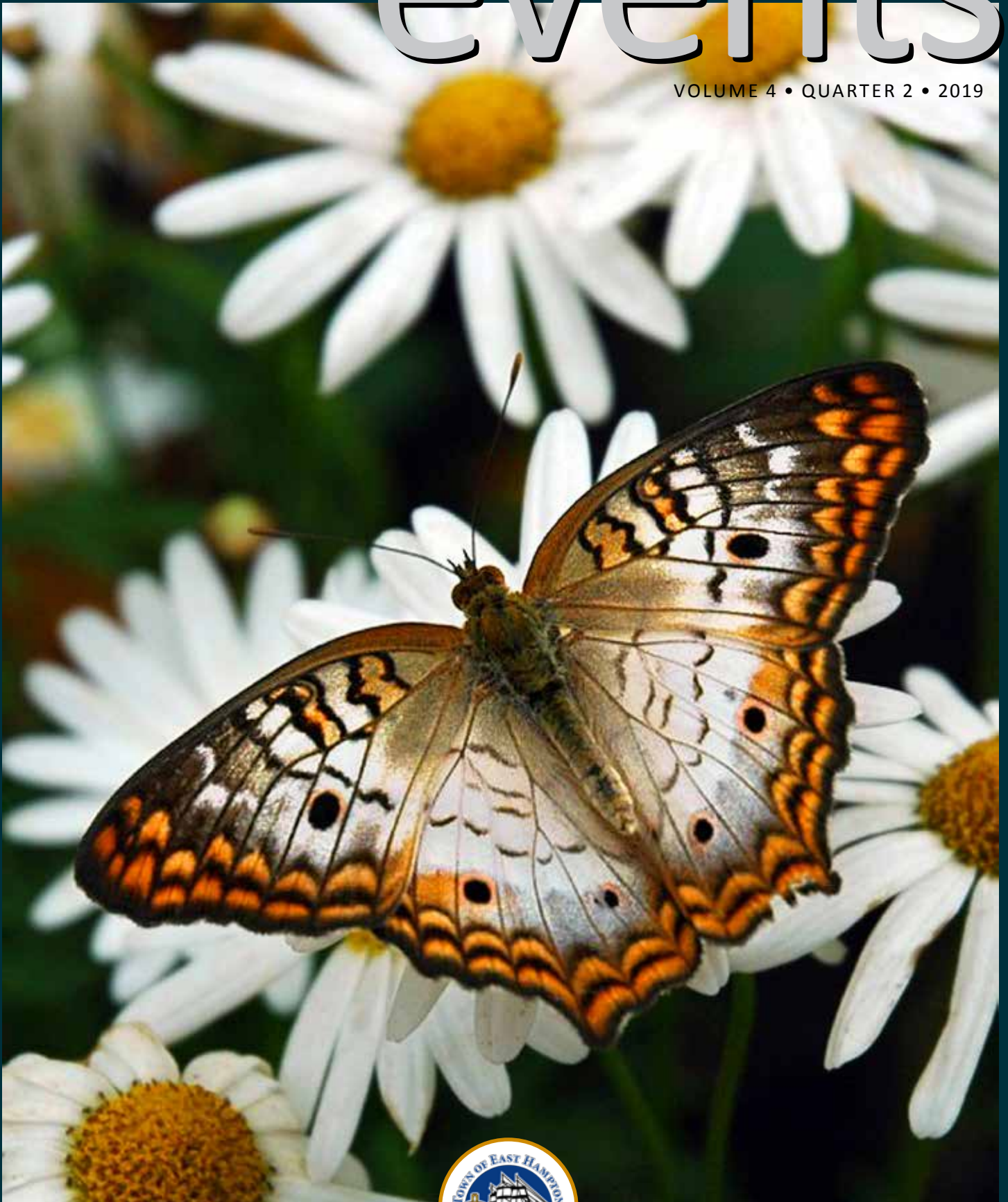


East Hampton events

VOLUME 4 • QUARTER 2 • 2019



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Town Manager's Corner

Dear Neighbors,

This will probably be the last time I write to you in the Events Magazine. My last official day as your Town Manager will be July 14, 2019. Over the past almost seven years we have seen some amazing successes and I thought it would be great to take a moment to remember them.

From 2012 to the present the Town staff and private contractors have paved over 20% of our community's roads. Through a bond issue approved by all of you, the Town was capable of reclaiming and paving 20 miles of roads throughout Town. Through your continued commitment of funding in capital, the Town staff have moved forward with road maintenance and enhancement. In addition to the roads, the Department of Public Works has either built or managed the replacement of two bridges, one on Long Crossing and one on Christopher Brook. Both of these projects had complexities in their own right but our community handled them with professionalism and diligence.

In terms of the lake, the Town has made efforts to secure open space in and around the lake including parcels like the one on O'Neill Lane. Sears Park is the only property the Town owns on the lake and from 2012 we have made an effort to reduce the impact that it has on the lake. From making a natural beach front

to implementing extensive storm water management systems, every effort has been made to limit the amount of nutrients that make their way into the lake. Lastly, the Department of Public Works has been making every effort to replace key catch basins in the watershed with infiltration models that limit the amount of direct run off and enhance the water quality.



Michael Maniscalco
Town Manager

Our village center is hitting its renaissance with the exciting news that almost every storefront on Main Street is full. In 2015, the Town took an aggressive stance toward cleaning up the village center with the removal of the water tower at 1 Watrous Street. This project not only removed a dangerous structure but also eliminated a blight situation. Through that activity, the Town has slowly and systematically cleaned up both 1 Watrous and 13 Watrous to a point that it should soon go on the market for a re-use. Lastly, through efforts of the Planning and Zoning department and the Town Council, a Tax Increment Financing District (TIF) was put in place in 2018 to begin to raise funds for further enhancements in the village center. Since the TIF was put in place the account already has \$5,000 that can be **continued on page 3**



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Photo by Lucinda (Cindy) Moriarty

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Arts & Culture Commission

Please visit our website at:

www.artsforeasthamptonct.org.

Come join our meetings every third Thursday
of the month 6:30 pm at the Joseph N. Goff House,
2 Barton Hill Road, East Hampton, CT 06424.

Town Manager... continued from page 1

used towards any number of public projects in the village center.

On the economic development front, East Hampton beats all of our neighbors and has been said to be "one of the busiest communities outside of Middletown in Middlesex County." The Town has issued 3 tax abatements since 2012 and all three of them have allowed developers and businesses to move forward. They include: Sports on 66, Edgewater Hill and 201 West High Street. Moreover, it is important to recognize on average every year we have seen close to 25 new homes built in our community. In comparison many of our neighbors are lucky to report 5. Along with economic development in 2012, I was tasked with bringing natural gas to East Hampton. For 2 years I worked with Connecticut Natural Gas to develop an expansion that would have minimal financial impact to the Town. As a result, we now have natural gas lines that service every major commercial customer and municipal building in the community.

Lastly and most importantly, I have worked to enhance our community's public safety. In 2012 I went for a ride along with some of our officers and was appalled to find they did not have computers in their cars and the majority of the fleet was in very poor condition. All of this does not even take into account the conditions of the department. Since then we have instituted the first revision of department protocols since 1975; all of the cars now have computers as standard police equipment and a majority of them are new; we are well on the way to completing a modern police department that will better service both the staff and residents; and we are getting closer to meeting the staffing levels the department had in 2008 when the department staff was reduced by 3 officers. Public safety also relies on our volunteer fire department. Since 2012 we have had a professional consultant review the department's equipment and facilities and develop a plan for how, when and with what the equipment should be replaced. Since then the Town has purchased an engine, a pumper and a ladder truck. We are on the verge of replacing another engine. The leadership in the Fire Department has taken training to the next level ensuring the appropriate training and physical fitness for all of the members.

Looking back over the last 7 years I could write on and on about the playgrounds, Airline Trail, programs and so much more. As I sit here and write to you I have many fond memories of where we have come from and this community can only be limited by imagination when thinking of where you will go. I wish every resident the best of luck and I look forward to hearing about each of your successes.

Best regards,
Michael Maniscalco, Town Manager

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New Town Facilities Project Update

Work continues on the new Town Facilities Project. The structural steel installation is complete. Construction on the roadway is in progress. Infrastructure including electric, sewer, water and natural gas has either been completed or is close to completion. Additionally, work has started to bring those utilities into the building.

Currently the project is on budget and working to a projected completion date in early 2020.



The drone picture was taken by Carl Guild of the real estate company Carl Guild and Associates.

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Office of the Assessor

REAL ESTATE CHANGE OF MAILING ADDRESS

The Office of the Assessor is responsible for all real estate mailing addresses. Once a mailing address is updated in our office the change is updated in the Collector of Revenue's Office for tax and/or sewer billing. If you recently changed your mailing address, please visit our office or our Change of Address Form on the Assessor's page of our website at: <https://www.easthamptonct.gov/assessor>. Additionally, give us a call just to confirm your mailing address. Quite often, tax bills are sent to mortgage companies. To receive additional mail from the Town an address update might be needed. This is especially true for post office box holders in the Middle Haddam and Cobalt sections of East Hampton.

ELDERLY AND TOTALLY DISABLED RENTER'S REBATE PROGRAM

Residents 65 years of age or totally disabled may be eligible for a

rent rebate under CT State law within the municipality where they currently reside; income guidelines apply and are adjusted each year. Applications were available as of April 1, 2019 and must be filed on or before October 1, 2019 with the Assessor's Office.

Per the State of CT Office of Policy and Management for the 2018 calendar year, the maximum income for a single taxpayer was set at \$36,000. The maximum income for a married couple was set at \$43,900. Additionally, the applicant must have lived in CT for one year.

The Assessor's Office is open Monday, Wednesday, Thursday 8:00 am to 4:00 pm, Tuesday 8:00 am to 6:30 pm and Friday 8:00 am to 12:30 pm. We can be reached at: 860-267-2510 or visit us online at: assessor@easthamptonct.gov.



VISIT East Hampton! • www.easthamptonct.gov

East Hampton is located 22 miles south of the state capital of Hartford and is equidistant from Boston and New York City. Our Town is known for its rich history, environmental assets, and small town charm.

We strive to preserve our rural-suburban character, our farmlands, watershed land, and historic structures by taking a long-term view. Enriching quality of life, respecting Town heritage, and building community are among our highest priorities.

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Office of the Collector of Revenue

CHANGE OF ADDRESS

The Office of the Collector of Revenue is currently preparing accounts to be billed for the upcoming fiscal year. It is important that we have your current mailing address so that you will receive your bill in a timely manner.

You may change your real estate address by filling out a Change of Address Form located on our website at: www.easthamptonct.gov and visiting the Assessor's page. For motor vehicle address changes you may visit the Department of Motor

Vehicles website at: www.ct.gov/dmv and change your address online. Connecticut law requires all Connecticut residents with a vehicle registration, driver's license, or non-driver identification card to notify the DMV within 48 hours of any change of address.

If you should receive your real estate tax bill and are escrowing your taxes through your mortgage company, please contact your bank immediately. Taxpayers who have not received a real estate tax bill

and are not escrowing their taxes should contact the Collector of Revenue for a duplicate bill. Failure to receive a bill does not invalidate the tax and respective penalties should the account become delinquent.

DELINQUENT TAXES

We will be conducting a Tax Sale Auction on June 25, 2019 in accordance with CGS 12-157. For more information on Tax Sales and for a listing of properties to be auctioned, please visit www.cttaxsales.com.

Police Department



The East Hampton Police Department would like to remind everyone that with warmer weather upon us, we all need to exercise additional care as we travel about the town. We will start to see an increase in pedestrian traffic and motorists need to pay special attention to the pedestrian crosswalks in town. Motorists need to be mindful of the posted speed limits and take

extra precautions when traveling around high traffic areas, such as the lake or areas where children may be playing.

We also want to remind everyone to lock their car doors and never leave valuables in plain sight. Secure them in the trunk or another secure location.

A Round of Applause for Supporting the Arts.



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of Middlesex County

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It takes a community to improve the quality of life for all – neighbors and friends who give their time and resources to support a passion or area of interest. We applaud the good people who are working in partnership to enrich and inspire creativity through the visual, written and performing arts.

Together, we are making a real difference. Thanks to our donors, funds, and our nonprofit partners, the arts are flourishing in our community – both “on stage” and “behind the scenes.” Together we are teaching our young people – and people of all ages – to sing, dance, sketch, paint, and even play an instrument. We are helping performing arts organizations purchase updated sound and lighting equipment to enhance production capability and audience experience. Thanks to you, our artists are sharing their talents and receiving that wonderful “Round of Applause.”

Thanks to you, by combining our resources, we are able to make even the smallest gift have a big impact - through charitable funds that support not only arts and culture, but also animal welfare, health and social services, education, history, the environment, civic improvements, recreation, and economic security and opportunity.

We celebrate all of you who share the same desire to help our local community thrive today, and tomorrow.

We invite you to learn more by calling us or visiting us online.

Town Clerk's Office

JUNE IS DOG LICENSE MONTH!

All dogs 6 months or older must be licensed each year in the town where they reside. A current rabies certificate is required for all dogs, and a neutered/spayed certificate is required for dogs that will be licensed for the first time.

Dog licenses may be obtained at the Town Clerk's Office on Monday, Wednesday and Thursday, 8:00 am to 4:00 pm, Tuesday, 8:00 am to 6:30 pm and Friday, 8:00 am to 12:30 pm or by mail. If applying by mail, include a check for the proper fee, made payable to the East Hampton Town Clerk, all certificates, and a self-addressed, stamped envelope, and mail to Town Clerk, Town Hall,

20 East High Street East Hampton, CT 06424. All certificates will be returned with the new license and tag.

You can renew your dog license online through the Town Clerk's online dog renewal system. To renew online you must have a current rabies certificate on file with the Town Clerk's Office. You can access the online dog renewal system at <https://www.easthamptonct.gov/town-clerk/pages/dog-licenses>.

Would you like to receive your dog renewal card via email? If so, please send me your email address to townclerk@easthamptonct.gov.

Registrar of Voters

Under the direction of our Secretary of State, the Registrar of Voters Office must perform all duties in accordance with the Connecticut State Statutes. The responsibilities include, but are not limited to, the management of all election processing for the town; the maintenance of accurate voters' registry list; and the preparedness of the election officials and voting equipment.

The Office of the Registrar strives to be non-partisan, unbiased, and fair. It is our continued practice to treat every person and issue with respect and dignity. Office hours: Tuesdays 11:00 am - 4:30 pm.

VOTER REGISTRATION

Do you need to:

- register to vote?
- change registration
- address
- party affiliation
- name change
- etc.

Options

- Online: <https://voterregistration.ct.gov> (link to state website)
- In-person - Town Hall (M-W-Th 8:00 am - 4:00 pm, Tues 8:00 am - 6:30pm, Fri 8:00 am - 12:30 pm)
- Driver's license

Am I registered? What is my party affiliation? Visit <https://portaldir.ct.gov/sots/lookup.aspx>.

WHERE WE VOTE

Middle School, 19 Childs Road. Hours: 6:00 am to 8:00 pm. The best time to vote is 10:00 am to 2:00 pm. We realize not everyone can vote during these hours. It's only meant as a recommended time as there is the least amount of voters.

DEFINITIONS

Referendum: specific to town - normally our town budget referendum

Election: state/nationwide and decides leadership at the national / state / local level. Normally held early November.

Absentee voting is available for all elections/referendums. Rules for both elections/referendums are: you will be out of town on the day of election/referendum between the hours of 6:00 am to 8:00 pm. This is a State Statute.

Timing rules on acquiring an absentee ballot

- Referendums: Ballots are not available until the town meeting, held on the Monday before a Tuesday referendum (7 days)
- Elections - by state parameters, normally a month before election

Further questions?

Call: 860-267-2519, ext. 321; email at: registrar@easthamptonct.gov.

Public Works

The Public Works Department officially said goodbye to winter in mid-April. It is with no regret that this is said, with snow fall on November 15, 2018 and storms, many of them, ice-related, which continued until the end of March.

Casualties of winter weather work are potholes, curbing and lawns. The Public Works Department will begin to address these areas. Guardrail posts and signs will need attention and will be addressed. Winter equipment will be examined and evaluated, necessary repairs made, and stowed away until next winter. Asphalt plants have opened and will help the Department start



making the necessary asphalt repairs. Road sweeping for the entire town will also begin soon. Some drainage projects will be done, along with repairs to certain catch basins.

Cemetery clean-up and mowing will be done before Memorial Day. Roadside mowing will begin in May and continue through summer and fall. If budget allows, some road paving will be accomplished. As always, the Transfer Station will be open Saturdays from 7:30 am until 3:30 pm.

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East Hampton Building Department

“THANK YOU!” . . .

From Glen LeConche, Building Official, and Christina Soulagnet, Permit Technician.

The “FREE” Seminar Series hosted by the Building Department in conjunction with the East Hampton Library was very successful!

“Thank you!” to the Residents! Because of your attendance, we were able to communicate the important message of “safety,” we provided beneficial resources and created a forum for Q & A at our 3-part seminar series, which included:

HOW TO HIRE A CONTRACTOR (March)

HOME SAFETY (April)

DECK SAFETY (June)

“Thank you!” to Ellen Paul, Library Director, for her assistance, coordination, and support of our educational seminars and for the use of the Library space.

“Thank you!” to Dennis Woessner, Police Chief, for his time, expertise and valuable experience regarding protection and safety of your home.

“Thank you!” to Nancy McAuliffe, Chatham Health, for educating us about radon, lead and well contamination.

“Thank you!” to Richard Klotzbier, Fire Marshal, for his expertise of fire safety in your home, critical lifesaving practices for your home, as well as his availability and time.



Building
Department
Webpage

All of the information from the Seminar Series will be available on the Building Department Page of the Town Website. Please visit: www.easthamptonct.gov and click on Building, then Seminar Series. Or call our office at 860-267-9601.

*Want to Reach Every Home and Business in Town?
Call Judy DuMouchel at 860-304-1496*

East Hampton Town Directory

www.easthamptonct.gov

Animal Control (24 hour dispatch)860-873-5044	Human Resources860-267-4468
Assessor860-267-2510	Parks & Recreation860-267-7300
Board of Education860-365-4000	Police Department (non-emergency) ...860-267-9544
Building/Planning/Zoning860-267-9601	Probate Court860-295-6239
Chatham Health District860-365-0884	Public Library860-267-6621
Collector of Revenue.....860-267-2300	Public Works.....860-267-4747
Emergency Management.....860-267-0088	Senior Center860-267-4426
Finance Department860-267-7548	Town Clerk860-267-2519
Fire Marshal860-267-0088	Town Manager.....860-267-4468
Food Bank860-365-5978	Water Pollution Control Authority ...860-267-2536
Housing Authority860-267-8498	Youth & Family/Social Services.....860-267-7300

Planning & Zoning Department

ACCESSORY STRUCTURES

- PERMANENT OR TEMPORARY?

As winter slowly turns to spring we'll all be thinking about getting outside and working in the yard. As we start to use more tools and machines for those spring and summer activities, the need for more storage always arises.

There have been a number of questions about "temporary" structures and the zoning requirements in town. Many buildings that are used in the backyard are considered temporary by homeowners and retailers alike but in actuality remain in place year after year. "Temporary" buildings tend to include things like hoop houses, plastic or metal sheds from big box home improvement stores, or enclosures around cars and lawnmowers. All of these structures require Zoning Approval.



Please keep in mind that the East Hampton Zoning Regulations state that anything with a roof intended as shelter of any animal or equipment must be reviewed and approved by the Planning and Zoning Department before installation. Different sized buildings have different requirements.

The zoning review work is for your benefit.

Our review allows us to ensure that your new structure is in fact on your property and not too close to your neighbor.

We also ensure that you are not negatively impacting wetlands, and that the structure won't blow away in high winds. This also prevents the overcrowding of land and ensures proper stormwater infiltration.

The regulation of the placement and size of buildings protects you and your neighbors' property values and ensures quality of life and creates an attractive place to live.

Please stop into the Planning and Zoning office before placing any structure, permanent or "temporary" on your property so that we can assist you with getting the extra storage space you need!

To download previous issues of East Hampton Events visit www.eventsmagazines.com and download the issue you desire!



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PARKS & RECREATION



MISSION STATEMENT

The East Hampton Parks and Recreation Department is committed to providing innovative program opportunities and well-maintained facilities that enrich the East Hampton community.

STAFF

Jeremy Hall, Director
Shawn Mullen, Program Coordinator
Sheri Yorker, Office Assistant
Joshua Seymour, Parks Maintainer II
Brian Miner, Parks Maintainer I

ADVISORY BOARD MEMBERS

Deborah McKinney, Chairperson
Tim Adams Sheryl Dougherty
Chris Hanson Courtney HYTE
Daniel Roy Jessica Rurka

CONTACT INFORMATION

PARKS AND RECREATION DEPARTMENT

www.easthamptonct.gov
Telephone: 860-267-7300 Fax: 860-267-1027
Jeremy Hall: jhall@easthamptonct.gov
Shawn Mullen: smullen@easthamptonct.gov
Sheri Yorker: syorker@easthamptonct.gov

MAILING ADDRESS

Parks and Recreation
20 East High Street
East Hampton, CT 06424

DROP IN LOCATION

240 Middletown Avenue
East Hampton, CT 06424

Afternoon Adventures After-School Program

860-367-5429

Sears Park Pavilion

860-267-7178

Youth and Family Services

860-267-7300

Sears Park

FACILITIES: All rental request forms are available online at: www.easthamptonct.gov.

PAVILION: Residents of East Hampton can rent the Pavilion for events for full or half-day rentals. The fees are \$75/half-day or \$125/full day. All reservations require a security deposit of \$125.

LION'S PICNIC SHELTER: Sears Park patrons may use this shelter when it is not reserved. Reservations are posted daily on the small kiosk next to the shelter with the specific reservations for that day. There is no cost to reserve the shelter; however, a completed reservation form is required.

GOVERNOR WILLIAM A. O'NEILL PERFORMING

ARTS GAZEBO: The Gazebo can be used for small family oriented performances and programs such as small musical performances, magic shows, plays, variety groups, etc. Music concerts are restricted to acoustic, instrumental or small jazz venues. Weddings and other special celebrations will be considered. Venues are lawn seating. The gazebo will not be used for loud bands and or concerts. The fees are \$75 per day and a \$25 additional fee is added on if electrical or stage lighting is required. All reservations also require a \$125 security deposit.

FREQUENTLY REQUESTED INFORMATION

EAST HAMPTON LITTLE LEAGUE

www.easthamptonlittleleague.sportssignup.com
For boys and girls ages 6 - 18 (by July 31 of the current year)
Registration takes place in January
Practices for the season begin in late March
Opening day is in April
Fall season begins in September and is open for children ages 8 years and up

EAST HAMPTON TRAVEL BASEBALL

Tom Weyrauch - 860-881-7360

YOUTH FOOTBALL AND CHEERLEADING

www.ehyouthfootball.org
For boys and girls ages 7 - 14
Email: info@ehyouthfootball.org

EAST HAMPTON SOCCER CLUB TOWN RECREATIONAL LEAGUE

www.easthamptonsoccerclub.org
For boys and girls pre-K - 8
Spring season is late March-June
Registration for spring takes place in January
Fall season is late August-October
Registration for fall takes place in June

PARKS & RECREATION

TRAVEL SOCCER

www.easthamptonsoccerclub.org

For boys and girls ages 8 – 18

Email Soccer Club for tryout information

JOSEPH N. GOFF HOUSE

Contact: Brian Lemire - 860-467-4001

EPOCH ARTS

www.epocharts.org

Email: info@epocharts.org

Contact: Elizabeth Namen 860-365-0337

REGISTRATION AND PROGRAM INFORMATION

Program enrollments are accepted online at: www.easthamptonrec.com. Registration forms are available online at: www.easthamptonrec.com and at the Parks and Recreation office.

All registration forms must include payment. Payment is required at the time of registration. All registrations are taken on a first come, first served basis. We accept MasterCard and Visa. Please make checks payable to East Hampton Parks and Recreation. Cash payments should be made in the office only. Please do not try to register or pay program instructors unless indicated.

Registration confirmations are available by email if subscribed to on your main account page at www.easthamptonct.gov. No other confirmations are provided; however, if you have registered with us and paid, you will be on the final roster.

Program Refund Policy as of September 1, 2018

If you are unable to attend a program you have registered for, please contact us. You must contact us 7 days before a program starts to receive a 100% refund. Cancellations inside of 7 days will receive a 50% refund or be issued an account credit for another activity. After the program starts no refunds will be issued. Our ability to refund money for trip cancellations depends on our contractual agreement with the travel companies.

In the event of inclement weather, all programs are cancelled if school is closed or has an early dismissal. Cancellation information is posted on WFSB Channel 3 Early Warning Network. Households who have subscribed to the online registration site's e-mail notifications will receive an e-mail regarding the cancellation. Program times are subject to change based on enrollment numbers. Programs will be cancelled if the minimum enrollment number is not reached.

SCHOLARSHIPS

Applications for reduced-tuition scholarships are available at the Parks and Recreation Office and Youth and Family Services. All information is strictly confidential. This is an application process. Only programs run directly by East Hampton Parks and Recreation qualify.

A portion of your enrollment fee may be put into your Special Revenue Program account for the East Hampton Parks & Recreation Department to maintain or enhance this program or other programs. This fund is not associated with the General Fund of the Town of East Hampton.

SEARS PARK FAMILY FUN NIGHT

Thursday, July 25th!

Join us for a fun filled evening in Sears Park. We will have games, prizes and a bounce house setup starting at 5:00 pm followed by popcorn, refreshments and a movie at 8:30 pm (refreshments available for a small fee.)

EXPLORING AND EXPERIMENTING

Do you like being outdoors, exploring and having fun doing hands on science experiments? Then this is the camp for you! This week is full of messy experiments and outdoor water adventures!

Location: Memorial School

Cost: \$120

For: Entering Grades 1 and 2

Dates: Monday - Friday, June 24 - June 28

Times: 8:30 am - 12:30 pm

AFTERNOON ADVENTURES - After School Program

Afternoon Adventures meets at Memorial Elementary School before and after school each day from 7:00 am - 8:30 am and 3:00 pm - 6:00 pm. Students in grades K-5 can attend the program on a full time or part time basis. Registration is done on a monthly basis, either online or at the Parks and Recreation Office. You must enroll for the whole month and may register for two days per week, three days per week, or full time. Your daily schedule must be provided to the Parks and Recreation Office upon sign up (example: Tuesdays, Wednesdays, and Fridays.)

We emphasize healthy snacks, activities, and habits. Please send your child with a healthy snack each day. The children have time for play outside (weather permitting) every day or time in the gym. Everyone does homework or quiet reading; then they enjoy crafts, games, special guests and play with staff and their peers until pickup time.

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Care is provided on scheduled school half days from when school gets out until 6:00pm for no additional charge. Registration for 2019-2020 school year will start in June of 2019.

Location: Memorial Elementary School, Cafeteria
 Cost: Monthly Registration
 Cost depends on number of days attending.
 Visit www.easthamptonrec.com for rates
 Dates: Monday-Friday of school days; First day of school - last day of school
 Times: 7:00 am - 8:30 am and 3:00 pm - 6:00 pm

FAIRY GARDEN CAMP

During this week your child will get to read about, explore, and create a fairy garden! This camp will allow your child to create a magical garden for their fairies and even make fairies for the gardens! Each day we will have a snack, a book we share about fairies, and then we will be crafting and creating FAIRY FUN! Your child will make houses, accessories, and settings for fairies using a variety of materials, many found in nature! Come create the magic of fairy gardens. (If your child is participating in Ninja Camp with me in the morning they can stay with me and have their lunch from 11:30 am - 12:00 noon.)

Location: Memorial School
 Cost: \$110
 For: Grades K-3
 Dates: Monday - Friday, June 24 - June 28
 Times: 12:00 pm - 2:30 pm

FAIRY TALES AND STEM

This course will combine the subjects of Science, Technology, Engineering, Art, and Acting to explore and examine popular Fairy Tales. Through enchanting engineering and charming challenges students will rediscover Fairy Tales with a twist. We will help Cinderella create a new castle, help the Gingerbread Man to engineer a paddle boat to get away from the fox, and even help Goldilocks make amends for breaking Baby Bear's Chair by building a new, stronger one. To top off the week we will be practicing and performing readers theater involving some of our favorite Fairy Tales. Come join us for a week of imagination and creativity! Mrs. Stockburger & Mrs. Zimmitti

Location: Memorial School
 Cost: \$120
 For: Grades 2 - 5
 Dates: Monday - Friday, June 24 - June 28
 Times: 9:00 am - 12:30 pm

ZUMBA® WITH DAVID TIEFENBRUNN

Zumba® is a dance fitness class using music and rhythms from around the world. Using a mix of high and low intensity moves, you get a calorie burning full body workout. Zumba® is adaptable to your particular condition and or limitations. Some of the

benefits of Zumba® include improved endurance, strength, balance, flexibility and heart health. The upbeat music and movements improve mood. The dance aspects are good for keeping your mind sharp. Come try a class or 2 - if you enjoy the music, the moves will come to you - Ditch the workout, join the party!

Location: Memorial School Cafeteria / Sears Park Pavilion after June 5th.
 Dates: Monday and Wednesday
 Times: 6:30 pm - 7:20 pm
 Notes: Wear sneakers or Zumba shoes, bring a water and towel
 Class Prices: CARDS
 \$75 for 10 classes. No expiration date
 DROP INS
 \$10 drop in anytime
 Register online at: www.easthamptonrec.com or pay David at class. All checks need to be made out to East Hampton Parks and Recreation.

LITTLE PEOPLE'S CAMP

Our Little People sure feel like big kids when they go to camp. They will do crafts, play indoors and outdoors, and enjoy a story and snack under a shady tree with their buddies. Participants should bring a snack and a drink daily. Don't forget to apply sunblock before coming.

Location: Center School Gym
 Cost: \$65 per week
 For: Ages 3 - 6
 Dates: Monday - Thursday
 Session I: June 24 - June 27
 Session II: July 15 - July 18
 Times: 9:00 am - 11:30 am

NINJA WARRIOR AND NERF BLASTER CAMP

You will have loads of FUN tackling different ninja warrior obstacle courses and playing nerf blaster games in this camp! Each day a different course will be set up for you to accomplish! All children will tie dye their very own ninja headband. In addition to training to be a ninja warrior you will participate in a variety of interactive nerf blaster games throughout the week. For example, we will play nerf blaster capture the flag, last man standing and protect the President. Each child will need to bring their own nerf blaster. Nerf darts and safety goggles will be provided daily.

Location: Memorial School
 Cost: \$110
 Dates: Monday - Friday, June 24 - June 28
 Times: 9:00 am - 11:00 am

THE DRONE EXPERIENCE

Have you ever wanted to fly a real drone? Come spend a couple hours flying a \$2000 drone equipped with all the latest technology.

Parks & Recreation

During our time together, you will learn how to operate my drone and have your own personal time flying around Memorial school. You will receive your own drone camp T-Shirt; a drone pilot license and you will get pictures and videos of you flying. That's right! The drone has its own built in high definition 4k camera. We can also test our mini indoor drone and fly through obstacle courses throughout the school. Come learn and become an official drone pilot. Please note this a one-time 2 hour flying experience and not a week-long camp. Rain date make-ups are easily available.

Instructor: Mr. Gowac (Memorial School 2nd Grade Teacher) - Part 107 FAA Certified Drone Operator.
Location: Memorial School
Cost: \$85 / 2-hour session
Max Students per session: 2
Date: See www.easthamptonrec.com for availability

BAKING CAMP FOR GRADES 4-6

If you love to bake and create then this is the camp for you! During this week of camp, the children will bake a different decadent dessert each day. Each day will be fun-filled as the children learn and master the basic techniques of baking. We will whip up some sweet recipes that will keep your chefs cheering! Camp will not be held on July 4th.

Location: Memorial School
Cost: \$100
Dates: Monday - Friday, July 1 - July 5
(no camp July 4)
Times: 11:30am - 2:30pm

SPA RETREAT CAMP

Join us for a relaxing week of pampering yourself. Throughout the week we will create a variety of refreshing accessories including a sugar scrub, lip gloss and will indulge in face masks and manicures. We will make fresh squeezed lemonade and a decadent dessert to enjoy a tea party with our favorite dolls. Camp will not be held on July 4th.

Location: Memorial School
Cost: \$100
For: Entering Grades 1 - 4
Dates: Monday - Friday, July 1 - July 5
(no camp July 4)
Times: 8:30 am - 11:30 am

JUST BEING ME

A camp for kids ages 9-14 to exercise, craft, and bake

In this camp your child will be able to do a variety of things! Come hang out with other kids your age and have a week of fun! Your child will be walking, baking, crafting, and making

memories! We will meet daily in a classroom at Memorial School.

Location: Memorial School
Cost: \$175
For: Ages 9 - 14
Dates: Monday - Friday, July 8 - July 12
Times: 9:00 am - 2:00 pm

SUPER SECRET SPY CAMP

Do you enjoy solving mysteries? Have you ever wanted to become a secret agent? Then this is the camp for you! If you want to undergo spy training to become a secret agent join us! Activities will include daily missions, learning how to read and create your own secret messages, dusting for fingerprints, creating a spy name and disguises, obstacle courses, putting together a spy toolkit and of course having FUN!

Location: Memorial School
Cost: \$175 - Full Day; \$110 - Half Day
For: Ages 5 - 12
Dates: Monday - Friday, July 8 - July 12
Times: 8:30am - 2:00pm or
Half Day - 8:30am - 11:30am

FIVE TOOL ALL STAR BASEBALL CAMP

Scott Wosleger

This clinic features age appropriate, comprehensive instruction from high school, college and professional coaches and players. Hitting, fielding, pitching, and mental training are all covered.

Skills and Evaluation Baseball Camp - Five Tool Baseball

Learn all the skills necessary to succeed at your current or next level of baseball. Additional bonus segment will include exposure to the bigger field basics like leading, stealing, pitching moves, etc. Video analysis and full evaluation/recommendation included. Age appropriate instruction.

Location: East Hampton Middle School Baseball Field
Cost: \$95
Dates: Monday - Thursday, July 15 - July 18
Times: 9:00 am - 12:00 pm

HOGWARTS SCHOOL OF WITCHCRAFT AND WIZARDRY

Headmaster Albus Dumbledore (Order of Merlin, First Class Grand Sorc. Chf. Warlock, Supreme Mugwump, International Confed. of Wizards) is pleased to inform you that you have been accepted at Hogwarts School of Witchcraft and Wizardry. All necessary books and equipment will be provided for you. You will participate in many classes including (but not limited to) Herbology, Charms, Transfiguration, Potions and even try your hand at Quidditch.

Sincerely, Minerva McGonagall ~ Deputy Headmistress

Location: Memorial School

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Cost: \$110
 For: Ages 7 – 12
 Date: Monday – Friday, July 15 – July 19
 Times: 8:30am – 11:30am

Summer Soccer Week

New for this season is a combination program with Ray Reid's Young Stars program in the morning and Futsal in the afternoons!

MORNING - Ray Reid's Young Stars Camp

Led by Coach Ray Reid's first-class coaching staff this program seeks to develop and improve each player's technique, skills and creativity with the ball. Players will be exposed to dribbling, passing, receiving, shooting, and small-sided games emphasizing touches on the ball and possession. The training focus for younger players ages will be to improve their skills in a fun-filled environment and players will work on technical refinement and receive an introduction to the tactical side of the game. The East Hampton Young Stars Camp features a strong coach-to-player ratio and a certified trainer will be on duty throughout camp. The Ray Reid Soccer School's Young Stars Camp will challenge players to keep improving their skills in a fun-filled environment while instilling a passion for the game. Players will receive a Ray Reid Soccer School camp t-shirt and a Young Stars Certificate. All players should bring their own soccer ball to camp. All participants should bring a soccer ball, water bottle, shin guards and lunch if staying all day. Lunch will be supervised by EHPR Staff.

AFTERNOON - Futsal

The aim of this program is to increase the players personal skills to the next level. Using Futsal (Futbol de Salao – Soccer in a Room) as a platform for high speed, high volume ball touches and maneuvering in tight spaces. A typical futsal game allows the player to touch the ball up to 600% more than traditional soccer thereby increasing the player's decision-making skills and comfort with the ball. A futsal ball is smaller and heavier, which allows the player to easily command the ball and in return increase confidence that seamlessly transforms to a soccer game. This process produces skillful players.

Location: East Hampton High School Fields and Gym
 Cost: \$250 - Young Stars and Futsal;
 \$170 - Young Stars Only;
 \$100 - Futsal Only
 Dates: Monday - Friday, July 15 - July 19
 Times: Young Stars and Futsal - 8:30 am - 2:45 pm
 Young Stars Only - 8:30 am - 11:30 am
 Futsal Only - 12:30 pm - 2:45 pm

THE WORLD OF ERIC CARLE

Do you enjoy reading? Do you like insects/animals and art

projects? Have you ever read books like "The Very Hungry Caterpillar" or "Brown Bear, Brown Bear?" If you enjoy all those things, then this camp is for you! We will explore the world of Eric Carle through books, crafts and sensory centers! It will be so much fun!

Location: Memorial School
 Cost: \$110
 For: Ages 4 - 12
 Dates: Monday - Friday, July 15 - July 19
 Times: 8:30am - 11:30am

U IS FOR UNICORNS & OTHER MYTHICAL CREATURES

Do you love unicorns? Would you like to create projects and learn more about these mythical creatures? Then this is the camp for you! Activities will include daily crafts and stories that center around unicorns and other mythical creatures like fairies and mermaids! Come and join me if you want to explore this magical world with me!

Location: Memorial School
 For: Ages 4 -12
 Cost: \$110
 Dates: Monday - Friday, July 15 - July 19
 Times: 11:30am - 2:30pm

WELCOME TO KINDERGARTEN

This camp is for children entering Kindergarten in fall of 2019. In this camp, your child will get to explore and see Memorial School. They will be able to craft, read, and play alongside of peers their age. Each day in kindergarten camp has a theme! The daily themes are: Letters, Clifford, Rainbow Fish, Elephant and Piggy, and Pete the Cat!

Location: Memorial School
 For: Entering Kindergarten
 Cost: \$110
 Dates: Monday - Friday, July 15 - July 19
 Times: 11:30 am - 2:30 pm

WET AND MESSY CAMP

This camp is for children ages 4-8 years who are ready to get wet and messy! Each day the children will be painting, gluing, having water fun, making slime, playdoh, and having hands on FUN! Dress your child for mess each day!

Location: Memorial School
 For: Ages 4 - 8
 Cost: \$110
 Dates: Monday - Friday, July 15 - July 19
 Times: 8:00 am - 11:00 am

ALL SPORTS CAMP

ALL SPORTS CAMP offers a variety of sports. Campers can choose to participate in sports clinics or recreational activities.

Parks & Recreation

The clinics emphasize development of skills through instruction, drills, and games. Recreational activities will be geared more to playing games. Awards are given out during the week. Session IV includes swimming.

Location: East Hampton High School and Sears Park
For: Entering Grades 1 - 8
Cost: Varies by session and activities see www.easthamptonrec.com for more information.
Dates: Monday - Friday, July 22 - July 26
Times: 8:15 am - 5:00 pm

ANIMAL EXPLORATION

In this camp your child will be able to explore a variety of animals with hands-on activities, crafts, cooking projects, and movement. They will be zoo keepers, paleontologists, safari leaders, and even farmers. If your children loves animals this may be the camp for them.

Location: Memorial School
For: Ages 4 - 9
Cost: \$110
Dates: Monday - Friday, July 22 - July 26
Times: 11:30 am - 2:30 pm

BAKING CAMP FOR GRADES K-3

Take over the kitchen with us as we learn to make delicious sweets and healthy treats! You'll leave at the end of the week with a recipe book, personalized apron and crafts, and a full tummy! We ask that all campers bring a snack and water bottle each day. Please note that both weeks of baking camp will include the same recipes and activities. If your camper will also be participating in a camp that starts at 11:30 am after baking camp, please let us know and we will make sure he/she gets to the second camp and has the opportunity to eat lunch in between.

Location: Memorial School
For: Entering grades K-3
Cost: \$115
Dates: Monday - Friday, Session I: July 22 - July 26;
Session II: July 29 - August 2
Times: 8:30 am - 11:30 am

EXPLORING PRE-K

In this camp your child will be able to explore and play in a pre-k classroom. The children will have a daily theme. Each day the children will be involved in an art project, sensory play, dramatic play, and read-alouds related to the theme! We will have snack together each day and play outside too! Come and have fun! Themes included will be: castles, space, farm, zoo, and camping!

Location: Memorial School
For: Ages 3 and 4
Cost: \$110

Dates: Monday - Friday, July 22 - July 26
Times: 8:00 am - 11:00 am

STEM CAMP

Calling all scientists, technicians, engineers and mathematicians! Are you up for the challenge? Prepare to get your creativity flowing. We'll spend the week planning and creating games and activities, like your very own mini-golf course, that will keep you occupied the rest of the summer! Please send your camper each day with a snack and water bottle.

Location: Memorial School
For: Entering Grades K-3
Cost: \$115
Dates: Monday - Friday, July 22 - July 26
Times: 11:30 am - 2:30 pm

CAMP CLARK

Do you like nature? Do you enjoy camping or always wanted to try? Then this is the camp for you! If you love camping or always wanted to get that CAMP experience come join me! Activities will include daily music around the "campfire," doing activities in a real tent, making s'mores, telling campfire stories, going on nature walks and of course having FUN!

Location: Memorial School
For: Ages 5 - 12
Cost: \$110
Dates: Monday - Friday, July 29 - August 2
Times: 11:30 am - 2:30 pm

DISNEY DAYS

Celebrate the "Wonderful World of Disney" with a week of fun! Each day we will create crafts, listen to songs, have snacks and play games centered around a different Disney movie! This is a fun camp for any girl or boy who loves all things Disney! We will have a Toy Story Day, Finding Nemo Day, Moana Day, Frozen Day and Mickey and Minnie Day! Hope to see you there!

Location: Memorial School
For: Entering Grades K-2
Cost: \$130
Dates: Monday - Friday, July 29 - August 2
Times: 9:00 am - 1:00 pm

FITNESS AND FUN

We'll be moving and grooving into the end of summer with our Fitness and Fun Camp! Each day we'll play sports, dance, compete in obstacle courses, learn to make healthy snacks and smoothies, and so much more. We'll even take a walk on the airline trail to enjoy exercising outdoors! Our goal for the week? Keep moving and have fun doing it! Please send your camper each day with a snack and water bottle, and apply sunscreen at home before camp.

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Location: Memorial School
 For: Entering Grades K-3
 Cost: \$115
 Date: Monday - Friday, July 29 - August 2
 Times: 11:30 am - 2:30 pm

ROCK PAPER SCISSORS

Do you love to create and craft? Would you like to create projects with paint, scissors, paper, glue, rocks, glitter and so much more? Then this is the camp for you! Activities will include many daily crafts that let your creative side come out and play! Each day will have new fun activities to make and add your own personalization to!

Location: Memorial School
 For: Ages 4 - 12
 Cost: \$110
 Date: Monday - Friday, July 29 - August 2
 Times: 8:30 am - 11:30 am

JEDI ENGINEERING WITH LEGO MATERIALS

The Force Awakens in this introductory engineering course for young Jedi! Explore engineering principles by designing and building projects using LEGO® materials such as X-Wings, R2 Units, Energy Catapults, Defense Turrets, and Settlements from a galaxy far, far away. Create motorized and architectural projects with imagination and engineering to defeat the Empire!

Location: Middle School Library
 For: Ages 5-12
 Cost: \$150
 Date: Monday - Friday, August 5 - August 9
 Times: Ages 5 - 6 - 8:00 am - 11:00am;
 Ages 7 - 12 - 11:45 am - 2:45 pm

EAST HAMPTON CHEER CAMP

This interactive and exciting camp is for students entering Kindergarten through 8th grade. Areas of development will include all aspects of cheerleading including tumbling, stunting, jumps, dance, team building activities as well as a big brother / big sister buddy system for all participants. Teams will be created by age and they will partake in coaching sessions with EHHS Cheerleaders and coach Holly White, a CT certified coach with 7 years of coaching experience at the competitive level. Athletes of all skill levels are welcome. Cheerleaders should dress in a t-shirt and spandex shorts and should bring water, snack and a lunch.

Location: East Hampton High School
 For: Entering Grades K-8
 Cost: Grades 3 - 8 - \$180; Grades K-2 - \$90
 Date: Monday - Friday, August 19 - August 23
 Times: Grades 3-8 - 9:00 am - 2:45 pm;
 Grades K-2 - 9:00 am - 12:30 pm

BUILDING UP STEAM USING LEGOS

Children are working independently and cooperatively as they begin to explore simple machines using Legos. Your child will work with and bring home evidence based lab sheets to share with family and continue the learning process.

Location: Sears Park Pavilion
 For: Ages 5-6 and Ages 7-9
 Cost: \$140
 Date: Monday - Friday, August 19 - August 23
 Times: Ages 5-6 - 8:00 am - 11:00 am;
 Ages 7-9 - 12:00 pm - 3:00 pm

Sears Park Summer Camp

Camp Director: Heather Holbrook

Field trips and themes are posted online at: www.easthamp tonrec.com with more details. Sears Park Camp is an eight-week day camp held at Sears Park.

The campers have a blast! Each day offers activities such as crafts, sports, and games. The entire camp goes swimming and has sand castle contests most afternoons. Each week there will be a special theme and field trip. Swimming is fully supervised by our ARC Certified Lifeguards and camp staff. The camp staff is CPR/First Aid Certified. Participants can sign up for one week at a time or for all eight sessions. Campers should bring a lunch, snacks, drinks, water bottle, sunblock, swimsuit, and towel. Everything should be labeled with the camper's name. A backpack is recommended. Please leave all electronics at home.

Location: Sears Park
 For: Boys and girls entering grades K-8 in the fall of 2019
 Camp Hours: Monday-Friday 9:00 am-3:00 pm
 Weekly tuition: \$135 first child, \$115 per sibling
 Week of July 1 - July 5 (*no camp July 4*)
 \$120 first child, \$100 per sibling

Payment for the first week of camp, plus a \$25 per child per week non-refundable deposit is required to enroll. You will not be enrolled in camp until these deposits are received. Tuition is due by Wednesday for the following week. Field trip costs are included with tuition.

SESSIONS

- June 24 - June 28
- July 1 - July 5 (*No camp July 4*)
- July 8 - July 12
- July 15 - July 19
- July 22 - July 26
- July 29 - August 2
- August 5 - August 9
- August 12 - August 16

EXTENDED CARE

Available in weekly one-hour blocks: 8:00 - 9:00 am, 3:00 - 4:00 pm and 4:00 - 5:00 pm. The cost is \$30 per block, per week (\$25 for the week of July 2 - July 6.). Pre-registration is required for all extended care.

Payment for the first week your child will be attending camp, including extended care fees for the first week and the required deposits for subsequent weeks need to be submitted to the Parks and Recreation Department to be enrolled. Checks should be made payable to East Hampton Parks and Recreation if paying with a check. Online registration is available at: www.easthamptonrec.com

COUNSELOR IN TRAINING PROGRAM - SEARS PARK SUMMER CAMP

Do you want to be a camp counselor in the future? Then this is the program for you. This program will challenge you, inspire you, and allow you to make a difference in the lives of others.

The goal of the program is to develop leadership skills that you can use throughout life and to help others and yourself identify and achieve goals. We help to develop your skills in leading and teaching children. All interested CITs will need to fill out an application, interview, set goals and be evaluated through your session. You will not be one of the summer campers but an important participant in the lives of many children. Applications will be available on the Parks and Recreation website www.easthamptonrec.com. This program has a limited amount of availability (4 per session) and is divided into two sessions. Participation as a CIT does not guarantee you a future position as a camp counselor.

Session I: June 24 - July 19

Session II: July 22 - August 16

There are also options for the Memorial School summer programs. See website for details and applications. Participants will also need to attend all required staff training events prior to the start of camp. Depending on the number of applicants participants may be limited to just one of the sessions.

Cost: \$200 per session.

American Red Cross Swim Lessons

All swim lessons are taught at Sears Park by certified lifeguards.

AMERICAN RED CROSS SWIMMING LESSONS LEVEL 1-6

Level 1-Introduction to Water Skills

Objective: To help students feel comfortable in the water and to enjoy the water safely

Requirements: None

Skills Covered: Entering and exiting the water safely, learning to submerge mouth, nose and eyes and breath

control, front and back float and recovering to a stand, changing direction in the water, swimming 5 feet on front and back.

Level 2-Fundamental Aquatic Skills

Objective: To give students success with fundamental skills

Requirements: Students entering this level must possess a Level 1 certificate or demonstrate all the Level 1 skills

Skills Covered: Entering water by stepping or jumping in from the side, submerging entire head, blowing bubbles, open eyes underwater, front and back glide, swim 15 feet on front and 10 feet on back, swim on side, life jacket use

Level 3-Stroke Development

Objective: To build on skills in Level 2 through additional guided practice

Requirements: Students entering this level must possess a Level 2 certificate or demonstrate all the Level 2 skills

Skills Covered: Jump into deep water, head first entry from sitting or kneeling, submerging and retrieving an object, bobbing, survival float for 30 seconds, treading water for 30 seconds, front crawl 15 yards, butterfly 15 feet, back crawl 15 yards, elementary rescues, safe diving, check-call-care

Level 4-Stroke Improvement

Objective: To develop confidence in the strokes learned thus far and to improve other aquatic skills by increasing endurance through swimming greater distances

Requirements: Students entering this level must possess a Level 3 certificate or demonstrate all the Level 3 skills

Skills Covered: diving, underwater swimming, feet-first surface dive, 1 minute of survival floating, treading and back floating, 25 yards of front crawl, breaststroke and back crawl, 15 yards of butterfly and elementary backstroke and sidestroke, compact jump from height in a lifejacket, throwing assists and caring for conscious choking victim

Level 5-Stroke Refinement

Objective: Coordination and refinement of strokes

Requirements: Students entering this level must possess a

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Level 4 certificate or demonstrate all the Level 4 skills
Skills Covered: Shallow dive, tuck and pike surface dives, 2 minutes of survival floating, back float and treading water, flip turns on front and back, 50 yards front and back crawl, 25 yards butterfly, breaststroke, elementary backstroke and sidestroke, 2 minutes of survival swimming, rescue breathing

Level 6-Swimming and Skill Proficiency

Objective: Refine strokes so students swim them with more ease, efficiency, power and smoothness over greater distances; includes “menu options” Personal Water Safety, Fitness Swimmer and Fundamentals of Diving

Requirements: Students entering this level must possess a Level 5 certificate or demonstrate all the Level 5 skills

Skills Covered: 500 yards continuous swim using 100 yards each of front & back crawl, 50 yards each of

breaststroke, elementary backstroke, sidestroke & butterfly and 100 yards choice of any of those strokes, survival floating and back floating 5 minutes each, feet first surface dive & retrieve an object from 7 feet, Cooper 12-minute swim test

LOCATION: SEARS PARK WATER FRONT
COST: \$70 - Parent and Child Aquatics and Level 1; \$60 - Levels 2 - 6; \$75 - Junior Lifeguarding
 Additional Children from the same family discounted \$30

DATES: Lessons run on week days - One day is left open for a makeup if needed. No Lessons July 4th

Session I: June 24 - July 5

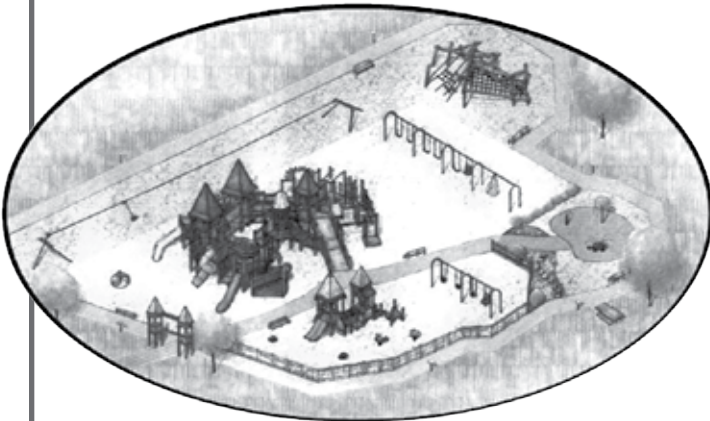
Session II: July 8 - July 18

Day and evening lessons are offered:

Session I: 10:00 am, 11:00 am, 5:00 pm and 6:00 pm

Session II: 10:00 am, 11:00 am, and 5:00 pm

Seamster Park Playground Community Build 2019



WE NEED YOUR HELP TO BUILD THE NEW PLAYGROUND AT SEAMSTER PARK!

From August 6th to 11th

2019 volunteer shifts will be from:

8:00 am to 12:00 pm,

12:30 pm to 4:30 pm,

5:00 pm to 8:30 pm each day

We need skilled contractors to oversee the build, as well as people who are handy with tools and paint to construct the playground. We still need you even if you don't have any construction skills. There are additional tasks we need.

These additional tasks are:

- Childcare
- Coordinating and/or serving meals during the build
- Volunteers to manage signing in/out of borrowed tools
- Help moving/lifting materials and tools
- Volunteer coordinators and recruiting additional volunteers
- Food sponsors & doners
- Tool sponsors & doners

For more information:

Please contact Jeremy Hall, Director of Parks and Recreation at: jhall@easthamptonct.gov or call him at: 860-267-7300.

You can also register to volunteer online at: <https://tinyurl.com/PlaygroundBuildVolunteer>.

Old Home Days



This year will be the 41st East Hampton Old Home Days. Come join in the fun and entertain-

ment July 11-13, 2019. Thursday hours are 6:00 pm - 10:00 pm; Friday 6:00 pm - 11:00 pm; Saturday 11:00 am - 11:00 pm. On Friday there will be a 5k race and on Saturday the parade will kick off at exactly 11:00 am and concludes at the Center School grounds at approximately 1:00 pm. Visit our web page for more information: www.ehold.org and like our Facebook page East Hampton Old Home Days.

ENTERTAINMENT

Thursday, July 11:

6:00-6:45 pm To Be Announced
A Kids Act
6:45-7:30 pm Scatterheads
8:00-10:00 pm Alex Shillo
& Badlands

Friday, July 12:

6:00-7:30 pm Watkins Glen Band
8:00-11:00 pm The Neybas

Saturday, July 13:

1:30-2:30 pm Big Deal Rock
3:00-4:00 pm To Be Announced
4:30-5:45 pm The Mighty Soul
Drivers
6:15-8:00 pm Coyote River Band
8:30-11:00 pm Savage Brothers

The Chairman for Entertainment is Jim Vick



RAFFLE

The raffle is one of our ways to raise money to put on Old Home Days. Please take a chance to win one of these great prizes and help support OHD. We will be selling tickets occasionally around town prior to

Old Home Days or you can contact the Raffle Chairperson, Cap Egan, to purchase your tickets at: 860-395-7844 or email: capegan2015@gmail.com.

BIKE GIVEAWAY

Due to generous contributions, East Hampton Old Home Days gives away 60 bikes and helmets during our three-day festival. We start handing out the free raffle tickets at 6:00 pm and the drawing is held each night around 8:00 pm. The raffle is for those children from 0 to 12 years old (sorry teenagers) and the child must be present at the drawing. Sue Beal is our Chairperson for the Bike Giveaway.



5K RAILS TO TRAILS RACE

Runners come on out and participate in the new 5K trail race! This year the route will start at the corner of Chestnut Hill Road and Old Chestnut Hill Road near the Draft Horse Rescue Farm. The first mile is down Chestnut Hill, crossing Route 16 to Alden Crossing and then continuing approximately two miles on the shade covered Airline Trail, exiting at Company One Firehouse on Barton Hill. The finish line will be at the same location as previous races - the Old Home Days grounds at Center School.

The race chairperson is Elisha Kissinger Milton and she can be reached at: 860.655.2743 or emkiss44@gmail.com. Our website www.ehold.org will also have information regarding the race.



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860-267-6621

www.easthamptonct.gov/Library/

HOURS:

Monday, Tuesday, Wednesday 10:00 am - 8:00 pm

Thursday, Friday, Saturday 10:00 am - 5:00 pm

Summer Saturdays (July and August) 10:00 am - 1:00 pm

Summer Reading for Children

A UNIVERSE OF STORIES!

Help prevent summer learning loss in your child by participating in the library's fun and educational summer reading program!

Sign up starting on June 21st. You will work with your child to set a weekly reading goal. Every week you meet your goal, come to the library for a sticker and raffle tickets to win great prizes. Plus there are wonderful, fun and educational events all summer. Summer reading for children is open to all children birth to entering 5th grade.

SUMMER READING KICK OFF!

Destination Moon Stage Show and Ice Cream Social!

Friday, June 21 at 3:00 pm

Join us for a special space show: Destination Moon from Mad Science to be followed by an outdoor ice cream social! Destination Moon ignites children's imagination with fun and learning as we experience space vacuum, principles of flight, spinoff technology and even astronaut training. Highly interactive and full of fun! This event is most appropriate for children aged 6 to 12. Reserve a seat for your child at: bit.ly/EHPLEvents.

Celestial Creatures

Wednesday, July 24 at 10:15 am

Gazing into the night sky, we see many groups of bright stars called constellations. Using their imaginations, our ancestors saw animals hidden within these star groups. We will learn about different animal constellations, meet some the animals they were named after, and design our own constellation using inspiration from our favorite animal with the Denison Pequotsepos Nature Center. This event is most appropriate for children aged 6 to 12. Reserve a seat for your child at: bit.ly/EHPLEvents.

Aliens: Escape from Earth

Wednesday, July 31 at 10:15 am

During a midnight meteor shower, something mysterious falls from the sky toward Earth - but it's not a shooting star. Two kids venture out to investigate and soon find themselves mixed up with a family of visitors from another planet! Trapped by a crazy space scientist, the kids must risk everything to rescue the aliens and help them... Escape from Earth! Throughout this amazing intergalactic story, we use science experiments to bring the story

to life! In the second part of the show, we go "behind the scenes" of the special effects and recreate the science experiments with the help of volunteers from the audience. Don't miss this action-packed and educational alien adventure. It's totally out of this world! This event is most appropriate for children aged 6 to 12. Reserve a seat for your child at: bit.ly/EHPLEvents.

Our Universal Neighbors, the Planets!

Wednesday, August 7 at 10:15 am

From Mercury to Mars, through hands-on activities, we will learn about Earth's extraordinary neighbors and the unique qualities that each one possesses. We will also get creative and make a "Rings of Saturn Whiligig" to take home. With the Denison Pequotsepos Nature Center. This event is most appropriate for children aged 6 to 12. Reserve a seat for your child at: bit.ly/EHPLEvents.

Read-Alouds with Center and Memorial School Teachers

Check our event calendar in June for exact dates and times when your favorite Center or Memorial School teacher will be at the library giving a mini-storytime.

END OF SUMMER READING CELEBRATION!

Magic Show with Mr. Magic!

Tuesday, August 20 at 3:00 pm

Celebrate all of your summer reading accomplishments with a fantastic magic show that will entertain the whole family! Plus we'll be pulling winners for all of our summer reading prizes! You won't want to miss this! Reserve a seat for your child at: bit.ly/EHPLEvents.

Weekly Children's Early Literacy Classes

Baby Rhyme Time - NEW PROGRAM!

Mondays 10:00 am

Enjoy songs and playtime with your baby while building early literacy skills and getting to know other families in your community. No registration required. For ages infant - 12 months.

Adventures in Reading

Wednesdays 10:00 a.m.

Introduces older children to lengthier books. Participants explore a different non-fiction subject each week. Class promotes group discussion while encouraging independence. Great for home-school families. For ages 7 - 13. No registration required.

Art Box

Wednesdays 6:30 p.m.

A creative art class that teaches active listening, inspires creativity, and develops fine motor skills with hands-on crafts. For ages 4-8 yrs. old. No registration required.

Little Learners

Thursdays 10:00 am

An early literacy class that engages children in active listening

promotes motor skills & literacy development with shared books, felt board activities and songs. For ages 2-3 yrs. old.

Wiggles & Giggles

Fridays 10:00 am

An early literacy lap sit class that introduces books, nursery rhymes and songs. No registration required. For ages 12-24 months.

Teen Summer Reading

Financial Literacy - NEW PROGRAM!

Thursdays July 11 and 25 from 1:00 pm

for 6th to 8th graders.

Thursdays, August 1 and August 8 from 1:00 pm

for 9th to 12th graders.

Literacy isn't just about books! Join Lisa from Liberty Bank as she introduces you to; budgeting, credit do's and don'ts, identity theft and how to protect yourself, choosing a bank, how to save, and what accounts would be best for you! Reserve your seat at: bit.ly/EHPLEvents.

Creating Connections - Yoga and Wellness -

NEW PROGRAM!

Tuesdays, July 2, 9, 16, 30, August 6 and 20 at 11:00 am

Join Erin Day of Ten Summit Yoga as she helps you to find insight into your own amazing qualities and how you can relate authentically to the world around you by utilizing simple techniques such as Yoga, aromatherapy, journaling, sensory exploration, creativity and healing with nature. These events are most appropriate for teens going into 7th to 12th grade. Reserve your seat at: bit.ly/EHPLEvents.

IMPROV - NEW PROGRAM!

Wednesdays, July 10, 24, August 7 and 21 from 4:00 pm

Join us every other Wednesday this summer for an hour of comedy and improv! Learn the basics of stage comedy, improvisation, and comedic timing by playing games such as those seen in 'Whose Line is it Anyway'! No prior experience required! These events are most appropriate for teens going into 7th to 12th grade. Reserve your seat at: bit.ly/EHPLEvents.

Dungeons and Dragons

Wednesdays, July 3, 17, August 14 from 2:00 to 4:00 pm

Learn how to play Dungeons and Dragons by firsthand experience, bring friends and we'll meet some fun characters, have some combat, and learn the basics of the game. No experience required, just a sense of adventure! These events are most appropriate for teens going into 7th to 12th grade. Reserve your seat at: bit.ly/EHPLEvents.

Maker Mondays - NEW PROGRAM!

Every Monday from June 24 - August 19.

Drop in from 4:00 to 7:00 pm

continued on page 24



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Library... continued from page 23

Every Monday come in to library and explore a different activity! Bring in your friends and make helicopters, then go outside to see whose will fly the highest! Explore electrical circuits with Squishy Circuits! Make Slap Bracelets and Bookmarks from Duct Tape and Washi Tape! Plus Button Making, Metal Stamping, Jewelry making and Tech Take Apart Day and MORE! These events are most appropriate for teens going into 7th to 12th grade. Drop in, no registration required.

Special Events for Adults

AUTHOR EVENT

Five Time James Beard Award Winning Cookbook Author Dorie Greenspan!
Wednesday, July 17 at 6:30 pm

Join us for an evening with five-time James Beard Award Winning cookbook author Dorie Greenspan. Ms. Greenspan is the author of cookbooks including: *Everyday Dorie*, *Dorie's Cookies* and *Around My French Table*. Books available for sale and signing after the event. Space is limited! Reserve your seat at: bit.ly/EHPLDorie.

Dorie Greenspan Community Potluck

Wednesday, July 17 at 5:30 pm

Before you meet the author, meet her food! Join us for a community potluck! Bring a dish from one of Dorie Greenspan's books ready to eat and with a serving utensil. We'll supply the plates, flatware, napkins and drinks. Then don't forget to join us for Dorie's author talk at 6:30 pm. Ms. Greenspan is the author of cookbooks including: *Everyday Dorie*, *Dorie's Cookies* and *Around My French Table*. Reserve your seat at bit.ly/EHPLPotLuck.

Monthly Adult Programs

BOOK CLUB

Third Thursdays of the Month, 2:00 pm

Each month we choose a different book to read and discuss. Copies of the book are available at the circulation desk. Check to see which book we're reading on the event calendar.

COOKBOOK CLUB

Third Monday of the Month, 6:30 pm

Do you like browsing through cookbooks? Trying new recipes? Enjoy tasting new dishes? Join us for the cookbook club! Each month we choose a different food theme. Everyone brings a dish related to the theme and 12 copies of the recipe to share. We'll provide the plates and forks. At our meeting we'll sample and talk about each recipe. Dishes should arrive ready to eat. Everyone will go home with all of the shared recipes. Check the event calendar for food themes.

Middle Haddam Library

2 Knowles Road | Middle Haddam, CT

860-267-9093 | www.middlehaddamlibrary.com | WiFi available

Does your organization need a place to meet?

Do you enjoy a quiet place to relax & read?

Would you like to join a book club or children's group?

Are you interested in the history of East Hampton, Cobalt or Middle Haddam?

Then the historic Middle Haddam Library is the place to visit.

Economic Development Commission

Our mission is: "To successfully attract new business, retain established business and improve the quality of life of East Hampton residents, visitors and tourists."

We congratulate the following businesses, Devine's Jewelry and Schedule II CrossFit on being named "Belltown Spotlight on Business" monthly honorees. Please contact any member of the EDC or Town Manager Mike Maniscalco to nominate a business for this award. Current EDC members are Ted Turner, Kate Adams, Tim Csere, Erin Hall, Walt Jedziniak and Robyn Letourneau. EDC meets the third Tuesday of every month at 6:30 pm in the EH Town Hall Meeting room. All are welcome and please remember "shop local and put your money where your house is!"



Bill Devine receives his "Business of the Month" Proclamation from EDC Chairman Ted Turner. Devine's Jewelry has been a staple of the community since 1978. He says, "East Hampton is central to all areas of CT, and customers visit the store from surrounding states as well," noting the quality of his gems. Bill has worked hard for our community, serving in multiple council and leadership positions over the years. He continues to operate his storefront jeweler in the Historic Village Center and says, "the business is built on

relationships with customers, making sure to get the highest quality gemstones for reasonable prices." Devine Jewelers has specialty jewelry in prices ranging from \$10 - \$10,000. His community work includes support for veterans, local churches, homeless and food bank donations alongside the Rotary club in town. Please visit Bill at: 4 Summit Street or call him at: 860-267-4492.



East Hampton EDC congratulates Schedule II CrossFit as "Business of the Month." In this photo, left to right, co-owner Bryan Polsonetti, EDC Member Tim Csere, co-owners Mark Tu and Steve Kabatznick, receives EDC'S Proclamation from EDC Chairman Ted Turner.

Co-owner JJ Chella was unavailable for this EDC moment. What is CrossFit? CrossFit is exercise designed for universal scalability making it the perfect training regimen for ANY individual regardless of experience. The workout of the day (WOD) can and will be custom tailored to the skill and ability of each athlete. Classes are held in small groups. The group or communal aspect of CrossFit is a key component of what makes the training so effective. Schedule II CrossFit is located at: 201 West High Street, Unit B1, phone number is: 203-687-5024 and website is: www.schedule2crossfit.com.



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The Fire Marshal's Summertime Safety Tips

The East Hampton Fire Marshal would like to remind you that summer is the time to enjoy vacations, camping, picnics and the Fourth of July; however, summertime also brings fires and burn injuries due to fireworks and outdoor cooking.

PLEASE BE AWARE OF THE FOLLOWING SAFETY TIPS

Grilling safety tips

- Wear short sleeves or roll them up when cooking on the grill.
- Use long-handled barbecue tools.
- Only use your grill outside. Keep it at least 3 feet from siding, deck rails and eaves.
- Keep a 3-foot safe zone around your grill. This will keep kids and pets safe
- Open your gas grill before lighting.
- Clean your grill after each use. This will remove grease that can start a fire.
- Place the coals from your grill in a metal can with a lid once they have cooled.
- Enjoy outdoor celebrations and cookouts but remember to keep a 3-foot "safe zone" around grills and campfires.
- Keep an eye on your grill, fire pit or patio torches. Don't walk away from them when they are lit.

Campfire safety tips

- Build campfires at least 15 feet away from tent walls, shrubs or other things that burn.
- Clear all debris from around the fire pit, including garbage and grass. There should be a five-foot perimeter of soil around the campfire space.
- If there is no metal ring, circle the pit with rocks. If your fire grows in size, this will help keep it within the borders of the fire pit.
- Keep any flammable items far from the fire. This includes aerosol cans and pressurized containers.

- Never allow children or pets near the fire and do not leave them unsupervised.
- Teach kids how to stop, drop and roll if their clothing catches fire. Have a fire extinguisher on hand for emergencies and teach children how to use it.
- Keep plenty of water nearby and have a shovel for throwing sand on the fire if it gets out of control.
- Never leave a campfire unattended. Even a small breeze could quickly cause the fire to spread.
- When extinguishing the fire, drown it with water. Make sure all embers, coals, and sticks are wet. If you do not have water, use dirt. Mix plenty of soil and sand with the embers. Continue adding and stirring until all material is cooled.
- Do not bury your coals, they can smolder and start to burn again.

Fireworks safety tips

- Only sparklers and fountains are allowed in Connecticut.
- An average of 200 people per day visit the emergency room from fireworks related injuries.
- Attend public fireworks displays and leave the lighting to the professionals.

First aid for burns

- Place the burn in cool water for three to five minutes.
- Cover the burn with a clean, dry cloth.
- See your doctor if the burn is larger than your palm.

If you have any questions...

Please feel free to reach out to Rich Klotzbier at: 860-267-0088 or email him at: firemarshal@easthamptonct.gov.

Stay fire safe this summer.

Firefighters Undergo Flashover Training

"Flashovers" are the most deadly phenomenon facing today's firefighters as they engage in fire suppression and extinguishment activities inside residential and commercial structures. A "flashover" occurs when the heat generated by a fire in a room or other enclosed area increases rapidly to a level that exceeds the ignition point of all the combustible materials within that room or area. Once that level is attained, everything within that area will burst into flame simultaneously, including the firefighters.

Flashovers are becoming more common in structure fires and are contributing to an increasing number of Line of Duty

Deaths (LODD's) among firefighters. Factors leading to this increased flashover incidence rate include building construction techniques (better insulation and thermal pane windows trap heat and gasses,) carbon-based materials for furnishings (plastics and synthetics release high heat and toxic gasses) and enhanced personal protective gear and breathing apparatus allow firefighters to penetrate deeper into fires and stay longer in potentially dangerous conditions. In today's structure fires, toxic smoke and temperatures up of 1200 to 1500 degrees will develop at the ceiling level and bank quickly and steadily down to the floor.

The key to firefighter survival in these conditions is to recognize the signs and symptoms of an impending flashover and immediately initiate actions to mitigate that risk. To that end, EHVFD firefighters recently spent two successive evenings in the flashover simulator at the Colchester Fire Department's live-fire training facility for an "up close and personal" introduction to flashover conditions.

Within the simulator, groups of six firefighters at a time were able to observe the successive stages of fire development, from ignition to imminent flashover, **continued on page 28**

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Flashover Training... continued from page 26



"Fingers" of fire could be seen within the layers of smoke...

experience and feel the rapid, intense heat buildup and physically see the thermal layers of toxic gasses and smoke push their way down from the ceiling to the floor. "Fingers" of fire could be seen within the layers of smoke as unburned chemicals and particulates within the smoke began to ignite, the last signal a flashover is about to occur. Firefighters then have about 10 to 12 seconds to evacuate the area before it flashes and were taught various nozzle techniques with a hose line to cool down the upper reaches of the room and hopefully

buy enough time to escape and regroup.

Fire Chief Greg Voelker stated: "Our firefighters need to be prepared for whatever they may face in the line of duty and the best way to make sure we send our members home safely after an incident is to train for the worst case and hope for the best case. This was an outstanding opportunity to prepare ourselves for these dangerous events that are becoming much more common than we would like."

East Hampton Prevention Partnership



As a Local Prevention Council, the East Hampton Prevention Partnership is dedicated to reducing

substance abuse among young people. Our mission is to foster a culture that values the wellbeing of East Hampton's youth. We strive to instill self-acceptance, self-confidence and goal-setting to promote healthy choices. In collaboration with community stakeholders, we offer educational programs and outreach initiatives. Get rid of your unused, unwanted and expired medications in

the new medication drop box located in the East Hampton Police Department Lobby.

The East Hampton Prevention Partnership continues to look for new High School students to join the Youth Committee looking forward to the 2019-20 school year and beyond. Students involved will run peer to peer campaigns to promote healthy lifestyles among their classmates. Please call or email the Prevention Coordinator, James Olsen at: 860-267-7300 ext. 207 or jolsen@easthamptonct.gov.

Youth and Family Services

MISSION STATEMENT

To create a supportive community that enhances the well-being of our youth and their families. Our goal is to empower families by promoting resiliency, fostering positive youth development, and assisting in building strong and healthy relationships within their home and the community. East Hampton Youth & Family Services is committed to expanding our practice of trauma-informed care, restorative justice, and wrap around support.

SERVICES PROVIDED

East Hampton Youth and Family Services, located at 240 Middletown Avenue, is dedicated to providing quality services including individual therapy, couples therapy, family therapy and crisis intervention. All services are provided at no cost for town residents. We are currently accepting new clients, and have both weekday and weekend appointments available. Mentoring programs, prevention programs, and community

based groups are offered to help young people foster healthy and positive habits while reducing high-risk behaviors. These programs capitalize on strengths, build character, and provide the necessary skills for adulthood.

WHAT'S HAPPENING?

East Hampton Youth & Family Services is always creating new programs and opportunities for the East Hampton all of East Hampton!

Skills & Knowledge In Lifelong Learning (SKILL)

In the fall of 2019, we will be bringing back our Skills & Knowledge In Lifelong Learning (SKILL) training to the youth of East Hampton. Build a personal tool box that will help you when seeking employment as well as learning life skills that are necessary to be successful.

The SKILL program will be offered to

teenagers with a desire to participate in this 6 session program. SKILL will touch upon topics such as preparing for an interview, filling out a resume, balancing a checkbook, maintaining a healthy adult life, and more! All of those who successfully complete the program will have exclusive access to our Youth Job Bank listing! Look out for registration updates on Facebook and at: easthamptonrec.com.

CONTACT US

If you wish to join us for any of our events, please keep an eye out on the East Hampton Parks & Recreation page to register! Follow us on Facebook at East Hampton Youth & Family to get immediate updates on registration notifications for our events and programs, as well as relevant information for our town youth and families! For more information on our services or to schedule an appointment, please contact Jodi Brazal at: 860-267-7300.

Social Services

East Hampton Social Services will be participating in the Salvation Army's Back to School Program again this summer. Please email: cwiesner@easthamptonct.gov or call: 860-267-7300 ext. 208 for more information and to be considered for this program. Documentation will be required to determine if your family qualifies. Requests for consideration must be received by July 15, 2019. This program runs until 9/30/19 or until funds run out, whichever comes first.

Residents who are struggling financially, short-term or long-term are encouraged to contact Social Services to discuss resources and options that may be available. We encourage residents to contact us as soon as they feel a need. All information is handled in a confidential matter.

Energy Assistance Update:

Please contact Christine at: 860-267-7300 ext. 208 to schedule your 2019-20 winter energy appointment to apply for this program. This application is done by appointment only and processing by CRT may take up to 45 business days, so please factor that in when scheduling your appointment. The 2019 application period will begin in August, and we will begin booking these appointments starting June 18th. Due to the length of these appointments, we cannot accommodate walk-ins.

East Hampton Senior Center

105 Main Street, East Hampton, CT | 860-267-4426
Hours: Monday-Thursday 8:30 am - 4:00 pm
Friday: 9:00 am - 4:00 pm

WEEKLY EVENTS

Mexican Train Mondays, 9:30 am

Mexican Train is a game played with number dominoes. The object of the game is for a player to play all the dominoes from his or her hand onto one or more chains, or "trains," starting from a central hub or "station." Walk-ins welcome. Pre-registration not required. Cost: Free.

BINGO

Tuesdays, 1:00 pm

We offer a wide variety of games. Cash prizes. Pre-registration not required. Cost: Up to \$3.00 depending on how many cards played.

Quilting

Mondays, 9:00 am - 11:00 am

New members welcome. Bring your own project. Members help each other, as needed. Group also makes quilted lap robes that are donated to a charity. Pre-registration not required.

continued on page 30

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Senior Center... continued from page 29

Gentle Yoga with Kitch

Mondays, 1:30 pm - 2:30 pm

Gentle yoga is a hidden gem of a yoga style. It is appropriate for a wide spectrum of practitioners. A gentle class isn't necessarily an "easy" one, it does move at a slow and steady pace. Current Session is 4/8/19 - 6/17/19. Sign-up begins June 17th for the new session starting 7/1 - 9/16 at the Senior Center. Registration required with payment \$25.00 for 10-week session.

Gentle Yoga with Kitch

Wednesdays, 11:15 am - 12:15 pm

Sign-up begins June 17th for the new session starting 7/3 - 9/18, 16 at the Senior Center. \$25.00 for 10-week session.

Sit & Stretch w/ Carlianne

Tuesday & Thursday, 10:00 am - 11:00 am

Total range of motion with passive resistance. Enjoy this total fitness work-out, 45 minutes-chair exercise: 15 standing exercise. \$3.00/class.

Silver Sneakers: Strength & Balance

Tuesday & Thursday, 10:45 am - 11:45 am

Designed to increase muscle strength, range of movement and improve activities for daily living. A chair is used for seated exercises and standing support and class can be modified depending on fitness levels. Register with the instructor, day of class. Bring your Silver Sneakers card with you. Not a Silver Sneakers member? No worries, Purchase a 10 class punch card for \$30.00

Zumba® Gold

Thursdays, 1:00 pm

Zumba® Gold is a low-impact dance fitness class perfect for beginners of all fitness levels. Bring your Silver Sneakers card with you. Not a Silver Sneakers member? Purchase a 10-class punch card for \$30.00 from the instructor. See the Instructor Patti for more information. Limited space (20 participants).

Wii Bowling

1st and 3rd Fridays, 10:00 am - 11:45 am

Wii-bowling can be great fun. It's not hard to play but can be challenging for even the most accomplished bowlers. The object of Wii-bowling is to knock down the pins. You get two tries per frame just like with regular bowling. All the scoring is like real bowling. No experience necessary. Sign-up in the Activity Book at the Senior Center. Cost: Free.

Reflexology

Fridays by appointment.

Reflexology, also known as zone therapy, is an alternative medicine involving application of pressure to the feet and hands with specific thumb, finger, and hand techniques without the

use of oil or lotion. Call Susette at 860-334-9255 (30 minutes for \$20.00.)

Bridge

Fridays, 12:30 pm

New members are welcome! Must be familiar with the game. Please see a staff member for more information.

Setback

Thursdays, 1:00 pm - 3:00 pm

Object of the game is to be the first team to score 21 points. No partners necessary. Sign-up in the Activity Book at the Senior Center. Cost: Free.

SPECIAL EVENTS FOR OLDER ADULTS

AARP Safe Driver Course

Monday, June 10th, 12:30 pm - 4:30 pm

East Hampton Senior Center Cost: \$15.00 AARP member \$20.00 non-member. Pre-registration required with payment. No cash please. Check payable to AARP. Class starts promptly at 12:30 pm.

SHOULDER PAIN Presentation

Tuesday, June 11, 11:00 am

Todd Cacopardo PT, DPT, OCS from Physical Therapy and Sports Medicine Centers will review common injuries applicable to the older adults and exercises to treat those injuries. Pre-registration required. Sign-up in the Activity Book. Cost: Free.

Finding the Castle Cats

Letters from William Gillette, Thursday, June 13th, 1:00 pm

William Gillette loved cats & many lived with him in his home. We will take a closer look at Gillette's passion for cats, a snapshot of his life, and 100th anniversary celebration planned at Gillette Castle this year. Join us on as presenter, Susan Waide, shares with us her research on William Gillette and his cats! Sign up in the Activity Book. Cost: Free.

EAST HAMPTON SPEAKS

Wednesday, June 12th, 1:00 pm

Topic of Interest: OLD HOME DAYS

Join us to discuss the Good Ole days of yesterday. Bring your memorabilia and memories and share with the group! Sign up in the Activity Book. Cost: Free.

Lunch & Learn, Topic: "Downsizing"

Wednesday June 26th, 11:00 am

Class limited to 20 people. Must pre-register by June 19th. Sponsored by Marlborough Rehab and Healthcare. Sign up in the Activity Book. Cost: Free.

Middlesex Health: Helping Connecticut Women at Risk for Breast Cancer

Middlesex Health: Helping Connecticut Women at Risk for Breast Cancer
Middlesex Health Cancer Center's Comprehensive Breast Center is specifically designed to help identify women who may be at high risk for breast cancer due to family history or benign breast disease, as well as to monitor and treat women who have an established high risk for breast cancer. It also helps patients currently in treatment or in recovery.

For many women, their primary care doctor handles their mammograms, and that is appropriate care. However, those who are at greater risk for breast cancer would benefit from being monitored more closely, and that's where the

Comprehensive Breast Center can help.

Dr. Andrea Malon, medical director of the Cancer Center and Comprehensive Breast Program; Dr. Kristen Zarfos, medical director of the Comprehensive Breast Center; and Dr. Chia-Chi Wang, a surgical oncologist, see patients who visit the Comprehensive Breast Center.

Women who are identified as being high risk, or who think they might be at high risk, are encouraged to either make an appointment directly or discuss their concerns with their primary care physician who can make a referral.

Within the center, the scheduling of diagnostic tests and a meeting with

one of the breast surgeons can happen on the same day.

Overall, Middlesex's goal is to coordinate care in a way that can reduce anxiety, expedite the process and help patients better navigate a cancer diagnosis and treatment.

Middlesex Health Cancer Center is accredited by the National Accreditation Program for Breast Centers. The Comprehensive Breast Center is located at 540 Saybrook Road in Middletown. The same services are also offered at a satellite office at the Middlesex Health Shoreline Medical Center in Westbrook. To contact the center, call: 860-358-2780.

Airline Trail Sub-Committee

The East Hampton Parks and Recreation Advisory Board has established a newly appointed Airline Trail Sub-Committee. The Sub-Committee is made up of nine volunteer members, who report to the Park and Recreation Advisory Board.



The members appointed in 2019 are, George Coshov, Alan Hurst, Greg Voelker, Gary Nicol, Kim Clouser, Alexis Vargas, Jacob Kravitz, Tim Adams, and Dan Roy.



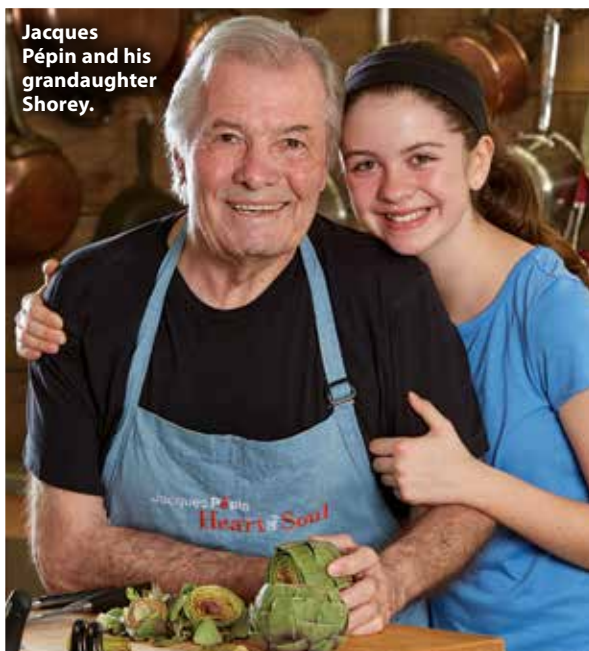
THE CHARGE OF THE SUB-COMMITTEE IS THREE-FOLD.

First, to market the trail in the East Hampton corridor. That is, to promote the use and enjoyment of the wonderful resource we have in our town, and to expose our citizens and visitors to the trail and surrounding businesses to help promote East Hampton in a positive light over all.

Second, to facilitate programs on the trail that provide structured events aimed at education on conservation and preservation of the trail and surrounding properties. That will preserve the trail for generations to come. These programs will be open to the public and share information for the betterment of the trail and surrounding greenway.

Third, the Committee will schedule and coordinate events to perform maintenance on the trail. Some of this may be emergency repairs and others will be scheduled work parties. This is where the Sub-Committee will need the most help from the community. Watch for announcements on trail clean up and maintenance days.

If you have any questions or suggestions about the Airline Trail in East Hampton we encourage you to contact any one of the Sub-Committee members or stop by their meeting usually the first Tuesday of the month, 3:30 pm at the Annex Building at 240 Middletown Avenue, East Hampton. The Sub-Committee is committed to being good stewards of the trail and encourage proper use and care of it.



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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