

East Lyme



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Volume 2 • Quarter 1 • 2014



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– Paige D. –

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– Erika S. –

If you need a personal injury lawyer they are the ones to call. If I had a question about anything they would give me the truth and if they didn't have the answer they would get it within days. Everyone in this office cares about the injured as well as family. They were very knowledgeable about all aspects of the wellbeing of my family and they actually made my family feel like a part of theirs.

– Graham H. –

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ASSISTED LIVING • MEMORY CARE

First Selectman's Corner

As I sit in my office, it is early February with snow cover dominating my view out the office window, this is my first moment truly thinking of spring. After this winter, it feels good!

Springtime in East Lyme is a truly wonderful time! Buds and blooms begin to populate our parks and beaches putting an exclamation mark of beauty on our already beautiful places. The warmer spring air invites us all out to enjoy brisk walks, runs or leisurely strolls through our fan favorite town of Niantic; shops and restaurant doors swing open letting the winter mustiness out and the fresh air of spring in, energizing both product and staff alike. Farms and trails in Flanders are alive as wildlife begins to move out into the sunlight. Enjoy great hikes at Darrows Pond or in the great trails of Oswegatchie Hills groomed and maintained by our dedicated volunteers.

The purr and putting of boat engines can be heard in the river and the bay as covers come off, fishing gear is cleaned and updated, or the sun simply draws our many boating enthusiasts out for a great ride on the water. Our new swing bridge is fully operational; Cini Park upgrade is complete with plenty of parking for the party

boats which are ready for business. (Watch for new transient moorings and dingy docks near Cini Park).



One half of the boardwalk is complete and available for enjoyment along our beautiful new beach. The big news is after years of design, our permits are in place, bid documents will be in and construction should be under way on the western half of the Boardwalk, adjacent to the Hole in the Wall beach. We are hoping for substantial completion by late fall or winter, but when done, we will have a 1.1 mile concrete walkway with 75-100 year storm protection for all to enjoy.

So bring your family and friends to East Lyme and jumpstart your spring with the many wonderful things to do, to eat, to shop and to stroll.

A big thanks to our Parks and Recreation and town crews for keeping our town ticking! I look forward to seeing you.

Paul M. Formica, First Selectman

Director's Note

As spring approaches I wanted to report on a couple of renovation projects taking place this spring; construction on the western half of the Niantic Bay Boardwalk is scheduled to start in early March with a proposed finish date of early December. As part of the construction, a portion of the upper parking lot at McCook will be closed and access to the Hole in the Wall Beach at times will be restricted. Please look for construction updates and further information on the town's web site www.eltownhall.com or on the East Lyme Parks and Recreation Facebook page.

We are also in the design phase for a new restroom facility at Veterans Memorial Park. The new bathrooms will be handicap accessible and provide services for park users as well as hikers using the Oswegatchie Hills Nature Preserve.

The Parks and Recreation Commission have also approved a \$5.00 increase in all McCook Point Park sticker fees. The increase is necessary to help offset the cost of operations at the park and the recent increase in the minimum wage. It has been a number of years since the commission increased their fees: Resident fees last increased in 2006 and this is the first increase in the senior

rate since 2002. Revenues from sticker fees help offset the cost of Gate Attendants, Lifeguards, Park Supervisors, Boardwalk Attendants, Beach Grooming, upkeep and supplies of our restroom facilities, rental of porta potties at Cini Park, daily garbage removal and general upkeep of our facilities.



I would also like to welcome and congratulate Michael McDowell who as of January 1st became the Program Director for the East Lyme Youth Services Bureau as well as handling Special Events. Mike is a great addition to our service team.

As always I would like to thank all of our advertisers who make this magazine possible and their support of our department. I hope that you take the time to read our magazine and partake in the many program offerings that enrich you, your family and the community.

Remember to feel great - "RECREATE".

*Sincerely,
David M. Putnam, Director*

Park & Beach Information

MCCOOK POINT PARK

- Open daily from 8:00 a.m. to sunset
- Pets are permitted from October 1 – April 30; must be under owners control at all times it is the owner's responsibility to clean-up all pet waste.
- Restrooms will remain open until mid-November as weather permits.
- Contact the Parks and Recreation office for Pavilion reservations/availability.
- Tobacco Free Parks

STATE STATUE 22-364 states that dogs must be under the direct control of their owners at all times when using town parks. It is the dog owner's responsibility to clean up all dog waste. Dogs will be allowed on Town beaches from October 1 to April 30. Dogs are not permitted on the Niantic Bay Boardwalk at any time during the year.

NIANTIC BAY BOARDWALK

Approximately half of the boardwalk that is accessed from Cini Park was opened in June 2013. The Hole in the Wall access will remain closed as construction is scheduled to start in early March with a proposed finish date of early December. As part of the construction, a portion of the upper parking lot at McCook's will be closed and access to the Hole in the Wall beach at times will be restricted. Please look for construction updates and further information on the town's website www.eltownhall.com.

BEACH/PARKING PASSES

Parking permits will go on sale Monday, May 5th at the Parks & Recreation Office. Permits will be sold from 8:30 a.m. to 4:00 p.m. throughout the season. From May 22 - June 26 the office will extend the office hours to 7:00 p.m. on Thursday's. To obtain a season permit, ALL applicants must present their valid car registration at time of purchase. If you are new to town, please bring your tax bill or lease to expedite the process. To avoid lines, you can mail in a copy of your registration, a copy of your latest tax bill (if vehicle is not registered to an East

Lyme/Niantic address), the fee (checks payable to Town of East Lyme) and a self addressed envelope, and we will process your request and mail your beach pass to you.

FEES FOR 2014

Resident	\$ 35.00
Resident (Add'l car)	\$ 25.00
Senior (62 & over)	\$ 15.00
Non-Resident	\$100.00
Resident Day	\$ 5.00
Non-Resident Day	\$ 20.00

Starting on Saturday, May 24 (Memorial Day Weekend), all vehicles must have a parking permit to enter the parks through September 1 (Labor Day). Park hours are 8:00 am to dusk. Lifeguards are on duty daily from 9:00 am - 5:00 pm. beginning mid June.

PAVILION RENTAL

The pavilion is available for full day or half day rental (9:00 am to 1:00 pm or 1:30 pm until dusk) during the summer season (Memorial Day weekend through Labor Day) for East Lyme/Niantic residents/taxpayers. Please contact the Parks & Recreation office for information and availability.

PARKS & BEACHES ADDRESSES

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

Hole-N-Wall Beach – Baptist Lane, Niantic

McCook Point Park – 8-10 Atlantic Street, Niantic
Main beach, pavilion, picnic area, restrooms, Hole-N-Wall beach, playground, bocce court, outdoor showers

Peretz Park at Bridebrook – 221 West Main Street, Niantic
Baseball, soccer, basketball court, softball, lacrosse, utility fields

Smith-Harris Park – 31 Society Road, Niantic (Behind EL Middle School)

Little League, Pee-Wee football

Veteran's Memorial Park – 10 Memorial Park Road, Niantic
Baseball, softball



MAGAZINE COVER PHOTO: COMMUNITY RECOGNITION

Thank you to the many members of the Triumph Actuation Systems Inc. "Wings" team who helped with the community build of the new playscape at McCook Point Park. It took three days to build, and the teamwork shown during the project was immense. The children in our community are sure to enjoy this structure for many years, in large part due to the Triumph teams hard work and dedication to our community! *Triumph Actuation Systems Inc. is located on Industrial Park Road in Niantic.

Parks & Recreation Department

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

CONTACT INFORMATION & WEBSITES

Director: David M. Putnam, CPRP
Program Coordinator: Carolann Rossiter
Administrative Secretary: Robin Grandieri
Administrative Assistant: Deb Levandoski
Special Events Coordinator: Mike McDowell
Park Foreman: Edward Ball
Maintenance Support: Michael Rak, Jason Alves,
Jake Pickerell

PARKS & RECREATION COMMISSION MEMBERS

J. Robert Pfanner, Chairman
William Willets, Jr., Charles Fenick, Jackie Curry,
Patrick Larkin, Roger Nadeau, Milan Keser
*The Parks and Recreation Commission meets in the Parks
and Recreation conference room on the first Thursday of
each month at 7:00 p.m. The public is welcome to attend
the meetings.*

East Lyme Police Department 860-739-5900
East Lyme Public Library 860-739-6926
www.ely.lioninc.org
East Lyme Public Works 860-739-8444
East Lyme Senior Center 860-739-5859
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DEP Old Lyme 860-434-8638
Children's Museum of SE Connecticut 860-691-1255
East Lyme Aquatic & Fitness Center (Pool) 860-691-4681
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East Lyme Business Organization
Contact Lynnea Mahlke 860-691-1611

ATHLETIC ORGANIZATIONS

EAST LYME BABE RUTH LEAGUE
Mark Hill, President / 860-303-5663 hillm@aetna.com
www.eastlymehaberuth.com

EAST LYME LACROSSE
Judd Andres / 860-739-2260 / Cell 860-912-3106
www.ella.uslaxteams.com

EAST LYME LITTLE LEAGUE
Dave Perry / 860-739-6379
www.ETeAMZ.com/EastLymeLittleLeague

EAST LYME SOCCER CLUB
Jonathon Parker / 860-739-0013 www.eastlymesoccer.org

EAST LYME YOUTH FOOTBALL
Chip Mundell / 860-271-6191



Parks & Recreation Department Staff

EAST LYME YOUTH CHEERLEADING

Tammy Bogue / 860-303-1741 / Tracy Wargo / 860-912-8109

EAST LYME JUDO CLUB

Tony Pezzullo / 860-908-9447 apezzullo@gdeb.com

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Colleen Gebhard / 860-691-0088 / elgclub@gmail.com

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DISTRICT SCOUTS REGIONAL OFFICE

Mike Cooney / 800-414-2433

CUB SCOUTS PACKS

Chris Mazzulli, #24 860-405-5005

www.pack24eastlyme.org / pack24eastlyme@gmail.com

Daniel Sefton, #7 / 860-691-0355

Axel Mahlke / 860-287-1174

BOY SCOUT TROOPS

George Sisson, #7 / 860-691-2165

Robin Greer, #24 / 860-443-5492

Richard Cushing, #240 / 860-739-5239

Community Bulletin Board

PASSPORTS

East Lyme Parks & Recreation Department is now an Acceptance Facility for Passports for the following: New Passports, Lost Passports, Children's (New/Renewals) Passports, Stolen Passports, Passport Name Changes, & Damaged Passports. (Adult Renewals are done by mail). Routine processing takes 4-6 weeks and expedited processing for an additional fee takes 2-3 weeks. The hours for passports are Monday - Friday from 8:15 am - 3:30 pm. Evening hours will be available on Thursday's only starting May 22nd - June 26th. Office will be open until 7:00 pm. Appointments must be made in advance for this day. Please call Parks & Recreation office at (860) 739-5828 to make an appointment or for any questions you may have.

DEEP BOATING COURSE

Dates: May 12th, 14th, 19th, 21st

Time: 6:00-9:00 pm

Location: East Lyme Youth Center

Fee: \$25.00

East Lyme Parks & Recreation is currently accepting registration into its four-day DEEP State Boating class, for individuals age 10 & older. This class fulfills the education requirements for the CT Certificate of Personal Watercraft Operation, which allows boaters to operate a motor vessel, including personal watercraft (Jet Ski type boats), in the State of Connecticut. Students must attend all classes to qualify.

MEN'S SOFTBALL LEAGUE ORGANIZATIONAL MEETING

The League is scheduled to begin play mid-May. All games are played at Samuel M. Peretz Park @ Bridebrook. The Department is currently accepting Teams for the 2014 season. Please contact Carol @ Parks & Recreation for more information. Reminder: Meeting March 18th at 6:30pm in the Parks & Recreation Office.

HERSHEY'S TRACK & FIELD GAMES

Hersey Track & Field Games for Boys & Girls ages 9 -14.

Dates: Friday, May 16

Time: Meet begins at 6:00 pm

Location: New London High School

SUMMER PLAYGROUND & EXTENDED CARE

Children entering 1st - 6th Grade

Date: June 23 - August 8 M-F (No Program 7/4)

Time: Playground - 8:30 am - 1:00 pm

Extended - 1:00 pm - 5:00 pm (offered by the week only)

Fee: \$210.00 Residents/ \$310.00 Non Residents for Playground

Fee: \$60.00 Residents / \$105.00 Non Residents for Extended Care

Registration: Begins Wednesday, June 4 at the Parks & Recreation Office.

Summer "Hang-Out"

For children entering 7th grade to Age 15

Weekly Program for East Lyme Residents Only

Date: June 24 - August 9 M-F (No Program 7/4)

Time: 8:30 am - 1:30 pm

Fee: TBA

Location: East Lyme Youth Services

Registration: Begins Wednesday, June 4th at the Parks & Recreation Office

SUMMER EMPLOYMENT

We are accepting application for Lifeguards, Boardwalk Attendants, Gate Attendants and Playground Counselors. If you have your Lifeguard Certificate/CPR Certification or like working with children, stop in our office and pick up an application.

U.S. AMATEUR BALLROOM DANCE ASSOCIATION DANCES

Dates: 1st Saturday of each month through end

of June -6:30 pm-11:00 pm

3rd Friday of each month - 7:00 pm-10:00 pm

Where: East Lyme Library & Community Center Activity Room

For more information contact: Russell Carr (860) 574-4303 or www.usadancenewlondonct.com

SHORELINE SWING DANCES

Dates: 3rd Saturday of each month - 8:00 pm-11:00 pm

(Lessons from 7:00 pm-8:00 pm)

3/15 Cartell's

4/19 Super Chief Trio

5/17 Tall Richard

6/21 The Zingerz

Cost of Admission: Members, seniors, Military & Students \$11/Non Members \$14. For more info contact: Karen Griswold 860-445-0582 www.shorelineswingct.org.

DUPLICATE BRIDGE GAMES

Duplicate Bridge games are associated with the American Contract Bridge League. This is ongoing and pre-registration is not required. No bridge will be held January - March.

Dates: April 8 to June 24

Days: Tuesday

Time: 10:00 am - 1:30 pm

Fee: \$6.00 per person, per day

Where: East Lyme Library/Community Center - Activity Room

Instructor: Pat Kelsey

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Events

MAGAZINES



East Lyme Events

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Parks & Recreation Preschool & Youth Programs

PRESCHOOL - AGE 7 PROGRAMS

I'M TWO

Session # 450201-01

This play session is an opportunity for your child to begin meeting playmates on their own! Children will have a different activity each week utilizing all five senses.

Parents do not stay in class with their child!

Dates: April 28 – June 9 (No class 5/26)

Days: Monday

Time: 10:15 am – 11:00 am

Fee: Resident \$25.00/Non-Resident \$40.00

Registration: Begins April 14

Where: East Lyme Library/Community Center - Olive Chendali Room

Instructor: Paula Jessuck

CRAFTS FOR TWO'S

Session #450301-02

Arts & Crafts designed for the two year old (without parent). Children will learn to manipulate art supplies while creating their own designs.

Dates: April 29 to June 3

Days: Tuesday

Time: 9:15 am – 9:45 am

Fee: Resident \$25.00/Non-Resident \$40.00

Registration: Begins April 14

Where: Youth Center

Instructor: Paula Jessuck

CREATIVE ART FOR 3 & 4 YEAR OLDS

Session# 450301-01

The program for 3 and 4 year olds concentrates on the process of expression through art. Children will learn to manipulate art supplies while creating their own designs.

Parents do not participate with children!

Dates: April 28 – June 9 (No class 5/26)

Days: Monday

Time: 9:15 am – 10:00 am

Fee: Resident \$25.00/Non-Resident \$40.00

Registration: Begins April 14

Where: East Lyme Library/Community Center - Youth Services

Instructor: Paula Jessuck

YOUNG EXPLORERS

Session #450401-01

This class for 3 and 4 year olds is designed to introduce the child to nature and the environment through "hands on" experiments and projects.

Dates: April 29- June 3

Days: Tuesday

Time: 10:00 to 10:45 am

Fee: Resident \$25.00/Non-Resident \$40.00

Registration: Begins April 14

Where: East Lyme Library/Community Center - Youth Center

Instructor: Paula Jessuck

TOT GYM

Session #450501-01

Children ages 3 to 5 engage in physical activities designed to build their motor skills and explore movement. A guided way to use some of the energy each day brings!

Dates: April 25 – June 6 (No class 5/23)

Days: Friday

Time: 10:15 am – 11:00 am

Fee: Resident \$25.00/Non-Resident \$40.00

Registration: Begins April 14

Where: East Lyme Library/Community Center - Smith Harris Room

Instructor: Paula Jessuck

MOMMY/DADDY & ME

Session #440901-01

Infants – 2 years old

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

Dates: March 28 – May 23 (No class 4/18)

Days: Friday

Time: 9:45 am – 10:30 am

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

Registration: Begins March 7

Where: Niantic Center School, Room 107

Instructor: Erin Stanley

PRESCHOOL MUSIC, MOVEMENT AND EXPLORATION

Ages 2 - 5 years old

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

Dates: March 27 – May 22 (No class April 17)

Days: Thursday

Time: 10:45 am – 11:30 am

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

Registration: Begins March 7

Where: Niantic Center School, Room 107

Instructor: Erin Stanley

PRESCHOOL MUSIC, MOVEMENT AND EXPLORATION

Ages 2 - 5 years old

All other information the same as above.

Dates: March 28 – May 23 (No class April 18)

Days: Friday

Time: 10:45 am – 11:30 am

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

Registration: Begins March 7

Where: Niantic Center School, Room 107

Instructor: Erin Stanley

Continued on page 10

P&R Preschool Programs ... continued from page 9

NATURES THEATER

Session # 440903-01

Ages 3 – 5 years old

As the natural world awakens from the long winter, students will recreate the sounds and sites of the outdoors using creative movement, art and music. Interactive stories will enhance each student's appreciation of plants and animals while promoting self-expression and creativity.

Dates: March 20 – May 15 (No class 4/17)

Days: Thursday

Time: 9:30 am – 10:15 am

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

Registration: Begins March 7

Where: Niantic Center School, Room 107

Instructor: Cheryl Whipple

LITTLE BROADWAY STARS

Ages 5-7

A singing, dancing, and acting class for some of our youngest performers. Learn fun songs, basic jazz, ballet and tap and act out popular children's stories. Students will showcase all they learned in our final class. Dancing shoes are encouraged.

Dates: March 28 – May 23 (No class 4/17)

Days: Friday

Time: 4:00 pm – 4:45 pm

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

Registration: Begins March 7

Where: Niantic Center School, Room 107

Instructor: Erin Stanley

YOUTH PROGRAMS

DRAMA CLUB

Session #440905-01

Grades 2-4

Experience various aspects of theater from role-play and character development to improvisation. Acting games will provide the foundation for this group with emphasis on exploration, critical thinking, social development and process.

Dates: March 19 – May 14 (No class 4/16)

Days: Wednesday

Time: 3:45 pm – 4:45 pm

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

Registration: Begins March 7

Where: Flanders School, Room TBD

Instructor: Cheryl Whipple

DRAMA CLUB: EXPLORATION OF MASKS

Session #440906-01

Grades 5-6

Participants will create masks and explore character, mood and creative movement through games and exercises. Exploration, critical thinking, social development and process will be emphasized as students engage creatively with the materials and masks.

Dates: March 20 – May 15 (No class 4/15)

Days: Thursday

Time: 3:45 pm – 4:45 pm

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

Registration: Begins March 7

Where: Niantic Center School, Room 107

Instructor: Cheryl Whipple

GLEE (Show Choir)

Ages 10 & up

If you have watched GLEE and wanted to sing and dance in a show choir of your own, this is the class for you. The Show Choir class will help you develop greater musicianship, proper use of breath support, phrasing, interpretation, postures, stage presence, and other disciplines needed to put on a great show. Learn choreography to some of your favorite show stopping numbers. Students must audition for class acceptance. Auditions will be held on March 18 at the Community Ctr/Senior Center site from 6:00-8:00 pm.

Be prepared to sing a song and learn a short dance routine.

Fee includes Music, CD and materials.

Dates: March 25 – May 27 (No class 4/15)

Days: Tuesday

Time: 6:15pm – 7:30 pm

Fee: Resident \$110.00/Non-Resident \$125.00 (Plus minimal costume fee)

Registration: Begins March 7

Where: Niantic Center School, Room 107

Instructor: Erin Stanley

LET'S PUT ON A MUSICAL

Ages 8-18

Classes meet two days a week for instruction and technique in musical-theater performance.

Participants will sing, dance and act. The program culminates in Professionals Broadway student performances that are open to the public. Participants will audition for roles and everyone will shine. Dance Shoes are helpful for class. Fee includes music, script, and all other materials.

Students that participated in Lights of Broadway will have first priority for enrollment.

Dates: March 24 – May 16 (No class 4/14)

Days: Mondays & Saturdays

Time: 6:30 pm – 8:00 pm Mon & 9:30 am – 11:00 am Sat

Fee: Resident \$240.00/Non-Resident \$255.00

Registration: Begins March 7

Where: Niantic Center School, Room 107 on Mondays;

Community Center/Senior Ctr. on Saturdays

Instructor: Erin Stanley

BALLET BEGINNER/INTERMEDIATE

Session #440908-01

Ages 7-12

Explore the fundamental of ballet concentrating on technique, proper body alignment, strength and ballet vocabulary. Classes start with stretching and progress from barre to center to across the floor movement and choreography. Preferable attire: black leotard, pink or nude tights, and pink ballet slippers.

Dates: March 29 – May 24

Days: Saturday

Time: 11:00 am – 12:00 pm

Fee: Resident \$90.00/Non-Resident \$105.00

Registration: March 7

Where: Youth Center

Continued on next page

ADULT & TEEN BALLET BEGINNER/INTERMEDIATE

Ages 13 – Adult
 Have fun while learning basic ballet in a supportive environment. Explore the fundamentals of ballet concentrating on technique, proper body alignment and strength. Our instructor will inspire confidence, camaraderie, and the love of dance in all her students. This class is perfect for moms with children in the musical theater class. Meet others and get in shape while your child is in class.

Dates: March 29 – May 24
 Days: Saturday
 Time: 10:00 am – 11:00 pm
 Fee: Resident \$90.00/Non-Resident \$105.00
 Registration: March 7
 Where: Youth Center

ADULT & TEEN ACTING

Ages 14 and up
 This workshop is fun and a surprisingly easy way to become more self-confident, creative, spontaneous and develop your full acting potential. You will also learn the language of the theater through improv, monologue and scene study.

Dates: March 26 – May 21
 Days: Wednesday
 Time: 7:00 pm – 8:30 pm
 Fee: Resident \$100.00/Non-Resident \$115.00
 Registration: Begins March 7
 Where: Niantic Center School, Room 107

FUN, FIT FRIDAY'S

Session #420201-01
 Grades 5 -8
 Class is lead by Anytime Fitness Personal Trainers. This program is ideal for middle school students who need to keep moving during the colder months. Classes will incorporate basic aerobic exercises and strength training focusing on proper form and technique. Games as well as non-competitive activities will be used to get their hearts pumping and keep their interest engaged.

Dates: March 21 – May 2
 Days: Friday
 Time: 3:15 pm – 4:00 pm
 Fee: Resident \$45.00/Non-Resident \$50.00
 Registration: Begins March 7
 Where: East Lyme Community Center

BEGINNING FOIL ONE – AGES 10 & OLDER

Session # 480101-01
 This class covers basic fencing movements with the foil, including the guard positions, basic footwork, simple and compound attacks, defensive actions (parries), attacks on the blade and attacks into preparation. The student develops sensitivity to the blade, timing and distance awareness, and basic bouting skills. The class introduces the student to elementary tactics and the fencing rules.

Dates: March 18 – May 13 (No class 4/15)
 Days: Tuesday

Continued on page 12

Coming in June!

Summer Tennis

for Kids Ages 5-16

**Monday - Friday Sessions
 June 23 - August 29, 2014**

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



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P&R Youth Programs ... continued from page 11

Time: 6:30 pm – 8:00 pm
 Fee: Resident \$65.00/Non-Resident \$80.00
 (Includes Equipment)
 Registration: Begins March 7
 Where: Lillie B. Haynes Elementary School – Gymnasium
 Instructor: Thames River Fencing Club

INTERMEDIATE/ADVANCED INTERMEDIATE

Session #480301-01
 See description for Intermediate above. Advanced would be a continuation of the Intermediate class.
 Dates: March 20 – May 15 (No class 4/17)
 Days: Thursday
 Time: 6:30 pm – 8:00 pm
 Fee: Resident \$65.00/Non-Resident \$80.00
 (Includes Equipment)
 Registration: Begins March 7
 Where: Lillie B. Haynes Elementary School – Gymnasium
 Instructor: Thames River Fencing Club

GOLD MEDAL SQUARED VOLLEYBALL CAMP

Session#140301-01
 For girls entering 9th grade through 12th grade.
 Dates: August 11 – August 14
 Days: Monday - Thursday
 Time: 8:00 am – 5:00 pm
 Fee: \$205 -EL/Salem Residents \$220.00 - Non-Residents
 Registration: Begins March 7
 Where: East Lyme High School
 Contact: Carol Rossiter (860) 739-5828

SKYHAWKS SPORTS PROGRAMS

Registration for all Skyhawk programs will start on April 1 at P&R office or you can register now on-line with Skyhawks. For program descriptions, please visit www.skyhawks.com or call Parks & Rec office.

TINY HAWKS (AGES 3 & 4)

(This is a “Parent & Child team” camp. Adult participation is highly encouraged).
 Dates: June 23 – June 27 M-F Session 160201-01
 August 4 – August 8 M-F Session 160201-02
 Time: 9:00 am – 9:45 am
 Fee: Participant \$65.00
 Where: Samuel M. Peretz Park @ Bridebrook

MINI HAWKS (AGES 4 - 7)

Dates: June 23- June 27 M-F
 Session 160201-03 / 10:00 am-1:00 pm
 July 14 – July 18 M-F
 Session 160201-04 / 9:00 am – 12:00 pm
 August 4 – August 8 M-F
 Session 160201-05 / 10:00 am-1:00 pm
 Fee: Participant \$115.00 per session
 Where: Samuel M. Peretz Park @ Bridebrook

TENNIS (AGES 7 – 12)

Dates: June 23 – June 27 M-F Session 160201-06
 July 7 – July 11 M-F Session 160201-07

July 21 – July 25 M-F - Intermediate/Advanced
 Time: 9:00 am – 12:00 pm
 Fee: Participant \$115.00 per session
 Where: East Lyme High School – Tennis Courts

TRACK & FIELD (AGES 7 – 12)

Session # 160201-09
 Dates: June 30 - July 3 M-T
 Time: 9:00 am – 12:00 pm
 Fee: Participant \$95.00
 Where East Lyme High School – Track

BEGINNING GOLF (AGES 5-8)

Session #160201-10
 Dates: July 28 – August 1 M-F
 Time: 9:00 am – 12:00 pm
 Fee: Participant \$115.00
 Where: Samuel M. Peretz Park @ Bridebrook

BEACH VOLLEYBALL (AGES 10-14)

Session#160201-11
 Dates: July 7 – July 10 M-T
 Time: 6:00 pm-8:00 pm
 Fee: \$75.00
 Where: McCook Point Park Beach

MULTI-SPORT (AGES 7-12)

(Flag Football, Capture the Flag, Ultimate Frisbee & Kickball)
 Session # 160201-14
 Dates: July 14 – July 18 M-F
 Time: 9:00 am-12:00 pm
 Fee: \$115.00
 Where: Samuel M. Peretz Park – Bridebrook

SKYHAWKS – BASKETBALL (AGES 5-8)

Session #160201-13
 Dates: July 7 – July 11 M-F
 Time: 9:00 am – 12:00 pm
 Fee: \$115.00
 Where: Samuel M. Peretz Park – Bridebrook

SKYHAWKS – BASKETBALL (AGES 7-10)

Session #160201-15
 Dates: August 4 – August 8 M-F
 Time: 9:00 am – 1:00 pm
 Fee: \$115.00
 Where: Samuel M. Peretz Park – Bridebrook

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Parks & Recreation Adult Programs

MORNING AEROBICS

Session # 310101-02

The class consists of 35 minutes of aerobics and 15 minutes of body toning using weights, body bars, bands, and balls. Each class concludes with 5 to 8 minute cool down.

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

Dates: March 10 – April 25

Days: Monday-Wednesday-Friday

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

No class April 18.

MORNING AEROBICS

Session # 410101-01

The class consists of 35 minutes of aerobics and 15 minutes of body toning using weights, body bars, bands, and balls. Each class concludes with 5 to 8 minute cool down.

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

Dates: May 5 – June 20 (No class 5/26)

Days: Monday –Wednesday - Friday

Time: 8:45 am – 9:45 am

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

Registration: Begins Wed, April 2

Where: East Lyme Library/Community Center – Activity Room

Instructor: Sue Roos AFFA/Donna Neaton AFFA

COED CARDIO AND TOTAL BODY CONDITIONING

Session # 410201-01

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

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

Dates: March 24 – May 14 (No class 3/26)

Days: Monday –Wednesday

Time: 5:00 pm – 6:00 pm

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

Registration: Begins March 17

Where: East Lyme Library/Community Center – Activity Room

Instructor: Donna Neaton-AFFA

ZUMBA AEROBICS

Session #410103-01

A Latin inspired dance aerobic class that incorporates Latin and International music and dance. The class on Monday begins with 40 minutes of ZUMBA dance aerobics and will be followed by a core strengthening workout. On Wednesday the class will consist of 55 minutes of Zumba dance aerobics. Both classes end with stretching. On Mondays, participants are required to bring a non-slip exercise mat.

Continued on page 14



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P&R Adult Programs ... continued from page 13

Dates: March 24 – May 14 (No class 3/26)
 Days: Monday – Wednesday
 Time: 3:55 pm – 4:55 pm
 Fee: Resident \$45.00/Non-Resident \$60.00
 Registration: Begins March 17
 Where: East Lyme Library/Community Center/Activity Room
 Instructor: Donna Neaton AFAA/Zumba Instructor

TUESDAY ZUMBA

Session #410103-02
 This class consists of 55 minutes of ZUMBA dance aerobics, and ends with stretching.
 Dates: April 22– June 24 (No class 5/20 & 5/27)
 Days: Tuesdays
 Time: 5:30 pm – 6:25 pm
 Fee: Residents \$30.00 Non-Resident \$45.00
 Registration: Wed, April 2
 Where: East Lyme Library/Community Center – Activity Room
 Instructor: Donna Neaton AFAA/Zumba Instructor

SATURDAY MORNING ZUMBA AEROBICS

Session #410103-03
 This 1-hour class begins with 55 minutes of Zumba dance aerobics, followed by a core strengthening workout. Class ends with a 10 minute stretch. Participants are required to bring a non-slip exercise mat.
 Dates: April 12 – June 28 (No class 5/24)
 Days: Saturdays
 Time: 8:30 am – 10:00 am
 Fee: Resident \$45.00/Non-Resident \$60.00
 Registration: Wed, April 2
 Where: East Lyme Library/Community Center – Activity Room
 Instructor: Donna Neaton AFAA/Zumba Instructor

STOTT PILATES MAT & REEBOK FLEXIBLE STRENGTH - BEG/INTERMEDIATE

Session # 410301-01
 This training program will combine essential Stott Pilates Mat to develop strength and flexibility. Pilates is so broad and varied, it can be geared for golfers, pre and post natal, breast cancer rehabilitation, hikers, aquatics, ball classes and anyone interested in exercise. Participants are required to bring a non-slip exercise mat.
 Dates: March 25 – May 20 (No class 4/15)
 Days: Tuesday
 Time: 6:30 pm – 7:10 pm
 Fee: Resident \$30.00/Non-Resident \$45.00
 Registration: Begins March 17
 Where: East Lyme Library/Community Center – Activity Room
 Instructor: Kim Stirtan-BSPE, ACE & Stott Pilates

STOTT PILATES MAT & REEBOK FLEXIBLE STRENGTH - ADVANCED

Session # 410302-01
 Having mastered the essential Pilates Mat exercises, more emphasis will be on neuromuscular control. Participants are required to bring a non-slip exercise mat.
 Dates: March 25 – May 20 (No Class 4/15)

Days: Tuesday
 Time: 7:15 pm – 8:15 pm
 Fee: Resident \$45.00/Non-Resident \$60.00
 Registration: Begins March 17
 Where: East Lyme Library/Community Center – Activity Room
 Instructor: Kim Stirtan-BSPE, ACE & Stott Pilates

MONDAY COED YOGA

Session # 410501-01
 Class is for all levels of students. Students will learn postures, deep relaxation, and breathing techniques. Participants are required to bring a non-slip exercise mat.
 Dates: April 21 – June 30 (No Class 5/26)
 Days: Monday
 Time: 6:10 pm – 7:25 pm
 Fee: Resident \$50.00/Non-Resident \$65.00
 Registration: Begins April 2
 Where: East Lyme Library/Community Center – Activity Room
 Instructor: Rosemary Gentile - RYT

WEDNESDAY NIGHT COED YOGA AND MEDITATION

Session # 410502-01
 Class is for all levels of students. Students will learn postures, deep relaxation, and breathing techniques. This class will begin with the regular class from 6:30 – 7:45 pm and follow with an optional meditation from 7:50-8:15pm. Participants are required to bring a non-slip exercise mat.
 Dates: April 9 – June 25
 Days: Wednesday
 Time: 6:30 pm – 8:15 pm
 Fee: Resident \$60.00/Non-Resident \$75.00
 Registration: Begins Wed, April 2
 Where: East Lyme Library/Community Center – Activity Room
 Instructor: Michelle Flowers, Certified Kripalu Yoga

TOTAL FITNESS

Session # 410104-01
 Classes include circuit training, Stott Pilates, body bars, weights, and bands to create a variety of exercises for the entire body. Every class is different. Donna Neaton and Kim Stirtan bring together their experience, education and many years of group training to instruct these classes. Participants are required to bring a non-slip exercise mat.
 Dates: May 6 – June 26 (No Class 5/26)
 Days: Tuesday – Thursday
 Time: 10:15 am – 11:15 am
 Fee: Resident \$50/\$25 (1day)/Non-Resident \$65/\$35 (1day)
 Registration: Begins April 2
 Where: East Lyme Library/Community Center – Smith-Harris Room
 Instructor: Ann Marie Pagan-AFFA & Kim Stirtan-BSPE, ACE & Stott Pilates

BODY SCULPTING WITH SUE

Session 410202-01
 This is a muscle toning class using hand held weights and bands. The challenging workout is for all fitness levels. It

features a full body workout taking individuals from standing moves to floor workouts. The class ends with an abdominal workout and stretching exercises. Participants are required to bring a mat and weights.

Dates: March 11 – May 8 (No class 4/15, 4/17)

Days: Tuesdays & Thursdays

Time: 4:00 pm – 5:00 pm

Fee: Resident \$50/Non-Resident \$65

Registration: Begins March 6

Where: Lillie B Haynes School Gym

Instructor: Sue Roos AFFA

STABILITY BALL PLUS

Session 410403-01

This class is a great way to strengthen deeper into the “core” muscle groups with working on “balance” and adding different options to your average class. The “Plus” is the use of weights, balls and bands along with the Stability Ball for a total body workout. Participants are required to bring a mat and your own Stability Ball.

Dates: April 3 – June 26 (No class 5/22, 5/29)

Days: Thursdays

Time: 4:45 pm – 5:45 pm

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

Registration: Begins March 17

Where: East Lyme Library/Community Center – Smith-Harris Room

Instructor: Donna Neaton AFAA/Zumba Instructor

DOG OBEDIENCE - BEGINNERS

Session # 430201-01

This class will teach the basic skills and work towards taking the dog off the leash. The first class is held in the Parks & Recreation Conference Room without the dog. Participants must provide proof of rabies and parvo at the time of registration. The dog must be 4 months and older.

Dates: April 21 – June 30 (No class 5/26)

Days: Monday

Time: 5:15 pm – 6:15 pm

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

Registration: Begins March 17

Where: East Lyme Library/Community Center – Lower Level Parking Lot

Instructor: Barbara Keck

DOG OBEDIENCE - NOVICE

Session # 430202-01

This class refines the basic skills and works toward taking the dog off the leash. The Beginner’s class is a prerequisite. Participants must provide proof of rabies and parvo at the time of registration. The dog must be 4 months and older.

Dates: April 21 – June 30 (No class 5/26)

Days: Monday

Time: 6:30 pm – 7:30 pm

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

Registration: Begins March 17

Where: East Lyme Library/Community Center – Lower Level Parking Lot

Instructor: Barbara Keck

Continued on page 16

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P&R Adult Programs ... continued from page 15

BALLROOM DANCE – BEGINNER LESSONS

Session # 430101-01
 The Beginner Class will include instruction in waltz, foxtrot, rumba and swing.
 Dates: March 20 – May 8
 Days: Thursday
 Time: 6:00 pm – 7:00 pm
 Fee: Residents \$45.00/Non-Residents \$60.00
 Registration: Begins March 6
 Where: East Lyme Library/Community Center – Activity Room
 Instructor: Marjorie Winslow

BALLROOM DANCE – INTERMEDIATE LESSONS

Session # 430102-01
 The Intermediate Class will include instruction in cha-cha, foxtrot, tango and swing.
 Dates: March 20 – May 8
 Days: Thursday
 Time: 7:00 pm – 8:00 pm
 Fee: Residents \$45.00/Non-Residents \$60.00
 Registration: Begins March 6
 Where: East Lyme Library/Community Center – Activity Room
 Instructor: Marjorie Winslow

ADULT & TEEN BALLET BEGINNER/INTERMEDIATE

Ages 13 – Adult
 Have fun while learning basic ballet in a supportive environment. Explore the fundamental of ballet concentrating on technique, proper body alignment and strength. Our instructor will inspire confidence, camaraderie, and the love of dance in all her students. This class is perfect for moms with children in the musical theater class. Meet others and get in shape while your child is in class.
 Dates: March 29 – May 24
 Days: Saturday
 Time: 10:00 am – 11:00 pm
 Fee: Resident \$90.00/Non-Resident \$105.00
 Registration: March 7
 Where: Youth Center

ADULT & TEEN ACTING

Ages 14 and up
 This workshop is fun and a surprisingly easy way to become more self-confident, creative, spontaneous and develop your full acting potential. You will also learn the language of the theater through improv, monologue and scene study.
 Dates: March 26 – May 21
 Days: Wednesday
 Time: 7:00 pm – 8:30 pm
 Fee: Resident \$100.00/Non-Resident \$115.00
 Registration: Begins March 7
 Where: Niantic Center School, Room 107

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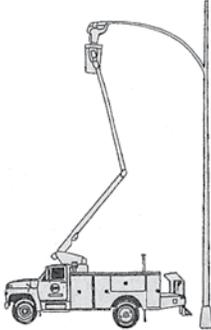
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East Lyme Youth Services

Youth Services Spring 2014

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Serving the East Lyme and Salem Communities
Mike McDowell – Program Director
Dave Putnam – Executive Director
Office Hours 8:00 am – 4:00 pm

“Our mission is to foster the positive development of youth by providing and/or coordinating preventive, remediative, educational, social, and service opportunities for young people and support for their families.”

YOUTH SERVICES COMMISSION

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

FLANDERS 5K - SUNDAY, APRIL 27

Join us for the 15th Annual Flanders 5k Run and Walk. This is a great, flat course for runners and walkers alike. Check in is at the East Lyme High School pool area, and the race begins on Boston Post Road near Flanders Elementary School. Pre-register by April 1st to save on the registration fee and be guaranteed a T-shirt! Registration forms can be found on the youth services/parks and rec. sections of the town website. All profits benefit youth programming in the community!

SITTER SURVIVAL

Day: Thursday's

Location: The Community Center in the Olive Chendali room

Time: 3-4 PM. (Last two classes 3-5 pm)

Meeting Dates: 4/3-5/1 (No class on 4/17) 5/8 & 5/15 will be CPR/First Aid certification and run from 3-5 pm.

Fee: \$75 residents / \$90 non-residents

Recommended for students in 7th and 8th grade, who have an interest in babysitting as a way of learning responsibility and home safety. Participants will be introduced to safety professionals from the Police Department, Fire marshal's office and parents. Proper engagement and entertainment of children is stressed, as well as basic cooking skills. Late bus is available for the classes ending at 4 pm, Pick-up required for the classes ending at 5 pm. This class is open to the first 15 registrants.

HOME ALONE

Day: Monday's

Location: The Community Center in the Olive Chendali room

Time: 3:00 - 4:00 pm

Meeting Dates: 3/24, 3/31, 4/7, 4/21

Fee: \$45 residents / \$60 Non-residents

Recommended for all students in 5th and 6th grade. Participants

learn how to be home without supervision responsibly, utilizing the expertise of local police and fire professionals and other guest speakers.

AMERICAN GIRL PROGRAMS

Time: 4:00 to 6:00 pm

Meeting Dates: March 5, 11, 19, 26

Ages: 7 and up

Fee: \$95 Residents/\$100 Non-Resident

Crafts, sewing, cooking and more! Join your friends for a crafty American Girl afternoon and learn about the lives of Julie, Molly, Felicity and their friends. Design and create a felt purse, fabric doll, decorative shell frame and beaded clay jewelry plus games, stories, and snacks too! Discounted American Girl books and accessories will be for sale at the last class.

WHAT'S COOKIN' FOR KIDS

Day: Saturdays

Time: 9:30-11:30 am

Location: The Community Center in the main kitchen

First Session meeting dates: 3/15, 3/22, 3/29, 4/5

Second Session Meeting dates: 4/26, 5/3, 5/10, 5/17

Fee: \$50 resident/ \$65 Non-resident

Participants will learn cooking techniques, while preparing yummy meals. Participants will be given instruction and assistance in learning some basic meals they can contribute to their family's weekly menu! Parents please take note: Youth must be mature and responsible, as they will be handling sharp knives and hot items in the kitchen. Participants should bring Tupperware to bring leftover goodies home with them on some days. This class is open to children in grades 6-8.

MOUNTAIN BIKING CLUB

Open for grades 6-12

Day: Saturdays

Location: Niantic Bay Bicycles

Time: 9:00-11:00 am

Meeting Dates: 4/19, 4/26, 5/3, 5/10, 5/17, 5/24

Fee: \$50 EL & Salem Residents - \$65 non-residents

Expert guided rides will be led by Niantic Bay Bicycles employees to various locations in town to ride. Participants will build confidence from tackling some terrain found along our local trails! Participants must have a working bike with front and rear brakes, helmet, a fix-a-flat kit, and water. A safety check is included on the first day of the club.

YOUTH CENTER OPEN HOUSE, FAMILY DODGE BALL & ICE CREAM SOCIAL

Date: April 4

Time: 6:00-8:00 pm

Turn off the TV's and cell phones for a night, as we are opening our doors from 6-8 pm on Friday, April 4th for families and friends to come experience the Youth Center and participate in a friendly game of family dodge ball at the community center! Dodge ball will be played from 6:00-7:00, followed by a FREE

ice cream social for all participants in the youth center. While in the center, patrons are welcome to utilize all the center has to offer including Ping Pong, air hockey, foosball, or just relax with your friends and family by your side.

Free Open Center After School Program

On school days the youth center will be open from 3:00 – 5:30 pm for all middle school students to come, hang out, and utilize all that the center has to offer! Our staff is available to assist with homework, and supervise the kids to ensure they are engaging in safe activities. Half days of school, the center opens at noon.

4TH & 5TH GRADE SATURDAY SOCIAL AT THE YOUTH CENTER

Date: 3/29

Time: 1:00-3:00 pm

Fee: Free

A day for students in these grades to utilize the youth center to hang out with friends, play organized games, and get accustomed to what the center offers during their middle school years. We invite students who have never been to the center, or who are familiar with it through various groups who have made it their meeting place.

Student Advisory Board

The Student Advisory Board is a group of high school students who are interested in bettering the community by volunteering at town events, as well as planning and hosting events for advocates of youth in the community. Below is a list of a few of the activities they have planned for this Spring.

BIKES FOR KIDS

BRING YOUR OLD BICYCLES TO US. We are collecting bikes in any condition to bring to the Bikes For Kids organization in Centerbrook. Donated bikes are fixed up, and donated to families/organizations who otherwise cannot afford them. Drop-off location will be at the Youth Center on May 10th from 9:00 - noon (arrangements may be made for different time, please contact Youth Services staff to arrange) Adult bikes may be donated as well as they occasionally receive requests for them.

PARENT EDUCATIONAL NIGHT

An evening presentation for parents of youth in our community to become familiar with the different social media outlets teens are using currently as well as the dangers they impose. The students will provide the audience with an in depth look at the different options of social media, followed by a presentation on the dangers associated with each. The date and location are TBD; if interested please contact Mike McDowell for additional information.

PRE-PROM ASSEMBLY AT ELHS

The Student Advisory Board is proud to partner with the administration at East Lyme High School to present a Mothers Against Drunk Driving assembly to all members of the Junior and Senior classes. The assembly will cover the dangers of drunk driving as well as distracted driving, in hopes it will prevent a potential prom night disaster.



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East Lyme Public Library

Check out the current bestsellers, download the newest issue of your favorite magazine to your computer or mobile device, or challenge a friend to a game of Chess or Scrabble - the East Lyme Public Library has it all to help you beat the winter blues! Take a peek at these exciting programs happening at the library - brave the cold and come learn something new. All programs are free and open to the public. Advanced registration is suggested because of limited seating. Please call 860-739-6926 to register. A full listing of events and services is available on the library's web page www.ely.lioninc.org.

MARCH

Learn something new with the Library's Online Resources on Tuesday, March 4 - 7:00 p.m.

Take an online tour of the computer resources in the Library's collection: Chilton Library (automotive repair), Mango Languages (foreign languages), Universal Class (over 500 online continuing education courses in subjects such as: arts & photography, gardening, nutrition, computer programming and many more), and Zinnio (the world's largest newsstand, offering full color digital magazines). Please call to register.

KERRY BOYS IRISH MUSIC

Saturday, March 8 - 2:00 p.m.

The Kerry Boys are Connecticut's favorite Irish balladeers. Their high-energy show will have you clapping and singing along in no time, engaging you from start to finish with their wide collection of traditional and original Irish/Celtic songs.

TRIVIA NIGHT

Tuesday, March 18 - 7:00 p.m.

Are you game enough to take on the challenge? Come by yourself or bring your friends. Test your knowledge from general categories, including pop culture, current events, history, music, and of course, literature!

FILM DISCUSSION - DR. STRANGELOVE

(directed by Stanley Kubrick, 1964)

Wednesday, March 19 - 5:30 for screening (94 minutes), discussion follows screening

Dr. Strangelove or: How I Learned to Stop Worrying and Love the Bomb is a 1964 British-American black comedy film which satirizes the nuclear scare. It was directed, produced, and co-written by Stanley Kubrick, starring Peter Sellers and George C. Scott.

FOR THE SAKE OF THE COUNTRY:

FEMALE SPIES IN THE CIVIL WAR

Saturday, March 22 - 2:00 p.m.

Connecticut resident and American military historian, Matthew Bartlett, presents, *For the Sake of the Country: Female Spies in the Civil War*. When you contemplate the various roles women played during the American Civil War, you might think of laundresses, cooks, fundraisers, nurses, uniform makers, but did you know one of the most important

roles women played in the Civil War was as spies? Their stories are so remarkable you might think they are fiction!

MANGA CLUB

Wednesday, March 26 - 7:00 p.m.

Come gather and discuss two popular media: manga, or Japanese print comics, and anime, or Japanese animation. Manga Club is open to those in 7th-12th grade.

APRIL

THE LEGACY OF ROBINSON CRUSOE: SLAVERY, COLONIALISM, SURVIVALISM

Saturday, April 5 - 2:00 p.m.

Daniel Defoe's *Robinson Crusoe* is known as the first realistic novel for adults published in English. A best-seller from its publication in 1719, we can see its reflection today in TV shows like *Survivor* and *Lost*. Dr. Faye Ringel, Professor Emerita of Humanities at the U.S. Coast Guard Academy, will discuss the continuing influence of this classic work of literature.

Learn something new with the Library's Online Resources

Saturday, April 12 - 2:00 p.m. Please see description of program on March 4.

OPEN MIC NITE - POETRY SLAM IN HONOR OF BILLIE MORRILL

Tuesday, April 15 - 7:00 p.m.

In honor of National Poetry Month and Billie Morrill, poets of all ages and types are invited to share their works in this open mic event.

FILM DISCUSSION - 39 STEPS

(directed by Alfred Hitchcock, 1935)

Wednesday, April 16 - 5:30 for screening (86 minutes), discussion follows screening.

A man in London tries to help a counterespionage agent. But when the agent is killed and he stands accused, he must go on the run to both save himself and also stop a spy ring trying to steal top secret information.

POETRY READING - SARA INGRAM

Tuesday, April 22 - 7:00 p.m.

Sara Ingram will read from her recently published book of poetry, *Sounds of House and Wood*. Ingram's poems offer a grand amalgam of joy and doubt, summer and winter, play and work, and most of all, love: love of childhood, of marriage, of self-discovery, of New England.

INDIAN COOKING

WITH RADHA THANABAL

Tuesday, April 29 - 7:00 p.m.

Southern Indian cooking techniques will be demonstrated by Radha Thanabal.

Continued on page 22

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What is Loss?

Have you had losses? Haven't we all? We think about loss as the death of someone close. Society has rituals to help us get through this. Friends and family draw closer and funerals or memorial services help consolidate our mixed emotions at celebrating a life. But what happens after everyone goes home? And what about other losses? We have no rituals to help us with the losses of divorce or separation, saying goodbye to a child going off to college, or watching our neighbor's moving van drive away. We mourn the loss of our pets, our mobility, a job. When we experience loss, it's important to reach out for support, to maintain regular schedules, and allow ourselves to grieve. When we remain stoic and deal with feelings ourselves, we become more isolated and the loss is compounded. This is a time to rely on friends and family for comfort, conversation, and connection. Sometimes a loss, even a seemingly minor one, brings up painful reminders of others in the past. A therapist can help to explore these feelings and find a path forward, not erasing our losses, but accepting them and refocusing on our dreams and fortunes.

*NancyRandall
 East Lyme Psychological Associates*



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East Lyme Public Library ... continued from page 20

Preparation of an appetizer, main dish, and dessert using spices and recipes from Southern India will delight your taste buds! Space is limited to 25 in the Senior Center kitchen. Please call to register.

MANGA CLUB

Wednesday, April 30 - 7:00 p.m.

Come gather and discuss two popular media: manga, or Japanese print comics, and anime, or Japanese animation. Manga Club is open to those in 7th-12th grade.

MYSTERY BOOK DISCUSSION GROUP

This book discussion group meets on the last Thursday of each month at 11:00 a.m. in the East Lyme Room. Copies of the current month's book are available at the library. 2/27 *Fatal Winter* by G.M. Malliet; 3/27 *The Likeness* by Tana French; 4/24 *Crime of Privilege* by Walter Walker. No registration necessary.

BOOK DISCUSSION GROUP

A book discussion group meets the second Tuesday of each month at 7:00 p.m. in the East Lyme Room. Copies of the current month's book are available at the library. 2/11 *Confessions of Marie Antoinette* by Juliet Grey; 3/11 *The Spymistress* by Jennifer Chiaverini; 4/8 *My Beloved World* by Sonia Sotomayor. No registration necessary.

YOUNG ADULT BOOK GROUP

This newest book discussion group for Young Adults (Grades 6 – 9) meets at 6:00 p.m. in the Kids' Craft Room. Copies of the current month's books are available at the library. 2/19 *Insurgent* by Veronica Roth; 3/19 *The Name of the Star* by Maureen Johnson; 4/23 *City of Bones* by Cassandra Clare.

Do you have E-Reader, iPhone, iPad questions?

One-on-one help sessions are available by appointment for users of e-readers and iPad and iPhones. Please call to register.

East Lyme Senior Center

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

Monday – Friday 8:30 am to 4:30 pm

Cathy Wilson - Senior Services Coordinator
Gail Glenn – Program Assistant
Anna Hartung – Administrative Secretary
Roxanne Kormos – Full Time Driver
Lee James – Part Time Driver
Wendy Whatton – TVCCA Site Server

Check out our monthly newsletter, *The Courier*, for a full list of activities, programs and services. It is available the beginning of every month at the Senior Center, Public Library, Town Hall, at the senior housing sites, and the local grocery stores. The complete newsletter is available on-line at the Town of East Lyme website at www.eltownhall.com. Look for the Senior Center tab on the left side of the home page. If you would like the newsletter emailed to you, contact the Senior Center office.

COMMISSION ON AGING

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

TRANSPORTATION

In-Town Transit Services

Transportation to and from the Senior Center as well as to in-town destinations are available Monday through Friday. Donations are gratefully accepted in the Senior Center Office. An annual Appeal Letter is mailed to all those registered for

this service. Call the Senior Center for more information.

MEDICAL TRANSIT

SOUTHERN NEW LONDON COUNTY

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

SENIOR LUNCHESES

Senior Nutrition Program

The Senior Center and TVCCA provide lunches with a 24 hour reservation Tuesday through Friday at 11:45 am. Monthly menus are printed in *The Courier* newsletter. \$3.00 suggested donation.

THE BISTRO

Every Monday, the Senior Center will offer a bistro meal ranging from sandwiches to hot entrees. All are welcome, no age restriction! The cost ranges from \$3.00 to \$6.00 depending on the menu for the day. No reservations required but it is first come - first served program. Lunch will be served at 11:45 am.

MEALS ON WHEELS

The Senior Center and TVCCA provide Meals on Wheels Monday through Friday to East Lyme adults age 60 and over who are temporarily or long term homebound. Please contact TVCCA for eligibility at 860-885-2745.

MATURE DRIVER SAFETY CLASSES

The Senior Center and AARP provides Mature Driver Safety classes 10-12 times a year to anyone 50 or older. This 4-hour

session develops safe, defensive driving techniques and refines existing skills. Contact your insurance company for about a possible discount after completion of this course.

AARP TAX-AIDE

The Senior Center and AARP provides tax assistance every February, March and April. The AARP Tax-Aide program provides free, confidential tax preparation of middle to low income people with special attention paid to those 60 and older.

TRIPS

The Senior Center offers a diverse selection of trips. There are some restrictions regarding the registration of residents versus non-residents. Detailed flyers are available once registration begins. Below are the trips currently being promoted:

DAY TRIPS

Open to any person 55+

Thursday, April 10th - Enjoy a 75 minute guided tour of Rough Point, the Doris Duke Estate in Newport, RI. Lunch included. \$85pp. Registration begins February 3. Moderate walking.

Saturday, April 26th - New York City on your own. Trip fee is \$46pp. Registration begins February 3. Lots of walking.

OVERNIGHT TRIPS/CRUISES

Open to any person 55+

Mar 24-25 - "A Day in Pompeii" special exhibit at Franklin Institute in Philadelphia, PA. Also a historic city tour as well

as dinner on the Moshulu (a 108 year old Clipper Ship). \$299pp double occupancy. Registration has begun - PLEASE NOTE DATE CHANGE.

Apr 22 - May 3 - The Wonders of Italy - An escorted trip of a life time. 11 days/10 nights & 18 meals. Starts at \$4632pp double occupancy. Registration has begun.

Aug 30 - Sep 14 - Transatlantic Cruise from London to Boston on the Royal Caribbean Brilliance of the Seas. Air is included - prices start at \$2299pp (does not include taxes). Registration has begun.

Oct 7-9 - Moses at the Sight & Sound Millennium Theater in Lancaster, PA. Stay 2 nights at the Cork Factory Hotel. Trip includes stops at Hershey Chocolate World and the Wheatland House. \$407 pp double occupancy. Registration has begun.

October 16 - 25 - Memorials of War: Normandy & Paris. 10 days & 13 meals & includes air fare. Book now and save \$250. Prices start at \$3849pp double occupancy. Registration has begun.

FITNESS CLASSES

PING PONG: Mon 9:30 am - No equipment needed.

SENIOR FITNESS: Mon & Wed & Fri 10:15 am - Mon & Wed 12:30 pm - Residents \$45.00/30 classes - Nonresidents \$50.00/30 classes. Pass required.

SENIOR YOGA: Mon 2:30 pm & Tues 8:30 am & Thurs 9 am - Residents \$60.00/30 classes - Nonresidents \$65.00/30 classes. Pass required.

TAI CHI: Tues & Fri 9 am - Residents \$48.00/24 classes Nonresidents \$53.00/24 classes. Pass required.

Continued on page 24

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Senior Center ... continued from page 23

CHAIR YOGA: Tues 9:30 am or 10:30 am & Fri 10 am
– Residents \$36.00/24 classes – Nonresidents \$41.00/24
classes. Pass required.

WEIGHT LIFTING: Tues & Thurs 10:30 am @ ELHS Fitness
Center – Residents \$24.00/24 classes – Nonresidents
\$29.00/24 classes. Pass required.

ZUMBA GOLD: Tues & Thurs 3pm – Session Class – Call for
class fee & schedule.

PiYo: Tue 4:15 pm – Session Class – Call for class fee &
schedule.

LAUGHTER YOGA: 2nd Thurs of every month @ 11am.
Donation requested. No residency issues.

INDOOR BOCCE: Thurs 11:30 am. No fee. Will teach.

PACE: Thurs 1pm – Session Class – Call for class fee.
People with Arthritis Can Exercise program was developed
specifically for people with arthritis.

PICKLEBALL: Sat 11am -\$1pp drop in fee – No residency
issues. For adults only.

DANCE CLASSES

TAP CLASS: Tues 1 pm – Residents \$24.00 for 20 classes –
Nonresidents \$29.00 for 20 classes. Pass required.

LINE DANCING: Wed 2 pm - Session Class – Call for class
fee & schedule.

CRAFTS

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

QUILTING - 3rd Fri and the 4th Tues of every month 5 pm
and the 1st Mon of every month from 1 pm. Fee is \$2.00.
Bring a dish to share for dinner quilting. Intermediate to
Advanced level.

GAMES/CARDS

CRIBBAGE: Cribbage played Mon from 9 am. No fee. On
hiatus until the Spring.

CANASTA: Canasta played Mon from 1 pm. Will teach.
No fee.

MAH JONGG: Tues 1 pm. No fee. Must know the game.

SCRABBLE: Tues 9:30 am. No fee. Will teach.

BRIDGE: Rubber Bridge Shoot Out played Tue from 1:30 pm.
Fee \$5.00pp per day played. Must know the game and have
a partner. Must register to play.

POKER: Poker played every Wed from 9 am. Minimal fee to
play.

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

DOMINOES: Mexican Train Dominoes played on Thurs
from 10 am. Will teach. No fee.

BRIDGE: Duplicate Bridge played Thurs from 1 pm. Fee
\$1.00pp per day played. Must know the game and have a
partner. Must register to play.

BINGO: Fri 1 pm. \$1.00 for the 1st card - .25c for every
additional card up to 9 cards.

EDUCATION/ENRICHMENT

INTERNET INSTRUCTION: 1st Tues of every month starts
at 10:15 am. One-to-one hourly sessions. Fee is \$12.00 -
\$14.00 for Non-residents.

VNASC NURSE MANAGED WELLNESS CLINIC: 2nd Wed of
every month 1pm for services that focus on prevention and
self-care.

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

BENEFITS CHECKUP: Two Weds every month starting at
9:00 am. One-to-one counseling on available government
benefits.

DANCES: Mar 7th – May 9th – Jul 25th – Sep 12th – Nov 7th
from 7:00 pm to 10:00 pm. Admission is \$9.00.

Every Month

*Theme Meals & Musical Entertainment
Special Events*

East Lyme Athletic Organizations

EAST LYME CHEERLEADING

Seniors - Junior - Micros - Minis

The ELYCL program strives to provide a safe & respectful
environment that will enrich the athletes understanding of the
sport. Through cheerleading the emphasis will be to provide
opportunities to the athletes that will encourage personal
growth, promote teamwork, respect, and help develop
positive self-confidence. We welcome all levels, beginners
to advanced! Season starts on August 1st and runs through
early November. The ELYCL program is open to children who
reside in East Lyme, Salem and Old Lyme. Registration is open

to kids entering into grades K through 8th and are between the
ages of 5 and 14. (Now accepting 5 year olds)

Visit our website @ EastLymeYouthCheer.com or email Presi-
dent Tammy Bogue: tammybogue@sbcglobal.net

EAST LYME SOCCER ASSOCIATION

(Youth soccer pre-K to U14)

Dates: April – June 2014 (spring season)

On-line Registration for Fall 2014 season begins: March 15.
For more information contact: Jonathon Parker (860)739-0013
or JParkerx2@yahoo.com, or <http://www.eastlymesoccer.org/>

East Lyme Regional Theater



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East Lyme Regional Theater will celebrate their 5th year as a vibrant successful theater group producing high quality musical theater productions. This August they will proudly present a wonderful Tony award

Winning Musical at East Lyme High School. Auditions will be in May. The show and dates will be announced soon. Go to www.eastlymeregionaltheater.com for more information. Like us on Facebook- East Lyme Regional Theater for all the latest info.

Smith-Harris House

ANNUAL PLANT SALE

Friends of Smith-Harris House, at Smith-Harris House Barn Saturday, May 17, 9 am to 1 pm.

Prepare your summer garden at the Friends of Smith-Harris House annual plant sale fundraiser! From blossoms to bulbs, this sale is sure to have everything you need to stay 'in-bloom' until the leaves fall! Annuals, perennials, hanging plants, and vegetable starters are just a few of the types of plants

available, and all proceeds will benefit preservation and public programs at the Smith-Harris House. Is your thumb "heirloom green?" Then consider volunteering with the Smith-Harris House garden team, to help keep our historic-varietals garden at it's best year-round! Sign-up sheets will be available at the plant sale. For more information, call 860-739-0761 or email curator@smithharrishouse.org.

Registration Policies Parks & Recreation Department

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

Program Registration Hours:

Monday-Friday 8:30 a.m. – 4:00 p.m.

Directions:

95 South

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

95 North

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

There are two ways to register for programs:

In person at the Parks and Recreation Department office in the E. Lyme Library/Community Center on Society Road or by mail (Mailing address: 41 Society Rd., Niantic, CT 06357). Registration Form is in this magazine. Programs limiting the number of participants will be determined on a first-come-first-served basis. Non-residents will be charged an additional \$15 fee for programs. Payment must be made in full at the time of registration, without exception. We accept cash, Visa, MasterCard, Discover, and checks made payable to "The Town of East Lyme". Returned checks will be charged a \$20 fee. There are no refunds unless extenuating circumstances occur during a program session.

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

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

Town Clerk's Office

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

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

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

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

To license by mail, send all required information (which will be returned) along with a check made payable to Town of East Lyme and mail to East Lyme Town Clerk, PO Box 519, Niantic, CT 06357. We do require a self-addressed stamped envelope. Postage on the return envelope is 68 cents for the return of the license.

A penalty of \$1 per month will be assessed for payments received after July 1. For information, call the Town Clerk's Office at 860-739-6931, x 120.

7th Annual Touch-A-Truck Event

On Saturday, May 17 (rain date Sunday), the East Lyme Auxiliary of Child and Family Agency of Southeastern Connecticut and the East Lyme Parks and Recreation Department will co-sponsor our seventh annual Touch-A-Truck event.

This is a family event that will take place from 9:00 a.m. to 2:00 p.m. at McCook Point Park in Niantic, CT. There will be a \$4.00 per person donation (ages 3 and up) to benefit the Child and Family Agency of Southeastern Connecticut.

Children can climb various vehicles, sit in the driver's seat and discover the world of trucks. This unique event will feature large trucks and heavy equipment from law enforcement, fire departments, commercial companies, industrial companies and rental companies. In addition there will be face painting and craft activities for the children as well as a free photo-op. Refreshments will be available for sale. For more information call Child & Family Agency at 860-443-2896, Ext. 1403.

Jeffrey's Rainbow Run

Academic Scholarship Opportunity 2014

The East Lyme Youth Services Bureau in cooperation with the Bourgeois family will be awarding two scholarships in the amount of \$750.00 to two graduating High School Seniors who reside in East Lyme or Salem and will be continuing their education in a field related to animal studies or working with children.

Applicants must submit their high school transcripts as well as a one page essay on how this scholarship will benefit them. Essays and transcripts must be submitted to the East Lyme

Youth Services Bureau, 45 Society Road, Niantic, CT 06357 no later than Friday, April 18th. Scholarship recipients will be announced at the East Lyme Youth Services Commission's regular meeting scheduled for Thursday, May 15.

Monies for this scholarship are in honor of Jeffrey Bourgeois and funded by proceeds from the annual Jeffrey's 5K Rainbow Run held in September each year. For more information on the scholarship and the annual fun run please contact the Youth Services Bureau at 860-739-6788 or e-mail David Putnam at Dputnam@eltownhall.com.

Boardwalk Benches Available

The East Lyme Public Trust Foundation Inc., in cooperation with the East Lyme Parks and Recreation Department, has announced the solicitation of 50 additional park benches. These benches will be added to the western half of Niantic Bay Overlook (the Boardwalk) once reconstruction has been completed. Plans for the new Boardwalk have been approved by the Zoning Commission with construction currently slated for March through December. There is a limit of fifty benches available at this time. They will be assigned to the first fifty completed and approved applications. These

commemorative benches have proven to be a popular addition to the East Lyme landscape and are a wonderful way to support the Town Park and to honor someone special.

The bench is available for a tax-deductible contribution of \$800.00. Each bench will include an engraved plaque with the donor's message. Order forms are available on the East Lyme Public Trust Foundation web site, www.publictrustfoundation.org, or by contacting Carol Marelli, 860-739-2688 or camarelli@sbcglobal.net.

Help Wanted

If you have extra time, you can earn extra money! Part-time Sales Representatives needed due to our recent growth. Set your own work schedule. Sales experience helpful but not necessary. Ideal for persons interested in supplementing their current income. Grow with us! Send resume and cover letter to print@essexprinting.com. No phone calls please.

EAST LYME PARKS AND RECREATION DEPARTMENT
REGISTRATION FORM



REGISTRATION INFORMATION:

Complete the registration form below. Include all pertinent information. Return the completed form with payment in full to the Recreation office. We accept cash, checks and Master Card/Visa only. Checks are made payable to the Town of East Lyme. Program cancellations will be heard on radio station WNLC, WICH, WCTY, WTYD, WKCD, WAVE AND WSUB the day of the cancellation. Participants unable to register in person please fill out this form and mail with check to: East Lyme Parks and Recreation Dept., 41 Society Road, Niantic, Ct. 06357.

Name: _____ Spouse's Name: _____

Address: _____ Town: _____ Zip Code: _____

Home Phone #: _____ Work Phone #: _____ E-Mail: _____

Cell Phone # _____ Cell Phone Provider: _____ *(i.e. Verizon, Sprint)

***This info is needed so we may send emails and/or texts to notify of any cancellations, etc.**

Emergency Contact:

Name: _____ Relationship: _____

Address: _____ Town: _____ Zip Code: _____

Home Phone #: _____ Cell Phone #: _____ Work Phone #: _____

Participants Name	DOB	Gender	MEDICAL CONCERNS	Program	Session Number	Fee

I agree to hold the East Lyme Parks and Recreation Commission and Department and any person connected therewith and the Town of East Lyme harmless from any and all claims for bodily injury and property damage arising from the use of facilities and programs during the course of an East Lyme Parks and Recreation sponsored activity.

Signature: _____ Date: _____

I consent to the use of my or my child's photo, video, or artwork for flyers or presentations: _____

Medical concerns _____



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Public Works Single Stream Recycling

In single stream recycling, recyclables are separated at the processing plant, not at your home. This means that all recycling can be placed in a single container separate from the trash container and can be compacted resulting in reduced transportation costs.

No other containers are used for recycling. A gray recycling can is the only one that will be picked up. Recycling collection has been moved to a cycle of every other week. To view the single stream recycling calendar visit our web site at www.eltownhall.com/publicworks.

Single stream accepts all plastics with the exception of plastic bags and Styrofoam. As with your trash can the recycling can must have a four-foot separation from other objects including your trash can.

ACCEPTABLE ITEMS

- Newspapers and inserts
- Magazines/brochures
- Cardboard
- Paper bats
- Paperboard boxes (e.g., cereal, egg cartons)
- Junk mail
- Phone books/catalogues
- Hard and soft cover books
- White and colored paper
- Envelopes (including window)
- File folders
- School paper
- Shredded paper
- Multi 3 ply paper
- All glass food/beverage containers
- Tin cans
- Aluminum cans

- Aluminum foil (clean)
- Aluminum pots and pans
- Juice and milk cartons
- Plastic milk jugs
- Plastic soda bottles
- Detergent bottles
- All plastic #1 - #7
- Small metals
- Empty aerosol cans
- Plastic buckets and crates

UNACCEPTABLE ITEMS

- Not allowed – food waste in any containers
- Needles or syringes
- Hazardous or biohazard waste
- Trash or bagged material
- All other non-recyclable items

Leaf Collection Schedule 2014

Leaves will be collected during the following weeks on your regular collection day:

Week of May 12, 2014

Week of June 2, 2014

Week of July 14, 2014

October 13 – week of December 15, 2014

(No collection Thanksgiving week)

All leaves put out for collection must be in paper bags. Leaves in plastic bags are not collected. Bags can be obtained at the Public Works Department in Town Hall between 8:00 am and 4:00 pm and at the Transfer Station which is open 7:00 am – 3:00 pm Monday through Friday and 8:00 am – 12:00 pm on Saturday. The charge is \$.50 per bag. Any other paper bags are also acceptable.

Continued on page 30

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PROGRAM REGISTRATION FORM

Program Registering For : _____

PARTICIPANT INFORMATION

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

Grade: _____ Gender: _____ Home Phone : _____

Parent Email Address: _____

Address: _____ City: _____ Zip: _____

Mother Name: _____ Work Phone _____ Cell _____

Father Name: _____ Work Phone _____ Cell _____

Emergency Contact: _____ Relation _____ Phone _____

List any allergies, medications, or medical conditions _____

DEMOGRAPHICS (please check one in each category)

Race:

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

Family:

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

Ethnicity:

- Hispanic/Latino
- Not Hispanic/Latino

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

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

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

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

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

Parent/Legal Guardian Signature: _____ Date: _____

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

Public Works - Recycling Schedule

Days that are boxed are Holidays. For complete Holiday Schedule, visit Public Works Curbside Collection at www.eltownhall.com.

APRIL						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

MAY						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

JUNE						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

East Lyme Public Safety

East Lyme Public Safety wants to share some very important spring safety tips from the U.S. Consumer Product Safety Commission (CPSC). The CPSC recommends that consumers take the following precautions to prevent injuries from lawn and garden equipment:

- Dress appropriately for the task. Wear long pants, long-sleeved shirts (to avoid injuries from thrown objects like rocks or sticks), close-fitting clothes and no jewelry (to avoid getting anything caught in moving parts), sturdy shoes with slip-resistant rubber soles, eye protection, heavy gloves (protects hands when changing, sharpening, or cleaning blades), and hearing protection such as ear plugs when using motor-driven equipment.
- Before starting up machinery, remove objects from the area in which you are working that can cause injury or damage equipment, such as sticks, glass, metal, wire, and stones.
- Make sure that safety devices on the equipment are in place and functioning properly before starting work.
- Never let a child ride or operate a garden tractor or riding mower, even if the child is supervised. Teenagers should only be allowed to operate outdoor power equipment if they possess adequate strength and maturity to do so safely. They also should be supervised by a responsible adult.
- Keep children indoors and supervised at all times when any outdoor power equipment is being used. Young children move quickly and are attracted to mowers and

mowing activity, especially if they have been given rides on mowers before.

- Never assume children will remain where you last saw them. Be alert and turn off the mower if children enter the mowing area. Use extra care when backing up or when approaching corners, shrubs, and trees.
- Unplug electric tools and disconnect spark plug wires on gasoline-powered tools before making adjustments or clearing jams near moving parts.
- Be sure power tools are turned off and made inoperable if they must be left unattended to prevent use by children.
- Handle gas carefully. Never fill gasoline tanks while machinery is on or when equipment is still hot. Wipe up spills. Store gas in an approved container away from the house. Finally, never smoke or use any type of flame around gasoline or any gasoline-powered equipment.
- Never work with electric power tools in wet or damp conditions. For protection against electrocution, use a ground fault circuit interrupter (GFCI). GFCIs come in several models, including a portable plug-in type.
- Be sure that extension cords are in good condition, are rated for outdoor use, and are the proper gauge for the electrical current capacity of the tool.

Disclaimer: *The information in this article is provided by the United States Consumer Product Safety Commission and may not reflect the official policy or position of the office of East Lyme Public Safety.*

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Essex Savings Bank is a FDIC insured, state chartered, mutual savings bank established in 1851. The Bank serves the Connecticut River Valley and shoreline with six offices in Essex (2), Chester, Madison, Old Lyme and Old Saybrook.

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