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First Selectman's Corner

I DON'T WANT THIS SUMMER TO END

I get to this time of the season every summer and feel like the season went by too quickly. I spend the cold winter months dreaming about all the things I want to do when the weather gets warm. By the time I get to August, I typically don't have all my boxes checked. There is so much to do... and so little time during the summer to fit it all in. Yet, I have enjoyed this summer immensely. Maybe it's okay to not follow a script (or a to-do list) and just go with the flow. Every summer day in Niantic has been a gift.

After endless rain and mediocre temperatures in May and June, summer suddenly hit overdrive on the 4th of July... right on time. A perpetual heat wave lasted straight through Celebrate East Lyme Day (CEL) and into the days and weeks that followed. Speaking of Celebrate East Lyme Day, record high temperatures thinned the crowds a bit this year, but it was a spectacular event with the best fireworks display we have ever delivered (thanks to Dominion Energy!) Events like CEL don't happen without a lot of planning and hard work. My thanks and praises go out to the entire CEL team.

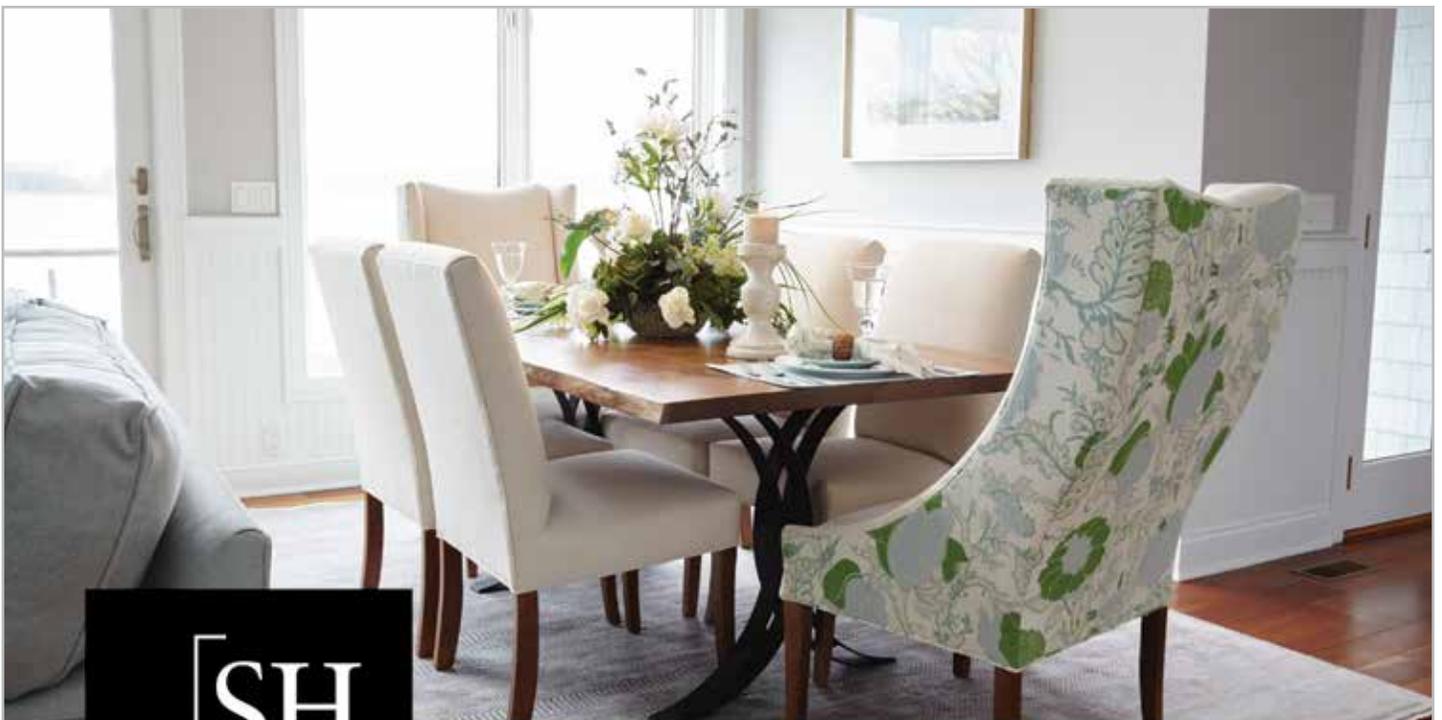
When the temperatures get steamy and traffic in our town reaches its peak, I receive many complaints and concerns about speeding and unsafe driving in our neighborhoods. I have met with many community groups this year to talk about the issues and possible

solutions. But the reality is, there is no easy answer. Towns like ours throughout Connecticut—really, throughout the country—have the same problem. Posting signs, especially the electronic ones that mark your speed, seem to make a slight difference. Additionally, increasing police presence can dramatically lower speeds and penalize the offenders. It certainly sends a message but our police can't possibly be on every dangerous street in every neighborhood all of the time. Chief Finkelstein continues to lead our police force and direct our limited resources with efficiency and purpose. ELPD has stepped up speed patrols this summer with measurable results.



Mark C. Nickerson

But it's not enough. On both our narrow, tight backroads and busy arterial streets, dangerous speeders are decreasing the quality of life for those who live there. Even though there are many who visit our town for our beaches, businesses and boardwalk, a great majority of drivers on our roads are our own residents. We all could do a better job slowing speeds down to a more reasonable and safe level. Every street in every neighborhood have houses filled with kids and dogs and people who like to get out **continued on page 3**



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COVER PHOTO

McCook's Concert Series at
McCook Point Park's band shell
Photo courtesy East Lyme Parks & Rec

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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 Burrige 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. The mission is to provide a comfortable location for veterans, both men and women of all ages; to meet, socialize, and receive information regarding veteran benefits through state and federal agencies and organizations. It is hosted by RSVP and the New London Senior Center.

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

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

and walk/jog. Every house you pass is someone else's front yard. When you purposefully slow your speed, you are committing a small and simple act of kindness to your fellow neighbors. Please consider leaving the house a couple minutes early and respecting your fellow East Lyme's right for safety and quality of life.

We must SLOW DOWN so that we can all ENJOY OUR TOWN. I appreciate your help in making our town better. YOU can make the difference.

As the season winds down, I hope you were able to "check your

boxes" during this great summer... and if you didn't, that's okay too. Go with the flow!! It's not too late to get out and enjoy your hometown. Remember that many (including myself) consider the next couple months to be the best of the year. Always keep gratitude and kindness in your heart... and... count your blessings that you are among the fortunate. After all, you live here... one of the best towns in America.

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

Brookside Farm Museum Fall Events

Explore History Day - October 14, 2019, 11:00 am - 1:00 pm

Holiday Open House - December 8, 2019, 1:00 pm - 4:00 pm

Free admission / bring a non-perishable donation for Care & Share. Crafts, refreshments and holiday music.

Holiday Wassail - December 14, 2019, 4:00 pm - 7:00 pm

Adults only. Refreshments and holiday music. Tickets must be purchased in advance.

For more information please check out our website: brooksidemuseum.org & like us on facebook..

East Lyme Historical Society Events

August 31 - September 1

Labor Day Weekend Flea Market
9:00 am - 3:00 pm | 228 West Main Street, Niantic

October 18

Fall Pot-Luck Dinner
Social Hour begins at 6:00 pm followed by dinner
& concluding with our special guest speaker.

*Please visit our website for information at:
eastlymehistoricalsociety.org*

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Parks & Recreation Department

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

Contact Information & Websites

Executive Director: David M. Putnam
Program Coordinator: Carolann Rossiter
Administrative Assistant: Robin Grandieri
Administrative Secretary: Arlene Wilbur
Special Events Coordinator: Michael R. McDowell
Park Foreman: 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
East Lyme Public Works: 860-691-4118
East Lyme Senior Center: 860-739-5859
East Lyme Town Hall: 860-739-6931 | www.eltownhall.com
East Lyme Youth Services: 860-739-6788
Commission Meetings are 2nd Thursday
Rocky Neck State Park: 860-739-5471
DEP Old Lyme: 860-434-8638
Children's Museum of SE Connecticut: 860-691-1255
East Lyme Aquatic & Fitness Center (Pool): 860-691-4681
www.nutmegaquatics.com
East Lyme Business Organization
Contact Lynnea Mahlke: 860-691-1611

Athletic Organizations

EAST LYME BABE RUTH LEAGUE

Steve Licitra: 860-460-4018 | eastlymebaseball@yahoo.com
www.eastlymebaberuth.com

EAST LYME LACROSSE

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

EAST LYME LITTLE LEAGUE

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

EAST LYME SOCCER CLUB

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

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Jay Maksim: 860-772-7323 | jaymak123@yahoo.com

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Clubs / Town Organizations

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MOMS CLUB OF EAST LYME:

www.eastlymemomscub.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

Caitlyn Dorrington: 800-922-2770 x 3728

Monica Sistaire: 860-638-7151 | 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

BOY SCOUT TROOPS

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

Richard Cushing, #240: 860-739-5239

Community Bulletin Board

PASSPORTS

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

FRIDAY NIGHT MOVIES AT MCCOOK'S

Come enjoy a movie under the stars on Friday evenings beginning August 30th! Movies will be shown on a large inflatable screen at McCook Point park, near the large white tent. Bring chairs, blankets, and plenty of snacks and then sit back and enjoy.

August 30 through September 20

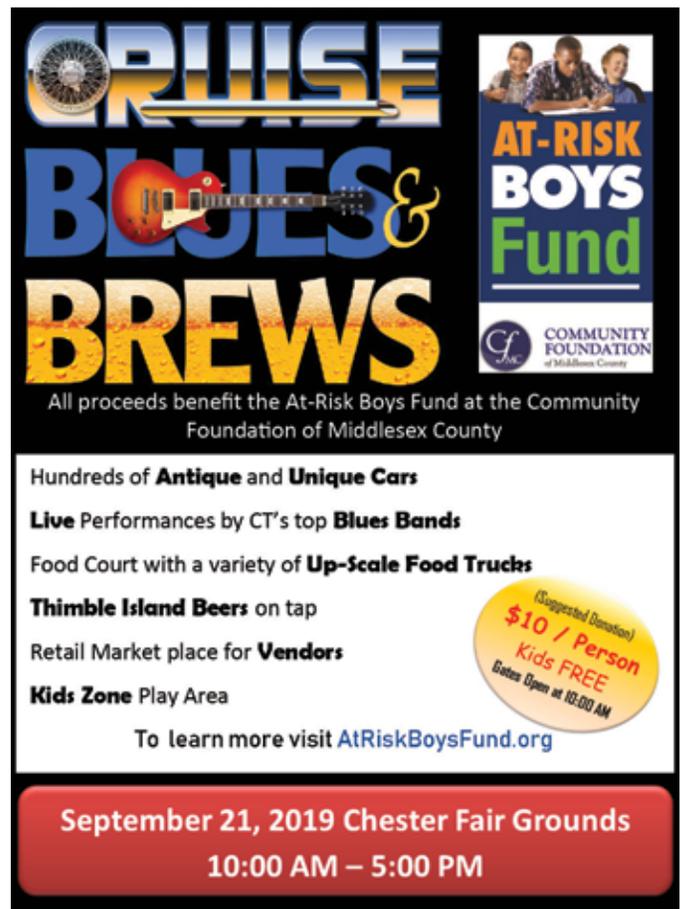
August 30 Spider Man: Into the Spiderverse at: 7:30 pm

Sept 6 Incredibles 2 at: 7:15 pm

Sept 13 Toy Story at: 7:15 pm

Sept 20 The Sandlot at: 7:00 pm

continued on page 6



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website - staceywyeth.wpsir.com



William
Pitt

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INTERNATIONAL REALTY

Community Bulletin Board... continued from page 5

U.S. AMATEUR BALLROOM DANCE ASSOCIATION DANCES

Dates: Fridays, Sept 6, Sept 20, Oct 18, and Nov 15 from 7:00 - 10:00 pm
Saturdays, Oct 5 and Nov 2 from 6:30 - 11:00 pm

Where: East Lyme Library & Community Center Activity Room

For more information, visit: www.usadancenewlondonct.com.

SHORELINE SWING DANCES

Dates: 3rd Saturday of each month (Sept 16, Oct 19, Nov 16, Dec 21)
from 8:00 pm - 11:00 pm

Lessons: 7:00 pm - 8:00 pm at East Lyme Community Ctr.

For more information, visit: www.shorelineswingct.org.

SENIOR TRIP PRESENTATION ON QUEBEC WINTER CARNIVAL TRIP

The Senior Center is planning a guided trip to the Quebec Winter Carnival from February 6th - 9th, 2020. On Monday, August 12th a representative from Tours of Distinction was at the Senior Center to provide details regarding this excursion at 10:00 am. Please call the Senior Center for the information that was given.

ANNUAL SENIOR CENTER SPONSORED PICNIC AT MCCOOK POINT PARK

On Friday, September 6th, the Senior Center will host its annual End of Summer Picnic under the Tent at McCook Point Park. Come join us for roast pork, 3 bean salad, potato salad, potato chips, corn bread and watermelon. Entertainment by Vincent Delgaudio starts at 1:00 pm and lunch follows at 2:00 pm. Fee is \$10pp. Registration began August 1st and you must register by September 3rd.

EAST LYME PLAYERS

The "East Lyme Players" is a drama group offered through the East Lyme Senior Center. A new session begins in September. No experience necessary. All skill levels are welcome. No memorizing of lines - staged readings so scripts are handy! The Players are looking for folks who want to explore their creative side by either acting or working backstage. The East Lyme Players' Director, Joyce Beauvais, wants to share her knowledge and passion with you. Like them on Facebook - look up "East Lyme Players, Joyce Beauvais, Artistic Director." Session fee is \$125pp. For information, call: 860-739-5859.

CAREGIVER SUPPORT GROUP

The Senior Center will be hosting a monthly Caregiver Support Group beginning in September 2019. The group will be facilitated by Senior Resources and held the 2nd Monday of every month in the morning. Please call the Senior Center at: 860-739-5859 for more details and/or to register.

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.

continued on page 8

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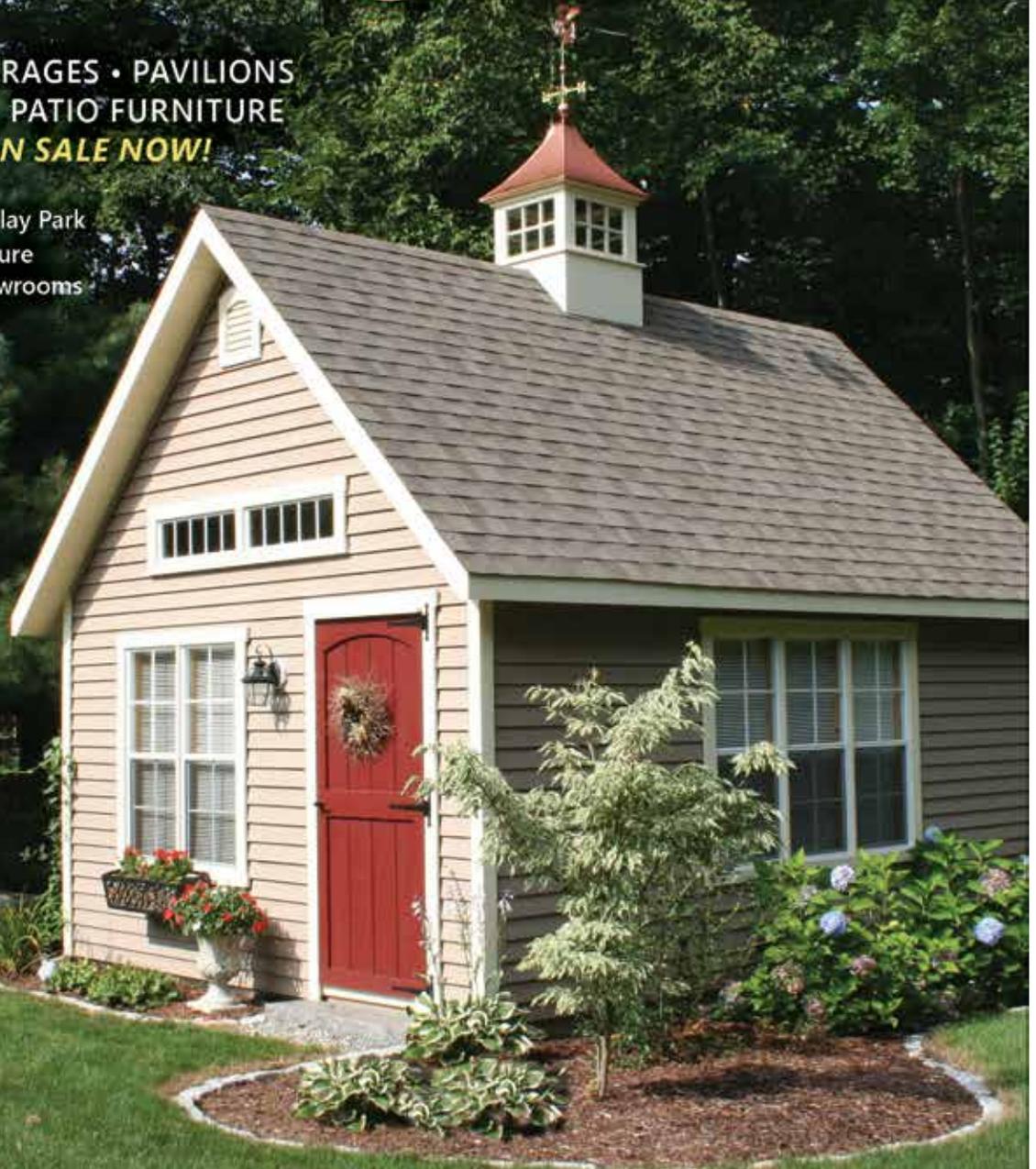
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Park & Beach... continued from page 6

****NO PETS May 25 - Sept 2, 2019 AT ANY BEACH FACILITY:**

See regulation at right: *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 will go on sale beginning 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 Thursday's and Saturday's 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. 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.

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

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.



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Jane Buglione MSN, RN
Director & Owner



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"Weight" No Longer
Weight Management & Wellness Center

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www.weightnolongerllc.com
Email: info@weightnolongerllc.com

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Expires: November 30, 2019

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10% off Spider Vein Therapy (Sclerotherapy)
"must bring in coupon to receive the discount"
Expires: November 30, 2019

Weight No Longer | 170 Flanders Road
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860.739.0471 | www.weightnolongerllc.com
Email: info@weightnolongerllc.com

10 units of Botox Cosmetic for \$100.00
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Expires: November 30, 2019

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Parks & Recreation Pre-school and Youth Fall Programs

Pre-school Programs

CREATIVE ART FOR 2 YEAR OLDS

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

Dates: Sept 9 to Oct 28 (no class on 10/14)
 Days: Monday
 Time: 9:45 to 10:15 am
 Fee: Resident \$35 / non Resident \$50.00
 Location: East Lyme Youth Center
 Instructor: Sarah Firmin

CREATIVE ART FOR 2 YEAR OLDS (Session 2)

(Info same as above, except dates)

Dates: Nov 4 to Dec 23 (no class on 11/11)

“GOT 2 BE MOVING” FOR 2 YEAR OLDS

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

Dates: Sept 9 to Oct 28 (no class on 10/14)
 Days: Monday
 Time: 10:30 to 11:00 a.m.
 Fee: Resident-\$35.00 / Non Resident \$50.00
 Location: East Lyme Community Center
 Instructor: Sarah Firmin

“GOT 2 BE MOVING” FOR 2 YEAR OLDS (Session 2)

(Info same as above, except dates)

Dates: Nov 4 to Dec 23 (no class on 11/11)

TOT GYM FOR 3 & 4 YEAR OLDS

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

Dates: Sept 9 to Oct 28 (no class 10/14)
 Days: Monday
 Time: 11:15 to 11:55 a.m.
 Fee: Resident \$35.00/Non Resident \$50.00
 Location: East Lyme Library Community Center
 Instructor: Sarah Firmin



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TOT GYM FOR 3 & 4 YEAR OLDS (Session 2)

(Info same as above except for dates)

Dates: Nov 4 to Dec 23 (no class 11/11)

CREATIVE ARTS FOR KIDS, AGES 3 & 4

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

Dates: Sept 11 to Oct 23

Days: Wednesday

Time: 9:45 to 10:25 am

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

Location: East Lyme Youth Center

Instructor: Sarah Firmin

CREATIVE ARTS FOR KIDS, AGES 3 & 4 (Session 2)

(Info same as above, except for dates)

Dates: Oct 30 to Dec 18 (no class on 11/27)

TOT GYM FOR FOUR & FIVE YEAR OLDS

A learning through movement class focused on developing large

motor skills, socialization and team building. Interactive games each week will encourage independence and working together. An energetic class filled with running, jumping, twirling and dancing!

Days: Wednesdays

Time: 10:45 to 11:30 am

TOT GYM FOR FOUR & FIVE YEAR OLDS (Session 2)

(Info same as above, except for dates)

Dates: Oct 30 to Dec 18 (no class on 11/27)

Youth Programs

BEGINNING FOIL 1 - AGES 10 & OLDER

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

Dates: Sept 24 to Nov 12 (no class on 11/5)

Days: Tuesdays

Time: 6:00 to 7:30 p.m.

Fee: Resident-\$75.00 / Non Resident \$90.00
(includes equipment)

continued on page 12

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Parks & Recreation... continued from page 11

Registration: Begins Aug 30
Where: EL Middle School gymnasium
Instructor: Thames River Fencing Club

INTERMEDIATE FOIL 1/ADVANCED FOIL - AGES 10 & OLDER

Beginning Foil One is a prerequisite for Intermediate. Intermediate 2 is a prerequisite for Advanced. The intermediate class builds upon the skills introduced in Beginning Foil One & covers more complex footwork & blade work, including variations on attacks on the blade and blades takes (prises de fer). Bouting skills, tactics and the fencing rules are also covered in greater detail.

Dates: Sept 19 to Nov 7
Days: Thursdays
Time: 6:00 to 7:30 pm
Fee: Resident-\$75.00 / Non Resident \$90.00
Registration: Begins Aug 30
Where: EL Middle School gymnasium
Instructor: Thames River Fencing Club



ELRT Classes

THE FOLLOWING PRESCHOOL & YOUTH PROGRAMS ARE OFFERED BY ELRT
Sponsored by EL Parks & Recreation

MOMMY /DADDY & ME (Infants - 2 years old)

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

Dates: Sept 11 to Oct 30
Days: Wednesday
Time: 9:45 am - 10:30 am
Fee: Resident \$75.00 / Non-Resident \$90.00
Where: ELRT 32 Society Rd., Niantic
Instructor: Erin Stanley

PRESCHOOL MUSIC, MOVEMENT & EXPLORATION (Ages 2 ½ - 5 years old)

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

Dates: Sept 11 to Oct 30
Days: Wednesday
Time: 10:45 am - 11:30 am
Fee: Resident \$75.00 / Non-Resident \$90.00
Where: ELRT 32 Society Rd., Niantic
Instructor: Erin Stanley

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Parks & Recreation Adult Programs

“FIT & FABULOUS,” (Morning Aerobics)

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

Dates: Sept 4 to Oct 25 (no class on 10/14)
Days: Monday-Wednesday-Friday
Time: 8:30 am - 9:30 am
Fees: Resident \$60 / Non-Resident \$75.00
Location: East Lyme Community Center, Activity Room
Instructor: Donna Neaton, AFAA

FIT & FABULOUS (Session 2)

(Same information as above except for dates)

Dates: Oct 28 to Dec 20 (no class on 11/11, 11/29)

CORE & MORE WITH STABILITY BALL - Morning

This class focuses on balance & 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: Sept 10 to Oct 22
Days: Tuesday
Time: 10:15 am - 11:05 am
Fee: Resident \$40.00 / Non-Resident \$55.00
Where: East Lyme Community Center - Activity Room
Instructor: Donna Neaton, AFAA

CORE & MORE WITH STABILITY BALL - Morning (Session 2)

(Same information as above except for dates)

Dates: Oct 29 to Dec 17 (no class on 11/5)

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 12 to Oct 2 (no class 9/2)
Days: Monday and Wednesday
Time: 4:30 - 5:25 pm
Fee: Resident \$45.00 / Non-Resident \$60.00

continued on page 14

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Parks & Recreation... continued from page 13

Where: East Lyme Community Center-Activity Room
Instructor: Donna Neaton, AFAA

TOTAL BODY FITNESS (Session 2)

(Same information as above except for dates)

Dates: Oct 16 to Dec 18 (no class 10/14, 11/11)

BARRE CLASS

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

Dates: Sept 12 to Oct 24 (Session 1)

Days: Thursday

Time: 4:30 to 5:25 pm

Fee: Resident \$40 / Non-Resident \$55

Location: East Lyme Community Center, Activity room

Class Size: Max 16

Instructor: Donna Neaton

BARRE CLASS (Session 2)

(Same information as above except for dates & price)

Call Parks & Recreation for more information at: 860-739-5828 or visit: eltownhall.com/government/departments/parks-recreation/parks-recreation-brochure/.

Dates: Oct 31 - Dec 19 (no class 11/28)

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: Aug 13 to Oct 29

Days: Tuesday

Time: 5:30 pm - 6:25 pm

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

Where: East Lyme Community Center-Activity room

Instructor: Donna Neaton AFAA/Zumba® Instructor

TUESDAY ZUMBA®(Session 2)

(Same information as above except for dates & price)

Dates: Nov 12 to Dec 17

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

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

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30 minutes of total body/core strengthening exercises & a relaxing stretch. Bring a non-slip exercise mat and plenty of water!

Dates: Oct 12 to Dec 28
Days: Saturdays
Time: 8:30 am - 10:00 am
Fee: Resident \$60.00 / Non-Resident \$75.00
Where: East Lyme Community Center-Activity Room
Instructor: Donna Neaton AFAA/Zumba® Instructor

GUTS & BUTTS WITH CARDIO

Train & tighten all regions of the lower body & core with this toning & cardio class. Workout will focus on the abs, glutes, legs & lower back using light weights and body resistance.

Please bring a non-slip exercise mat and water to drink!

Dates: Sept 10 to Oct 24
Days: Tuesday & Thursday
Time: Tuesday 4:30 - 5:15 pm & Thursday 5:45 - 6:30 pm
Fee: Resident \$45.00 / Non Resident \$60.00
Where: East Lyme Community Center, Activity room
Instructor: Narciss Green, ACE Certified Group Fitness Instructor

GUTS & BUTTS WITH CARDIO(Session 2)

(Same information as above except for dates)

Dates: Oct 29 to Dec 19 (no class 11/5, 11/28)

FASCIAL MOVEMENT

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Dates: Sept 10 to Oct 22
Days: Tuesday
Time: 6:30 pm - 7:30 pm
Fee: Resident \$50.00 / Non-Resident \$65.00
Where: East Lyme Community Center - Activity Room
Instructor: Kim Stirtan-BSPE, ACE & Stott Pilates.
Level One Fascial Movement Instructor

FASCIAL MOVEMENT (Session 2)

(Same information as above except for dates)

Dates: Oct 29 to Dec 17 (No class on 11/5)

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: Sept 9 to Dec 9 (No class 10/14, 11/4)
Days: Monday

continued on page 16

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Carlos Sepulveda MS, LAC.
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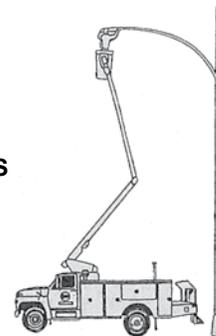
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Parks & Recreation... continued from page 15

Time: 6:00 pm - 7:15 pm
Fee: Resident \$60.00 / Non-Resident \$75.00
Where: East Lyme Community Center - Activity Room
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 6:30 to 7:45 pm followed by optional meditation, from 7:55 to 8:15 pm. Participants are required to bring a non-slip exercise mat.

Dates: September 11 to Dec 11 (No class on 11/27)
Days: Wednesday
Time: 5:45 - 7:00 pm
Fee: Resident \$60.00 / Non-Resident \$75.00
Where: East Lyme Community Center - Activity Room
Instructor: Michele Flowers, RYT 500

YOGA FLOW

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

Dates: Sept 9 to Dec 2
Days: Monday
Time: 9:35 - 10:35 am
Fee: Residents \$50.00 / Non Residents \$65.00
Where: East Lyme Community Center-Olive C. Room
Instructor: Michele Flowers, RYT 500

BALLROOM DANCE - Silver Dance Syllabus

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

Dates: Oct 3 to Nov 21
Days: Thursday
Time: 6:35 - 7:35 pm
Fee: Resident \$45.00 / Non-resident \$60.00 per person
Where: East Lyme Community Center - Activity room
Instructor: Marjorie Winslow

BALLROOM DANCE - Beginner Lessons

The Beginner Class will include instruction in waltz, foxtrot, rumba and swing.

(Same information as the Silver Dance Syllabus except time of instruction)

Time: 7:35 - 8:35 pm

DOG OBEDIENCE - Beginners

This class will teach the basic skills and work towards taking the dog off the leash. The FIRST class is held in the Olive Chendali room without your dog. Participants must provide proof of rabies and parvo at the time of registration. The dog must be 4 months and older.

Dates: Sept 9 to Oct 28
Days: Monday
Time: 5:15 - 6:15 pm
Fee: Resident \$50.00 / Non Resident \$65.00
Where: Samuel Peretz Park at Bridebrook, basketball courts
Instructor: Barbara Keck

DOG OBEDIENCE - Novice (AKC Canine Good Citizen Program)

This class refines the basic skills and work towards taking the dog off the leash. The beginner's class is a prerequisite. The first class will be held at the Community Center, lower level parking lot. Participants must provide proof of rabies & parvo at the time of registration. The dog must be 4 months and older. Owner and dog will participate in the AKC Canine Good Citizen Program. In order to receive the certificate, dogs must pass the Canine Good Citizen test.

(Same information as the beginner's class except time of instruction)

Time: 6:30 to 7:30 pm

ADULT COED VOLLEYBALL

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

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

Dates: September 17 to Dec 17 (no program 11/5)
Days: Tuesdays
Time: 6:00 to 8:00 pm
Fee: Resident \$30.00 / Non Resident \$45.00 or
Drop In: \$5.00 per person
Where: East Lyme Middle School gymnasium
Supervisor: Cathleen Aquino

NEW YORK CITY BUS TRIP

General Information:

Departure from the East Lyme Public Library/Community Center parking lot will be at 8:00 am There will be several locations in the city where passengers can disembark for the day. The bus will pick up passengers at 7:30 pm on Madison Avenue between 53rd and 54th Streets.

Date: Saturday, December 7
Fee: \$45 per person payable when registering

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Youth Services



East Lyme Youth Services | 45 Society Road, Niantic, CT 06357 | 860-739-6788
 David Putnam - Executive Director | Michael R. McDowell - Program Director | mmcdowell@eltownhall.com

SERVING THE COMMUNITIES OF EAST LYME & SALEM

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YOUTH SERVICES COMMISSION

The East Lyme Youth Services Commission meets on the second Thursday of every month. The meetings are held at the Parks and Recreation Office and begin at 6:00 pm. The public is welcome to attend.

EAST LYME YOUTH COALITION

Join our ELYC (East Lyme Youth Coalition) to address underage drinking and addiction in our town. More information to come, please contact Dave at: dputnam@eltownhall.com to inquire.

REGISTRATION INFORMATION

In order to attend our activities and programs, participants must turn in a signed registration form for each of the programs they attend. Registration forms are available at Youth Services, the Parks and Recreation office, ELMS cafeteria, and online at: 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 in the memo section.

Registration for ALL programs began August 28th.

CANCELLATIONS

All cancellations will be sent to program participants via email.

FALL PROGRAMS AND ACTIVITIES

East Lyme Youth Services holds after-school activities to foster positive youth development throughout the school year.

FRIDAY NIGHT MOVIES

Come enjoy a movie under the stars on Friday evenings that had begun on August 30th! Movies will be shown on a large inflatable screen at McCook Point park, in the Bandshell. Movie attendees **continued on page 18**



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East Lyme Youth Services... continued from page 17

should bring chairs, blankets, and plenty of snacks and then sit back and enjoy!

Movies will begin approximately 15 minutes after Sunset

Dates: August 30th through September 20th

| | |
|-----------|---------------------------------|
| August 30 | Spider Man: Into the Spidaverse |
| Sept 6 | Incredibles 2 |
| Sept 13 | Toy Story |
| Sept 20 | The Sandlot |

AFTER-SCHOOL PROGRAM

Schooldays, 3:00 - 5:30 pm (*noon - 5:30 pm on half days*)

The program will be in the youth center, or outside- weather permitting- where youth can enjoy air hockey, ping pong, our flat screen TV for Wii games, movies, or appropriate television, in a fun, and safe environment. Our experienced and youthful staff will serve as positive role models, while maintaining a fun, and relaxed atmosphere for youth to unwind after the school day. There are only 35 slots available for 5th - 8th graders. Registration opened August 28th at 8:30 am. This program will begin September 9th and run throughout the school year. Free Program.

HOME ALONE

This course is recommended for ALL 5th and 6th graders. Participants learn how to be home without supervision responsibly, utilizing expertise from area police, fire marshals, and other guest speakers. This popular course fills up fast and is limited to the first 10 who register.

Dates: Sept 11th to Sept 25th
 Day: Wednesday
 Time: 3:00 - 4:00 pm
 Fee: EL/Salem Resident \$45.00 / Non-Resident \$60.00
 Where: Community Center/Olive C. Room

MOUNTAIN BIKE CLUB

All participants should have a working bike with front and rear brakes, helmet, and a fix-a-flat kit, and bring plenty of water. Guided rides will leave from the trailhead across from Divine Wine Emporium on West Main St. at 5:00 pm and will return at 6:30 pm. Riding will be done on the trails at Rocky Neck State Park.

Dates: Aug 6th to October 29th
 Day: Tuesday's
 Time: 5:00 - 6:30 pm
 Fee: FREE
 Where: Rocky Neck State Park/West Main St. trailhead

THE EIGHTH ANNUAL JEFFREY'S RAINBOW RUN

We are proud to be hosting the seventh annual 5k in memory of Jeffrey Bourgeois on September 13th! Stop by the office to pick up a registration form, or register online at: Active.com!

SKI & SNOWBOARD CLUB * (Grades 5-12)

Registration will begin October 3rd. Pricing is not available at the time of publication, please email or call to inquire. The deadline for registration will be December 1st. This program fills up quickly; so do not wait to register! Ski Club takes place on Thursday nights in Jan-February from 3:00 - 9:00 pm and travels by bus to Mt. Southington.

continued on page 20

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

PROGRAM REGISTRATION FORM

Program Registering For : _____

PARTICIPANT INFORMATION

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

Grade: _____ Gender: _____ Home Phone : _____

Parent Email Address: _____

Address: _____ City: _____ Zip: _____

Mother Name: _____ Work Phone _____ Cell _____

Father Name: _____ Work Phone _____ Cell _____

Emergency Contact: _____ Relation _____ Phone _____

List any allergies, medications, or medical conditions _____

DEMOGRAPHICS (please check one in each category)

Race:

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

Family:

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

Ethnicity:

- Hispanic/Latino
- Not Hispanic/Latino

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

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

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

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

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

Parent/Legal Guardian Signature: _____ Date: _____

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

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East Lyme Youth Services... continued from page 18

STUDENT ADVISORY BOARD (SAB)

A service club facilitated by ELYS for high school students to help plan activities for peers that are fun and drug/alcohol free. SAB has hosted trick or trunk, Pre-prom Assembly regarding distracted driving, and collected over 170 bicycles donated to Bikes For Kids over the past three years.

We are currently working on additional programs and events. Check out our website frequently for updates www.eltownhall.com (and click East Lyme Youth Services to the left.) "like" our page on Facebook for updates, shoot us an email to: mmcdowell@eltownhall.com, or give us a call at: 860-739-6788 for more information.

Walk of Horror



East Lyme Community Center

41 Society Rd | East Lyme

October 11th, 12th & 13th | 7:00 - 10:00 pm

A special event will occur on Saturday,

October 12th, from 1:00 -3:00 pm

Children wear their costume to scare us!

COST:

it's Your Choice ...

- * Non perishable food item to be donated to the East Lyme Care & Share
- * Cash donations will be donated to The Miracle League of S.E, CT
- * Donated pet supplies given to WTFD/EL Animal Control

Sponsored by East Lyme Police Cadets & Friends

Please Like us on Facebook

East Lyme Garden Club Events

"ALL ABOUT ORCHIDS" | October 7th, 1:00 pm

Niantic Community Church - Multipurpose Room, 170 Pennsylvania Avenue

During this hands-on workshop, you will learn fascinating details about how to grow orchids, then receive instructions on how to separate and transplant your orchids from ELGC member and Advanced Master Gardener Diane Earl. Bring soil and pots, or just stay to observe! This program is free and open to the public. Refreshments will be served.

"BUTTERFLIES" | November 12th, 1:00 pm

Niantic Community Church - Multipurpose Room, 170 Pennsylvania Avenue

Learn all about butterflies from Rose Hiskes, diagnostician and horticulturist at the Connecticut Agricultural Experiment Station in Windsor. Topics may include how to turn your backyard into a butterfly habitat, plants that attract them and a presentation with pictures of the more common butterflies and caterpillars found in Connecticut. This program is free and open to the public. Refreshments will be served.

For further information visit East Lyme Garden Club's website or Facebook page.



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East Lyme Public Trust Foundation - Think Ahead to Fall Planting

CELEBRATE LIFE & CUT DOWN ON GLOBAL WARMING!

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. Since the inception of this program, thirty two trees have been planted, with twenty eight of them celebrating the life of a loved one. This is an opportunity to both remember a life well lived and to cut down on the carbon dioxide in the environment.

This fall - 2019 - the Foundation and the Parks & Recreation Department are pleased to continue to beautify the new Band Shell at McCook Park the area behind the bandstand. The Parks and Recreation Department has proposed a line of four ever-green trees that would run behind the back of the Band Stand along the chain link fence that separates the railroad tracks from the park.

Another new area that the Foundation is pleased to beautify is at the Samuel Smith Farmstead. Mr. Arthur Carlson, a Board of Directors member on the Property Maintenance Committee,

has chosen to request a line of four Dwarf Apple Trees which will replace some diseased trees along the road in front of the historical house.

Another venue we would like to beautify is at Bridebrook Park. This project is to plant Sugar Maples along the outfield fence of the baseball field.

Other available areas are Cini Park-two Sycamores, and Town Hall- one Sycamore. If you have ideas for other town owned areas that you would like to see planted, please contact the chairperson.

A contribution of \$600 for a tree will cover the cost of the tree, the planting, an 8" x 4" plaque, a base, and a water bag to assist in the stabilization of the tree. 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.

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 web-site at: www.publictrustfoundation.org.

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After-School Tennis Programs for Kids

Eight-week sessions throughout the school year starting Sept. 3

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



Adult Programs

Drop in to our fitness, pickleball and tennis programs!

| | |
|--|--|
| <p>Strength & Balance M/F, 10am, W/ 8am</p> <p>Stability Ball Mon, 8am</p> <p>Circuit Training Wed, 10am Fri/Sun, 8am</p> <p>Cardio & Strength Fri., 8am</p> | <p>Adv. Beginner Tennis Drills Tue., 9-11am</p> <p>Poin Play Drills Tues/Thurs/Sat -Please Call</p> <p>NTRP Tennis Drills Sat., 10:30am-12pm, All levels</p> <p>Drop-in Pickleball Mon. & Thurs., 12:30-3:30pm Beginners Welcome</p> |
|--|--|



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Richard Gada, President
87 West Main Street
Niantic, CT 06357

Lic #305555
HOD #154/#1088

East Lyme Public Library



September

Mondays, Beginning September 9 - 1:30 pm

CHAPTERS OF OUR LIVES:

The Importance of Capturing Our Stories

An opportunity to explore and write our own stories, and those of our families, in an informal setting using simple prompts to help us capture moments from our past. Come prepared to share and learn together with Rachel Baer. Please bring your preferred tool - laptop, paper and pen, iPad etc. This will be an on-going program, meeting on Mondays.

AMELIA EARHART

Tuesday, September 17 - 7:00 pm

Sheryl Faye presents her live performance of Amelia Earhart, the fearless and adventuresome pioneer in aviation.

ALICE'S ORDINARY PEOPLE

Wednesday, September 18 - 7:00 pm

Join filmmaker, Craig Dudnick, as he presents a screening and discussion of his documentary, Alice's Ordinary People. It is the story of Alice Tregay and the ordinary people effecting extraordinary change for human rights covering five decades of fearless activism and the continuing relevance of Dr. Martin Luther King to the ongoing fight for justice.

THE GROTESQUE 10:

Amazing Architectural Sculpture from Ten American Colleges & Universities

Saturday, September 21 - 2:00 pm

Armed with only a camera, a sense of humor and a host of frequent flyer miles, Mathew Duman embarked on a "grotesque safari," traveling to ten universities around the country to photograph the grotesques and gargoyles roosting on academic buildings. He has collected his findings in his new book and presents a selection of them in this illustrated lecture, giving you a taste of the variety of ornament, history and humor these campuses have to offer.

TRIVIA NIGHT

Tuesday, September 24 - 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.

October

PETER BIEDERMAN

Tuesday, October 1 - 7:00 pm

Peter Biedermann is a solo instrumental guitarist based in Green Valley, AZ who has been composing and performing for over 40 years and will be appearing for the tenth time at the East Lyme Public Library. The common thread throughout his musical background is crossing the boundaries of music genres. This hybrid, contemporary style melds elements of American and European folk with jazz and blues shadings; underpinned by subtle ambient electronics. He will be focusing on pieces from his latest recording Tales from The Desert on a variety of guitars in unique tunings.

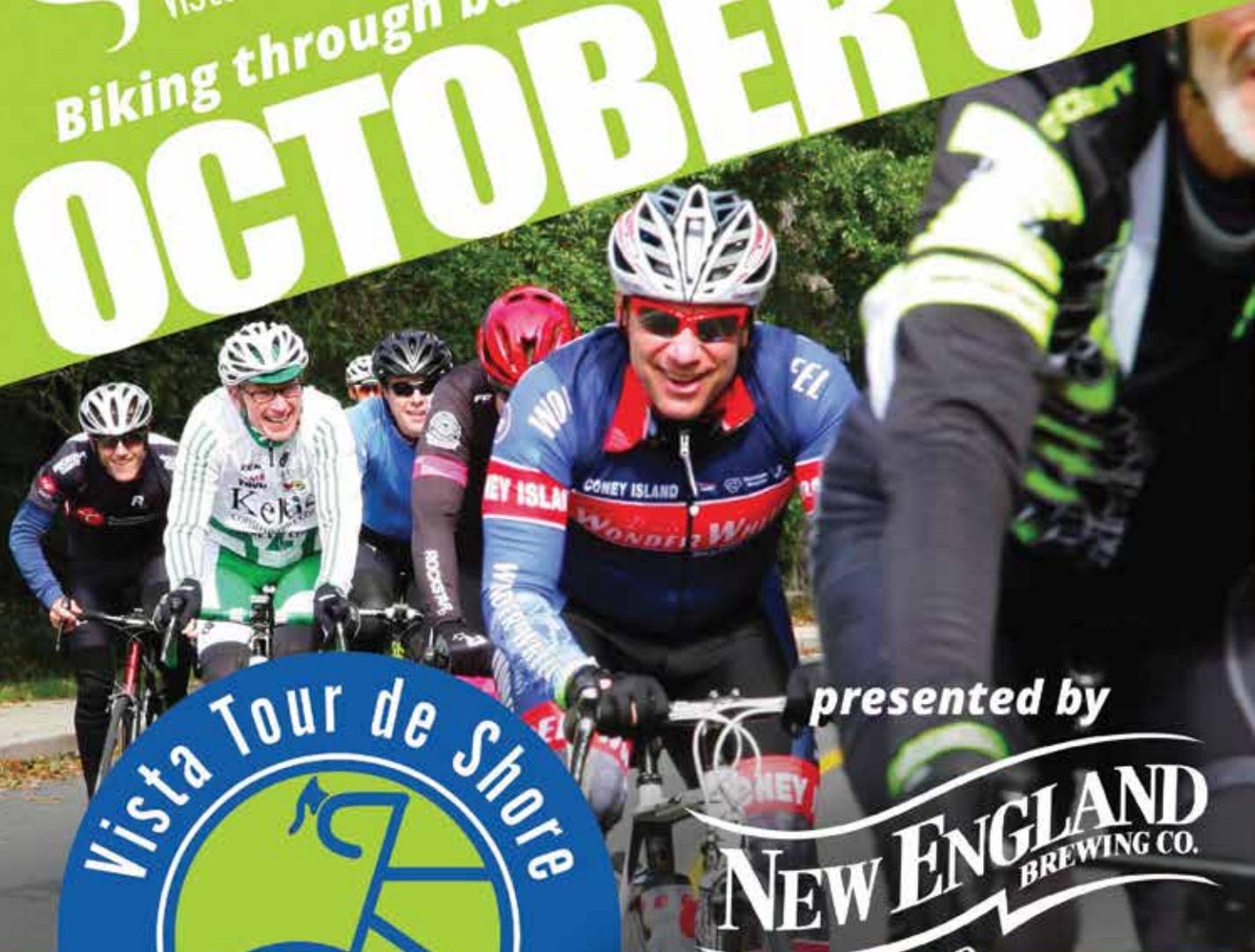
NEW JIM CROW:

Mass Incarceration in the Age of Colorblindness Book Discussion

Wednesday, October 9 - 7:00 pm

continued on page 24

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Library... continued from page 22

Join us for a six-week discussion of *New Jim Crow: Mass Incarceration in the Age of Colorblindness* by Michelle Alexander and Cornel West.

The New Jim Crow is a stunning account of the rebirth of a caste-like system in the United States, one that has resulted in millions of African Americans locked behind bars and then relegated to a permanent second-class status-denied the very rights supposedly won in the Civil Rights Movement. The New Jim Crow tells a truth our nation has been reluctant to face as it challenges the civil rights community-and all of us-to place mass incarceration at the forefront of a new movement for racial justice in America.

Anne Wernau will facilitate this 6-week discussion. Anne is a retired educator at Safe Futures, anti-violence educator in the local public schools, and has volunteered for the past 40 years teaching the decision-making program at Janet S. York Correctional Institution in Niantic. Copies of the book will be available at the Check Out Desk.

The discussions will take place on the following dates at 7:00 pm:

| | |
|-----------------------|------------------------|
| Wednesday, October 9 | Wednesday, October 30 |
| Wednesday, October 16 | Wednesday, November 6 |
| Wednesday, October 23 | Wednesday, November 13 |

AQUATIC WEED CONTROL IN CT LAKES

Tuesday, October 22 - 7:00 pm

Don Danila, a retired fisheries biologist, will discuss various methods of controlling nuisance aquatic weeds in lakes, including physical, mechanical, chemical, and biological means. A focus will be on the potential use of a sterile fish species, the grass carp in East Lyme's Pattagansett Lake. Facts about this fish, which has been successfully used elsewhere in CT, will be presented. The challenges and costs of aquatic weed control also will be outlined.

THE POE YOU DON'T KNOW

Monday, October 28 - 7:00 pm

Born in the same year as Abraham Lincoln (1809,) Poe only lived 40 years but in that short time his influence both on literature and on popular culture has been enormous. This presentation will focus on Poe's lasting contributions to literature and to popular culture as well as on his cosmology-a seldom discussed but important aspect of his view of the world.

Poe's theory of unity as embodied in his tales, poems, and in his essay entitled "Eureka," contains, according to British philosopher and writer Colin Wilson, "some staggering, almost incredible insights" into the operation of the universe. Come and learn more about this influential but often misunderstood man with retired educator, Phil Devlin.



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TRIVIA NIGHT

October 29 - 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.

Programs for Children, Tweens & Teens

All Programs Begin October 1st

STORYTIME PROGRAMS

No registration required. Children must be accompanied by an adult caregiver.

MONDAYS

10:00 to 10:45 am - All Ages Storytime.

Stories, songs, dances, and playtime.

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

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

TUESDAYS

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

Nursery rhymes, songs, and playtime.

11:00 to 11:45 am - Storytime for Ages 3 to 5.

Stories, movies, and crafts.

WEDNESDAYS

2:15 to 3:00 pm - Storytime for ages 3 to 5.

Stories, movies, and crafts.

6:30 to 7:30 pm - Evening Storytime for all ages.

Storybook movies and coloring activities.

THURSDAYS

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

Nursery rhymes, songs, and playtime.

11:00 to 11:45 am - Storytime for ages 3 to 5.

Stories, movies and crafts.

FRIDAYS

10:00 to 10:45 am - All Ages Storytime.

Stories, songs, dances, and playtime.

Programs for Middle Schoolers

THURSDAYS

3:00 to 4:45 pm - Afterschool Movies and Film

Discussion for tweens in grades 5, 6, 7, & 8.

FRIDAYS

3:00 to 4:45 pm - Tween Style Council: Plan events,

talk about books, and decorate the children's department.

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

Special Programs

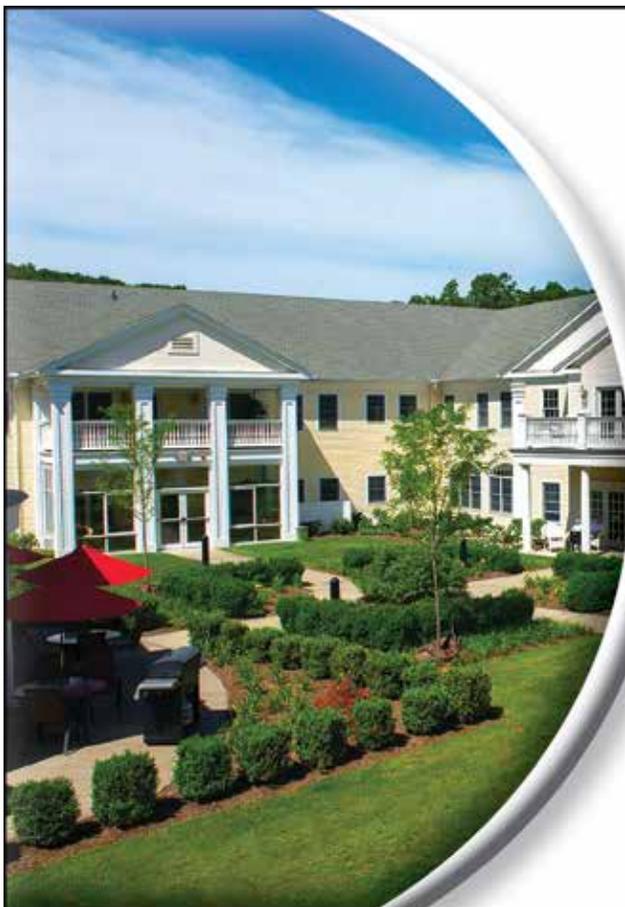
Not-so-Spooky Halloween Storytime for all ages Friday,

October 25th and Monday, October 28th 10:00 to 10:45 am.

Trick-or-treat in the Library!

The Style Council presents . . . Silly Halloween Fun for the

Whole Family! Not-so-spooky stories, puppets, dances and fun for the whole family! Friday, October 25th 4:00 to 4:30 pm.



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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. 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

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 11:45am. 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, Sep 4th - Enjoy an afternoon at Theater by the Sea for their production of "Saturday Night Fever." Lunch on your own in the lovely seaside town of Galilee, RI. Trip fee is \$70pp. Moderate walking. Registration has begun.

Tue, Sep 24th - Webster Lake in Webster, MA and enjoy a lovely riverboat cruise. Lunch is included and will be at the Waterfront Dining Room. Menu choice is needed upon registration. After lunch, enjoy free time to shop at Foppema's Farm. Trip is \$89pp. Moderate walking. WAIT LIST ONLY.

Tue, Oct 1st - Join us for a narrated tour of a Cranberry Bog at A.D. Makepeach Co - the world's largest cranberry grower. Lunch is included at Lindsey' Family Restaurant and menu choice is needed upon registration. Stop at Dorothy Cox Chocolates Factory before heading home. Trip fee is \$92pp. Moderate walking. Registration has begun.

Tue, Oct 15th - Polka at the Aqua Turf featuring the The Polka Family Band. Bring your dancing shoes or just come for the fun music. Lunch included. Trip fee is \$73pp. Minimal walking. Registration has begun.

More info to follow on 2 upcoming Day Trips for November and 1 Day Trip for December.

OVERNIGHT TRIPS/CRUISES

Sept 9-15, 2019 - Cruising Maine and Atlantic Canada 8 day Package 1B \$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 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.

continued on page 28



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Senior Center ... continued from page 27

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 classes

Session class - Call for class fee & schedule.

WEIGHT LIFTING: Tue & Thu 10:15am 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.

PACE: Thu 1:00 pm

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

HIKING: Every Fri starting Sep 6th and ending Oct 27th.

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

PICKLEBALL: Sat 10:30 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: Starting in Sep.

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 9:30am

No instructions only camaraderie! No fee.

STITCH HAPPENS: Wed at 9:30 am

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LEARN TO DRAW: Thu at 10:00 am

Minimal supplies needed. Call to register. No fee.

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

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

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

Must know the game. No fee.

BRIDGE: Shoot Out played Tue 1:00 pm.

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

POPULAR VARIETY GAMES: Tue at 1:30 pm

Classic Table Top games. No fee.

ACBL SANTIIONED BRIDGE: Duplicate Bridge played Wed 1:00 pm

Must know the game. Contact mikehajosy@gmail.com for questions or to register. Fee \$7.00pp (\$1pp if 26 or younger.)

BRIDGE: Duplicate Bridge played Thu 1:00 pm

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

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 11:00 am

Call to register. No fee.

GUITAR LESSONS: Thu 12:30 pm

Session class - Call for class fee & schedule.

DANCES: Fri at 7:00 pm on 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

Registration at the Senior Center Office with payment. \$5 fee. continued on page 30



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Senior Center ... continued from page 29

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

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

REFLEXOLOGY: 2nd & 3rd Wed every month starting at 12:30 pm

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

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

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

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 every month 1:15 pm to 2:15 pm

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

Must have an appointment.

Every Month

Theme Meals & Musical Entertainment
Special Events

East Lyme Public Safety's Fall Safety Check List

ANNUAL MAINTENANCE

Schedule annual maintenance for fuel burning appliances and your chimney with a licensed & insured professional. These annual inspections provide early detection of problems that could cause failure to operate as well as reduce the risk of fires, carbon monoxide poisoning and structural deterioration.

BE PREPARED!

Fall is also a great time to have your generators and snow removal equipment serviced! Winter is right around the corner. You will rest easy knowing that you are ready to remove snow and have backup power if utility services go down.



CHECK YOUR BATTERIES

November 3rd 2019 we set our clocks back one hour. Be sure to create a reminder to test your smoke and carbon monoxide (CO) detectors! Some newer detectors have 10-year batteries. If you have these newer models and they work when tested, you should be all set! If not, change the batteries! All detectors should be tested EVERY MONTH to be sure they are working properly.

DO YOUR DETECTORS NEED TO BE REPLACED?

Check the date on the back of the detector. If it is more than 10 years old, not working when tested (even after replacing the battery) or you can't find a date, replace it. Some detectors are hard to reach. It may be helpful to make a list of each detector location, along with the expiration date and tape it to the inside of a cabinet door in your kitchen for easy access.

WHAT DO YOU DO WITH YOUR OLD DETECTORS?

Smoke Detectors: Newer smoke detectors are safe to dispose of with regular trash. If you have questions on older models, you can contact the Southeastern CT Regional Resources Recovery Authority (SCRRRA) at: 860-381-5558.

CO Detectors should not be put into your regular trash. East Lyme residents can drop them off for safe handling at any SCRRRA multi-town collection program for household hazardous waste (HHW).

Dates for collections happening this fall: HHW Collection & Paper Shredding

Saturday, September 7th, 2019,
9:00 am - 1:00 pm

Wheeler High School, North Stonington

HHW & Paper Shredding

Saturday, October 19th, 2019,
9:00 am - 1:00 pm

Griswold Highway Garage, Griswold

HHW & Paper Shredding

Saturday, November 2nd, 2019,
9:00 am - 1:00 pm

Ledyard Public Works / Transfer Station, Ledyard

For more info on other HHW collected at the above events, visit <http://scrrra.org/what-goes-where/>.



PURCHASING NEW SMOKE DETECTORS

Which smoke detector you buy is a personal decision, but there are some features you should know about before making your selection. Some newer smoke detectors also function as a carbon monoxide detector. If you don't have a CO detector in your house, this is a good option. Wireless smoke detectors are convenient, but they can only connect to other wireless alarms of the same model. If you're replacing all of the smoke detectors in your house and choose the wireless option, be sure to purchase the same make and model.

Check the manufacture date! Since smoke alarms have a fairly static 10-year lifetime, buying one that has been on the shelf for two years will only give you 8 years of use!

Public Works

COMING SOON

- A sticker will be placed on your recycling can to help you determine what goes where. Note that only #1 and #2 plastics are acceptable.

Call: 860-691-4118 with any recycling or public works questions or visit: www.eltownhall.com.

ALLOWED IN RECYCLING CONTAINER

ALL RECYCLABLE ITEMS MUST BE CLEAN.

FLATTEN OR NEST BOXES WHEN POSSIBLE.

PLASTIC CONTAINERS LABELED #1 or #2.

NOT ALLOWED IN RECYCLING CONTAINER

FOR MORE INFORMATION OR HOW TO RECYCLE ITEMS NOT ALLOWED IN RECYCLING BIN PLEASE VISIT www.SCRRRA.org

FOR QUESTIONS ABOUT PICK-UP OR CONTAINER RELATED ISSUES PLEASE CONTACT EAST LYME PUBLIC WORKS 860-691-4118

Recycling Schedule 2019

HOW TO DETERMINE YOUR RECYCLING COLLECTION DAY

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

GARBAGE PICKUP LEGEND

- MONDAY
- TUESDAY
- WEDNESDAY
- THURSDAY
- FRIDAY

RECYCLING AND GARBAGE COLLECTION ROUTE
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Jackie Robinson: An Ongoing Legacy of Impact and Achievement

by Sigrid Kun



Rendering of future Jackie Robinson Museum. Courtesy Gensler/Ralph Appelbaum Associates/Mopix Studios.

Jackie Robinson's legacy is stronger than ever. It's not just every April 15th when each Major League Baseball team celebrates Jackie Robinson Day. Through the Jackie Robinson Foundation (JRF) he and his family continue to impact lives and improve the communities in which we live.

BREAKING BARRIERS

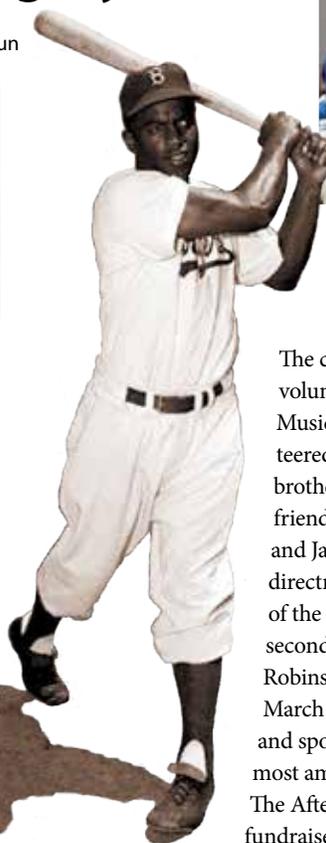
Born on January 31, 1919 in Cairo, Georgia, Robinson grew up in Pasadena, CA. He later attended UCLA where he became the only student to letter in four varsity sports in the same year. He was drafted into the U.S. Army in 1942 and became second lieutenant. In 1944, while riding a bus back to Camp (now Fort) Hood, he was court martialed for refusing to move to the back of the bus. This ultimately led to his honorable discharge that same year.

It was around the same time that the Brooklyn Dodgers found it important to integrate Major League Baseball. Robinson signed a contract with the Dodgers in 1945 and began his baseball career with the Montreal Royals. On April 15, 1947, the color barrier was broken. Robinson became the first African American to play Major League Baseball, playing first base for the Dodgers. He carried himself with honor and grace despite facing opposition from crowds and teammates as well as threats to himself and his family. Named Rookie of the Year in 1947, his 10-year MLB career was outstanding - including being named MVP in 1949 and a World Series win in 1955. He was inducted into the Baseball Hall of Fame in 1962.

ADVANCING EQUALITY AND CIVIL RIGHTS

Robinson transformed more than baseball. He and his wife, Rachel, became increasingly involved in the civil rights movement in the 1950s and 1960s. It was during this time (mid-1950s) that the family home in Stamford, CT was purchased - not without adversity. "Our parents faced housing discrimination during their search for a home," recalls Jackie Robinson's daughter, Sharon, who serves as Vice Chair of the JRF Board of Directors. "Andrea Simon, a prominent resident, heard of our difficulties and intervened." As Sharon and her brothers integrated into the neighborhood and schools, they faced various levels of racism. The home offered privacy, freedom, friendship, and sports.

And there were the wonderful jazz concerts. "Our family hosted our first 'Afternoon of Jazz' on our Stamford property in June of 1963," relates Sharon. "Dad was a fundraiser for the Civil Rights Movement" Robinson was also working with Dr. Martin Luther King Jr to raise money to rebuild black churches that had been bombed. The first concert was a fundraiser for Southern Christian Leadership Conference and came on the heels of Dr. King's efforts in Birmingham, Alabama.



Family portrait left to right: Sharon Robinson, Mom Rachel and David Robinson. Courtesy Jackie Robinson Foundation.

The concert was managed by a massive volunteer force of family and friends. Musicians (like Dizzy Gillespie) volunteered their time and talents. "My brother, David and I - along with our friends - sold hot dogs and sodas. Dad and Jackie Jr. parked cars. Mom was the directress with her hands in all aspects of the concert," recalls Sharon. The second concert was shortly after the Robinson family returned from the March on Washington. "Dr. King came and spoke to the crowd. It was one of the most amazing days of our young lives." The Afternoon of Jazz became a regular fundraiser for the Civil Rights Movement during Jackie Robinson's life. After he passed in 1972, the tradition continued with proceeds to support JRF.

A LEGACY OF IMPACT AND ACHIEVEMENT

Rachel founded JRF in 1973. JRF not only honors the memory of Jackie Robinson and his heroic achievements but also provides college and graduate student scholarships and leadership development opportunities for students of color with strong capabilities but limited financial resources. It is a two-pronged approach with four-year grants and hands-on, comprehensive support.

This year, JRF is commemorating the 100th birthday of Jackie Robinson with a year-long series of events to benefit not only the organization's programs but also the future Jackie Robinson Museum. The culminating event will be the opening of the Jackie Robinson Museum in New York City in December of 2019. "It has been our family's dream to have a physical space where my father's legacy and the values and ideals by which he lived could inspire others," says Sharon. "We are excited to shine a light on my father's life, while raising funds to continue to positively impact the lives of others."

"My parents taught me the importance of loving your world," adds Sharon - an accomplished nurse-midwife, professor, author and educational consultant within the Commissioner of Baseball's Office. "We have a favorite Jackie Robinson quote: *'A life is not important except for the impact on other's lives.'*"

Photo of Jackie Robinson/Getty Images.



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