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Volume 2 • Quarter 2 • 2014




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Summer on the Shoreline!

After this winter, none of us ever thought summer would arrive, did we?

But... our great Park & Rec Staff has been readying our town all spring for summer, and our beaches and streets will be teeming with activity.

Lots to do with all of our Town Park & Rec Summer Programs and Festivals, such as "Celebrate East Lyme" on July 19th, where our streets are filled with vendors and happy people! The fireworks show that evening is spectacular thanks to our sponsor, Dominion. And there are activities all day long.

The "second half" of our famous boardwalk will be undergoing renovations and will not be ready until next spring; however, when done, it will be a tremendous asset to our great town.

You can now visit the "open half" of our boardwalk from Cini Park, and walk the half-mile walkway and enjoy our great new beach - Enjoy the marinas, as they are full of life and boating enthusiasts, and our town fishing docks keep our commercial and party boat fleet fishing!

Hiking in the Hills - Oswegatchie Hills can be accessed from Vets Park; maybe you can catch a softball game while you're there. And the great volunteers and "Friends" have kept those trails wonderfully accessible for all of us to enjoy.

Visit our farming community in Flanders, or hike on Darrow's Pond in the town's north end.

As always, the shops and restaurants in Niantic and Flanders will be ready to serve you and your family.

Stay at one of our "highway side" hotels or downtown Bed & Breakfasts and you'll get the feel of what Connecticut's "Fan Favorite Town" has to offer firsthand.

Welcome, and enjoy your summer on the shores of East Lyme.



Paul M. Formica, First Selectman

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– Erika S. –

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– Graham H. –

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Director's Note

It is with great anticipation and after a long winter season that I write this Director's Note for the summer of 2014. I am excited about the diverse program offerings and special event activities the department will be sponsoring this summer. In addition to our normal program offerings, and along with "Celebrate East Lyme" activities held on July 19, we will be partnering with a number of Southeastern Connecticut Parks and Recreation Departments on a special event called The Southeastern Connecticut (SECT) Park Race. Registered participants and their families will be encouraged to visit area parks and participate in an activity. Find more information in this magazine on the particulars and how to register and get your passport.

A huge congratulations to Ed Ball our Parks Foreman/Turf Specialist for recently being named Sports Turf Manager of

the Year by the New England Sports Turf Managers Association (NESTMA). I continually receive many compliments on the conditions of our parks and I would like to personally thank Ed and our hard-working maintenance crew for all of their efforts.

I hope you take some time to read through our magazine and find an activity for you and your family to participate in and recreate. We are always looking for new and innovative program offerings, so if you have any suggestions or wish to run a program, please contact the office. Enjoy the summer and remember, to feel great, "RECREATE".

Sincerely, David M. Putnam, Director



2014 New England Sports Turf Manager of the Year

Pictured is Ed Ball, Parks Foreman/Turf Specialist for the East Lyme Parks and Recreation Department, accepting his 2014 New England Sports Turf Manager of the Year award. Presenting the award is Vickie Wallace, Board Member of the New England Sports Turf Managers Association and Associate Extension Educator at the University of Connecticut. The award was presented at the NESTMA award luncheon at the Providence Turf Show on March 5, 2014.

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Park & Beach Information

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

Open daily from 8:00 a.m. to sunset. Pets are permitted on beaches from the Tuesday after Labor Day until the Friday before Memorial Day ONLY; must be under owners control at all times and it is the owner's responsibility to clean-up all pet waste. Dogs are not permitted on the Niantic Bay Boardwalk at any time during the year. **

Restrooms will remain open until mid-November as weather permits. Contact the Parks and Recreation office for Pavilion reservations/availability. All are Tobacco Free Parks.

State Statute 22-364 states that dogs must be under the direct control of their owners at all times when using town parks. It is the dog owner's responsibility to clean up all dog waste.

****NO PETS May 24 - Sept 1 AT ANY BEACH FACILITY**
STATE REGULATION (Public Swimming Area Regulations) Section 19a-36-B61 (10) states domestic animals shall be prohibited in the water and the land immediately adjacent to the water of a public swimming area when the public swimming area is open for use.

BOARDWALK CONSTRUCTION UPDATE

Construction on the western half of the Niantic Bay Boardwalk is tentatively scheduled to start this spring. 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.

McCOOK POINT PARK, HOLE N' WALL, CINI PARK PARKING PERMITS

Parking permits will go on sale Monday, May 5th at the Parks & Recreation Office. Permits will be sold from 8:30 am to 4:00 pm, Monday through Friday, throughout the season. From May 22 through June 26 the office will extend the office hours to 7:00 pm on Thursdays. To obtain a season permit,

all applicants must present their car registration at the time of purchase. If you are new to town, please bring your tax bill or lease to expedite the process.

PLEASE NOTE: To avoid lines; Mail in a copy of your registration (to Parks & Rec office at 41 Society Rd., Niantic, CT 06357), a copy of your latest tax bill (if you are an East Lyme resident and your vehicle is not registered to East Lyme/Niantic address), the applicable payment (check should be made payable to the TOWN OF EAST LYME) and a self addressed stamped envelope and we will process your request and mail your beach pass to you.

Resident Seasonal - \$35.00

Resident Seasonal add'l vehicles - \$25.00*

*Patrons must be in the same family with the car registered to same address

Senior Rate (age 62+) - \$15.00

Non-Resident Seasonal - \$100.00

Resident Day - \$5.00

Non-Resident Day - \$20.00

On Saturday, May 24th (Memorial Day Weekend) all vehicles must have a parking permit to enter the parks through September 1st (Labor Day). Park hours are 8:00 am to dusk. Lifeguards are on duty daily from 9:00 am to 5:00 pm, beginning tentatively June 21st through mid-August. Per the East Lyme Parks & Recreation Commission Policy; beach sticker MUST be adhered to lower left driver side windshield. If sticker is not adhered to windshield admittance to parks and beaches will be denied. NO EXCEPTIONS!

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. Rentals are also available before Memorial Day and after Labor Day and Non-Residents are able to rent during that period. Please contact the Parks & Recreation office for information and availability.

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.

Parks & Recreation Department

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

CONTACT INFORMATION & WEBSITES

Executive Director: David M. Putnam
Program Coordinator: Carolann Rossiter
Administrative Assistant: Deborah Levandoski
Administrative Secretary: Robin Grandieri
Special Events Coordinator: Michael R. 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
East Lyme Town Hall 860-739-6931
www.eltownhall.com
East Lyme Youth Services 860-739-6788
Rocky Neck State Park 860-739-5471
DEP Old Lyme 860-434-8638
Children's Museum of SE Connecticut 860-691-1255
East Lyme Aquatic & Fitness Center (Pool) 860-691-4681
www.nutmegaquatics.com
East Lyme Business Organization
Contact Lynnea Mahlke 860-691-1611

ATHLETIC ORGANIZATIONS

EAST LYME BABE RUTH LEAGUE

Jay Reid, President / 860-326-1579
www.eastlymebaberuth.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

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Chip Mundell / 860-271-6191



Parks & Recreation Department Staff

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EAST LYME JUDO CLUB

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

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Mike Cooney / 800-414-2433

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Daniel Sefton, #7 / 860-691-0355

Axel Mahlke / 860-287-1174

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Robin Greer, #24 / 860-443-5492

Richard Cushing, #240 / 860-739-5239

Community Board

PASSPORTS

East Lyme Parks & Recreation Department is now an Acceptance Facility for Passports. Please call (860) 739-5828 to make an appointment and for any questions. The hours for passports are Monday - Friday from 8:15 am - 3:30 pm. Evening hours will be available on Thursdays only, starting May 22nd - June 26th. Office will be open until 7:00 pm. Appointments must be made in advance for this day.

NIANTIC BAY 10K ROAD RACE

Date: Friday, June 13th
Time: 6:00 pm (Late registration starts at 3:30 pm and 5K Walk starts at 5:30 pm).
Fee: \$20 Pre-Registration before June 10/\$25 after June 10
Location: Start and Finish at McCook Point Park
Pre-registration packets can be picked up at East Lyme Parks & Rec Office on June 10 from 9:00 am - 4:00 pm.
More Information or to register: Contact Cathy Robbins at robbsinct@comcast.net or East Lyme Parks & Recreation office.

NIANTIC BAY TRIATHLON

Sponsor: Hartford Marathon Foundation
Date: Sunday August 3rd beginning at 7:30 am
Location: Start and Finish at McCook Point Park
More Information: Call (860) 652-8866 or visit: www.hartfordmarathon.com

2nd ANNUAL MIKE G. MEMORIAL GOLF TOURNAMENT

Will take place on Monday, July 14th at Cedar Ridge Golf Course starting at 9:00 am. Contact Parks & Recreation Office 860-739-5828 to register and for more information.

U.S. AMATEUR BALLROOM DANCE

Dates: Fridays: 7:00 – 10:00 pm
June 20, July 11, July 25, & Aug 22
Where: East Lyme Library & Community Center - Activity Room

For more information: Russell Carr @ 860-574-5303 or www.usadancenewlondonct.com.

DUPLICATE BRIDGE GAMES

Duplicate Bridge games are associated with the American Contract Bridge League. This is ongoing and pre-registration is not required.
Days: Tuesday
Time: 10:00 am – 2:00 pm
Fee: \$6.00 per person, per day
Where: East Lyme Library/Community Center - Activity Room
Instructor: Pat Kelsey

CONNECTICUT TRAILS DAY HIKE

CT Trails Day - Educational Walk
Saturday, June 7th from 10:00 am to 12:00 pm
Oswegatchie Hills Nature Preserve.
Join David Putnam and Greg Decker, of the Friends of Oswegatchie Hills Nature Preserve, for this 5th Annual Connecticut Trails Day Hike. Points of interest will include: Smith Cove Overlook, Clark Pond Vista East and West, Rocky Ledge Overlook, Granite Quarry, and Mount Tabor. Open to all ages and abilities. Meet at the Oswegatchie Hills Nature Preserve trailhead at Veterans Memorial Park (Memorial Drive, Niantic) at the registration tent that will be in the parking lot adjacent to the softball field. Sponsored by East Lyme Parks and Recreation (eltownhall.com) and Friends of Oswegatchie Hills (oswhills.org). Rain or shine. Pre-registration is NOT NECESSARY. Questions: contact David Putnam, dputnam@eltownhall.com.

SUMMER SWING

East Lyme Library Foundation presents Summer Swing on Friday, July 18th from 6:30 pm - 10:00 pm at the East Lyme Community Center. Live music will be provided. Tickets are \$15.00 per person and will be on sale at EL Library. For more info call (860) 739-5960.

Summer - Special Events

CELEBRATE EAST LYME

Join 35,000 local residents and vacationers to Celebrate East Lyme on Saturday July 19th from 3:00 pm - 9:00 pm. This premier outdoor celebration will showcase all things local throughout Niantic, capped by a wonderful fireworks display over Niantic Bay! Browse over 200 local creative, community and business vendors, a wide variety of treats, multiple live music stages and much more! Be sure to stop by the Re/Max Tethered Hot Air Balloon and the Rolling Railroad as well as these other popular attractions: Art and Author Walk, Amber Alert, Cooking Demonstrations,

Interactive Children's Area, Diamond Dig, Dunk Tank at Arthur Murray Dance Studio, Sand Castle Competition, and more! The day is capped with an excellent fireworks display sponsored by Dominion over Niantic Bay. Make your way to McCook Point Park and enjoy them with thousands of others while listening to the tunes of East Lyme's own, The Paul Lussier Band. Interested in signing on as a vendor or sponsor? Contact Special Events Coordinator Mike McDowell via email at eastlymeparks@gmail.com or call 860-739-5828. For up to date information go to celebrateeastlyme.com and "like" the event on Facebook by search "Celebrate East Lyme."

SAND-CASTLE / SCULPTURE CONTEST

Our 9th annual sandcastle/sculpture contest will be held at 9:00 am, the morning of Celebrate East Lyme Day at Hole in the Wall beach. Please register ahead of time by stopping by the parks and recreation office.

NIANTIC BAY 10K - JUNE 13

The Niantic Bay 10k returns this year to raise money toward East Lyme Youth Services goal of offering free afterschool programming for East Lyme Middle School students. The event will take place at McCook Point Park on Friday, June 13th in the lower level parking lot.

SOUNDS AT SUNSET CONCERT SERIES

Wednesday Evenings July 30th - August 27th. Concerts are returning to McCook Point Park this summer on Wednesday nights from 6:00 - 8:00 pm. Concert goers can make themselves comfortable right on McCook's Beach as the bands will be located in the lower parking lot. The series will run from July 30th through August 27th. No parking pass will be needed for concertgoers arriving after 5:00 pm, and attendees are encouraged to bring lawn chairs, blankets, food and beverages. No alcohol is permitted in town parks.

BACK TO SCHOOL MOVIE NIGHT AND FAMILY CAMPOUT AT MCCOOK'S

To cap the summer we will be holding our second annual Back To School Family Campout Night at McCook Point Park

on Friday August 29th. Bring your tent, sleeping bags, food and necessary items to enjoy a nice night outdoors with the whole family. A movie will be shown on a large, inflatable screen beginning at 7:30, patrons not intending to stay over are encouraged to join for the show at no cost! Registration ends August 27th and the fee is \$10.00 per campsite. Backyard games and activities will be on site for patrons to use before sunset. For additional information contact Mike McDowell, at 860-739-5828.

S.E.C.T. PARK RACE

Regional Adventure Challenge & Expedition

Get your friends and family members outdoors for an exciting summer of new adventures and activities in parks surrounding you in the 1st Annual Park Regional Adventure Challenge & Expedition (RACE). Register your team and receive a passport that grants you and your team member's admission into a number of pre-selected parks in SECT throughout the summer. Each page of the RACE passport contains details on a park activity for your team to complete. Some activities require teams to complete a challenge on a specific date, and others allow teams to complete challenges at times of their choosing. Complete activities and gather stamps in your passport at each of the parks to earn chances for great outdoor gear prizes. A giant kick-off party and a big finale mark the start and end of the challenge. You won't want to miss out on this exciting adventure! For more information contact Mike at East Lyme Parks and Recreation Dept.



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email: print@essexprinting.com
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Publisher
William E. McMinn

VP Marketing & Business Development
Fred Holloran

Director of Advertising/Operations
Suzanne Spires
suzanne@essexprinting.com 860-391-5534

Coordinator/Art Director
Kathy Alsop
kathy@eventsmagazines.com 860-391-4372

Finance Manager
Donna Evarts

Cover Editor
AC Proctor 860-767-9087

Sales Representatives
Ward Feirer
wfeirer@gmail.com 914-806-5500
Betty Martelle
betty@eventsmagazines.com 860-333-7117

Erin Colwell
erin@eventsmagazines.com 860-581-0577

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Parks & Recreation Summer Playground

SUMMER PLAYGROUND PROGRAM

Entering Grades 1-3 Session 160101-01

Entering Grades 4-6 Session 160101-02

Fun daily activities planned; crafts, sports & games, beach days and optional field trips. Children are grouped according to grades with a ration of 15:1. This program is available for both East Lyme residents and Non-Residents.

Dates: June 23 – August 8 (No program 7/4)

Days: Monday-Friday

Time: 8:30 am – 1:00 pm

Fee: \$210.00 Residents / Non-Residents
\$310.00 (Includes T-shirt)

Registration: Begins June 4 at EL Parks & Recreation Office

Where: Grades 1-3 Lillie B. Haynes Elementary School
Grades 4-6 East Lyme Middle School

EXTENDED SUMMER PLAYGROUND HOURS

Extended playground hours for children registered in the summer playground program will be available for entering grades 1-7. Registration will be by the week. This program is available for both East Lyme residents and Non-Residents.

Dates: June 23 – August 9 (No program 7/4)

Days: Monday-Friday

Time: 1:00 pm – 5:00 pm

Fee: \$60.00 per child/per week Residents
\$105.00 per child/per week Non/Residents

Registration: Begins June 4 at EL Parks & Recreation Office

Where: East Lyme Middle School for all grades

HANGOUT FOR GRADES 7-10

This program offers a variety of recreational activities that appeal to a wide range of youthful interests and some creative community service projects, which the students will organize during the week. Weekly field trips and/or special events will be scheduled each week. This program is available for East Lyme resident/taxpayers only due to limited number of spaces available.

Dates: June 23 – August 8 (No program 7/4)

Days: Monday-Friday

Time: 8:30 am – 1:30 pm

Where: East Lyme Youth Services

Registration: Begins June 4

Week 1: June 23 – June 27 Checkered Flag
\$100.00 Session 160101-03

Week 2: June 30 – July 3 (no 7/4) Beach Day
\$60.00 Session 160101-04

Week 3: July 7 – July 11 Brownstone
\$115.00 Session 160101-05

Week 4: July 14 – July 18 Matt's Outback
\$115.00 Session 160101-06

Week 5: July 21 – July 25 Rock Cats Baseball Game
\$ 90.00 Session 160101-07

Week 6: July 28 – Aug 1 Lake Compounce
\$115.00 Session 160101-08

Week 7: Aug 4 – Aug 8 Field Day McCooks
\$65.00 Session 160101-09

Parks & Recreation Preschool & Youth Programs

PRESCHOOL PROGRAMS

I'M TWO

Session # 150201-01

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: June 9 - July 14

Days: Monday

Time: 9:15 am - 10:00 pm

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

Registration: Begins May 21

Where: East Lyme Library/Community Center/Olive C. Room

Instructor: Paula Jessuck

CREATIVE ART FOR KIDS

Session # 150301-01

The program for 3 and 4 years 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: June 9 - July 14

Days: Monday

Time: 10:15 am - 11:00 am

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

Registration: Begins May 21

Where: East Lyme Youth Center

Instructor: Paula Jessuck

TOT GYM

Session # 150501-01

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: June 9 - July 14

Days: Monday

Time: 11:15 am - 12:00 pm

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

Registration: Begins May 21

Where: East Lyme Library/Community Center

Instructor: Paula Jessuck

Continued on page 12

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

YOUTH PROGRAMS

BEGINNERS/INTERMEDIATE FOIL

Ages 10 & Older

Session # 180101-01

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: July 7 - July 10

Days: Monday - Thursday

Time: 6:00 pm - 8:00 pm

Fee: Resident \$70.00/Non-Resident \$85.00

(Includes Equipment)

Registration: Begins June 11

Where: ELHS South Gym

Instructor: Thames River Fencing Club

INTERMEDIATE/ADVANCED FOIL

Session #180201-01

Intermediate/Advanced would be a continuation of the Beginner/Intermediate class.

Dates: July 14 – July 17

Days: Monday - Thursday

Time: 6:00 pm - 8:00 pm

Fee: Resident \$70.00/Non-Resident \$85.00

(Includes Equipment)

Registration: Begins June 11

Where: ELHS South Gym

Instructor: Thames River Fencing Club

Hip Hop Dance Classes

Open to children entering grades 5-8. Dancers learn special technique such as isolations and waving.

They also learn choreographed dances and have a chance to choreograph themselves.

Dates: Session 1: June 12– July 10 (Session #140802-01)

Session 2: July 17 – August 14 (Session #140802-02)

Days: Thursday

Time: 4:15 pm - 5:15 pm

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

Registration: Begins May 21 (July 3 for Session 2)

Where: EL Community Center/Youth Center

Instructor: Alyssa Ryan

Parks & Recreation Adult Programs

STROLLER STRIDES AT MCCOOK POINT PARK

Fitness class for moms with stroller age children.

The class combines cardio drills, strength training and core & stability focus. The special part of program is the interaction with your kids while doing workouts.

Dates: SESSION 1 (Session #110105-01) June 2 - July 25

(No class 7/4)

SESSION 2 (Session #110105-02) July 28 – Sept. 19

(No class 9/1)

Days: Monday & Friday

Time: 9:30 am - 10:30 am

Fee: Resident \$60.00 per session/Non-Resident \$75.00

per session

Registration: Begins May 21 (July 16 for Session 2)

Where: McCook Point Park (upper level)

Instructor: Katherine Therma

(Stroller Strides of Southeastern CT)

MORNING AEROBICS

Session # 110101-01

The classes consist 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: June 23 - August 15 (No class 7/4)

Days: Monday - Wednesday - Friday

Time: 8:45 am - 9:45 am

Fee: Resident \$55.00/Non-Resident \$70.00

Registration: Begins May 21

Where: East Lyme Library/Community Center

- Activity Room

Instructor: Sue Roos, AFAA/Donna Neaton. AFAA

ZUMBA AEROBICS

Session #110103-01

ZUMBA! 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.

Dates: June 2 - July 16

Days: Monday - Wednesday

Time: 3:55 pm - 4:55 pm

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

Registration: Begins May 21

Where: East Lyme Library/Community Center-Activity Room

Instructor: Donna Neaton AFAA/Zumba Instructor

ZUMBA AEROBICS

Session #110103-02

Information same as above.

Dates: July 21 – Aug 27

Days: Monday – Wednesday

Time: 3:55 pm – 4:55 pm

Fee: Resident \$40.00/Non-Resident \$55.00
 Registration: Begins July 9

TUESDAY ZUMBA

Session # 110103-03
 This class consists of 55 minutes of ZUMBA dance aerobics and ends with stretching.
 Dates: July 1 - Sept 2
 Days: Tuesdays
 Time: 5:30 pm - 6:25 pm
 Fee: Resident \$35.00/Non-Resident \$50.00
 Registration: Begins June 18
 Where: East Lyme Library/Community Center - Activity Room
 Instructor: Donna Neaton AFAA/Zumba Instructor

SATURDAY MORNING ZUMBA AEROBICS

Session #110103-04
 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: July 12 - Sept 13 (No class 8/23)
 Days: Saturdays
 Time: 8:30 am - 10:00 am
 Fee: Resident \$45.00/Non-Resident \$60.00
 Registration: Begins June 18
 Where: East Lyme Library/Community Center - Activity Room
 Instructor: Donna Neaton AFAA/Zumba Instructor

COED CARDIO TOTAL BODY CONDITIONING

Session # 110201-01
 This class includes cardio and strength training using hand held weights, bands, tubing. It features a total body workout taking individuals from standing moves to floor workouts. Class ends with an abdominal core workout and stretching exercises. Participants are required to bring a non-slip exercise mat.
 Dates: June 2 - July 16
 Days: Monday - Wednesday
 Time: 5:00 pm - 6:00 pm
 Fee: Resident \$45.00/Non-Resident \$60.00
 Registration: Begins May 21
 Where: East Lyme Library/Community Center - Activity Room
 Instructor: Donna Neaton – AFAA/ Sue Roos, AFAA

COED CARDIO TOTAL BODY CONDITIONING

Session # 110201-02
 Same information as above.
 Dates: July 21 - Aug 27 (12 classes)
 Days: Monday - Wednesday
 Time: 5:00 pm - 6:00 pm
 Fee: Resident \$40.00/Non-Resident \$55.00
 Registration: Begins July 9

Continued on page 14

CENTRAL AIR CONDITIONING

HOUSE SIZE Square Footage	TONNAGE	FOR AS LOW AS
850 -1000 SF	2	\$5,600.00
1,000 -1,250 SF	2.5	5,850.00
1,250 -1,500 SF	3	6,100.00
1,500 -1,750 SF	3.5	6,700.00
1,750 -2,000 SF	4	6,900.00
2,100 -2,500 SF	5	7,600.00



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HOD# 0000591

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

TOTAL FITNESS

Session # 110104-01
Classes include circuit training, weights, and bands to create a variety of exercises for the entire body. Participants are required to bring a non-slip exercise mat.
Dates: July 1 - Aug 19
Days: Tuesday Only
Time: 10:15 am - 11:15 am
Fee: Resident \$30.00/Non-Resident \$45.00
Registration: Begins June 18
Where: East Lyme Library/Community Center - Smith-Harris Room
Instructor: Donna Neaton - AFAA

PILATES MAT & REEBOK FLEXIBLE STRENGTH BEG/INTERMEDIATE

Session # 110301-01
This training program will combine essential Pilates Mat exercises to develop strength and flexibility. The purpose will be to build Neuromuscular Fitness, the core to performing sports and everyday movements. Participants are required to bring a non-slip exercise mat.
Dates: July 8 - August 19
Days: Tuesday
Time: 6:30 pm - 7:10 pm
Fee: Resident \$35.00/Non-Resident \$50.00
Registration: Begins June 18
Where: East Lyme Library/Community Center - Activity Room
Instructor: Kim Stirtan-BSPE, ACE & Stott Pilates

PILATES MAT & REEBOK FLEXIBLE STRENGTH ADVANCED

Session # 110302-01
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: July 8 - August 19
Days: Tuesday
Time: 7:15 pm - 8:15 pm
Fee: Resident \$50.00/Non-Resident \$65.00
Registration: Begins June 18
Where: East Lyme Library/Community Center - Activity Room
Instructor: Kim Stirtan-BSPE, ACE & Stott Pilates

MONDAY COED YOGA

Session # 110501-01
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: July 7 - August 25
Days: Monday
Time: 6:10 pm - 7:25 pm
Fee: Resident \$45.00/Non-Resident \$60.00
Registration: Begins June 18
Where: East Lyme Library/Community Center

- Activity Room
Instructor: Rosemary Gentile RYT

WEDNESDAY NIGHT COED YOGA AND MEDITATION

Session # 110502-01
Class is for all levels of students. Students will learn postures, deep relaxation, and breathing techniques. The class will be from 6:30-7:45pm followed by optional meditation from 7:50 - 8:15pm. Participants are required to bring a non-slip exercise mat.
Dates: July 9 - August 27
Days: Wednesday
Time: 6:30 pm - 8:15 pm
Fee: Resident \$40.00/Non-Resident \$55.00
Registration: Begins June 18
Where: East Lyme Library/Community Center - Activity Room
Instructor: Michele Flowers (RYT-500)
Certified Kripalu Yoga

YOGA ON THE BEACH

Session #110503-01
Enjoy yoga on the beach Saturday mornings with Michelle Flowers. Participants are required to bring their own mat, towel or blanket.
Dates: June 28 - Aug 16
Days: Saturday
Time: 8:15 - 9:15 am
Fee: Resident \$40.00/Non-Resident \$55.00 (Drop in fee \$10.00)
Registration: Begins May 21
Where: McCook Point Park-Main Beach
Instructor: Michelle Flowers (RYT-500) Certified Kripalu Yoga

BALLROOM DANCE – BEGINNER LESSONS

Session # 130101-01
The Beginner Class will include instruction in waltz, foxtrot, rumba and swing.
Dates: June 5 - July 24 (8 classes)
Days: Thursday
Time: 6:00 pm - 7:00 pm
Fee: Residents \$45.00/Non-Residents \$60.00
Registration: Begins May 21
Where: East Lyme Library/Community Center - Activity Room
Instructor: Marjorie Winslow

BALLROOM DANCE – INTERMEDIATE LESSONS

Session # 130102-01
The Intermediate Class will include instruction in cha-cha, foxtrot, tango and swing.
Dates: June 5 - July 24 (8 classes)
Days: Thursday
Time: 7:00 pm - 8:00 pm
Fee: Residents \$45.00/Non-Residents \$60.00
Registration: Begins May 21
Where: East Lyme Library/Community Center - Activity Room
Instructor: Marjorie Winslow

Parks and Recreation - Registration Policies

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

Program Registration Hours:

Monday - Friday / 8:30a.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). Programs

limiting the number of participants will be determined on a first-come-first-served basis. Non-residents will be charged an additional \$15 fee for programs.

PAYMENT

Payment must be made in full at the time of registration, without exception. We accept cash, Visa/MasterCard/Discover, and checks made payable to "The Town of East Lyme". Returned checks will be charged a \$20 fee. There are no refunds unless extenuating circumstances occur during a program session.

CANCELLATIONS

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

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

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Parks and Recreation - Sports Camp Programs

GOLD MEDAL SQUARED VOLLEYBALL CAMP

Session#140301-01
For girls entering grades 9 -12.
Dates: August 4 - August 7
Days: Monday - Thursday
Time: 8:00 am – 5:00 pm
Fee: \$205.00 EL/Salem Residents / \$210.00 Non-Residents
Where: East Lyme High School

FOOTBALL CLINIC

Session#140601-01
For players entering grades 3-8.
Clinic will be conducted by ELHS Coach Rudy Bagos and staff/members of the ELHS Football Team. Participants need to bring sneakers in case of rain.
Dates: July 21 – July 25
Days: Monday – Friday
Time: 6:00 pm – 8:00 pm
Fee: \$75.00 Residents/\$100.00 Non-Resident (Includes T-Shirt)
Where: East Lyme High School Turf Field

GIRLS YOUTH LACROSSE CLINICS (Monday Night under the Lights)

Session#140701-03
Clinics are for girls entering grades 3-8. Clinics conducted by Phil Schneider and college players. Players must bring Stick, Goggles, & Mouthpiece.
Dates: June 23, 30, July 7, 14, 21
Days: Monday
Time: 8:00 – 9:30 pm
Fee: \$100.00 Residents/\$150.00 Non-Residents
Where: East Lyme High School Turf Field

GIRLS LACROSSE SUMMER CAMP

Session #140701-01
Camp is for girls entering grades 3-8. Camp will be conducted by Phil Schneider and ELHS players. Players must bring Stick, Goggles, & Mouthpiece.
Dates: July 28 – August 1
Days: Monday – Friday
Time: 5:30 pm – 8:30 pm
Fee: \$150.00 Residents/\$200.00 Non-Residents
Where: East Lyme High School Turf Field

WOMEN'S ADULT LACROSSE LEAGUE

Session:#140701-02
For women players ages 15 years old and up. Players must bring Stick, Goggles, & Mouthpiece.
Dates: June 24 & 26
July 1,3,8,10,15,17,22,24
Time: 6:00 pm – 8:00 pm (8:00-9:30 pm on July 22&24 only)
Fee: \$100.00 EL/Salem Residents/\$125.00 Non-Residents
Half sessions \$55.00 Residents/\$70.00 Non-Residents
Where: East Lyme High School

Contact: Phil Schneider at (860) 884-1980
or phillip-schneider@att.net

MEN'S ADULT LACROSSE LEAGUE

Session#140701-04
For men players entering Grade 12 of high school and up. Players must bring Stick, Goggles, & Mouthpiece.
Dates: June 29 – July 30
Days: Sunday (7:00-8:30 pm) & Wednesday (8:00-9:30 pm)
Fee: \$100.00 EL/Salem Residents/\$125.00 Non-Residents
Where: East Lyme High School Turf Field
Contact: Kevin Seery at (860) 235-4604

SKYHAWKS SPORTS PROGRAMS

Program descriptions and registration for all Skyhawk programs can be done online at www.skyhawks.com or at Parks & Recreation office.

SKYHAWKS - 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: \$65.00
Where: Samuel M. Peretz Park @ Bridebrook

SKYHAWKS - 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 / 9:00am – 12:00pm
August 4 – August 8 M-F Session 160201-05 / 10:00am-1:00pm
Fee: \$115.00 per session
Where: Samuel M. Peretz Park @ Bridebrook

SKYHAWKS - 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 (Intermed/Advanced) Session 160201-08
Time: 9:00 am – 12:00 pm
Fee: \$115.00 per session
Where: East Lyme High School – Tennis Courts

SKYHAWKS SPORTS PROGRAMS

TRACK & FIELD

(Ages 7 – 12)
Session # 160201-09
Dates: June 30 - July 3 M-T

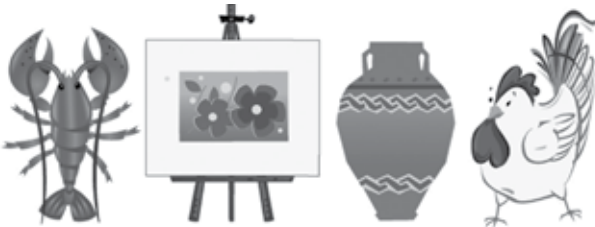
Continued on page 18



Niantic Lions Club

54th Arts & Craft Show

36th Lobsterfest & Chicken BBQ



July 5-6
Saturday 10 am - 5 pm
Sunday 10 am - 4 pm

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P&R Sports Camp Programs ... continued from page 17

Time: 9:00 am – 12:00 pm
Fee: \$95.00
Where: East Lyme High School – Track

SKYHAWKS S.N.A.G GOLF
(Ages 5-8)
Session #160201-10
Dates: July 28 – August 1 M-F
Time: 9:00 am – 12:00 pm
Fee: \$115.00
Where: Samuel M. Peretz Park @ Bridebrook

SKYHAWKS 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

SKYHAWKS - 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: Sam 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: Sam 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: Sam Peretz Park – Bridebrook

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Youth Services

Executive Director: David M. Putnam
 Program Coordinator: Michael R. McDowell
 East Lyme Youth Services
 45 Society Road, Niantic, CT 06357
 (860) 739-6788

"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.

REGISTRATION AND CANCELLATION INFORMATION

In order to attend our activities and programs, participants must turn in a signed registration form for each of the programs they attend (with the exception of Summer Family Nights at McCook). Registration forms are available at Youth Services, the Parks and Recreation office, ELMS cafeteria, and online at www.eltownhall.com. Registration forms and fees should be turned in to the Parks and Recreation Department offices from 8 am - 4 pm or can be mailed to us. All payments

by check should be made out to Town of East Lyme/ELYS with the participant's name and program in the memo section. All cancellations will be posted on our website: www.eltownhall.com, and on our Facebook page.

SUMMER PROGRAMS AND ACTIVITIES

East Lyme Youth Services holds after-school programs and activities to foster positive youth development throughout the school year, and recreational and safety programs throughout the summer. **Registration will begin on June 2 for all Youth Service summer programs.**

THE 5TH ANNUAL BLACK & WHITE BALL

Open to graduating 8th graders from East Lyme and Salem. Black and white semiformal attire requested.
 June 27th East Lyme Community Center from 7:00 - 9:00pm.
 \$7.00 and a signed ELYS registration form required for admission.

SUMMER FAMILY NIGHTS

Beach Games, acoustic music, and bonfire at McCook Beach (beach chairs, blankets recommended, s' mores encouraged!)
 McCook Beach
 Wednesdays 6:00 - 9:00 p.m.
 July 30th - August 27th
 FREE

Continued on page 20

Niantic Arthur Murray

Rekindling the Romance

Intro to Ballroom Dancing For Couples
 Every Tuesday at 7:15 - 8:00 pm, June 17th-July 22nd.
 \$45 per person for residents, \$60 for non-residents

Argentine Tango Beginner's Classes

Every Tuesday at 7:15 - 8:00 pm
 July 29th-September 2nd
 \$45 per person for residents, \$60 for non-residents

Zumba Classes

Starting May 19th
 Every Monday & Wednesday 6:00 - 7:00 pm
 \$7 drop-in, \$50 for a package of 10



287 Main Street, Niantic, CT 06357

860.739.3991

www.nianticballroom.com



Youth Services ... continued from page 19

OUTDOOR ADVENTURE CAMP

Session #942260-01

Come and join the Outdoor Adventure Camp this summer for six fun filled weeks of adventure, exploration, and team building. This camp is focused on getting youth ages 10+ outdoors, exploring local destinations, and engaging in adventure based activities. You can expect to do plenty of hiking, rock climbing, paddle boarding, and zip lining, along with some beach days and an overnight campout! A schedule of camp activities will be given to participants after they have signed up and there will be no camp in case of inclement weather. No partial registrations or payments will be accepted. Cost is \$100.00 EL & Salem Residents/\$115.00 for Non Residents. Camp will meet Tuesdays and Thursdays, July 1 - August 7 from 9:00 a.m. to 4:00 p.m. (Maximum Enrollment of 12 youth for the summer).

WHAT'S COOKIN' FOR KIDS

Session #942220-01

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

on some days. This class is open to children in grades 5-8. Youth will meet at the Community Center for instruction on Wednesday afternoons 2 - 4 pm. July 9th, 16th, 23rd, 30th. Fee: \$50.00 Residents / \$65.00 Non-residents

LEGO CAMP

Session #941240-01

Come bridge the gap between learning and fun this summer with our new LEGO camp through All About Learning! All About Learning is a leading provider of enrichment classes for grades K-8. Participants will use customized kits, learn engineering concepts and practice 21st Century skills while they work with a partner to problem-solve. There will be a morning class offered for grades K-3 and an afternoon class for grades 4-8. All participants will be able to take home one of their projects that they build in class.

WACKY WHEELS

Grades K-3

August 11th – 14th

9:00 am – 12:00 pm

Collision Cars Grades 4 - 8

1:00 pm – 4:00 pm

Fee: EL & Salem Residents \$129.00 / Non-residents \$134.00

LET'S GET SEWING PROGRAM

Session #942240-01

Claudia Mathison holds degrees in art education and teaches at the Guilford Art Center, with Young Audiences of CT, and at libraries and museums throughout Connecticut. Reminder: All of Claudia's Classes must be paid to register, and secure your spot. These classes fill up fast, so come in today!

Here's your chance to learn how to sew on a sewing machine! You'll learn basic sewing techniques while designing and creating a colorful patchwork pillow, cute stuffed animal, felt pin cushion and more.

Fabric and accessories included with tuition.

July 14 to 18

2:00 to 4:00 pm

Ages 8 and older

Fee: \$185.00 - Residents / Non-residents \$190

VOLUNTEERING

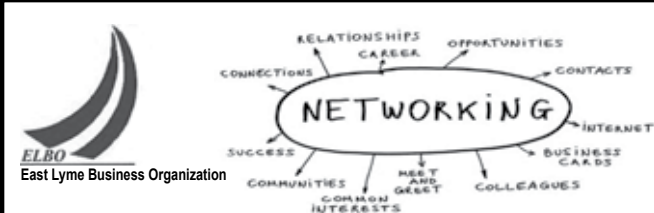
If you love kids of all ages and you are interested in becoming a Volunteer to work with Youth Services and our amazing kids, please call us to join our team of caring and dedicated staff.

ADDITIONAL PROGRAMS

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

RENTAL

The Youth Center is available for rental for private events and meetings. Please call or email for more info.



East Lyme Business Organization

ELBO, the East Lyme Business Organization, is dedicated to preserving the seaside villages of Flanders & Niantic, ensuring economic vitality and promoting a sense of community in East Lyme through education, networking and community outreach.

We meet on the 2nd Wednesday of the month at 8:00 am and get together once every two months for networking events at local businesses.

We always welcome new members. Feel free to come if you represent a local business or organization in the East Lyme / Niantic area.

If you are interested in becoming a member or would like more information, please email the leadership team at EastLymeBusinessOrganization@gmail.com

Check out local events and news at:
www.facebook.com/EastLymeBusinessOrganization

East Lyme Regional Theater

EAST LYME REGIONAL THEATER PROUDLY PRESENTS "FOOTLOOSE"

August 8 - August 10th at East Lyme High School. Directed by Erin Sousa-Stanley. Music Direction by Chris Stanley. For more information or any questions, please call Erin Stanley 860-501-1456 or visit www.eastlymeregionaltheater.com



EAST LYME PERFORMING ARTS CAMP

Join us for a week full of Musical Theater for ages 4 through those entering 9th grade. This musical theater camp will meet Monday through Friday at ELHS auditorium. Classes will be taught in ACTING, SINGING, DANCE and ART FOR THE THEATER. Special workshops for audition technique, piano, guitar, stagecraft and acting for the camera will also be given. Each session ends with a fabulous performance for friends and family. Enrollment is limited to a max of 50 participants. Participants should bring a drink and snack each day. Please register with East Lyme Parks & Recreation Dept. Go to eastlymeregionaltheater.com for more info.

Session # 180806-02

Dates: July 7 – 11

Days: Monday – Friday

Time: 8:30 am – 12:30 pm

Fees: \$160.00 Resident/\$175.00 Non-Resident

Where: East Lyme High School Auditorium

Registration: Begins on June 2 at Parks & Recreation Dept.

Session # 180806-03

Dates: July 14 – 18

Days: Monday – Friday

Time: 8:30 am – 12:30 pm

Fees: \$160.00 Resident/\$175.00 Non-Resident

Where: East Lyme High School Auditorium

Registration: Begins on June 2 at
Parks & Recreation Dept.



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www.ely.lioninc.org

MAY

Trivia Night

Tuesday, May 27 – 7:00 p.m.

Come by yourself or bring your friends. Test your knowledge from general categories, including pop culture, current events, history, music, and of course, literature! This will be repeated on Tuesday, August 26 at 7:00 p.m.

Manga Club

Wednesday, May 28 - 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. This program will be repeated on Wednesday, June 25 at 7:00 p.m. Please call to register.

JUNE

Metaphor String Trio

Tuesday, June 3 – 7:00 p.m.

Metaphor String Trio is addicted to making music and invites its audiences to savor the possibilities of classical music by engaging them in interactive performances. Metaphor String Trio - founded by three Waterford residents - is comprised of: Lisa Gray, violin; Irene Mrose Rissi, viola; and Barbara Metz, cello.

Clam Shacks and Lobster Shacks of New England with Mike Urban

Wednesday, June 4 – 7:00 p.m.

Mike Urban will take you on an armchair-travelers' road trip through New England to visit the best clam and lobster shacks. Mike is an editor, writer, and book packager who specializes in travel, outdoor recreation, sports, food, and business/career books.

Journey of the Universe

Wednesday, June 11 – 7:00 p.m.

Journey of the Universe is a documentary exploring the human connection to Earth and the cosmos, produced by Yale historian of religions Mary Evelyn Tucker. This film invites viewers to become travellers on a journey that explores the origins of the universe, the emergence of life, and the rise of humans. 55 minutes, plus discussion to follow facilitated by Matthew T. Riley, Research Associate with the Forum on Religion and Ecology at Yale University.

Puppetry as 21st-Century Performance: Ancient Rituals and Cutting Edge Technology

Tuesday, June 17 – 7:00 p.m.

Dr. John Bell, Director of the Ballard Institute and Museum of Puppetry at the University of Connecticut, will examine the connections between the old arts of puppetry and the innovations of 21st-century technology as aspects of the same innate desire to animate the inanimate world.

Summer Solstice Harp Concert

Tuesday, June 24 – 7:00 p.m.

Allyn Bryson Donath presents her annual harp concert to welcome summer. Register early – space fills fast!

Archive Room Open House

Monday, June 30 – 6:00 - 8:00 p.m.

Explore what the library has in its Archive Room! A member of the East Lyme Historical Society will be on hand to answer questions about the collection and local history. This will be repeated on Monday, July 28 and August 25 from 6:00 p.m. until 8:00 p.m.

JULY

Connecticut Lore: Strange, Off-Kilter, and Full of Surprises

Wednesday, July 9 – 7:00 p.m.

Zachary Lamothe's newly published work is filled with tales of the supernatural and off the beaten track places to visit. "Connecticut Lore" proves that Connecticut is far more than a rest stop between New York and Boston. Books will be available for purchase and signing.

The Liberation of Dachau: An Illustrated Lecture

Tuesday, July 15 – 7:00 p.m.

Mystic resident and former U.S. Army officer Robert Boedecker will share stories and images of the liberation of the infamous Dachau Concentration Camp and the end of World War II. He was 20 at the time and led the combat engineers who supported the infantrymen. Mr. Boedecker was awarded the Silver Star and the Bronze Star

Farms, Factories and Families: Italian American Women of Connecticut

Wednesday, July 23 – 7:00 p.m.

This is the hidden story of Italian American women who finally tell their largely unknown history in their own words, through oral history interviews and photographs. History is often dominated by the exploits of men, but the book uncovers the behind the scenes roles of Connecticut's Italian American women, the glue of Italian American culture. Author, photographer and oral historian, Anthony Riccio will share their stories and images.

AUGUST

Songs of Pete Seeger

Wednesday, August 6 – 7:00 p.m.

Pete Seeger (1919-2014) was a major figure in America's folk music revival. A prolific songwriter, song collector, and multi-instrumentalist, Pete helped bring the five-string banjo into the mainstream of the folk movement. Former Connecticut State Troubadour Phil Rosenthal celebrates Seeger's music in this concert, featuring many of Seeger's best-known compositions and other songs prominent in his long recording and performing career.

From Hula Hoops to High Fashion: G Fox in the 1950s

Tuesday, August 19 – 7:00 p.m.

For most Connecticut residents, the word “Fox’s” holds powerful associations. From the marquee decorated for Christmas to shopping trips for back-to-school clothes, the days at G. Fox were filled with wonder. Elizabeth Abbe, director of public outreach at the Connecticut Historical Society, will be your guide down memory lane, with a look at Connecticut’s favorite department store. She will take you back, floor by floor, to the days when Fox’s was the largest privately-owned department store in the U.S.

Summer Storyhours

Register June 16

860-739-6926 / ext 2

Storyhours run from June 30th to August 8th.

TERRIFIC THREES

Monday 10:30 - 11:00

Tuesday 9:30 – 10:00

Wednesday 10:30 – 11:00

FABULOUS FOURS

Monday, Tuesday, or Thursday 11:30-12:00

SUMMER FUNSTERS (5’s or FALL K’s)

Monday 9:30 – 10:15

Wednesday 9:30 – 10:15

Thursday 9:15 - 10:00

MRS BULL’S BUDDIES (Fall 1st or 2nd graders)

Tuesday 10:15 – 11:15

Wednesday 11:15 – 12:15

Thursday 10:15 - 11:15

LUNCH BUNCH (FALL 3rd & 4th graders or older)

Monday, Tuesday, or Thursday

12:30 – 2:00

Summer Performers

Wednesdays 2:15p.m.

July 2 – Magic of Peter Boie “Magician for Non-Believers”

July 9 – Pumpernickle Puttpets “Three Billy Goats Gruff”

July 16 – Craig Harris, Musician “Drum Away the Blues”

July 23 – The Jim Show, Juggler

“Energetic Stunt Comedy Juggling”

July 30 – Bob Conrad, Ventriloquist

“Fizz, Boom, Read, It’s Magic”

August 6 – Jay Mankita, Music Theatre

“Amazing Time Travel Show”

August 13 – Steve Elci and Friends “Imagination Nation”

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July 10 – Quarry Ridge Golf Course

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East Lyme Senior Center

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
Open Position – 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 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 for more information.

SENIOR LUNCHES

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.

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, May 22nd - Join us for a trip to the *Intrepid*, the Sea, Air & Space Museum in New York City. Lunch on your own on the USS *Intrepid*. Trip fee \$73pp. Registration has begun. Moderate walking.

Tuesday, June 10th - Tiffany Windows/Tiffany designed objects at Ayer Mansion & The Church of the Covenant in Boston. Lunch on your own at the Prudential Center. Trip fee \$72 pp. Registration has begun. Moderate walking.

Friday, June 27th - The Newport Flower Show at the Rosecliff Mansion in Newport, RI. Lunch on your own in the Wharf area. Trip fee is \$66pp. Registration has begun. Moderate walking.

July - Trip to Block Island is being planned. More details to follow. Trip fee \$95pp. Moderate walking. Registration has begun.

Sunday, July 27th - Dixieland Jazz Cruise on the Cape Cod Canal in Onset, MA. Lunch included at Lindsey's Family Restaurant. Trip fee \$85pp. Minimal walking. Registration has begun.

August - Trip to the Metropolitan Museum of Art and to The Cloisters in NYC. Trip details will be available shortly. Trip fee is \$86pp.

Sunday, September 7th - Lighthouse Cruise of Narragansett Bay, RI being planned. More details to follow. Trip fee is \$87pp.

OVERNIGHT TRIPS/CRUISES

Open to any person 55+

Aug 25 - 27 - Atlantic City & Cape May. Includes Resorts Casino Bonus Package, Physick Estate & Cape May Trolley Tour. \$281pp 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.

Continued on page 26

OPEN HOUSE DAY

SAT JUNE 14

Connecticut
still revolutionary

Smith-Harris House,
Thomas Lee House,
Samuel Smith House
Saturday, June 14
10 am - 3 pm
FREE!

Niantic's three historic house museums, the Smith-Harris House, the Thomas Lee House, and the Samuel Smith House, invite you to discover the town's rich history through the lives of the families who once called the East Lyme area home!

Each historic house will be open for tours, along with special programs unique to each museum, some of which includes open-hearth cooking demonstrations, children's games on the lawn, re-enactors, farm animals, spinning demonstrations, and historically-inspired refreshments!

Get your "Passport to History" stamped at all three museums to be entered in a drawing to win a gift basket!

For more information, contact the Smith-Harris House www.smithharris.org, 860-739-0761, curator@smithharris.org; or the Thomas Lee House www.eastlymehistoricalsociety.org, 860-739-6070, info@eastlymehistoricalsociety.org. Connecticut Open-House Day is sponsored by the Connecticut Office of Tourism. *Connecticut - Still Revolutionary.*



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Senior Center ... continued from page 24

Oct 7-9 - Moses at the Sight & Sound Millennium Theater in Lancaster, PA. Stay 2 nights at the Cork Factory Hotel. \$407pp double occupancy. Registration has begun.

October 16 - 25 - Memorials of War: Normandy & Paris. 10 days & 13 meals & includes air fare. 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 & Tue 8:30 am & Thu 9 am - Residents \$60.00/30 classes – Nonresidents \$65.00/30 classes. Pass required.

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

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

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

ZUMBA GOLD: Tue & Thu 3 pm – Session Class – Call for class fee & schedule.

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

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

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

PICKLEBALL: Thu 6 pm - \$2pp drop in fee thru May. Summer schedule uncertain. Call the Senior Center office.

DANCE CLASSES

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

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

CRAFTS

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

HAND APPLIQUE: 2nd & 4th Thu of every month 6:00 pm to 9:00 pm. No sewing machines. Intermediate to Advanced level.

QUILTING

3rd Fri and the 4th Tue 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.

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

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

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

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 Thu from 10 am. Will teach. No fee.

BRIDGE: Duplicate Bridge played Thu 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 Residents / \$14.00 Non-residents.

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VNASC NURSE MANAGED WELLNESS CLINIC: 2nd Wed of every month 1 pm 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

Jul 25th, Sep 12th, Nov 7th from 7:00 pm to 10:00 pm. Live Band. Admission is \$9.00.

EVERY MONTH

- Theme Meals & Musical Entertainment
- Special Events

East Lyme Athletic Organization

CHEERLEADING - SENIORS / JUNIORS / 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 .

Registering Soon - Now accepting 5 year olds

Visit our website @ EastLymeYouthCheer.com

Any questions, please email President Tammy Bogue: tammybogue@sbcglobal.net

Town Clerk's Office - Dog Owners

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.

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Public Works Single Stream Recycling

In single stream recycling, recyclables are separated at the processing plant and 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.

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					

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

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

Public Works Leaf Collection Schedule

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

Week of May 12 / Week of June 2 / Week of July 14

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.

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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Facebook Depressive Disorder?

How often do you look at Facebook? Occasionally? Daily? Every 10 minutes, to see what friends are up to? Who are your friends? The people you actually speak to occasionally and enjoy viewing their family pictures? Or every friend of a friend who will accept your invite, so you can stay on top of what's happening out there? Research into the effects of Facebook (and other social media) shows that people who spend a lot of time on these sites often become less satisfied with their lives. They struggle more with depression and loneliness. Not just that lonely and depressed people use Facebook, but that their use actually increases these depressive feelings. Increased envy, wanting to have/look/be like those happy, celebrating people in the pictures also occurs. Yes, we see the posts complaining of a bad day, but they are far outnumbered by the posts and pictures of happy times with friends, everyone smiling and having a great time. We start to think that others live that kind of life, while we are still struggling with work, school, relationships, or boredom. Social media can be a great way to keep in touch, especially with those we can't get together with often. But sometimes the best way to interact with friends is to shut down and call (not text), or get together in person.

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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 _____

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Playing it Safe in the Sun

The sun sends us heat and light and is beneficial to our health. Ninety percent of our Vitamin D comes from sunlight hitting our skin but too much sun can cause skin cancer. It is important to balance the benefits and risks of exposure to sunshine and use sunscreen correctly.

4 Steps to Playing it Safe in the Sun

1. Avoid Too Much Sun:

Wear protective clothing (shirt, hat, pants, sunglasses) when in the sun for more than 15 minutes; seek shade as much as possible; avoid mid-day sun.

2. Apply Sunscreen to Exposed Skin:

Apply 15 minutes before sun exposure; apply a generous coat and reapply every 2 hours or more often if getting wet or sweating heavily.

3. Choose Sunscreen Wisely:

Look at the label. Choose a sunscreen that: Offers broad spectrum (UV-A & UV-B) protection, Is rated as SPF 15 or 30, Contains zinc oxide as the active ingredient or as a blend with titanium dioxide. These mineral blockers are preferable to chemical absorbers. Choose water resistant.

4. Do Get Some Sun Every Day:

Your body needs a daily dose of Vitamin D from the sun. For most people 15 minutes of sunshine without sunscreen

will not damage the skin and will give you enough Vitamin D.



How Do I Choose A Sunscreen?

Read the label for the following features:

SPF 15 or 30: The SPF

(sun protection factor) is an indication of how much extra time you can spend in the sun and not get a sun burn. For example, if it normally takes you 1 hour to get a sunburn, using a SPF 15 sunscreen will prevent a burn for 15 hours. But that is not realistic as the sunscreen will wear off from swimming, sweating and contact with other surfaces.

Proper use of a SPF 15 or 30 sunscreen is usually sufficient to protect the skin. A higher SPF is not needed and would still need to be reapplied just as often.

Should I Apply Sunscreen To My Infant Or Young child?

For babies under six months of age, it is best to shelter them from the sun with hats, clothing and shade. If there is sun exposure, use sunscreen sparingly over small areas of exposed skin. Beyond 6 months of age you can use sunscreen normally but avoid the area around the eyes because children may wipe it into their eyes and cause irritation.

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Health Info - Shingles

What are Shingles?

Shingles, also called herpes zoster or zoster, is a painful skin rash caused by the varicella zoster virus (VZV). VZV is the same virus that causes chickenpox. After a person recovers from chickenpox, the virus stays in the body. Usually the virus does not cause any problems; however, the virus can reappear years later, causing shingles.

What do shingles look like?

Shingles usually starts as a rash on one side of the face or body. The rash starts as blisters that scab after 3 to 5 days. The rash usually clears within 2 to 4 weeks. Before the rash develops, there is often pain, itching, or tingling in the area where the rash will develop. Other symptoms of shingles can include fever, headache, chills, and upset stomach.

Is there a vaccine to prevent shingles?

Yes. Zostavax, made by Merck, was licensed May 25, 2006 by the Food and Drug Administration (FDA) for use in people 60 years old and older to prevent shingles. This is a one-time vaccination. Zostavax does not treat shingles or post-herpetic neuralgia (pain after the rash is gone) once it develops.

How effective is the FDA-approved vaccine?

For additional information on this disease or information related to Shingles vaccination, visit the Centers or Disease Control and Prevention website.

- www.ct.gov

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For more information about the "No Bully Zone" program and how to bring it to your community, contact Cynthia Clegg at the Community Foundation of Middlesex County, 860.347.0025 or Cynthia@MiddlesexCountyCF.org.

The Community Foundation of Middlesex County Council of Business Partners
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