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# First Selectman's Corner

This column is always difficult to write because it is written several months before you read it. Today is April 20th. I am sitting at my kitchen table... my workstation for the past 5 weeks. This is my 22nd column for this quarterly publication. Never has it been harder to write.

The world has changed. The rules have changed. Every day I wake up, the rules change some more. The way we conduct business as a town and how we deliver activities, programs and events has all turned upside down. Our expectations as citizens of the world and as patrons of events, activities, and the arts has been altered... some maybe permanently.

Our priorities have been altered, haven't they? All that was so very important just a couple months ago has changed. Hugging mom and dad and my kids would feel like gold right now. I'd give everything to hang out with my sons, see my best friends from college, or, believe it or not, be in a town meeting in person with my fellow selectmen.

I appreciate the patience and tolerance our citizens have displayed to our town departments and workers. Thank you for your understanding as we made decisions to keep our town employees (and our patrons) safe. We had to close the town buildings to the public and we scaled back operations to "essential only" in early March.

While this was met with frustration, those who I spoke with understood our need to react to the health threat.

I have witnessed selfless giving and random acts of kindness throughout my tenure as First Selectman, but I have never witnessed it so wide-spread and so genuine as I have since the beginning of this crisis. As a community we have come together as only a quality community can. Unified, we weathered the peak of the storm. I am extremely proud of our town. What remains to be seen is how long this goes and what will continue to be affected.

I hope and pray for your good health - both your physical and mental health - during these difficult times. As citizens of East Lyme, we have a lot to be grateful for, but it is 'good health' that is the richest blessing.

Here's hoping the next column is easier to write...

Mark C. Nickerson  
First Selectman



Mark C. Nickerson



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# events

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# Note From Parks & Recreation Department

As of April 24th, when the content for this publication was submitted, we have many unknowns regarding our summer season and our regular scheduled programs, events and facility usage. We are following guidelines set forth from Governor Lamont, CDC (Centers for Disease Control), and Ledge Light Health District regarding our parks and social distancing, our summer programming, and events. We appreciate your cooperation and patience with new restrictions and our park staff during these unprecedented times. For the most up-to-date information regarding our programs, please visit the town website and the parks and recreation Facebook page. We will also continue to send out updates through our RecDesk software to patrons who have given us an email address to contact them with.

We are formulating a plan regarding beach passes and the most efficient process to handle these transactions while minimizing the risk exposure to our patrons and staff. This would be a good time for patrons who have yet to create an online account with us to do so, which you may do on the town website under "Online Program Registration." If you run into an

issue while trying to log in online, please contact rgrandieri@eltownhall.com and we will update your account, there is a known issue with some households account access.

You may notice our Summer Playground Camp is not included in this article, this is because we are anticipating changes and do not have enough information to plan the camp at this time.

We are currently operating with a limited office staff and calling is not the best form of communication. Please email parkinfo@eltownhall.com with any questions regarding our parks, programs, and events and we will get back to you in a timely manner.

We hope to see you soon.

East Lyme Parks and Recreation:

Website: [www.eltownhall.com](http://www.eltownhall.com)

Facebook: East Lyme Parks

Visit our website at: [eltownhall.com](http://eltownhall.com)

## Publisher's Note

As of press time, our country is still in the midst of the COVID-19 pandemic. These are, indeed, difficult times for all. Included in this issue of East Lyme Events Magazines is information regarding various programs and activities that span the upcoming quarter. Given the circumstances, some dates and times are subject to change.

Please check with the applicable organizations for any potential changes and/or cancellations.

We hope that the situation resolves as quickly as possible and that we can all get back to some sense of normalcy!

Please also take note of our The Last Word feature (on page 26). The array of pictures celebrates the strength of our community as we persevere through hard times.

Thank you to all!

We are pleased to be able to continue to provide you with East Lyme Events Magazines. Please stay safe and healthy.

We look forward to celebrating better times ahead!

William McMinn,  
Essex Printing and Events Magazines



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## Director's Note

Forty years ago, I was hired as a sixteen year old to be a summer camp counselor for the East Lyme Parks and Recreation Department, a position that would foster my passion for the parks and recreation field. Fast forward to today where we have been thrust into a pandemic that is requiring us to adhere to social distancing and limit our interactions with our friends, family and park patrons. Unfortunately, there is no "playbook" or past experiences for those of us in the parks and recreation profession to follow or lean on. We have been forced to make difficult decisions on closing park amenities such as fields, basketball courts and directing a "one way" policy on the boardwalk. I want to thank the community for your understanding and patience on these policies, and hope you understand these decisions contradict what I as recreation professional have been promoting my entire career. I love bringing folks together, whether it be for an aerobics class, concert, road race, youth sports or adult recreation. We will get through this.



Recently, two icons of our parks and recreation department have passed away, Sam Peretz (past Director) and Charlie Fenick (Commission member.) Each of these figures had a vast impact on this department and my career, for which I couldn't thank them enough. As I mentioned above, I was hired 40 years ago by Sam Peretz. Sam loyally served our community for over 30 years and our relationship grew from boss/employee to friends and eventually

Sam became my mentor and supporter of my career. Sam's handprint and impact on our community can be seen in all of our parks. In recognition for his service the town re-named Bridebrook Park to Peretz Park at Bridebrook in 2004.

Charlie Fenick was a Parks and Recreation commission member for almost 30 years. His service to the commission and community will be dearly missed. Charlie was an avid runner/walker and a champion for youth sports and providing recreational opportunities for people with disabilities. The department has recently renamed its annual 10k road race in his honor: "Niantic Bay 10k; Charlies Race."

In these difficult times I encourage you to stay active while practicing safe social distancing and keeping your spirit, mind and body healthy. Call an old friend, look through old photos, go for a walk, build a Lego creation. Some ideas to keep from wallowing in your thoughts during this time. The unknown is extremely frustrating to all of us as the uncertainty of future programming and events is being dictated by this pandemic. Information related to our programs and parks can be found on our Facebook page and the town website.

Keep calm and carry on,  
DP

**Lisa Bernard**



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## Parks & Recreation Department

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### Contact Information, Websites & Email Addresses

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dputnam@eltownhall.com

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crossiter@eltownhall.com

**Administrative Assistant:** Robin Grandieri  
rgrandieri@eltownhall.com

**Administrative Secretary:** Arlene Wilbur  
awilbur@eltownhall.com

**Special Events Coordinator:** Michael R. McDowell  
mmcdowell@eltownhall.com

**Park Foreman:** Jason Alves

**Maintenance Support:** Michael Rak, Austin Grouten

### Parks & Recreation Commission Members

**Chairman:** J. Robert Pfanner

William Willets, Jr. Emeritus Member, Jackie Curry,

Patrick Larkin, Roger Nadeau, Sue Kumro, Thomas Beebe,  
Todd Donovan

*The Parks and Recreation Commission meets in the Parks and  
Recreation conference room on the second Thursday of each  
month at 7:00 pm. The public is welcome to attend the meetings.*

East Lyme Police Department: 860-739-5900

East Lyme Public Library: 860-739-6926 | www.ely.lioninc.org

East Lyme Public Works: 860-691-4118

East Lyme Senior Center: 860-739-5859

East Lyme Town Hall: 860-739-6931 | www.eltownhall.com

East Lyme Youth Services: 860-739-6788

Commission Meetings are 2nd Thursday

Rocky Neck State Park: 860-739-5471

DEP Old Lyme: 860-434-8638

Children's Museum of SE Connecticut: 860-691-1255

East Lyme Aquatic & Fitness Center (Pool): 860-691-4681

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www.eastlymebaberuth.com

#### EAST LYME LACROSSE

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

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#### EAST LYME LITTLE LEAGUE

Joel Farrior: 860-460-8922 | eastlymelittleleague@gmail.com

www.eastlymelittleleague.org



### EAST LYME SOCCER CLUB

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

### EAST LYME YOUTH FOOTBALL

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www.eastlymemomsclub.org

### WOMENS CLUB OF SE CONNECTICUT:

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### EAST LYME GARDEN CLUB

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### EAST LYME VETERANS COUNCIL

Joyce Harris: 860-303-1718 | joymh1@aol.com

### GIRL SCOUTS REGIONAL OFFICE

Caitlyn Dorrington: 800-922-2770 x 3728

Monica Sistaire: 860-638-7151 | gsfeastlyme@gmail.com

### NIANTIC LIONS CLUB

Ed Keens: 860-451-8333 | www.nianticlions.org

### NIANTIC ROTARY CLUB

Donna Gada: 860-739-9280 | www.nianticrotary.org

### DISTRICT SCOUTS REGIONAL OFFICE

Mike Cooney | 860-373-0097

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MCCOOK POINT PARK, HOLE N' WALL, & CINI PARK:

- Open daily from 8:00 am to sunset
- Pets are permitted on beaches from the Tuesday after Labor Day until the Friday before Memorial Day ONLY\*\*; must be under owners control at all times and it is the owner's responsibility to clean-up all pet waste. Dogs are not permitted on the Niantic Bay Boardwalk at any time during the year.
- Once restrooms re-open, they will remain open until mid-November as weather permits.
- Contact the Parks and Recreation Office for Pavilion reservations/availability.
- All East Lyme parks are tobacco free.

**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 7, 2020 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.*

### Beach/Parking Passes

**PLEASE NOTE:** Sale of beach passes is tentatively set to start on May 20th and is dependent on COVID-19 update. Please check the town website and our Facebook page for updates. Fees could be subject to change based on opening date.

#### FEES FOR 2020

Resident	\$ 40.00
Resident (Add'l car)	\$ 30.00
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Active Military Resident Day Pass	N/C
Active Military Non-Resident Day Pass	\$ 10.00
Active Military Non-Resident Season Pass	\$ 40.00

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 mid-June.

#### PAVILION/TENT/BANDSHELL RENTAL

The pavilion, tent, and bandshell are available for full day or half day rental (9:00 am to 1:00 pm or 1:30 pm until dusk) during the summer season (Memorial Day weekend through Labor Day) for East Lyme/Niantic residents/taxpayers. Rentals are also available before Memorial Day and after Labor Day; Non-Residents are able to rent during that period. Please contact the Parks & Recreation office for information and availability.

#### PARKS & BEACHES ADDRESSES

##### Cini Park

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

##### Hole-N-Wall Beach

- Baptist Lane, Niantic

##### McCook Point Park

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

##### Peretz Park at Bridebrook

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

##### Smith-Harris Park

- 31 Society Road, Niantic (Behind EL Middle School)  
Little League, Pee-Wee football

##### Veteran's Memorial Park

- 10 Memorial Park Road, Niantic  
Baseball, softball



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## A Spring Unlike Any Other

What happened? Not one game has been played by any of our youth sport leagues. This virus has many of our patrons contained to the confines of their homes, many out of work, and many grieving the loss of friends and/or family. The question on everyone's mind, when will it end?

Our department is essentially shut down. We have a skeleton office staff and our maintenance team is working their hardest to keep our parks operating as close to normal as possible. We have yet to hold interviews and staff trainings and have no real idea how close to "normal" our summer will be.

### TO PASS MY FREE TIME, I HAVE UTILIZED THE GREAT OUTDOORS.



I have rigged my fishing gear and my kayak has either been in water or on the roof of my vehicle for a month. I have fished just about every freshwater pond or lake with a public launch in our town this spring. Kayak fishing has been my go-to activity for social distancing. I have had lakes all to myself and also shared them with fellow fishermen on canoes, kayaks, and boats. As the weather warms, I am sure more of our patrons will begin heading for the water as their outdoor escape and seeking a "tug" on the end of their line.

Aside from being in my kayak, my bicycle has been my second choice for spending my free time. It is hard for me to be on a bicycle and have anything but a smile on my face. The sights, smells, and sounds are all so unique on a bike. Riding around town on a frequent basis has allowed me to see the early signs of summer; the arrival of osprey, the blooming of flowers, and boats appearing at some docks. If you have a bicycle, take it for a spin, start in your neighborhood and gradually expand your rides to include more difficult terrain. One benefit to these unfortunate times is that there are considerably less cars on the road, making it a great time to get more comfortable on your bicycle.

My family has laced up our hiking boots and have discovered trails new to us, trails we haven't visited in years, and some of our tried and true favorite hiking locations. The fresh air, serene views, and following one trail marker to another are all incredibly calming. We are fortunate to have Oswegatchie Hills, the Goodwin Trail, Rocky Neck, Ravens Woods, and the Nehantic State Forest in town to get outside and get some dirt beneath our feet. We have taken to researching trails that may not be as popular as the mainstays and have had the pleasure of having a section of the woods all to ourselves numerous times.

While many indoor and social recreation options are currently off limits, we must take advantage of what we have available, and what we have are amazing landscapes to explore, whether it be by paddle, pedal, or our feet. How great would it be if you came out of this pandemic with a renewed passion for a past hobby or love for a new activity?

Explore More, Mike McDowell

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## A Miracle Built by Community

Thank you to the community as a whole, which has supported the cause and donated to the Miracle League field construction at Flanders Elementary School. It is with excitement, joy and hope that I announce the construction has been completed on the field and “Kevins Court” basketball court portions of the project. The fundraising efforts began on November 6th, 2017 and, in just two years, we raised over \$600,000 of private donations.

The construction team took advantage of the early spring like weather in late February and early March and got off to a great start. Students of Flanders Elementary school enjoyed an up-close look at the construction equipment working during their recess, and I want to personally thank the staff members of the school for adapting to the construction while school was in session. Once the virus hit and schools were closed, the construction team kicked into high gear, and the project really took shape.



Pictured is Kevin's Court which is an accessible basketball court on the almost complete Miracle League field.

We are unsure when the “first pitch” will be delivered and first game can be played, but it is my hope that it will be a community affair and you will come out to cheer on the kids, who have waited so long for a field they can call their own. This complex is the culmination of support and love that only a community like East Lyme has to offer. We have received donations from high school students who returned bottles and cans, many local businesses and charities, and also donations from Major League Baseball players. We have held fundraising events at many local restaurants, schools, and community groups. The list goes on, as does our gratitude and excitement for what is to come!

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## East Lyme Superintendent's Note



Superintendent  
Jeffrey Newton

It's my hope that our East Lyme residents and all families have remained safe during this most unusual and unprecedented time in our lives. Your safety and the safety of our children remains paramount across our schools and community.

I've seen many positive and negatives during my seventeen years as an educational leader, and I have dealt with

numerous issues many of which have been on a large scale. What I have never done before is orchestrate a district-wide move of 2700 students to remote learning within a week and half's time. The world of administrators, teachers, and school staff members has been completely flipped upside down. These professionals have rapidly made a massive adjustment to working from home and quickly re-connecting with students. Whether it be from a kitchen table, a living room, or a quiet corner of their household, our educators have made a huge transition. They are adjusting schedules to not only engage their own children in the remote learning that they need to do, but they are also engaging their classrooms and students.

I have simply been amazed at what has transpired in the education world over such a short period of time. The intense and long hours that our staff have been putting in to make this all happen is truly admirable. East Lyme Public Schools is blessed to have so many excellent staff who truly go above and beyond for our children. I could not be prouder to lead them through this most challenging aspect of their careers. I want to personally thank all our administrators and staff for their massive effort. I also want to thank our parent community for their support and patience as we continue to navigate this change. It has not been perfect, but the long hours and determination to engage students remotely has been a successful venture and one that we are proud of.

We approached remote learning under the premise that many families could struggle at the onset. Many parents have lost jobs, are dealing with financial issues, or they are simply trying to adjust to working from home and now assisting their children with schooling. Concerns and support were our first order of business, while also equipping hundreds of families with computer devices and many with Internet access. We have also been working feverously to renegotiate contracts given our lengthy closure. Our bus contract was one of the largest to modify given they are not running. We

have modified staffing contracts, worked with our unions and collective bargaining groups around changes in job responsibilities, and adjusted our current year school calendar. Many of our food service staff members have prepared and provided thousands of meals over the last few weeks and distributed them every Monday, Wednesday, and Friday to families across our town. Our technology staff members scrambled to pull together laptops from classrooms to give to families and have successfully run a parent helpdesk to support their technology needs at home. Teachers have scheduled and provided 'office hours' for students to communicate and share information back and forth. Our special education teachers and service providers are working hard to do the best they can in providing direct services to students with Individualized Education Plans in a remote fashion. The list goes on and on regarding the number of changes that have occurred in which we as a school district are successfully navigating.

Our Board of Education has been working to make adjustments and reductions to the proposed 2020-2021 district operating budget. We recognize the fiscal climate and recession that has occurred, and we are being responsive to the need to minimize a tax increase on our community.

Through all of this I am saddened by the impact our school closure has had on our senior class. The last few months of a student's senior year is filled with multiple activities such as award night, prom, senior dinner dance, and others. These unfortunately cannot happen in the tradition that every previous class has experienced. This is incredibly unfortunate, and our high school administration and staff are working with our seniors on alternative plans for graduation. This is a most memorable time for families, and we will do our best to be creative and recognize our seniors if we cannot return to school prior to June 19th.

COVID-19 has had a drastic effect on states, towns, and communities across the country. It is my hope that there is minimal impact to our community and family members, and we can eventually return to the normal life we are accustomed to in spending time socializing and being with extended family and friends. Until that time comes please be safe and know that as our mission statement clearly articulates the East Lyme Public Schools will continue to inspire, engage, and educate each student to become a contributing citizen and a responsible, independent, and critical thinker.

Jeffrey Newton  
Superintendent of Schools

Visit our schools website at: [www.eastlymeschools.org/offices](http://www.eastlymeschools.org/offices)

# Town Clerk's Office - Dog License Reminder

The Town Clerk's Office is reminding dog owners that they must register their dogs by June 30, 2020.

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 **self addressed stamped envelope** and your **check made payable to:** Town of East Lyme and mail to: East Lyme Town Clerk, PO Box 519, Niantic, CT 06357.

A penalty of \$1 per month will be assessed for payments received after June 30, 2020. For information, call the Town Clerk's Office at: 860-739-6931 ext. 1135.

*Please Note: Due to the recent COVID-19 crisis, this information is subject to change.*

# A Community Full of Heart

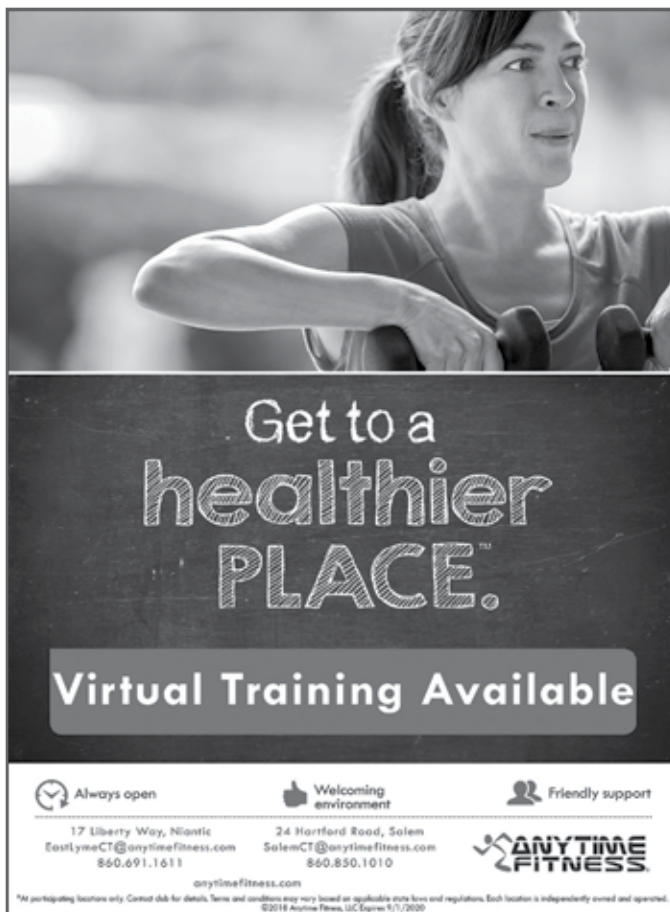
We here at Niantic Main Street know that we're in the middle a challenging, complex and unrepresented time for local businesses. We commend all our small businesses for their creativity, compassion and perseverance. With summer just around the corner, we are all looking for glimmers of grace as we navigate our way through the continued restrictions due to current pandemic.

We urge you to continue to support our local businesses in any way you can. Order takeout meals, shop online or curbside, purchase gifts or gift cards. They are doing their best to stay open and continue a sense of normalcy for all of us.

Niantic Main Street is trying our best with our limited resources to keep Discover EastLyme.com up-to-date with which

businesses are open and what they're doing to continue to serve their customers. The hearts around town say it all. We may be small, but we have a lot of heart. While the future remains uncertain, we can take comfort in the heartwarming response from our community. We are all in this together! Shop local. Support local.

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## East Lyme Public Library



Our library services are changing quickly as we respond to the evolving public health crisis. Thank you for your patience and understanding. We are still doing many of the things you expect to find in the library... just virtually now!

It's a great time to check out the Library's website: [www.eastlymepubliclibrary.org](http://www.eastlymepubliclibrary.org) to see what we offer. If you have any questions or need more information or help with accessing the library's services and resources, please email us: [elpl@ely.lioninc.org](mailto:elpl@ely.lioninc.org).

Every morning we post a short children's storytime video or two featuring a picture book and a short song on the Library's Facebook page: [facebook.com/EastLymeLibrary/](https://facebook.com/EastLymeLibrary/).

### LOOKING FOR SOMETHING TO READ?

We have added many popular eBooks and audiobooks. eBooks and audiobooks are available to borrow via the Library's online databases, Hoopla and Overdrive.

### WANT TO STREAM A TV SERIES, LISTEN TO MUSIC OR READ A MAGAZINE?

You can use Hoopla for that! You can also enjoy digital versions of your favorite magazines through rbDigital. You will find these resources under "eBooks & Online Resources" on the library's website. You must have an East Lyme Library card to use these services.

### OUR DATABASES

If you need access to our databases, but do not have a library card we have the solution! While the Library is closed we are offering temporary library card registrations on our website. Temporary library cards are available to residents of East Lyme and Niantic. If you need a library card visit our website at: [www.eastlymepubliclibrary.org](http://www.eastlymepubliclibrary.org) and fill out the "Temporary Library Card Registration." A staff member will email you within 24 hours with your temporary library card barcode.

### BOOK DISCUSSIONS & CRAFTS

We are continuing to hold book discussions virtually. Check out the library's website: [www.eastlymepubliclibrary.org/book-discussions](http://www.eastlymepubliclibrary.org/book-discussions) for the up-to-date listing of discussions. We're even offering "meet-up" craft sessions on Fridays at 11:00 am. Work on your own craft in the comfort of your home with other crafters virtually.

As a reminder, any physical items that are checked out have extended due dates until June 1, 2020. Additionally, there will be no late fines during this time period. We want you to continue to enjoy the materials you checked out before the library closed. If you've finished the books you checked out check one out from one of our online databases! If your library card is due to expire while we are closed we have automatically renewed it until July 1, 2020. When we reopen please stop in for a three-year renewal on your card.

### COVID-19, HISTORY WHILE IT IS HAPPENING

We are in the unique position to capture this unprecedented time of history while it is happening. The East Lyme Public Library needs your help to capture the local history of the coronavirus pandemic. We are looking for your images,



stories and/or videos of this time. Do you have photos of the hearts around town or how Main Street looks during this time or what the grocery stores are like? Do you have a story about how this pandemic has affected you? Are you an essential worker, a parent, a business owner, or anyone that wants to share your experience? We want to see and hear what you have to say. Email us at [eastlymelibrary@gmail.com](mailto:eastlymelibrary@gmail.com) to help us document this piece of history. By sending us items you consent to them being used as part of our local history collection. You will be giving us permission to use items without restrictions or paying royalty. Items may be used for an online collection, a physical document at the library, distributed, reproduced, or displayed.

These are challenging times for all of us. We hope you have a chance to take time to relax and escape with a good book, an interesting tv series, new music, or Miss Rebecca's storytimes. We miss you and are looking forward to serving you in-person again soon.

Stay healthy.

## What is Your COVID-19 Mental Health Temperature?

On a scale of 0–10, are you feeling relieved over the absence of social obligations; or, “chomping at the bit” to resume in-person social connections? Tele-mental health is revealing clients at every point on the continuum. It appears that introverts tend to be on the “This is not so bad,” end of the continuum while extroverts tend to be on the “chomping at the bit,” end. Of course, there are many other factors affecting where you find yourself on the continuum - living alone, balancing work at home or outside the home while home-schooling, unemployment, etc. Wherever you find yourself on the continuum, here are a few universal prescriptions:

- 1 **Create a flexible daily schedule** - time for sleep, time for productive activity, and time for leisure time activities = balance.
- 2 **Incorporate time for personal reflection** - draw, paint, journal, meditate, pray. Explore apps such as “Breathe,” to assess your physical and emotional status followed by recommendations such as brief guided meditations.
- 3 **Incorporate exercise** - walk, hike, bike, or dance in your living room.

If you are struggling with depression and/or anxiety during this crisis, tele-mental health is available to you now. Wherever you are on the continuum at this time, reach out/remain connected - though it may be virtual for now!

Lorraine Plante, LCSW, East Lyme Psychological Associates



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# East Lyme Senior Center

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

## GREETINGS FROM THE EAST LYME SENIOR CENTER.

### We miss you. All of you.

We miss our terrific instructors, we miss our awesome volunteers, but most unquestionably we miss our fantastic participants/clients/students/friends. We miss the hustle/bustle of the phones ringing, people coming in to register for a trip or program, folks stopping by for information, vendors coming to show us a new product or idea. We miss the laughter that occurred here every day. We miss the development of friendships and the generosity of spirit on display. An empty senior center is a lonely place and it goes against all that we stand for.

March 13th was the last day any programs were offered at the Senior Center. Shortly after that, the State of Connecticut issued the Shelter in Place order which closed our doors to the public. Once that order was given, the staff of the Senior Center took over the duties of the Meals on Wheels program and have been packaging and delivering meals to our Meals on Wheels clients ever since. As we are asked to continue to stay at home, we are seeing more clients seeking assistance

from the Meals on Wheels program. If you are interested in receiving this service, please contact T.V.C.C.A. at: 860-934-1006 for further information regarding eligibility.



are out on the road. Thank you!

With respect to the Senior Center staff delivering MOWs, we would like to give a “shout out” to Mrs. Phyllis Cushing. She made the staff masks to ensure our safety and our clients’ safety while we

are out on the road. Thank you!

Unfortunately, the Senior Center is seeing that the longer we shelter in place, the more issues come up. To that end, any older adult living in our Town who is experiencing problems should call the Senior Center office at: 860-739-5859. While our staff is not in the office full time, we are checking our messages daily. We will be able to contact you and discuss your situation. We are very fortunate that our community has so many townspeople who are more than willing to assist their older neighbors. While we may not be able to solve every issue, it is likely we can come up with some sort of plan of action for you.

The Senior Center wants to thank Mask Makers in CT for



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their donation of masks. These “masketeers” made enough masks to enable us to distribute a mask to each of our Meals on Wheels clients. Additionally, That’s Sew Debbie in Groton is making masks for \$10. The proceeds from the sale of her masks allows her to donate high quality material to Mask Makers so they can continue to make and distribute masks to our vulnerable citizens. If you want to order one from her, please call 860-333-1394. If you know an older adult who needs a mask but cannot afford to purchase one, please contact the Senior Center office.

Unfortunately, we cannot state when the Senior Center will re-open. Nor can we state what our opening is going to look like. Will we all need to wear masks? Will all staff have to have their temperature taking before reporting to work? Will we have to take your temperature before you are allowed in? We do not know at this time. Those questions are being asked now and the Senior Center community, with guidance from our health departments, will come up with a way to re-open.

For us to better communicate with you, we are reaching out to our participants to either get their email address or to confirm their email address. Our instructors are interested in contacting their students. The Senior Center wants to contact you too. If we have not talked with you yet, please call us so we can update your record and have a way to inform you of changes that will occur at the Senior Center.

Yes, changes will certainly occur at the Senior Center as we enter a “new” normal. But our older adults are a resilient group.

Together, we will face the future. Together, we will help each other. And soon, we will be together.

Stay safe. Stay strong.

**VISIT OUR WEBSITES**

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Visit our website at: [www.seniorcenter.org](http://www.seniorcenter.org)



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## East Lyme Aquatic & Fitness Center

### POOL FOUNDATION OFFERS FINANCIAL ASSISTANCE

The East Lyme Aquatic & Fitness Center Foundation, Inc., offers financial support to East Lyme and Salem residents who wish to participate in both pool and/or fitness center activities at the Aquatic and Fitness Center at the East Lyme High School. Scholarships are granted on a need and interest basis and encompass facility membership, program lessons, and sports camp activities.

If you wish to utilize and enjoy this great facility but are held back by financial concerns, we encourage you to complete a scholarship application.

Scholarship applications are available in the pool lobby (once it reopens) located at the East Lyme High School, 30 Chesterfield Road, East Lyme, CT 06333. Alternatively, a request for an application may be made via the Foundation's email at: [elpoolfoundation@aol.com](mailto:elpoolfoundation@aol.com). Selection of recipients will be made by the Foundation's Board of Directors.

If you have any questions, please send the Foundation an email or leave word at the pool front desk that you would like to be contacted. More information about The Aquatic and Fitness Center and the Foundation can be found at: [www.eastlymeaquatics.com](http://www.eastlymeaquatics.com).

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Your generous support helps East Lyme and Salem families in need utilize the Aquatic and Fitness Center at the East Lyme High School. It is your support that helps make dreams possible!

*East Lyme Aquatic & Fitness Center Foundation, Inc., a 501(c)(3) charitable organization.*

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A quaint seaside village community on the beautiful Connecticut shoreline, East Lyme is located just 20 minutes south of Mystic and has much to offer visitors to the town. Unique shops, great restaurants, a mile-long boardwalk overlooking beautiful Long Island Sound, and special events throughout the year are just some of the reasons to visit. Conveniently located, East Lyme is easy to get to and is a perfect place to spend the day or a weekend away. If you're in the area, come "Discover East Lyme" and see for yourself just what makes this community such a great place to visit, play and live!

# Summer 2020 Special Events

## Celebrate East Lyme:

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

This premier outdoor celebration will showcase all things local throughout Niantic, capped by a wonderful fireworks display over Niantic Bay! Browse over 200 local creative, community and business vendors, a wide variety of treats, multiple live music stages and much more!

### Be sure to stop by the all of these other popular

**attractions:** Amber Alert, Cooking Demonstrations, Interactive Children's Area, Diamond Dig, Sand Castle Competition, and more!

The day is capped with an excellent fireworks display over Niantic Bay, which is sponsored by Dominion Energy. Make your way to McCook Point Park and enjoy them with thousands of others while listening to the tunes of Fusion.

### 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](http://celebrateeastlyme.com) and "like" the event on Facebook by searching "Celebrate East Lyme"

### SANDCASTLE/SCULPTURE CONTEST



Our 14th annual sandcastle/sculpture contest will be held at 9:00 am, the morning of Celebrate East Lyme Day at Hole in the Wall beach. Please register ahead of time by stopping by the parks and recreation office. Prizes will be awarded to the top three sculptures (judged by participating teams) as well as a judges pick.

### NIANTIC BAY 10K: CHARLIES RACE

The Niantic Bay 10k has unfortunately been postponed for this year due to the pandemic. We are planning to host a "Charlies Race Fun Run" this fall to honor the life of Charlie Fenick, who ran this race every year. More information to come!

### MCCOOK SUMMER CONCERT SERIES

The music will be flowing through the park once again this summer! We will be hosting concerts on both Wednesday and Friday evenings, on the beach and in the bandshell. Parking passes will not be needed to enter the park begin-

continued on page 22

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## Special Events... continued from page 21

ning at 5:00 pm on concert evenings, and attendees are encouraged to bring lawn chairs, blankets, food and beverages. No alcohol is permitted at McCook Point Park. The schedule can be found on page 23.

### BACK TO SCHOOL MOVIE NIGHT & FAMILY CAMPOUT AT MCCOOK'S



To cap the summer we will be holding our eighth annual Back to School Family Campout 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 being shown on a large, inflatable screen will begin at 7:30 pm, 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. For additional information contact Mike McDowell, at: 860-739-5828.

### FRIDAY NIGHT MOVIES IN THE PARK

We have partnered with the East Lyme Public Library to bring our popular movie series back to the park this summer!

The movie series will be shown Friday evenings in September at sunset, in the McCook Point Park Bandshell.

### The following is the lineup for this summer.

August 28th: 7:30 pm - The Goonies  
September 4th: 7:15 pm - Shark Tale  
September 11th: 7:15 pm - Toy Story 4  
September 18th: 7 :00 pm - Finding Dory

### NIANTIC FARMERS MARKET



Come on down to Methodist Street on Thursdays from 3:00 - 6:00 pm from June 18th through October 8th and get your hands on some locally grown and made goodies! The market takes place on Methodist Street, so park in the municipal parking lot and mosey on over for fresh produce, meats, cheeses, arts and crafts, and the food truck of the week!

See the Niantic Main Street/Park and Rec. tent for the schedule of special market events or for info on upcoming community events at: [www.nianticfarmersmarket.com](http://www.nianticfarmersmarket.com)!



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Kathryn M. Cambi, M.D. FAAP  
Amie S. Frederick, PA-C



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**2020 MCCOOK'S CONCERT SCHEDULE**

Wednesdays 6:00 - 8:00 pm: On McCook's Beach

Fridays 7:00 - 9:00 pm: In the Bandshell

(Schedule Subject to change based on pandemic)

**Wednesdays:**

July 8th: Dr. G and the Believers  
 July 15th: Second Chance  
 July 22nd: Sweet Magic  
 July 29th: Boat House Blues  
 August 5th: 5 Bean Row  
 August 12th: Rotary Band  
 August 19th: Soul Pilot  
 August 26th: Vince Del Gaudio

**Fridays:**

July 18th: Fusion  
 (Celebrate East Lyme)  
 July 24th: Night Shift  
 July 31st: Southern Voice  
 August 7th: Paul Lussier Band  
 August 14th: Kerri Powers Band with  
 Opener Sondra Levine Opening  
 August 21st: The Cartells  
 August 28th: Katie Perkins

**Trash and Recycling**

**Remember What's In / What's Out**

**WHAT'S ALLOWED**

**in the Recycling Container**

Cardboard	Plastic Containers
Newspaper	Aluminum Foil
Magazines	Metal & Tin Cans
Junk Mail	Office Paper
Glass Containers	

*Remember: All items must be clean. Flatten or nest boxes when possible. Plastic containers labeled #1 or #2.*

**WHAT'S NOT ALLOWED**

**in the Recycling Container**

Shredded Paper	Styrofoam
Trash	Electronics
Hoses	Yard Waste
Plastic Bags	Bulky Waste
Foods	

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# Feeding our Friends

Niantic Main Street partnered with volunteers and organizations to provide a drive-in, pick up, drive on meal program at Agnes Church (22 Haigh Ave in Niantic). The initial meal was held at the church on May 7th. Feeding our Friends is designed for those in need in the East Lyme/Niantic community. As of press time, the plan was to run the program for another two weeks but potentially longer.



For each week of the program, approximately 200-250 meals were distributed on a first-come, first-served basis. The meals were prepared in a certified kitchen and supervised by local individuals with ServSafe Certification. In addition, all recommended precautions were taken to ensure that the food was prepared in a safe manner, as required by Ledge Light Health District.

In just the week of the initial meal, over \$9,000 was raised. The meals were provided free of charge. Thanks to those who had donated as of press time, including: Giuliano's Bakery, Scott's Meat & Deli, Lilian's Café, Smith's Acres, Filomena's, Birdseye Café, and St. Agnes Church. For more information about the program, contact Dean Kraska at 860-942-1449 or Susan Kumro at 860-625-5114.

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## Community Matters - Leading the Way in Supporting & Giving Back Mermaid Liquors



One idea can go a long way. That's what happened in East Lyme when Susan Kumro, owner of Mermaid Liquors, decided to step in and help East Lyme businesses. As with many other communities, East Lyme's small businesses have been hit hard by COVID-19. When a local customer told her about a Fairfield spirit shop that was donating 10% of its proceeds to other local businesses, Kumro decided to do the same thing. During the week of April 7, a combination of her donations and those provided by customers via a tip jar on her counter raised over \$4,200. "People in this town are very generous," she noted. Kumro was able to give money to 10 fellow businesses.

"The business community was extremely happy," added Kumro. "Some of them cried and some of them told me to give the money to others that needed it more. The business people in this town are special. We all know that we need each other to survive."

Kumro says she has been lucky. Her business has been doing well. For many, however, it will be a tough haul. "As a community, it is going to be very important that we work together during the next couple of months to make sure we shop local," explained Kumro. "Some businesses are going to have a harder time, such as restaurants. But I know that when things open up again, that everyone in this town will be shopping local. I am hopeful for a bright future for everyone . . . I will always be there to help."

*Follow My Tail to ....*



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## Scenes from Our Town

Supporting Our Heroes, Supporting Each Other

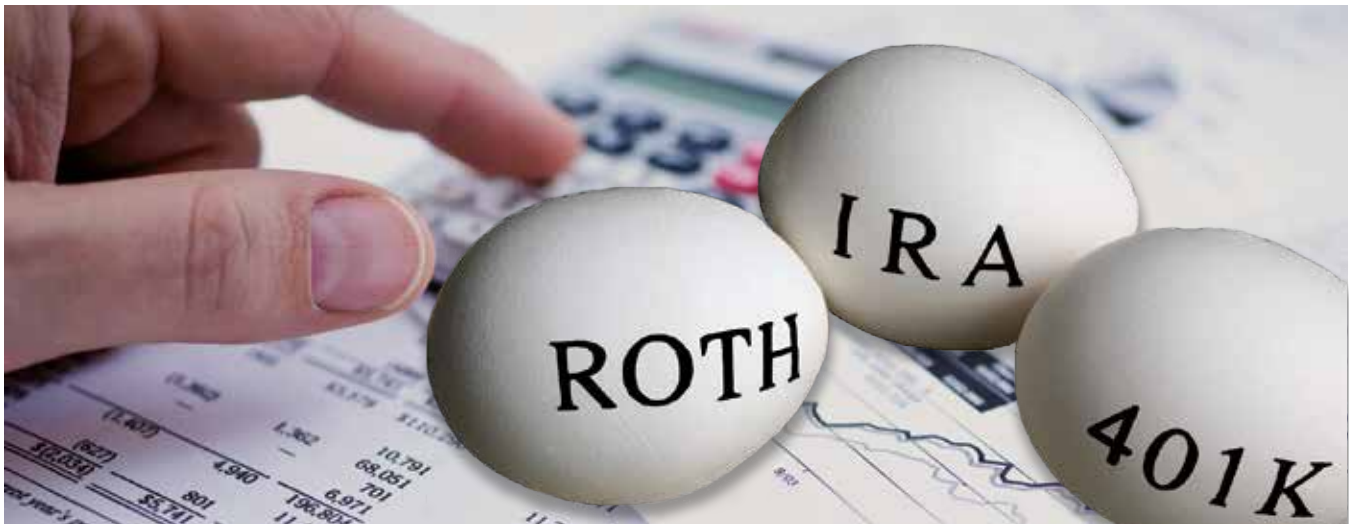


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