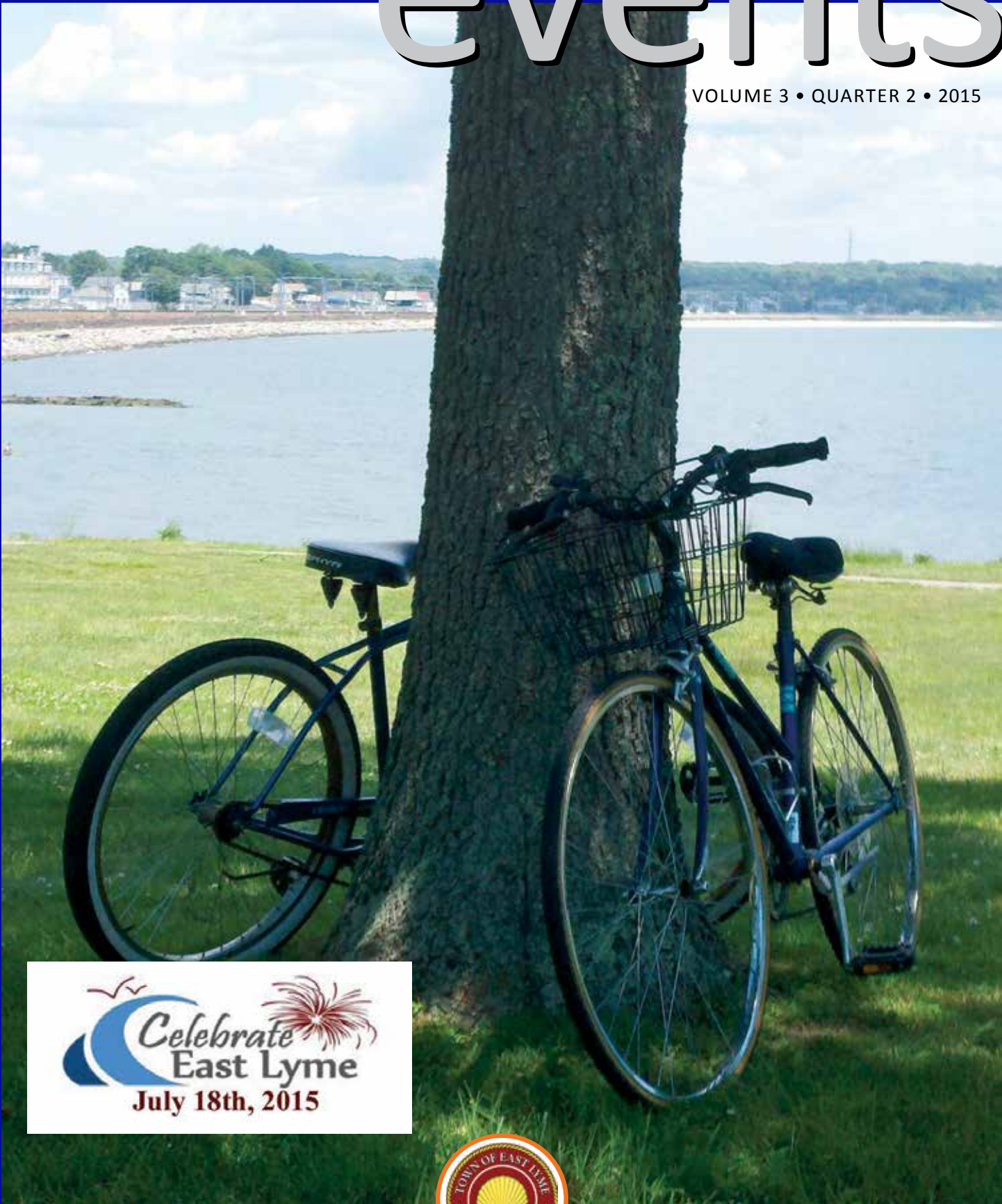


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First Selectman's Corner

FINALLY! - Spring and Summertime in Niantic!

We waited all winter for this moment and it has finally arrived...the very best time of the year. And after the winter of 2015, with its blizzard, weekly snowstorms and a season that extended far, far too long, this summer promises to be the best yet. There is something about these nasty winters that make summers on the Connecticut shore that much more magical. Spirits run high around here, and with good reason.

East Lyme has so many natural resources to enjoy in the summertime; a trail system that is the envy of other towns, lakes and rivers that are enjoyed by so many for boating, swimming, canoeing/kayaking, and fishing; and of course, miles of beaches stretching from border to border. I encourage all East Lymers to get outdoors, soak-up the fresh air, and enjoy what Mother Nature has blessed us with! We live in an amazing place. Our winters are too long and our summers are too

short. Make the most of it.

Enjoy the natural beauty that surrounds us, we live in a vibrant community filled with great recreational facilities and parks. Our exciting downtown village comes alive in the summertime with music, great restaurants, and of course our ever-popular ice cream shops. Our Boardwalk will be under construction this summer but the first half will still be open with access at Cini Park.

Don't forget all the great festivals, art shows and farmers markets, especially "Celebrate East Lyme" on July 18th. CEL has become the fan-favorite event of the shoreline - an event not to be missed.

There is so much to do and enjoy in East Lyme. Our superb Parks and Rec department has once again done a terrific job of bringing you a wide-array of programs and activities. Take a risk; find an activity, class or event listed in

this magazine and try something new. You'll be happy you did.

The true magic of our town is its citizens. Hundreds of people volunteer in our community and bring their talents, passion and energy to make our town what it is. I am forever amazed and grateful for all of you who do so much for all of us.

To all our citizens and those who visit us, have a wonderful, safe and memorable summer!

Best,
Mark C. Nickerson
First Selectman



Mark C. Nickerson



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Director's Note

I speak for our entire staff that we are eagerly awaiting the warm weather and transitioning into our summer mode of operation. At this time, a few optimistic patrons have purchased their beach passes, and given our staff hope that summer is coming! With winter now finally behind us we are looking forward to providing an array of activities and programs for you and the entire family to get active and stay healthy.

A huge thank you to our Public Works and the Parks and Recreation maintenance staff for all their hard work and efforts in keeping our streets, parking lots and sidewalks clear this winter.

The construction of the Boardwalk will continue throughout the summer season, it is our intention

to keep the Hole in the Wall beach open during construction. However, because of construction, traffic access to the beach from the Hole in the Wall parking lot will be closed during weekdays, you will be able to park in the upper parking area at McCook. On weekends the Hole in the Wall parking lot will be open and access will be granted to the beach. Our foremost concern is the safety and well being of our patrons and we appreciate your patience.

As always I would like to thank the advertisers in our magazine who make this publication possible.

Remember, to feel great "RECREATE".

Sincerely,
David M. Putnam



David M. Putnam

The Parks and Recreation Department would like to dedicate this issue of East Lyme Events Magazine to Ed Dzwilewski who passed away this past winter. Ed was a Parks and Recreation Commission member for over 30 years and was instrumental in many of the programs and park improvements over the past 3 decades in the East Lyme community.

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Parks & 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.

Tobacco Free Parks

State Statute 22-364

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 22 – Sept 8, 2015 AT ANY BEACH FACILITY: SEE BELOW REGULATION

State Regulation (Public Swimming Area Regulations) Section 19a-36-B61 (10) states domestic animals shall be prohibited in the water and the land immediately adjacent to the water of a public swimming area when the public swimming area is open for use.

Boardwalk Construction Update

Construction on the western half of the Niantic Bay Boardwalk has begun and will continue through summer. 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 with limited access. Please look for construction updates and further information on the town's web site at **continued on next page**

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www.eltownhall.com or on the East Lyme Parks and Recreation Facebook page.

Beach/Parking Passes

Parking permits will go on sale beginning April 1st at the Parks & Recreation Office. Permits will be sold from 8:30 a.m. to 4:00 p.m. throughout the season. From May 21 – June 25 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 2015

Resident	\$35.00
Resident (Add'l car)	\$25.00
Senior (62 & over)	\$15.00

Non-Resident	\$100.00
Resident Day	\$10.00
Non-Resident Day	\$25.00
Non-Resident Day Walk In	\$10.00
Non-Resident Season Walk –In	\$50.00

As of Saturday, May 23 (Memorial Day Weekend) all vehicles must have a parking permit to enter the parks through September 7 (Labor Day). Park hours are 8:00 am to dusk. Lifeguards are on duty daily from 9:00 am – 5:00 pm, beginning tentatively on June 19 through mid-August.

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; Non-Residents are able to rent during that period. Please contact the Parks & Recreation office for information and availability.

Parks & Beaches Addresses

CINI PARK

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

HOLE-N-WALL BEACH

Baptist Lane, Niantic

McCOOK POINT PARK

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

PERETZ PARK AT BRIDEBROOK

221 West Main Street, Niantic
Baseball, soccer, basketball court, softball, lacrosse, utility fields

SMITH-HARRIS PARK

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(Behind EL Middle School)
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East Lyme Athletic Organizations

East Lyme Soccer

Soccer Summer Camps for all levels and ages. Please visit East Lyme Soccer's web site at www.eastlymesoccer.org. For any questions please contact our registrar Lynda Mills at elsa.registrar@gmail.com.

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 grades K through 8th and are between the ages of 5 and 14. Registration will take place on May 30, June 6, & June 20 from 9:00 am-1:00 pm at Field House.

Visit our website @ EastLymeYouthCheer.com or email President Tammy Bogue: tammybogue@sbcglobal.net.



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Parks & Recreation Department

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

Contact Information & Websites

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

Parks & Recreation Commission Members

Chairman - J. Robert Pfanner
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
Rob Tukey / 860-912-2679 / rtukey71@gmail.com
www.ETEAMZ.com/EastLymeLittleLeague
EAST LYME SOCCER CLUB
Chuck Massung / 860-739-9147 / www.eastlymesoccer.org



Parks & Recreation Department Staff

EAST LYME YOUTH FOOTBALL

Chip Mundell / 860-271-6191

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Tammy Bogue / 860-303-1741

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Mike Catanzaro / 860-941-7272 / mcatt1926@gmail.com
www.eastlymeyouthbasketball.org

Clubs

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

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www.eastlymemomsclub.org

WOMENS CLUB OF SE CONNECTICUT / 860-691-1948

EAST LYME GARDEN CLUB

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

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Monica Sistaire / 860-691-8318 / monicarae79@sbcglobal.net

DISTRICT SCOUTS REGIONAL OFFICE

Mike Cooney / 860-373-0097

CUB SCOUTS PACKS

Mike McKee, #24 / 860-739-0433 / www.beascout.org

www.pack24eastlyme.org / pack24eastlyme@gmail.com

Axel Mahlke, #7 / 860-287-1174

BOY SCOUT TROOPS

George Sisson, #7 / 860-691-2165

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. Please call (860) 739-5828 to make an appointment and for any questions.

The hours for passports are Monday – Friday from 8:15 am – 3:30pm. Evening hours will be available on Thursday's only starting May 21– June 25. Office will be open until 7:00pm. Appointments must be made in advance for this day.

Niantic Bay 10K Road Race

Date: Friday, June 12th

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 9/\$25 after June 9

Location: Start and Finish at McCook Point Park

More Information or to register: Contact Cathy Robbins at robbinsct@comcast.net or East Lyme Parks & Recreation office.

Niantic Bay Triathlon

Sponsor: Hartford Marathon Foundation

Date: Sunday August 2nd beginning at 7:30 am

Location: Start and Finish at McCook Point Park

More Information: Call (860) 652-8866 or visit: www.hartfordmarathon.com

Niantic Lions Club

The 55th Annual Outdoor Arts & Craft Show and 37th Annual Lobsterfest & Chicken BBQ will be held on July 4th from 10 am - 5 pm and July 5th from 10 am – 4 pm at the East Lyme Town Hall grounds. It will feature over 1150 artists and crafters. Admission and parking are free. The Niantic Lions will be preparing lobster & chicken BBQ dinners, chowder, burgers and hot dogs are also for sale. Proceeds support local Lion charities.

U.S. Amateur Ballroom Dance

Dates: Fridays: 7:00 – 10:00 pm

June 19, July 10, July 24, Aug 14, Aug 28

Where: East Lyme Library & Community Center-Activity Room. For more information: Raymond O'Connell @ (860) 501-5260 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



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Celebrate 90+ Tea

The 10th Annual Celebrate 90+ Tea will be held at the East Lyme Community Center on Friday, May 29th at 1 pm.

The East Lyme Senior Center, Bridebrook Health & Rehabilitation Center and Crescent Point of Niantic host this Annual Tea to celebrate the lives of East Lyme residents who are 90 or older. If you are interested in attending or if you know someone who is 90 or older that should be invited, please contact the East Lyme Senior Center at 860-739-5859.

Connecticut Trails Day Hike

CT Trails Day Educational Walk
Saturday, June 6th from 10:00 a.m. to 12:00 p.m.
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.

Tennis Clinics/Lessons/USTA Junior Team

Variety of lessons offered as well as fun/serious competition for all ages. Contact Susan Welshock for more info at (860) 460-6777 or saw246@sbcglobal.net

Summer Special Events

Celebrate East Lyme:

Join 35,000 local residents and vacationers to Celebrate East Lyme on Saturday July 18th from 3:00pm-9:00pm.

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 all of these other popular attractions: Amber Alert, Cooking Demonstrations, Interactive Children's Area, Diamond Dig, Dunk Tank at Arthur Murray Dance Studio, Sand Castle Competition, and more!

continued on page 10

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Summer Special Events ... continued from page 9

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 searching "Celebrate East Lyme"

Sandcastle/Sculpture Contest: Our 9th annual sandcastle/sculpture contest will be held at 9:00am, 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 12th

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 12th in the lower level parking lot.

Sounds at Sunset Concert Series

Wednesday Evenings August 5th- August 26th

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 August 5th through August 26th. 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.

Parks & Recreation Summer Playground

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. *Please see refund policy.

Dates: June 22 – August 7

(No program 7/3)

Days: Monday-Friday

Time: 8:30 am – 1:00 pm

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

Registration: Begins June 3 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.

*Please see refund policy.

Dates: June 22 – August 7

(No program 7/3)

Days: Monday-Friday

Time: 1:00pm – 5:00pm

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

Registration: Begins June 3 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

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, September 4th. 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 September 1st 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 2nd 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 Department.

some creative community service projects, which the students will organize during the week. Weekly field trips and/or special events will be scheduled each week. *Please see refund policy. This program is available for East Lyme resident/taxpayers only due to limited number of spaces available.

Dates: June 22 – August 7 (No program 7/3)

Days: Monday-Friday

Time: 8:30am – 1:30pm

Where: East Lyme Youth Services

Registration: Begins June 3

Week 1: June 22 – June 26 Checkered Flag / \$100.00

Session 160101-03

Week 2: June 29 – July 2 (no 7/3) Beach Day / \$ 60.00

Session 160101-04

Week 3: July 6– July 10 Brownstone \$115.00

Session 160101-05

Week 4: July 13 – July 17 Matt's Outback / \$115.00

Session 160101-06

Week 5: July 20 – July 24 TBD / \$TBD

Session 160101-07

Week 6: July 27– July 31 Lake Compounce / \$115.00

Session 160101-08

Week 7: Aug 3 – Aug 7 Field Day McCooks / \$ 65.00

Session 160101-09

Refund Policy*

PLAYGROUND & HANG-OUT PROGRAM

All refund requests must be made in writing to the Parks & Recreation Dept. An administrative fee of \$25.00 will be charged. *An exception may be considered should a health related issue arise.

PLAYGROUND PROGRAM

Refunds will only be issued during the first week of the program.

EXTENDED CARE

When purchasing all seven weeks or multiple weeks at one time; no refunds will be issued. There is the option of signing up on a weekly basis if you are uncertain of the dates you need.

HANG OUT

Once registered, no refunds will be issued unless your spot is purchased by another participant.

**Approved by Parks & Recreation Commission
April 9, 2015*



Niantic Lions Club 55th Arts & Crafts Show

37th Lobsterfest & Chicken BBQ



July 4 – 5
Saturday 10am-5pm
Sunday 10am-4pm
East Lyme
Town Hall
150 Juried Artists
and Crafters

Pre-event tickets in June: Liberty Bank
(Flanders/Waterford), Tri-Town Grocery,
Bayberries and Wild Birds Unlimited, on-
line www.nianticlions.org/lobsterfest/



Parks & Recreation 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: TBA

Days: Monday-Thursday

Time: 6:00 pm – 8:00 pm

Fee: Resident \$70.00/Non-Resident \$85.00 (Includes Equipment)

Registration: Begins June 1

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: TBA

Days: Monday - Thursday

Time: 6:00 pm – 8:00 pm

Fee: Resident \$70.00/Non-Resident \$85.00 (Includes Equipment)

Registration: Begins June 1

Where: ELHS South Gym

Instructor: Thames River Fencing Club

Summer Strings

for Students in Grades 3 – 12

A variety of String Ensembles for students in grades 3-12, will be offered on Tuesdays and Thursdays, July 7 to 30. This program is open to East Lyme residents and non-residents. For more information please contact Karin Carlson at karin.carlson@east-lymeschools.org. The registration form with class information is available at the East Lyme Parks & Recreation office.

Fee for Residents-\$110; Non-residents-\$125.

Performing Arts Camp

Ages 4 through entering Grade 9

Session #180806-02

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. The session ends with a fabulous performance for friends and family.

Enrollment is limited to a max of 50 participants. Participants should bring a drink and snack each day. Registration for this program is at the Parks & Recreation office. Go to: eastlymeregional-theater.com for more info.

Dates: July 6 to July 10

Days: Monday – Friday

Time: 8:30 am - 12:30 pm

Fees: \$160 Residents \$175.00 non-Residents

Location: ELHS Auditorium

Registration: Begins June 1

Parks & Recreation Sports Camp Programs

Gold Medal Squared Volleyball Camp

Session#140301-01

For girls entering grades 9 -12.

Dates: August 10 - August 13

Days: Monday - Thursday

Time: 8:00 am – 5:00 pm

Fee: \$210.00 EL/Salem Residents / \$225.00 - Non-Residents

Where: East Lyme High School, North Gym

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.



Register Now!

Summer Tennis

for Kids Ages 5-16

Monday - Friday Sessions
June 22 - August 28, 2014

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

LYME SHORES
TENNIS & CONDITIONING CENTER
22 Colton Road
East Lyme, CT
lymeshores.com

Register at:
(860) 739-6281
lymeshores.com

Participants need to bring sneakers in case of rain.

Dates: July 20 – July 23
Days: Monday – Thursday
Time: 5:30 pm – 7:30 pm
Fee: \$75.00 Residents/\$90.00 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: Tues June 23 (6:30-7:30 pm) & Monday's June 29, July 6, 13, 20 (8-9:30 pm)
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 27 – July 31
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 23, 25 & 30
July 2,7,9,14,16,21,23
Time: 7:30 pm – 9:30 pm
Fee: \$100.00 EL/Salem Residents \$125.00 Non-Residents
Half sessions \$55.00 Residents

\$70.00 Non-Residents
Where: East Lyme High School
Contact: Phil Schneider at (860) 884-1980 or phillip-schneider@att.net

Viking Basketball Camp

Session#140602-01
For players entering grades 5-8. Players will have an opportunity to work on their fundamentals, play games, and compete in daily contests. Camp will be conducted by Coach Bernardi and staff.

Dates: August 3 – August 7
Days: Monday – Friday
Time: 9:00 am – 1:00 pm
Fee: \$125.00 Residents/\$140.00 Non-Resident
Where: East Lyme High School, North Gym

Skyhawks Sports Programs

Registration for Skyhawk programs is now only accepted ON-LINE at
continued on page 14



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HOD# 0000591

P&R Sports Camp Programs ... continued from page 13

www.skyhawks.com or call 800-804-3509.
No registrations will be accepted at Parks & Recreation Office.

Tiny Hawks (Ages 3 & 4)
(This is a "Parent & Child team" camp. Adult participation is highly encouraged).

Dates: Session 1: June 22 – June 26 M-F
Session 2: Aug 3 – Aug 7 M-F
Time: 9:00 am – 9:45 am
Fee: \$69.00

Where: Samuel M. Peretz Park @
Bridebrook

Mini Hawks (Ages 4 - 7)

This program gives children ages 4-7 a fun and positive first step into athletics.

Dates: Session 1: June 22- June 26 M-F
10:00 am-1:00 pm
Session 2: July 13 – July 17 M-F 9:00 am -
12:00 pm
Session 3: Aug 3- Aug 7 M-F 10:00 am -
1:00 pm
Fee: \$119.00 per session

Where: Samuel M. Peretz Park @
Bridebrook

Tennis

(Ages 7 – 12)
Boys & girls learn proper grip, footwork, strokes, volleys & serves, as well as the rules and etiquette that make tennis an exciting game. Space is limited.

Dates: Session 1: June 22 – June 26 M-F
Session 2: July 6 – July 10 M-F
Time: 9:00 am – 12:00 pm
Fee: \$119.00 per session

Where: East Lyme High School – Tennis Courts

Track & Field

(Ages 7 – 12)
Using special equipment, boys & girls learn the fundamentals of body positioning, stride, proper stretching & cool down techniques.

Dates: June 29 - July 2 M-Thurs
(4 day camp)

Time: 9:00 am – 12:00 pm

Fee: \$99.00

Where: East Lyme High School – Track

Golf

(Beginners) (Ages 5-8)
Boys & girls will learn the fundamentals of swinging, putting & body positioning. Using the SNAG (starting new @ golf) system, we have simplified instruction so that young players can make effective transition onto the golf course.

Dates: July 27 – July 31 M-F
Time: 9:00 am – 12:00 pm
Fee: \$119.00

Where: Samuel M. Peretz Park @
Bridebrook

Multi-Sport

(Ages 7 -12)
(Flag Football, Capture the Flag, Ultimate Frisbee & Kickball)

Multi sports programs are tailored to your child's age & skill level while teaching life



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sessions such as respect & teamwork.

Boys & girls will learn the rules and essential skills of each sport.

Dates: July 13 – July 17 M-F

Time: 9:00 am – 12:00 pm

Fee: \$119.00

Where: Sam Peretz Park - Bridebrook

Basketball

(Ages 5-7 & Ages 7-10)

An active week of passing, shooting, dribbling and rebounding makes this one of our most popular programs.

There are two separate age groups.

Dates: July 20 – July 24 M-F

Time: 9:00 am – 12:00 pm Ages 5-7

9:00 am – 1:00 pm Ages 7-10

Fee: \$119.00

Where: Sam Peretz Park – Bridebrook

Town Clerk's Office

The Town Clerk's Office is reminding dog owners that they must register their dogs by June 30, 2015.

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 70 cents for the return of the license.

A penalty of \$1 per month will be assessed for payments received after June 30, 2015.

For information, call the Town Clerk's Office at 739-6931, x 135.

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DrSarahzND@gmail.com

Parks & Recreation Adult Programs

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: July 6 – Aug 21

Days: Monday – Wednesday - Friday

Time: 8:30 am – 9:30 am

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

Registration: Begins June 17

Where: East Lyme Library/Community Center – Activity Room

Instructor: Sue Roos AFFA/Donna Neaton AFFA

Coed Cardio and Total Body Conditioning

Session # 110201-01

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: June 22 – Aug 5

Days: Monday – Wednesday

Time: 5:00 pm – 6:00 pm

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

Registration: Begins June 17

Where: East Lyme Library/Community Center – Activity Room

Instructor: Donna Neaton-AFFA

Total Fitness

Session # 110104-01

Classes include circuit training, Stott Pilates, weights, bands and balls 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 the classes. Participants are required to bring a non-slip exercise mat.

Dates: June 23 to August 13 (No class on 7/9, 8/4, 8/11)

Days: Tuesday – Thursday

Time: 10:15 am – 11:15 am

Fee: Resident \$40/\$25 (1-day)/Non-Resident \$55/\$40 (1 day)

Registration: Begins June 17

Where: East Lyme Library/Community Center – Activity Room

Instructors: Donna Neaton-AFFA; Marsha Pirie, AFFA; Certified PiYo-Strength & Yoga Fit

Wednesday Zumba

Session #110103-01

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.

Dates: July 1 – Aug 12

Days: Wednesday

Time: 3:55 pm – 4:55 pm

Fee: Resident \$20.00/Non-Resident \$35.00

Registration: Begins June 17

Where: East Lyme Library/Community Center/Activity Room

Instructor: Donna Neaton AFAA/Zumba Instructor

Tuesday Zumba

Session #110103-02

This class consists of 55 minutes of ZUMBA dance aerobics, and ends with stretching.

Dates: July 7 – Aug 11

Days: Tuesdays

Time: 5:30 pm – 6:25 pm

Fee: Residents \$20.00 Non-Resident \$35.00

Registration: Begins June 17

Where: East Lyme Library/Community Center – Activity Room

Instructor: Donna Neaton AFAA/Zumba Instructor

Saturday Morning Zumba Aerobics

Session #110103-03

This 1-1/2 hour class begins with 50 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 11 – Aug 15

Days: Saturdays

Time: 8:30 am – 10:00 am

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

Registration: Begins June 17

Where: East Lyme Library/Community Center – Activity Room

Instructor: Donna Neaton AFAA/Zumba Instructor

Core Workout (replaces Pilates)

Session # 110301-01

This class incorporates the principles of Pilates, using as resistance body weight, different equipment, and stretching.

Participants in this class will use the body in a full range of motion using the core muscles. Active isolated stretching will be used to effectively regain movement that has been restricted because of injury or tight muscles. Participants are required to bring a non-slip exercise mat.

Dates: July 7 – Aug 18

Days: Tuesday

Time: 6:30 pm – 7:30 pm

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

Registration: Begins June 17

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 6 – Aug 24

Days: Monday

Time: 6:10 pm – 7:25 pm

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

Registration: Begins June 17

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. This class will begin with the regular class from 6:30 – 7:55pm and follow with an optional meditation from 7:55-8:15pm. Participants are required to bring a non-slip exercise mat.

Dates: July 22 – Aug 26

Days: Wednesday

Time: 6:30 pm – 8:15 pm

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

Registration: Begins June 29

Where: East Lyme Library/Community Center – Activity Room

Instructor: Michelle Flowers, RYT 500

Beach Yoga at McCook Point Park

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: July 11 – Aug 22

Days: Saturday

Time: 8:15 – 9:15 am

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

(Drop in fee \$10.00)

Registration: Begins June 17

Where: McCook Point Park-Main Beach

Instructor: Michelle Flowers (RYT-500)

Certified Kripalu Yoga

Stability Ball Plus - Monday

Session 110403-02

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.

continued on page 18



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P&R Adult Programs ... continued from page 17

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: July 6 – Aug 10

Days: Monday

Time: 4:00 pm – 4:55 pm

Fee: Resident \$20.00/Non-Resident \$35.00

Registration: Begins June 17

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

Instructor: Donna Neaton AFAA/Zumba Instructor

Evening PIYO Class

Session #110106-01

PiYo Strength is a fun, work at your own level class, joining Pilates and Yoga into one workout. You will burn calories, tone muscles, work on balance and get a great stretch. It is designed to build strength and flexibility. You will exercise your body, mind & spirit.

Dates: July 16 – Aug 13

Days: Thursday

Time: 5:45 to 6:30 p.m.

Fee: Resident \$45/Non Resident \$60

Registration: Begins June 17

Location: Activity Room, East Lyme Public Library/Community Center

Instructor: Marsha A Pirie, Certified PiYo Instructor

Morning PIYO Class

Session #110106-02

Same description as evening session.

Dates: July 17 – Aug 14

Days: Friday

Time: 9:35 to 10:20 a.m.

Fee: Resident \$45/Non Resident \$60

Registration: Begins June 17

Location: Activity Room, East Lyme Public Library/Community Center

Instructor: Marsha A Pirie, Certified PiYo Instructor

Yoga Fitness

Session #110107-01

This class is Yoga for the active mind and body. Postures are linked together through breath to create an invigorating flow. The class will focus on toning & sculpting through flow and core work. Participants are required to bring a non-slip exercise mat.

Dates: July 13 – Aug 10

Days: Monday

Time: 9:35 to 10:25 a.m.

Fee: Resident \$45/Non Resident \$60

Registration: Begins June 17

Location: Activity Room, East Lyme Public Library/Community Center
Instructor: Marsha A Pirie, Certified PiYo Instructor

Ballroom Dance – Beginner Lessons

Session # 130101-01

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

Dates: June 4 – July 23
Days: Thursday
Time: 6:35 pm – 7:35 pm
Fee: Residents \$45.00/Non-Residents \$60.00

Registration: Begins May 20
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.

Same information as the beginner's class except for time:

Time: 7:35 pm – 8:35 pm

East Lyme Youth Services

45 Society Road, Niantic, CT 06357

(860) 739-6788

David Putnam – Director

Michael R. McDowell – Program Director

“Our mission is to foster the positive development of youth by providing and/or coordinating preventive, remedial, 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 6:00pm. 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 8am-4pm 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 begins June 2 for Youth Services summer programs.

The 6th Annual Black & White Ball

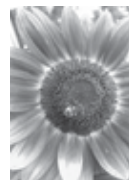
Open to graduating 8th graders from East Lyme and Salem. Black and white semiformal attire requested.

June 26th East Lyme Community Center from 7:00-9:00 pm. \$7.00 and a signed ELYS registration form required for admission

Garden Club

Come one, come all to help maintain the East Lyme Middle School garden this summer! The garden is an annual project of the Blue Crabs kiva, planted by their students and staff, but needs our help to do the maintenance required through the summer break. This club meets twice weekly, on Mondays and Thursdays from 9:00 am- noon, throughout the summer, and club members

continued on page 20



Pine Grove Spiritualist Camp Season Opens Saturday, June 13

Join us on Opening Day from 2 to 4 pm with our special guest, Angelina Diana, a psychic medium featured on the TV show “Better Connecticut”.

Throughout the summer we offer a wide variety of workshops and classes to help educate, enrich and expand your spiritual consciousness. Participate in a workshop on Evidential Mediumship, Spirit Art, Self-Healing and Our Thoughts or take part in a Drum Circle. Other workshops include Integrated Meditation, Auras and Chakras, Earth Energy, the Moon and Your Birth Sign, Writing as a Healing Tool and Beginning and Trance Mediumship. There are 40 different workshops as well as classes, services and a FAIR offered over the course of 14 weeks. Receive a message from a loved one in spirit through a qualified, certified medium. Attend a service or a message circle. Appointments for private readings are available every day. Come and enjoy our beautiful grounds on the Niantic Bay!

A complete schedule of all events is available on our website: www.pinegrovespiritualistcamp.net. Like us on Face Book!

Youth Services ... continued from page 19

get to enjoy the harvest with fresh organic vegetables to take home with them. Both, ELMS teachers and Youth Services Staff oversee the program. A registration form is required to partake in this FREE program.

Outdoor Adventure Camp

Dates: July 7th – July 30th

Session 1: Tuesdays

Session 2: Thursdays

Location: Different each week

Fee: \$50.00 EL & Salem Residents / \$65.00

Non-residents Per session

Time: 9:00am – 2:00pm

Come and join the Outdoor Adventure Camp this summer for a month 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, kayaking, paddle boarding, and campfire cooking. A syllabus will be given to participants after they have signed up and there will be no camp in case of inclement weather. There will be two sessions of this camp, one will meet on Tuesdays and the others on Thursdays. Field trips on Wednesdays will be an additional cost; members of the camp will have first right to trips, before they are opened to interested youths not in the camp. No partial registrations or payments will be accepted. (Maximum Enrollment is 12 youth per session for the summer).

Field Trips

7/8: Fields of Fire Paintball

7/15: Brownstone Adventure Park

7/22: Farmington River Tubing

7/29: Fields of Fire Paintball

*Pricing yet to be determined for trips at time of publication

**Field trips will take a wait list for any interested youth who are not in the Outdoor Adventure Camp on a first come

first served basis, and will be contacted should the trip not fill up with program participants.

What's Cookin' For Kids

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.

Classes will meet at the Community Center on Mondays from 11:00 am-1:00 p.m.

Dates: July 6th, 13th, 20th, 27th

Fee: EL & Salem Residents \$50.00

\$65.00 Non-Residents

Maximum of 8 participants

Play-Well Lego Camp

Pre-Engineering:

Dates: August 10th – August 14th

Location: East Lyme Youth Center

Fee: \$140.00 Residents

\$150.00 Non-residents

Time: 9:00 am – 12:00 pm

Recommended for children ages 5 to 7. Let your imagination run wild with tens of thousands of LEGO®! Build engineer designed projects such as boats, bridges, mazes and motorized cars, and use special pieces to create your own unique design!

Explore the endless creative possibilities of the LEGO® building system with the guidance of an experienced Play-Well instructor, who will challenge new and returning students to engineer at the next level. This camp is open to the first 24 registrants.

Engineering FUNDamentals

Dates: August 10th – August 14th

Location: East Lyme Youth Center

Fee: \$140.00 Residents

\$150.00 Non-residents

Time: 1:00 pm – 4:00 pm

Recommended for children ages 8-10. Power up your engineering skills with Play-Well TEKnologies and tens of thousands of LEGO®! Apply real-world concepts in physics, engineering, and architecture through engineer-designed projects such as arch bridges, skyscrapers, motorized cars, and the Battletrack! Design and build as never before, and explore your craziest ideas in a supportive environment. An experienced instructor will challenge new and returning students to engineer at the next level. This camp is open to the first 24 registrants.

Maker Movement Camp

The purpose of the Maker Movement is to provide opportunities for exploration, innovation and creativity for both boys and girls. This Maker Summer Camp runs for four days with a different theme each day: Robotics, 3D Printing, Coding and Technology and Hands on Do It Yourself projects. Register at Youth Services.

For more information contact Kathleen Sasso - kathleen.sasso@eastlymeschools.org

Dates: June 29-July 2 (Ages 10-12) and July 6-9 (Ages 12-14)

Time: 9:00 am-12:00 pm

Location: East Lyme High School Library

Fee: \$150.00 (includes materials)

*Please Tell Our Advertisers
that you saw them in East Lyme Events!*

Your Visit to the Connecticut Historical Society:

Bus Trip to The Connecticut Historical Society, Pond House Café and Elizabeth Park on Wednesday, June 24th

The East Lyme Library Foundation Board is sponsoring this bus trip to Hartford on Wednesday, June 24th. The bus will depart from the East Lyme Library's parking lot at 8:30 a.m. and return at approximately 5 p.m.

The trip will include a behind-the-scenes tour of the Society's fashion collection and a guided tour of the new Connecticut "50 Objects, 50 Stories" exhibit.

Also, a visit to see the famous roses of Elizabeth Park and lunch at the park's Pond House Café are included. \$60 per person.

Itinerary

8:30 am - bus leaves East Lyme Public Library.

10:00 am - 12:00 pm / take 2 one-hour tours at the Connecticut Historical Society.

12:15 pm - Lunch at the Pond House Café in Hartford's Elizabeth Park.

1:30 pm - 3:00 pm Time to Tour Elizabeth Park, will the roses be in bloom?

3:15 pm - 4:45 pm / return to East Lyme Community Center. Sponsored by the East Lyme Library Foundation.

Tickets are \$60.00 per person, and include all transportation, Historical Society Tours and Lunch.

Purchase Tickets started on April 1st at the East Lyme Library Circulation Desk.

The Two Tours

Fabulous Fashion - Your tour begins with an exploration of the costumes currently on display in the "Making Connecticut" exhibition. Take a look at how fashion reflected changing times and learn how CHS helps clothing come to life for museum visitors. Your journey continues behind-the-scenes in costume and textile storage, where you'll see an impressive range of clothing, hats, shoes, and more for men, women, and children from the 1650s to today. We've requested that some of Katharine Hepburn's items be included! Have a special interest in a particular time period or type of costume? Just ask!

Connecticut: 50 Objects, 50 Stories Exhibit will be on display at the museum during the tour. The focus for this exhibit is as follows: If an object could define Connecticut, what would it be? What 50 objects - from the past and from today - help tell the stories that define our state as a changing place, a community, and an idea?

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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 Center Director
Gail Glenn - Program Assistant
Anna Hartung - Administrative Secretary
Roxanne Kormos - Full Time Driver
Lee James - Part Time Driver
John Hallisey - On Call Driver
Melissa Victor - On Call Driver
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 Town 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.



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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 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 \$5.00 depending on the menu for the day. No reservations required but it is first come – first served program. Lunch will be served at 11:45am.

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+

Thu, May 14th – “Day in the Life of a Fisherman” behind the scenes tour in the Port of Galilee in Narragansett, RI. Trip fee \$78pp. Lunch included. Moderate walking. Registration has begun.

Thu, May 28th – Lobster Roll Cruise on Cape Cod Bay in MA. Trip fee \$86pp. Lunch included. Moderate walking. Registration has begun.

Fri, June 19th – The 20th Annual Newport Flower Show in Newport, RI. Trip fee \$42pp. Moderate walking. Registration has begun.

Thu, July 2nd – “My Fair Lady” at the Theatre by the Sea in Matunuck, RI. Trip fee \$80pp. Minimal walking. Registration has begun.

Thu, July 9th – All you can eat Lobsterfest at The Delaney House in Holyoke, MA. Trip fee is \$94pp. Minimal walking. Registration has begun.

Tue, August 4th – A guided tour of the Canfield House and the Marble House in Newport, RI. Trip fee is \$96pp. Moderate walking. Registration has begun.

Tue, August 25th – 3 hour Whale Watch out of Gloucester, MA. Trip fee \$84pp. Minimal walking. Registration has begun.

Overnight Trips/Cruises

Open to any person 55+

July 4-10 – Atlantic Canada Tour of Nova Scotia & Prince Edward Island. \$1637pp double. \$1567pp triple. \$2217pp single. Registration has begun.

October 12-14 – “Joseph” at the Sight & Sound Millennium Theater in Lancaster, PA. \$475pp double. \$450pp triple. \$550pp single. Registration has begun.

October 30-November 11 – No Fly Cruise out of Baltimore to the Western Caribbean. Includes 2 nights in Baltimore. Starting at \$1882pp. Registration has begun.

January 28-February 7 – Fully escorted Hawaiian Cruise. Starting at \$4449pp. Registration has begun.

Fitness Classes

The Senior Center has a core set of classes that are offered on a year round basis. With these classes, a pass is purchased and must be brought to every class. Attendance is tracked and when the card is

full, a new pass must be purchased.

Senior Fitness

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

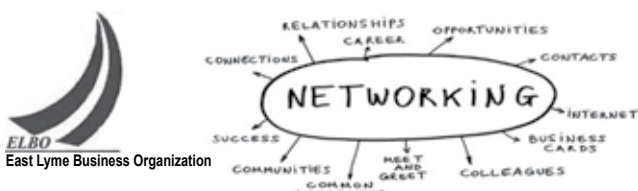
SENIOR YOGA: Mon 2:30 pm & Tue 8:30 am & Thu 9 am - Residents \$60.00/30 classes – Nonresidents \$65.00/30 classes. Pass required.

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

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

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

Continued on page 24



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



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Senior Center ... continued from page 23

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.

PING PONG: Wed 10am - No equipment needed.

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

PICKLEBALL: Tue 7:30 pm for the summer - \$2pp drop in fee. Call the Senior Center office. No residency issues.

Dance Classes

TAP CLASS: Tue 1pm – 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: Tue at 9:30am. No instructions only camaraderie! No fee.

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

Games/Cards

CRIBBAGE: Mon from 9 am. No fee.

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

MAH JONGG: Tue 12:30 pm. No fee. Must know the game.

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

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

POKER: Wed from 9 am. Minimal fee to play. On hiatus until the Spring.

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

BOCCE: on the lawn Thu mornings at 9:30am when the weather warms up. No fee. Will teach.

DUPLICATE BRIDGE: played Thu from 1pm. 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. .25¢ for every additional card up to 9 cards.

Education/Enrichment

UKULELE LESSONS: Mon 11 am – Session class. Call for class fee & schedule.

DRAMA CLUB: East Lyme Players on Thu at 1 pm. Session class. Call for class fee & schedule.

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

DANCES: July 17th – Sep 4th – Nov 6th from 7 pm to 10 pm. Admission \$10.00.

Health Programs/Benefits Info

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 to 2:15 pm.

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

FINANCIAL CHECKUP: 4th Wed of every month starting at 1 pm. One on one session. Must make an appointment.

Every Month

Theme Meals & Musical Entertainment and Special Events

Perinatal Mood Disorder

Nancy Randall, Psy.D.

East Lyme Psychological Associates

Did you know that 1 in 7 women experience significant depression or anxiety during pregnancy or in the weeks or months following the birth of their child? We don't hear a lot about it, unless it's in dramatic news headlines about mothers harming their babies. Such upsetting stories make it even more difficult for mothers and mothers-to-be to talk about these feelings. After all, this is supposed to be the happiest time in a woman's life. It's all about joy and bonding and unlimited love, right?

Many women feel overwhelmed and experience the "baby blues," due to fatigue, hormonal changes, and the demands of a new

baby. But a more pronounced experience of depression or anxiety occurs in about 15% of mothers, and is compounded by her sense of shame and inadequacy. The silence around this serious mental health concern leaves these women feeling alone in their suffering.

While hormones play a part, they don't explain why 10% of new dads experience similar depressive symptoms. Or the fact that many adoptive parents also experience depression and anxiety after an adoption. Parents experiencing depression and anxiety during pregnancy or following the arrival of their child are in need of mental health treatment and support. Professionals trained in postpartum or perinatal mood disorders can help parents reduce their painful experiences and find their way back to a sense of normalcy.

East Lyme Public Library

MAY

Historical Songs of Outlaws, Villains, and Rogues

Tuesday, May 26 – 7:00p.m. Join Rick Spencer in a musical discussion of our fascination with misdeeds, criminals, and wrongdoing. Songs from between 1600 and 1939 are presented to tell the stories of Captain Kidd, Jesse James, Stagger Lee, Pretty Boy Floyd and many other true-life villains.

Preserving Plum Island

Wednesday, May 27 – 7:00 p.m. Chris Cryder, Special Projects Coordinator for Save the Sound, will present a “virtual tour” of Plum Island, located in eastern Long Island Sound and just 7 miles from East Lyme. The island, which is home to the nation’s Animal Disease Center, as well as several endangered species and unique habitats, is soon to be sold to the highest bidder. However, many organizations would rather see the amazing island protected. Come learn about Plum Island through video and pictures, and hear the current efforts to protect it.

JUNE

The Business of Fighting: A Human Face on World War II

Tuesday, June 2 – 7:00 p.m. A few years ago Arnie Pritchard inherited the World War II army footlocker of his father, Anton

(Tony) Pritchard. It turned out to contain hundreds of letters and other family papers from Tony’s service in the Army and in the United Nations’ refugee program in postwar Europe. From these letters Arnie has created a story focused on Tony’s time in the front lines in Europe. It portrays a young man dealing with everything from raw fear to his role as a leader to his exposure to a world both wider and more brutal than he had known.

Sheri Miller in Concert

Saturday, June 6 – 2:00 p.m. Join us for an afternoon concert with New York City-based recording artist Sheri Miller as she performs from a selection of her original work. Sheri co-wrote songs with Grammy-Award winning songwriters J.D. Souther (The Eagles), Al Anderson (NRBQ), Jill Sobule, Shawn Mullins, Marcus Hummon, Tony Scalzo (Fastball) and Kim Richey, as well as other hit songwriters.

Shakespeare by the Sea!

Thursday, June 11 – 2:00 p.m. (McCook’s Park) East Lyme Library will host a reading of *Twelfth Night* at the pavilion at McCook’s Park in Niantic (overlooking Niantic Bay). The reading will take place at the East Lyme Public Library in case of inclement weather. Please call 860-739-6926 to register.

continued on page 26



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Summer Solstice Harp Concert

Tuesday, June 16 – 7:00 p.m. Allyn Bryson Donath presents her annual harp concert to welcome summer. Register early – space fills fast!

Trivia Night

Tuesday, June 23 – 7:00 p.m. Are you game enough to take on the challenge? Test your knowledge from general categories, including pop culture, current events, history, music, and of course, literature!

Archive Room Open House

Monday, June 29 – 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.

JULY

The Many Faces of Noah Webster

Tuesday, July 7 – 7:00 p.m. Why is Noah Webster so important? More than the author of the American Dictionary, Webster helped to define the nation's character through politics, education, and social reform. Learn all about him from the folks who know him best, the Noah Webster House & West Hartford Historical Society.

The Andy Sherwood Jazz Duo

Tuesday, July 21 – 7:00 p.m.
Enjoy an evening of toe-tapping hits including a variety of New Orleans jazz, music of the Swing Era, and jazz standards of today. Andy Sherwood is a former jazz clarinetist and retiree of the U.S. Coast Guard Band.

Archive Room Open House

Monday, July 27 – 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.

Downton Abbey: Fashion and Social Change

Tuesday, July 28 – 7:00 p.m. Downton Abbey is a television phenomenon, watched by fans throughout the UK and the USA. Like other British costume dramas, the costumes are presented with attention given to meticulous detail. Susan Jerome, Collections Manager at the University of Rhode Island Historic Textile and Costume Collection, will explore the many changes that occurred throughout the time period depicted in Downton Abbey and how these changes influenced fashion.

AUGUST

Poetry with a Touch of Midlife Insanity

Tuesday, August 4– 7:00 p.m. Andy Weil, long-time poet, funny-

man, musician, and certified die-hard cynic, reads his hilarious poems and entertains with stories and topics ranging from mid-life crisis and old age, to computer-addicted America and more. Come spend an energetic hour... and laugh, connect, heal, love, remember and commiserate.

Summer Fun at the Library

“Every Hero has a Story” Summer Reading Rewards at the East Lyme Public Library! Read books and win prizes! Starting June 19th, stop by the Library to pick up your Reading Rewards kit. Use your reading logbook to keep track of the books you read. Stop by the Library each week to show us your reading logbook and to get your weekly reward. For every book (or 100 pages) that you read, you will also receive an entry form for our weekly prize drawings. Read ten books (or 1,000) pages and win an extra-special reward.

This year we are introducing an online version of the Reading Rewards Program as well. This way you can participate even when you are out of town. To register for the online Reading Rewards program, visit our Reading Rewards website, <http://ct.evanced.info/ely/sr/homepage.asp>. If you need help registering online, please call 860-739-6926, extension 2. The East Lyme Public Library Summer Rewards program is co-sponsored by the Book Barn.

Summer Library Programs for Children and Tweens 2015

Registration for the summer reading rewards program and all age-specific programs begins June 19th. To sign up, please call 860-739-6926 (ext. 2) or drop by the Children's Room. Programs begin July 6 and end on August 14. Child must be the appropriate age by July 6. Registration is not required for Miss Rebecca's programs.

Mondays

Super Stories, Silly Songs, & Daffy Dances for all ages with Miss Rebecca. 10:00 to 10:45 am.

Mrs. Bull's Friends: Stories and Crafts for 5s and fall Kindergarteners. 1:00 to 1:45 pm.

Mrs. Bull's Pals: Books & Crafts for fall 1st or 2nd Graders. 2:00 to 3:00 pm.

Mrs. Bull's Mates: Books & Crafts for fall 3rd or 4th Graders. 7:00 to 8:00 pm. MONDAY EVENING PROGRAM.

Tuesdays

Toddler Time with Miss Rebecca for ages 2 and younger. 10:00 to 10:30 am.

Mrs. Bull's Buddies: Storytime and Crafts for ages 3 & 4. 11:00 to 11:30 am.

Mrs. Bull's Mates: Books and Crafts for fall 3rd or 4th Graders. 2:00 to 3:00 pm.

Show.

Wednesdays

Mrs. Bull's Buddies: Storytime and Crafts for ages 3 & 4. 9:30 to 10:00 am.

Mrs. Bull's Pals: Books and Crafts for fall 1st or 2nd Graders. 11:00 am to 12:00 noon.

Super Summer Spectacular Shows for all ages. 2:15 to 3:15 pm in the Community Room:

July 8: Puppets to Go: The Last Dinosaur Puppet Show

July 15: Actress Anne Pasquale: All Aboard the Little History Tour

July 22: Maichack Storytelling Arts: The Itsy Bitsy Spider's Heroic Climb

July 29: Airborne Jugglers: Comedic Juggling Show

August 5: GRAMMY winner Les Julian: Concert for Kids

August 12: Mr. Magic: Mystifying Magic

August 19: Singer Irv Plastock: Sing Along with Irv! END OF SUMMER PARTY!

Super Stories, Silly Songs, & Daffy Dances for all ages with Miss Rebecca. 7:00 to 7:45 pm.

Thursdays

Nursery Rhyme Time with Miss Rebecca for Babies under 23 months. 10:00 to 10:30 am.

Mrs. Bull's Friends: Stories and Crafts for 5s and fall Kindergarteners. 11:00 to 11:45.

Middle School Madness: Crazy Crafts, Goofy Games, and Baffling Book Trivia with Miss Rebecca. Thursdays: 1:30 to 2:15 pm.

Middle Grade "MG" Book Discussion Group with Miss Rebecca. Thursdays: 2:30 to 3:30 pm. What is "MG" literature? Middle Grade Literature is generally written for kids ages 8 through 13. However, all ages are welcome to join this casual and fun book discussion group. All

of these books feature uncommon heroes!

July 9: *Wonder* by R.J. Palacio.

July 16: *El Deafo* by Cece Bell.

July 23: *Liar & Spy* by Rebecca Stead.

July 30: *The One and Only Ivan* by Katherine Applegate.

August 6: *Flora & Ulysses: the Illuminated Adventures* by Kate DiCamillo.

August 13: *Rain Reign* by Ann M. Martin.

Fridays

Super Stories, Silly Songs, & Daffy Dances for all ages with Miss Rebecca. 10:00 to 10:45 am.

Drop-in "Crafternoon" hosted by the East Lyme Public Library Tween Style Council. Drop by anytime between 2:30 and 4:00 pm to make a simple arts & crafts project. No registration required.

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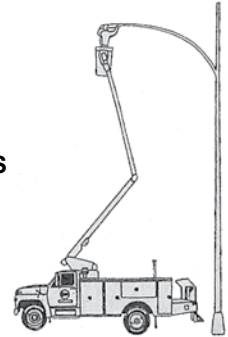
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East Lyme Youth Services
45 Society Rd., Niantic, CT 06357
(860) 739-6788 Fax: (860) 691-2409

PROGRAM REGISTRATION FORM

Program Registering For : _____

PARTICIPANT INFORMATION

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

Grade: _____ Gender: _____ Home Phone : _____

Parent Email Address: _____

Address: _____ City: _____ Zip: _____

Mother Name: _____ Work Phone _____ Cell _____

Father Name: _____ Work Phone _____ Cell _____

Emergency Contact: _____ Relation _____ Phone _____

List any allergies, medications, or medical conditions _____

DEMOGRAPHICS (please check one in each category)

Race:

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

Family:

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

Ethnicity:

- Hispanic/Latino
- Not Hispanic/Latino

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

**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, 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 _____

EAST LYME PARKS AND RECREATION DEPARTMENT
PLAYGROUND CAMP REGISTRATION FORM

PARTICIPANT'S NAME _____ AGE: _____ BIRTHDATE: _____ GRADE ENTERING _____

LEGAL GUARDIAN/PARENTS' NAME(s): 1. _____ RELATION: _____ CELL# _____
2. _____ RELATION _____ CELL# _____

FAMILY/LEGAL GUARDIAN'S ADDRESS _____

HOME TELEPHONE # _____ WORK TELEPHONE #1 _____

WORK TELEPHONE #2 _____ EMAIL ADDRESS: _____

LIST ALLERGIES/MEDICINES*/CONDITIONS: _____

PLEASE INDICATE ANY LEGAL CUSTODY/RESTRAINING ORDERS THAT ARE CURRENTLY IN PLACE:

HAND IT TO AND PICKS IT UP FROM THE SITE LEADER EACH DAY. ALL MEDICATIONS ARE SELF ADMINISTERED UNDER THE SITE LEADER'S SUPERVISION. COUNSELORS AND SITE LEADERS ARE NOT PERMITTED TO DISPENSE ANY MEDICATIONS. IF THE CHILD IS ON MEDICATION AND CANNOT SELF ADMINISTER, THE PARENT MUST COME TO THE SITE TO DISPENSE THE MEDICATION.

IF IN CASE OF AN EMERGENCY, SITE LEADERS WILL GIVE IMMEDIATE FIRST AID. IF FURTHER ATTENTION IS NEEDED, PARENTS AND/OR CAREGIVERS WILL BE NOTIFIED. IF A PARENT OR CAREGIVER IS UNREACHABLE, EMERGENCY PICK UP PEOPLE LISTED BELOW WILL BE NOTIFIED.

IF EMERGENCY MEDICAL ATTENTION IS NECESSARY, 911 WILL BE CALLED FIRST BEFORE PARENT IS CALLED! EMERGENCY CONTACT (OTHER THAN PARENT):

NAME _____ TELEPHONE #'S _____

In the event of an emergency, I, _____ give the staff permission to authorize emergency medical treatment.

PLEASE LIST A MINIMUM OF TWO PEOPLE OTHER THAN PARENTS OR EMERGENCY CONTACT WHO HAVE PERMISSION TO PICK UP YOUR CHILD. (PLEASE INFORM THEM THEY WILL NEED AN ID, IF UNKNOWN TO SITE LEADER). NO ONE OTHER THAN THE PEOPLE LISTED BELOW CAN PICK UP YOUR CHILD.

NAME & TELEPHONE _____ NAME & TELEPHONE _____

I understand that EL Parks & Recreation Department reserves the right to expel from the program any child who is disruptive or disrespectful, or who jeopardizes his/her safety or the safety of other program members. By signing this registration form, I acknowledge that I have read and understand this policy. I agree to hold the East Lyme Parks and Recreation Commission & 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. **PHOTO RELEASE:** I understand that for promotional purposes the Town takes photographs of participants enrolled in recreation activities, classes or programs. I hereby release and permit the Town of East Lyme to utilize for said promotional purposes any photographs of my child engaged in the playground activities. (Please notify Parks & Recreation if you do not want picture published.) Please take note of posted refund policy.

EXTENDED CARE ONLY:

WK1 _____ WK2 _____ WK3 _____ WK4 _____ WK5 _____ WK6 _____ WK7 _____
6/22-6/26 6/29-7/2 7/6-7/10 7/13-7/17 7/20-7/24 7/27-7/31 8/3-8/7

PARENT/GUARDIAN/CAREGIVER'S SIGNATURE _____ **DATE:** _____

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.

East Lyme Public Trust Foundation

TREES FOR TOMORROW PROJECT

The East Lyme Public Trust Foundation in co-operation with the East Lyme Parks and Recreation Department is pleased to announce a new project to raise funds for the support of the Niantic Bay Boardwalk and other projects of the Trust. They are offering sponsors a commemorative tree program - Trees For Tomorrow- which will make available commemorative trees to be placed in public spaces in East Lyme. Trees can be donated to commemorate a birth, wedding, graduation, etc. They can also honor a loved one or a special event. This is a chance to use the resonating power of trees to create a lasting, living memorial that will provide scenic beauty and contribute to a healthy ecosystem.

Sponsors may choose to locate a tree at Cini Park, McCook Point Park, Bridebrook Park, The Samuel Smith House, The East Lyme Library Courtyard, or East Lyme Town Hall. A contribution of \$600 for a tree will cover the cost of the tree, planting, an 8"x4" plaque, a base, and a waterbag.

Planting will take place in the spring and fall of 2015. The first phase will offer 25 trees for planting in the various locations chosen by the Tree Warden and the East Lyme Parks and Rec. Department.

continued on page 33

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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Smith Harris House



House Tours, June through August / Friday's
Sunday's, 12 pm to 4 pm
*Closed July 4th Weekend
Suggested donation: \$5

The Smith-Harris House is open for visitors for the summer season! Tours are every hour on the half-hour, starting at 12:30 pm; last tour at 3:30 pm. A 45-minute guided tour of the Greek-

Revival farmhouse demonstrates the family and agricultural lives of the Avery, Smith, and Harris families through the 1840s and into the mid-20th century! Discover what East Lyme was like around the time of the Civil War and afterwards! For more information, contact curator Joanie DiMartino at 860-739-0761 or curator@smithharris.org. www.smithharris.org.

Open-House Museum Day

Saturday, June 13 / 10 am to 3 pm - Free!

Enjoy historic games on the lawn, tours of the House, and historic-inspired refreshments. Also, meet and chat with Mrs. Elizabeth Avery Henderson, a setagenarian who lived with her brother, Thomas Avery, during the 1860s, portrayed by East Lyme's own Maggi Prokop. For more information, contact curator Joanie DiMartino at 860-739-0761 or curator@smithharris.org. www.smithharris.org. Sponsored by the Connecticut Department of Culture and Tourism.

Afternoon Honey Tea

Sunday, June 28 / 1 pm to 3 pm, \$15 per person

Inspired by William (Thomas's son) Avery's apiary business interests (four hives were listed as part of his estate), we'll spend the afternoon with local apiarist Steve Dinsmore, President of the Connecticut Bee Association, have a honey tasting, enjoy a tour of the House, and make beeswax candles--after the delicious

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Clinical Nutritionist

tea with honey-infused treats, of course! To make reservations, contact Donna Massung at 860-691-1872. For more information contact curator Joanie DiMartino at 860-739-0861 or curator@smithharris.org. or visit www.smithharris.org.

Antique Motorcycle Show

Sunday, August 9 / 10 am to 5 pm, \$10 per person.
Come and enjoy the history of coolness on two wheels! View

antique motorcycles and then vote for your favorite to receive the People's Choice Award! Tours of the house and music concerts included. Cycle equipment, enthusiast, and food vendors will be on-site to sell their wares. Rain or shine. For more information, contact curator Joanie DiMartino at 860-739-0761 or curator@smithharris.org or visit www.smithharris.org.

Public Trust Foundation ... continued from page 31

Since the East Lyme Public Trust Foundation is a non-profit 401c, contributions are tax deductible.

Application forms will be available at: East Lyme Town Hall, East Lyme Parks and Rec., East Lyme Library, and the E.L. Book Barn. They also can be found on the Trust web-site: www.publictrustfoundation.org

Boardwalk Benches Available

The East Lyme Public Trust Foundation has benches available for the Niantic Bay Boardwalk.

The Boardwalk Bench Program is in the final phase with approximately 30 bench openings remaining.

The benches will be added to the western half of the Boardwalk once reconstruction has been completed. The Town anticipates a completion date of early summer. These commemorative benches have proven to be a popular way to honor a special person and to support the Town Park.

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.

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Positive Energy at the Capitol



Family Chamber Photo

It is an honor and a privilege to serve as your state senator. As an elected leader in the community for the past 7 years I bring an important skill set to the legislature. I have an understanding of how municipal government works, how to balance budgets, manage day to day and how to have good relationships with local leaders in the district.

My family and I are living the American dream. 32 years ago we opened a small business in East Lyme and it still flourishes today. While God had other plans for my wife – I’m blessed to have my four children in my life every day, two of whom are working in the family business.

In addition to working on constituent issues I also serve on several committees dealing with different policies from public safety, energy and technology to budget issues.

On the Appropriations Committee, I help oversee the budgets of state agencies and matters relating to state employees’ salaries, benefits and retirement, teachers’ retirement and veterans’ pensions and collective bargaining agreements and arbitration awards. It’s a big job!

With next year’s budget deficit already projected to hit more than \$1 billion, legislators are having important conversations to find solutions. There are things we will not agree on, but at the end of the day, we all want things like safe streets, reasonable taxes and quality education.

There’s a lot of positive energy in Hartford.

Please visit my website www.SenatorFormica.com Sign up for my e-newsletter, and join me on Facebook, Instagram, and Twitter. You may also call 1-800-842-1421 or e-mail Paul.Formica@cga.ct.gov.

Senator Paul Formica

Paul Formica represents the 20th Senatorial District: East Lyme, Old Lyme, New London, Bozrah, Montville, Old Saybrook, Salem and Waterford.



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East Lyme Regional Theater

A Parks & Recreation Department Program



East Lyme Parks & Recreation Department and the East Lyme Regional Theater Proudly Presents a fantastic, magical musical adventure for the entire family! "Seussical the Musical", with music by Stephen Flaherty and lyrics by Lynn Aherns brings to life all our favorite Dr Seuss characters.

It will be presented on August 7th, 8th and 9th at East Lyme High School. The show is directed by Erin Sousa-Stanley. Music Direction will be by Chris Stanley. The show is presented by special arrangement with MTI. For more information, please visit www.eastlymeregionaltheater.com, or call Erin at 860-501-1456.

Auditions will take place at the East Lyme Community Center, 41 Society Rd. East Lyme on May 27, May 30, & May 31 as follows:



May 27

6:00 - 7:30: For kids ages 5 and up. Be prepared to sing Happy Birthday - you may be asked to sing 16 bars of a song. Bring sheet music. Accompanist will be provided.

7:30 - 9:00: For Adults and teens 12+. Be prepared to sing 16-32 bars of a song in the style of Seussical. Bring sheet music. Accompanist will be provided.

May 30

9:30 - 11:00: For kids (please refer to above)

11:00 - 1:00: For adults and teens 12+ (please refer to above)

May 31

Call backs by invitation for specific characters in the afternoon/evening.

*If you are unable to make the audition you may submit a video submission which includes your resume.

continued on page 36



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Regional Theater ... continued from page 35

Preferably you will sing from the show / use karaoke track from YouTube or have accompanist. Tell us which characters you would like to be considered for. The video should also show you reciting a monologue /reading a scene or acting out a passage of a Dr. Seuss book. Send it to erin@eastlymeregionaltheater.com

East Lyme Performing Arts Summer Camp

Join us for a week full of Musical Theater for ages 4 through those entering 9th grade on July 6 – 10. For more information look under Youth Programs in this magazine.

PUBLIC WORKS

SINGLE STREAM RECYCLING

In single stream recycling recyclables are separated at the processing plant This means that all recycling can be placed in a single container separate from the trash container and can be compacted.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 bags
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

Leaves will be collected during the following weeks on your regular collection day:
Week of May 11, June 1, July 13 and Oct 12 – Dec 14
(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. Brush can be bundled in lengths of 4 feet or less.

Grass clippings are not acceptable. Please visit the US EPA web site for information on grasscycling.

Leaves can be brought to the designated area at the transfer station free of charge, however, plastic bags must be emptied. Home composting and home recycling of leaves are encouraged as environmentally desirable alternatives.

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CALENDAR GIRLS

By Tim Firth
JUNE 3RD – JUNE 21ST



SOUTH PACIFIC

By Richard Rodgers, Oscar Hammerstein II and Josh Logan
JULY 1ST – JULY 26TH



MEMPHIS

By Joe DiPietro and David Bryan
AUGUST 5TH – AUGUST 30TH

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ALL PERFORMANCES ON FRIDAYS AT 11:00AM | ALL TICKETS \$14

JULY 10TH
THE COMEDY MAGIC OF DANNY DIAMOND

JULY 17TH
CRABGRASS PUPPET THEATRE PRESENTS
JACK AND THE BEANSTALK

JULY 24TH
IVORYTON PLAYHOUSE INTERN COMPANY PRODUCTION

AUGUST 14TH
GOOWIN'S BALLOOWINS

AUGUST 21ST
CASEY CARLE'S BUBBLEMANIA

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- Fun Themed Activities

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6:30am - 6pm
(up to 10 hrs/day)

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Part-Time Camp

9:00am - 3pm
Monday - Friday
\$100 per week
/\$30 per day



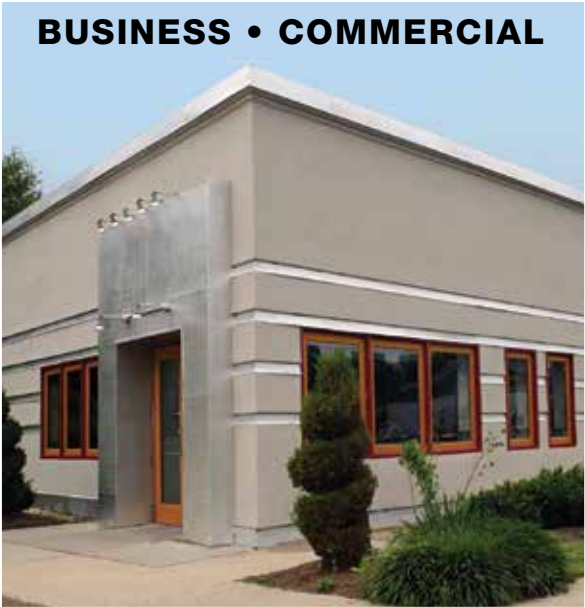
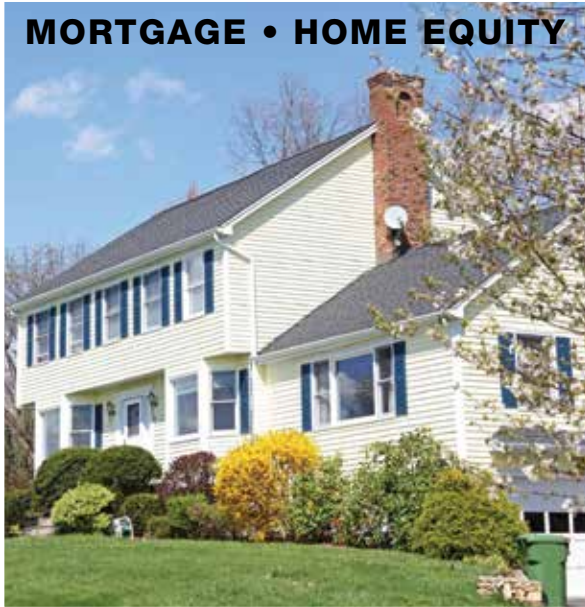
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