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First Selectman's Corner

Happy Autumn East Lyme!

Although the calendar welcomed the fall season on September 20th, New England enjoyed an "endless summer" long into October this year. In fact, we shared some of the best weather we have EVER seen here on the shoreline during September and October. Our beaches, boardwalk, hiking trails, and parks were filled with residents enjoying the warm temperatures but without the crowds of the "tourist season." Like so many others, I went apple picking in shorts and a tee shirt! Everywhere I went grateful citizens stopped me and told me how happy they were to live in our little corner of paradise.

While we were taking advantage of the "best season of the year," others didn't have it so good. Parts of our country and Caribbean islands received some of the worst weather imaginable. Major hurricanes destroyed parts of Texas, Florida, Puerto Rico and other island nations. Many of us have family or friends in some of these locations and we received firsthand accounts of the devastation of these multiple storms. The recovery in some of these places -especially the islands- will last several years or more. Some affected will be homeless and out of work for months and years to come. My spirit was lifted when I learned of the fundraisers and benefits being put together to assist those who need it most. If you haven't yet given directly to a hurricane recovery effort, do it today. It's

not too late to do your part to make a difference for someone else.

November is a time that our nation takes pause and honors all those who served our great nation - and those who continue to stand the watch. We are all so grateful for our veterans...for all they sacrificed, for standing up for liberty and freedom.



Mark C. Nickerson

We can never forget the veterans in our community. We can never, ever say "thank you" enough. The military veterans groups in our town are dedicated to supporting those who served and continue to serve us. I urge citizens to participate in their activities, their fundraisers, and their terrific social events. I have had the pleasure of doing so during my term in office and both organizations are filled with terrific people!

Throughout our town government, and really in every community in Connecticut, the main conversation is the state's financial crisis. Even with a budget compromise coming from Hartford, we will all feel the pinch in the coming years. State aide, grants, social

continued on page 3



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"Events magazine works! We were thrilled to receive a call for reservations at GrandView Campground, just two days after the magazine was delivered to recipients. We are looking forward to increasing our presence in neighboring areas, as Events spreads the word for us."

- Grandview Camp Resort, Moodus, CT

First Selectman's Corner... continued from page 1

services and partnerships that we once relied on will be de-funded in the coming years. The next 3-5 years will be very difficult. That is a fact.

Balance is the key: In East Lyme, we constantly evaluate the delicate balance between taxes and the quality of life (schools and services/departments). Many of us moved here or chose to stay here because of the quality of our schools and the valued and cherished town services (beaches, parks, snowplowing, trash pick-up, library, senior center, etc. etc. etc.). In the coming years, with more and more pressure on our budget due to state cutbacks, we will need to evaluate what we can live with and without.

I view the primary job of a first selectman (and related commissions/boards) is to protect and even grow property values. Raise taxes too much (to order to maintain services and education excellence) and

property values will decrease because people will not be able to afford to live here. If we cut services and the quality of education too drastically to keep taxes level, our property values will plummet. The answer is in the "balance."

We are all in this together. And we will get through this together. Connecticut's comeback WILL happen with strong and determined leadership in Hartford. And here at home, please know members of boards, commissions, department heads and others are very aware of the awesome responsibility we have. We work to earn your trust and respect every single day.

We live in one of the best places imaginable. I am grateful for the honor of being your First Selectman.

Mark C. Nickerson
First Selectman

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and download the issue you desire!



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Director's Note Winter 2017



David Putnam

The East Lyme Parks and Recreation Department in partnership with the Miracle League of Connecticut is excited to announce plans for a fully accessible Miracle League Sports Field. The project will impact the lives of thousands of children with physical and developmental challenges in Southeastern Connecticut. This will be the first field of its kind in Southeastern Connecticut. The proposed field will be located in the rear of the Flanders Elementary School. The field will be able to host a variety of sports including; baseball, soccer, football and lacrosse while also providing access for students at Flanders Elementary. The Parks and Recreation Department kicked off our fundraising campaign on Monday, November 6 at Flanders Fish Market; the project will be fully funded through a fundraising campaign. If you would like additional information on the project or are interested in donating or volunteering your services, please feel free to contact me.

Please take some time to review the many activities and programs listed in this magazine to keep and your family healthy and fit year round. A huge thank you for the many advertisers in our magazine; without you this publication would not be possible. Wishing you and your family all a happy and healthy New Year!!

Sincerely,
David M. Putnam
Director

EL 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 or by calling 860-691-4110 at the East Lyme Town Hall.

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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 owner's control at all times and it is the owner's responsibility to clean-up all pet waste. Dogs are not permitted on the Niantic Bay Boardwalk at any time during the year.

Restrooms will remain open until mid-November as weather permits.

Contact the Parks and Recreation office for Pavilion reservations/availability.

Tobacco Free Parks

State Statute 22-364 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 26 – Sept. 4, 2017 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.

PAVILION/TENT RENTAL

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

PARKS & BEACHES ADDRESSES

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

Hole-N-Wall Beach – Baptist Lane, Niantic

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

Peretz Park at Bridebrook – 221 West Main Street, Niantic
Baseball, soccer, basketball court, softball, lacrosse, utility fields

Smith-Harris Park – 31 Society Road, Niantic

(Behind EL Middle School) Little League, Pee-Wee football

Veteran's Memorial Park – 10 Memorial Park Road, Niantic
Baseball, softball



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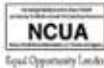


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Parks & Recreation Department

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
Maintenance Support: Michael Rak, Jason Alves, William Steward

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 pm. The public is welcome to attend the meetings.

East Lyme Police Department 860-739-5900
East Lyme Public Library 860-739-6926
www.ely.lioninc.org
East Lyme Public Works 860-739-8444
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

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www.eastlymebaberuth.com

EAST LYME LACROSSE

Rich McCaffrey / 860-608-0465 / 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

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Pat Keegan / 860-739-2107

EAST LYME GARDEN CLUB

www.eastlymegardenclub.org or elgclub@gmail.com

GIRL SCOUTS REGIONAL OFFICE

Jenna Duff / 800-922-2770 x 3728

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

NIANTIC LIONS CLUB

Ed Keens / www.nianticlions.org / 860-451-8333

DISTRICT SCOUTS REGIONAL OFFICE

Mike Cooney / 860-373-0097

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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.

U.S. AMATEUR BALLROOM DANCE ASSOCIATION DANCES

3rd Friday Dates: 12/16, 1/20, 2/17, 3/17 (7:00 – 10:00 pm)
1st Saturday Dates: 12/3, 1/7, 2/4, 3/4 (6:30 – 11:00 pm)
Location: East Lyme Library & Community Center Activity Room
For more information visit: www.usadancenewlondonct.com.

SHORELINE SWING DANCES

(3rd Saturday of month)
Dates: Dec 16 (Chris Leigh Band), Jan 20 (Eight to the Bar), Feb 17 (Hot Cat Jazz Band), and March 17 (The Cartels)
8:00 to 11 pm. Dance lessons are offered from 7:00 to 8:00 pm.
Location: East Lyme Public Library/Community Center Activity room. For more information visit: www.shorelineswingct.org.

DDS/EAST LYME DANCES

For more information please contact Robert Strick, at 860-917-0467 or e-mail at Robert.strick@snet.net.

Dances are Friday evenings from 7:00 – 9:00 pm. The fee for each dance is \$5.00.

Dates: Dec 1 (Holiday Dance), Jan 12 (Super Bowl Dance), Feb 23 (Valentine's Dance), March 23 (St. Patrick's Day Dance)
Location: East Lyme Community Center, Activity Room

ANNUAL NIAN TIC LIGHT PARADE

Date: Saturday, December 9th at 6:00 pm
Rain date – Sunday, December 10th at 5:00 pm
Visit www.ellightparade.com or send an email to ellightparade@gmail.com with any questions.

PRESEASON SOFTBALL LEAGUE ORGANIZATIONAL MEETING

Representatives from teams interested in participation in the league should attend this meeting. The league is scheduled to begin play the week of May 14. All games are played at Samuel M. Peretz Park @ Bridebrook. Date and Day: Tuesday, March 13
Time: 6:30 pm
Location: Parks & Recreation Conference room

CHALLENGER BASKETBALL

This is a free program and registrations will be taken on first night.
Dates: January 8 – March 5 (No program 1/15 & 2/19)




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Days: Mondays
Time: 6:00 – 7:15 pm
Location: ELMS Gym

EAST LYME PLAYERS PRESENT “RUMORS”

The East Lyme Players sponsored by the East Lyme Senior Center will present a staged reading of “Rumors” written by Neil Simon and directed by Joyce Beauvais. The performances will be held at

the East Lyme Community Center on Friday, December 8th at 7 pm and Saturday, December 9th at 1 pm. Tickets can be purchased at the East Lyme Senior Center beginning November 1st. Tickets should be available at the door but it is highly recommended to make reservations. Prices are \$20pp – Dinner includes baked ham, roast turkey, green bean Casserole, pasta salad, and a roll. Come join us for our dinner theater production of “Rumors” – good food, good time – what’s not to like?

East Lyme Soccer Association

Programs include Pre K (ages 3-5), K-2, 3-8 travel and recreational programs and High School Summer Soccer (current 8th-11th graders). We also offer camps and clinics for all ages. Please visit our website at www.eastlymesoccer.org for information on each program. For any questions please contact our registrar Lynda Mills at www.elsa.registrar@gmail.com.

Parks & Recreation Programs

PRE SCHOOL PROGRAMS

“Got 2 Be Moving” for 2 year olds

Session #350501-03

A 30 minute movement class for 2 year olds that focuses 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 6)

Dates: Jan 8 to March 12 (No class on 1/15, 2/19)
Days: Monday
Time: 9:15 to 9:45 am
Fee: Resident-\$35.00/Non Resident \$50.00
Registration: Begins Dec 14
Location: East Lyme Public Library/Community Center, Olive Room
Instructor: Rachel Skelton

Creative Art for 2 year olds

Session #350301-03

A 30 minute arts & crafts class designed for 2 year olds. Using different mediums, children will manipulate simple supplies to create original artwork all on their own. A first step towards self-discovery and independence, children will learn color recognition and simple art techniques to help their imagination grow. (Maximum number of participants is 6)

Dates: Jan 8 to March 12 (No class 1/15 & 2/19)
Days: Monday
Time: 10:30 to 11 am
Fee: Resident \$35.00/Non Resident \$50.00
Registration: Begins Dec 14
Location: East Lyme Library/Community Center/ Youth Center
Instructor: Rachel Skelton

Creative Arts for Kids, ages 3 & 5

Session: 350301-01

This class continues to explore their artistic expression. Using different mediums, children will manipulate simple supplies to create original artwork all on their own. A first step towards self-discovery

and independence, children will learn color recognition and simple art techniques to help their imagination grow.

Dates: Jan 4 to Feb 22
Days: Thursday
Time: 10:30 to 11:05 am
Fee: Resident-\$35.00/Non-Resident-\$50.00
Registration: Begins Dec 14
Location: East Lyme Library/Community Center/ Youth Center
Instructor: Rachel Skelton

Simple Stem, ages 3 to 5

Session #350401-01

In this hands-on STEM based series, kids will love finding out how things work as they begin learning about Science, Technology, Engineering, and Math concepts with age appropriate projects & experiments each week. This class encourages experimenting, tinkering, building, observing, exploring, problem solving & creating.

Dates: Jan 4 to Feb 22
Day: Thursday
Time: 9:30 to 10:05 am
Fee: Resident \$35.00/Non Resident \$50.00
Registration: Begins on Dec 14
Location: East Lyme Library/Community Center/ Youth Center
Instructor: Rachel Skelton

Tot Gym, Ages 3 to 5

Session #350501-06

A learning through movement class focused on developing large motor skills, socialization and team building. Interactive games each week will encourage independence and working together. An energetic class filled with running, jumping, twirling and dancing! Two classes will be offered.

continued on page 10

Parks & Rec - Pre School Programs ... continued from page 9

Dates: Jan 8 to March 12 (No class 1/15, 2/19)
 Days: Monday
 Time: 10:45 to 11:30 am
 Fee: Resident \$35.00/Non Resident \$50.00
 Registration: Begins Dec 14
 Location: East Lyme Library/Community Center/
 Smith-Harris Room
 Instructor: Rachel Skelton

Instructor: Marsha Pirie, A.F.F.A

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

Yoga Fun & Fitness For Ages 3 To 5

Session # 350501-02

Through the use of music, chimes, and yoga style games, children gain the benefits of yoga while developing the love of practice. Silly yoga sequences enhance concentration skills while refining motor coordination. Thematic ideas such as peace, respect, gratitude & acceptance will be presented at an age appropriate level. Little yogis learn best through social interaction, repetition and play. Please bring a yoga mat. Maximum number of participants is 10.

Dates: Jan 5 to Feb 16
 Days: Friday
 Time: 1:00 to 1:45 pm
 Fee: Resident \$35.00/Non Resident \$50.00
 Registration: Begins Dec 14
 Location: East Lyme Public Library/Community Center,
 Youth Center

Mommy /Daddy & Me (Infants – 2 year olds)

Session: 340901-01

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: Jan 10 to Feb 28
 Days: Wednesday
 Time: 9:45 am – 10:30 am
 Fee: Resident \$75.00/Non-Resident \$90.00
 Registration: Begins Dec 14
 Where: ELRT 32 Society Rd
 Instructor: Erin Stanley

Preschool Music, Movement and Exploration (ages 2 ½ - 5 year olds)

Session: 340903-01

Imagination! Creativity, fun and interactive learning are the basis of this class. Students will experience different genres of music



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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
Days: Tuesday
Time: 10:45 am – 11:30 am
Fee: Resident \$75.00/Non-Resident \$90.00
Registration: Begins Dec 14
Where: ELRT 32 Society Rd
Instructor: Erin Stanley

OR

Dates: Jan 10 to Feb 28
Days: Wednesday
Time: 10:45 am – 11:30 am
Fee: Resident \$75.00/Non-Resident \$90.00
Registration: Begins Dec 14
Where: ELRT 32 Society Rd
Instructor: Erin Stanley

Little Broadway Stars (Ages 5-7)

Session: 340911-01

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: Jan 11 to March 1
Days: Thursday
Time: 4:15 – 5:00 pm
Fee: Resident \$75.00/Non-Resident \$90.00
Registration: Begins Dec 14
Where: ELRT 32 Society Rd
Instructor: Erin Stanley

Musical Auditions & Family Cabaret

COMING THIS SPRING: ELRT JR Musical for ages 8-16. Auditions will be held in March! Check out our website eastlymeregionaltheater.com for dates or follow East Lyme Regional Theater on Facebook or Instagram for more info! Email us at elregionaltheater@gmail.com.

ADULT PROGRAMS

Morning Aerobics

Session # 310101-01

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: Jan 3 to Feb 23 (No class 1/15, 2/19)
Days: Monday-Wednesday-Friday
Time: 8:30 am – 9:30 am
Fees: Resident \$60.00/Non-Resident \$75.00
Registration: Begins Dec 15
Location: East Lyme Library/Community Center, Activity Room

Instructors: Donna Neaton, AFAA

Morning Aerobics

Session # 310101-02

Same as above

Dates: Mar 5 to April 20 (No class 3/30)
Fees: Resident \$60.00/Non-Resident \$75.00
Registration: Begins Feb 21

Pilates on the Mat

Session #310302-01

We will work to balance all muscle groups in strength and flexibility, with an emphasis on challenging the core muscles with each movement. Small exercise props such as Magic Circles, weights, body bars, bands & balls are utilized to engage specific muscle groups and assist with body positioning. Pilates on the mat is a safe method to sculpt your body and to feel increased agility in your every day movements. Modifications are provided therefore welcoming all levels. Please bring an exercise mat.

Dates: Jan 2 to Feb 20
Days: Tuesdays
Time: 10:15 to 11:15 am

Fees: Resident \$35.00/Non-Resident \$50.00
Registration: Begins Dec 15
Instructor: Marsha Pirie, AFAA, PiYo
Location: East Lye Library/Community Center, Activity Room

Pilates on the Mat

Session #310302-02

Information same as above.

DATES: TBA

Stability Ball with Total Fitness

Session # 310104-01

This class will include a total fitness format utilizing the stability ball, hand weights, and core balls to create a great workout for the entire body. The class will incorporate some cardio movement into each class. Participants are required to bring a non-slip exercise mat and their own stability ball.

Dates: Jan 4 to Feb 22
Days: Thursday
Time: 10:15 am – 11:15 am
Fee: Resident \$35.00/Non-Resident \$50.00
Registration: Begins Dec 15
Where: East Lyme Library/Community Center, Activity Room
Instructor: Marsha Pirie, AFAA, PiYo

Stability Ball with Total Fitness

Session#310104-02

Information same as above.

Dates: TBA

continued on page 12

P&R Adult Programs ... continued from page 11

Total Fitness with Interval workouts

Session #310403-01

This is a 45 minute cardio & strength training class using a variety of aerobic moves, weights, bands, balls, and tubing and core exercises for a complete body workout. IT IS A PROGRAM DESIGNED FOR ALL FITNESS LEVELS! Please bring a non-slip exercise mat and plenty of water to drink!

Dates: Jan 3 to Feb 28 (No class 1/15, 2/19)

Days: Monday and Wednesday

Time: 4:10 to 4:55 pm

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

Registration: Begins Dec 15

Where: East Lyme Library/CC-Activity Room

Instructor: Donna Neaton, AFAA, Leah Lopes

Total Fitness with Interval workouts

Session #310403-02

Same info as above.

Dates: March 12 to April 25

Registration: Begins Feb 21

Core and More With Stability Ball

Session # 310105-01

A 45 minute class focusing on balance and the core muscles with additional upper/lower body strength training. This workout can be done on an exercise mat as well as the stability

ball. Participants are required to bring a non-slip exercise mat and your own stability ball. (Ball is Optional, But Preferred!)

Dates: Jan 4 to March 1

Days: Thursday

Time: 4:10 to 4:55 pm

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

Registration: Begins Dec 15

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

Instructor: Donna Neaton, AFAA

Core and More With Stability Ball

Session # 310105-01

Same info as above.

Dates: March 8 to April 26

Registration: Begins Feb 21

Body Shred (Synergistic, High Intensity, Resistance, Endurance and Dynamics)

SESSION #310303-01

Come shred fat, define muscle, and transform the look of your physique. This class combines strength, cardio, and core strength exercises in high intensity interval training. Modifications are always provided. Please bring a non-slip exercise mat, towel and water to drink!

Dates: Jan 2 to Feb 20



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Days: Tuesday
 Time: 4:40 to 5:25 pm
 Fee: Resident \$40.00/Non Resident \$55.00
 Registration: Begins Dec 15
 Where: East Lyme Library/Community Center,
 Activity room
 Instructor: Marsha Pirie, AFFA

Body Shred

Session #310303-02
 Same info as above.
 Dates: TBA

Fascial Movement

Session # 310301-01
 Using balls, bands and rollers to sense, bounce, expand and hydrate the fascial tissue of our bodies. Fascial is the envelope of our bodies, it can also be called a sheath around every muscle, organ and bone. HEALTHY FASCIA HELPS MOVEMENT! Come and learn to move, exercise and release tight areas of your body. Participants are required to bring a non-slip exercise mat.
 Dates: Jan 2 to Feb 27 (No class 2/20)
 Days: Tuesday
 Time: 6:30 pm – 7:30 pm
 Fee: Resident \$50.00/Non-Resident \$65.00
 Registration: Begins Dec 15
 Where: East Lyme Library/Community Center,

Activity Room
 Instructor: Kim Stirtan-BSPE, ACE & Stott Pilates. Level One
 Fascial Movement 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 2 to March 27
 Days: Tuesday
 Time: 5:30 pm – 6:25 pm
 Fee: Resident \$45.00/Non-Resident \$60.00
 Registration: Begins Dec 15
 Where: East Lyme Library/Community Center,
 Activity Room
 Instructor: Donna Neaton AFAA/Zumba Instructor

Saturday Morning Zumba Aerobics



Session #310103-04
 This 1½ hour class begins with a full hour of ZUMBA fitness followed by some upper body conditioning exercises, core work and a stretch. Participants are required to bring a non-slip exercise mat.
 Dates: Jan 6 to March 31
 Days: Saturdays
 Time: 8:30 am – 10:00 am



continued on page 14



EXPLORE

WINTHROP STEM ELEMENTARY MAGNET SCHOOL

SCIENCE, TECHNOLOGY, ENGINEERING & MATH

- Integrating inquiry-based **SCIENCE** in all content areas with 4 science and technology labs including a community garden and outdoor learning areas.
- Incorporating advanced **TECHNOLOGY** throughout the school day with a 1:1 student to iPad ratio and specialized technology teacher.
- Giving students opportunities to apply their knowledge of science and mathematics to find suitable solutions to everyday problems by introducing them to the world of **ENGINEERING**.
- Providing rigorous personalized **MATHEMATICS** instruction for every student based on their current skill level and supported by online resources.
- Featuring an expanded school day that includes unique STEM-themed engaging enrichment opportunities through community partners such as:
 Mystic Aquarium • Denison Pequotsepos Nature Center
 New London Recreation • Progressions Music...and more!

INFORMATION SESSION & TOUR DATES

Tuesday	Saturday
January 9, 2018 at 6pm	February 24, 2018 at 10am
Saturday	Tuesday
January 27, 2018 at 10am	March 6, 2018 at 6pm
Tuesday	Saturday
February 13, 2018 at 6pm	March 24, 2018 at 10am

For more information contact:
 Angela Rasmussen - Phone: (860) 447-6033
 rasmussena@newlondon.org

WINTHROP STEM ELEMENTARY MAGNET SCHOOL
 74 GROVE STREET, NEW LONDON, CT 06320

winthrop elementary.org | Facebook.com/NLPS.Winthrop

A Division of New London Public Schools

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

Fee: Resident \$50.00/Non-Resident \$65.00
Registration: Begins Dec 15
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 3 to Feb 28 (No class 1/15, 2/19)
Days: Monday - Wednesday
Time: 5:00 to 6:00 pm
Fee: Resident \$45.00/Non-Resident \$60.00
Registration: Begins Dec 15
Where: East Lyme Library/Community Center,
Activity Room
Instructor: Donna Neaton-AFFA, Leah Lopes

Coed Cardio Total Body Conditioning

Session #310202-02

Same info as above.

Dates: March 12 to April 25
Registration: Begins Feb 21

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 8 to April 9 (No class 1/15, 2/19)
Days: Monday
Time: 6:10 pm – 7:25 pm
Fee: Resident \$60.00/Non-Resident \$75.00
Registration: Begins Dec 15
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. Participants are required to bring a non-slip exercise mat.

Dates: Jan 3 to March 28 (No class 2/28)
Days: Wednesday
Time: 6:15 pm – 7:30 pm
Fee: Resident \$60.00/Non-Resident \$75.00
Registration: Begins Dec 15

Where: East Lyme Library/Community Center,
Activity Room

Instructor: Michele Flowers, RYT 500

Yoga Flex with Pilates Core (formerly evening PiYo)

Session #310106-01

Yoga can help improve flexibility, range of motion, balance & posture. Pilates strengthens & tones muscles. It works at strengthening core which helps us in all areas of our physical fitness. Help your body to improve bone density. Modifications are always provided inviting all levels to attend. Please bring a yoga mat & some water.

Dates: Jan 4 to March 8
Days: Thursday
Time: 5:15 to 6:00 pm
Fee: Resident \$45.00/Non Resident \$60.00
Registration: Begins on Dec 15
Location: Activity Room, East Lyme Public Library/
Community Center
Instructor: Marsha A Pirie, Certified PiYo Instructor

Yoga Flex with Pilates Core (formerly morning PiYo)

Session #310106-02

Dates: Jan 5 to March 9
Days: Friday
Time: 9:40 to 10:30 am
Fee: Residents \$45/Non Resident \$60
Registration: Begins on Dec 15
Location: East Lyme Public Library/Community Center,
Activity Room

Yoga Flow

Session #310107-01

Beginners & experienced Yogis will benefit from flow practices which will concentration on mindful movement, linking breath & focusing on correct posture alignment. Participants are required to bring a non-slip exercise mat.

Dates: Jan 8 to March 26 (No class 1/15, 2/19)
Days: Monday
Time: 9:40 to 10:40 am
Fee: Residents \$45.00/Non Residents \$60.00
Registration: Begins on Dec 15
Where: East Lyme Library/Community Center,
Smith-Harris Room
Instructor: Marsha Pirie, AFFA & Yoga Fit

Ballroom Dance – Silver Dance Syllabus

Session #330102-01

This class will include instruction in “Silver Dance Syllabus,” such as the waltz, foxtrot and tango.

Dates: Feb 1 to March 22
Days: Thursday
Time: 6:15 to 7:15 p.m.
Fee: Resident \$45.00/Non-resident \$60.00 per person

Registration: Begins on Jan 15
 Where: East Lyme Library/Community Center,
 Activity room
 Instructor: Marjorie Winslow

to snow will not be made up.)
 Dates: Jan 2 to May 29 (No program 2/20,4/17)
 Days: Tuesdays
 Time: 6:00 to 8:15 pm
 Fee: Resident \$30.00/Non Resident \$45.00 or Drop In:
 \$5.00 per person
 Where: East Lyme Middle School gymnasium
 Registration: Begins Dec 15
 Supervisor: Cathleen Aquino

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. (*Cancellations due

Samuel Smith Farmstead Update

It has been a busy and interesting year for the Farmstead. In February of 2017, we received a Preliminary Research Report from the State Archeologists regarding the history and construction of the house that is presently on the property. It was originally thought that the house was built in 1685, but the report suggests that it probably was built in the 1740s, though the farmstead itself dates to the earlier time. The report states that "the research underlying this investigation has yielded useful information, but it has also demonstrated that further research will likely produce additional

useful and interesting information." Some guidelines were given as to the stabilization of the structure and we are carefully proceeding from that point. In the fall, after much investigative efforts, we began with the siding of the buttry. When this work is completed we will be doing the same on the main part of the house.

After work on the well, we now have potable water and will begin shortly on the construction of bathroom facilities that will enable us to hold more extensive activities at the Farmstead. One of our

goals in 2018 is to host a Revolutionary Encampment on the site.

The house is closed tight for the winter, but we meet monthly on the second Monday of the month at 4:30 at the Police Station and, when weather permits, will be back in the barn on the property. The public is welcome to attend the Board Meetings and we are always looking for new members.

Please visit our website at samuelsmithfarmstead.org.

HELPING FAMILIES SAFEGUARD
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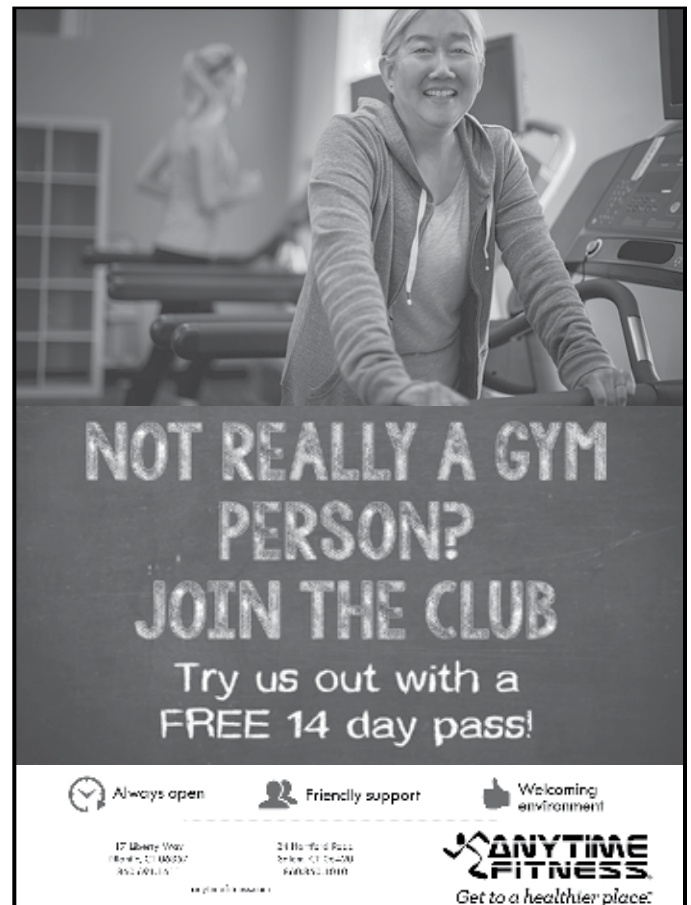
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Parks & Recreation Registration Policies

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 / 8:30 am – 4:00 pm.

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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- Deb Lewis



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. Mail in registrations will be accepted after the initial walk in registrations.

Name: _____ Spouse's Name: _____
 Address: _____ Town: _____ Zip Code: _____
 Home Phone #: _____ Cell Phone #: _____ Provider: _____ Work Phone #: _____
 E-Mail: _____ Cash _____ Check _____ Visa _____ MC _____

Emergency Contact:

Name: _____ Relationship: _____
 Address: _____ Town: _____ Zip Code: _____
 Home Phone #: _____ Cell Phone #: _____ Work Phone #: _____

Participants Name	DOB	Gender	MEDICAL CONCERNS	Program	Session Number	Fee

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

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

East Lyme 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

Dave Putnam- Executive Director

Mike McDowell- Program Coordinator

“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.”

Office Hours: 8:00 am – 4:00 pm

Youth Services Commission

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

Registration 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 8 am-4 pm or can be mailed to us. All payments by check should be made out to Town of East Lyme/ELYS with the participant's name and program in the memo section.

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 pm. 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.

What's Cooking for Kids

Wednesdays from 3:00 pm – 5:00 pm

1/10, 1/17, 1/24, 1/31

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. 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.

Sitter Survival

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. Late bus is available.

Dates: January 9th to February 6th

Day: Tuesday

Time: 3:00 to 4:00 pm (1/30 & 2/6 class will be 3:00-5:00 pm for CPR & First Aid)

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

Where: Olive Chendali Room

Ski Club

Thursdays, January 4th – February 1st, 2018 from 3-9 pm

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 pm at the Youth Center.

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 Mondays. 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 Year's Eve: Saturday, Dec. 31, 10:00 am-2 pm

East Lyme Community Center, 41 Society Rd., Niantic, CT.

The Children's Museum of Southeastern Connecticut and East Lyme Parks & Recreation ring in the New Year a little early with a 250+ balloon drop! In addition to much loved balloon drop, the event will also include the Children's Museum's StarLab, Crazy Science demos, photo booth, hands-on children's activities, The Rolling Tomato Food Truck, an Amber Alert station with the Niantic Rotary and more. Balloons drop at noon and activities continue until 2!

- Advanced registration: \$6/member, \$8/nonmember

- Day of event: \$8/member, \$10/nonmember

More information 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.eltownhall.com.

East Lyme Senior Center

East Lyme Senior Center
37 Society Road, Niantic, CT 06357
860-739-5859
Monday – Friday 8:30 am to 4:30 pm

Cathy Wilson – Director
Kristen Caramanica – Program Coordinator
Anna Hartung – Senior Center Associate
Roxanne Kormos – Driver
John Hallissey – Driver
Melissa Victor – Driver
Joe Savoie - 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 online 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 online 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 at the East Lyme Senior Center at 5:00 pm. The public is welcome to attend.

Transportation - In-Town Transit Services
Transportation to and from the Senior Center as well as to in-town destinations is 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 funded by a grant through the Dept.

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.

of Transportation. Call the Senior Center for more information.
Senior Lunches - Senior Nutrition Program
The Senior Center and TVCCA provide lunches with a 24 hour reservation Monday through Friday at 11:45 am. Monthly menus are printed in The Courier newsletter. \$3.00 suggested donation.

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 860-886-1720.

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 about a possible discount after completion of this course.

Trips – The Senior Center offers a diverse selection of trips. Detailed flyers are available once registration begins. Below are the trips currently being promoted:

Day Trips
Open to any person 55+
Tue., Dec 5th - Holiday experience with Christmas in Newport in Newport, RI. Two decorated mansions, lunch at the Atlantic Resort included. Trip fee is \$97pp. Registration has begun. Moderate walking.

Trip planning for 2018 is beginning.
Send us your suggestions for Day Trips, Overnight Trips, and Cruises.

Overnight Trips/Cruises
February 1-4, 2018 - Join us for the famous Quebec Winter Carnival and tour this beautiful city with a knowledgeable local guide. \$955/double, \$1249/single, \$889/triple. Registration has begun. Trip presentation will be held at the East Lyme Senior Center on Wed, November 15th at 10 am.
Call to register.

October 15-25, 2018 - Escorted tour of the Imperial Cities featuring Prague, Vienna & Budapest. Once in a lifetime trip. \$3649/double, \$4299/single, \$3619/triple. (travel insurance not included).
Registration began October 2nd.

continued on page 21

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 _____

Senior Center ... continued from page 19

Trip presentation to be held at the East Lyme Senior Center on Mon, November 20th at 10 am.

Call to register.

Fitness Classes

SENIOR FITNESS: Mon. & Wed. 10 am - R\$50.00/30 classes - NR\$55.00/30 classes. Pass required.

STRENGTH TRAINING: Mon. & Wed. 11:30 am - Session Class - Call for class fee & schedule.

SENIOR YOGA: Tue. 9 am & Thu. 9 am - R\$60.00/30 classes - NR\$65.00/30 classes. Pass required.

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

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

WEIGHT LIFTING: Tue. & Thu. 10:15 am @ ELHS Fitness Center - R\$24.00/24 classes - NR\$29.00/24 classes. Pass required.

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

PING PONG: Wed. 10 am. Will teach. No fee.

BOCCE: Thu. 10:00 am. No fee. Will teach.

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

People with Arthritis Can Exercise.

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

Performing Art Classes

TAP CLASS: Tue. 1 pm - R\$24.00/20 classes - NR\$29.00/20 classes. Pass required.

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

VALLEY SHORE WOMENS ACAPELLA: Wed. 6:30 pm. Call for more information.

EAST LYME SENIOR CHORUS: Fri. 10 am. Any level. Come join the fun.

Crafts

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

ADULT COLORING: Tue. 12:30 pm. No fee.

LEARN TO DRAW: Thu. 10 am. No fee. Minimal supplies needed. Call to register.

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 Fri dinner quilting. Intermediate to Advanced level.

CRAFTS: New monthly program to begin.

Games/Cards

BUNCO: Mon. 9:30 am. Will teach. \$2 fee.

HAND & FOOT: Mon. 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: Shoot Out played Tue. 1 pm. Fee \$5.00pp. Must know the game/have a partner. Must register.

ACBL Santioned BRIDGE: Duplicate Bridge played Wed. 1 pm. Fee \$7.00pp (\$1pp if 26 or younger). Must know the game.

Contact mikehajosy@gmail.com for questions/registration.

BRIDGE: Duplicate Bridge played Thu. 1 pm. Fee \$1.00pp. Must know the game/have a partner. Must register.

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

Education/Enrichment

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

BRAIN AEROBICS: 1st & 3rd Wed 12:45 pm – Call to register. No fee.

GUITAR LESSONS: Thu 12:30 pm – Session class – Call for class fee & schedule.

DANCES: Every other month – Fri at 7 pm. Nov 3rd, 2017. Mar 9th, Jul 6th, Sep 7th & Nov 9th, 2018 dates. Fee \$10pp – tickets sold at the door. The Illusions Band plays.

TECH SUPPORT: 2ND Tue of every month with ELHS students. Call to set up an appointment.

Health Programs/Benefits Info

REFLEXOLOGY: 2nd Wed. of every month. \$5 fee. Register at the Senior Center Office.

REIKI: Twice monthly. Call to register. \$5 fee. Register at the Senior Center Office.

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

HEARING CLINIC: 1st Fri. of every month at 10am. Must have an appointment.

Senior Learning Network: Monthly video conference learning sessions. Call for more details.

Every Month - Theme Meals & Musical Entertainment Special Events

Library Events

DECEMBER

Preventing an ID Theft Crisis - Citizens Bank Financial Education Series

Monday, December 4 – 6:00 pm

Learn about identity theft, how it occurs, how to prevent it, and what to do if you become a victim.

Wisdom of the Peanuts / Tuesday, December 5 – 7:00 pm

Retired educator and Peanuts aficionado, John Proctor, will talk about the Peanuts characters and how each of the characters differed in his or her needs and strengths. John has been a fan of the Peanuts comic strip since the 1960s, belongs to the International Peanuts Collectors Group and the East Coast Peanuts Collectors.

Creative Community / Wednesday, December 6 – 6:00-8:00 pm

Are you looking to work on crafts and meet other people? Bring your project and materials and meet someone new.

Creative Community / Thursday, December 7 – 10:00 am-12:00 pm

Are you looking to work on crafts and meet other people? Bring your project and materials and meet someone new.

13th Annual Winter Solstice Harp Concert / Tuesday,

December 19 – 7:00 pm

Allyn Bryson Donath presents her annual harp recital to welcome winter. Please be sure to register early, as this is always a popular event!

JANUARY

Creative Community / Wednesday, January 3 – 6:00-8:00 pm

Are you looking to work on crafts and meet other people? Bring your project and materials and meet someone new.

Creative Community / Thursday, January 4 – 10:00 am-12:00 pm

Are you looking to work on crafts and meet other people? Bring your project and materials and meet someone new.

Get Organized: Managing Your Paper / Tuesday, January 16 – 7:00 pm

Sandra Wheeler, Professional Organizer and owner of For Peace of Mind, will give useful tips on how to organize your paper. She will discuss how to sort it, what to keep and for how long, and where to put it so you can find it. Bring your questions. Walk away motivated to make changes in how you handle the paper in your life.

FALL ACTIVITIES AT LYME SHORES

After-School “Tennis Programs for Kids”

Eight-week sessions throughout the school year starting Sept. 5th

Big Shots (ages 4-6)

Tue. or Thu., 4-5pm

Future Stars (ages 7-9)

Tue. & Thu., 4-5pm

Team Connecticut

Mon. & Wed., 5:15-6:30pm
For competitive junior players

Local Excellence (ages 10-12)

Tue. & Thu., 4-5pm

Tournament Tough (ages 13-15)

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

High School

Boys- Fri., 3:30-5pm
Girls- Sat., 9-10:30am



Adult Programs

Drop in to our fitness, pickleball and tennis programs!



Strength & Balance

M/W/F, 10am

Stability Ball

Mon., 8am

Yoga

M/W, 11am

Circuit Training

T/Th/Sa/Su, 8am

Cardio & Strength

Fri., 8am

Drop-in Pickleball

Mon., 1-3pm, Beginners welcome

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., 6-7pm, All levels

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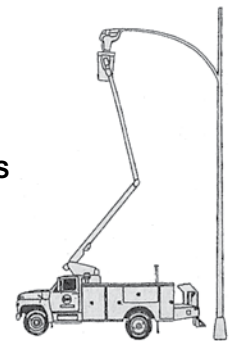
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Career Coaching Workshop / Tuesday, January 23 – 7:00 pm
Are you considering changing jobs or careers....not sure what to include in your resume? What is this thing called LinkedIn? What about pay and benefits? Come spend time with Career Coach Fiona Bain. She works with transitioning members of the armed services, sits on employer panels with HR reps and also coaches individuals as they transition to their next job or career. In this 90-minute workshop she will answer all of your career questions.

Trivia Night / Tuesday, January 30 – 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.

FEBRUARY

The Andy Sherwood Jazz Duo / Tuesday, February 6 – 7:00 pm
Enjoy an evening of New Orleans jazz performed by clarinetist Andy Sherwood and guitarist Bill Mills. The program will include favorites like Bill Bailey and When the Saints go Marching In. Andy Sherwood is a retiree and former jazz clarinetist of the U.S. Coast Guard Band.

Creative Community / Wednesday, February 7 – 6:00-8:00 pm
Are you looking to work on crafts and meet other people? Bring your project and materials and meet someone new.

Creative Community / Thursday, February 8 – 10:00 am-12:00 pm
Are you looking to work on crafts and meet other people? Bring your project and materials and meet someone new.

Novel History: The Great War – A World War I Book Discussion
Monday, February 26 (snow date Monday, March 5) – 7:00 pm
Join the Smith-Harris House and the East Lyme Public Library as we celebrate the 100th anniversary of America's participation in the Great War. We'll take a detailed, chronological look at how the Great War has been portrayed in American literature, and how these books both represented current historical scholarship and impacted the literary landscape.

One of Ours (1922) by Willa Cather. *One of Ours*, winner of the Pulitzer Prize in 1922, portrays the blighting effects of twentieth-century progress on a free spirit from the American frontier. Claude Wheeler, its hero, is an imaginative, restless young man who leaves his claustrophobic small town to become a soldier in France during World War I. The Old World shows him culture, art, generosity, and appreciation, and also the horror, waste, and tragedy of war.

Trivia Night / Tuesday, February 27 – 7:00 pm
Come by yourself or bring your friends. Test your knowledge

continued on page 24

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Library Events ... continued from page 23

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. 12/12 A Gentleman in Moscow by Amor Towles; 1/9 Beartown by Fredrik Backman. No registration necessary.

Mystery Book Discussion Group

This book discussion group meets on the last Thursday of each month (unless otherwise noted*) at 11:00 am in the East Lyme Room. Copies of the current month's book are available at the library. 11/30 Open Season by Archer Mayor; 1/25 Distant Echo by Val McDermid; 2/22 Runaway Man by David Handler. No registration necessary.

**East Lyme Public Library Program for Children,
Winter Wonderland Storyhours 2018**

860-739-6926 ext 2

Registration Begins January 8, 2018

Session Starts Jan. 22 and Ends Mar. 16

MONDAY

Library Closed Feb. 19 for President's Day

ALL AGES DROP-IN	10:00 - 10:45,
4s and 5s	2:15 - 3:00

TUESDAY

BABY LAP-SIT	10:00 - 10:30
2s and 3s	11:00 - 11:30
4s and 5s	2:15 - 3:00

WEDNESDAY

2s and 3s	10:00 - 10:30
4s and 5s	11:00 - 11:45
4s and 5s	2:15 - 3:00
La Hora de Cuentos	6:30 - 7:30 ** EVENING **

** English-Spanish fun for the whole family **

THURSDAY

BABY LAP-SIT	10:00 - 10:30
2s and 3s	11:00 - 11:30
4s and 5s	2:15 - 3:00

MOVIES FOR MIDDLE SCHOOLERS 3:15 - 5:45 +/-

FRIDAY

ALL AGES DROP-IN	10:00 - 10:45
STYLE COUNCIL	3:00 - 4:45

*** PLEASE NOTE *** BABY LAP-SIT FOR BIRTH TO 23 MONTHS. CHILD NEEDS TO BE APPROPRIATE AGE BY JAN 22, 2018. BABY LAP-SIT AND ALL AGES DROP-IN - REGISTRATION NOT REQUIRED.

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FEMA News for Residents



The Town of East Lyme is a participant in the Federal Emergency Management Agency Community Rating System (CRS) program which entitles its residents to discounts on their flood insurance policies. The CRS program recognizes and encourages activities that reduce flood damage to existing buildings and protects new buildings beyond the minimum Nation Flood Insurance Program protection level. The Town of East Lyme currently provides property protection advice by providing individuals with information as to what they can do to protect their own properties from flood damage. Those who have a federally backed mortgage, or plan to refinance with a federally backed lender, are required to purchase flood insurance if their home is shown in a high-risk flood area, known as a Special Flood Hazard Area, on the FEMA Flood Insurance Rate Maps. Residents are urged to contact their insurance agent or visit www.floodsmart.gov to learn more about how and where to get a policy. There are many ways to protect a property from flood damage, including

but not limited to the following:

- Demolish the building or relocate it out of harm's way
- Elevate the building above the flood level
- Elevate damage-prone components, such as the furnace or air conditioning unit
- Dry flood proof the building so water cannot get into it
- Wet flood proof portions of the building so water won't cause damage
- Construct a berm or redirect drainage away from the building
- Maintain nearby streams, ditches, and storm drains so debris does not obstruct them
- Correct sewer backup problems.

There are several qualified people at the Town of East Lyme that can talk to you about flood hazard, flood protection measures, and/or possible financial assistance. For more information, please visit the town website at the following link: <http://eltownhall.com/zoning/flood-claims-information/>

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East Lyme Public Works

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.
- 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 also 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.

Town of East Lyme Policy - 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 travel way.

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.

Six Seniors at the The Williams School Named Commended National Merit Scholars



Picture order left to right: Rachel Goldstein (East Lyme, CT), Carlie Poworozne (Uncasville, CT), Nick Moukawsher (Mystic, CT), Jacob Marchesi (Lyme, CT), Will Jarrett (Gales Ferry, CT), Olivia Fetter (Chester, CT)

Head of School, Mark Fader of The Williams School, announced that seniors Olivia Fetter (Chester, CT), Rachel Goldstein (East Lyme, CT), Will Jarrett (Gales Ferry, CT), Jacob Marchesi (Lyme, CT), Nick Moukawsher (Mystic, CT), and Carlie Poworozne (Uncasville, CT) have been named Commended

Students in the 2018 National Merit Scholarship Program. “It was an honor to present these Letters of Commendation from the National Merit Scholarship Program to our six seniors,” said Mark Fader, Head of School. “The Williams community is so proud of these seniors, as they are among an elite group of student scholars in the country.”

About 34,000 Commended Students throughout the nation are being recognized for their exceptional academic promise. Although they will not continue in the 2018 competition for National Merit Scholarship Awards, Commended Students placed among the top 50,000 scorers of more than 1.6 million students who entered the 2018 competition by taking the 2016 Preliminary SAT/National merit Scholarship Qualifying Test (PSAT/NMSQT).

“The young men and women being named Commended Students have demonstrated outstanding potential for academic success,” commented a spokesperson for NMSC. “These students present a valuable national resource; recognizing their accomplishments,

continued on page 30

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The Williams School ... continued from page 28

as well as the key role their schools play in their academic development, is vital to the advancement of educational excellence in our nation. We hope that this recognition will help broaden their educational opportunities and encourage them as they continue to their pursuit of academic success.”

About The Williams School

Founded in 1891, The Williams School is an independent, co-educational, day school for grades 6 to 12. Located on the Connecticut College campus in New London, Williams serves students from more than 40 communities in CT, RI, NY, and

China. Williams provides a college preparatory program centered on a classical, liberal arts curriculum and small class sizes. At Williams, students take ownership of their intellectual growth and personal development and build a strong appreciation for lifelong learning and participation in an ever-changing society. Members of the Williams community collaborate to achieve an open atmosphere of mutual respect. This creates a supportive learning environment that encourages students to take meaningful, developmentally appropriate risks as they pursue their own goals.

The Pursuit of Happiness

“Happiness is not something ready made. It comes from your own actions.” (Dalai Lama) Are you happy? What is happiness? We all talk about it. We wish for it. But do we really pursue it? The idea of happiness falling in our laps because of a new love, a promotion, a winning lottery ticket, is pure fairy tale. Research tells us that happiness is achievable, and it doesn't depend on money, new love, or luck. It comes when we actively pursue it in specific

ways. We can learn to be more optimistic and hopeful, to find meaning in our lives. Happy people have learned to practice gratitude. They recognize the blessings in their lives - both big and small - and they feel thankful. We must focus on what we CAN do, not what we can't. Practice kindness toward others. Focusing on others' happiness has a boomerang effect on us. Always look forward, rather than worrying about the past. Surround yourself

with positive people. Have one person to share your feelings with, someone you feel safe enough to be vulnerable with. Find what gives you joy, and seek that. Take care of your body - nourish it, exercise, get good sleep. Happiness is not passive. But the benefits of your efforts come back in smiles.

Nancy Randall, Psy.D.
East Lyme Psychological Associates

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Calling The Athletic Community at Peretz Park at Bridebrook



Are you an adult who has fond memories of playing baseball at Bridebrook as a child? Are you a parent who has had a child who enjoyed learning the principles of sportsmanship at soccer games at Bridebrook? Are you a grandparent who has enjoyed many games watching family members grow and learn the game

of lacrosse? If so, the Promise of Tomorrow's Trees is hoping you will consider a living memento of these memorable times you shared at this park.

The project at Peretz Park is to plant Sugar Maples along the outfield fence of the baseball field. There are already four trees planted to begin the project. The plaque for one of these trees thanks the donor's parents for "Summers at Niantic." We know there are many more people who are grateful for these experiences at Peretz Park. We are hoping to add many more trees to continue this line of shade along the outside of the fence. This would be a Christmas gift that would be planted in the spring of 2018 and would live on to commemorate your memories.

The East Lyme Public Trust Foundation, in co-operation with the East Lyme Parks and Recreation Department, uses the profits raised by THE PROMISE of TOMORROW'S TREES to support the Niantic Bay Boardwalk and other projects of the Trust. This commemorative tree program has made available to the public, trees to be placed in public spaces in East Lyme. In 2015, 8 trees were sponsored at McCook Park. In 2016, 5 dogwood trees were sponsored at the Cliff Walk to McCook Point. In 2017, we offered

continued on page 32

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Calling the Athletic Community ... continued from page 31

a walkway of trees along the chain-link fence at McCook Park on Columbus Ave. Other areas that still have trees available are the Smith Harris House, the Samuel Smith House, the Library, and the East Lyme Town Hall.

A contribution of \$600 for a tree will cover the cost of the tree, planting, an 8"x4" plaque, a base, and a water bag to assist in the stabilization of the tree. The next planting will take place in the spring of 2018. Since the East Lyme Public Trust Foundation is a non-profit 401c, contributions are tax deductible.

June Hoyer is the chairperson for the project in partnership with Dave Putnam, the Director of Parks and Recreation. Her committee includes Carol Marelli and Bill Rinowski-administration, and Pat and Jack Lewis, who assist in publicity.

Application forms are available at: East Lyme Town Hall-Town Clerk's Office, East Lyme Parks and Rec., East Lyme Library, and the E.L. Book Barn. They also can be found on the Trust website: www.publictrustfoundation.org.

Support the East Lyme Public Trust and its Promise of Tomorrow's Trees.

EVENTS PRESENTS ~ ANYTIME FITNESS

Fitness is a personal thing. What people do have in common, however, is that they want their fitness facility to be top notch in quality while feeling right at home when they work out. That's what Lynnea and Axel Mahlke were looking for when they opened up their two Anytime Fitness locations. 2018 will mark the 9th year for the Niantic location. The Salem location (Anytime Fitness Express) opened in December of 2016. Both are fully functional fitness centers. There is a full array of cardio equipment, strength training equipment, functional training areas along with an excellent team of trainers and a certified dietician.



Time is taken to make sure that each customer is using the equipment properly and there are regular 'check-ins' to monitor how things are going. The facilities also tap into Axel's abilities and background. Axel, who has been in the fitness industry since 1992, had gone to medical school but found that he preferred being in the business of keeping people healthy. Now, Axel (the fitness director) and his team are certified to help people with health concerns. They understand what a doctor or physical therapist is recommending.

And then there's the touch and feel of the place. "The focus is different with us. It's not a big box feel. It's more of a neighborly feel," says Lynnea. "I think what makes us different is the quality of the care and the focus on the individual, and supporting the community that you are involved in." Each person receives an orientation and consultation. Individual backgrounds, goals and challenges are evaluated to custom design a simple and clear wellness program.

Has the couple's venture worked?

"Oh, I could tell you a bunch of success stories," says Lynnea. "A lot of them are associated with weight loss. There was a pre-diabetic who went to a clean bill of health. There are people who have improved their bone density. There are a lot of stories about quality of life. We have people who come in because they want to keep up with their grandkids and then they end up running 5ks with their grandkids...and winning their age groups."

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East Lyme Public Safety

Space Heater Safety Understanding the Damages

East Lyme Public Safety's top priority is keeping you safe. Now that the cold weather is here, it is a good time to review these important safety tips from the Electrical Safety Foundation International, if you plan to use a space heater to help keep you warm. Heating equipment is the second leading cause of home fires in the United States. More than 65,000 home fires are attributed to heating equipment each year. These fires result in hundreds of deaths, thousands of injuries and millions of dollars in property damage.

Portable electric space heaters can be a convenient source of supplemental heat for your home in cold weather. Unfortunately, they can pose significant fire and electric shock hazards if not used properly. Fire and electrical hazards can be caused by space heaters without adequate safety features, space heaters placed near combustibles, or space heaters that are improperly plugged in.



Plug space heaters directly into a wall outlet. Do not use an extension cord or power strip, which could overheat and result in a fire. Do not plug any other electrical devices into the same outlet as the heater. Always unplug and safely store the heater when it is not in use.

Proper placement of space heaters is critical. Heaters must be kept at least three feet away from anything that can burn, including papers, clothing and rugs.



Place space heaters on level, flat surfaces. Never place heaters on cabinets, tables, furniture, or carpet, which can overheat and start a fire.

Never leave a space heater unattended. Turn it off when you're leaving a room or going to sleep, and never let pets or children play too close to a space heater. Inspect heaters for cracked or broken plugs or loose connections before each use. If frayed, worn or damaged, do not use the heater.



Install smoke alarms on every floor of your home and in all sleeping areas and test them once a month.



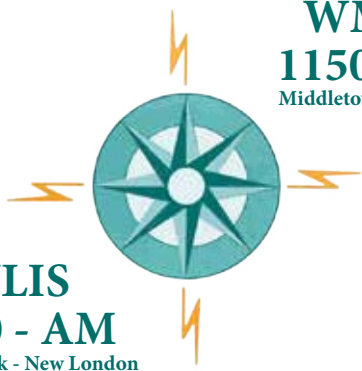
Have you signed up to be notified of life-threatening emergencies in our area yet? The CT Alert ENS (Emergency Notification System) uses the state's Enhanced 9-1-1 (E9-1-1) database for location-based notifications to the public for lifethreatening emergencies. But the E9-1-1 database includes only traditional wire-line telephone numbers in the state (the "land line" phone you may have in your home). CT Alert ENS Citizen Signup Page Allows you to add other means of communication to the CT Alert ENS, in addition to your current home phone "land line" if you have one. **Don't delay, sign up today!**

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<https://www.facebook.com/East-Lyme-Public-Safety-288572021179000/>



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