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Events

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Volume 2 • Quarter 4 • 2014



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First Selectman's Corner

As 2014 continues to fly by, we are all starting to pull out the winter jackets and scarves to fend off the newly arrived chill in the air.

Our hugely successful annual Halloween Parade will give way to events more associated with colder weather, the Niantic Main Street Holiday Stroll, Thanksgiving along the shore, (did you know the first few Thanksgiving celebrations were mostly seafood meals?) and the Parks and Recreation and Downtown Merchants Light Parade which has become an annual tradition for 26 years!



As always, our great town-wide merchants stand ready to serve you - the town is looking terrific and will only get better when current construction on our remaining portion of the Boardwalk is complete!

The Parks and Recreation Department's winter schedule of events is set and ready for your enjoyment.

Finally, the holidays always highlight family traditions in East Lyme. Visit our newest historic house or any of our other 'back in time' home holiday traditions on display with the Lee House or the Smith Harris House and get a real feel and taste of the holidays of our past. Soak it all in so as we turn the corner into 2015, we are all poised, relaxed and ready to have another great year along the shoreline!

*Best,
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Welcome Our New Pediatrician



East Lyme Pediatric Clinic is pleased to announce a new addition to our practice. Please join us in welcoming Dr. Eugene Fantl to our Family. Dr. Fantl is board certified in Pediatric Medicine. He comes to us with thirty-five years of pediatric experience in many different teaching settings. Dr. Fantl looks forward to providing the best quality care and support for you and your family. East Lyme Pediatric Clinic has serviced South Eastern Connecticut for the past fifteen years. We are accepting new patients. Please call 860-739-7444 to schedule an appointment.

Sajda Malik, MD Jessie Brutus, MD
Eugene Fantl, MD Wendy Moss, LPN

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Director's Note

As the Autumn chill turns to Winter cold, and youth soccer and football players switch their focus to basketball, our department switches focus as well. No longer will our maintenance staff be keeping our playing fields in pristine condition or grooming our beautiful beaches, but they will be winterizing park facilities and gearing up for the inevitable snow fall.

Our office staff would like to invite you to join us and register for the bus trip to New York City on December 13th, and also to try out one of our exercise programs to help keep you healthy while the weather may not permit you to get outside as much as you may like.

Myself and the park and recreation staff extend our appreciation to Deb Levandoski who served our community, in our department, for 12 years. Deb has just recently taken a new position in town. We wish her the best and know that she will continue to serve the community with the dedication and pride that she displayed while with our department.

Over the past few months we've removed the swim lines from our beaches, constructed a new restroom building at Veterans Memorial Park and began the park improvements at Peretz Park at Bridebrook by replacing the playscape and crack sealing the basketball court. In the Spring we will be continuing the improvements by adding a pavilion, replacing parking barriers and adding dugout roofs to the park. We enjoyed seeing our town fields alive with young athletes and coaches, as well as hearing the crowds roar with each exciting play.

With each task crossed off our winter checklist, we ask you to give yours a look, and whether it's sharpening your skis or your shovel, make the most out of what Winter has to offer!



Sincerely, David Putnam
Director Parks and Recreation/Youth Services

Parks & Beach Information

MCCOOK POINT PARK HOLE N' WALL & CINI PARK

- Open daily from 8:00 a.m. to sunset
- Pets are permitted on beaches from the Tuesday after Labor Day until the Friday before Memorial Day ONLY.
- Dogs are not permitted on the Niantic Bay Boardwalk at any time during the year.
- 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.
- Restrooms will remain open until mid-November as weather permits
- Tobacco Free Parks

BOARDWALK CONSTRUCTION UPDATE

Construction on the western half of the Niantic Bay Boardwalk has begun and will continue through the fall and winter months. As part of the construction, a portion of the upper parking lot at McCook will be closed and access to the Hole in the Wall Beach at times will be restricted. Please look for construction updates and further information on the town's web site www.eltownhall.com or on the East Lyme Parks and Recreation Facebook page.

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 & Recreation Department



Parks & Recreation Department Staff

CONTACT INFORMATION & WEBSITES

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

PARKS & RECREATION COMMISSION MEMBERS

J. Robert Pfanner, Chairman
William Willets, Jr., Charles Fenick, Jackie Curry,
Patrick Larkin, Roger Nadeau, Milan Keser
*The Parks and Recreation Commission meets in the Parks and
Recreation conference room on the first Thursday of each month
at 7:00 p.m. The public is welcome to attend the meetings.*
East Lyme Police Department 860-739-5900
East Lyme Public Library 860-739-6926
www.ely.lioninc.org
East Lyme Public Works 860-739-8444
East Lyme Senior Center 860-739-5859
East Lyme Town Hall 860-739-6931
www.eltownhall.com
East Lyme Youth Services 860-739-6788
Rocky Neck State Park 860-739-5471
DEP Old Lyme 860-434-8638
Children's Museum of SE Connecticut 860-691-1255
East Lyme Aquatic & Fitness Center (Pool) 860-691-4681
www.nutmegaquatics.com
East Lyme Business Organization
Contact Lynnea Mahlke 860-691-1611

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860-739-5828 fax 860-691-2409
www.eltownhall.com

ATHLETIC ORGANIZATIONS

EAST LYME BABE RUTH LEAGUE

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

EAST LYME LACROSSE

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

EAST LYME LITTLE LEAGUE

Rob Tukey / 860-912-2679 / rtukey71@gmail.com
www.ETEAMZ.com/EastLymeLittleLeague

EAST LYME SOCCER CLUB

Chuck Massung / 860-739-9147 / www.eastlymesoccer.org

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

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MOMS CLUB OF EAST LYME

www.eastlymemomsclub.org

WOMENS CLUB OF SE CONNECTICUT / 860-691-1948

EAST LYME GARDEN CLUB

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

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

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Mike Cooney / 860-373-0097

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www.pack24eastlyme.org / pack24eastlyme@gmail.com

Axel Mahlke, #7 / 860-287-1174

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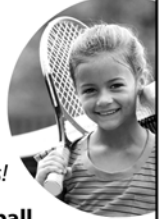
Local Excellence (ages 10-12)
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Future Stars (ages 7-9)
Tue. & Thu., 4-5pm

Tournament Tough (ages 13-15)
Mon. & Wed., 4-5:15pm

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Girls- Sat., 9-10:30am



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M/W, 11am

Intermediate Tennis Drills
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Circuit Training
T/Th/Sa/Su, 8am

NTRP Tennis Drills
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Cardio & Strength
Fri, 8am

Cardio Tennis
Wed., 7-8pm, All levels



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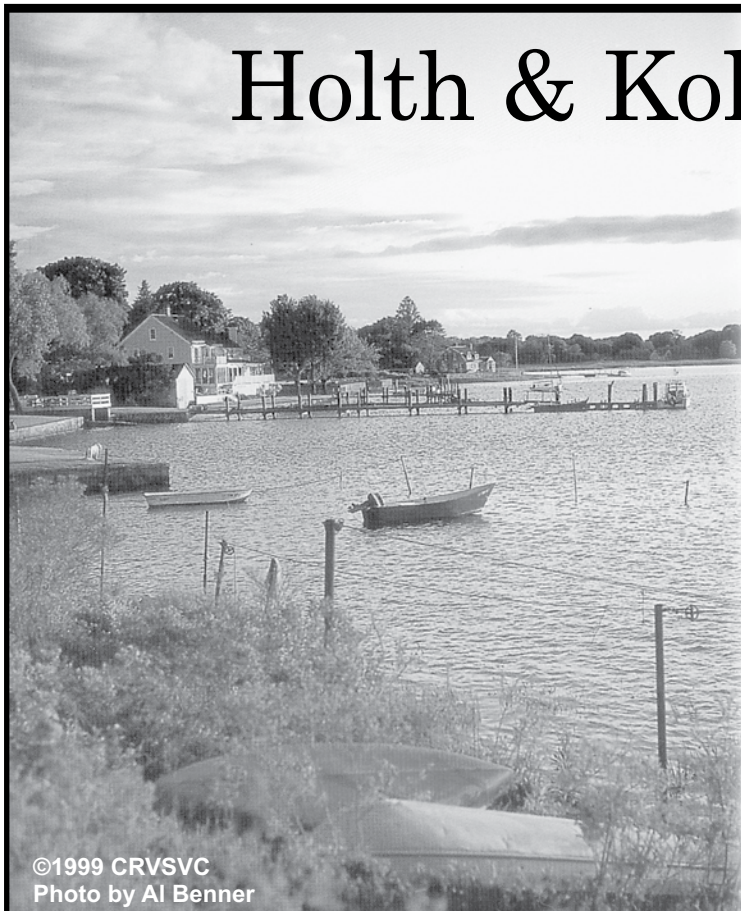
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Community Bulletin Board

PASSPORTS

East Lyme Parks & Recreation Department is now an Acceptance Facility for Passports. Please call (860) 739-5828 to make an appointment to have your passport application processed or for any questions.

MEN'S SOFTBALL LEAGUE ORGANIZATIONAL MEETING

Representatives from teams interested in participation in the League should attend this meeting. The League is scheduled to begin play mid-May. All games are played at Samuel M. Peretz Park @ Bridebrook.

Date: Tuesday, March 17

Time: 6:30 pm

Location: Parks & Rec. Conference Room

U.S. AMATEUR BALLROOM DANCE ASSOCIATION DANCES

Dates: 1st Saturday of each month - 6:30 pm - 11:00 pm. (12/6, 1/4, 2/1, 3/1)

3rd Friday of each month - 7:00 pm - 10:00 pm. (1/3, 2/7, 3/7)

Where: East Lyme Library & Community Center Activity Room. For more information contact Russ Carr (860) 574-4303 or www.usadancenewlondonct.com.

SHORELINE SWING DANCES

Dates: 3rd Saturday of each month (1/17, 2/21, 3/21) from 8:00 pm - 11:00 pm. (Lessons from 7:00 pm - 8:00 pm) For more information contact: Marie Weingart @ 860-705-5104 or www.shorelineswingct.org.

ANNUAL TREE LIGHTING

Saturday, November 29th at 5:00 pm. Liberty Green - Corner of Main Street & Pennsylvania Avenue. Sponsored by the East Lyme Villages of Niantic and Flanders.

ANNUAL HOLIDAY STROLL

Saturday, November 29th from 3:00 to 7:00 pm. Sponsored by the East Lyme Villages of Niantic and Flanders.

ANNUAL NIANTIC LIGHT PARADE

Date: Saturday, December 6th at 6:00 pm.
Raindate - Sunday, December 7th at 5:00 pm.
Visit www.ellightparade.com or send an email to ellightparade@gmail.com with any questions.

WINTERFEST

Winterfest which is usually held the afternoon prior to Niantic Light Parade is still in the preliminary planning process at time of publication. Please check back with our office or check the following website for updates: www.ellightparade.com.

NEW YORK CITY BUS TRIP

Saturday, December 13th. Bus departs East Lyme Community Center at 8:00 a.m. and leaves NYC at 7:30 p.m. \$40 Resident/\$55 NonResident.

CHALLENGER BASKETBALL - FOR ALL

This is a free program and registrations will be taken on first night.

Dates: January 5 – March 23

(No session 1/19, 2/16)

Day: Monday

Time: 6:15 - 7:15 pm

Location: Lillie B Haynes School Gym

MEN'S BASKETBALL

Dates: January 7 – February 25

(No program 1/14, 2/4)

Day: Wednesday

Time: 7:00 pm - 9:00 pm

Fee: \$5.00 per person

Where: East Lyme Middle School Gym

DUPLICATE BRIDGE GAMES

Duplicate Bridge will end on December 23rd. No Duplicate Bridge will be held in January - March and will resume in April.

EAST LYME JUDO CLUB

Dates: January 6 - March 10 (Tues & Thurs)

Time: 6:15pm - 7:30pm

Beginners/Int Mix Class (TUESDAY)

6:15 pm – 7:30 pm Int/Adult Class (THURSDAY)

Fee: \$30.00 Returning Students

\$35.00 New Students

Where: Flanders School Gym

Registration: Tues, January 6 from 6:00 pm - 7:00 pm at Flanders School Gym. For more information contact: Nancy Kelly (860) 691-3314.

PRESCRIPTION DRUG TAKE BACK BOX

There is a prescription drug take back box located in the lobby at the East Lyme Police Dept. for all unused or expired prescriptions.

Parks & Recreation Preschool & Youth Programs

CREATIVE ARTS FOR KIDS, AGES 3 & 4

Session: 350301-01

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: Jan 9 to Feb 13

Day: Friday

Time: 9:15 to 10:00 a.m.

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

Registration: Begins Dec 30

Location: East Lyme Library/Community Center/Youth Center

Instructor: Christina Jessuck

CREATIVE ARTS FOR KIDS, AGES 3 & 4

Session: 350301-02

All other information, see previous session.

Dates: Feb 27 to April 10

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

Registration: Begins on Feb 13

I'M 2 CRAFTS

Session #350301-03

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.

Dates: Jan 8 to Feb 12

Day: Thursday

Time: 10:00 to 10:30 a.m.

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

Registration: Begins Dec 30

Location: East Lyme Library/Community Center/Youth Center

Instructor: Christina Jessuck

I'M 2 CRAFTS

Session #350301-04

All other information, see previous session

Dates: March 5 to April 9

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

Registration: Begins Feb 12

GOT "2" BE MOVING

Session #350501-03

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.

Dates: Jan 8 to Feb 12

Day: Thursday

Time: 9:15 to 9:45 a.m.

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

Registration: Begins Dec 30

Location: East Lyme Library/Community Center/Olive Chendali Room

Instructor: Christina Jessuck

GOT "2" BE MOVING

Session #350501-04


All other information, see previous session.


Dates: March 5 to April 9

Fee: Resident \$25/Non-Resident \$40


Registration: Begins Feb 12

Continued on page 11









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Events

MAGAZINES



East Lyme Events

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Boardwalk Benches Available

The East Lyme Public Trust Foundation Inc., in cooperation with the East Lyme Parks and Recreation Department, has announced the solicitation of 50 additional park benches.

The benches will be added to the western half of Niantic Bay Overlook (the Boardwalk) once reconstruction has been completed. Plans for the new Boardwalk have been approved by the Zoning Commission with construction currently slated for March through December. There is a limit of fifty benches available at this time. They will be assigned to the first fifty completed and approved applications. These commemorative benches have proven to be a popular addition to the East Lyme landscape and are a wonderful way to support the Town Park and to honor someone special.

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



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*Preschool & Youth Programs ... continued from page 9***I'M 2**

Session #350201-01

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: Jan 5 to Feb 23 (No class 1/19, 2/16)

Day: Monday

Time: 9:15 to 10 a.m.

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

Registration: Begins Dec 30

Location: East Lyme Library/Community Center/Olive Chendali Room

Instructor: Christina Jessuck

I'M 2

Session#350201-02

All other information, see previous session

Dates: March 9 to April 20 (No class 4/13)

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

Registration: Begins Feb 23

YOUNG SCIENTISTS, AGES 3 TO 5

Session #350401-01

In Young Scientists children's natural curiosity helps them to discover the world of science through hands on experiments using basic theories of physics & chemistry. These science activities & experiments for preschoolers give young minds the skills they need to seek answers & view the world scientifically. Each week a new idea is introduced & explored. Young Scientists is a child participation only class.

Dates: Jan 8 to Feb 12

Day: Thursday

Time: 10:45 to 11:30 a.m.

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

Registration: Begins Dec 30

Location: East Lyme Library/Community Center/Youth Center

Instructor: Christina Jessuck

TOT GYM, AGES 3 TO 5

Session #350501-01

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: Jan 9 to Feb 13

Day: Friday

Time: 10:15 to 11:00 a.m.

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

Registration: Begins Dec 30

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

Instructor: Christina Jessuck

TOT GYM, AGES 3 TO 5

Session #350501-02

All other information, see previous session

Dates: Feb 27 to April 10 (No class 4/3)

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

Registration: Begins Feb 13

POSITIVE PLAYGROUP, AGES 12 TO 26 MONTHS

Session #350101-01

This is a positive playgroup program for parent (caregiver) and child, ages 12 to 26 months.

Dates: Jan 5 to Feb 23 (No class on 1/19 & 2/16)

Day: Monday

Time: 9:15 to 10:00 a.m.

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

Registration: Begins Dec. 30

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

Instructor: Christina Jessuck

MOMMY/DADDY & ME

Session #340901-01

Infants – 2 years old

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

Dates: Jan 9 to Feb 27

Day: Friday

Time: 9:45 am – 10:30 am

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

Registration: Begins Dec 30

Where: Niantic Center School, Room 107

Instructor: Erin Stanley

PRESCHOOL MUSIC, MOVEMENT AND EXPLORATION

Session #340903

Ages 2 - 5 years old

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

Dates: Jan 9 to Feb 27

Day: Friday

Time: 10:45 am – 11:30 am

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

Registration: Begins Dec 30

Where: Niantic Center School, Room 107

Instructor: Erin Stanley

Continued on page 12

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Preschool & Youth Programs ... continued from page 11

LITTLE BROADWAY STARS

Session# 340911-01

Ages 5-7

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

Dates: Jan 9 to Feb 27

Day: Friday

Time: 4:00 – 5:45pm

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

Registration: Begins Dec 30

Where: Niantic Center School, Room 107

Instructor: Erin Stanley

GLEE (SHOW CHOIR)

Session#340912-01

Ages 10 & up

If you have watched GLEE & wanted to sing & dance in a show choir of your own, this is the class for you. The show choir will help you develop greater musicianship, proper use of breath support, phrasing, interpretation, postures, stage presence, and other disciplines needed to put on a great show. Learn choreography to some of your favorite show stopping number. STUDENTS MUST AUDITION FOR CLASS ACCEPTANCE. Call Erin Stanley, the director, to schedule an audition time, 860-501-1456. Fee includes music, CD, and materials.

Dates: Jan 6 to March 10 (No class 2/17)

Day: Tuesday

Time: 6:15pm – 7:30pm

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

Registration: Open after auditions

Where: Niantic Center School, Room 107

Instructor: Erin Stanley

DRAMA CLUB

Session #340905-01

For Grades 2-4

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

Dates: Jan 8 to Feb 26

Day: Thursday

Time: 3:45 to 4:45 p.m.


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

Registration: Begins Dec 30

Where: Flanders School

Instructor: Carroll Mailhot



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Continued on next page

ACT OUT

Session #
 For Ages 13 – Grade 12
 This is an acting technique class. Learn to act and audition for the next school or local theatre production. This class will focus on developing the skills necessary to audition for and perform in a play. We will work primarily on character development through scene work and preparation of monologues.

Dates: Jan 5 to March 16 (No class 1/19, 2/16, 3/2)
 Day: Monday
 Time: 5:00 to 6:30 p.m.
 Fee: Resident \$90.00/Non-Resident \$105.00
 Registration: Begins Dec 230
 Where: Niantic Center School, room 107
 Instructor: Carroll Mailhot

Parks & Recreation Adult Programs

MORNING AEROBICS

Session # 310101-01
 Please note time change for this session. New time will be 8:30-9:30a.m. 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: Jan 5 to Feb 27 (No class 1/19, 2/16)
 Days: Monday –Wednesday - Friday
 Time: 8:30 am – 9:30 am
 Fee: Resident \$55.00/Non-Resident \$70.00
 Registration: Begins Dec 29
 Where: East Lyme Library/Community Center Activity Room
 Instructor: Sue Roos-AFFA; Donna Neaton-AFFA

MORNING AEROBICS

Session # 310101-02
 All information the same as previous session with different dates:
 Dates: March 9 to April 24 (No class 4/23)
 Registration: Begins Feb 23

TOTAL FITNESS

Session # 310104-01
 Classes include circuit training, Stott Pilates, weights, bands and balls to create a variety of exercises for the entire body. Every class is different; Donna Neaton and Kim Stirtan bring together their experience, education and many years of group training to instruct the classes. Participants are required to bring a non-slip exercise mat.
 Dates: Jan 6 to Feb 19
 Days: Tuesday – Thursday
 Time: 10:15 am – 11:15 am
 Fee: Resident \$50/\$30 (1-day)
 Non-Resident \$65/\$45 (1 day)
 Registration: Begins Dec 29
 Where: East Lyme Library/Community Center Activity Room
 Instructors: Donna Neaton-AFFA; Kim Stirtan-BSPE, ACE & Stott Pilates.

TOTAL FITNESS

Session #310104-02
 All information the same as previous session with different dates:
 Dates: March 3 to April 16
 Registration: Begins Feb 23

WEDNESDAY ZUMBA


Session #310103-01
 A Latin inspired dance aerobic class that incorporates Latin and International music and dance. It's fun; it's easy, and exercise in disguise!

Continued on page 14



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Adult Programs ... continued from page 13

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

Dates: Jan 7 to April 8 (No class 2/11, 2/18)
 Day: Wednesday
 Time: 3:55 pm – 4:55 pm
 Fee: Resident \$40.00/Non-Resident \$55.00
 Registration: Begins Dec 29
 Where: East Lyme Library/Community Center Activity Room
 Instructor: Donna Neaton AFAA/Zumba Instructor

TUESDAY ZUMBA

Session #310103-03
 This class will be 55 minutes of Zumba dance aerobics and & toning. The class will end with stretching.

Dates: Jan 6 to March 31 (No class 2/17)
 Day: Tuesday
 Time: 5:30 pm – 6:25 pm
 Fee: Resident \$40.00/Non-Resident \$55.00
 Registration: Begins Dec 29
 Where: East Lyme Library/Community Center-Activity Room
 Instructor: Donna Neaton AFAA/Zumba Instructor

SATURDAY MORNING ZUMBA AEROBICS

Session #310103-03
 This class begins with 60 minutes of ZUMBA dance aerobics and will be followed by 20 minutes of a core strengthening workout. Class ends with a 5 minute stretch. Participants are required to bring a non-slip exercise mat.

Dates: Jan 3 to March 28 (No class 2/14)
 Day: Saturdays
 Time: 8:30 am – 10:00 am
 Fee: Resident \$50.00/Non-Resident \$65.00
 Registration: Begins Dec 29
 Where: East Lyme Library/Community Center-Activity Room
 Instructor: Donna Neaton AFAA/Zumba Instructor

COED CARDIO TOTAL BODY CONDITIONING

Session #310202-01
 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: Jan 5 to Feb 25 (No class 1/19, 2/11, 2/16, 2/18)
 Days: Monday - Wednesday
 Time: 5:00 to 6:00 p.m.
 Fee: Resident \$45/Non-Resident \$60
 Registration: Begins Dec 29
 Where: East Lyme Library/Community Center Activity Room
 Instructor: Donna Neaton-AFFA

COED CARDIO TOTAL BODY CONDITIONING

Session #310202-02
 All information same as previous session with different dates
 Dates: March 9 to April 15
 Registration: Begins Feb 25

STABILITY BALL - MONDAY

Session #310403-02
 This class is a great way to strengthen deeper into the core muscle groups with working on balance and adding different options to your average class. The “plus” is the use of weights, balls and bands along with your stability ball for a total body workout. Participants are required to bring a non slip mat and your own Stability ball.

Dates: Jan 5 to March 30 (No class 1/19, 2/16)
 Day: Monday
 Time: 4:00 to 4:55 p.m.
 Fee: Resident \$40/Non-resident \$55
 Registration: Begins Dec 29
 Where: East Lyme Library/CC-Activity Room
 Instructor: Donna Neaton, AFFA

STABILITY BALL- THURSDAY

Session #310403-01
 This class is a great way to strengthen deeper into the core muscle groups with working on balance and adding different options to your average class. The “plus” is the use of weights, balls and bands along with your stability ball for a total body workout. Participants are required to bring a non slip mat and your own Stability ball.

Dates: Jan 8 to April 2 (No class 2/12, 2/19)
 Day: Thursday
 Time: 4:45 to 5:45 p.m.
 Fee: Resident \$40/Non-resident \$55
 Registration: Begins Dec 29
 Where: East Lyme Library/CC-Activity Room
 Instructor: Donna Neaton, AFFA

PILATES MAT & REEBOK FLEXIBLE STRENGTH BEG/INTERMEDIATE

Session # 310301-01
 This training program will combine essential Pilates Mat exercises to develop strength and flexibility. The purpose will be to build Neuromuscular Fitness, the core to performing sports and everyday movements. Participants are required to bring a non-slip exercise mat.

Dates: Jan 6 – Feb 24 (No class 2/17)
 Day: Tuesday
 Time: 6:30 pm – 7:10 pm
 Fee: Resident \$40.00/Non-Resident \$55.00
 Registration: Begins Dec 29
 Where: East Lyme Library/Community Center Activity Room
 Instructor: Kim Stirtan-BSPE, ACE & Stott Pilates

PILATES MAT & REEBOK FLEXIBLE STRENGTH BEG/INTERMEDIATE

Session # 310301-02
 All information the same as previous session.

Dates: March 10 to April 28 (No class 4/14)
 Fees: Resident \$40.00/Non-Resident \$55.00
 Registration: Begins March 3

PILATES MAT & REEBOK FLEXIBLE STRENGTH ADVANCED

Session #310302-01
 Having mastered the essential Pilates Mat exercises, more emphasis will be on neuromuscular control. Participants are required to bring a non-slip exercise mat.

Dates: Jan 6 – Feb 24 (No class 2/17)
 Day: Tuesday
 Time: 7:15 pm – 8:15 pm
 Fee: Resident \$50.00/Non-Resident \$65.00
 Registration: Begins Dec 29
 Where: East Lyme Library/Community Center
 Activity Room
 Instructor: Kim Stirtan-BSPE, ACE & Stott Pilates

PILATES MAT & REEBOK FLEXIBLE STRENGTH ADVANCED

Session #310302-02
 All information same as previous session with different dates
 Dates: March 10 to April 28 (No class 4/14)
 Fees: Resident \$50.00/Non-Resident \$65.00
 Registration: Begins March 3

MONDAY COED YOGA

Session #310501-01
 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: Jan 5 to April 6 (No class 1/19, 2/16)
 Day: Monday
 Time: 6:10 pm – 7:25 pm
 Fee: Resident \$60.00/Non-Resident \$75.00
 Registration: Begins Dec 29
 Where: East Lyme Library/Community Center
 Activity Room
 Instructor: Rosemary Gentile – M.S.R.D.-RYT

WEDNESDAY NIGHT COED YOGA AND MEDITATION

Session # 310502-01
 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: Jan 7 to March 25
 Day: Wednesday
 Time: 6:30 pm – 8:15 pm
 Fee: Resident \$60/Non-Resident \$75.00
 Registration: Begins Dec 29
 Where: East Lyme Library/Community Center
 Activity Room
 Instructor: Michele Flowers, RYT 500

BODY SCULPTING WITH SUE

Session #310202-01
 This is a muscle toning class using hand held weights and bands. The challenging workout is for all fitness levels. It features a full body workout taking individuals from standing moves to floor workouts. Participants are required to bring an exercise mat and weights.

Dates: Jan 6 to Feb 26 (No class 2/17)
 Days: Tuesday & Thursday
 Time: 4:00 to 5:00 p.m.
 Fee: Resident \$40/Non-Resident \$55
 Registration: Begins on Dec 29
 Location: Lillie B. Haynes School, gymnasium
 Instructor: Sue Roos, AFFA

BODY SCULPTING WITH SUE

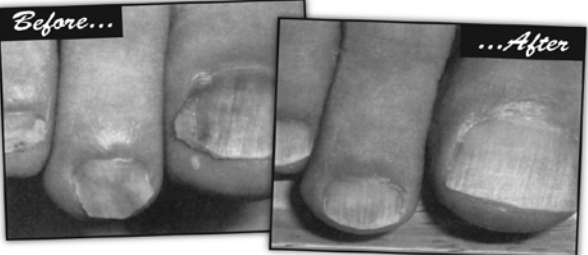
Session #310202-02
 All information same as previous session, different dates
 Dates: March 10 to April 30 (No Class 4/14, 4/16)
 Registration: Begins Feb 26

EVENING PIYO CLASS

Session #310106-01
 PiYo Strength is a fun, work at your own level class, joining Pilates and Yoga into one workout. You will burn calories, tone muscles, work on balance and get a great stretch. It is designed to build strength and flexibility. You will exercise your body, mind & spirit.

Continued on page 16

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C117-16-13

Adult Programs ... continued from page 15

Dates: Jan 8 to March 26
 Day: Thursday
 Time: 5:45 to 6:30 p.m.
 Fee: Resident \$45/Non-Resident \$60
 Registration: Begins Dec 29
 Location: Activity Room
 East Lyme Public Library/Community Center
 Instructor: Marsha A Pirie, Certified PiYo Instructor

MORNING PIYO CLASS

Session #310106-02
 Dates: Jan 9 to March 27
 Day: Friday
 Time: 9:35 to 10:20 a.m.
 Fee: Resident \$45/Non-Resident \$60
 Registration: Begins Dec 29
 Location: Activity Room
 East Lyme Public Library/Community Center
 Instructor: Marsha A Pirie, Certified PiYo Instructor

BALLROOM DANCE – BEGINNER LESSONS

Session #330101-01
 The Beginner Class will include instruction in waltz, foxtrot, rumba and swing.
 Dates: Jan 8 to Feb 26
 Day: Thursday

Time: 6:35 to 7:35 p.m.
 Fee: Resident \$45/Non-Resident \$60 per person
 Registration: Begins Dec 29
 Where: East Lyme Library/Community Center
 Activity room
 Instructor: Marjorie Winslow

BALLROOM DANCE – INTERMEDIATE LESSONS

Session #330102-01
 The intermediate class will include instruction in cha-cha, foxtrot, tango and swing. All info same as Beginner Class with exception of: Time: 7:35 to 8:35 p.m.

ADULT COED VOLLEYBALL

Session #310602-01
 This volleyball program is a fun, informal, pick-up play that meets once a week. No food is allowed in the gym.
 Dates: Jan 6 to March 31 (No program on 2/17)
 Day: Tuesdays
 Time: 6:15 to 8:15 p.m.
 Fee: Resident \$30/Non-Resident \$45 or Drop In: \$5.00 per person
 Where: East Lyme Middle School gymnasium
 Registration: Begins Dec 29
 Supervisor: Cathleen Aquino

Continued on next page



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NEW YORK CITY TRIP

Session #390101-01
 Date: December 13
 Day: Saturday
 Time: Bus departs East Lyme Library/Community Center @ 8 a.m.
 Bus departs New York City @ 7:30 p.m.
 Fee: Resident \$40/Non-Resident \$55
 Registration: Open until bus is filled

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***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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Youth Services

East Lyme Youth Services
 45 Society Rd, Niantic, CT 06357
 (860) 739 -6788 email: eastlymeparks@gmail.com
 Serving the East Lyme and Salem Communities
 Office Hours: 8:00 am – 4:00 pm
 Dave Putnam- Executive Director
 Mike McDowell- Program Coordinator

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

YOUTH SERVICES COMMISSION

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

REGISTRATION INFORMATION

In order to attend our activities and programs, participants must turn in a signed registration form for each of the programs they attend. Registration forms are available at Youth Services, the Parks and Recreation office, ELMS cafeteria, and online at www.eltownhall.com. Registration forms and fees should be turned in to the Parks and Recreation Department offices from 8am-4pm or can be mailed to us. All payments by check should be made out to Town of East Lyme/ELYS with the participant's name and program in the memo section.

CANCELLATIONS

All cancellations will be posted on our website: www.eltownhall.com, and on our Facebook page.

OPEN CENTER AFTER SCHOOL PROGRAM

Monday through Friday 3:00 – 5:30 p.m. The program will be in the youth center, Activity Room, or outside- weather permitting- where youth can enjoy air hockey, ping pong, our flat screen TV for Wii games, movies, or appropriate television, in a fun, and safe environment. Our experienced and youthful staff will serve as positive role models, while maintaining a fun, and relaxed atmosphere for youth to unwind after a long day. There are only 35 slots available for 5th – 8th graders. This program will begin run throughout the school year. Free Program.

PARENTS NIGHT OUT

Whether you're looking for a night out to do holiday shopping or catching a movie without the kids, the Youth Center will be open for kids in grades K-8 to be dropped off for a night of games, a movie, and hanging out with friends. Friday, December 12th is for kids in grades 5-8 from 6:00 - 10:00 p.m. and Friday, December 19th is for kids in grades K-4 from 6:00 – 9:00 p.m. The fee is \$10.00 per child and pre-registration is required. Space is limited so register early!

WHAT'S COOKING FOR KIDS

Wednesdays from 3:00 p.m. – 5:00 p.m.

First Session: 1/7, 1/14, 1/21, 1/28
 Second Session: 2/18, 2/25, 3/4, 3/11
 Fee: \$50 includes all food

Participants will learn cooking techniques while preparing yummy meals and having fun in the kitchen! Parents please take note: Youth should be mature and responsible, as they will be handling utensils including knives, and hot items such as the stove and oven. Youth should bring Tupperware to class to bring goodies home with them. We recommend 6th – 8th graders for this class. Class will be held in the Main Kitchen in the Community Center. Please enter through the Senior Center.

SKI CLUB

Thursdays, January 8 – February 5, 2015 from 3-9 p.m.
 5th – 12th grade

Fee: Varies by type of ticket, rental, lesson, etc.

Registration ends November 21st.

Students will meet at the Youth Center and depart by 3:15 for fun on the slopes of Mount Southington return time is 9:00 p.m. at the Youth Center.

Brian T. Dagle Scholarship available. Call today to inquire!

SNOW DAY INSURANCE

We are happy to offer this service for busy parents. Should there be a snow day this winter, we will be ready for you! This program is open to 1st-6th graders. Bagged lunch is required. 7:30 a.m.-4:30 p.m. Registration is \$25. If you utilize the service, the cost is only \$25/day. Registration is open and limited to 30 youth. Sign up today.

CYCLING CLUB

We are working on beginning an East Lyme Cycling club to allow kids to flourish as a rider and are hoping to kick it off this spring! The sport of cycling is an excellent team sport, which allows youth to participate in a healthy activity and grow their confidence on and off the bike. The club will be comprised of both road cycling and mountain biking, and will allow members to choose which to participate in.

STUDENT ADVISORY BOARD (SAB)

A service club facilitated by ELYS for high school students to help plan activities for peers that are fun and drug/alcohol free. This year's activities include educational and community events like the Trick or Trunk, and organizing middle school dances. Meetings are held in Mr. Beale's room during lunch on Tuesdays. We encourage new members to bring their ideas and help plan the events/activities. Please stop by a meeting for more information and to be introduced to the club.

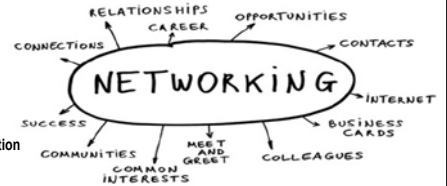
COUNTDOWN TO NOON: NEW YEARS EVE

Wednesday, Dec. 31, 9:30 am - 4 pm

We will be partnering with the Childrens Museum of SECT on their ever-popular New Years Eve event for youngsters! This year the event will take place at the Community Center, and encompass the activity room, youth center, children’s library, and senior center! Explore the constellations with StarLab. Build, create, imagine with “Lets Get Building.” “Crazy Science” and activities galore! Balloons drop at noon and activities continue until 4:00 p.m. More information and fees can be found by calling the Children’s Museum of SECT at 860-691-1111 or visiting their website www.childrensmuseumsect.org.

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

We are currently working on additional programs and events. Check out our website frequently for updates www.eltown-hall.com (and click East Lyme Youth Services to the left), shoot us an email to: eastlymeparks@gmail.com, or give us a call at (860) 739-6788 for more information. Scholarships are available for programs for families in financial need. Please inquire to David Putnam, Executive Director.



East Lyme Business Organization

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

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

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

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

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



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East Lyme Regional Theater

East Lyme Regional Theater (sponsored by East Lyme Parks & Recreation Dept.), proudly announces "Thoroughly Modern Mille Jr." on January 30 & 31, 2015 at East Lyme Middle School. Tickets will be available at the East Lyme Parks & Recreation Dept. For more information go to: www.eastlymeregionaltheater.com

East Lyme Historical Society

2015 LECTURES

Sunday's at 2:00 p.m. - In the lower level dining room of Niantic Community Church, 170 Pennsylvania Avenue, Niantic. (We had to move from the police station due to a growing attendance!)

January 11 - Walter Woodward, State Historian. "The Cost of Battles Not Fought: Wars and Rumors of War in Early New England." Rumors and early wars between English settlers and the native people whose land they occupied. Focus on the Pequot War of 1636-1637.

February 8 - Marty Podskoch with Carl Stamm. "The Civilian Conservation Corps: It's History and Stories and East Lyme's Stone Ranch."

March 22 - Tom Kelleher, Sturbridge Village Historian. "Old Mills and Water Power."

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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 - Senior Services Coordinator

Gail Glenn – Program Assistant

Anna Hartung – Administrative Secretary

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.eltown-hall.com. Look for the Senior Center tab on the left side of the home page. If you would like the newsletter emailed to you, contact the Senior Center office.

COMMISSION ON AGING

The Commission on Aging Board meets the 2nd Monday of every month except for August. The meetings are held at the East Lyme Senior Center at 5:00pm. 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 11:45am. 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.

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.

DAY TRIPS - Open to any person 55+.

Thu, November 6th - Trip to the Culinary Institute of America in Hyde Park, NY. Enjoy a tour of the kitchen and maybe pick up a few tips on how to become a chef. Lunch is included at the Ristorante Caterina de' Medici. Trip fee is \$94pp. Registration begins August 1st. Moderate walking. WAIT LIST ONLY.

Thu, December 11th - Trip to New York City for "Holiday Sparkle". Includes shopping at Bryant Park, lunch at Brazil, and a 2 hour guided tour of the holiday lights with stops along the way. Trip fee is \$90pp. Registration begins September 1st. Moderate walking. WAIT LIST ONLY.

OVERNIGHT TRIPS/CRUISES

Open to any person 55+.

February 27 - March 9 - No Fly Cruise out of New York City to the Sunny Caribbean. 11 days and 10 nights. Norwegian Cruise Line "Gem". Starting at \$1104pp includes taxes. Registration has begun.

2015 Day Trip Schedule is being developed and will be available in January 2015. Plans are in the works for: another Western Caribbean Cruise leaving out of Baltimore in October – a trip to Washington DC for the Cherry Blossom season in March - a trip to Victorian Williamsport, PA in May - a cruise to Nova Scotia and Prince Edward Island in July and a trip to Ogunquit, ME for September. Complete schedule will be available in January.

FITNESS CLASSES

PING PONG: Mon 10:00am - No equipment needed.

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

Continued on page 22

Senior Center ... continued from page 21

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

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

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

WEIGHT LIFTING: Tue & Thu 10:30 am @ ELHS Fitness Center - Residents \$24.00/24 classes

Nonresidents \$29.00/24 classes. Pass required.

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

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

INDOOR BOOCE: Thu 10:15 am. No fee. Will teach.

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

PICKLEBALL: Sat 10:28 am - \$2pp drop in fee.
Call the Senior Center office.

DANCE/THEATER CLASSES

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

LINE DANCING: Wed 2 pm - Session Class

Call for class fee & schedule.

DRAMA GROUP: Thu 1 pm – Session Class
Call for class fee & schedule.

CRAFTS

PAINTING W/FRIENDS: Tue at 9:30 am.

No instructions only camaraderie! No fee.

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

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

GAMES/CARDS

CRIBBAGE: Mon from 9 am. No fee.

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

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

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

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

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

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

BOCCE: Bocce on the lawn at 9:30 am. No fee. Will teach.

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

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

EDUCATION/ENRICHMENT

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

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


VNASC BLOOD PRESSURE CLINIC: 2nd Thu of every month 12:15 pm to 12:45 pm and 4th Wed of every month 1:15 pm to 2:15 pm

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

DANCES: For 2015: Jan 9th & Mar 6th & May 1st & July 17th & Sep 4th & Nov 6th from 7:00 pm to 10:00 pm. Live Band. Admission is \$9.00.

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(left to right) NANCY TROSTLER, A.U.D., CCC-A; BETHANY B. KELLY, A.U.D., CCC-A;

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East Lyme Public Library

www.ely.lioninc.org

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(860) 739-6926

Monday - Wednesday - 9:00 a.m. - 9:00 p.m.

Thursday - 9:00 a.m. - 6:00 p.m.

Friday - 9:00 a.m. - 5:00 p.m.

Saturday - 9:00 a.m. - 1:00 p.m. (mid-June through August)

9:00 a.m. - 4:00 p.m. (September through mid-June)

Sunday - 1:00 p.m. - 4:00 p.m. (October through May)

EAST LYME PUBLIC LIBRARY EVENTS ADULT & CHILDREN

JANUARY

METAPHOR STRING TRIO

Tuesday, January 20 – 7:00 p.m.

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

LEARN SOMETHING NEW

with the Library's Online Resources

Saturday, January 17 – 2:00 p.m.

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

FEBRUARY

WILLIE NININGER PERFORMS THE BEATLES

Tuesday, February 3 – 7:00 p.m.

Popular singer and songwriter Willie Nininger will perform many of your favorite Beatles' hits. The New York Post calls him "an all-smiling down-right charming performer who gets more enjoyment out of doing his musical thing than anyone else in recent memory". The Boston Herald said of Willie, "Nininger was hilarious in and between songs, displaying a sly and daffy wit". Sign up early!

MARCH

THE MANY FACES OF NOAH WEBSTER

Tuesday, March 3 – 7:00 p.m.

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

KERRY BOYS IRISH MUSIC

Saturday, March 7 – 2:00 p.m.

The Kerry Boys are Connecticut's favorite Irish balladeers.

Their high-energy show will have you clapping and singing along in no time, engaging you from start to finish with their wide collection of traditional and original Irish/Celtic songs.

FROM BONNETS TO BELL BOTTOMS: A CENTURY OF CONNECTICUT FASHION, 1860-1960

Wednesday, March 25 – 7:00 p.m.

Whether it has been passed down, owned for years, or just purchased yesterday, our clothing speaks volumes about who we are, what we do, and the world in which we live. See how much has changed and what has stayed the same from the Civil War to the swinging sixties as the Connecticut Historical Society presents this popular program.

BOOK DISCUSSIONS

FROM LOST TO FOUND ON THE PACIFIC CREST TRAIL BY CHERYL STRAYED

Tuesday, January 13 – 7:00 p.m.

THE BOYS IN THE BOAT BY DANIEL JAMES BROWN

Tuesday, February 10 – 7:00 p.m.

THE SHORT AND TRAGIC LIFE OF ROBERT PEACE: A BRILLIANT YOUNG MAN WHO LEFT NEWARK

FOR THE IVY LEAGUE by Jeff Hobbs

Tuesday, March 10 – 7:00 p.m.

MYSTERY:

WHAT WAS LOST BY CATHERINE O'FLYNN

Thursday, January 29 – 11:00 a.m.

A BEAUTIFUL PLACE TO DIE BY MALLA NUNN

Thursday, February 26 – 11:00 a.m.

FILM DISCUSSION

HUNDRED FOOT JOURNEY

Wednesday, January 21 – 5:30 p.m.

JERSEY BOYS

Wednesday, February 18 – 5:30 p.m.

FRIDAY NIGHT LIGHTS

Wednesday, March 18 – 5:30 p.m.

STORY TIME AT THE EAST LYME PUBLIC LIBRARY

Enjoy stories and fun, reading-related activities!

WINTER WONDERLAND

Registration begins January 12th. To sign up, please call 860-739-6926 (ext. 2) or drop by the Children's Room. Programs begin January 26th and end on March 23rd. Child must be the appropriate age by January 26th. Story Time sessions will continue during winter break.

MONDAYS

No program on February 16th due to President's Day holiday.

3's 10:00 to 10:30 a.m.

4's 11:00 to 11:30 a.m.

5's 1:30 to 2:15 p.m.

Continued on page 24

Library ... continued from page 23

TUESDAYS

2's 10:00 to 10:30 a.m.
 2's 11:00 to 11:30 a.m.
 All ages, drop-in*
 1:30 to 2:15 p.m.

*No registration required

WEDNESDAYS

2's 10:00 to 10:30 a.m.
 3's 11:00 to 11:30 a.m.
 3's 1:30 to 2:00 p.m.

THURSDAYS

2's 10:00 to 10:30 a.m.
 4's 11:00 to 11:30 a.m.
 5's 1:30 to 2:15 p.m.

FRIDAYS

All ages, drop-in*
 10:00 to 10:45 a.m.

*No registration required

Eastern Connecticut Ballet

Eastern Connecticut Ballet's "Nutcracker" will be held on December 13th at 7:00 p.m. & December 14th at 1:30 p.m. at The Garde in New London.

They will have New York City Ballet principal dancer, Sara Mearns as their guest artist once again this year! New York Times chief dance critic, Alastair Macaulay hails Ms. Mearns as, "the great American ballerina of our time." She will be joined with fellow New York City Ballet dancer, Jared Angle.

Eastern Connecticut Ballet's unique version of Nutcracker incorporates a historical backdrop from Connecticut's shoreline. Set in the 1850s, an era when the whaling industry and other forms of trade brought prosperity and exotic goods to the city of New London,

ECB's production weaves themes of journey and transformations into the traditional Nutcracker plot.

ECB is the only Nutcracker in the state to utilize a full, live orchestra for all of its performances.

Eastern Connecticut Symphony Orchestra will bring Tchaikovsky's famous score to life, enhanced by the outstanding acoustics of The Garde Art Center's restored 1,450 seat theater.

Please call Laura Vescovi at 203-415-9004 with any questions.

Interviews with ECB's Artistic Director and former New York City Ballet soloist, Gloria Govrin can also be arranged should you want additional information.



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What Do You Want to Do @ Your Library?

The East Lyme Public Library offers programs to promote the use of its extensive collection and resources. We need your input on where you would like us to focus our upcoming programming efforts. Please fill out this quick form and drop it off at the library, or mail it to: East Lyme Library Survey, 39 Society Road, Niantic, CT 06357. If it's easier you can fill this survey out online at www.ely.lioninc.org. We will post the results in a future newsletter and on our website.

In the left column choose up to 5 activities you would like to participate in by placing an X next to your favorite choices. If you have children or teens, please fill out the right column with the programs you would like us to make available for them.

X	Adults	Children and Teens	X
	3-D printing	3-D printing	
	Coding	Coding	
	Cooking	Cooking	
	iPad / tablet workshops (using tablet computers to create art, music, and videos)	iPad / tablet workshops (using tablet computers to create art, music, and videos)	
	Drafting	Electronics	
	Electronics	Filmmaking	
	Filmmaking	Fine Arts – Painting, pottery	
	Fine Arts – Painting, pottery	Gaming	
	Gaming	Genealogy	
	Genealogy	Ham radio	
	Ham radio	Infant Story times (0-3 years of age)	
	Jewelry Making	Jewelry Making	
	MOOC's – online learning courses	LEGO building and projects	
	Needlework - quilting, sewing, knitting, crochet	Needlework - Quilting, sewing, knitting, crochet	
	Photography	Photography	
	Performing Arts	Performing Arts	
	Puppetry and Stagecraft	Puppetry and Stagecraft	
	Robotics	Robotics	
	Writing workshops	Writing workshops	
Age(s) of your child / children:			

We currently offer a book discussion group and a mystery book discussion, both for adults. What other types of book groups would you like us to offer?

Please share your suggestions for other program ideas:

If you would like us to contact you please give us your name and contact information here:

THANKS!

Emergency Management

Staying warm and safe during the frigid winter months can really be a challenge. If a major winter storm hits, you may have to cope with power failures leaving you without heat. The roads leading to a shelter may be impassable for hours, maybe even days depending on the size of the storm. Many homes will be too cold - either due to a power failure or because the heating system isn't adequate for the weather. If you must use space heaters and fireplaces to stay warm, the risk of household fires and carbon monoxide poisoning increases.

PLAN AHEAD. Prepare for extremely cold weather every winter. There are steps you can take in advance for greater wintertime safety.

EMERGENCY SUPPLIES LIST

An alternate way to heat your home during a power failure:

- Dry firewood for a fireplace or wood stove, or
- Kerosene for a kerosene heater
- Electric space heater with automatic shut-off switch and Non-glowing elements
- Multipurpose, dry-chemical fire extinguisher
- Extra blankets
- First aid kit and instruction manual
- Flashlight or battery-powered lantern
- Battery-powered radio
- Battery-powered clock or watch
- Extra batteries
- Non-electric can opener
- Snow shovel
- Rock salt
- Special needs items (diapers, hearing aid batteries, medications, etc.)

KEEP SEVERAL DAYS' SUPPLY OF THESE ITEMS:

- Non-perishable foods such as bread, crackers, cereal, canned foods and dried fruits & nuts. Remember baby food and formula if you have young children and pet food if you have animals.
- Water stored in clean containers, or purchased bottled water (5 gallons per person) in case you lose power and are on a well.

PREPARE YOUR HOME FOR WINTER

Listen to your local weather forecasts regularly, and check your emergency supplies whenever a period of extreme cold or large storm is predicted.

If you plan to use a fireplace or wood stove for emergency heating, be sure to have your chimney inspected every year. Ask your local fire department to recommend an inspector, or find one in the yellow pages of your telephone directory under "chimney cleaning."

Insulate any water lines that run along exterior walls so your water supply will be less likely to freeze. To the extent possible, weatherproof your home by adding weather stripping,

insulation, insulated doors and storm windows, or thermal-pane windows.

If you have pets, bring them indoors during extreme cold and major weather events. If you cannot bring them inside, provide adequate shelter to keep them warm and make sure that they have access to unfrozen water.

HEAT YOUR HOME SAFELY

If you plan to use a wood stove, fireplace, or space heater, be extremely careful. Follow the manufacturer's instructions and remember these safety tips:

- Use fireplace, wood stoves, or other combustion heaters only if they are properly vented to the outside and do not leak flue gas into the indoor air space.
- Do not burn paper in a fireplace.
- Ensure adequate ventilation if you must use a kerosene heater.
- Use only the type of fuel your heater is designed to use; don't substitute.
- Do not place a space heater within 3 feet of anything that may catch on fire, such as drapes, furniture, or bedding, and never cover your space heater.
- Never place a space heater on top of furniture or near water.
- Never leave children unattended near a space heater.
- Make sure that the cord of an electric space heater is not a tripping hazard but do not run the cord under carpets or rugs.
- Avoid using extension cords to plug in your space heater.
- If your space heater has a damaged electrical cord, do not use it.
- Store a multipurpose, dry-chemical fire extinguisher near the area to be heated.
- Protect yourself from carbon monoxide (CO) poisoning by installing a battery-operated CO detector.

LIGHT AND COOK SAFELY

If there is a power failure:

- Use battery-powered flashlights or lanterns rather than candles, if possible.
- Never leave lit candles unattended.
- Never use a charcoal or gas grill indoors—the fumes are deadly. Never use a generator indoors, inside the garage, or near the air intake of your house because of the risk of carbon monoxide poisoning
- Plug in appliances to the generator using individual heavy-duty, outdoor-rated cords.
- Do not store gasoline indoors where the fumes could ignite.

As always, if a major storm event is predicted, and the Emergency Operations Center is opened, you can turn to the following sites for the most up to date information from power outages, to shelter openings:

East Lyme Public Safety's Facebook Page:

<https://www.facebook.com/pages/>

East-Lyme-Public-Safety/288572021179000.

The Town of East Lyme's YouTube Channel:
www.youtube.com/eltownhall

The Town of East Lyme Website:
www.eltownhall.com

As well as The Town of East Lyme's Local Access Channel 22.

Richard Morris, Emergency Management Director, Public Safety, Fire Marshal Phone: (860) 739-2420
Julie Wilson, Administrative Assistant, Emergency Management: (860) 739-4434

Top 10 Safety Tips for Winter

Top 10 Safety Tips To Avoid a Slip or Fall in Ice and Snow

While walking on footpaths and in public places, or entering or exiting your vehicle, DO NOT underestimate the dangers of snow and ice.

Each winter slips and fall accidents cause serious injuries. Even when surfaces do not look especially icy or slippery, it is very possible that a thin sheet of transparent ice or "Black Ice" is covering your pathway putting you at risk. When you approach a footpath or roadway that appears to be covered with ice or snow, always use extreme caution.

During the extremely cold weather at the beginning of 2010, the Emergency Department of Cork University Hospital experienced a ten fold increase in injuries due to falls as a result of the snow and icy conditions. The most typical injuries are fractures and dislocations are of the wrist, shoulder and ankle.

Many slips and falls happen in places people regard as safe and secure, typically outside their front door, on the door step, or on the path while getting out of the car.

If you are out walking in snow or icy conditions wear appropriate footwear, don't walk with your hands in your pockets; walk with your hands out and wear gloves so you can break your fall if you do slip. It's better to have a broken wrist than a cracked skull.

It's not a good idea to go jogging in such conditions. It is surprising how many people pick up injuries, each year, after falling while out jogging.

The RSA has the following "Top 10 Safety Tips for Pedestrians" to help avoid the possibility of a broken bone that could easily lead to an operation and a long recovery:

1. If a journey cannot be avoided, walk on a footpath, not in the street. If there are no footpaths, walk on the right hand side of the road (towards oncoming traffic). Be extremely careful as frost, ice and snow will make walking on footpaths very dangerous.
2. Remember the footpaths may not be treated so walk with extreme care, make sure you are wearing appropriate footwear and in extreme conditions consider an appropriate walking stick or walking pole.

3. Avoid walking in the streets at all costs if possible. Remember, cars and trucks slip and slide too. If it's an emergency and you can't avoid the street, wear bright or reflective clothing.
4. Visibility is reduced in snowy conditions so wear high visibility clothing or carry a torch.
5. Wear clothing that does not restrict your vision. Stay warm, but DO NOT impair your vision with hoodies, ski masks, scarves, hats, etc. This type of clothing could prevent you from spotting icy conditions that may lead to a fall or not enable you to see a car that is spinning out of control.
6. Snow and ice cause havoc, so use extra caution when crossing roadways and always cross at pedestrian crossings.

Continued on page 28

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Winter Safety Tips ... continued from page 27

7. Ice can easily hide under a light dusting of snow. Just because you don't see the ice doesn't mean it's not there waiting for your unsuspecting footfalls.
8. If you can't avoid the ice and snow, bend your knees slightly and take slower, shorter steps to help reduce the chance of a slip, fall or injury.
9. If forced to use the steps at someone's home, apartment, or other public building, walk slow and take shorter steps when descending.
10. Be aware of overhead hazards. Falling icicles and chunks of snow pose a serious risk. In extreme cold weather icicles can build up in size very quickly and are lethal. Their size and dagger-like formation are extremely dangerous for pedestrians, Be aware of what's happening above you, and stay clear from the edges of buildings.

Snow Removal Facts

Street safety is the Town of East Lyme Highway Department's primary concern during the winter months. The Highway Department treats the pavement and removes snow whenever road conditions call for these services. Residents should remember that all snow removal operations are performed under emergency conditions. Our drivers work extended hours to ensure safe and effective snow removal. Please help the Highway Department by following the snow reminders listed below:

Town of East Lyme has 120 road miles to maintain. Each road requires at least four passes for the plow, adding up to more than 480 travel miles to plow.

- The Highway Department is responsible for clearing all Fire Stations, the Police Station, Town Hall, Community Center, municipal parking lots, Town boat launch and the emergency dispatch center.
- Roads within the Town are prioritized and treated and plowed in a hierarchical fashion. That order is 1) Primary Town roads 2) Secondary Town roads 3) Town subdivision roads 4) Cul-de-sacs.
- There are several State controlled roads in Town. Any road that has a route number is a State controlled road. (Route 1, Route 156, Route 161)
- Please remember that proper plowing operations CANNOT prevent the redeposit of snow in driveway

areas. To reduce the amount of snow plowed back into your driveway, shovel the driveway snow to the left (facing the property).

- Please move all vehicles off the streets or cul-de-sacs during any major snowstorm. A major storm can be defined by accumulation of 4 or more inches.
- The Town of East Lyme is not responsible for snow accumulated around the property owners' mailbox. Homeowners must remove the snow accumulated around their mailbox. (See following article on Mailboxes.)
- Please place your garbage cans on your property and NOT in the street. Objects in the street are the biggest deterrent to efficient plowing operations. Please hold garbage and recycling until the following week and do not put out to the curb if at all possible, as the drivers of those trucks are also the drivers of the plowing trucks.
- Never pass a snowplow or salt truck.
- Never assume the snowplow drivers can see you. Stay at least three (3) car lengths or 25 feet behind the truck. If you cannot see the driver in his mirrors then he cannot see you either.
- If you use a snowblower to clear your driveway, do not blow the snow into the street.

Mailbox Damage by Town Snow Plows

In order to provide a fair and uniform resolution to incidents involving mailboxes damaged by a Town snow plow the Town of East Lyme adheres to the following policy concerning repair/replacement of mailboxes.

It is the job of the Public Works Department to remove snow from road surfaces. Snow being thrown by the plow can significantly impact a mailbox and cause damage. There is nothing that can be done to prevent snow from being thrown from the plow blade. Mailboxes must be securely fastened to a sturdy post anchored in the ground to resist the impact of thrown snow.

The mailbox, post and arm should be at least nine (9) inches from the face of curb or edge of pavement in order to prevent direct contact by the snow plow.

If a mailbox has been hit by a Town snow plow it must be reported to the Public Works Department within 48 hours. If it is determined a mailbox was struck directly by a Town snow plow, the Town will replace the existing mailbox and post with a standard mailbox and post. Custom mailboxes and posts will be not be replaced in-kind.

No mailbox or post will be considered for replacement if the post shows dry rot or is otherwise unstable or was

placed too close to the travelway.

The Town will replace the mailbox and/or post only when the Town snow plow is found to have made direct contact with the mailbox, not when the box is knocked over by snow or slush that is thrown by the plow.

Basketball hoops and sprinkler systems within the Town right-of-way are not permitted and will not be replaced, repaired or reimbursed by the Town.

The Director of Public Works or a designated representative is authorized to use reasonable discretion in resolving matters involving unusual circumstances.

What is Influenza?

What is influenza (also called flu)? The flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. It can cause mild to severe illness, and at times can lead to death. The best way to prevent the flu is by getting a flu vaccine each year.

SIGNS AND SYMPTOMS OF FLU

People who have the flu often feel some or all of these signs and symptoms:

Fever* or feeling feverish/chills
Cough

Sore throat

Runny or stuffy nose

Muscle or body aches

Headaches

Fatigue (very tired)

Some people may have vomiting and diarrhea, though this is more common in children than adults.

*It's important to note that not everyone with flu will have a fever.

HOW FLU SPREADS

Most experts believe that flu viruses spread mainly by droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might also get flu by touching a surface or object that has flu virus on it and then touching their own mouth, eyes or possibly their nose.

PERIOD OF CONTAGIOUSNESS

You may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick. Most healthy adults may be able to infect others beginning 1 day before symptoms develop and up to 5 to 7 days after becoming sick. Some people, especially young children and people with weakened immune systems, might be able to infect others for an even longer time.

HOW SERIOUS IS THE FLU?

Flu is unpredictable and how severe it is can vary

widely from one season to the next depending on many things. Certain people are at greater risk for serious complications if they get the flu. This includes older people, young children, pregnant women and people with certain health conditions (http://www.cdc.gov/flu/about/disease/high_risk.htm) (such as asthma, diabetes, or heart disease).

Flu seasons are unpredictable and can be severe. Over a period of 30 years, between 1976 and 2006, estimates of flu-associated deaths in the United States range from a low of about 3,000 to a high of about 49,000 people.

COMPLICATIONS OF FLU

Complications of flu can include bacterial pneumonia, ear infections, sinus infections, dehydration, and worsening of chronic medical conditions, such as congestive heart failure, asthma, or diabetes.

The single best way to prevent the flu is to get a flu vaccine each season. There are several flu vaccine options for the 2014-2015 flu season.

NASAL SPRAY VACCINE IN CHILDREN AGE 2 TO 8 YEARS OLD

Starting in 2014-2015, CDC recommends use of the nasal spray vaccine (LAIV) for healthy* children 2 through 8 years of age, when it is immediately available and if the child has no contraindications or precautions to that vaccine. Recent studies suggest that the nasal spray flu vaccine may work better than the flu shot in younger children. However, if the nasal spray vaccine is not immediately available and the flu shot is, children 2 years through 8 years old should get the flu shot. Don't delay vaccination to find the nasal spray flu vaccine. For more information about the new CDC recommendation, see Nasal Spray Flu Vaccine in Children 2 through 8 Years Old (<http://www.cdc.gov/flu/about/qa/nasalspray-children.htm>) or the 2014-2015 MMWR Influenza Vaccine Recommendations.

(*“Healthy” in this instance refers to children 2 years through 8 years old who do not have an underlying medical condition that predisposes them to influenza complications.)

- www.ct.gov

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

PROGRAM REGISTRATION FORM

Program Registering For : _____

PARTICIPANT INFORMATION

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

Grade: _____ Gender: _____ Home Phone : _____

Parent Email Address: _____

Address: _____ City: _____ Zip: _____

Mother Name: _____ Work Phone _____ Cell _____

Father Name: _____ Work Phone _____ Cell _____

Emergency Contact: _____ Relation _____ Phone _____

List any allergies, medications, or medical conditions _____

DEMOGRAPHICS (please check one in each category)

Race:

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

Family:

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

Ethnicity:

- Hispanic/Latino
- Not Hispanic/Latino

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

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

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

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

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

Parent/Legal Guardian Signature: _____ Date: _____

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

EAST LYME PARKS AND RECREATION DEPARTMENT
REGISTRATION FORM

REGISTRATION INFORMATION:

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

Name: _____ Spouse's Name: _____

Address: _____ Town: _____ Zip Code: _____

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

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

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

Emergency Contact:

Name: _____ Relationship: _____

Address: _____ Town: _____ Zip Code: _____

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

Participants Name	DOB	Gender	MEDICAL CONCERNS	Program	Session Number	Fee

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

Signature: _____ Date: _____

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

Public Works

Single Stream Recycling

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

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

Single stream accepts all plastics with the exception of plastic bags and Styrofoam.

As with your trash can the recycling can must have a four-foot separation from other objects including your trash can.

ACCEPTABLE ITEMS

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

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

UNACCEPTABLE ITEMS

Food waste in any containers
Needles or syringes
Hazardous or biohazard waste
Trash or bagged material
All other non-recyclable items

Public Works

Leaf Collection Schedule

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

Week of October 13 through week of December 15, 2014
(No collection Thanksgiving week)

All leaves put out for collection must be in paper bags. Leaves in plastic bags are not collected. Bags can be obtained at the Public Works Department in Town Hall between 8:00 am and

4:00 pm and at the Transfer Station which is open 7:00 am – 3:00 pm Monday through Friday and 8:00 am – 12:00 pm on Saturday. The charge is \$.50 per bag. Any other paper bags are also acceptable.

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

The Shoreline Soup Kitchens & Pantries

EAST LYME

Every Thursday from 5 - 6:00 pm
St. John's Episcopal Church / 400 Main Street, Niantic

Residents in need receive enough food for three meals a day for three days for all those in their household. Guests are reminded to bring bags.

Visit www.shorelinesoupkitchens.org for a full listing of SSKP's shoreline meal sites and pantries.



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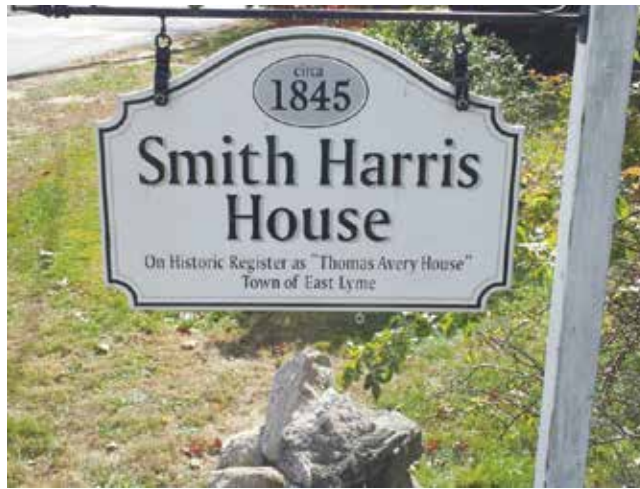
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Smith-Harris House Winter Programs

"THOMAS & ELIZABETH AVERY'S FIRST CHRISTMAS TOGETHER" (1845) AND SILENT WREATH AUCTION

Friday, December 5th

7 p.m. to 9 p.m., \$5 per person

Enjoy the Smith-Harris House decorated for the holidays and lit by candlelight as you bid on the perfect wreath for your home! Performer Jennifer Emerson will entertain with harp music while refreshments inspired by historic recipes are offered. All proceeds benefit the Friends of the Smith-Harris House, for preservation and public programming. For more information call (860) 739-0761 or visit our website at www.smithharris.org.

ANNUAL WREATH & GREENS SALE AND OPEN HOUSE

Saturday, December 6th, 9 a.m. to 1 p.m.

Sunday, December 7th, 9 a.m. to 3 p.m.

Admission to the open-house is a non-perishable food item to benefit Care & Share of East Lyme, Inc. Admission to the wreath & greens sale is free. Fee charged for silhouette.

Deck your halls with an assortment of wreaths, swags, centerpieces, and arrangements in live and permanent greens at our annual wreath & greens sale! All proceeds benefit the Friends of Smith-Harris House, for preservation and public programming. Afterwards, on Saturday, stop by the Smith-Harris House, where it is 1845, and performer Jennifer Emerson portrays Elizabeth Avery welcoming holiday visitors to her home! On Sunday, the Smith-Harris House will feature silhouette artist Elizabeth O'Brien (beginning at 11 a.m.). Silhouettes make beautiful, one-of-a-kind holiday gifts! Sample refreshments inspired by historic recipes, and purchase tickets for our ever-popular holiday drama performance, featuring Sally Mummey.

For more information call (860) 739-0761 or visit our website at www.smithharris.org.

AN EVENING WITH THE BELSNICKEL

Thursday, December 11th

6 p.m. to 8 p.m.

Admission is a non-perishable food item to benefit Care & Share of East Lyme, Inc.

Escape the frenzy of holiday preparations and join the Smith-Harris House for an evening of family-friendly festivities! Children of all ages are welcome to make an old-fashioned holiday card, join musician Judy MacDonald around a cozy fire to sing carols, and meet our kindly Belsnickel! A "Belsnickel," or "St. Nicholas in fur," was a German folk tradition that preceded the modern Santa Claus, and our Belsnickel will share a winter's tale and hand out a treat to each of our young visitors! Afterwards, enjoy a sip of cocoa and ginger-snaps. For more information, call (860) 739-0761 or visit our website at www.smithharris.org.

HOLIDAY TOUR PERFORMANCE

Saturday, December 13th

\$10 per adult; \$5 children 12 and under

Tour Times: 6:30 p.m.; 7:15 p.m.; 8 p.m.; 8:45 p.m.

Join re-enactor Sally Mummey & Her Players as they return for our annual holiday performance! The Smith-Harris House becomes the stage for this year's play, "Thomas and Elizabeth Avery's First Christmas Together," and audience members travel from room to room as the drama - and delights - unfold! Sign up early, tours sell out quickly! Advance reservations and payment required. Please call (860) 739-0761 for more information or to make reservations or visit our website at www.smithharris.org.

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STAND UP TO BULLYING AND MEAN-SPIRITED BEHAVIOR.

Did you know that one out of seven kindergarten through grade 12 students are either a bully or a victim of bullying? And that an estimated 160,000 children miss school every day for fear of intimidation or attack? Bullies are everywhere, on the playground, in the classroom, at the workplace and, more and more often, online. It is up to each and every one of us to put an end to mean-spirited behavior in our communities by learning more about the issue and the resources available for empowering individuals and preventing bullying. For more information call the Community Foundation of Middlesex County **860-347-0025** or go to **MiddlesexCountyCF.org**.

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