of the site will enable the town to find the best use going forward for an additional multi-use building in the center of our Main Street.
- **Development of the Costco project,** additional residential units at the sound and related retail build out of that site.
- **Working with the State of CT DOT for the renovation of 4 different bridge projects:** Route 1 near Lover's Lane, Niantic River Bridge, Exit 74, I-95 widening and Flanders Road upgrades, and Four Mile River Road bridge on Rte 156. These are all necessary upgrades/renovations. They will all create headaches, delays, detours and friction and we will do our best to work with the state to minimize the negative impact.
- **Miracle League Field** - Fundraising continues on this project as we near our goal. Construction will begin soon on this regional project that will be located behind Flanders School.

- **Radio controlled water meters** - we will be replacing all of our water meters in town to ensure accuracy and remove the cumbersome and expensive process of physically reading each water meter in town. This system will give us the tools necessary to detect water leaks sooner, conserve water, and create a better billing system.
- **New water filtration system at our town's largest well.** We are doing this to remove manganese from our water and deliver a better product to our customers.
- **Regional Corridor grant to study necessary improvements needed on Flanders Road south of Industrial Park Rd.** We anticipate the study, funded by state and federal grants will look to improve vehicle, bike and pedestrian travel down Flanders Rd especially as it travels by Gorton Pond.

### Oh yeah, there is one thing to look forward to this summer!

For several years, we've been announcing the addition of a bath house to Cini Park. We've had some delays and stops and starts to this project. Finally, I am happy to announce that "Cini Park and the Niantic Boardwalk Beach is a good place to 'go.'" The trailer that features men's and women's restrooms has been delivered. The foundation and infrastructure has been designed and put in place. These new facilities will be fully plumbed and also feature outside rinsing showers. The restrooms will normally be available during

**continued on page 3**

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

daylight hours from the beginning of May through October. I am doubtful that we will have a town-wide celebration over this new feature. I suppose everyone can experience these restrooms in their own private way.

There is never a dull moment here at town hall but I always have time for you. Please pick up the phone and call my office if you are ever in need of my assistance at: 860-691-4110. Or reach out to me via email 24/7/365 at: MNickerson@ELtownhall.com. It is a pleasure and an honor to serve you. I wish you and your family a great early summer season here on the shore!

Mark Nickerson, First Selectman, Town of East Lyme

## Parks & Recreation Department

41 Society Road, Niantic, CT  
860-739-5828 | fax 860-691-2409 | [www.eltownhall.com](http://www.eltownhall.com)

### Contact Information & Websites

**Executive Director:** David M. Putnam  
**Program Coordinator:** Carolann Rossiter  
**Administrative Assistant:** Robin Grandieri  
**Administrative Secretary:** Arlene Wilbur  
**Special Events Coordinator:** Michael R. McDowell  
**Park Foreman:** Jason Alves  
**Maintenance Support:** Michael Rak, Austin Groueten

### Parks & Recreation Commission Members

**Chairman:** J. Robert Pfanner  
William Willets, Jr. Emeritus Member, Charles Fenick, Jackie Curry, Patrick Larkin, Roger Nadeau, Sue Kumro, Thomas Beebe  
*The Parks and Recreation Commission meets in the Parks and Recreation conference room on the second Thursday of each month at 7:00 pm. The public is welcome to attend the meetings.*

East Lyme Police Department: 860-739-5900  
East Lyme Public Library: 860-739-6926 | [www.ely.lioninc.org](http://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](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  
East Lyme Aquatic & Fitness Center (Pool): 860-691-4681  
[www.nutmegaquatics.com](http://www.nutmegaquatics.com)  
East Lyme Business Organization  
Contact Lynnea Mahlke: 860-691-1611

### Athletic Organizations

#### EAST LYME BABE RUTH LEAGUE

Steve Licitra: 860-460-4018 | [eastlymebaseball@yahoo.com](mailto:eastlymebaseball@yahoo.com)  
[www.eastlymebaberuth.com](http://www.eastlymebaberuth.com)

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Rich McCaffrey: 860-608-0465 | smongo51@gmail.com /  
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**EAST LYME LITTLE LEAGUE**

Joel Fariior: 860-460-8922 | eastlymelittleleague@gmail.com  
www.eastlymelittleleague.org

**EAST LYME SOCCER CLUB**

Kristina Bartelt: me2ma2ct@aol.com  
www.eastlymesoccer.org

**EAST LYME YOUTH FOOTBALL**

Jay Maksim: 860-514-8836 | jaymak123@yahoo.com

**EAST LYME YOUTH CHEERLEADING**

Tammy Bogue: 860-303-1741

**EAST LYME YOUTH BASKETBALL**

Lotus Schwartz: 860-941-7546 | elyouthbasketball@yahoo.com  
www.elyb.org

**Clubs / Town Organizations**

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

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www.eastlymemomsclub.org

**WOMENS CLUB OF SE CONNECTICUT:**

860-691-1948

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Joyce Harris: 860-303-1718 | joymh1@aol.com

**EAST LYME GARDEN CLUB**

www.eastlymegardenclub.org or elgclub@gmail.com

**EAST LYME VETERANS COUNCIL**

Joyce Harris: 860-303-1718 | joymh1@aol.com

**GIRL SCOUTS REGIONAL OFFICE**

Jenna Duff: 800-922-2770 x 3728

Monica Sistaire: 860-691-8318 | monicarae79@sbcglobal.net

**NIANTIC LIONS CLUB**

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

**NIANTIC ROTARY CLUB**

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

**DISTRICT SCOUTS REGIONAL OFFICE**

Mike Cooney | 860-373-0097

**CUB SCOUTS PACKS**

Mike McKee, #24: 860-739-0433 | www.beascout.org  
www.pack24eastlyme.org | pack24eastlyme@gmail.com  
Axel Mahlke, #7: 860-287-1174

**BOY SCOUT TROOPS**

George Sisson, #7: 860-691-2165 | Troop #24: 860-443-5492,  
Richard Cushing, #240: 860-739-5239

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## 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 Thursdays only starting May 23 - June 27. 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 June 1 - June 22 from 8:30 am - 11:00 am.

### NIANTIC BAY TRIATHLON

Sponsor: Hartford Marathon Foundation  
Date: Sunday August 11th beginning at 7:30 am  
Location: Start and Finish at McCook Point Park  
For more  
Information: Call: 860-652-8866 or visit: [www.hartfordmarathon.com](http://www.hartfordmarathon.com)

### NIANTIC LIONS CLUB

The 58th Annual Outdoor Arts & Craft Show will be held on July 6th & 7th from 10:00 am - 4:00 pm at the East Lyme Town Hall grounds. It will feature over 1150 artists and crafters. Admission and parking are free. Proceeds support local Lion charities.

### U.S. AMATEUR BALLROOM DANCE

Dates: Fridays: 7:00 - 10:00 pm (June 21, July 12, July 26, Aug 9, Aug 23)  
Saturday: 6:30 to 11:00pm (June 1)

Where: East Lyme Library & Community Center-Activity Room

For more  
Information: Contact Ken at: [www.usadancenewlondonct.com](http://www.usadancenewlondonct.com)

### SHORELINE SWING DANCES

Dates: Third Saturday of each month: June 15  
Time: 8:00 to 11:00 pm  
Dance lessons are offered from 7:00 to 8:00 pm

Location: East Lyme Public Library/Community Center Activity room

For more  
Information: Please visit: [shorelineswingct.com](http://shorelineswingct.com)

### Connecticut Trails Day Hike

#### CT TRAILS DAY | Educational Walk

**Saturday, June 1 from 9:00 - 11:30 am.**

#### Oswegatchie Hills Nature Preserve

Join David Putnam and Greg Decker, of the Friends of Oswegatchie Hills Nature Preserve, for the 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](http://eltownhall.com)) and Friends of Oswegatchie Hills ([oswhills.org](http://oswhills.org)). Rain or shine. Pre-registration is NOT NECESSARY. Questions: contact David Putnam, [dputnam@eltownhall.com](mailto:dputnam@eltownhall.com).

## COMING THIS SUMMER

### - Summer Stock Theater

Welcome to the 3rd season of Theater Under the Shell, Pop-Up Summer Stock Theater, Joyce Beauvais, Artistic Director.

We are looking for people interested in all aspects of theater work, acting - crew -

public relations - if you're interested, we will find a job for you. You can contact Joyce Beauvais at: Joyce Beauvais @ shore linedrama@gmail.com.

If you are interested in donating to the Theater Under the Shell, you can contact the East Lyme Senior Center at:

860-739-5859 for further details.

A comedy is planned for the summer and will be held in the band shell at McCook's Park. The evening performances are scheduled to begin on July 27th at 7:00 pm. For more details, contact the East Lyme Senior Center at: 860-739-5859.

## 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 25 - SEPT 2, 2019 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 am to 4:00 pm throughout the season. From May 23 - June 27 the office will extend the office hours to 7:00 pm on Thursdays and Saturdays June 1 - June 22 from 8:30 am - 11:00 am. To obtain a season permit, ALL applicants must present their valid car registration at time of purchase. **continued on page 8**



## TICKETS ON SALE NOW!



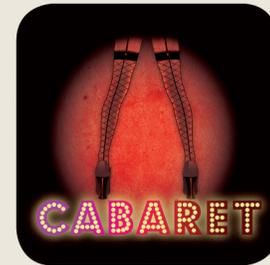
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## Park & Beach... continued from page 7

If you are new to town, please bring your tax bill or lease or proof of residency to expedite the process. To avoid lines, you can mail in a copy of your registration, current phone number, 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 2019

Resident	\$40.00
Resident (Add'l car)	\$30.00
Resident Senior (62 & over)	\$15.00
Non-Resident	\$115.00
Resident Day	\$10.00
Non-Resident Day Parking M-F	\$30.00

### Non-Resident Day Parking

WEEKENDS & HOLIDAYS	\$40.00
Non-Resident Day Walk In	\$10.00 per person
Non-Resident Season Walk -In	\$60.00 per person

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

### PAVILION / TENT / 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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# Summer 2019 Special Events

## CELEBRATE EAST LYME

Join 35,000 local residents and vacationers at Celebrate East Lyme on Saturday July 20th from 3:00 pm - 9:00 pm.

This premier outdoor celebration will showcase all things local throughout Niantic, capped by a wonderful fireworks display over Niantic Bay! Browse over 200 local creative, community and business vendors, a wide variety of treats, multiple live music stages and much more!

**Be sure to stop by the all of these other popular attractions:** Amber Alert, Cooking Demonstrations, Interactive Children's Area, Diamond Dig, 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 13th 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.

## NIANTIC BAY 10K: JUNE 7TH

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 7th in the lower level parking lot.

## MCCOOK SUMMER CONCERT SERIES

The music will be flowing through the park once again this summer! We will be hosting concerts on both Wednesday and Friday evenings, on the beach and in the bandshell. Parking passes will not be needed to enter the park beginning at 5:00 pm on concert evenings, and attendees are encouraged to bring lawn chairs, blankets, food and beverages. No alcohol is permitted at McCook Point Park. The schedule is as follows

### Wednesday Nights on the Beach (6:00-8:00 pm)

July 10th Almost-Alien - Alternative Rock  
continued on page 10



# WEIGHT NO LONGER

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Email: [info@weightnolongerllc.com](mailto:info@weightnolongerllc.com)

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Email: [info@weightnolongerllc.com](mailto:info@weightnolongerllc.com)

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# 860-739-0471

Fax: 860-739-0291

[www.weightnolongerllc.com](http://www.weightnolongerllc.com)

Email: [info@weightnolongerllc.com](mailto:info@weightnolongerllc.com)

## Special Events... continued from page 9

July 17th Whiskey, Wine and Coke - Country  
 July 24th Second Chance - Classic Rock  
 July 31st 102nd Army Band - Patriotic  
 August 7th Five Bean Row - Folk  
 August 14th Boathouse Blue Band - Blues/Rock  
 August 21st The Vince and Randy Duo - Easy Listening  
 August 28th Rotary - Classic Rock

### Friday Nights in the Bandshell (7:00-9:00 pm)

July 12th Katie Perkins - Country  
 July 20th (Saturday during Celebrate East Lyme)  
 Paul Lussier Band  
 July 26th Fusion - Rock/Funk  
 August 2nd Coyote River Band - Country  
 August 9th Jim Carpenter and the Hoolios  
 August 16th Sugar - Funk  
 August 23rd The Cartells - Motown, Rock & Jazz  
 August 30th Time and Changes Orchestra (Time TBA)

### BACK TO SCHOOL MOVIE NIGHT & FAMILY CAMPOUT AT MCCOOK'S

To cap the summer we will be holding our second annual Back to School Family Campout at McCook Point Park on Friday, August 30th. Bring your tent, sleeping bags, food and necessary items to enjoy a nice night outdoors with the whole family. A concert will

take place in the band shell from 5:00 - 7:00 pm, followed by a movie being shown on a large, inflatable screen beginning at 7:30 pm. Patrons not intending to stay over are encouraged to join for the show at no cost! Registration ends August 28th and the fee is \$10.00 per campsite. 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! The movie series will be shown Friday evenings in September at sunset, in the McCook Point Park Bandshell.

### The following is the lineup for this summer.

August 30th 7:30 pm- Spider Man: Into the Spiderverse  
 September 6th 7:15 pm- Incredibles 2  
 September 13th 7:15 pm- Toy Story  
 September 20th 7:00 pm- The Sandlot

### NIANTIC FARMERS MARKET

Come on down to Methodist Street on Thursdays from 3:00 - 6:00 pm from June 6th through October 24th and get your hands on some locally grown and made goodies! The market takes place on Methodist Street, so park in the municipal parking lot and mosey on over for fresh produce, meats, cheeses, arts and crafts,



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and the food truck of the week! See the Niantic Main Street/Park and Rec. tent for

the schedule of special market events or for info on upcoming community events or

see our web site at: [www.nianticfarmersmarket.com](http://www.nianticfarmersmarket.com).



***A great place to visit, play and live!***

A quaint seaside village community on the beautiful Connecticut shoreline, East Lyme is located just 20 minutes south of Mystic and has much to offer visitors to the town. Unique shops, great restaurants, a mile-long boardwalk overlooking beautiful Long Island Sound, and special events throughout the year are just some of the reasons to visit. Conveniently

located, East Lyme is easy to get to and is a perfect place to spend the day or a weekend away. If you're in the area, come "Discover East Lyme" and see for yourself just what makes this community such a great place to visit, play and live!

## Parks & Recreation Summer Playground

Registration opened on April 17, 2019.

*\*Please note that fees will increase after June 5th per child.*

### Summer Playground Program

Entering Grades 1 - 3

Entering Grades 4 - 6

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

*\*Please see refund policy.*

Dates: June 24 – August 9 (No program 7/4)

Days: Monday-Friday

Time: 8:30 am – 1:00 pm

Fee: \$255.00 Residents / Non-Residents \$355.00  
(Includes T-shirt)

Fee After June 5: \$280.00 Residents / Non-Residents \$380.00

Registration: Begins May 30 at EL Parks & Recreation Office

### 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.*

**continued on page 12**

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## Summer Playground... continued from page 11

### MORNING HOURS

Time: 7:30 am - 8:30 am  
 Fee: \$20.00 Resident / \$30.00 Non-Resident  
 (Per Week)  
 Location: East Lyme Middle School

### AFTERNOON HOURS

Time: 1:00 pm - 5:00 pm  
 Fee: \$80.00 Resident / \$110.00 Non-Resident  
 (Per Week)  
 Location: East Lyme Middle School

### HANGOUT FOR GRADES 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 24 - August 9 (No program 7/4)  
 Days: Monday-Friday  
 Time: 8:30 am - 1:30 pm  
 Where: East Lyme Youth Services  
 Registration: Begins May 30

Week 1:	June 24 - June 28	Checkered Flag	\$125.00
Week 2:	July 1 - July 5	Beach Day McCooks	\$80.00
Week 3:	July 8 - July 12	Brownstone	\$140.00
Week 4:	July 15 - July 19	Matt's Outback Paint Ball	\$135.00
Week 5:	July 22 - July 26	Three Belles Marina	\$125.00
Week 6:	July 29 - Aug 2	Lake Compounce	\$140.00
Week 7:	Aug 5 - Aug 9	Field Day; Fields of Fire	\$140.00

### 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.

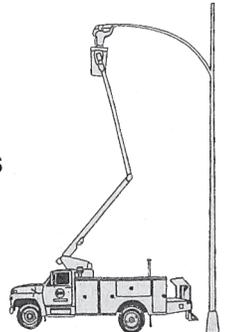
#### HANG OUT

Once registered, no refunds will be issued unless your spot is purchased by another participant.  
 \*Approved by Parks & Recreation Commission April 9, 2015.



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# Parks & Recreation Youth Programs

## Youth Programs

### YOGA FOR AGES 4 - 7

This yoga class was created for children ages 4 to 7. It incorporates breath, movement, and mindfulness in an effort to build healthy, happy lives for children. This 45 minute class integrates movement, breathing activities, games & stories to create a playful yoga practice for your child to enjoy.

Dates: June 17 to July 8 (4 classes)

Days: Mondays

Time: 5:30 to 6:15 pm

Fee: \$20 per child

Location: McCook Point Park, upper level  
(meet at the pavilion)

Instructor: Olivia Otter, 200 hour yoga teacher training, especially for children

Fee: \$20 per child

Location: McCook Point Park, upper level  
(meet at the pavilion)

Instructor: Olivia Otter, 200 hour yoga teacher training, especially for children

### SUMMER STRINGS – GRADES 3 - 12

String ensembles for students in grades 3 - 12. Please contact Karin Carlson at Karin.carlson@elpsk12org for more information.

Dates: July 2 to August 3

Days: Tuesdays & Thursdays

Time: 9:00 am to 12:45 pm (See flyer for specific classes)

Fee: Residents \$150.00 / Non Residents \$160.00

Where: East Lyme Middle School

Instructor: Karin Carlson

### YOGA FOR AGES 7 - 12

This class was created for children ages 7 to 12 who are looking to increase their focus, flexibility, balance, and strength. The class will run for 45 minutes, similar to a traditional style yoga class with a combination of breath, movement & mindfulness.

Dates: June 19 to July 10 (4 classes)

Days: Wednesdays

Time: 5:30 to 6:15 pm

### PERFORMING ARTS CAMP - AGES 6 THROUGH ENTERING GRADE 9

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 **continued on page 14**

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## Youth Programs... continued from page 13

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. See eastlymeregionaltheater.com and East Lyme Regional Theater Facebook page for more info.

Dates: July 8 to July 12

Time: 8:00 am to 12:00 pm

Fees: \$165.00 Residents / \$180.00 Non-Residents

Location: ELHS Auditorium

Registration: Began May 1

### BEGINNERS / INTERMEDIATE / ADVANCED FOIL CAMPS - AGES 10 & OLDER

Information listed under Sports Camps below

## Summer Sports Clinics & Camps

### GIRLS BASKETBALL CLINIC

For players entering grades 4-12

Dates: June 24 to June 28

Time: 3:00 to 4:30 pm for grades entering 4 - 5  
4:30 to 6:00 pm for grades entering 6 - 12

Fee: \$90.00 East Lyme & Salem students  
\$105.00 Non-residents

Location: ELHS (north gym)

Instructor: Salvatore Fiorillo, 860-395-7057

### VOLLEYBALL CAMP - run by Sound Volleyball Club

For high school girls entering grades 8 through 12. This is an all-day camp, 9:00 am to 12:00 pm. Participants must register with the Parks & Recreation Office.

Dates: August 5 to August 8

Days: Monday-Thursday

Time: 9:00 am to 12:00 pm

Fee: \$150.00

Registration: Began May 1

Where: East Lyme High School, north & south gymnasium

Instructors: Josh Edmed, Patty Giannattasio, and Molly Giannattasio

Contact: Carol Rossiter, 860-739-5828

### GIRLS LACROSSE SUMMER CAMP

Camp is for girls entering grades 3-8. Camp will be conducted by Phil Schneider and college players. **Players must bring stick, goggles, & mouthpiece.**

Dates: July 22 - July 25

Days: Monday - Thursday

Time: 5:30 pm - 8:30 pm

Fee: \$125.00 Residents / \$175.00 Non-Residents

Where: East Lyme High School Turf Field  
Contact: Phil Schneider at: 860-884-1980 or  
phillip-schneider@att.net.

#### WOMEN'S ADULT LACROSSE LEAGUE

For women players in high school, college and post-collegiate.  
Players must bring stick, goggles, & mouthpiece.

Dates: June 20, 25, 27  
July 2, 9, 11, 16, 18, 23, 25  
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

Where: East Lyme High School Turf Field  
Contact: Phil Schneider at: 860-884-1980 or  
phillip-schneider@att.net.

#### Fencing Clinics

Instructed by Thames River Fencing Club

All classes will be held in the activity room at the East Lyme Public Library/Community Center on Society Road.  
Registration for all classes will begin on June 3. The minimum number will be 4, maximum number is 12.

Fee: Each session: Residents \$60.00  
Non-residents \$75.00

#### BEGINNING FOIL 1 - Ages 10 & older

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

Dates: July 8, 11, 12  
Days: Monday-Thursday-Friday  
Time: 2:00 to 4:00 pm

#### INTERMEDIATE FOIL - Ages 10 & Older

Beginning Foil One is a prerequisite. This class builds upon the skills introduced in Beginning Foil One & covers more complex footwork & blade work, including variations on attacks on the blade and blades takes (prises de fer.) Bouting skills, tactics and the fencing rules are also covered in greater detail.

Dates: July 15, 18, 19  
Days: Monday-Thursday-Friday  
Time: 2:00 to 4:00 pm

#### ADVANCED FOIL - Ages 10 & Older

*Intermediate Foil is a prerequisite.*

Dates: July 22, 25, 26

continued on page 16

  
  
**Niantic Lions Club Presents**  
**Annual**  
**Niantic Outdoor**  
**Arts & Crafts Show**  
  
**July 6th - July 7th**  
**Sat 10 am - 7 pm / Sun 10 am - 4 pm**  
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**5 pm - 7 pm - July 6th**  
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## Clinics & Camps ... continued from page 15

Days: Monday-Thursday-Friday  
Time: 2:00 to 4:00 pm

### Skyhawks Sports Programs

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

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

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

Dates: Session 1: June 24 - June 28 M-F 9:00 am - 9:45 am  
Session 2: July 29 - Aug 2 M-F 12:15 pm - 1:00 pm  
Fee: \$85.00  
Where: Samuel M. Peretz Park at Bridebrook  
(basketball courts)

#### MINI HAWKS (Ages 4 - 7) Soccer, Baseball & Basketball

This program gives children age 4-7 a fun and positive first step into athletics. All games and activities are designed to allow campers to explore balance, movement, hand/eye coordination and skill development at their own pace.

Dates: Session 1: June 24 - June 28 M-F 10:00 am-1:00 pm  
Session 2: July 8 - July 12 M-F 9:00 am - 12:00 pm  
Session 3: July 29 - Aug 2 M-F 9:00 am -12:00 pm  
Fee: \$129.00 per session  
Where: Samuel M. Peretz Park at Bridebrook  
(basketball courts)

#### TENNIS CAMP BEGINNER (Ages 4-5)

This tennis camp is a fantastic program that inspires children to get active and learn to play tennis. The court is smaller with shorter nets, the racquets are smaller, and the balls are foam. In addition to developing a love for tennis, athletes will learn the rules and etiquette that make tennis such an exciting game to play.

Dates: July 22 - July 25- June 28 M-Th  
Time: 12:15 pm - 1:00 pm  
Fee: \$85.00 per participant  
Where: East Lyme High School - Tennis Courts

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

This class provides a relaxed environment where fundamental tennis skills are taught with a wide range of fun activities that

help develop agility, balance, movement, sending, receiving and gross motor skills on a 36 foot court. We help each player to develop better tennis mechanics and more consistent shots.

Dates: Session 1: June 24 - June 27 M-Th  
Session 2: July 8 - 11 M-Th  
Session 3: July 22 - July 25 M-Th  
Time: 9:00 am - 12:00 pm  
Fee: \$129.00 per participant  
Where: East Lyme High School - Tennis Courts

#### TENNIS CAMP INTERMEDIATE (Ages 7-10)

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

Dates: Session 1: June 24- June 27 M-Th  
Session 2: July 8 - 11 M-Th  
Session 3: July 22 - July 25 M-Th  
Time: 9:00 am - 12:00 pm  
Fee: \$129.00 per participant  
Where: East Lyme High School - Tennis Courts

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

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

Dates: Session 1: June 24 - June 27 M-Th  
Session 2: July 8 - 11 M-Th  
Session 3: July 22 - July 25 M-Th  
Time: 9:00 am - 12:00 pm  
Fee: \$129.00 per participant  
Where: East Lyme High School - Tennis Courts

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

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

Dates: July 22 - July 26  
Time: 9:00 am to 1:00 pm  
Fee: \$129.00 per participant  
Location: Cini Park Beach

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# 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 second Thursday of every other 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 8:00 am - 4:00 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

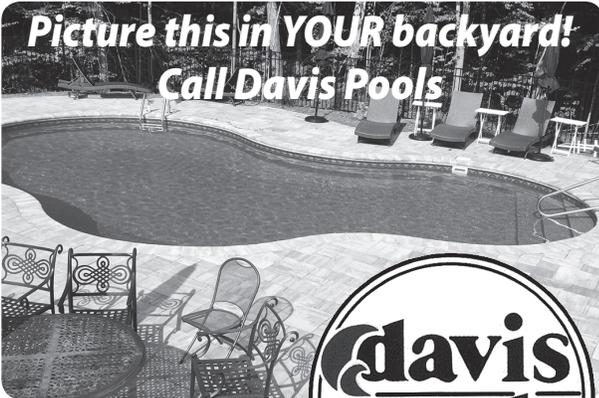
East Lyme Youth Services holds after-school programs and activities to foster positive youth development throughout the school year, and recreational and safety programs throughout the summer. Registration begins May 31st for Youth Services summer programs.

## THE 8TH GRADE BEACH PARTY

Open to graduating 8th graders from East Lyme and Salem. Enjoy a night on the beach with fellow graduates playing backyard games, listening to music, sitting by the fire and celebrating summer. Hosted by East Lyme Service Club and Youth Services.  
 Date: June 21st McCook's Beach  
 Time: 7:00 - 9:00 pm  
 Fee: \$5.00 and a signed ELYS registration form required for admission, pre-registration required.

continued on page 18

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**East Lyme Youth Services... continued from page 17**

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

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

Day: Tuesdays  
 Meeting Dates: 7/9, 7/16, 7/23, 7/30  
 Time: 5:00 - 6:30 pm  
 Fee: FREE  
 Location: Rocky Neck: Trailhead near Divine Wine Emporium  
*\*Additional rides dependant on interest of participants.*

**THREE BELLES KAYAKING AND PADDLEBOARDING**

Get your feet wet with one, or both, of our intro to kayaking or paddleboarding programs! Each program will be led by Youth Services staff to ensure fun and safe times on the water! Your child will get to use a state of the art kayak or paddleboard from Three Belles Outfitters to get accustomed to being on the water in a personal watercraft! This is a great program for your youngster to try a new activity, and perhaps fall in love with it to become a lifelong hobby!

Day: Tuesday - Kayaking  
 Thursday - Paddleboarding  
 Meeting Dates: July 9th - August 1st  
 Time: 12:00 - 2:00 pm  
 Location: Three Belles Marina- Quarry Dock Road  
 Fee: \$65 Resident / \$75 Non-Resident per day

**INCLUSIVE KAYAKING CAMP**

This kayaking camp is for participants with disabilities to build confidence and become comfortable on the water in a kayak! Utilizing hobie mirage drive tandem kayaks, your child and a peer will learn to kayak in the protected waters of Smith Cove. Each session is limited to only 5 participants, a wait list will be taken. The first day of camp will be used for campers to become familiar with the equipment and will not be on the water. Personal floatation devices are mandatory for all participants!

Dates: August 19th - August 23rd  
 Time: Session A: - 10:00 am - 11:00 am  
 Session B: - 11:30 am - 12:30 pm  
 Location: Three Belles Marina, Quarry Dock Road, Niantic  
 Fee: \$100 per camper

**WHAT'S COOKIN' FOR KIDS (Grades 5-8)**

**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. *Maximum of 8 participants.*

Dates: Mondays - July 8th, 15th, 22nd, 29th  
 Time: 1:30-3:30 pm  
 Location: Community Center  
 Fee: \$60.00 EL & Salem Residents \$60.00  
 \$75.00 Non-Residents.

## Lego Camps

### BUILDING STEAM USING LEGO (Ages 5 & 6 years old)

#### Session #941240-01

Children are working independently and cooperatively as they begin to explore simple machines using LEGO® Education early childhood materials. Your child will have the opportunity to work with and bring home evidence-based lab sheets to share with family to continue the learning process outside of camp.

Dates: August 12th - August 16th  
Time: 9:00 am - 12:00 pm  
Location: East Lyme Youth Center  
Fee: \$140.00 Residents / \$150.00 Non-residents

### S.T.E.A.M. WORKS USING LEGO® (Ages 7 - 9 years old)

Children are working with standard LEGO® materials to problem solve pre-engineering challenges involving many elements of simple machines and motorized creations. Your child will have the opportunity to work with and bring home evidence-based lab sheets to share with family to continue the learning process outside of camp.

Dates: August 12th - August 16th  
Time: 9:00 am - 12:00 pm  
Location: East Lyme Youth Center  
Fee: \$140.00 Residents / \$150.00 Non-residents

### 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 at: [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.



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## Parks & Recreation Registration Policies

The East Lyme Parks and Recreation Department reserves the right to reschedule, relocate, or cancel any announced program due to facility availability and public response. The Parks and Recreation Department may also establish minimum or maximum class sizes to ensure appropriate instructor-to-participant ratios. **Program Registration Hours are:** Monday - Friday from 8:00 am - 4:00 pm.

### DIRECTIONS

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

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

### 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 household 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.

# Parks & Recreation Adult Programs

## FIT & FABULOUS (Morning Aerobics)

This energizing fun class rotates and combines man fitness styles. Included are: Classic aerobics, interval training, weighted-low impact cardio, Zumba, core & balance exercises and strength training using hand held & leg weights, balls bands and tubing. Class ends with a relaxing stretch, so bring your non-slip exercise mat and plenty of water! Our motto is "Keep On Moving & get your STEPS in!"

Dates: July 1 to August 23  
 Days: Monday-Wednesday-Friday  
 Time: 8:30 am - 9:30 am  
 Location: East Lyme Library/Community Center, Activity Room  
 Fees: Resident \$60.00 / Non-Resident \$75.00  
 Instructors: Donna Neaton, AFAA

## 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. Hand held & leg weights, bands, balls, & tubing are utilized in class for the strength/core portion. Class ends with stretching, so please bring a non-slip exercise mat & plenty of water!

Dates: August 19 to Oct 2 (no class 9/2)

Days: Monday and Wednesday  
 Time: 4:30 - 5:30 pm  
 Location: East Lyme Library/Community Center, Activity Room  
 Fee: Resident \$45.00 / Non-Resident \$60.00  
 Instructor: Donna Neaton, AFAA

## PILATES ON THE MAT

We will work to balance all muscle groups in strength and flexibility, with an emphasis on challenging the core muscles with each movement. Small exercise props such as magic circles, weights, body bars, bands & balls are utilized to engage specific muscle groups and assist with body positioning. Pilates on the mat is a safe method to sculpt your body and to feel increased agility in your every day movements. Modifications are provided therefore welcoming all levels. Participants are required to bring a non-slip exercise mat.

Dates: May 2 to July 25  
 Days: Thursday  
 Time: 10:15 am - 11:05 am  
 Location: East Lyme Library/Community Center, Activity Room  
 Fee: Resident \$45 / Non-Resident \$60  
 Instructor: Marsha Pirie - AFFA

continued on page 22



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## Adult Programs... continued from page 21

### CORE & MORE WITH STABILITY BALL (Morning)

A 50 minute class focusing on balance and the core muscles with additional upper/lower body strength training utilizing hand held & leg weights, bands, tubing & balls. Class can be done using a chair, but a stability ball is recommended to incorporate more muscles for balance. Participants are required to bring a non-slip exercise mat, water and their own stability ball.

Dates: June 18 to August 20 (no class 7/9, 7/16)

Days: Tuesday

Time: 10:15 am - 11:05 am

Location: East Lyme Library/Community Center  
Activity Room

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

Instructor: Donna Neaton, AFAA

### FASCIAL MOVEMENT - Active Isolated Stretching

This class incorporates the principles of Pilates, using as resistance body weight, different equipment, and stretching. Participants in this class will work the body in a full range of motion using the core muscles. Active isolated stretching will be used to effectively regain movement that has been restricted because of injury or tight muscles. Participants are required to bring a non-slip exercise mat.

Dates: July 9 to August 20

Days: Tuesday

Time: 6:30 pm - 7:30 pm

Location: East Lyme Library/Community Center  
Activity Room

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

Instructor: Kim Stirtan-BSPE, ACE & Stott Pilates. Level One Fascial Movement Instructor (StretchingUSA.com)

### TUESDAY ZUMBA®

Come and "Join the Party" with this 55 minute Zumba® class! Bring plenty of water and let's Salsa, Cha-cha, Merengue, Cumbia, Calypso and dance off those calories together!

Dates: July 23 to Sept 24

Days: Tuesday

Time: 5:30 pm - 6:25 pm

Location: East Lyme Library/Community Center  
Activity Room

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

Instructor: Donna Neaton AFAA/Zumba® Instructor

### SATURDAY MORNING ZUMBA® AEROBICS

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

Dates: August 3 to Sept 28

Days: Saturdays

Time: 8:30 am - 10:00 am

Location: East Lyme Library/Community Center  
Activity Room

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

Instructor: Donna Neaton AFAA/Zumba® 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.

Dates: July 8 to August 26

Days: Monday

Time: 6:00 pm - 7:15 pm

Location: East Lyme Library/Community Center  
Activity Room

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

Instructor: Rosemary Gentile - M.S.R.D.-RYT

### WEDNESDAY NIGHT COED YOGA AND MEDITATION

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

Dates: July 10 to August 28

Days: Wednesday

Time: 5:45 pm - 7:00 pm

Location: East Lyme Library/Community Center  
Activity Room

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

Instructor: Michele Flowers, RYT 500

### YOGA FLEX WITH PILATES CORE (Evening)

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

Dates: June 20 to July 25

Days: Thursday

Time: 5:10 to 6:00 pm

Location: East Lyme Public Library/Community Center  
Activity Room

Fee: Resident \$30.00 / Non Resident \$45.00

Instructor: Marsha Pirie - AFFA; Certified PiY0 - Strength & Yoga Fit

### YOGA FLEX WITH PILATES CORE (Morning)

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

Dates: June 21 to July 26

Days: Friday  
 Time: 9:40 to 10:30 am  
 Location: East Lyme Public Library/Community Center, Activity Room  
 Fee: Resident \$45.00 / Non Resident \$60.00  
 Instructor: Nicole Glick

**YOGA FLOW**

Beginners & experienced yogis will benefit from flow practices which will concentrate on mindful movement, linking breath & focusing on correct posture alignment. Participants are required to bring a non-slip exercise mat.

Dates: July 1 to August 19  
 Days: Monday  
 Time: 9:35 to 10:35 am  
 Location: East Lyme Library/Community Center, Smith-Harris Room  
 Fee: Residents \$40.00 / Non Residents \$55.00  
 Instructor: Michele Flowers, RYT 500

**BEACH YOGA AT MCCOOK POINT PARK**

Class is for all levels of students. The class will meet on Saturday mornings at McCook Point Park, main beach. Participants are required to bring a non-slip exercise mat. Drop-ins are welcomed.

Dates: June 8 to August 24  
 Days: Saturday  
 Time: 8:15 to 9:15 am  
 Location: McCook Point Park Beach  
 Fee: Resident \$60.00 / Non-Resident \$75.00 / Drop in \$10.00  
 Instructor: Michele Flowers, RYT 500

**Town Clerk's Office - Dog License Reminder**

The Town Clerk's Office is reminding dog owners that they must register their dogs by June 30, 2019.

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 \$19.00.

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 self addressed stamped envelope and your check made payable to Town of East Lyme and mail to East Lyme Town Clerk, PO Box 519, Niantic, CT 06357.

A penalty of \$1 per month will be assessed for payments received after June 30, 2019. For information, call the Town Clerk's Office at 860-739-6931 ext. 1135.



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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 Burridge as our community's Veterans Representative.

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. It provides 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. It is hosted by RSVP and the New London Senior Center. For more information and current events happening in our region, please call Brian directly at: 860-287-2683 or [brianburridge@gmail.com](mailto:brianburridge@gmail.com). For up-to-date information online, please follow Brian on [https://nextdoor.com/news\\_feed/](https://nextdoor.com/news_feed/).

## An Important Message From East Lyme Public Safety

### JUNE 1ST IS THE START OF HURRICANE SEASON

As we all know, Mother Nature can be very unpredictable. If a hurricane or other severe weather event threatens our area, the potential for property damage and power outages is very real.

### ALWAYS REMEMBER...

#### “FAILING TO PREPARE IS PREPARING TO FAIL”

#### Here are some things you should do before the storm:

- \_ Build an Emergency Kit with the essentials for your family.
- \_ Stock up on non-perishable canned goods and pet food.
- \_ Ensure you have adequate medical supplies and prescriptions.
- \_ Test smoke and carbon monoxide detectors for proper operation and battery life.
- \_ Turn the temperature setting on your refrigerator and freezer to the coldest setting.
- \_ Fill large containers with water for drinking.
- \_ Fill the bathtub with water to flush toilets.
- \_ Have access to flashlights and extra batteries.
- \_ Have a battery-powered radio available and your mobile phone fully charged.
- \_ Be sure there is a first aid kit in the house.
- \_ Fill your car with gasoline.
- \_ Be prepared to cook outside with charcoal or propane grills. Never bring grills inside!
- \_ Ensure the properly installed generator transfer switch works and have extra gasoline stored safely outside.
- \_ Be attentive to severe weather warnings.
- \_ Place a list of emergency numbers near a phone.
- \_ Invest in an Uninterruptible Power Supply.
- \_ Sign-up to receive Eversource outage alerts via text, email or voice call during storms and other outages.

#### If you rely on electricity for a home medical device:

- \_ Organize the supplies so you can continue to use your device.
- \_ Know where to go or what to do during a power outage.

### REMEMBER TO

Tape, board or shutter windows and glass doors; Secure all outdoor objects that could become airborne by high winds; Tie down mobile homes or moored boats, or move them to a safe location; Wedge sliding glass doors to prevent them from lifting from their tracks; Load up a cooler with ice and food you can use during the

first hours of an outage. Plug sensitive computer and electronic equipment into surge suppressors or surge protectors (A surge suppressor diverts excessive electrical energy away from your equipment to an electrical “ground” where it disappears without doing any harm.)

### GENERATOR SAFETY

#### If you're using a back-up or emergency generator, follow these

**safety guidelines to ensure everyone's safety:** Never install a generator inside a home or in any other enclosed space-even if windows are wide open. Generator exhaust contains carbon monoxide, a poison you cannot see or smell. Using a generator indoors can kill you within minutes. Locate a generator well away from your home, making sure exhaust cannot easily enter in through windows or doorways. Never try to power your house by plugging a portable generator into a household outlet. This can feed electricity back into the power lines-enough to electrocute a line worker, or a neighbor on the same circuit.

The safe way to connect a generator to your existing wiring is to have a licensed electrical contractor install a transfer switch. When improperly installed, home generators of any size even small ones- can backfeed enough power onto the electrical grid where it is “stepped up” to very high voltages.

### DOWNED POWER LINES CAN BE DEADLY.

#### USE EXTREME CAUTION!

- Stay at least 10 feet away from downed wires and never drive over a downed wire.
- Assume all downed wires are “live” and dangerous.
- Call 911 immediately to report downed wires to local fire and police.
- Never touch anything that may be in contact with a downed wire, including trees, fences, guardrails or puddles of water.
- If all of your neighbors have their power back on, but yours is still out, report your outage again by calling Eversource at 1-800-286-2000.

For information and safety tips, please visit: <https://eltownhall.com/government/departments/emergency-management/hurricane-preparedness-tips/>. For further hurricane tips, please also visit: [RedCross.org](http://RedCross.org) or [FEMA.gov](http://FEMA.gov) on the Internet.

# The East Lyme Public Trust Foundation Announces New Planting Venues

## THE PROMISE OF TOMORROW'S TREES

As we all enjoy the fine weather, walks along the boardwalk, and picnics at McCook Park, it is time to look ahead to fall planting time. The East Lyme Public Trust Foundation in co-operation with the East Lyme Parks and Recreation Department is again pleased to offer THE PROMISE of TOMORROW'S TREES-a project to raise funds for the support of the Niantic Bay Boardwalk and other projects of the Trust. This commemorative tree program makes available to the public, trees to be placed in public spaces in East Lyme.

This summer (2019,) the Foundation and the Parks and Recreation Department are pleased to be able to offer two new areas for planting. 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, two years later, we are ready to begin beautifying the area behind the bandstand. 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 railroad tracks from the park. 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.

Another new area that the Foundation is pleased to introduce is at the Samuel Smith Farmstead. Mr. Arthur Carlson, a Board of Directors member on the Property Maintenance Committee, has chosen a line of four dwarf apple trees which will replace some diseased trees along the road in front of the historical house. Now is the time for graduations, weddings, and family celebrations. Commemorate these events with a tree that will last for decades.

As we all know, nature abhors a gap! In 2017, the Foundation offered Cherry Tree Lane- a walkway of five trees along the chain-link fence at McCook Park on Columbus Avenue. The trees, which are located between the side gate and the railroad tracks, are Kwanza cherry trees, a flowering, low growing species. If you ever go to Washington, D.C. in the spring, you will see about 44 Kwanzan cherry trees around the Tidal Basin. Only two trees remain to be sold in that location; act fast to become part of beautifying that boundary line of McCook Park.

Another gap we would like to fill is at Bridebrook Park. 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? If so, the Promise of Tomorrow's Trees is hoping you will consider a living memento of these memorable times you shared at this park.

The project at Peretz Park is to plant sugar maples along the outfield fence of the baseball field. There are already four trees planted to begin the project. The plaque for one of these trees thanks the donor's parents for "Summers at Niantic." We know there are many more people who are grateful for these experiences at Peretz Park.

A contribution of \$600 for a tree will cover the cost of the tree, the planting, an 8"x4" plaque, a base, and a water bag to assist in the stabilization of the tree. The next planting will take place in the fall of 2019. 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 Rinowski-administration. Application forms are available at: East Lyme Town Hall-Town Clerk's Office, East Lyme Parks and Rec., East Lyme Library, and the E.L. Book Barn. They also can be found on the Trust website: [www.publictrustfoundation.org](http://www.publictrustfoundation.org). Please support the East Lyme Public Trust and its Promise of Tomorrow's Trees.

## East Lyme Historical Society

### CALENDAR OF EVENTS

**Open House Day 2019** - June 8, 2019

Tours of the Thomas Lee House and the Little Boston School  
This is a state wide event, visit [ctvisit.com](http://ctvisit.com) for more details.

**Flea Market** - July 6 & 7, 2019 - 9:00 am to 3:00 pm  
Thomas Lee House, West Main Street, Niantic

**Annual Family Day at the Dig at the Thomas Lee House**  
August 23, 2019  
Information and registration for this popular event will be announced on our website and Facebook page.

## Friends of Brookside Farm Museum

### CALENDAR OF EVENTS

#### Annual Plant Sale

Annuals, Perennials, Herbs, Veggies  
& Members Plants  
May 11, 2019; 9:00 am - 12:00 pm  
Rain or Shine

Unveiling of our new Logo at 1:00 pm  
Refreshments

#### Tours

Sundays June - August from 1:00 - 3:00 pm

#### Open House Day

Games & new exhibit in the house  
June 8, 2019; 10:00 am - 1:00 pm

See our website for more information:  
<https://brooksidemuseum.org/> and  
like us on facebook.

# East Lyme Senior Center

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

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

Cathy Wilson - Director  
Kristen Caramanica - Program Coordinator  
Jane Bowen - Senior Center Associate  
Roxanne Kormos - Driver  
John Hallissey - Driver  
Melissa Victor - Driver  
Joe Savoie - Driver

Check out our monthly newsletter, The Courier, for a full list of activities, programs and services. It is available the beginning of every month at the Senior Center, Public Library, Town Hall, at the senior housing sites, and the local grocery stores. The complete newsletter is available online at the Town of East Lyme website at: [www.eltownhall.com](http://www.eltownhall.com). Hover over the "Community" Button and then Click on "Senior Center." If you would like the newsletter emailed to you, contact the Senior Center office.

## WEBSITES

"Like Us" on Facebook. Check out our Regional Website at: [www.seniorcentersct.org](http://www.seniorcentersct.org)

## COMMISSION ON AGING

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

## TRANSPORTATION

### In-Town Transit Services

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

### Medical Transit/Southern New London County

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

## SENIOR LUNCHESES

### Senior Nutrition Program

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

### Meals on Wheels

The Senior Center and TVCCA provide Meals on Wheels Monday through Friday to East Lyme adults age 60 and over who are temporarily or long term homebound. Please contact TVCCA for eligibility at: 860-886-1720.

## Mature Driver Safety Classes

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

## Trips

**The Senior Center offers a diverse selection of trips. Detailed flyers are available.**

## DAY TRIPS

**Open to any person 55+**

**Wed, May 22nd** - Stretch your legs with a trip to Walkway Over the Hudson and a visit to the Culinary Institute of America in Hyde Park, NY. Lunch included at Catarina de Medici. Trip fee is \$107. Registration has begun. A lot of walking.

**Tue, Jun 11th** - Take a professionally guided tour of Central Park in NYC with lunch included at Buca di Beppo. Trip fee is \$100pp. Registration has begun. A lot of walking.

**Fri, Jun 21st** - Trip to the Newport Flower Show at Rosecliff Mansion in Newport with lunch/shopping on your own at the Wharf. Trip fee is \$49pp. Registration has begun. Moderate walking.

**Tue, Jul 9th** - A jammed packed day in Providence, RI. Shopping on Federal Hill, Venetian Gondola ride, tour of the city and lunch included. Trip fee is \$105pp. Registration has begun. Moderate walking.

**Wed, Jul 17th** - Spend time on Block Island in the Old Harbor area before taking a ferry for a tour of the new wind farm. Lunch included. Trip fee is \$110pp. Registration has begun. Moderate walking.

**Sun, Aug 4th** - Come enjoy a summer night at Yankee Stadium for a game between the Yankees & Red Sox. Trip fee is \$147pp. Limited seats. Includes a hotdog, and a beer, soda or water. WAIT LIST ONLY. Moderate walking.

**8/22 - Raphael Winery and 9/4 Theater by the Sea - Saturday Night Fever** - more details available May 1st.

## OVERNIGHT TRIPS/CRUISES

**Sept 9-15, 2019** - Cruising Maine and Atlantic Canada 8 day Package IB \$1559, OA, \$1779 and BA \$1949. Registration has begun

**Sep 15-22, 2019** - Guided tour of America's Cowboy Country to explore the West. 8 days, 7 nights. Transportation & transfers included. Prices start \$3599pp double occupancy. Registration has begun.

**Oct 7-9, 2019** - Trip to Philadelphia with stops at the Museum of American Revolution, National Constitution Center and One Liberty Deck. Prices start at \$497pp double occupancy. Registration has begun.

**Oct 29-Nov 9, 2019** - Guided tour of Southern Italy & Sicily. 12 days, 11 nights. Transportation & transfers included. Prices start \$3799pp double occupancy. Registration has begun.

**Dec 29 to Jan 2, 2020** - Pasadena CA and the Tournament of Roses Parade. 5 days, 4 nights. Transportation & transfers included. Optional 3 night tour extension to Las Vegas. Prices start \$2579 double occupancy. Registration has begun.

**Feb 6-9, 2020** - Quebec Winter Carnival with a travel guide. 4 days, 3 nights. Old Quebec City, Winter Carnival and Carnival's Night Parade. Prices start \$930pp double occupancy. Registration has begun.

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

## Fitness Classes

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

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

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

- Session Class - Call for class fee & schedule.

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

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

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

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

### CHAIR YOGA: Tues & Fri 8:15 am, 9:30 am or 10:30 am

- Session class - Call for class fee & schedule.

### WEIGHT LIFTING: Tue & Thu 10:15 am at ELHS Fitness

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

### ZUMBA® GOLD: Tue & Thu 3:00 pm

- Session Class - Call for class fee & schedule.

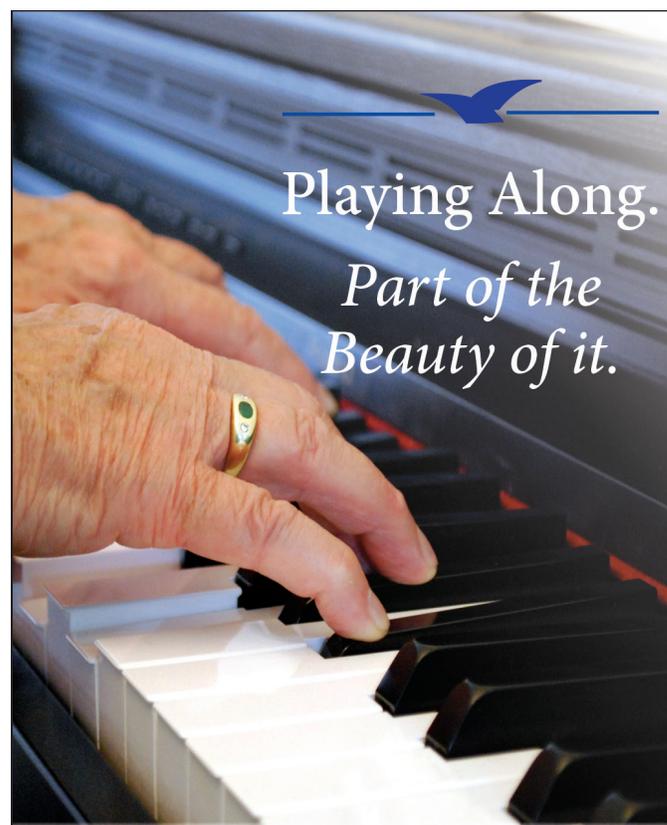
### PING PONG: Wed 10:00 am

Will teach. No fee.

### BOCCE: Thu 10:00 am

Will teach. No fee.

continued on page 28



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## Senior Center ... continued from page 27

### **PACE: Thu 1:00 pm**

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

### **HIKING: Every Fri starting May 3rd and ending Jun 21st**

Leaves from the Senior Center at 9:00 am. In SECT. List of hikes available at the Senior Center Office.

### **PICKLEBALL: Sat 10:00 am and Tue 7:30 pm**

- \$2pp drop in fee. Call the Senior Center Office.

## Performing Art Classes

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

Call for more information.

### **DRAMA GROUP: Thu 1:00 pm**

- Session Class - Call for class fee & schedule.

### **SING-A-LONG CHORUS: Fri at 10:00 am**

Any level. Come join the fun.

## Arts & Crafts Classes

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

No instructions only camaraderie! No fee.

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

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

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

No fee. Minimal supplies needed. Call to register.

### **QUILTING: 3rd Fri and the 4th Tue of every month 5:00 pm**

**and the 1st Mon of every month from 1:00 pm.**

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

Intermediate to advanced level.

## Games / Cards

### **BUNCO: Mon 9:30 am**

Will teach. \$2 fee.

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

Will teach. No fee.

### **SCRABBLE: Tue 9:30 am**

Will teach. No fee.

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

No fee. Must know the game.

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

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

### **POPULAR VARIETY GAMES: Tue at 1:30 pm**

Classic table top games. No fee.

### **ACBL Santioned BRIDGE: Duplicate Bridge played Wed 1:00 pm**

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

Contact mikehajosy@gmail.com for questions or to register.

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

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

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

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

## Education / Enrichment

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

- No formal instruction just playing with your fellow guitar enthusiasts.

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

- Session class - Call for class fee & schedule.

### **BRAIN AEROBICS: 1st & 3rd Wed 12:45 pm**

- Call to register. No fee.

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

- Session class - Call for class fee & schedule.

### **DANCES: Fri at 7:00 pm, Jul 19th and Sep 20th, 2019.**

Fee \$10pp - tickets sold at the door. The Illusions Band plays.

### **TECH SUPPORT: Every Tue 2:45 pm with ELHS students**

**during their school year.** Call to set up an appointment.

## Health Programs / Benefits Info

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

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

### **MANICURES: 2nd & 4th Tue starting at 9:00 am**

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

### **REFLEXOLOGY: 2nd & 3rd Wed of every month starting at 10:00 am**

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

### **MASSAGE THERAPY: 2nd & 4th Wed of every month starting at 12:30 pm.**

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

### **VNASC NURSE MANAGED FOOT CLINIC: 2nd Wed starting at 1:00 pm.**

Routine foot care. No diabetics please. Appointments are required. Registration at the Senior Center Office with payment.

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

**HEARING CLINIC: 1st Thu of every month at 10:00 am**  
Must have an appointment.

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**East Lyme Aquatic Center Foundation Scholarships**

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[eastlymeaquaticsandfitness@gmail.com](mailto:eastlymeaquaticsandfitness@gmail.com)  
[elpoolfoundation@aol.com](mailto:elpoolfoundation@aol.com)

**POOL FOUNDATION OFFERS  
SCHOLARSHIPS**

The East Lyme Aquatic & Fitness Center Foundation, Inc., offers financial support to East Lyme and Salem residents who wish to participate in both pool and/or fitness center activities at the Aquatic and Fitness Center at the East Lyme High

School. Scholarships are granted on a need and interest basis and encompass facility membership, program lessons, and sports camp activities.

If you wish to utilize and enjoy this great facility but are held back by financial concerns, we encourage you to complete a Scholarship Application.

Scholarship applications are available in the pool lobby located at the East Lyme High

School, 30 Chesterfield Road, East Lyme, CT 06333. Alternatively, a request for an application may be made via the Foundation's email: [elpoolfoundation@aol.com](mailto:elpoolfoundation@aol.com). Selection of recipients will be made by the Foundation's Board of Directors.

If you have any questions, please send the Foundation an email or leave word at the pool front desk that you would like to be contacted.

**Thames Valley Council for Community Action, Inc. (TVCC)**



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## East Lyme Public Library



May

**Connecticut 169 Club: Your Passport & Guide to Exploring Connecticut, Tuesday, May 21 - 7:00 pm**

The CT 169 Club navigates readers out from behind the blue screen, off the interstate and onto Connecticut back roads to meet and merge with fascinating neighbors and uncover cool curiosities tucked into the 169 towns and cities in the Nutmeg State. Marty Podskoch's new book is a collective effort. Podskoch recruited the best and the brightest Connecticut writers, historians and officials, each contributing a passage about their town's histories, haunts, food fixes and historic landmarks.

### TRIVIA NIGHT

**Tuesday, May 28 - 7:00 pm**

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

### WHITE HOUSE MEMORIES

**Wednesday, May 29 - 6:00 pm**

Do you want to know the inside scoop on what it's like to be a White House butler? Do you want to know about the real Eugene Allen the man the movie The Butler is based on? Former White House butler, Alan DeValerio, will tell you about his personal experience. He will give you the inside details about all the preparations involved in White House entertaining. Not only will he relate his first-hand experiences with history, but he will also pass on stories he heard from those who have been taking care of our First Families ever since the Franklin Roosevelt administration. Copies of his book A History of Entertaining in the Modern White House will be available for purchase.

## June

**D-Day: A 75-Year Retrospective**

**Tuesday, June 4 - 7:00 pm**

2019 marks the 75th anniversary of Operation Overlord-the amphibious invasion of Normandy on June 6, 1944. Philip Devlin's presentation focuses on the invasion of both Utah Beach and Omaha Beach as well the cliffs of Pointe-du-Hoc. Furthermore, the talk will focus on the American cemetery at Colleville sur Mer and the role played by Connecticut servicemen. Mr. Devlin is a retired educator who has visited the beaches twice and includes original photos and source material in his presentation.

### IRONWOMAN

**Tuesday, June 18 - 7:00 pm**

Cara Joseph started running with her dad at the age of 8 and has been running ever since. She has completed 7 Ironman Triathlons and is looking forward to #8! Come hear about Cara's experiences participating in Ironman Triathlons and learn the secret to performing better with fewer injuries! Cara Joseph is a graduate of the University of Connecticut School of Nursing. She also holds a Bachelor's of Science in exercise physiology from Arizona State University.

### SUMMER SOLSTICE CONCERT

**Tuesday, June 25 - 7:00 pm**

Once again, violinist/violist Irene Rissi will delight our ears with music to welcome this year's summer solstice. Accompanying Irene is Anne Megan (oboe and English horn) and Linda Pezzullo (keyboard.)

## July

### JAN & WILLIE SING RADIO SONGS OF THE 1950S & 1960S / CAR SHOW

**Tuesday, July 16 - 5:00 pm (Car Show) 7:00 pm (Concert)**

Popular singer and songwriter Willie Nininger and his musical partner, Jan Scruggs, are back to perform the hits of the 1950s and 1960s heard on the radio while out cruising on the road. Bring your classic car and park in the lot-there will be time to view the cars before the concert-arrive by 5:00 pm for the prime spots!

### COOKBOOK CLUB: BBQ

**Wednesday, July 17- 1:00 pm**

Choose your own recipe (or find a new favorite in our cookbook collection); make a recipe; bring along the recipe and we'll make copies; bring in samples for all to taste, and discuss! Can't cook, but still want to join the fun? Stop by for the fellowship- all are welcome. This program will be held in the East Lyme Senior Center.

### CONNECTICUT AUTHORS TRAIL PRESENTS JERRY ROBERTS

**Tuesday, July 23 - 7:00 pm**

Join us on the CT Authors Trail as author and historian, Jerry Roberts, discusses his book Connecticut River From the Air. It chronicles the 410 mile course of New England's Great River as it flows from the Canadian border to Long Island Sound. Hundreds of stunning aerial photographs with dynamic captions and narrative present the history and natural splendor of this extraordinary waterway.

## August

### WOODSTOCK 50TH ANNIVERSARY

**Tuesday, August 20 - 7:00 pm**

Music journalist, percussionist, and photographer, Craig Harris leads this exciting multimedia and participatory 50th anniversary celebration of the Woodstock Music and Art Exposition, combining archival audio/film, well-researched storytelling, and collective music-making.

### THE HUMAN ELEMENT: FILM DISCUSSION

**Tuesday, August 27 - 7:00 pm**

In an arresting new documentary from the producers of Racing Extinction, The Cove and Chasing Ice, environmental photographer James Balog captures the lives of everyday Americans on the front lines of climate change. With rare compassion and heart, The Human Element's coast-to-coast series of captivating stories inspires us to reevaluate our relationship with the natural world. Local university faculty will lead the discussion after the film viewing.

### BOOK DISCUSSION GROUP

**Second Tuesday of each month at 7:00 pm**

This book discussion group meets in the East Lyme Room. Copies of the current month's book are available at the library. 6/11 The World According to Fannie Davis by Bridgett Davis; 7/9 Eleanor Oliphant is Completely Fine by Gail Hoffman; 8/13 Summer of '69 by Elin Hilderbrand. No registration necessary.

### MYSTERY BOOK DISCUSSION GROUP

**Last Thursday of each month at 11:00 am**

This book discussion group meets in the East Lyme Room. Copies of the current month's book are available at the library. 6/27 Inherit the Bones by Emily Littlejohn; 7/25 Anatomy of Fear by Jonathan Santlofer; 8/29 The Unquiet Dead by Ausma Zehanat Khan. No registration necessary.

continued on page 32

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Library... continued from page 31

## A UNIVERSE OF STORIES: Celebrating Earth, the Moon, & the World of Books!

2019 SUMMER EVENTS FOR CHILDREN & FAMILIES AT THE EAST LYME PUBLIC LIBRARY

### Programs begin on July 1st

All programs are free and open to the public. Registration begins June 17th. To register please call 860-739-6926 ext. 2 or stop by the East Lyme Public Library. No registration is required for the big Wednesday shows or Miss Rebecca's storytimes or movie programs.

### READ BOOKS! EARN READING REWARDS!

This year's Summer Reading Rewards theme is "A Universe of Stories." Read 5 books to earn a bronze medal, 20 for silver, and 40 for gold. Weekly prize drawings, too! We have separate reading rewards programs for pre-readers, elementary schoolers, middle schoolers, and high schoolers. The adult department even has a program for grown-ups. Registration for the Summer Reading Rewards program begins on June 17th and continues throughout the summer. If you prefer, you may keep track of your summer reading progress online at: eastlymelibrary.readsquared.com.

### MONDAYS

- **Miss Rebecca's Storytime for all ages:** read, sing, dance & play! 10:00 to 10:45 am\*

\*Miss Rebecca's Storytime will be held at Hole in the Wall Beach on Monday, August 5th and Monday, August 12th. Free admission. Call for weekly password.

- **Mrs. Bull's Friends:** stories, movies & crafts for 5's & fall kindergartners 1:00 to 1:45 pm
- **Mrs. Bull's Pals:** stories, movies & crafts for fall 1st & 2nd graders 2:00 to 3:00 pm
- **Mrs. Bull's Mates:** books, movies & crafts for fall 3rd & 4th graders 7:00 to 8:00 pm

### TUESDAYS

- **Mrs. Bull's Buddies:** stories, movies & crafts for ages 3 & 4 10:00 to 10:30 am
- **Mrs. Bull's Friends:** stories, movies & crafts for 5's & fall kindergartners: 11:00 to 11:45 am
- **A Universe of Books:** Book Discussion for middle schoolers. 3:00 - 4:00 pm in the East Lyme Room. Talk about books and ponder the universe with Miss Rebecca. Pre-registration required.
  - July 2:** Hello Universe by Erin Entrada Kelly
  - July 9:** Madeleine L'Engle's A Wrinkle in Time: The Graphic Novel by Hope Larson
  - July 16:** Walk Two Moons by Sharon Creech
  - July 23:** Sputnik's Guide to Life on Earth by Frank Cottrell Boyce
  - July 30:** The Little Prince by Antoine de St. Exupery
  - August 6:** Wonder by R.J. Palacio

### WEDNESDAYS

- **Mrs. Bull's Buddies:** stories, movies & crafts for ages 3 & 4 10:00 to 10:30 am
- **Mrs. Bull's Pals:** stories, movies & crafts for fall 1st & 2nd graders 11:00 am to 12:00 pm
- **Wednesday Afternoon Shows in the Community Room:** silly fun for everyone! 2:30 to 3:15 pm
  - July 3:** Li Liu: Chinese Acrobat Show
  - July 10:** Scott Jameson: Magic Show
  - July 17:** Austin Dailey: Dance Party
  - July 24:** Les Julian: Music for Kids
  - July 31:** Pete and Chris: Comedy Magic Show
  - August 7:** The Zambonis & Mascot the Hockey Monkey: Hockey Rock Concert for Kids
  - August 14:** Judi Jones: Dancing with Hoops followed by retirement party for Mrs. Bull

### THURSDAYS

- **Baby Storytime with Miss Rebecca** 10:00 to 10:45 am
- **Mrs. Bull's Mates:** books, movies & crafts for fall 3rd & 4th graders 11:00 am to 12:00 noon
- **Books in Space:** Book discussion and book-related activities for 2nd, 3rd, and 4th graders. Pre-registration required. 3:00 - 4:00 pm in the Children's Program Room. Talk about books and make things!



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**July 11:** Star Stuff: Carl Sagan and the Mysteries of the Cosmos by Stephanie Roth Sisson  
**July 18:** Starry Messenger: Galileo Galilei by Peter Sis  
**July 25:** Zita the Space Girl: Far From Home by Ben Hatke

**Experiments for children entering 2nd, 3rd, and 4th grade.**  
 Presented by The Children's Museum of Southeastern

Connecticut. Space is limited and pre-registration required.  
 3:00 - 4:00 pm in the Children's Program Room.  
**August 1:** Exploring the Solar System  
**August 8:** Wedo Rovers

**FRIDAYS**

- **Miss Rebecca's Storytime for all ages:** read, sing, dance & play! 10:00 to 10:45 am



This June, support Middlesex Health Cancer Center by dining at a restaurant that is participating in Appetite for Life. Now in its 10th year, Appetite for Life has raised more than \$175,000 for cancer patient support services at the Cancer Center, which has locations in Middletown and Westbrook. These services include nurse navigation, social work, clinical trials and integrative medicine. Appetite for Life has evolved over the years to include many local restaurants throughout Middlesex County and on the Connecticut

shoreline. As a patron, a percentage of your bill will be donated to the Cancer Center if you dine at a participating restaurant during the month of June.

Appetite for Life will kickoff with a special party at Herd Restaurant, 200 Main Street in Middletown, on May 29. The party will be held from 4:30 pm to 7:00 pm, and there will be a special performance by the band, The Inflatables. A second party will held June 12 from 5:00 pm to 7:00 pm at Luigi's

Restaurant, 1295 Boston Post Road in Old Saybrook with live music by Boomerang.

Each party will feature appetizers, beer and wine tastings, music and a chance to win great prizes. Party tickets are \$20 per person. All proceeds directly support Middlesex Health Cancer Center patients. "We are grateful to the many restaurants that participate in Appetite for Life," says Sarah Moore, director of development at Middlesex Health. "All proceeds stay local and help enhance cancer patient care and support services. Support a good cause, and enjoy a good meal!" For more information about Appetite for Life and to see a complete list of participating restaurants, visit [middlesexhealth.org/appetiteforlife](http://middlesexhealth.org/appetiteforlife).

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# Oswegatchie Hills Nature Preserve

WHEN WAS THE LAST TIME YOU TOOK A HIKE?

If your answer is “not recently” or perhaps “never,” now is the time to explore the Hills. Enter the Oswegatchie Hills Nature Preserve via Veterans Memorial Park by turning onto Memorial Park Drive off of Rte. 161; there is ample parking adjacent to the ballfields. The trail map (on this page) has been revised to reflect recent changes in some of the trails as well as highlight some special sights along the way, please cut it out this page and bring it with you.

And while you are there, you need to check out the new bridge (photos below) that was installed over the spillway from Clark Pond. This beautiful structure represents hours of work by dedicated volunteers. It arrived from the manufacturer in pieces and was put together on site. As you walk over the bridge, enjoy the view and reflect on what a treasure the Oswegatchie Hills Nature Preserve is.

To learn more about the hills, print out your own map or get involved, check out our website at: [www.oswhills.org](http://www.oswhills.org) or visit us on Facebook. Be sure to check often for updates on events including information and schedules for guided hikes planned for CT Trail Days, June 1st.



**Above:** Oswegatchie Hills Nature Preserve Map.

**Far left:** New Clark Pond Bridge.

**Left:** From left to right Dan Steward, Mark Nickerson, Greg Decker, Franz Edson, Paul Formica, Holly Cheeseman and Dave Hughes celebrate the bridge grand opening on April 13, 2019.

# Trash and Recycling

Remember What's In / What's Out

## WHAT'S ALLOWED

in the Recycling Container

- |                  |                    |
|------------------|--------------------|
| Cardboard        | Plastic Containers |
| Newspaper        | Aluminum Foil      |
| Magazines        | Metal & Tin Cans   |
| Junk Mail        | Office Paper       |
| Glass Containers |                    |

*Remember: All items must be clean. Flatten or nest boxes when possible. Plastic containers labeled #1 or #2.*

## WHAT'S NOT ALLOWED

in the Recycling Container

- |                |             |
|----------------|-------------|
| Shredded Paper | Styrofoam   |
| Trash          | Electronics |
| Hoses          | Yard Waste  |
| Plastic Bags   | Bulky Waste |
| Foods          |             |

**Recycling Schedule 2019**  
(see next page for entire calendar year)

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

**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.ETOWNHALL.COM](http://WWW.ETOWNHALL.COM) OR AT THE TOWN HALL.

**GARBAGE PICKUP LEGEND**

- MONDAY (Green)
- TUESDAY (Red)
- WEDNESDAY (Blue)
- THURSDAY (Purple)
- FRIDAY (Orange)

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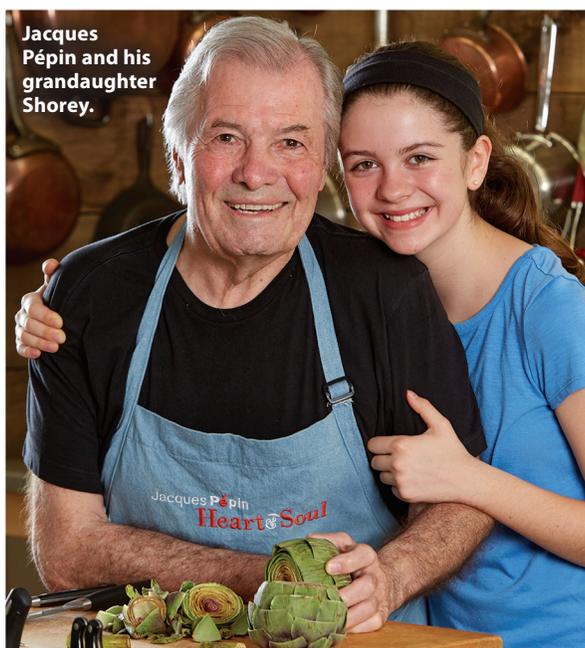
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Jacques Pépin and his granddaughter Shorey.

## Jacques Pépin: Simple ingredients, extraordinary results

by Sigrid Kun



Jacques Pépin strolling along the beach in Madison with one of his poodles.



Above, cooking with Julia Child on PBS's show "The Joy of Cooking"

All photographs by Tom Hopkins

A career that began in his family's kitchen continues in the family kitchen today. Whether preparing a lovely scallop or a veal chop with mashed potatoes, dinner is Jacques Pépin's "culmination of the day." The piano, he says, is the nickname for the stove. That makes Pépin a master musician.

### DESTINED FOR THE KITCHEN

Pépin's skills were honed early. Home was working in his parents' restaurant near Lyon, France. A Paris apprenticeship began in 1949 at the age of 13 (interestingly, Julia Child was working in Paris at the same time). His military service in France (1956-58) found him as the personal chef to 3 heads of state (including Charles De Gaulle) at a time when chefs toiled in anonymity. There was no such thing as a celebrity chef. If commanded to the dining room, things had gone awry. "Now, [being a chef], all of a sudden, you are a genius," he quips. "It is a very different world. I am lucky to be a part of it."

A year after coming to the US in 1958, he was working at New York's finest French restaurant, Le Pavillon. He turned down the position of chef to the Kennedy White House. He opted to develop food lines for Howard Johnson. It all worked out. A NY Times food editor connected Pépin with Helen McCully, a food industry icon. She introduced Pépin to then unknown Julia Child. The delightful cooking duo went on to win a daytime television Emmy Award in 2001. Yes, the friends would often argue. "On the whole we agreed on what was important," he recalls. "Quality, simplicity."

"Extraordinary," he reminisces. "Nothing was planned. I am very existentialist that way. You do something and it projects you somewhere else. You do that and it projects you elsewhere." One thing has always led to another for Pépin. Trips to the Catskills in the early 1960s led to his catching the "painting bug." His paintings are now a new business line. This June, his

works will be on display at the Guilford Art Center. At the Catskills, he became a ski instructor. And on those slopes he met his wife of 53 years, Gloria. He calls his daughter (Claudine) and granddaughter (Shorey) his greatest accomplishments. During the 1960s he also earned bachelor's and master's degrees from Columbia University.

### A LIFE OF EVOLUTION

No life is without hardship. A 1974 car accident nearly claimed Pépin's life. He could no longer withstand the rigors of 7 days a week, 10-14 hours in the kitchen. His life transformed into "teaching, writing, and just cooking." Since 1975, he has written 30 books. He also became and remains a beloved fixture on television. He isn't a fan of today's harsh reality cooking shows. "You are asked to put a lot of yourself in your food. Love is a very important component. Yelling at you? There is no way you can teach with that approach... Cooking is interactive. You follow your taste. You taste and adjust. You taste and adjust."

At 83, he recognizes his own progression. "For many people in the country, I was known as the quintessential French chef... If you look at my books, there is the soup and cilantro with banana on one page, then the salad and fried chicken, and then the lobster roll. After half a century in the US, I am probably the quintessential American chef." Pépin's life/career has been profiled on the PBS series "American Masters." "I am probably the first cook to have an American Masters," he notes.

The Madison, CT resident continues to teach, paint, and enjoy life. Whether it is a game of boule, mushrooming, or walking his poodles along the beach, food still remains center stage. He is currently the Dean of Special Programs at the International Culinary Institute of New York and continues a 37-year teaching stint at Boston University. He performs countless cooking demonstrations across the country. In 2016, the Jacques Pépin Foundation was formed. His books/manuals of cooking techniques form the curriculum for soup kitchens from Boston to Seattle. The idea is to take what Pépin has created over so many decades to assist disenfranchised individuals - those who may be coming out of jail, are homeless, or are recovering from addictions.

### JACQUES PÉPIN...NOT INVINCIBLE?

"Yes, yes," he relates. "One time. It was 30 years ago or more. It was in the early 70s, a 3-hour show with dancing and singing. I did a cheese soufflé." Pépin came on the stage two hours into the show to put the soufflé in the oven. There was no way of checking on the controls so he did not know the oven was set on self-cleaning mode. He went back on stage for the unveiling. "I have never seen anything so burned." He laughs heartily. "It was crust on the outside and still liquid on the inside... There was no recovery on that one. But it was the biggest standing ovation I ever had."



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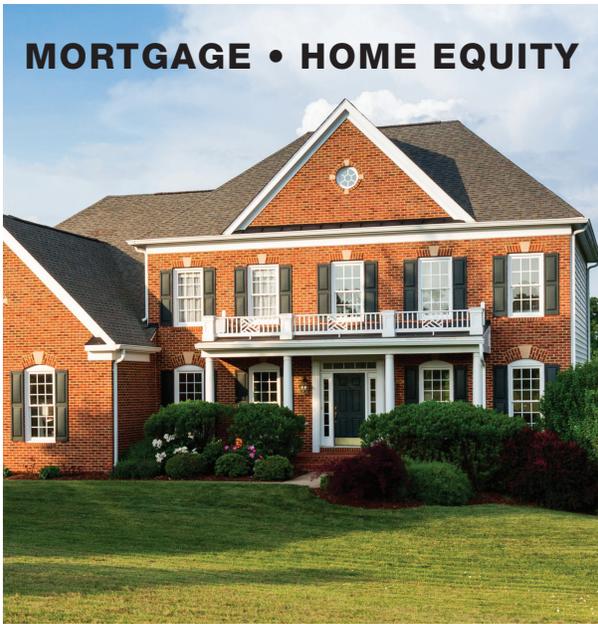




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