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First Selectman's Corner

I must admit something. It's going to feel good to get this off my chest. During these winter months, when the temperatures have plummeted and the wind is blowing cold and hard off the Niantic Bay, I do not go for walks on the Boardwalk or our beaches. Not once. Not ever. The temperatures need to be far north of 50 degrees; the sun needs to be brilliant and bright; and there can be absolutely no wind. Then, and only then will I look at my wife and suggest we take a ride downtown and set out on a brisk walk. Call me spoiled, a snowflake, or a winey brat. I don't care.

I have golf mates who brave the winter months on the course. (A few courses stay open during the winter as long as there is no snow on the ground). You won't find me there. No way. I love the game more than most but I'm not interested in trying to perfect my swing through 4 thick layers of clothing. Besides, my swing stinks!

I say all this because there are those among us who DO walk our beautiful Boardwalk throughout the year; no matter the season, no matter the weather. To them I say: "Good for you guys!" I spend a good majority of my waking hours in downtown Niantic, whether working at town hall, taking a break for lunch or a trip to the bank or post office, or heading out to an off-site meeting. Whenever I'm traveling down Main Street, I make it a point to look over to see heads bobbing... every single time. I'm so

impressed that I thought I'd write and give a "shout out" to these dedicated Polar Bears. CHEERS!

For all those who feel like I do, don't fret... warmer spring weather is right around the corner. Our wonderful seaside town is about to come out of a winter-long hibernation like it has every other year. Soon enough Niantic Main Street will be bustling with pedestrians dressed in shorts and flip-flops. Our town's great parks, beaches, and marinas will be visited and enjoyed by so many. Outside diners will enjoy great meals al fresco. Dad's will command the grill at the family BBQ and our spring and summer sport teams will practice and compete at the high level we've always come to expect. Niantic wrote the book on the phrase "Life is Good."

Our Parks and Recreation Department is among the best. The variety of programming (featured in this publication) and the public spaces that they command and maintain throughout our town is amazing for a small town. There is literally something for everyone. Take some time and read through this magazine. Consider trying something new... we have some awesome programs **continued on page 3**



Mark C. Nickerson

SH

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COVER PHOTO

Youth Services Mountain Bike Club.
Photo by Mike McDowell

www.eventsmagazines.com

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East Lyme Veterans

In October 2013 the State of Connecticut established a Veterans Representative volunteer position in each town to help connect local veterans to resources, services, organizations, and events. The Town of East Lyme is fortunate to have Brian Burrige as our community's Veterans Representative.

The New London Veterans Coffeehouse is held on the first Friday of each month at the New London Senior Center, 120 Broad Street, in the Library from 9:00 -11:00 am. The mission is to provide a comfortable location for veterans, both men and women of all ages; to meet, socialize, and receive information regarding veteran benefits through state and federal agencies and organizations. It is hosted by RSVP and the New London Senior Center.

For more information and a current list of events happening in our region, please reach out to Brian directly at: 860-287-2683 or brianburrige@gmail.com. For up-to-date information online, please follow Brian on: https://nextdoor.com/news_feed/.

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

to get you through the rest of the foul weather. Be bold. Dare to reach out and explore. I promise you will not regret it.

Gratitude and Kindness are East Lyme's secret weapons. I am witness to so many acts of kindness; people paying it forward; individuals, groups and organizations doing things for others not expecting anything in return. In our schools and youth groups, our students are taught the value of contributing to a community. People who choose our town and those whose families have been here for generations equally have the "attitude of gratitude." We love living here. We passionately love our town. We are grateful for the blessings that we have.

I am so grateful to have this opportunity to serve this community. It is an honor that I never take for granted. The best part of the job is NOT the paperwork and the many meetings. The best part of the job is the interaction with my fellow citizens. Solving problems, hearing stories and sharing good news. Feel free to contact me anytime... good or bad.

I wish you and your family the very best. I'll see you on the Boardwalk (soon)!

Mark C. Nickerson, First Selectman, Town of East Lyme
mnickerson@ELtownhall.com | 860-691-4110

East Lyme Historical Society

Visit our website or Facebook page for program details and other upcoming events.

March 3rd

Winter Lecture Series at the Niantic Community Church starting at 2:00 pm.

May 3rd

Spring Pot-Luck Dinner at the American Legion Post, 16 York Ave.

May 25th and 26th

Spring Flea Market at the Thomas Lee House, West Main Street from 9:00 am to 3:00 pm.



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East Lyme Superintendent's Note



Superintendent
Jeff Newton

The East Lyme Public Schools has had an excellent few months of school during this 2018-2019 year. Our award winning and outstanding schools continue to do wonderful things for our children at every grade level, and we remain proud of all that continues to be accomplished in our district.

One of our most important ventures during this 2018-2019 year is the \$37.5 million dollar elementary alteration project occurring at Niantic Center School, Lillie B. Haynes School, and Flanders School. The renovations at all three buildings began back in late June, and a great deal of work has already been accomplished during what will be a total of fourteen months of construction work. Recently, our staff and students have moved into phase two of four total transitions that entail multiple classroom moves and sectioning off wings of each building for renovation work to occur. We are happy to report that the projects are running ahead of schedule and on budget. I would like to credit our staff, students, and families for their patience, commitment, and diligence in enduring a full school year of construction while schools are in session. Educating our children remains our number one priority, and we continue to ensure that happens while working through this tedious process. Each of the three buildings should be completing all work by the end of this coming summer.

For the 2019-2020 school year (once renovations are complete) we will be redistricting students across our three elementary buildings. Equally balancing out our 800+ elementary students across the schools is a priority that was studied over the course of last year and unanimously approved by the Board of Education last May. We are using this current school year to engage in transitional activities for children that will be moving school locations. If you would like further information regarding redistricting or our school projects, I would encourage you to visit our East Lyme Public Schools website and click on Quicklinks.

Our district is currently in year two of a five-year Long Range Plan to bring forth an improved Pre-K to 12 instructional alignment, technology enhancements and use for children, and improved social and emotional support for every child. Our ongoing focus on fiscal responsibility and building school district budgets around need remains core to our beliefs.

Our sports teams, clubs, bands, and all other programs continue to thrive as we work hard to provide multiple offerings and activities to all students. A high percentage of our high school students participate in the activities that we offer. Bringing forth the propensity within our student body is essential, while also ensuring a well-rounded graduate leaves us with a vast opportunity for greatness!

As the Superintendent, I remain extremely proud of our excellent school district, wonderful town, and all that East Lyme continues to offer us.

Jeffrey R. Newton
Superintendent
East Lyme Public Schools

Parks & Recreation Department

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

Contact Information & Websites

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

Parks & Recreation Commission Members

Chairman: J. Robert Pfanner
William Willets, Jr. Emeritus Member, Charles Fenick, Jackie Curry, Patrick Larkin,
Roger Nadeau, Sue Kumro, 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: 860-691-4118
East Lyme Senior Center: 860-739-5859
East Lyme Town Hall: 860-739-6931 | www.eltownhall.com
East Lyme Youth Services: 860-739-6788

Commission Meetings are 2nd Thursday
Rocky Neck State Park: 860-739-5471
DEP Old Lyme: 860-434-8638
Children's Museum of SE Connecticut: 860-691-1255
East Lyme Aquatic & Fitness Center (Pool): 860-691-4681
www.nutmegaquatics.com
East Lyme Business Organization
Contact Lynnea Mahlke: 860-691-1611

Athletic Organizations

EAST LYME BABE RUTH LEAGUE
Steve Licitra: 860-460-4018 | eastlymebaseball@yahoo.com
www.eastlymebaberuth.com

EAST LYME LACROSSE
Rich McCaffrey: 860-608-0465 | smongo51@gmail.com /
www.ella.uslaxteams.com

EAST LYME LITTLE LEAGUE
Joel Farrior: 860-460-8922 | eastlymelittleleague@gmail.com
www.eastlymelittleleague.org

EAST LYME SOCCER CLUB
Kristina Bartelt: me2ma2ct@aol.com
www.eastlymesoccer.org

EAST LYME YOUTH FOOTBALL
Jay Maksim: 860-514-8836 | jaymak123@yahoo.com

EAST LYME YOUTH CHEERLEADING
Tammy Bogue: 860-303-1741

continued on page 6



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Parks & Recreation... continued from page 5

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www.elyb.org

Clubs / Town Organizations

NEW COMERS CLUB

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

MOMS CLUB OF EAST LYME:

www.eastlymemomscub.org

WOMENS CLUB OF SE CONNECTICUT:

860-691-1948

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

EAST LYME GARDEN CLUB

www.eastlymegardenclub.org or elgclub@gmail.com

EAST LYME VETERANS COUNCIL

Joyce Harris: 860-303-1718 | joymh1@aol.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: 860-451-8333 | www.nianticlions.org

NIANTIC ROTARY CLUB

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

DISTRICT SCOUTS REGIONAL OFFICE

Mike Cooney | 860-373-0097

CUB SCOUTS PACKS

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

www.pack24eastlyme.org | pack24eastlyme@gmail.com

Axel Mahlke, #7: 860-287-1174

BOY SCOUT TROOPS

George Sisson, #7: 860-691-2165 | Troop #24: 860-443-5492,

Richard Cushing, #240: 860-739-5239



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Community Bulletin Board

PASSPORTS

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

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

MEN'S SOFTBALL LEAGUE - Organizational Meeting

The league is scheduled to begin play on mid May. All games are played at Samuel M. Peretz Park at Bridebrook. The department is currently accepting teams for the 2019 season.

Reminder: The meeting will be held on Tuesday March 12 at 6:30 pm in the Recreation Office.

THAMES RIVER FENCING CLUB

The club meets at the East Lyme Library/Community Center Activity room on Monday evenings from 7:30 to 9:30 pm.

U.S. AMATEUR BALLROOM DANCE ASSOCIATION DANCES

Dates: Fridays, March 15, May 17 & June 14;
Saturdays, April 6, May 4 & June 1
Time: Fridays, 7:00 to 10:00 pm
Saturdays, 6:30 to 11:00 pm

Location: East Lyme Public Library/Community Center Activity Room

Contact: Ken @usadancenewlondonct.com

SHORELINE SWING DANCES

Dates: Third Saturday of each month:
March 16, April 20, May 18 & June 15

Time: 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 please visit: "shorelineswingct.com."

DEEP BOATING COURSE

Dates: April 8, 10, 15

Time: 6:00-9:00 pm

Location: East Lyme Youth Center

Fee: \$25.00

East Lyme Parks & Recreation will be accepting registration into its DEEP State Boating class, for individuals age 10 & older. Classes will be held at East Lyme Youth Center. This 4 day class fulfills the education requirements for the CT Certificate of Personal Watercraft Operation, which allows boaters to operate **continued on page 8**

"Experience the Difference" at The Saybrook at Haddam.

Mom has Blossomed!

"Mom's memory loss meant her way of life was changing, but we did not want her quality of life to change as well. We are so happy – and a little surprised – at how quickly she settled into her new home and routine at Safe Harbor Memory Care Neighborhood in The Saybrook at Haddam, where residents "experience the difference" and blossom. **Safe Harbor offers:**

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Resident Doris Whitmore with daughter Beryl enjoying a cup of tea in the country kitchen.



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Bulletin Board... continued from page 7

a motor vessel, including personal watercraft (Jet ski type boats), in the State of Connecticut. Students must attend all sessions to be certified.

MAY MART PLANT SALE

Date: May 11th from 8:00 am to noon

Location: East Lyme Town Hall Pavilion

Featuring a great selection of well-established perennials from members' gardens as well as flowering annuals, herbs, veggies and hanging baskets priced to sell.

EAST LYME PLAYERS

The "East Lyme Players" is a drama group offered through the East Lyme Senior Center. A new session is beginning in February. If the theater has always intrigued you but you never had the time to explore your interest, NOW is the time. No experience necessary. All skill levels are welcome. No memorizing of lines - Staged readings so scripts are handy! The Players are looking for folks who want to explore their creative side by either acting or working backstage. The East Lyme Players' Director, Joyce Beauvais, has tons of experience and wants to share her knowledge and passion with you. More details available at the Senior Center. Please call: 860-739-5859. Like them on Facebook and look up "East Lyme Players, Joyce Beauvais, Artistic Director."

THEATER UNDER THE SHELL - Summer Stock Theater

In the summer of 2017, Theater Under the Shell had its inaugural season and it was a rousing success. Come and support this terrific addition to summertime activities in our Town by volunteering for any number of activities to support this program. Join your fellow theater lovers by volunteering for Acting - Crew - Public Relations - if you're interested, we will find a job for you. Planning for this summer's season is starting now. Contact shorelinedrama@gmail.com with your name and interest and get ready for an outstanding experience!

ARE WE POLLUTING LONG ISLAND SOUND?

The East Lyme Agricultural Committee is hosting a program that will help all citizens become better guardians of our waters, rivers, bays, and drinking water. Judy Preston is a fascinating teacher from the University of Connecticut. She will provide us a very current status of our waters; what is working and what is not. More importantly she will offer us all tips to protect our waters.

This program is free and will be offered on Monday April 1 from 6:30 to 9:00 pm. The program will be held in the Olive Chendali room at the East Lyme Community Center.

**BE THE LIGHT
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195 Boston Post Road, Waterford, CT 06385
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The advertisement features a central image of the storefront for 'Be the Light Designs', which has a sign with a lightbulb icon. Below the storefront are three smaller images: a dining table with a modern light fixture, a close-up of a starburst chandelier, and a close-up of a decorative metal light fixture.

Park & 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 are:** Monday - Friday from 8:00 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.

REFUND POLICY

If a program is cancelled by Parks and Recreation, a full refund will be offered or a credit can be issued to your household account for future programs, events, beach passes, etc.

All other refunds will be subject to a **\$15.00 processing fee** if refund check is to be issued. No fees will be charged if refund is applied to household account for future programs, beach passes, etc. *(If cancellation is due to medical condition; a doctor's note will be required for fee to be waived.)*

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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HIC# 0601311

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

Preschool Programs

“GOT 2 BE MOVING” FOR 2 YEAR OLDS

Session #450202-01

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: April 1 to June 3 (No class 4/15, 5/27)
Days: Monday
Time: 10:30 to 11:00 am
Fee: Resident-\$40.00/Non Resident \$55.00
Registration: Begins March 11
Location: East Lyme Public Library/Community Center, Olive Room
Instructor: Sarah Firmin

CREATIVE ART FOR 2 YEAR OLDS

Session #450301-02

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: April 1 to June 3 (No class 4/15, 5/27)
Days: Monday
Time: 9:45 am to 10:15 am
Fee: Resident \$40.00/Non Resident \$55.00
Registration: Begins March 11
Location: East Lyme Library/Community Center/ Youth Center
Instructor: Sarah Firmin

CREATIVE ARTS FOR KIDS, AGES 3 & 4

Session: #450301-01

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

Dates: April 3 to May 29 (No Class 4/17)
Days: Wednesday
Time: 9:45 to 10:25 am

Fee: Resident-\$40.00/Non-Resident-\$55.00
Registration: Begins March 11
Location: East Lyme Library/Community Center/ Youth Center
Instructor: Sarah Firmin

TOT GYM, AGE 3

Session #450501-01

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!

Dates: April 1 to June 3 (No Class 4/15, 5/27)
Days: Monday
Time: 11:15 to 11:55 am
Fee: Resident \$40.00/Non Resident \$55.00
Registration: Begins March 11
Location: East Lyme Library/Community Center/ Smith-Harris Room
Instructor: Sarah Firmin

TOT GYM, AGES 4 & 5

Session #450501-01

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!

Dates: April 3 to May 29 (No Class 4/17)
Days: Wednesday
Time: 10:45 to 11:30 am
Fee: Resident \$40.00/Non Resident \$55.00
Registration: Begins March 11
Location: East Lyme Library/Community Center/ Smith-Harris Room
Instructor: Sarah Firmin



THE FOLLOWING PRESCHOOL and YOUTH PROGRAMS are OFFERED by ELRT and are SPONSORED by EL PARKS & RECREATION

MOMMY /DADDY & ME (Infants – 2 year olds)

Session: #440901-01

Stimulate your baby's natural response to music! Parents and babies learn rhymes, songs, lullabies, and floor and lap games.

Dance, shake and play together to an array of musical styles and genres. Your baby will develop important listening and motor skills. Adult participation required.

Dates: March 28 to May 23 (no class on 4/18)
Days: Wednesday
Time: 9:45 am - 10:30 am
Fee: Resident \$75.00/Non-Resident \$90.00
Where: ELRT 32 Society Rd., Niantic
Instructor: Erin Stanley

PRESCHOOL MUSIC, MOVEMENT AND EXPLORATION (ages 2 ½ - 5 year olds)

Session: #440903-01

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

Dates: March 28 to May 23 (No class on 4/18)
Days: Wednesday
Time: 10:45 am - 11:30 am
Fee: Resident \$75.00/Non-Resident \$90.00
Where: ELRT 32 Society Rd., Niantic
Instructor: Erin Stanley

Youth Programs

BEGINNING FOIL 1 - Ages 10 & older

Session #480101-01

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

Dates: March 26 to May 14 (no class on 4/16)
Days: Tuesdays
Time: 6:00 to 7:30 pm
Fee: Resident-\$75/Non Resident \$90
(includes equipment)
Where: EL Middle School, gymnasium
Instructor: Thames River Fencing Club

INTERMEDIATE FOIL /ADVANCED FOIL - Ages 10 & Older

Session: #480201-01

Beginning Foil One is a prerequisite for Intermediate. Intermediate 2 is a prerequisite for Advanced. The intermediate class builds upon the skills introduced in Beginning Foil One & covers more complex footwork & blade work, including variations

continued on page 12



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Park & Rec Youth Programs... continued from page 11

on attacks on the blade and blades takes (prises de fer). Bouting skills, tactics and the fencing rules are also covered in greater detail.

Dates: March 28 to May 16 (no class on 4/18)
 Days: Thursdays
 Time: 6:00 to 7:30 pm
 Fee: Resident-\$75/Non Resident \$90
 (includes equipment)
 Location: EL Middle School, gymnasium
 Instructor: Thames River Fencing Club

SUMMER STRINGS (For students in grades 3 - 12)

String ensembles for students in grades 3 through 12. For more information please contact Karin Carlson at: karin.carlson@elpsk12.org.

Dates: July 2 to August 3
 Days: Tuesdays & Thursdays
 Time: 9:00 am to 12:45 pm (depending on class)
 Fee: Residents-\$150; Non-resident-\$160
 Location: East Lyme Middle School
 Instructor: Karin Carlson

Summer Playground Programs

Registration will open on April 17, 2019.

**Please note that fees will increase after June 5th per child.*

SUMMER PLAYGROUND PROGRAM

Entering Grades 1-3

Entering Grades 4-6

Fun daily activities planned; crafts, sports & games, beach days and optional field trips. Children are grouped according to grades with a ratio of 15:1. This program is available for both East Lyme residents and Non-Residents. Both programs will be held at the East Lyme Middle School this summer. **Please see refund policy.*

Dates: June 24 - August 9 (No program 7/4)
 Days: Monday-Friday
 Time: 8:30 am - 1:00 pm
 Fee: \$255.00 Residents / Non-Residents \$355.00
 (Includes T-shirt)

Fee after

June 5: \$280.00 Residents / Non-Residents \$380.00
 Registration: Begins April 17 at EL Parks & Recreation Office

EXTENDED SUMMER PLAYGROUND HOURS

Extended playground hours for children registered in the summer playground program will be available for entering grades 1-7. Registration will be by the week.

This program is available for both East Lyme residents and Non-Residents. **Please see refund policy.*

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<p>Big Shots (ages 4-6) Tue. or Thu., 4-5pm</p> <p>Future Stars (ages 7-9) Tue. & Thu., 4-5pm</p> <p>Team Connecticut Mon. & Wed., 5:15-6:30pm For competitive junior players</p>	<p>Local Excellence (ages 10-12) Tue. & Thu., 4-5pm</p> <p>Tournament Tough (ages 13-15) Mon. & Wed., 4-5:15pm</p> <p>Junior Point Play Drill Thurs. 5-6:30pm</p> <p>High School Boys- Fri., Please call Girls- Sat., Please call</p>
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Adult Programs

Drop in to our fitness, pickleball and tennis programs!

<p>Strength & Balance M/F, 10am - W, 8am</p> <p>Stability Ball Mon., 8am</p> <p>Circuit Training Wed, 10am - Fri /Sun, 8am</p> <p>Cardio & Strength Fri, 8am</p>	<p>Drop-in Pickleball Mon & Thu, 12:30-3:30, (Beg. welcome)</p> <p>Adv. Beginner Tennis Drills Tue., 9-11am</p> <p>Intermediate Tennis Drills Mon., 10:30am-12pm</p> <p>NTRPTennis Drills Sat., 10:30am-12pm, All levels</p>
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MORNING HOURS

Time: 7:30 am - 8:30 am
 Fee: \$20.00 Resident/\$30.00 Non-Resident
 (Per Week)
 Location: East Lyme Middle School

AFTERNOON HOURS

Time: 1:00pm - 5:00pm
 Fee: \$80.00 Resident/\$110.00 Non-Resident
 (Per Week)
 Location: East Lyme Middle School

HANGOUT FOR GRADES 7-10

This program offers a variety of recreational activities that appeal to a wide range of youthful interests and some creative community service projects, which the students will organize during the week. Weekly field trips and/or special events will be scheduled each week. **Please see refund policy.*

This program is available for East Lyme resident/taxpayers only due to limited number of spaces available.

Dates: June 24 - August 9 (No program 7/4)
 Days: Monday-Friday
 Time: 8:30 am - 1:30 pm
 Location: East Lyme Youth Services
 Registration: Begins April 17

Week 1: June 24 - June 28	Checked Flag	\$125.00
Week 2: July 1 - July 5	Beach Day McCooks	\$ 80.00
Week 3: July 8 - July 12	Brownstone	\$140.00
Week 4: July 15 - July 19	Matt's Outback Paint Ball	\$135.00
Week 5: July 22 - July 26	Three Belles Marina	\$125.00
Week 6: July 29 - Aug 2	Lake Compounce	\$140.00
Week 7: Aug 5 - Aug 9	Field Day; Fields of Fire	\$140.00

REFUND POLICY* - PLAYGROUND & HANG-OUT PROGRAM

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

PLAYGROUND PROGRAM

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

EXTENDED CARE

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

HANG OUT

Once registered, no refunds will be issued unless your spot is purchased by another participant. **Approved by Parks & Recreation Commission April 9, 2015.*

continued on page 14

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Park & Rec Programs... continued from page 13

Skyhawk Sports Programs

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

TINY HAWKS (Ages 3 & 4)

Soccer & Basketball

The essentials of soccer and basketball are introduced in a fun and safe environment with lots of encouragement. Children will learn balance, body movement, hand/eye coordination, and skill development through a series of sport specific games tailored to their attention spans.

Dates:

Session 1: June 24 - June 28, M-F, 9:00 am - 9:45 am

Session 2: July 29 - Aug 2, M-F, 12:15 pm - 1:00 pm

Fee: \$85.00

Location: Samuel M. Peretz Park at Bridebrook
Basketball Courts

MINI HAWKS (Ages 4 - 7)

Soccer, Baseball & Basketball

This program gives children age 4-7 a fun and positive first step into athletics. All games and activities are designed to allow campers to explore balance, movement, hand/eye coordination and skill development at their own pace.

Dates:

Session 1: June 24 - June 28, M-F, 10:00 am - 1:00 pm

Session 2: July 8 - July 12, M-F, 9:00 am - 12:00 pm

Session 3: July 29 - Aug 2, M-F, 9:00 am - 12:00 pm

Fee: \$129.00 per session

Location: Samuel M. Peretz Park at Bridebrook
Basketball Courts

TENNIS CAMP BEGINNER (Ages 4 - 5)

This tennis camp is a fantastic program that inspires children to get active and learn to play tennis. The court is smaller with shorter nets, the racquets are smaller, and the balls are foam. In addition to developing a love for tennis, athletes will learn the rules and etiquette that make tennis such an exciting game to play.

Dates: July 22 - July 25 - July 28, M-Th

Time: 12:15 pm - 1:00 pm

Fee: \$85.00 per participant

Location: East Lyme High School - Tennis Courts

TENNIS CAMP BEGINNER (Ages 6 - 9)

This class provides a relaxed environment where fundamental tennis skills are taught with a wide range of fun activities that help develop agility, balance, movement, sending, receiving and gross motor skills on a 36 foot court. We help each player

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to develop better tennis mechanics and more consistent shots.

Dates:

Session 1: June 24 - June 27, M-Th

Session 2: July 8 - 11, M-Th

Session 3: July 22 - July 25, M-Th

Time: 9:00 am - 12:00 pm

Fee: \$129.00 per participant

Location: East Lyme High School - Tennis Courts

TENNIS CAMP INTERMEDIATE (Ages 7-10)

Players develop their tennis technique and court coverage skills in order to achieve success in rallying consistency and in point playing on a 60 foot court. A variety of fun and competitive games are used to develop a strong foundation of tennis fundamentals. Players will focus on using the proper shot technique and court coverage skills before moving on to a 78 foot court.

Dates:

Session 1: June 24 - June 27, M-Th

Session 2: July 8 - 11, M-Th

Session 3: July 22 - July 25, M-Th

Time: 9:00 am - 12:00 pm

Fee: \$129.00 per participant

Location: East Lyme High School - Tennis Courts

TENNIS CAMP ADVANCED (Ages 8 -12)

This class emphasizes all aspects of the game and helps improve proper shot technique. Focus is placed on live ball drills that develop rallying and decision making skills along with proper movement and recovery. Point playing games are used to reinforce the skills learned and to improve the players competitive skills.

Dates:

Session 1: June 24 - June 27, M-Th

Session 2: July 8 - 11, M-Th

Session 3: July 22 - July 25, M-Th

Time: 9:00 am - 12:00 pm

Fee: \$129.00 per participant

Location: East Lyme High School - Tennis Courts

BEACH VOLLEYBALL CAMP (Ages 10 - 14)

All aspects of the game are taught through drills and exercises that focus on passing, setting, hitting and serving. This co-ed program is designed for the beginner to intermediate player and will assist players in developing fundamental skills through game-speed drills and daily scrimmages.

Dates: July 22 - July 26

Time: 9:00 am - 1:00 pm

Fee: \$129.00 per participant

Location: Cini Park Beach

continued on page 16



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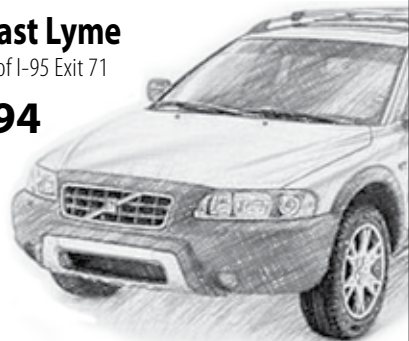
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Park & Rec Programs ... continued from page 15

Adult Programs

FIT & FABULOUS (Morning Aerobics)

Session #410101-01

This energizing fun class rotates and combines many fitness styles. Included are: Classic aerobics, interval training, weight-ed-low impact cardio, Zumba®, core & balance exercises and strength training using hand held & leg weights, balls bands and tubing. Class ends with a relaxing stretch, so bring your non-slip exercise mat and plenty of water! Our motto is "Keep On Moving & get your STEPS in!"

Dates: May 6 to June 28 (No class 5/27)
Days: Monday - Wednesday - Friday
Time: 8:30 am - 9:30 am
Fees: Resident \$60.00/Non-Resident \$75.00
Location: East Lyme Library/Community Center,
Activity Room
Instructor: Donna Neaton, AFAA

PILATES ON THE MAT

Session #410302-01

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. Participants are required to bring a non-slip exercise mat.

Dates: May 2 to July 25
Days: Thursday
Time: 10:15 am - 11:05 am
Fee: Resident \$45/Non-Resident \$60
Location: East Lyme Library/Community Center,
Activity Room
Instructor: Marsha Pirie, AFAA

CORE & MORE WITH STABILITY BALL (Morning)

Session #410104-01

A 50 minute class focusing on balance and the core muscles with additional upper/lower body strength training utilizing hand held & leg weights, bands, tubing & balls. Class can be done using a chair, but a stability ball is recommended to incorporate more muscles for balance. Participants are required to bring a non-slip exercise mat, water and their own stability ball.

Dates: April 2 to June 4
Days: Tuesday
Time: 10:15 am - 11:05 am
Fee: Resident \$40.00/Non-Resident \$55.00
Where: East Lyme Library/Community Center,
Activity Room
Instructor: Donna Neaton, AFAA

CORE & MORE WITH STABILITY BALL (Evening)

Session #410105-01

Description of class same as bottom left, morning class.

Dates: April 4 to June 13
Days: Thursdays
Time: 4:10 to 5:00 pm
Fee: \$45.00 resident/\$60.00 Non-Resident

FASCIAL MOVEMENT

Session #410301-01

This class incorporates the principles of Pilates, using as resistance body weight, different equipment, and stretching. Participants in this class will work the body in a full range of motion using the core muscles. Active isolated stretching will be used to effectively regain movement that has been restricted because of injury or tight muscles. Participants are required to bring a non-slip exercise mat.

Dates: March 12 to April 30 (no class 4/16)
Days: Tuesday
Time: 6:30 pm - 7:30 pm
Fee: Resident \$50.00/Non-Resident \$65.00
Location: East Lyme Library/Community Center,
Activity Room
Instructors: Kim Stirtan-BSPE, ACE & Stott Pilates.
Level One Fascial Movement Instructor

FASCIAL MOVEMENT

Session #410301-02

Same info as above

Dates: May 14 to June 25 (No Class 6/4)

TUESDAY ZUMBA®

Session #410103-02

Come and "Join the Party" with this 55 minute Zumba class! Bring plenty of water and let's Salsa, Cha-cha, Merengue, Cumbia, Calypso and dance off those calories together!

Dates: April 9 to June 25
Days: Tuesday
Time: 5:30 pm - 6:25 pm
Fee: Resident \$50.00/Non-Resident \$65.00
Location: East Lyme Library/Community Center,
Activity Room
Instructor: Donna Neaton AFAA/Zumba Instructor

SATURDAY MORNING ZUMBA® AEROBICS

Session #410103-03

Come and "Join the Party" with this 1 ½ hour Zumba class! We will Salsa, Cha-cha, Merengue, Cumbia, Calypso and dance off those calories the first hour, then follow it up with 30 minutes of total body/core strengthening exercises & a relaxing stretch. Bring a non-slip exercise mat and plenty of water!

Dates: April 13 to June 29
Days: Saturdays
Time: 8:30 am - 10:00 am

Fee: Resident \$60.00/Non-Resident \$75.00
Location: East Lyme Library/Community Center,
Activity Room
Instructor: Donna Neaton AFAA/Zumba Instructor

MONDAY COED YOGA

Session #410501-01

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

Dates: April 22 to July 1 (No class 5/27)
Days: Monday
Time: 6:00 pm - 7:15 pm
Fee: Resident \$50.00/Non-Resident \$65.00
Location: East Lyme Library/Community Center,
Activity Room
Instructor: Rosemary Gentile - M.S.R.D.-RYT

WEDNESDAY NIGHT COED YOGA AND MEDITATION

Session #410502-01

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

Dates: April 10 to June 19
Days: Wednesday

Time: 5:45 pm - 7:00 pm
Fee: Resident \$55.00/Non-Resident \$70.00
Location: East Lyme Library/Community Center,
Activity Room
Instructor: Michele Flowers, RYT 500

YOGA FLEX WITH PILATES CORE (Evening)

Session #410106-01

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: March 28 to June 6
Days: Thursday
Time: 5:10 to 6:00 pm
Fee: Resident \$45.00/Non Resident \$60.00
Location: Activity Room, East Lyme Public Library/
Community Center
Instructor: Nicole Glick

YOGA FLEX WITH PILATES CORE (Morning)

Session #410106-02

Yoga can help improve flexibility, range of motion, balance & continued on page 18



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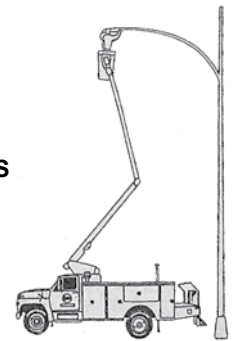
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Park & Rec Adult Programs... continued from page 17

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: March 29 to June 7

Days: Friday

Time: 9:40 to 10:30 am

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

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

Instructor: Nicole Glick

YOGA FLOW

Session #410107-01

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

Dates: April 8 to June 17 (no class 5/27)

Days: Monday

Time: 9:35 to 10:35 am

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

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

Instructor: Michele Flowers, RYT 500

TOTAL BODY FITNESS

Session #410403-01

This 55 minute cardio & strength training class IS DESIGNED FOR ALL fitness levels. It rotates different fitness styles such as, intervals, circuits, classic aerobics and weighted-low impact cardio to keep the class moving & challenged. Hand held & leg weights, bands, balls, & tubing are utilized in class for the strength/core portion. Class ends with stretching, so please bring a non-slip exercise mat & plenty of water!

Dates: May 6 to June 26

Days: Monday and Wednesday

Time: 4:30 to 5:30 pm

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

Location: East Lyme Library/CC-Activity Room

Instructor: Donna Neaton, AFAA

BALLROOM DANCE - Silver Dance Syllabus

Session #430102-01

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

Dates: May 9 to June 27

Days: Thursday

Time: 6:15 to 7:15 pm

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

Location: East Lyme Library/Community Center, Activity Room

Instructor: Marjorie Winslow

BALLROOM DANCE - Beginner Lessons

Session #330102-01

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

Date: Same as the beginner's class.

Time: 7:30 to 8:30 pm

DOG OBEDIENCE - Beginners

Session # 430201-01

This class will teach the basic skills and work towards taking the dog off the leash. The first class is held in the Olive Chendali room without your dog. Participants must provide proof of rabies and parvo at the time of registration. The dog must be 4 months and older.

Dates: April 8 to June 17 (no class on 5/27)

Days: Monday

Time: 5:15 to 6:15 pm

Fee: Resident \$55/Non Resident \$70

Location: East Lyme Public Library/
Community Center parking lot

Instructor: Barbara Keck

DOG OBEDIENCE - Novice (AKC Canine Good Citizen Program)

Session #430202-01

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

Same information as the beginner's class except for:

Time: 6:30 to 7:30 pm

East Lyme Youth Services



45 Society Rd,
Niantic, CT 06357
860-739-6788
eastlymeparks@
gmail.com

Office Hours: 8:00 am - 4:00 pm

Dave Putnam, Executive Director

Mike McDowell, Program Coordinator


*Serving the East Lyme and Salem
Communities*

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

Youth Services Commission

The East Lyme Youth Services
Commission meets on the 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.

continued on page 20



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East Lyme Youth Services... continued from page 19

REGISTRATION

Registration for Spring Youth Service programs will begin on Friday, February 23rd.

NIANTIC BAY BOARDWALK 5K

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

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

Date: Sunday, April 28th

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. Call Youth Services for more info.

Spring Session:

Dates: TBD.

HOME ALONE

Recommended for all students in 5th and 6th grade. Participants learn how to be home without supervision responsibly, utilizing the expertise of local police and fire professionals and other guest speakers. Participants will walk over to the community center from the Middle School.

Day: Monday's

Location: The Community Center in the Olive C. Room

Time: 3:00 - 4:00 pm

Meeting Dates: 3/11, 3/18, 3/25

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

WHAT'S COOKIN' FOR KIDS

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

Day: Tuesdays

Time: 3:00 - 5:00 pm

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

Meeting dates: 3/5, 3/12, 3/19, 3/26

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

MOUNTAIN BIKING CLUB (Grades 5-9)

Guided rides will be led by program Coordinator Mike McDowell along the trails of Rocky Neck. Participants will build confidence from tackling terrain found along the trails while also enjoying the time outdoors!

Participants must have a working bike with front and rear brakes, helmet, a fix-a-flat kit, and water. We will meet on all Thursdays throughout the spring and summer, weather permitting and as long as we have two or more riders.

Day: Thursdays

Location: Rocky Neck: Trailhead near Divine Wine Emporium

Time: 5:00 - 6:30 pm

Meeting Dates: Every Thursday beginning April 18th, weather permitting

Fee: FREE

FREE OPEN CENTER AFTER SCHOOL PROGRAM

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

STUDENT ADVISORY BOARD

The Student Advisory Board is a group of high school students who are interested in bettering the community by volunteering at town events, as well as planning and hosting events for advocates of youth in the community. Events the club has collaborated on are the Boardwalk 5k, the Niantic Bay 10k, Trick or Trunk, Holiday Stroll and various middle school dances.

BIKES FOR KIDS

Bring your old bicycles to us.

We are collecting bikes in any condition to bring to the Bikes For Kids organization in Centerbrook. Donated bikes are fixed up, and donated to families/organizations who otherwise cannot afford them. Drop-off location will be at the Youth Center on May 18th from 9:00 - noon (arrangements may be made for different time, please contact Youth Services staff to arrange). Adult bikes may be donated as well as they occasionally receive requests for them.

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, 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 PARKS AND RECREATION DEPARTMENT PLAYGROUND REGISTRATION FORM-2019

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

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

2. _____ RELATION: _____ CELL# _____

FAMILY/LEGAL GUARDIAN'S ADDRESS _____

HOME TELEPHONE # _____ WORK TELEPHONE #1 _____

WORK TELEPHONE #2 _____ EMAIL ADDRESS _____

LIST ALLERGIES/MEDICINES*/CONDITIONS: _____

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

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

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

IF EMERGENCY MEDICAL ATTENTION IS NECESSARY, 911 WILL BE CALLED FIRST BEFORE PARENT IS CALLED!

EMERGENCY CONTACT (OTHER THAN PARENT):

NAME _____ TELEPHONE #'S _____

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

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

NAME & TELEPHONE _____ NAME & TELEPHONE _____

I understand that EL Parks & Recreation Department reserves the right to expel from the program any child who is disruptive or disrespectful, or who jeopardizes his/her safety or the safety of other program members. By signing this registration form, I acknowledge that I have read and understand this policy.

I agree to hold the East Lyme Parks and Recreation Commission & Department and any person connected therewith and the Town of East Lyme harmless from any and all claims for bodily injury and property damage arising from the use of facilities and programs during the course of an East Lyme Parks and Recreation sponsored activity. **PHOTO RELEASE:** I understand that for promotional purposes the Town takes photographs of participants enrolled in recreation activities, classes or programs. I hereby release and permit the Town of East Lyme to utilize for said promotional purposes any photographs of my child engaged in the playground activities. (Please notify Parks & Recreation if you do not want picture published.) **BEFORE & AFTER CARE AVAILABLE FOR PARTICIPANTS ENTERING 7th GRADE**

EXTENDED CARE ONLY: PLEASE INDICATE: AM _____ PM _____ BOTH _____

WK1 _____ WK2 _____ WK3 _____ WK4 _____ WK5 _____ WK6 _____ WK7 _____
6/24-6/28 7/1-7/5 7/8-7/12 7/15-7/19 7/22-7/26 7/29-8/2 8/5-8/9

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

Per Connecticut General Statute 19a-77 we are required to disclose that our programs are not licensed by the State Office of Early Childhood.

Park & Beach Information

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

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

State 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 25 - SEPT 2, 2019 AT ANY BEACH FACILITY:

See Below Regulation

State Regulation (Public Swimming Area Regulations) Section 19a-36-B61 (10)

states domestic animals shall be prohibited in the water and the land immediately adjacent to the water of a public swimming area when the public swimming area is open for use.

BEACH/PARKING PASSES

Parking permits will go on sale beginning April 1st at the Parks & Recreation Office. Permits will be sold from 8:30 am to 4:00 pm throughout the season. From May 23 - June 27 the office will extend the office hours to 7:00 pm on Thursday's. To obtain a season permit, ALL applicants must present their valid car registration at time of purchase. If you are new to town, please bring your tax bill or lease to expedite the process. To avoid lines, you can mail in a copy of your registration, a copy of your latest tax bill (if vehicle is not registered to an East Lyme/Niantic address), the fee (checks payable to Town of East Lyme) and a self addressed envelope, and we will process your request and mail your beach pass to you.

FEES FOR 2019

Resident	\$40.00
Resident (Add'l car)	\$30.00
Resident Senior (62 & over)	\$15.00
Non-Resident	\$115.00
Resident Day	\$10.00
Non-Resident Day Parking M-F	\$30.00

Non-Resident Day Parking

WEEKENDS & HOLIDAYS	\$40.00
Non-Resident Day Walk In	\$10.00 per person
Non-Resident Season Walk - In	\$60.00 per person

As of Saturday, May 25 (Memorial Day Weekend) all vehicles must have a parking permit to enter the parks through September 2 (Labor Day). Park hours are 8:00 am to dusk. Lifeguards are on duty daily from 9:00 am - 5:00 pm, beginning tentatively mid-June.

PAVILION/TENT RENTAL

The pavilion and tent are available for full day or half day rental (9:00 am to
continued on page 24



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Parks & Beach... continued from page 23

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

Everybody's Talkin'

"Everybody's talkin' at me. I don't hear a word they're sayin'..." Harry Nilsson sang it best. We feel bombarded by people talking at us - in person, online, over TV or radio - and these days, it seems more than ever that the messages go right by each other, hardly registering before we're on to the next one.

Do you ever watch those talk shows where the participants each have their own perspective to assert, and don't seem to

really hear what the others are saying? It seems like they are focused on formulating their response instead of listening and considering what they're hearing. Don't we often do the same ourselves when we debate/argue with those close to us? We get focused on being "right" and proving our points, as if having better arguments to prove our position is all that's needed to win the person over. Imagine how our communications and relationships might change if our first inclination was to listen,

pause, consider another perspective, and look for areas of agreement. What if understanding, compromise, and relationship building were the goals? Isn't that really the kind of "win" we want? Let's choose to communicate, and talk "with" each other, rather than "at" each other. We may not get everything we want, but our relationships will win.

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

East Lyme Senior Center

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

Hours: Monday - Friday 8:30 am to 4:30 pm

Cathy Wilson - Director
Kristen Caramanica - Program Coordinator
Jane Bowen - 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. 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 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 funded by a grant through the Dept. of Transportation. Call the Senior Center for more information.

SENIOR LUNCHESES

Senior Nutrition Program

The Senior Center and TVCCA provide lunches with a 24 hour

reservation Tuesday through Friday at 11:45 am. Monthly menus are printed in The Courier newsletter. \$3.00 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.

AARP TAX-AIDE

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

Trips

The Senior Center offers a diverse selection of trips. Detailed flyers are available.

DAY TRIPS

Open to any person 55+

Thu, Apr 11th - Join us for a trip to the MGM Springfield Casino in Springfield MA. Casino packet worth \$30 (\$20 in slot play and \$10 for food credit at any restaurant). Trip fee \$55. Registration began Feb 1st. Minimal walking.

Sat, Apr 27th - West Point Academy Dress Parade, lunch at the West Point Club and a guided tour are included in trip to the U.S. Military Academy at West Point. Trip fee is \$112. Registration began Feb 1st. Moderate walking.

Thu, May 2nd - What better way to welcome spring than with a trip to Wicked Tulips Flower Farm in Johnston, RI. Lunch at Gregg's Restaurant and Tavern included. Trip fee is \$87. Registration began Feb 1st. Moderate walking.

Wed, May 22nd - Stretch your legs with a trip to Walkway Over the Hudson and a visit to the Culinary Institute of America in Hyde Park, NY. Lunch included at Catarina de Medici. Trip fee is \$107. Registration began Feb 1st. A lot of walking.

Aug 4th - Planning a trip to Yankee Stadium for an evening game between the Yankees vs. Red Sox. LIMITED SEATS available. More details to follow.

OVERNIGHT TRIPS/CRUISES

Apr 28-May 4, 2019 - Myrtle Beach, SC and Charleston, SC. 7 days, 6 nights trip includes 4 night stay in your ocean front room at Ocean Reef Resort. Prices start \$1219pp double occupancy. Registration has begun.

May 5-12, 2019 - Escorted Bermuda cruise on the Celebrity Summit. 8 days, 7 nights. Transportation to pier included. Prices start \$1437pp double occupancy. Registration has begun.

continued on page 26

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Senior Center ... continued from page 25

Sept 9-15, 2019 - Cruising Maine and Atlantic Canada 8 day Package IB \$1559, OA, \$1779 and BA \$1949. Registration has begun.

Sep 15-22, 2019 - Guided tour of America's Cowboy Country to explore the West. 8 days, 7 nights. Transportation & transfers included. Prices start \$3599pp double occupancy. Registration has begun.

Oct 29-Nov 9, 2019 - Guided tour of Southern Italy & Sicily. 12 days, 11 nights. Transportation & transfers included. Prices start \$3799pp double occupancy. Registration has begun.

Nov 9-24, 2019 - Escorted NY to Panama Canal cruise on NCL's Norwegian Dawn w/partial transit of Canal. 16 days, 15 nights. Transportation & transfers included. Prices start \$2484pp double occupancy. Registration has begun.

March 2020 - Iceland's Magical Northern Lights - Details pending.

Fitness Classes

SENIOR FITNESS: Mon & Wed 10:00 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 & Thu 9:00 am

- R\$60.00/30 classes - NR\$65.00/30 classes. Pass required.

TAI CHI: Tue & Fri 9:00 am

- R\$48.00/24 classes - N\$53.00/24 classes. Pass required.

CHAIR YOGA: Tues & Fri 8:15am, 9:30 am or 10:30 am classes

- Session class - Call for class fee & schedule.

WEIGHT LIFTING: Tue & Thu 10:15 am at ELHS Fitness Center

- R\$24.00/24 classes - NR\$29.00/24 classes. Pass required.

ZUMBA GOLD: Tue & Thu 3:00 pm

- Session Class - Call for class fee & schedule.

HAPPY FEET: 2nd & 4th Tue 1:00 pm

Free. Must register.

PING PONG: Wed 10:00 am

Will teach. No fee.

BOCCE: Thu 10:00 am

No fee. Will teach.

PACE: Thu 1:00 pm

- Session Class - Call for class fee & schedule. People with Arthritis Can Exercise.

PICKLEBALL: Sat 10:00 am and Tue 7:30 pm

- \$2pp drop in fee. Call the Senior Center office.

Performing Art Classes

VALLEY SHORE WOMENS ACAPELLA: Wed 6:30 pm

Call for more information.

DRAMA GROUP: Thu 1:00 pm

- Session Class - Call for class fee & schedule.

SING-A-LONG CHORUS: Fri at 10:15 am

Any level. Come join the fun.

Arts & Crafts Classes

PAINTING W/FRIENDS: Tue at 9:30 am

No instructions only camaraderie! No fee.

STITCH HAPPENS: Wed at 9:30 am

Knitting, crocheting, sewing together. No instruction and No fee.

LEARN TO DRAW: Thu 10:00 am

No fee. Minimal supplies needed. Call to register.

QUILTING: 3rd Fri and the 4th Tue of every month, 5:00 pm; and the 1st Mon of every month from 1:00 pm

Fee is \$2.00. Bring a dish to share for Fri dinner quilting.

Intermediate to Advanced level.

Games / Cards

BUNCO: Mon 9:30 am

Will teach. \$2 fee.

HAND & FOOT: Mon 12:30 pm

Will teach. No fee.

SCRABBLE: Tue 9:30 am

No fee. Will teach.

MAH JONGG: Tue 12:15 pm

No fee. Must know the game.

BRIDGE: Shoot Out played Tue 1:00 pm

Fee \$5.00pp. Must know the game/have a partner. Must register.

POPULAR VARIETY GAMES: Tue at 1:30 pm

Classic Table Top games. No fee.

ACBL Santioned BRIDGE: Duplicate Bridge played Wed 1:00 pm

Fee \$7.00pp (\$1pp if 26 or younger). Must know the game.

continued on page 28



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Senior Center ... continued from page 26

Contact mikehajosity@gmail.com for questions/registration.

BRIDGE: Duplicate Bridge played Thu 1:00 pm

Fee \$1.00pp. Must know the game/have a partner. Must register.

BINGO: Fri 1:00 pm

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

Education / Enrichment

JAM SESSION: Every Mon 2:00 pm

- No formal instruction just playing with your fellow guitar enthusiasts.

UKULELE LESSONS: Mon 11:00 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: Fri at 7:00 pm, Mar 8th, Jul 19th & Sep 20th, 2019.

Fee \$10pp - tickets sold at the door. The Illusions Band plays.

TECH SUPPORT: Every Tue 2:45 pm with ELHS students

during their school year. Call to set up an appointment.

Health Programs / Benefits Information

REIKI: 1st & 3rd Thu starting at 1:00 pm

Jeffrey's Rainbow Run

ACADEMIC SCHOLARSHIP OPPORTUNITY 2019

The East Lyme Youth Services Bureau in cooperation with the Bourgeois family will be awarding scholarships to three graduating high school seniors in the amount of \$1,500.00 who reside in East Lyme or Salem and will be continuing their education in a field related to animal studies or working with children.

Applicants must submit their high school transcripts, list of community/school

activities as well as a one to two page essay on how this scholarship will benefit them.

Materials must be sealed and submitted to the East Lyme Youth Services Bureau, 45 Society Road, Niantic, CT 06357 no later than Friday, April 19, 2019.

Monies for this scholarship are in honor of Jeffrey Bourgeois and funded by proceeds from the annual Jeffrey's 5K Rainbow Run held in September each year. For more information on the scholarship and the annual fun run please contact the Youth

\$5 fee. Registration at the Senior Center Office with payment.

MANICURES: 2nd & 4th Tue starting at 9:00 am

\$5 fee. Registration at the Senior Center Office with payment.

REFLEXOLOGY: 2nd & 3rd Wed of every month starting at 10:00 am

\$5 fee. Registration at the Senior Center Office with payment.

MASSAGE THERAPY: 2nd & 4th Wed of every month starting at 12:30 pm

\$27/25minutes or \$54/55 minutes. Registration at the Senior Center Office with payment.

VNASC NURSE MANAGED FOOT CLINIC: 2nd Wed starting at 1:00 pm

Routine foot care. No Diabetics please. Appointments are required. Registration at the Senior Center Office with payment.

VNASC BLOOD PRESSURE CLINIC: 4th Wed of every month 1:15 pm to 2:15 pm

HEARING CLINIC: 1st Fri of every month at 10:00 am

Must have an appointment.

Every Month

Theme Meals & Musical Entertainment
Special Events

Services Bureau at: 860-739-6788 or email David Putnam at: Dputnam@eltownhall.com.

Submittals will be judged on the following:

- Academic Achievement
- Extra Curricular Activities both in school and in the community
- Leadership Potential
- Career Objectives
- Essay

To download previous issues of East Lyme Events
visit www.eventsmagazines.com and download the issue you desire!

East Lyme Public Schools - East Lyme Aquatic Center

www.eastlymeaquatics.com
eastlymeaquaticsandfitness@gmail.com

YOUTH PROGRAMS

Swim Lessons: ELPS offers swimming classes for ages 3-13 in the evenings during the week and in the morning on Saturday. Sessions last 4 weeks and students have the option to register for 1-3 times per week. See website for more info.

Springboard Diving School: If you have kids who have expressed interest in learning how to dive, there is a novice class that meets on Saturday mornings which will teach the basics for springboard diving. The class is fun and upbeat and works to each participant's ability and comfort level.

Parent & Tot: Studies show that infants who are introduced to the water early on, have improved balance, stronger hearts and lungs, more confidence, and better coordination. It is also a great opportunity to spend some time in the water with a

parent which creates a positive experience in the water. Classes are offered on Saturday mornings for 30 minutes. See website for more info.

Birthday Parties: The pool is available to rent for birthday parties on the weekends. Party room space is offered as well. If interested please email ELPSaquatics@elpsk12.org.

Private Swim Lessons: If you are interested in an accelerated learning environment where your son/daughter will work individually with an instructor or coach private lessons are available on the weekends and during the week. See website for more info.

ADULT PROGRAMS

Water Aerobics: AquaFit Class - Enjoyable workout that uses resistance and water buoyancy to provide a low impact workout that is fun and effective. Class is suitable for all ages and levels of fitness. Aqua

fitness workouts aim to improve many components of fitness such as muscular endurance and strength, body composition, aerobic capacity, flexibility or joint mobility, as well as improving neuromuscular coordination.

Private Swim Lessons: If you are interested in improving on your technique so you can swim for fitness or if you are an athlete who is looking to compete, one of our coaches will work individually with you to help you reach your goal. See website for more info.

POOL & GYM ACCESS

Memberships: Pool, gym, and combined memberships are available on a monthly or annual basis. You do not need to be a resident of East Lyme to utilize the facility. There are over 65 hours a week where the facility is available for use.

Day Pass: Drop in rates are available based on residency. Passes are valid for the day and include the gym and the pool.



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East Lyme Public Library



February

Couch to Niantic Boardwalk 5K Information Session Kickoff!
Monday, February 25 - 7:00 pm

There are a lot of questions you may have about running - from learning the proper form, the right gear to use, and how often and much you can run when you first start. Road Runners Club of America certified running coach Melissa McWeeny will help answer all of your questions and help guide you to running success. Melissa will cover some beginner basics, strength training and preventing injuries, and motivation and inspiration.

TRIVIA NIGHT

Tuesday, February 26 - 7:00 pm

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

March

CUT THE CORD: Going Cable-Free

Tuesday, March 5 at 7:00 pm

Would you like to break free from cable, but not sure how to go about it? Are you afraid you'll miss out on your favorite shows if you do give up cable? Library staff will discuss free or low cost alternatives. Devices such as Roku, Chromecast, and Amazon Fire Stick, and services including Netflix, Hulu, and YouTube TV, that will allow you to stream TV shows and movies while breaking free from cable will be discussed and explained.

COUCH TO NIANTIC BOARDWALK 5K RUN/WALK SESSIONS

Monday and Wednesdays (March 4 - April 17), 6:00 - 7:00 pm

Have you always wanted to run or walk a 5k road race but didn't think it was possible? Would you like to accomplish this goal in a supportive and encouraging environment? Meet at Hole-In-The-Wall for training runs/walks. Runners and walkers of all abilities welcome! Dress for the conditions.

COOKBOOK CLUB

Wednesday, March 20 - 10:00 am

Casseroles

Choose your own recipe (we have cookbooks to check out) ; make a recipe; bring along the recipe and we'll make copies; bring in samples for all to taste, and discuss! Can't cook, but still want to join the fun? Stop by for the fellowship - all are welcome. This program will be held in the East Lyme Senior Center.

KERRY BOYS

Saturday, March 9 - 2:00 pm

The Kerry Boys are Connecticut's favorite Irish balladeers. Their high-energy show will have you clapping and singing along, engaging you from start to finish with their wide collection of traditional and original Irish/Celtic songs.

AMELIA EARHART

Tuesday, March 19 - 7:00 pm

Sheryl Faye presents her live performance of Amelia Earhart, the fearless and adventuresome pioneer in aviation.

TRIVIA NIGHT

Tuesday, March 26 - 7:00 pm

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

April

WOOD SIGNS: Crafting with Wendy Limaugé

Tuesday, April 2 - 7:00 pm

Make your own wood sign with Cricut designs. Choose between five designs and get creative! Wood, paint, and other supplies provided. Class is limited to 15 participants.

THE GUT & BRAIN HEALTH CONNECTION

Saturday, April 6 - 12:00 pm

Would you like to learn how interactions in your gut, body, and mind impact mood and behavior? Katie Ziskind, LMFT, will share mind-body modalities, various types of integrative therapies and help you understand how you can change your mood through nutrition. You will learn about inflammation and your nervous system, as well as how nutrition and hydration impact wellness. You will learn tips and remedies for regulating mood, creating balanced, long-term energy and a routine for creating healthy sleeping patterns. Learn how your gut is truly your second brain!

WEST AFRICAN KORA MUSIC PERFORMANCE

Monday, April 8 - 7:00 pm

Sean Gaskell features traditional songs on the Kora, a 21 string harp that he learned how to play throughout the course of multiple visits to its homeland in Gambia, West Africa. Gaskell has studied extensively under the instruction of Malamini Jobarteh and Moriba Kuyateh, both of Brikama, Gambia. He has been featured at a number of music festivals in the US, Gambia, and Senegal.

AN EVENING WITH THE GILLETTES

Tuesday, April 16 - 7:00 pm

Who was William Gillette? What was his connection to the greatest fictional detective of all time? Was Sherlock Holmes fact...or fiction? Harold and Theodora Niver will become the Gillettes to educate as well as entertain.

TRIVIA NIGHT

Tuesday, April 23 - 7:00 pm

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

BOOK DISCUSSION GROUP

Second Tuesday of each month at 7:00 pm

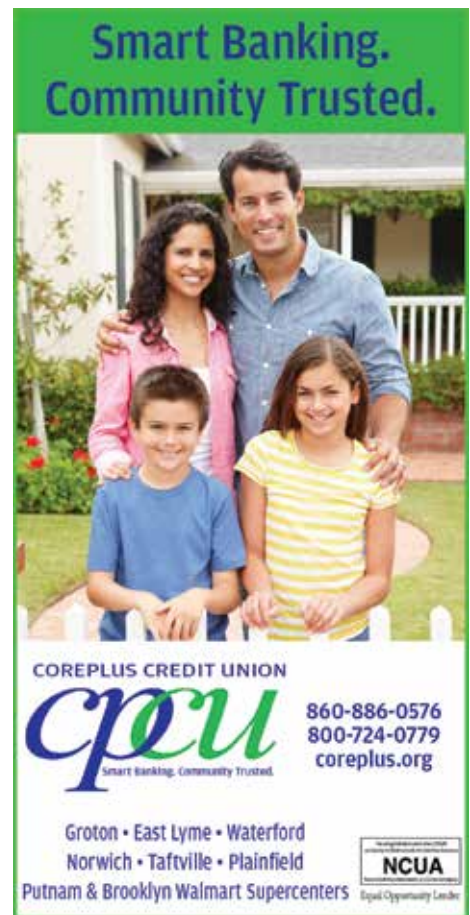
This book discussion group meets in the East Lyme Room. Copies of the current month's book are available at the library. 3/12 *Where the Crawdads Sing* by Delia Owens; 4/9 *Ohio* by Stephen Markley. No registration necessary.

MYSTERY BOOK DISCUSSION GROUP

Last Thursday of each month at 11:00 am

This book discussion group meets in the East Lyme Room. Copies of the current month's book are available at the library. 2/28 *The Dry* by Jane Harper; 3/28 *Too Close to Breathe* by Olivia Kiernan; 4/25 *Widows of Malabar Hill* by Sujata Massey. No registration necessary.

continued on page 32



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ABC

Library... continued from page 31

Winter Wonderland Storyhours 2019

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MONDAY

All ages Drop-In with Miss Rebecca 10:00 - 10:45
4s and 5s with Mrs Bull 2:15 - 3:00

TUESDAY

Baby Lap-Sit with Miss Rebecca 10:00 - 10:30
2s and 3s with Mrs Bull 11:00 - 11:30
4s and 5s with Mrs Bull 2:15 - 3:00

WEDNESDAY

2s and 3s with Mrs Bull 10:00 - 10:30
4s and 5s with Mrs Bull 11:00 - 11:45
4s and 5s with Mrs Bull 2:15 - 3:00
La hora de los cuentos with
Senorita Rebecca 6:30 - 7:30 **** Evening ****
**** English-Spanish fun for the whole family ****

THURSDAY

Baby Lap-Sit with Miss Rebecca 10:00 - 10:30
2s and 3s with Mrs Bull 11:00 - 11:30
4s and 5s with Mrs Bull 2:15 - 3:00
Middle school movie with Miss Rebecca 3:15 - 5:45 +/-

FRIDAY

All ages Drop-In with Miss Rebecca 10:00 - 10:45
Style Council with Miss Rebecca 3:00 - 4:45

PLEASE NOTE

Baby Lap-Sit is for burth to 23 months.
Registration is not required for Baby Lap-Sit or all ages
Drop-In.

Touch A Truck May 2019



SAVE THE DATE

On Saturday, May 18, 2019, the East Lyme Auxiliary of Child and Family Agency of Southeastern Connecticut and the East Lyme Parks and Recreation Department will co-sponsor our twelfth annual Touch A Truck event. This is a family event that will take place from 9:00 am to 2:00 pm at McCook Point Park in Niantic, CT. There will be Horn Free Hour from 9:00 am to 10:00 am.

An event not to be missed, the Touch A Truck experience is for one and all, big and small. Spend some time with us and have yourself a ball. It's an educational experience that will make you a 'hero' with your child/grandchild. Children can climb various vehicles, sit in the driver's seat and discover the world of trucks. They will be able to see, touch, and interact with big trucks and learn their functions. This unique event will feature



large trucks and heavy equipment from law enforcement, fire departments, commercial companies, industrial companies and rental companies.

Vehicle demonstrations will be conducted and we never know just who might make an appearance. In addition there will be face painting, hair beading, games and crafts. Refreshments will be available for sale.



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

The suggested donation is \$4.00 per person (ages 2 and up) to benefit the Child and Family Agency of Southeastern Connecticut. Child & Family Agency

nurtures children and families to develop their strengths through its service, partnership and advocacy. Its programs support children's mental health, children's physical healthcare, the prevention of child abuse, the treatment of family violence, teen pregnancy, parent education, child guidance, and childcare. With a heritage that dates from 1809, Child and Family has grown to become the largest non-profit children's social service provider in southeastern Connecticut. Last year 18,000 families were served in 79 towns in New Haven, Middlesex, Windham and New London Counties.

To learn more, to volunteer or to donate, visit our website at: www.childandfamilyagency.org or Facebook page (Touch A Truck East Lyme) or call Child & Family Agency at: 860-443-2896, Ext. 1406.

Flood Facts - Drainage System Maintenance



The Town of East Lyme is a participant in the Federal Emergency Management Agency Community Rating System program which entitles its residents to discounts on their flood insurance policies. One of the objectives of the Community Rating System is to encourage and recognize programs that preserve & restore the natural functions of floodplains and minimize damage & disruption to infrastructure & critical facilities.

KNOW YOUR FLOOD HAZARD

In the Town of East Lyme, one of the primary threats of flooding results from the “ponding” of water during heavy storms. Some flooding can result from small ditches and streams overflowing during significant storm events. Many local urban flood problems are caused when trash, yard waste, brush, fill or other debris is dumped into channels. This debris can clog storm drains & culverts, divert flows, and reduce the conveyance capacity of channels.

STREAM DUMPING REGULATIONS

The house you flood may be your own. Do not dump or throw anything into drainage ditches or streams. Obstruction and pollution of our waterways and ditches is a violation of Town Ordinances and Regulations. Dumping or disposal of debris



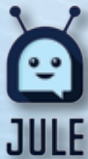
throughout East Lyme’s drainage system is prohibited. A Town Ordinance regulating the disposal of solid waste indicates that no person shall throw or deposit any refuse in any stream or other body of water. According to the East Lyme Inland Wetlands and Watercourses Regulations, filling or depositing material within 100 feet of a wetland or watercourse is considered a Regulated Activity.

The regulations that prohibit disposal of debris in East Lyme’s drainage system are enforced throughout the entire community. The East Lyme Wetlands Enforcement Officer and the Town Engineer are responsible for receiving complaints and monitoring compliance.

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East Lyme Public Trust Foundation

New Officers & Committees Announced

Support of the Boardwalk, support of the Environment, the exploration of new recreation venues, and fundraising have all led to very active year for The East Lyme Public Trust Foundation. In 2019, the Foundation will continue this work on behalf of the Community.

The East Lyme Public Trust Foundation is pleased to announce its new officers and committees. Jessica Todd, the previous vice-president, will become the new president. Ms. Todd is the VP and Director of Finance of Chelsea Groton Bank. The new Vice-President will be Ted Norris, President of Pamlico Group. Kathie Cassidy, a Procedure Writer for Dominion Energy Nuclear at Millstone Power Station and the present Treasurer, will continue to serve in that capacity. Anne Chekal, who is the principal owner of Chekal Writing - a Grants Development firm, will take over the duties of Secretary. Jim Gallagher will continue as the Chair of the Shore Grass Erosion Studies, while Bill and Fran Rinoski will continue as Co-Chairs of the Plaque Fund Raiser, and June Hoye will continue as the Chair of The Promise of Tomorrow's Trees.

In a new area, Sandy Greenhouse and Matthew Whittico will be the Co-Chairs to research Hiking and Bike Trails in East Lyme, in addition to Ted Norris serving as the Chair for a committee exploring possibilities of Gorton Pond Development.

Jessica Todd, the new Foundation President, is dedicated to continuing the Foundation's support of the Boardwalk, the new Band shell, the Grass Project to help stabilize the beach, the exploration of new recreation venues, and The Promise of Tomorrow's Trees and the Plaque project.

To support the Environment, The East Lyme Public Trust Foundation has been working since 2015 to provide a model for long-term management of Connecticut beaches through a joint program with the UConn SeaGrant program. It has focused on the Niantic Bay Beach and Boardwalk, in cooperation with the East Lyme Parks and Recreation Department.

Also to help individuals develop a greater connection to the environment as they frequent the Niantic Bay Boardwalk, the



Planting of grasses on Niantic Bay Beach.

local Niantic beaches, and the waters of Niantic Bay, the ELPTF, with the Sponsorship of UCONN Sea Grant has provided and will continue to provide new educational pamphlets to improve the public's understanding and protection of the Ecosystems living on our shores.

In its ongoing support of the Boardwalk, in 2018, the Executive Committee of the E.L.P.T.F. unanimously voted to donate up to \$10,000 to the Town of East Lyme to upgrade the security system at the Boardwalk, Cini Park, Hole in the Wall, and McCook Park.

In 2018, the East Lyme Public Trust Foundation was also pleased to announce the donation of approximately \$7,000 for the purchase of twenty, 33 gallon Trash Receptacles that have been placed at the Hole in the Wall, along the Boardwalk, and at Cini Park.

The Public Trust Foundation has also been working on a project to make the Niantic Bay Beach more accessible for people with disabilities, with walkers, with canes, or for parents with strollers. Shortly before Memorial Day, the E.L. Parks and Rec. Commission installed an ADA compliant beach accessibility surface mat to allow wheelchair access to the Niantic Boardwalk beach.

In order to support its many projects, the Foundation has developed some unique fundraisers, one of which is the plaques that line the railing of the Boardwalk. Twenty four

years ago, when the boardwalk first opened, none of the members of The East Lyme Public Trust Foundation would have predicted the overwhelming popularity of these plaques. Over the years, 1911 plaques have been installed, each with its own unique story. The plaque donors have come from 28 different states across the nation and from 2 foreign countries. Connecticut towns are represented from north to south and west to east - from Windsor to Woodbury and Greenwich to Guilford.

Another unique fundraiser is a commemorative tree program which has made available to the public, trees to be placed in public spaces in East Lyme. 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.

In 2015, 8 trees were sponsored at McCook Park. In 2016, 5 dog-wood trees were sponsored at the Cliff Walk to McCook Point. In 2017, the foundation offered a walkway of Cherry trees along the chain-link fence at McCook Park on Columbus Ave. In 2018, Sugar Maple trees were offered at BrideBrook Park along the outfield fence. The areas that still have trees available are Bridebrook Park, Cherry Lane at McCook Park on Columbus

Avenue, the Smith Harris House, the Samuel Smith House, the Library, and the East Lyme Town Hall,

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



A great place to visit, play and live!

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

Events Presents ~ Mystic Harbor Group

Mystic Harbor Group at Janney Montgomery Scott is an intimate financial advisory firm that is devoted to assisting its clients with their financial needs. With 186 years of experience (beginning in 1832), Mystic Harbor Group recognizes that clients have their own individual needs and aspirations. This allows for personalized financial plans to meet any client's desired future. But before the financial journey begins, advisors at the firm make sure to build strong and trusted relationships with their clients.

The financial advisors at Mystic Harbor Group are trained to work with clients of all ages. They understand how different life happenings and times dictate their client's financial needs and concerns. As Shane O'Brien, First Vice President, notes: "Depending on what stage of life they are in dictates where their priorities are. Younger clients are balancing saving for retirement, college education for their children, and in many cases, helping to support or care for their parents. As they get older, retirement becomes the main focus."

Mystic Harbor Group takes pride in the wide variety of clients its advisors assist every day. Not only do clients possess differing aspirations and backgrounds, but they are also geographically diverse. "Many of our clients do not live in CT," observes Mr. O'Brien. "Some live in Florida, South Carolina, North Carolina, Nevada, and many other states. With today's technology distance is not an issue."

By joining the Mystic Harbor Group, you really do become part of an extended family. And that allows you to uncover endless



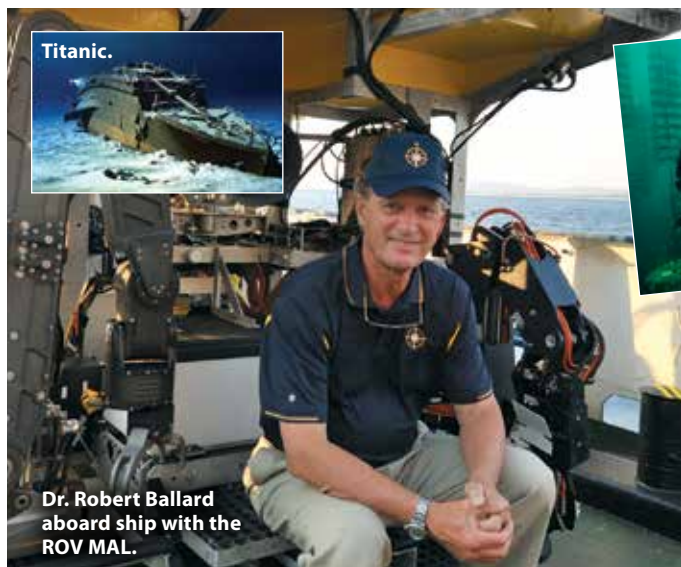
Mystic Harbor Group (left to right) Lisa M Cayer, Shane O'Brien and June Struck (photo courtesy of Shane O'Brien).

possibilities regarding future financial decisions. "What sets us apart is the level of care," says June Strunk, the firm's Executive Vice President. "We care about our clients, their lives. We think about them all the time...in the middle of the night, when we are at the grocery store." The financial advisors at Mystic Harbor Group will not rest until each and every client is satisfied.

60 Willow Street, Suite 101
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Dr. Robert Ballard - The Race to Save the Human Race by Sigrid Kun



Above center, increasing our oceans' productivity can provide the way to human survival.



Above right, each Nautilus expedition includes scientists, student interns, and educators.

Just back from the last leg of a 7 month-long expedition by his Corps of Exploration, Dr. Robert Ballard was at his Lyme, CT home - busy summarizing the 2018 series of expeditions by his 64-meter exploration vessel, the E/V Nautilus. Yes, he discovered the Titanic in 1985 (old news, he says, of what was actually a cover for a top secret naval operation). Yes, his work caused a wholesale change in how science was taught by uncovering the secrets of plate tectonics and hydro thermal vents (a revolutionary revelation evidencing that sunlight wasn't needed to support life). And the 30-year naval veteran and /geologist/undersea robotics developer/explorer has for so many years revealed to the world human history lost beneath the sea - with over 35 National Geographic television specials and countless books. After 150+ expeditions, starting at age 17, retirement isn't in the works for the 76-year old.

Our Oceans - The Last Frontier

Dr. Ballard's unrelenting pursuit of ocean education and exploration through his non-profit organization, the Ocean Exploration Trust ("OET"), is urgent. There are sobering facts: 95% of the Earth's population lives on less than 5% of the Earth's surface; farmland is being replaced with housing tracts; while 95% of all living space is located in largely unexplored international waters. But 90% of all large, predatory fish have been hunted down and killed. The carrying capacity of our planet is already at the brink. By 2050 we will not have enough food to feed everyone.

The Wichita, Kansas-born explorer explains that the Earth's waters, largely unexplored, are the human race's final hope. "I'm worried about the human race," he says. "The big question is, will the human race survive? The Earth will be fine. The planet is a creature. It was born. It evolves. It will die. It just has a long life expectancy. But there's no Plan B for the human race." The key, he says, is to move from hunting/gathering in the ocean to creating productive waters via deep sea farming - just as society thousands of years ago moved away from hunting and gathering on the Earth's lands and into organized food production. Every Ballard/OET/Nautilus expedition provides vital information as to how our Earth's waters can provide for the survival of humanity. The programs run on

multiple tracks; internships, community STEM and STEAM (to include the Arts) programs, and fellowships. Each ocean expedition includes scientists, student interns and educators as part of the Nautilus corps. The OET website is maintained on a 24/7 basis while the Nautilus is at sea to provide for live communication and interaction. During the last expedition, over 24,000 questions were answered live. Each expedition cultivates a new set of students and mentors (both on and off-board). "The key is to do it wave after wave after wave," he says. To make a difference you needed to reach millions of students.

No Boundaries

Dr. Ballard's message, however, is about more than just the ocean. Life's lessons include understanding one's self. Dr. Ballard is dyslexic. For quite a while, he didn't even know it. It took the book "*The Dyslexic Advantage*" to explain me to me. It was a strange but enlightening experience. Those affected (which is 10% of the population) are often loathe to admit it. To him, it is a gift - an interesting advantage. "I created a dyslexic world that I excel in," he explains. Dyslexia has caused him to rely on visualization and memorization. "It's perfect," he says. "In the sea, it's all dark...it's pitch black. But the water goes away and I see everything." He recalls a dive in 1986 to explore the Titanic. Everything went wrong. No sonar. No tracking. Landing 12,000 feet below surface in the mud, there were no signs of the Titanic to the other crew members. "It's over there," pointed Ballard. And, indeed, the Titanic was.

Dr. Ballard is also a keen proponent for empowering women. As he puts it "males as top leaders is by their design." Empowering women, he maintains, is a key to saving the human race. Accordingly, he mandates that 50% of his team be comprised of women.

Where Do We Go From Here?

Dr. Ballard is a problem solver - from 15 years spent restoring an earlier home to jigsaw puzzles (even when the 1,000 pieces are the same shade of blue, with no border pieces, holes in the puzzle, and extra pieces just for kicks.) But he doesn't have the ultimate answer. Will the human race survive? "I am a realist. The Earth is becoming aware of us and deeming us as a threat," he observes. "We still have time but indications are we are going in the wrong direction." What can we do? "Look at the first 12 feet around you. Look at what you are doing," urges the avid recycler. "Leave things better than you found them. That's what my grandmother taught me."



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