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First Selectman's Corner

It seems like a long time ago that Main Street was bustling with pedestrians and our beaches and our restaurants were overflowing. Yet, in no time at all, these summer scenes will once again be upon us. And we are already busy planning for the Summer of 2016. I predict it will be the best yet. Our Boardwalk will be fully open very soon and McCook's Park will be restored with additional parking and the re-opening of the pavilion. We are also working with the Niantic Lions, the Niantic Rotary Club and the EL Public Trust to add a performance stage (bandshell) to McCook's. What a fabulous addition this will be!!!

I've heard it said that New England golfers are the most passionate because they have to put the clubs away for 3-4 months a year. It creates an anticipation that those in milder climates do not experience. The same can be said for all of our summer activities...boating, beaching, hiking or just al fresco dining. New Englanders—and especially those of us here on the coast—embrace and attack the warmer months with vigor.

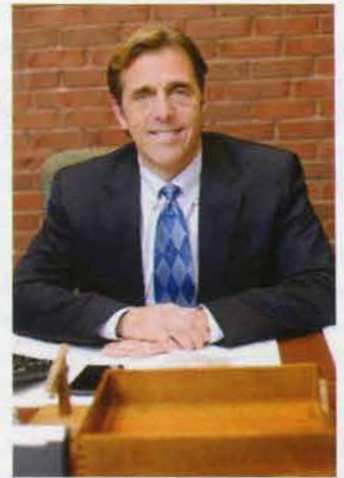
During the winter, some of us head to the hills to ski and snowmobile and the lucky among us head south to enjoy the warmth that eludes us here in Connecticut. And while things slow down around here, there is no need to hibernate fully. Our Parks and Recreation Department is among the very best. The variety of programming is amazing for a small town. There is literally

something for everyone and I can't encourage you enough to browse thru this great magazine and commit to try something new. I promise you will not regret it.

I am so grateful to be East Lyme's First Selectman. It truly is an honor. Because of my position, I have the privilege of meeting and speaking with so many residents. I love hearing the different stories why our citizens love our town. I hear stories about the natural beauty, the beaches, the trails, the great schools, the quality of life, and the wonderful caring nature of our people who watch out for one another. I look forward to hearing your story too. If you see me out and about, don't hesitate to stop me and say hello...or drop into the town hall.

I wish you and your family the very best.

Mark C. Nickerson, First Selectman



Mark C. Nickerson

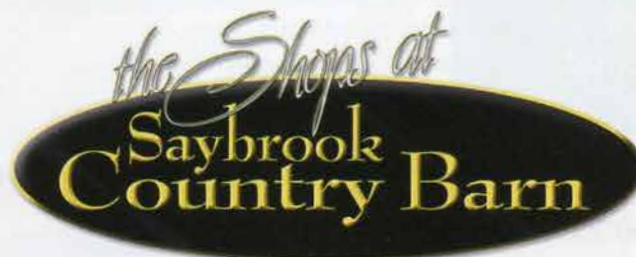
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Director's Note

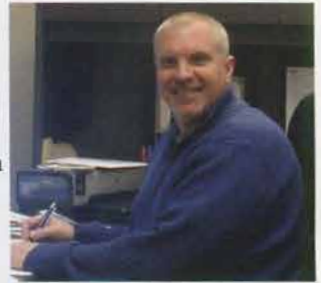
As I look ahead to the spring of 2016 the Parks and Recreation/ Youth Services Departments will be busy planning exciting program offerings and new park projects that will continue our mission of providing healthy activities that enrich our community. We are excited about partnering with Niantic Main Street Organization to sponsor the inaugural Niantic Bay Boardwalk 5K Road Race which will be held on Sunday, April 24th and will finish on the newly opened Boardwalk at the Hole in the Wall Beach. The Youth Services Commission will be awarding three scholarships to High School Seniors in the amount of \$1,500.00 each from proceeds from our annual Jeffrey's Rainbow Run.

A new Band Shell for McCook Point Park is scheduled for a fall 2016 completion, a committee that consists of representatives from the Niantic Rotary Club, The Niantic Lions Club, The East Lyme Public Trust Foundation and the Parks and Recreation Commission has been hard at work on the design and the funding

of the project. A new Bathroom facility is in the planning stages for a summer completion for Cini Park and Niantic Bay Beach, funding for this project is made possible through a State of Connecticut STEAP grant.

As you can see with our new initiatives and existing programs my staff and I are geared up for an outstanding 2016. I hope you take advantage of the many program offerings and parks listed in this Events Magazine. As always I would like to thank the advertisers that make this magazine possible.

Sincerely,
David M. Putnam, Director/Parks & Recreation



David M. Putnam

East Lyme Parks & Recreation Department On-Line Registration is now Available!

- As of January 1, 2016 the department is set-up to take on-line registrations for program registrations and facility rental requests.
- Simply go to www.eltownhall.com and follow the instructions on the Parks and Recreation Online Registrations link.
- There is no fee to use the online registration, and it will sync directly in with our current system.
- Any problems or issues please contact the office at 860-739-5828, Monday-Friday from 8:00 am to 4:00 pm.
- As it is a new service, we would love to hear your feedback with your online registration experience.

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Park & Beach Information

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

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

**NO PETS May 27 - Sept 5, 2016 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 is almost complete. An 1100' section was opened in December and we anticipate completion in the early spring. Please look for construction updates and further information on the town's web site www.eltownhall.com or on the East Lyme Parks and Recreation Facebook page.

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 26 - June 23 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 2016

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 Parking M-F
\$25.00

Non-Resident Day Parking

WEEKENDS & HOLIDAYS \$30.00

Non-Resident Day Walk In \$10.00

Non-Resident Season Walk -In
\$50.00

As of Saturday, May 28 (Memorial Day Weekend) all vehicles must have a parking permit to enter the parks through September 5 (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 11 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 - 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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PUBLISHER

William E. McMinn

DIRECTOR OF ADVERTISING/OPERATIONS

Suzanne Spires 860-391-5534
suzanne@essexprinting.com

ART DIRECTOR / ARTICLE COORDINATOR

Kathy Alsop 860-391-4372
kathy@eventsmagazines.com

COVER EDITOR

AC Proctor 860-767-9087

SALES REPRESENTATIVES

VERNON • TOLLAND

Tom Fortin 860-299-4568
tom@eventsmagazines.com

ESSEX • WESTBROOK • CLINTON • MADISON

Ward Feirer 914-806-5500
wfeirer@gmail.com

OLD SAYBROOK • OLD LYME • EAST LYME

Betty Martelle 860-333-7117
betty@eventsmagazines.com

MONTVILLE • NEW LONDON • STONINGTON

Chris Angeli
c 860-391-5725
cangeli@eventsmagazines.com

BRANFORD • GUILFORD • WOODBRIDGE

Nancy Lee Salk
c 203-219-3282
nancy@eventsmagazines.com

EAST HADDAM • HADDAM • CHESTER

Office 860-767-9087

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 **UCFS**
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Behavioral Health Office
351 N. Frontage Rd. Suite 24, New London, CT
UCFShealthcare.org/groups

Big Band Dance at the East Lyme Community Center

On Friday, April 8th, 2016 The Glenn Hansen Orchestra will play at the East Lyme Community Center as a benefit for the East Lyme Senior Center. This 19 piece orchestra (including vocals!) plays Big Band music so it's a perfect opportunity to dance the night away. Many of the Orchestra's musicians have played with some of music greats such as Judy Garland, Frank Sinatra, The Tommy Dorsey Orchestra, Tony Bennett and others. Check out their website at www.glennhansenorchestra.com. Doors open at 6:30pm and the Orchestra will play from 7pm to 10pm. Tickets are on sale at the Senior Center Office now for \$12pp. Tickets will be sold at the door that night but the cost will be \$15pp. For information, call the Senior Center at 860-739-5859.

East Lyme Players

The East Lyme Senior Center has a new program – the drama group “East Lyme Players”. If the Theater has always intrigued you but you never had the time to explore your interest, NOW is the time. No experience necessary. All skill levels are welcome. No memorizing of lines - Staged readings so scripts are handy! The Players are looking for folks who want to explore their creative side by either acting or working backstage. The East Lyme Players' Director, Joyce Beauvais, has tons of experience and wants to share her knowledge and passion with you. The program is held on Thursday afternoons at 1pm and a new session is starting February 11th. Like them on Facebook – look up “East Lyme Players, Joyce Beauvais, Artistic Director”. The matinee and evening staged reading will be held on Friday night, June 3rd and Saturday afternoon, June 4th. Session fee is \$120pp. For information, call the Senior Center at 860-739-5859.

Visit us at www.ELTownHall.com



OUR CENTENNIAL YEAR

The Old Lyme Country Club is celebrating 100 years of sport, family & friendship! Special membership opportunities will be available throughout 2016 which will allow full use of all our amenities: golf, tennis, pool, paddle tennis, fine dining and much more.

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Visit our website or call 860-434-1639 ext 2 or email admissions@oldlymecc.com.



Community Board

PASSPORTS

East Lyme Parks & Recreation Department is an Acceptance Facility for Passports.

Please call (860) 739-5828 to make an appointment to have your passport application processed or for any questions.

Evening hours will be available on Thursday's only May 26 – June 30. Office will be open until 7:00 pm. Appointments must be made in advance for this day.

DEEP BOATING COURSE

Dates: April 26 & 28 and May 3 & 5
 Time: 6:30-8:30 am
 Location: East Lyme Youth Center
 Fee: \$25.00

East Lyme Parks & Recreation will be accepting registration into its DEEP State Boating class, for individuals age 10 & older. Classes will be held at East Lyme Youth Center.

This 4 day class fulfills the education requirements for the CT Certificate of

Personal Watercraft Operation, which allows boaters to operate a motor vessel, including personal watercraft (Jet Ski type boats), in the State of Connecticut. Students must attend all classes.

MEN'S SOFTBALL LEAGUE - ORGANIZATIONAL MEETING

The league is scheduled to begin play in mid May. All games are played at Samuel M. Peretz Park @ Bridebrook.

The department is currently accepting teams for the 2016 season. Reminder: The meeting will be held on Tuesday, March 15 at 6:30 pm in the Parks and Recreation office.

SUMMER PLAYGROUND PROGRAM AND EXTENDED CARE

For children entering first grade through entering grade 6:

Dates: June 20 to August 5 (no program on July 4)
 Days: Monday through Friday
 Time: 8:30 am to 1 pm

Fees: \$220.00 Resident/\$320.00 Non-Resident
 Location: L.B. Haynes (1st grade to 3rd grade) Middle school (4th grade to 6th grade)

EXTENDED CARE (Weekly Payment):

Time: 7:30 to 8:30 am (Tentative)
new morning hours
 Fee: \$20 Resident/\$30 Non-Resident per week
 Time: 1:00 to 5:00 pm
 Fee: \$80 Resident/\$90 Non-Resident per week

Location: East Lyme middle school
 Registration begins on June 1 at the recreation office.

SUMMER HANG OUT FOR ENTERING 7TH THROUGH 9TH GRADE:

Weekly programs for East Lyme Residents Only, limited to the first 30 to register.
 Dates: June 20 To August 5 (No Program On July 4)
 Days: Monday Through Friday, trips on Thursday

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www.shorelineperio.com

Time: 8:30 am to 1:30 pm
Fee: Weekly fee and trips to be determined
Location: East Lyme Youth Services
Registration begins on June 1 at the recreation office

THAMES RIVER FENCING CLUB

The club meets at the East Lyme Library/Community Center Activity room on Monday evenings. 7:35 to 10:00 pm

U.S. AMATEUR BALLROOM DANCE ASSOCIATION DANCES

Dates: Fridays, March 18, April 15, May 20 & June 17;
Saturdays, April 2, May 7 & June 4
Time: Fridays, 7:00 to 10:00 pm
Saturdays, 6:30 to 11:00 pm
Location: East Lyme Public Library/
Community Center Activity Room
Contact: Raymond O'Connell @ 860-501-5260;
www.usadancenewlondonct.com

SHORELINE SWING DANCES

Dates: Third Saturday of each month: March 19, April 16, May 21 & June 18
Time: 8:00 to 11 pm
Dance lessons are offered from 7 to 8 pm
Location: East Lyme Public Library/Community Center Activity room.

For more information please visit "shorelineswingct.com".

DUPLICATE BRIDGE GAMES

Duplicate Bridge games are associated with the American

Contract Bridge League. This is ongoing and pre-registration is not required.

Dates: March 1 to June 28
Days: Tuesdays
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

2016 EAST LYME SUMMER CREW

Sponsored by the East Lyme Rowing Association
Middle School Learn to Row Program/High School Skill Development Program

Dates: June 20 to July 22
Days: Monday through Friday
Time: 8:00 to 10:00 am
Fees: \$125 per week (if signed up for all 5 weeks, 5th week is free)
Contact: Scott Mahon:
scott.mahon@eastlymeschools.org
or 860-949-5422

MUSICAL AUDITIONS

COMING SOON in March: AUDITIONS for East Lyme Parks & Recreation sponsored ELRT's JR Musical "Beauty and the Beast" Check our Face book page East Lyme Regional Theater or our website: eastlymeregionaltheater.com for more info

East Lyme Athletic Organizations

East Lyme Little League

Registration is now open:
T-Ball/ Softball/Baseball
Register Online @ eastlymelittleleague.org

East Lyme Soccer Assoc.

Early bird registration for all programs for the 2016-2017 soccer season will open on March 15, 2016 for all programs and levels. Programs include Pre K (ages 3-5), K-2, 3-8 travel and recreational programs and

High School Summer Soccer (current 8th-11th graders). Please visit our web site at www.eastlymesoccer.org for information on each program. For any questions please contact our registrar Lynda Mills at www.elsa.registrar@gmail.com

Smith Harris House

Annual Plant Sale

Friends of Smith-Harris House, Smith-Harris House Barn
Saturday, May 7th, 9 am to 1 pm

Just in time for Mother's Day! Prepare your summer garden at the Friends of Smith-Harris House annual plant sale fundraiser! From blossoms to bulbs, this sale is sure to have everything you need to stay 'in-bloom' until the leaves fall! Annuals, perennials,

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

Parks and Recreation Registration Policies

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

Program Registration Hours:

Monday - Friday / 8:30a.m. - 4:00 p.m.

Directions

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

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

There are two ways to register for programs: In person at the Parks and Recreation Department office in the E. Lyme Library Community Center on Society Road or by mail (Mailing address: 41 Society Rd., Niantic, CT 06357). Programs limiting

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

Payment

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

Cancellations

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

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

Please check with our office for programs being offered within the region.

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Parks & 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



Parks & Recreation Department Staff

Parks & Recreation Commission Members

Chairman - J. Robert Pfanner
William Willets, Jr. (emeritus member), Charles Fenick,
Jackie Curry, Patrick Larkin, Roger Nadeau, Milan Keser,
Thomas Beebe
*The Parks and Recreation Commission meets in the Parks and
Recreation conference room on the second 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
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
www.nutmegaquatics.com

East Lyme Business Organization

Contact Lynnea Mahlke 860-691-1611

Athletic Organizations

EAST LYME BABE RUTH LEAGUE

Dave Perry, President / 860-739-6379
www.eastlymebaberuth.com

EAST LYME LACROSSE

Rich McCaffrey / 860-739-3172 / Cell 986-608-0465
smongo51@gmail.com
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

EAST LYME YOUTH FOOTBALL

Chip Mundell / 860-271-6191

EAST LYME YOUTH CHEERLEADING

Tammy Bogue / 860-303-1741

EAST LYME JUDO CLUB

Nancy Kelly / 860-691-3314

EAST LYME YOUTH BASKETBALL

Mike Catanzaro / 860-941-7272 / mcat1926@gmail.com
www.eastlymeyouthbasketball.org

Clubs

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

MOMS CLUB OF EAST LYME

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WOMENS CLUB OF SE CONNECTICUT / 860-691-1948

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Jenna Duff / 800-922-2770 x 3728

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

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Mike Cooney / 860-373-0097

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Parks & Recreation / Pre School & Youth Programs

CREATIVE ARTS FOR KIDS, AGES 3 & 4:

Session: 450301-01

This class concentrates on the process of free expression through art. Children learn to manipulate various art supplies and to create close and open ended projects with a variety of conventional and unconventional materials. Socialization, fine motor skill development, following directions & color recognition are some of the important skills that are addressed in this class. Creative Art is child participation only class.

Dates: April 29 to June 3

Days: Friday

Time: 9:15 to 10:00 am

Fee: Resident-\$30/Non-Resident-\$45.00

Registration: Begins April 1

Location: East Lyme Library/
Community Center/
Youth Center

Instructor: Christina Jessuck

CRAFTS FOR 2'S:

Session #450301-03

A 30 minute arts & crafts class designed for 2 year olds. In a child only participation class, children learn to manipulate various art supplies, which enhance their fine motor skills. Supplies would include paints & brushes, crayons, scissors & many unconventional supplies like feathers for painting or shaving cream for drawing. Children also create artwork based on their self expression & imagination, which promotes self-esteem & language development.

(Maximum number of participants is 8).

Dates: April 28 to June 2

Days: Thursday

Time: 10:00 to 10:30 am

Fee: Resident \$30/Non Resident \$45

Registration: Begins April 1

Location: East Lyme Library/Community Center/
Youth Center

Instructor: Christina Jessuck

GOT "2" BE MOVING

Session #450501-03

A 30 minute movement class for 2 year olds that focus on developing large motor skills such as running, hopping and balancing on one foot to fun games with balls & parachutes. This class is child participation only. (Maximum number of participants is 8).

Dates: April 28 to June 2

Day: Thursday

Time: 9:15 to 9:45 am

Fee: Resident-\$30/Non Resident \$45

Registration: Begins April 1

Location: East Lyme Library/Community Center/
Olive Chendali Room
Instructor: Christina Jessuck

I'M 2

Session #450201-01

I'm 2 is a child participation only class that focuses on socialization through age appropriate development play through dramatic play, music and movement.

Dates: April 25 to June 6 (no class on 5/30)
Day: Mondays
Time: 9:15 to 10:00 am
Fee: Resident \$30/Non Resident \$45
Registration: Begins April 1
Location: East Lyme Library/Community Center/Olive Chendali Room
Instructor: Christina Jessuck

OUTDOOR EDUCATION, AGES 3 TO 5

Session #450601-02

Using the outdoors as their classroom, children discover the wonders of the natural world. Observing & exploring the beach or the woods, develop skills & concepts such as language & sensory development, conservation & sustainability. This class is child participation only.

Dates: April 28 to June 2
Day: Thursday

Time: 11:15 am to 12:00pm
Fee: Resident \$30/Non Resident \$45
Registration: Begins on April 1
Location: McCook Point Park, upper level, tent & Oswegatchie Hills Trails
Instructor: Christina Jessuck

TOT GYM, AGES 3 TO 5

Session #450501-01

Children come to Tot Gym ready to run! This class encourages children to engage in physical activities & games to build large motor skills, to cooperate with peers, to follow directions & to develop socialization skills. Examples of games & activities include circle & movement games, ball games, parachute games, silly dances, obstacle courses, yoga, relay races & so much more. Tot Gym is a child participation only class.

Dates: April 29 to June 3
Days: Friday
Time: 10:15 to 11:00 am
Fee: Resident \$30/Non Resident \$45
Registration: Begins April 1
Location: East Lyme Library/Community Center/
Smith-Harris Room
Instructor: Christina Jessuck

Session #450501-02

Information same as above except for:

Dates: April 25 to June 6 (no class on 5/30)

continued on page 12

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Recreation ... continued from page 11

Days: Monday
Time: 11:15 am to 12 noon
Registration: Begins on April 8
Program will only run if Friday session fills to maximum

TOT SCHOOL, AGES 3 TO 4

Session # 450101-01
This fun class introduces or enriches a child's preschool experience with such preschool setting and concepts as circle time, centers or group projects. Each week a new theme is incorporated to develop socialization, prereading/premath skills as well as music and movement.

Dates: April 25 to June 6
(no class on 5/30)

Days: Mondays
Time: 10:15 to 11:00 am
Fee: Resident \$30/
Non Resident \$45

Registration: Begins April 8
Location: East Lyme Library/
Community Center/
Olive Chendali room

Instructor: Christina Jessuck

THE FOLLOWING PRESCHOOL AND YOUTH PROGRAMS ARE OFFERED BY ELRT AND ARE SPONSORED BY EL PARKS & RECREATION

MOMMY /DADDY & ME (INFANTS - 2 YEAR OLDS)

Session: 440901-01
Stimulate your baby's natural response to music! Parents and babies learn rhymes, songs, lullabies, and floor and lap games. Dance, shake and play together to an array of musical styles and genres. Your baby will develop important listening and motor skills. Adult participation required.

Dates: April 1 to May 27
(no class on 4/22)

Days: Friday
Time: 9:45 am - 10:30 am
Fee: Resident \$75.00/Non-Resident \$90.00

Registration: Begins March 1
Where: Niantic Center School,
Room 107

Instructor: Erin Stanley

PRESCHOOL MUSIC, MOVEMENT AND EXPLORATION (AGES 2 ½ - 5 YEAR OLDS)

Session: 440903-01
Imagination! Creativity, fun and interactive learning are the basis of this class. Students will experience different genres of music while singing, dancing and telling stories through exploration and play. Adult participation is required for some of the class.

Dates: April 1 to May 27 (No class on 4/22)

Days: Friday
Time: 10:45 - 11:30 am
Fee: Resident \$75.00/Non-Resident \$90.00

Registration: Begins March 1
Where: Niantic Center School,
Room 107

Instructor: Erin Stanley

LITTLE BROADWAY STARS (AGES 5-7)

Session: 440911-01
A singing, dancing, and acting class for some of our youngest performers. Learn fun songs, basic jazz, ballet and tap and act out popular children's stories. Students will showcase all they learned in our final class. Dancing shoes are encouraged.

Dates: March 31 to May 26 (no class 4/21)

Days: Thursday
Time: 4:15 - 5:00 pm
Fee: Resident \$75.00/Non-Resident \$90.00

Registration: Begins March 1
Where: Niantic Center School,
Room 107

Instructor: Erin Stanley

SONGWRITING FOR KIDS, AGES 9-OVER

Session #440915-01
Songwriting classes for kids with singer-songwriter Cyra Morgan. A fun, creative workshop dedicated to lyric writing and phrasing, song composition, creating melodies and singing. The workshop will conclude with a performance of each student's original piece.

Dates: March 29 - May 17

Days: Tuesday
Time: 6:15 - 7:15 pm
Fee: Resident \$75.00/Non-Resident \$90.00
Registration: February 25
Where: TBD
Instructor: Cyra Morgan

MUSICAL AUDITIONS

COMING SOON in March: AUDITIONS for East Lyme Parks & Recreation sponsored ELRT's JR Musical "Beauty and the Beast" Check our Face book page East Lyme Regional Theater or our website: eastlymeregionaltheater.com for more info

YOUTH PROGRAMS

BEGINNING FOIL 1 – Ages 10 & older

Session #480101-01

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

Dates: March 22 to May 17 (no class 4/19)
Days: Tuesdays
Time: 6:15 to 8:15 pm
Fee: Resident-\$75.00/Non Resident \$90.00 (includes equipment)
Registration: Begins Feb 25
Where: Lillie B. Haynes School, gymnasium
Instructor: Thames River Fencing Club

INTERMEDIATE FOIL – Ages 10 & Older

Session: #480201-01

Beginning Foil One is a prerequisite. This class builds upon the skills introduced in Beginning Foil One & covers more complex footwork & blade work, including variations on attacks on the blade and blades takes (prises de fer). Bouting skills, tactics and the fencing rules are also covered in greater detail.

Dates: March 24 to May 19 (no class 4/21)
Days: Thursdays
Time: 6:15 to 8:15 pm
Fee: Resident \$75.00/Non Resident \$90.00 (includes equipment)
Registration: Begins on Feb 25
Where: Lillie B. Haynes School, gymnasium
Instructor: Thames River Fencing Club

East Lyme Veterans

In October of 2013 the state of Connecticut established a Veterans Representative volunteer position in each town to help connect local vets to resources, services, organizations, and events. Cheryl Six is currently serving as the Veterans Representative for East Lyme and can be reached by emailing eastlymevetrep@gmail.com <eastlymevetrep@gmail.com> or by calling 860-691-4110 at the East Lyme Town Hall

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Skyhawks Sports Programs

Registration for Skyhawk programs is now only accepted ON-LINE at www.skyhawks.com or call 800-804-3509. No registrations will be accepted at the Parks & Recreation Office.

TINY HAWKS (AGES 3 & 4)

(This is a "Parent & Child team" camp. Adult participation is highly encouraged).

Dates: Session 1: June 20 - June 24 M-F

Session 2: Aug 1 - Aug 5 M-F

Time: 9:00 am - 9:45 am

Fee: \$75.00

Where: Samuel M. Peretz Park @
Bridebrook

MINI HAWKS (AGES 4 - 7)

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

Dates: Session 1: June 20- June 24 M-F

10:00 am-1:00 pm

Session 2: July 11 - July 15 M-F

9:00 am - 12:00 pm

Session 3: Aug 1- Aug 5 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 20 - June 24 M-F

Session 2: July 5 - July 8 T-F

Session 3: July 18 - July 22 M-F

Time: 9:00 am - 12:00 pm

Fee: \$119.00 per participant Session 1
& 3, \$105.00 Session 2

Where: East Lyme High School -
Tennis Courts

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 25 - July 29 M-F

Time: 9:00 am - 12:00 pm

Fee: \$119.00

Where: Samuel M. Peretz Park @
Bridebrook

MULTI-SPORT (AGES 7 -12)

(Soccer, Baseball, Basketball and Flag Football)

Multi sports programs are tailored to your child's age & skill level while teaching life sessions such as respect & teamwork. Boys & girls will learn the rules and essential skills of each sport.

Dates: June 27 - July 1 M-F

Time: 9:00 am - 3:00 pm

Fee: \$149.00

Where: Sam 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 sessions such as respect & teamwork. Boys

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

Dates: July 11 – July 15 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 18 – July 21 M-Th

Time: 5:00 pm – 7:00 pm Ages 5-7

5:00 pm – 7:00 pm Ages 7-10

Fee: \$89.00

Where: Site to be determined

BEACH VOLLEYBALL CAMP (AGES 10 TO 15)

Skyhawks Volleyball takes the energy and excitement of this great team sport and puts it all together into one fun-filled camp. All aspects of the game are taught through drills and exercises that focus on passing, setting, hitting and serving. This co-ed program is designed for the beginner to intermediate player and will incorporate essential life-lessons such as teamwork and sportsmanship.

Dates: August 1 to August 5

Time: 9:00 am to 12:00 pm

Fee: \$119 per participant

Location: Cini Park Beach



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Parks & Recreation/Adult Programs

MORNING AEROBICS

Session # 410101-01

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: May 2 to July 1 (No class 5/30)
 Days: Monday-Wednesday-Friday
 Time: 8:30 am – 9:30 am
 Fees: Resident \$55.00/Non-Resident \$70.00
 Registration: Begins April 15
 Location: East Lyme Library/Community Center, Activity Room
 Instructors: Donna Neaton, AFAA

TOTAL FITNESS

Session # 4110104-01

Classes include circuit training, PiYo, weights, bands and balls to create a variety of exercises for the entire body. Every

class is different; Donna and Marsha 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: April 28 to June 14
 Days: Tuesday – Thursday
 Time: 10:15 am – 11:15 am
 Fee: Resident \$50.00/\$30.00 (1-day)/Non-Resident \$65.00/\$45.00 (1 - day)
 Registration: Begins April 1
 Where: East Lyme Library/Community Center – Activity Room
 Instructors: Donna Neaton-AFFA; Marsha Pirie, AFAA, PiYo

TUESDAY ZUMBA

Session #410103-02

This class will be 55 minutes of Zumba dance aerobics and & toning. The class will end with stretching.

Dates: April 5 to June 28 (No class 4/26, 6/14)
 Days: Tuesday
 Time: 5:30 pm – 6:25 pm
 Fee: Resident \$40.00/Non-Resident \$55.00
 Registration: Begins March 15
 Where: East Lyme Library/community Center-activity room
 Instructor: Donna Neaton AFAA/Zumba Instructor

SATURDAY MORNING ZUMBA AEROBICS

Session #410103-03

This 1½ hour class begins with 50 minutes of ZUMBA dance aerobics and will be followed by a core strengthening workout. Class ends with a 5 minute stretch. Participants are required to bring a non-slip exercise mat.

Dates: April 2 to May 21
 Days: Saturdays
 Time: 8:30 am – 10:00 am
 Fee: Resident \$40.00/Non-Resident \$55.00
 Registration: Begins March 15

Where: East Lyme Library/Community Center-Activity Room
 Instructor: Donna Neaton AFAA/Zumba Instructor

COED CARDIO TOTAL BODY CONDITIONING

Session #410202-01

This class includes cardio and strength training using hand held weights, bands, balls and tubing. It features a total body workout taking individuals from standing moves to floor workouts. The class will end with an abdominal core workout and stretching exercises. Participants are required to bring a non-slip exercise mat.

Dates: May 2 to June 22 (No class on 5/30)
 Days: Monday - Wednesday
 Time: 5:00 to 6:00 pm
 Fee: Resident \$45.00/Non-Resident \$60.00
 Registration: Begins April 15
 Where: East Lyme Library/Community Center – Activity Room
 Instructor: Donna Neaton-AFFA

TABATA TRAINING

Session #410403-01

This is a "High Intensity Interval Training (HIIT) class offering the maximum benefit with the least amount of time to improve both the aerobic and anaerobic systems. The structure of this program is 20 seconds of "all out" hard work to 10 seconds of rest repeated 8 times which equals one "Tabata". The class will consist of a warm-up, 5 rounds of Tabata, additional core work and a stretch. IT IS A PROGRAM DESIGNED FOR ALL FITNESS LEVELS! Please bring a non-slip exercise mat and plenty of water to drink!

Dates: April 18 to May 26
 Days: Monday and Thursday
 Time: 4:10 to 4:55 pm
 Fee: Resident \$40.00/Non-resident \$55.00
 Registration: Begins April 1
 Where: East Lyme Library/CC-Activity Room
 Instructor: Donna Neaton, AFAA

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CORE AND MORE FITNESS (NEW)

Session #310105-01

A total body strengthening class that concentrates on the core muscles. Participants are required to bring a non-slip exercise mat.

Dates: March 2 to May 18
Days: Wednesday
Time: 4:10 to 4:55 pm
Fee: \$40.00 Resident/\$55.00 Non-resident
Registration: Begins on February 15
Where: East Lyme Public Library/Community Center, activity room
Instructor: Donna Neaton, AFFA

JILLIAN MICHAELS BODYSHRED - Morning

Session #410303-01

This is a 45 minute class. Thirty minutes will involve intervals of 3 minutes of strength using hand held weights, 2 minutes of cardio and 1 minute of abs. The other 15 minutes will include warming up, stretching, cooling down and more stretching. You will define muscle, sculpt your physique and enhance your overall health & performance. Please bring a non-slip exercise mat and water to drink!

Dates: April 4 to June 13
Days: Monday
Time: 11:15 am to 12 pm
Fee: Resident \$40.00/Non Resident \$55.00
Registration: Begins on March 15
Where: East Lyme Library/Community Center, Activity room
Instructor: Marsh Pirie. AFFA, Jillian Michael's Body Shred Certified

JILLIAN MICHAELS BODYSHRED - Evening

Session # 410303-02

Same information as above except for:

Dates: April 5 to June 28 (No class 4/26)
Days: Tuesday
Time: 4:30 to 5:15 pm

CORE WORKOUT

Session # 410301-01

This class incorporates the principles of Pilates, using as resistance body weight, different equipment, and stretching. Participants in this class will work 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: May 10 to June 28
Days: Tuesday
Time: 6:30 pm - 7:30 pm
Fee: Resident \$50.00/Non-Resident \$65.00
Registration: Begins April 15
Where: East Lyme Library/Community Center - Activity Room
Instructor: Kim Stirtan-BSPE, ACE & Stott Pilates


continued on page 18







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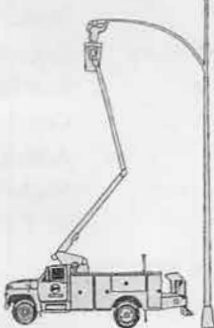


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Recreation/Adult Programs ... continued from page 17

MONDAY COED YOGA

Session #410501-01

Class is for all levels of students. Students will learn postures, deep relaxation, and breathing techniques. Participants are required to bring a non-slip exercise mat.

Dates: April 11 to June 27
(No class 4/25, 5/30)

Days: Monday

Time: 6:10 pm – 7:25 pm

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

Registration: Begins March 15

Where: East Lyme Library/
Community Center –
Activity Room

Instructor: Rosemary Gentile –
M.S.R.D.-RYT

WEDNESDAY NIGHT COED YOGA AND MEDITATION

Session # 410502-01

Class is for all levels of students. Students will learn postures, deep relaxation, and breathing techniques. This class will begin at 6:30 to 7:45 pm followed by optional meditation, from 7:55 to 8:15 pm. Participants are required to bring a non-slip exercise mat.

Dates: April 6 to June 22

Days: Wednesday

Time: 6:30 pm – 8:15 pm

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

Registration: Begins March 15

Where: East Lyme Library/
Community Center –
Activity Room

Instructor: Michele Flowers,
RYT 500

YOGA FITNESS

Session #410107-01

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

Dates: March 7 to May 23

Days: Monday

Time: 9:35 to 10:35 am

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

Registration: Begins Feb 15

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

Instructor: Michele Flowers, RYT
500; Marsha Pirie,
AFFA, Certified PiYo
Instructor

EVENING PIYO CLASS

Session #310106-03

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.

For the March-April session only: Rachel Baer will be instructor in March and Marash Pirie for April.

Dates: March 3 to April 28

Days: Thursday

Time: 5:15 to 6:00 pm

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

Registration: Begins Feb 22

Location: Lillie B Haynes Gym

Instructor: Marsha A Pirie,
Certified PiYo
Instructor/Rachel Baer

EVENING PIYO CLASS

Session #410106-01

Dates: May 5 to June 30

Days: Thursday

Time: 5:15 to 6:00 pm

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

Registration: Begins on April 15

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

Instructor: Marsha A Pirie,
Certified PiYo Instructor

MORNING PIYO CLASS

Session #310106-02

Dates: March 4 to April 29

Days: Friday

Time: 9:45 to 10:45 am

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

Registration: Begins on Feb 22

Location: East Lyme Public
Library/Community
Center – Activity room

Instructor: Marsha A. Pirie,
Certified PIYO
Instructor/Rachel Baer

MORNING PIYO CLASS

Session #410106-02

Dates: May 6 to July 1

Days: Friday

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

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

Registration: Begins on April 15

Location: East Lyme Public
Library/Community
Center – Activity room

Instructor: Marsha A. Pirie,
Certified PIYO
Instructor

BALLROOM DANCE – BEGINNER LESSONS

Session #430101-01

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

Dates: April 7 to May 26

Days: Thursday

Time: 6:30 to 7:30 p.m.

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

Registration: Begins on March 15

Where: East Lyme Library/
Community Center –
Activity room

Instructor: Marjorie Winslow

BALLROOM DANCE – INTERMEDIATE LESSONS

Session #430102-01

The intermediate class will include instruction in cha-cha, foxtrot, tango and swing. Same information as the beginner's class except for:

Time: 7:30 to 8:30 p.m.

DOG OBEDIENCE – BEGINNERS

Session # 430201-01

This class will teach the basic skills and work towards taking the dog off the leash. The FIRST class is held in the Olive Chendali room without your dog. Participants must provide proof of rabies

and parvo at the time of registration. The dog must be 4 months and older.

Dates: April 11 to June 20
Days: Monday
Time: 5:15 to 6:15 pm
Fee: Resident \$55.00/Non
Resident \$70.00



Registration: Begins on March 1
Where: East Lyme Public Library/Community
Center parking lot
Instructor: Barbara Keck

DOG OBEDIENCE - NOVICE (AKC CANINE GOOD CITIZEN PROGRAM)

Session #430202-01

This class refines the basic skills and work towards taking the dog off the leash. The beginner's class is a prerequisite. Participants must provide proof of rabies & parvo at the time of registration. The dog must be 4 months and older. Owner and dog will participate in the AKC Canine Good Citizen Program. In order to receive the certificate, dogs must pass the Canine Good Citizen test. Same information as the beginner's class except for:

Time: 6:30 to 7:30 pm



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

The Epilepsy Foundation of Connecticut

We offer 7 support groups throughout the state
in Bethel, Milford,
Stamford, Middletown, Groton, Guilford & Hartford.

Our meetings are for adults living with epilepsy
and parents of children with epilepsy.

Those interested in attending are asked to please RSVP,
to the Epilepsy Foundation of Connecticut by calling

800-899-3745

or emailing Allison at Allison@epilepsyct.com.

For more information visit <http://www.epilepsyct.com> or
call 800-899-3745.

Offices are located at 386 Main Street, Middletown, CT.

Parks & Recreation /Youth Services

EAST LYME YOUTH SERVICES

45 Society Rd., Niantic, CT 06357

(860) 739-6788 Email: mmcdowell@eltonhall.com

Serving the East Lyme and Salem Communities

Dave Putnam – Executive Director

Mike McDowell – Program Director

Office Hours 8:00 am – 4:00 pm

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

YOUTH SERVICES COMMISSION

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

REGISTRATION

Registration for Spring Youth Service programs will begin on Friday, February 26

NIANTIC BAY BOARDWALK 5K: SUNDAY, APRIL 24TH

The Niantic Bay Boardwalk 5K invites you to run or walk down the newly restored Niantic Bay Boardwalk. This spectacular promenade in East Lyme, CT, boasts stunning views of Long Island Sound, lapping waves, and the whoosh of trains passing on

nearby tracks.

5K Runners and walkers will enjoy a mostly flat course from Niantic's McCook Point Park through the charming Village of Niantic, along Main Street and the Boardwalk, to a sparkling finish at Hole-in-the-Wall Beach. Post-race festivities and awards follow at the pavilion in McCook Point Park. Bring your family and friends.

SITTER SURVIVAL

Day: Tuesday's

Location: The Community Center in the Olive C. Room

Time: 4:00-5:00 pm (3/29 & 4/12 will be from 3:00-5:00 pm)

Meeting Dates: 3/8, 3/15, 3/22, 3/29, 4/12

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

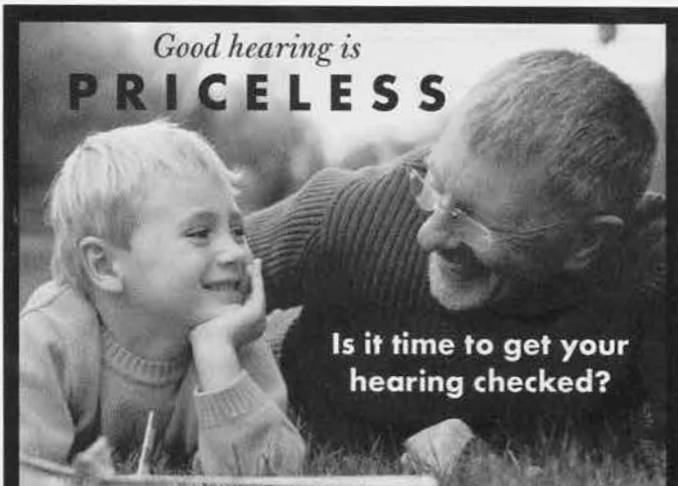
Recommended for 7th graders +. Youth get an introduction to the world of babysitting, talk to guest speakers such as parents, police officers, and the Fire Marshall. Safety and responsibility are stressed as well as proper engagement and entertainment of children. Fee includes CPR Certification.

WHAT'S COOKIN' FOR KIDS

Day: Wednesdays


Time: 3:00-5:00 pm

Location: The Community Center in the main kitchen (near the senior center)



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PRICELESS

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WATERFORD
Cross Road - Lowe's Plaza
860-443-6944

Call us for a Free Initial Consultation
All services by Doctors of Audiology
www.countyhearingandbalance.com

WINTER ACTIVITIES AT LYME SHORES

After-School Tennis Programs for Kids

Eight-week sessions throughout the school year

Big Shots (ages 4-6)

Tue. or Thu., 4-5pm

Local Excellence (ages 10-12)

Tue. & Thu., 4-5pm

Future Stars (ages 7-9)

Tue. & Thu., 4-5pm

Tournament Tough (ages 13-15)

Mon. & Wed., 4-5:15pm

Team Connecticut

Mon. & Wed., 5:15-6:30pm

For competitive junior players

High School

Boys- Fri., 3:30-5pm

Girls- Sat., 9-10:30am



Adult Programs

Strength & Balance

M/W/F, 10am

Drop-in Pickleball

Mon., 1-3pm, All levels
Wed., 6:30-8pm, All levels

Stability Ball

Mon., 8am

Yoga

M/W, 11am

Circuit Training

T/Th/Sa/Su, 8am

Cardio & Strength

Fri, 8am

Adv. Beginner Tennis Drills

Tue., 9-11am

Intermediate Tennis Drills

Mon., 10:30am-12pm

NTRP Tennis Drills

Sat., 10:30am-12pm, All levels

Cardio Tennis

Wed., 7-8pm, All levels



22 Colton Road
East Lyme, CT 06333

LYME SHORES
TENNIS & CONDITIONING CENTER

Learn more:
(860) 739-6281
www.lymeshores.com

Meeting dates: 3/9, 3/16, 3/23, 3/30

Fee: \$50 Resident/ \$55 Non-Resident

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

MOUNTAIN BIKING CLUB (GRADES 5-9)

Day: Saturdays

Location: Rocky Neck: Trailhead (near Divine Wine Emporium)

Time: 9:00-11:00 am

Meeting Dates: 4/30, 5/7, 5/14, 5/21

Fee: FREE

Guided rides will be led by program Coordinator Mike McDowell along the trails of Rocky Neck. Participants will build confidence from tackling terrain found along the trails while also enjoying the time outdoors! Participants must have a working bike with front and rear brakes, helmet, a fix-a-flat kit, and water.

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

Date: Friday, April 22nd

Time: 6:00-8:00 pm

Turn off the TV's and cell phones for a night, as we are opening our doors from 6-8 pm on the Friday, April 22nd for families and friends to come experience the Youth Center and participate in a friendly game of family dodge ball at the community center! Dodge ball will be played from 6:00-7:00, followed by a FREE ice cream social for all participants in the youth center. While in the center, patrons are welcome to utilize all the center has to offer including Ping Pong, pool, foosball, or just relax with your friends and family by your side.

FREE OPEN CENTER AFTER SCHOOL PROGRAM

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

STUDENT ADVISORY BOARD

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

BIKES FOR KIDS

BRING YOUR OLD BICYCLES TO US. We are collecting bikes in any condition to bring to the Bikes For Kids organization

in Centerbrook. Donated bikes are fixed up, and donated to families/organizations who otherwise cannot afford them. Drop-off location will be at the Youth Center from May 2nd through the 13th. Adult bikes may be donated as well as they occasionally receive requests for them.

7TH GRADE DANCE

East Lyme Youth Services will be hosting a Mismatched-dance on Friday, April 1st. This dance is set to raise money for pediatric cancer research, more information to be available after publication.

MIDDLE SCHOOL TALENT SHOW

The Student Advisory Board will be hosting a talent show for middle school students looking to show off their skills to a crowd of their friends and families. Date and time TBD at time of publication. More information will be available and posted on the town website.

**Want to Advertise?
Call Betty Martelle
at 860-333-7117**



Old Lyme Shopping Center
Exit 70 off I-95, Halls Road, Old Lyme
860-434-1455 or 860-434-3335

Serving Sunday Breakfast
10 am - 3 pm

Lunch Specials 11 - 3

At the Bar \$6 Lunch, \$2 Drafts

THURSDAY NIGHT "WING NIGHT!"



50% ANY ENTREE!	\$10 OFF TOTAL BILL!	\$5 OFF TOTAL BILL!
Buy One Entree at Regular Price, Get 2nd of Equal or Lesser Value 50% Off	Of \$50.00 Or More	Of \$25.00 Or More
With this coupon. One coupon per table. Excludes tax and gratuity. Not valid with other offers or on holidays. Expires 3/15/2016	With this coupon. One coupon per table. Excludes tax and gratuity. Not valid with other offers or on holidays. Expires 3/15/2016	With this coupon. One coupon per table. Excludes tax and gratuity. Not valid with other offers or on holidays. Expires 3/15/2016

Steaks • Seafood • Pasta • Sandwiches and More!

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, WCTY, WTYD, WKCD, WAVE AND WSUB the day of the cancellation. **Participants unable to register in person please fill out this form and mail with check to: East Lyme Parks and Recreation Dept., 41 Society Road, Niantic, Ct. 06357.**

Name: _____ Spouse's Name: _____

Address: _____ Town: _____ Zip Code: _____

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

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

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

Emergency Contact:

Name: _____ Relationship: _____

Address: _____ Town: _____ Zip Code: _____

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

Participants Name	DOB	Gender	MEDICAL CONCERNS	Program	Session Number	Fee

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

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

Library

March

Slices of Life: A Storyteller's Diary, an Author Talk with Ann Nyberg
Friday, March 4 – 11:00 am

Ann Nyberg is WTNH-TV's longest-serving Anchor/Reporter in station history. Ann anchors the 6 and 10 o' clock nightly newscasts. She has been a storyteller her entire life, it all started with a diary her mother gave her for Christmas when she was just 8 years old, and the rest is history. In her debut book, *Slices of Life*, Ann pulls pages from that diary to share with you; reflecting on her childhood, life lessons, and the importance of living each day to the fullest.

KERRY BOYS IRISH MUSIC

Saturday, March 5 – 2:00 pm

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

PRYCE LEWIS AND THE EARLY DAYS OF THE PINKERTON NATIONAL DETECTIVE AGENCY

Saturday, March 19 – 2:00 pm

Connecticut resident and Civil War historian Matthew Bartlett will discuss the life of Pryce Lewis. During the Civil War, Lewis was employed by the Pinkerton Detective Agency and worked as a spy for the Union in Richmond, Va. He was captured and sentenced to be hanged but managed to escape death because of his British citizenship.

TRIVIA NIGHT

Tuesday, March 29 – 7:00 pm

Come by yourself or bring your friends. Test your knowledge from general categories, including pop culture, current events, history, music, and of course, literature!

April

Connecticut Beer: A History of Nutmeg State Brewing
Saturday, April 9 – 2:00 pm

The history of the frothy beverage in Connecticut dates back to early colonists. Over the next two centuries, the number of breweries rose and then declined, especially after Prohibition. It was not until the 1980s that homebrewers brought this vital Nutmeg State tradition back to life, hatching the likes of New England and Cottrell Brewing Companies, as well as brewpubs including City Steam and Southport Brewing. Connecticut beer writer Will Siss introduces readers to the hardworking people who keep the breweries and beer bars inviting and the hoppy history alive.

THE MUSIC OF CAROLE KING AND JAMES TAYLOR

Tuesday, April 19 – 7:00 pm

Popular singer and songwriter Willie Nininger and his musical

partner, Jan Scruggs, are back to perform the hits of James Taylor and Carole King.

TRIVIA NIGHT

Tuesday, April 26 – 7:00 pm

Come by yourself or bring your friends. Test your knowledge from general categories, including pop culture, current events, history, music, and of course, literature!

BOOK DISCUSSION GROUP

A book discussion group meets the second Tuesday of each month at 7:00 pm in the East Lyme Room. Copies of the current month's book are available at the library 3/8 *The Warmth of Other Suns* by Isabel Wilkerson; and 4/12 *A Tale of Two Cities* by Charles Dickens. No registration necessary.

MYSTERY BOOK DISCUSSION GROUP

This book discussion group meets on the fourth Thursday of each month at 11:00 am in the East Lyme Room. Copies of the current month's book are available at the library 3/24 *The Case of the Missing Books* by Ian Sansom; and 4/28 *Whose Body?* by Dorothy Sayers. No registration necessary.

ACTIVITIES FOR CHILDREN, TWEENS, AND TEENS

Visit eastlymelibrarykids.blogspot.com for great book recommendations, educational Internet games, and the latest news about library events for kids.

STORYTIME AT THE LIBRARY

Grow a reader at the East Lyme Public Library! Bring your child to Storytime to enjoy books, rhymes, and fun activities that promote early literacy skills and inspire a love of reading. Storytime is also a great time to meet other parents, learn tips on how to encourage your child to become a reader, and have FUN! Registration for the age-specific programs began January 11th. For more information, call 860-739-6926 ex. 2.

No registration is needed for the all-ages or storytimes. These programs continue throughout the year without a break, and are only canceled when the library is closed.

MONDAYS

All ages / 10:00 to 10:45 am

Ages 4 & 5 / 2:15 to 3:00 pm

TUESDAYS

Babies up to 23 months / 10:00 to 10:30 am

Ages 2 and 3 / 11:00 to 11:30 am

Ages 4 and 5 / 2:15 to 3:00 pm

WEDNESDAYS

Ages 2 and 3 / 10:00 to 10:30 am

Ages 4 and 5 / 11:00 to 11:45 am

Ages 4 and 5 / 2:00 to 2:45 pm

All ages / 7:00 to 7:45 pm Wednesday Night Storytime!

THURSDAYS

Ages 2 and 3 / 10:00 to 10:30 am

Babies up to 23 months / 11:00 to 11:30 am

Ages 4 and 5 / 2:15 to 3:00 pm

FRIDAYS

All ages / 10:00 to 10:45 am

TWEEN STYLE COUNCIL

Fridays / 3:00 to 4:30 pm

Express your sense of style at the Library. The Tween Style Council meets every Friday afternoon 3:30 to plan tween events, make decorations for the library, and help at the coloring table and craft table.

Grades 5-8. No registration required.

Friday, March 4th 3-4:30 pm

Dybbuks, Demons, and Golems: Scary Afterschool Tales with author/storyteller/musician Faye Ringel. Hamantaschen cookies will be served and costumes are encouraged!

For tweens and teens. No registration.

Wednesday, March 9th 7-8pm

PURIM PARTY WITH AUTHOR/ STORYTELLER/ MUSICIAN, FAYE RINGEL

Learn about the joyous Jewish holiday, Purim. Celebrate with live klezmer music, storytelling and yummy Hamantaschen cookies. Costumes are encouraged!

Family fun for all ages. Advanced registration is suggested because of limited seating. Please call 860-739-6926 ex. 2 to sign up for this family fun event.

THESE ONLINE RESOURCES ARE AVAILABLE 24/7 WITH YOUR LIBRARY CARD!

CHILTON LIBRARY.COM: Do-it-yourself mechanics have access to photographs, diagnostics, and step-by-step repair procedures, and wiring diagrams for automobiles and light trucks.

ZINIO: is the world's largest newsstand, offering full color, interactive digital

magazines. There are 180 popular titles you can download to your tablet or computer.

MANGO: is an online language-learning system that can help you learn languages like Spanish, French, Japanese, Brazilian, Portuguese, German, Mandarin Chinese, Greek, Italian and much more.

BORROW EBOOKS AND AUDIOBOOKS: Downloads are automatically returned at the end of the loan period so there are never any overdue charges.

UNIVERSAL CLASS: Interested in broadening your horizons or just learning something fun? Universal Class offers over 500 online non-credit classes that you can take from the comfort of your own computer.

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East Lyme Senior Center

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

Monday – Friday 8:30am to 4:30pm

Cathy Wilson – Director

Kristen Caramanica – Program Coordinator

Anna Hartung – Senior Center Associate

Roxanne Kormos – Full Time Driver

Lee James – Part Time Driver

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. Hover over the “Community” Button and then Click on “Senior Center”. If you would like the newsletter emailed to you, contact the Senior Center office.

WEBSITES

“Like Us” on Facebook

Use our on-line registration feature located at www.register.eltownhall.com

Check out our Regional Website at www.seniorcentersct.org

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 5:00pm. The public is welcome to attend.

TRANSPORTATION

In-Town Transit Services

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

Medical Transit/Southern New London County

The Senior Center is currently offering transportation for medical appointments that are located within southern New

London County. Transportation is being funded by a grant through the Dept. of Transportation. Call the Senior Center for more information.

SENIOR LUNCHESES

Senior Nutrition Program

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

The Bistro

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

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.

AARP TAX-AIDE

The Senior Center and AARP provides tax assistance every February, March and April. The AARP Tax-Aide program provides free, confidential tax preparation of middle to low income people with special attention paid to those 60 and older. Appointments must be made and will be held on Monday and Friday mornings starting February 1st.

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, April 7th - Join the Lymes' Senior Center for a trip to the Mohegan Sun. Departure will be from the East Lyme Senior Center but checks will be made out to the Lymes' Senior Center. No meal included in ticket price but you will receive a casino package. Trip fee is \$20pp. Registration has begun. Moderate walking.

Sun, April 17th - The 9/11 Museum is open and ready to receive visitors. Lunch on your own prior to The Museum in Little Italy. Trip fee is \$75pp. Registration began February 1st. Limited seats available as the trip was offered first to those folks on the waiting list from the November 2015 trip. Lots of walking.

Sat, April 30th - New York City on your own – Bus leaves East Lyme at 7:45am and leaves NYC at 7:30pm – Trip fee is \$48pp. Registration has begun. No meal included in trip price. Lots of walking.

Wed, May 11th - Join us for a production of “Happy Days” at the Westchester Broadway Theatre in Elmsford, NY. Lunch included. Trip fee is \$97pp. Registration began February 1st. Minimal walking.

Sat, May 21st – Guided tour of Brighton Beach, “Little Russia” and free time at Coney Island, NY. Lunch included. Trip fee is \$98pp. Registration began February 1st. Lots of walking.

OVERNIGHT TRIPS/CRUISES

Open to any person 55+

June 6-19, 2016 - Fully escorted Alaska Land & Cruise - 6 nights Land Tour & 7 night Cruise aboard the Holland American “Zaandam.” Starting at \$4434pp with port and government taxes included. Registration has begun.

August 27 - September 13, 2016 - Trans/Atlantic Cruise with flight and motorcoach included aboard the Royal Caribbean’s “Serenade of the Seas.” 18 days. Starting at \$3136pp with port and government taxes included. Registration has begun.

NEW TRIP - October 9-11, 2016 - "Samson" at the Sight & Sound Millennium Theater in Lancaster, PA. 2 night stay at the Double Tree by Hilton hotel. Free time at Longwoods Garden and Philadelphia included. \$467pp double. \$429pp triple. \$557pp single. Registration has begun.

October 30 - November 11, 2016 - Escorted Caribbean Cruise aboard the Royal Caribbean "Serenade of the Seas." Fly out of Boston and return from Fort Lauderdale. 12 nights. Starting at \$2027 with port and government taxes included. Registration has begun.

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 card is full, a new pass must be purchased.

FITNESS CLASSES

Senior Fitness: Mon & Wed 10am - Residents \$50.00/30 classes - Nonresidents \$55.00/30 classes. Pass required.

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

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

Chair Yoga: Tues & Fri 9:30am & 10:30am - Residents \$36.00/24 classes - Nonresidents \$41.00/24 classes. Pass required.

Weight Lifting: Tue & Thu 10:30am @ ELHS Fitness Center - Residents \$24.00/24 classes - Nonresidents \$29.00/24 classes. Pass required.

Strength Training: Mon & Wed 11:30am - Session Class - Call for class fee and schedule.

Zumba Gold: Tue & Thu 3pm - Session Class - Call for class fee & schedule.

PiYo: Thu at 11:30am. Session Class - Call for class fee & schedule.

Indoor Bocce: Thu 10:00am. No fee. Will teach.

Pace: Thu 1pm - Session Class - Call for class fee - People with Arthritis Can Exercise.

Pickleball: Sat 10:30am and Tue 7:30pm - \$2pp drop in fee. Call the Senior Center office.

DANCE/THEATER CLASSES

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

Drama group: Thu 1pm - Session Class - Call for class fee & schedule.

CRAFTS

Painting w/Friends: Tue at 9:30am. No instructions only camaraderie! No fee.

Adult Coloring: Thu 12:30pm. 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 9am. No fee.

Bunco: 2nd & 4th Mon 9:30am. Will teach. \$2 fee.

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

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

Mah Jongg: Tue 12:30pm. No fee. Must know the game.

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

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

Ping Pong: Wed from 10am. Will teach. No fee.

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

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

EDUCATION/ENRICHMENT

Ukulele Lessons: Mon 11am - Session class - Call for class fee & schedule.

Guitar Lessons: Thu 12:30pm - Session class - Call for class fee & schedule.

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

Dances: Every other month - Fri at 7pm. Mar 4 & May 6 & Jul 15 & Sep 16 & Nov 4. Fee \$10pp - tickets sold at the door. The Illusions Band plays.

iPad Instruction: Various dates and times. Call the Senior Center office.

HEALTH PROGRAMS/BENEFITS INFO

VNASC Nurse Managed Wellness Clinic: 2nd Wed of every month 1pm for services that focus on prevention and self-care.

VNASC Blood Pressure Clinic: 2nd Thu of every month 12:15pm to 12:45pm and 4th Wed of every month 1:15pm to 2:15pm

Financial checkup: 4th Wed of every month starting at 1pm. 1on1 session. Appointments required.

EVERY MONTH

Theme Meals & Musical Entertainment Special Events



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The Impact of Today's Violence

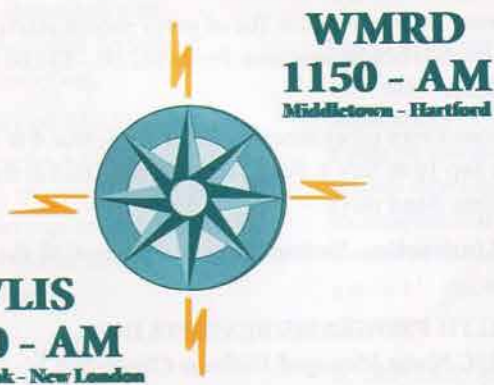
We are all concerned these days with what seems like a chronic pattern of violence in the world around us. Every day brings new stories of shootings, bombings, and an assortment of threats. Sometimes, we start to feel numb to the barrage of reports, but other times, we feel shocked, saddened, or angry. For parents, the reports take on another level of significance, as we worry about the impact on our children. The evening news can be traumatic, and the constant repetition of horrific images and accounts of violence is disturbing. Current neuro research tells us that the repetitive replaying of upsetting material, through visual or auditory stimuli, or simply thinking about it over and over, can contribute to solidifying traumatic pathways in our brains.

To help our children cope with the ever-present violent materials, parents need to help them shift their focus to other topics, while also providing support and information as needed about the upsetting incidents. We need to listen to what our children say - they pick up messages from TV, social media, friends, teachers, and others. Offer your own thoughts and reassurances and correct misinformation they have received.

Be open to discussion, including acknowledging your own feelings, but be sure to offer them a sense of safety. Turn off the TV at news time, to avoid the graphic images. Spend time with your child, focus on positive actions and reassure your child that most people are good, caring, and nonviolent. Limit screen time, and keep violent games out of the home. If your child wants to watch a movie that includes some violence (or watches it at school), talk about the disturbing parts of the movie to diffuse the effect and leave your child feeling safe.

The most important thing you can do for your child is to be there, offer support and understanding, and help to create a sense of safety within your home.

Nancy Randall, Psy.D.,
East Lyme Psychological Associates



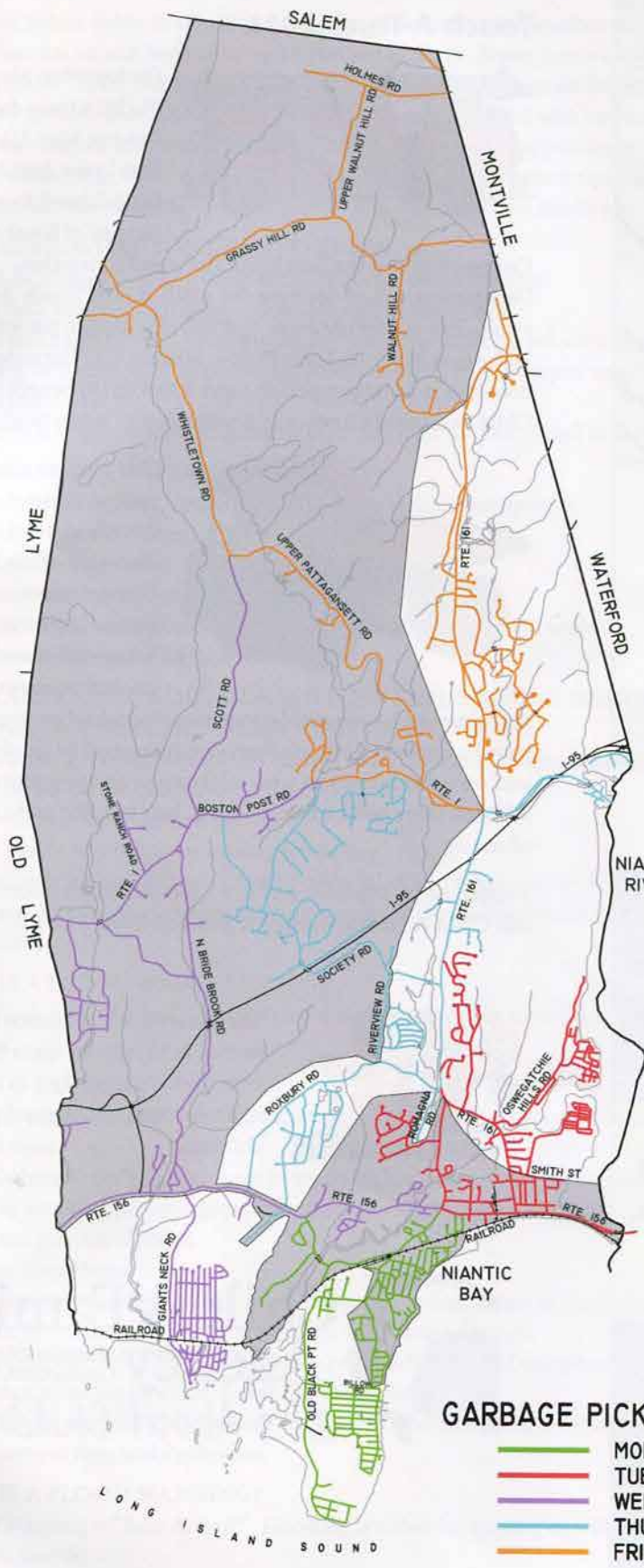
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Recycling Schedule 2016



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

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

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

HOLIDAY For Holiday Schedule visit Public Works Curbside Collection at www.eltownhall.com

HOW TO DETERMINE YOUR RECYCLING COLLECTION DAY

1. LOCATE YOUR STREET ON THE MAP.
2. THE COLOR OF YOUR STREET CORRESPONDS TO THE DAY OF THE WEEK FOR YOUR GARBAGE PICKUP (SEE LEGEND BELOW).
3. RECYCLING PICKUP IS EVERY OTHER WEEK.
4. IF YOUR STREET IS IN THE **SHADED** AREA OF THE MAP, YOUR RECYCLING DAY FALLS ON THE **SHADED** DAYS ON THE CALENDAR.
5. IF YOUR STREET IS IN THE **UN-SHADED** AREA OF THE MAP, YOUR RECYCLING DAY FALLS ON THE **UN-SHADED** DAYS ON THE CALENDAR.
6. EVERY YEAR A NEW CALENDAR WILL BE POSTED TO DETERMINE YOUR RECYCLING WEEK. FUTURE CALENDARS WILL BE AVAILABLE AT WWW.ELTOWNHALL.COM OR AT THE TOWN HALL.

GARBAGE PICKUP LEGEND

- MONDAY
- TUESDAY
- WEDNESDAY
- THURSDAY
- FRIDAY

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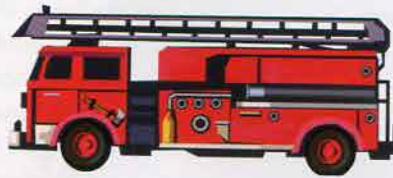


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Child & Family Agency

Touch-A-Truck 2016



On Saturday, May 21, 2016 (rain date Sunday, May 22), the East Lyme Auxiliary of Child and Family Agency of Southeastern

Connecticut and the East Lyme Parks and Recreation Department will co-sponsor our ninth annual Touch-A-Truck event. This is a family event that will take place from 9:00 am to 2:00 pm at McCook Point Park in Niantic, CT. The suggested donation is \$4.00 per person (ages 3 and up) to benefit the Child and Family Agency of Southeastern Connecticut.



Children can climb various vehicles, sit in the driver's seat and discover the world of trucks.

This unique event will feature large trucks and heavy equipment from law enforcement, fire

departments, commercial companies, industrial companies and rental companies. Vehicle demonstrations will be conducted and we never know just who might make an appearance. In addition there will be face painting, hair beading and a free photo op.

Refreshments will be available for sale. For more information call Child & Family Agency at 860-443-2896, Ext. 1407.



The Rotary Club of Niantic has agreed to be with us again this year. This is a great time to sign up and take steps to safeguard your children.



Child & Family Agency of Southeastern Connecticut, Inc.

It's About Children

WINTHROP STEM ELEMENTARY MAGNET SCHOOL

Winthrop is a Science, Technology, Engineering and Math (STEM) themed magnet school located in New London, CT. Join us at one of our tour and information sessions.

Saturday, March 5 at 10 a.m.
Tuesday, March 8 at 6 p.m.

Information: call 860-447-6033
or visit www.winthropelementary.org
74 Grove St., New London, CT 06320

East Lyme Public Safety

East Lyme Public Safety is always watching for potential severe weather to hit our area so that we can keep all of you informed and safe. If you haven't already done so, please "Like" our East Lyme Public Safety Facebook page or follow us on Twitter @ELPUBLICSAFETY so that you can stay informed with important updates on weather and other emergency events that may be happening in our area. Please take a few minutes to read through these important tips about lightning from the National Weather Service and flooding from Ready.gov.

LIGHTNING: WHAT YOU NEED TO KNOW

- NO PLACE outside is safe when thunderstorms are in the area!
- If you hear thunder, lightning is close enough to strike you.
- When you hear thunder, immediately move to safe shelter: a substantial building with electricity or plumbing or an enclosed, metal-topped vehicle with windows up.
- Stay in safe shelter at least 30 minutes after you hear the last sound of thunder.

INDOOR LIGHTNING SAFETY

- Stay off corded phones, computers and other electrical equipment that put you in direct contact with electricity.
- Avoid plumbing, including sinks, baths and faucets.
- Stay away from windows and doors, and stay off porches.
- Do not lie on concrete floors, and do not lean against concrete walls.
- Last Resort Outdoor Risk Reduction Tips

IF YOU ARE CAUGHT OUTSIDE WITH NO SAFE SHELTER NEARBY, THE FOLLOWING ACTIONS MAY REDUCE YOUR RISK:

- Immediately get off elevated areas such as hills, mountain ridges or peaks
- Never lie flat on the ground
- Never shelter under an isolated tree
- Never use a cliff or rocky overhang for shelter
- Immediately get out and away from ponds, lakes and other bodies of water
- Stay away from objects that conduct electricity (barbed wire fences, power lines, windmills, etc.)

WHAT IS A FLOOD WATCH?

Flood Watch = "Be Aware." Conditions are right for flooding to occur in your area.

STEPS TO TAKE:

- Turn on your TV/radio. You will receive the latest weather updates & emergency instructions.
- Know where to go. You may need to reach higher ground quickly and on foot.
- Build or restock your emergency preparedness kit. Include a flashlight, batteries, cash, and first aid supplies.
- Prepare Your Home
- Bring in outdoor furniture and move important indoor items to the highest possible floor. This will help protect them from flood damage.
- Disconnect electrical appliances and do not touch electrical equipment if you are wet or standing in water. You could be electrocuted.
- If instructed, turn off your gas and electricity at the main switch or valve. This helps prevent fires and explosions.

WHAT IS A FLOOD WARNING?

- Flood Warning = "Take Action!" Flooding is either happening or will happen shortly.

continued on page 32



Paulette Thibodeau-baker LUTCF
Agency Principal


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
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East Lyme Public Safety... continued from page 31

STEPS TO TAKE:

- Move immediately to higher ground or stay on high ground.
- Evacuate if directed.

BASIC SAFETY TIPS

- Turn Around, Don't Drown! *
- Avoid walking or driving through flood waters.
- Just 6 inches of moving water can knock you down, and 2 feet of water can sweep your vehicle away.
- If there is a chance of flash flooding, move immediately to higher ground. Flash floods are the #1 cause of weather-related deaths in the US.
- If floodwaters rise around your car but the water is not moving, abandon the car and move to higher ground. Do not leave the car and enter moving water.
- Avoid camping or parking along streams, rivers, and creeks during heavy rainfall. These areas can flood quickly and with little warning.

AFTER A FLOOD

- Return home only when authorities say it is safe.
- Be aware of areas where floodwaters have receded and watch out for debris. Floodwaters often erode roads and walkways.
- Do not attempt to drive through areas that are still flooded.
- Avoid standing water as it may be electrically charged from underground or downed power lines.
- Photograph damage to your property for insurance purposes.

WHEN IT IS NOT FLOODING: MAKE A FLOOD PLAN.

Visit Ready.gov for more great information on how to prepare your family.

HAVE YOU SIGNED UP FOR CT ALERT?

On September 1, 2009, Connecticut became the first state in the nation to have a statewide emergency notification

system. CT Alert ENS allows state and local officials to help protect lives and property by providing critical information to residents during emergencies, including dangerous situations. CT Alert ENS is managed by the State Department of Emergency Services and Public Protection.

WHAT IS THE CT ALERT ENS CITIZEN SIGN-UP PAGE?

CT Alert ENS uses the state's Enhanced 9-1-1 (E9-1-1) database for location-based notifications to the public for life-threatening emergencies. But the E9-1-1 database includes only traditional wire-line telephone numbers in the state (the "land line" phone you may have in your home). If you want the system to send alerts to other communication devices that you use, then you must provide your contact information by logging in. To register or update your profile, go to ctaalert.gov



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