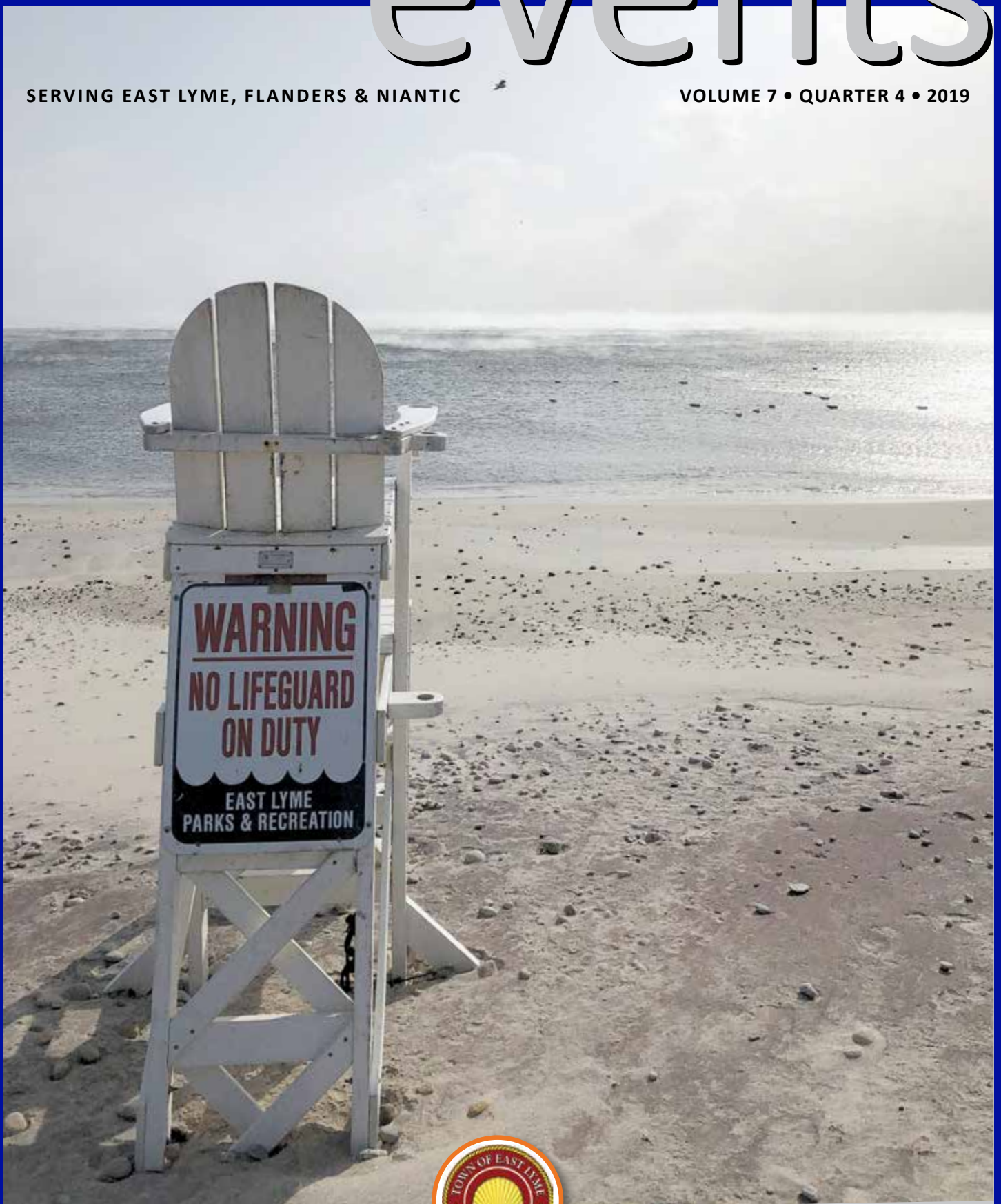


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First Selectman's Corner

As the calendar year winds down, I'd like to take this moment to reflect on how great a year 2019 has been. It's hard to believe that the year is almost over. I sincerely hope that your year was as full and rich as mine. Whether it was a sports event, a child's graduation, a family reunion, spending time with great friends, celebrating at one of our town's festivals and events, or just a quiet, reflective moment on the boardwalk, our new Main Street Park or one of our beaches, I hope you found the time to embrace life's great blessings.

As the Chief Elected Official, I am constantly approached by citizens who tell me how much they love our town... from 4th generation families to those who just moved here. There is a real passion for East Lyme and Niantic. It has always been there for our great schools... but it has gone beyond that now. Our citizens remain enthusiastic about our entire town. We offer so much for so many and our quality of life remains magnificent.

We didn't just happen to wake up one day and become the greatest little town in Connecticut. It takes work from so many people-volunteers, appointees and elected officials working together to make a difference. In addition, East Lyme is fortunate to have so many skilled and professional department heads who manage our various departments throughout town. Our town is great because our people are great - volunteers, department heads

and staff members. We owe a debt of gratitude to all those who came before us and made a difference... decades and decades of great leadership. In turn, it is our duty to step up and continue East Lyme's excellence... for the next generation.



Mark C. Nickerson

November is a time when our nation takes pause and honors all those who served our nation - and those who continue to stand the watch. We can never, ever say "thank you" enough. The veteran groups in our town are dedicated to supporting our veteran citizens. Everyone is invited to participate in their activities, their ceremonies, and their terrific social events. I have had the pleasure of doing so in the past year and both organizations are filled with terrific people!

Although we all tend to get wrapped up in the frantic chaos of the holidays, I hope you can take a moment to find peace and serenity during the season. Count your blessings... if you are anything like me, your blessings are many. Surround yourself with friends, family...and remember fondly those who we have lost.

continued on page 3



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COVER PHOTO

Lifeguard Chair in Winter 2019
Courtesy of East Lyme Parks &
Recreation Department

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First Selectman's Corner... continued from page 3

I will always be grateful for the opportunity to serve this town as your First Selectman. Serving my town has been a pleasure and an honor for the past 20 years. I thank the citizens of East Lyme for this opportunity. From my family to yours, have a wonderful, magical, and blessed holiday season. Stay safe. Make good choices. And spread kindness everywhere you go.

Peace and Love,
Mark Nickerson and family

Visit our website at:
eltownhall.com

We hope you will find our website to be a useful tool to find updated information and explore our wonderful community.

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 East Lyme Veterans Coffeehouse is held every 2nd Wednesday of the month

at VFW Post 5849, 39 Columbus Avenue, Niantic from 6:00 pm to 8:00 pm and 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.

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/.

Brookside Farm Museum Events

33 Society Rd., Niantic, CT 06357

OPEN HOUSE

December 8 from 1:00 - 3:00 pm

Join us for an afternoon of holiday crafts, caroling, a reading of the Night Before Christmas and refreshments! We will be collecting non perishable donations for Care and Share.

WASSAIL/ADULT TRIVIA NIGHT

December 13 from 6:00 - 8:00 pm

Space is limited to 25. Tickets are \$20 per person

Call: 860-867-6001

Please check our website for more information at: brooksidefarmmuseum.org and like us on Facebook.

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Director's Note



David M. Putnam

FALL/WINTER 2019-2020

It is with much gratitude and enthusiasm to provide an update on the fundraising efforts of the Miracle League of Southeastern Connecticut and plans for construction of a fully accessible athletic complex (baseball, soccer lacrosse, etc.) for athletes in our region with physical and cognitive disabilities. As of this writing the committee has raised over \$500,000 for phase 1 the project to be built at the Flanders Elementary School. We are also extremely excited to be partnering with Kevin Ollie's charity and the

21st Century Tolland Fund to provide an accessible basketball court called Kevin's Courts.



Schematic Concept
MIRACLE LEAGUE FIELD, EAST LYME

We anticipate construction to begin shortly with a spring 2020 opening. A huge thanks to the Board of Directors who have worked tirelessly on various grant funding and fundraising events that have included; trivia nights, pasta suppers, hugely successful annual Oyster Festival and our baseball-themed gala to include a few.

Most importantly a huge thanks to all the businesses and individuals in our community and the region who continue to demonstrate their generosity to the project. It remains our mission to fully fund the entire project without taxpayer assistance. In the next few weeks we will be setting our sights on phases 2 and 3 of the project which include a barrier free playground and restroom support building.

For more information or if you would like to get involved with the Miracle League of SECT and our progress please visit our website at: www.mlsect.org.

Sincerely,
 David M. Putnam,
 Director Parks and Recreation/Youth Services,
 Executive Director Miracle League of SECT

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Parks & Recreation Department

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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

continued on page 8



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Parks & Recreation... continued from page 7

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Jay Maksim: 860-772-7323 | jaymak123@yahoo.com

EAST LYME YOUTH CHEERLEADING

Tammy Bogue: 860-303-1741

EAST LYME YOUTH BASKETBALL

Lotus Schwartz: 860-941-7546 | elyouthbasketball@yahoo.com
www.elyb.org

Clubs / Town Organizations

NEW COMERS CLUB

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

MOMS CLUB OF EAST LYME:

www.eastlymemomsclub.org

WOMENS CLUB OF SE CONNECTICUT:

860-691-1948

AMERICAN LEGION AUXILIARY, UNIT 128

Maggi Prokop: 860-941-5809

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

Caitlyn Dorrinston: 800-922-2770 x 3728

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

NIANTIC LIONS CLUB

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

NIANTIC ROTARY CLUB

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

DISTRICT SCOUTS REGIONAL OFFICE

Mike Cooney | 860-373-0097

CUB SCOUTS PACKS

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

www.pack24eastlyme.org | pack24eastlyme@gmail.com

BOY SCOUT TROOPS

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

Richard Cushing, #240: 860-739-5239

Community Bulletin Board

PASSPORTS

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

NEW YORK CITY BUS TRIP

Date: Saturday, December 7

Departure from the East Lyme Public Library/Community Center parking lot will be at 8:00 am. There will be several locations in the city where passengers can disembark for the day.

The bus will pick up passengers at 7:30 pm on Madison Avenue between 53rd and 54th Streets. The fee is \$40 per person payable when registering.

U.S. AMATEUR BALLROOM DANCE ASSOCIATION DANCES

3rd Friday

Dates: 12/20, 1/17, 2/21, 3/20 (7:00 - 10:00 pm)

1st Saturday

Dates: 12/7, 1/4, 2/1, 3/7 (6:30 - 11:00 pm)

Location: East Lyme Library & Community Center Activity Room

For more information visit: www.usadancenewlondonct.com.

SHORELINE SWING DANCES

3rd Saturday of month

Dates: Dec 21 (Chris Leigh Band,) Jan 18 (TBD,) Feb 15 (TBD,) and March 21 (TBD)

Time: 8:00 to 11:00 pm

Lessons: offered from 7:00 to 8:00 pm before class

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

For more information visit: www.shorelineswingct.org.

DDS/EAST LYME DANCES

(Department of Developmental Disabilities)

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

Location: East Lyme Community Center.

Dec 6 Holiday Dance

Jan 24 Superbowl Dance

Feb 28 Valentine's Day Dance

March 27 St. Patrick's Day Dance

For more information please contact Robert Strick at: sticklyteeth79@gmail.com.

31ST ANNUAL NIAN TIC LIGHT PARADE

Date: Saturday, December 14th at 6:00 pm

Rain Date: Sunday, December 15th at 5:00 pm

Visit: www.ellightparade.com or send an email to ellightparade@gmail.com with any questions.

PRESEASON SOFTBALL LEAGUE

ORGANIZATIONAL MEETING

Date: Wednesday, March 18

Time: 6:30 pm

Location: Parks & Recreation Conference room

Representatives from teams interested in participation in the league should attend this meeting. The League is scheduled to begin play the week of May 14. All games are played at Samuel M. Peretz Park at Bridebrook.

CHALLENGER BASKETBALL

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

continued on page 10



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Bulletin Board... continued from page 9

Dates: January 6 - March 16
(No program 1/20 & 2/17)
Days: Mondays
Time: 6:00 - 7:15 pm
Location: East Lyme Middle School gym

DISNEY'S FROZEN JR.

Dates: January 31 - February 2nd
Don't miss Disney's FROZEN Jr. to be presented by East Lyme Regional Theater at East Lyme High School! Bring the entire family for what is sure to be a fabulous show.

Get your tickets early! For more information and tickets go to: Eastlymeregionaltheater.com. Or follow us on Facebook or Instagram at: East Lyme Regional Theater You can also email us at: elregionaltheater@gmail.com

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

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Do you have a skill you would to share? Do you have some time on your hands and are looking for a chance to give

back to the Community. The Senior Center is always looking for folks to help with programs or provide services. Contact the Senior Center office at: 860-739-5859 with your interest.

Parks & Recreation Registration Policies

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

Program Registration Hours 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.

continued on page 12

Daily Lunch & Dinner Specials

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Registration Policies... continued from page 11

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.

Parks & Recreation Pre-school and Youth Programs

Pre-school Programs

REGISTRATION FOR PRESCHOOL PROGRAMS
BEGINS ON DECEMBER 16

CREATIVE ART FOR 2 YEAR OLDS:

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

Dates: Jan 6 to March 9 (no class on 1/20, 2/17)
Days: Monday
Time: 9:45 to 10:15 am
Fee: Resident \$40.00 / Non Resident \$55.00
Location: East Lyme Youth Center
Instructor: Sarah Firmin

"GOT 2 BE MOVING" FOR 2 YEAR OLDS

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 8.)

Dates: Jan 6 to March 9 (no class on 1/20, 2/17)
Days: Monday
Time: 10:30 to 11:00 am
Fee: Resident-\$40.00 / Non Resident \$55.00
Location: East Lyme Community Center
Instructor: Sarah Firmin

TOT GYM FOR 3 & 4 YEAR OLDS

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: Jan 6 to March 9 (no class 1/20, 2/17)
Days: Monday
Time: 11:15 to 11:55 am

Fee: Resident \$40.00/Non Resident \$55.00
Location: East Lyme Library Community Center
Instructor: Sarah Firmin

TOGETHER TIME (AGE 2) NEW

In this class children will have the opportunity to develop their socialization skills & foster peer relationships through various forms of play. Participants will also have the opportunity to enhance their language, cognitive, and motor skills, as well as problem solving development through sensory exploration. This class is child participation only.

Dates: Jan 8 to March 4 (no class on 2/19)
Days: Wednesday
Time: 9:45 to 10:15 am
Fee: Resident \$40.00 / Non Resident \$55.00
Location: East Lyme Library / Community Center / Youth Center, Art room
Instructor: Sarah Firmin

TOGETHER TIME (AGES 3 & 4) NEW

Same info as above except for time:

Dates: Jan 8 to March 4 (no class on 2/19)
Days: Wednesday
Time: 10:30 to 11:15 am

CREATIVE ARTS FOR KIDS, AGES 3 & 4

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

Creative Art is child participation only class.

Dates: Jan 8 to March 4
Days: Wednesday
Time: 11:30 am to 12:15 pm
Fee: Resident-\$40.00 / Non-Resident-5.00
Location: East Lyme Youth Center, Art Room
Instructor: Sarah Firmin



ELRT Classes

THE FOLLOWING PROGRAMS ARE OFFERED BY ELRT

Sponsored by EL Parks & Recreation

MUSIC & MOVEMENT WITH MISS ERIN

(Infant - 5 years old) TUESDAY

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

Dates: Jan 7 to Feb 25
Days: Tuesday
Time: 10:00 am - 10:45 am
Fee: Resident \$75.00 / Non-Resident \$90.00
Where: ELRT 32 Society Rd., Niantic
Instructor: Erin Stanley

MUSIC & MOVEMENT WITH MISS ERIN

(Infant - 5 years old) WEDNESDAY

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

Dates: Jan 8 to Feb 26
Days: Wednesday
Time: 10:00 am - 10:45 am
Fee: Resident \$75.00 / Non-Resident \$90.00
Where: ELRT 32 Society Rd., Niantic
Instructor: Erin Stanley


DISNEY'S FROZEN JR.

Don't miss Disney's FROZEN Jr. to be presented by East Lyme Regional Theater this January 31-Feb 2nd at East Lyme High School! Bring the entire family for what is sure to be a fabulous show.

Get your tickets early!

For more information and tickets go to Eastlymeregionaltheater.com Or follow us on Facebook or Instagram at East Lyme Regional Theater. You can also email us at: elregionaltheater@gmail.com.

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Future Stars (ages 7-9) Tue. & Thu., 5-6pm	Tournament Tough (ages 13-15) Mon. & Wed., 4-5:15pm
Team Connecticut Mon. & Wed., 5:15-6:30pm For competitive junior players	High School Boys- Fri., Please call Girls- Sat., Please call
Junior High Performance Tue. & Thu., 5-6:30pm	We offer Special Junior Memberships

Adult Programs
Drop in to our fitness, pickleball and tennis programs!

Strength & Balance M/F, 10am, W/ 8am	Adv. Beginner Tennis Drills Tue., 9-11am
Stability Ball Mon, 8am	Point Play Drills Tues/Thurs/Sat -Please Call
Circuit Training Wed, 10am Fri/Sun, 8am	NTRP Tennis Drills Sat., 10:30am-12pm, All levels
Cardio & Strength Fri., 8am	Drop-in Pickleball Mon. & Thurs., 12:30-3:30pm Beginners Welcome

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FALL ACTIVITIES

Parks & Recreation Adult Programs

FIT & FABULOUS - Morning Aerobics

This energizing fun class rotates and combines many fitness styles. Included are: Classic Aerobics, Interval Training, Weighted-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: Jan 6 to March 6 (No class 1/20, 2/17)
Days: Monday-Wednesday-Friday
Time: 8:30 am - 9:30 am
Fees: Resident \$60 / Non-Resident \$75.00
Location: East Lyme Community Center, Activity Room
Instructor: Donna Neaton, AFAA

CORE & MORE WITH STABILITY BALL - AM

This class focuses on balance & 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: Jan 7 to March 24
Days: Tuesday
Time: 10:15 am - 11:05 am
Fee: Resident \$45.00 / Non-Resident \$60.00
Where: East Lyme Community Center - Activity Room
Instructor: Donna Neaton, AFAA

CORE & MORE WITH STABILITY BALL - PM

Same information as above except for time:

Dates: Jan 7 to March 24
Days: Tuesday
Time: 4:30 - 5:15 pm
Fee: Resident \$45.00 / Non-Resident \$60.00

FLEX FITNESS - NEW

Define, sculpt and build lean muscles utilizing free weights, resistant bands/tubing, balls and your own body weight. Class will also work on balance and posture and conclude with stretching. Participants are required to bring a non-slip exercise mat.

Dates: Jan 2 to March 26 (no class 2/6, 2/13, 2/20)
Days: Thursday
Time: 10:15 to 11:05 am
Fee: Resident \$45.00 / Non-resident \$60.00
Where: East Lyme Library/Community Center
- Activity Room
Instructor: Donna Neaton, AFAA

TOTAL BODY FITNESS

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. Handheld & 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: Jan 6 to March 25 (No class 1/20, 2/17)
Days: Monday and Wednesday
Time: 4:30 - 5:25 pm
Fee: Resident \$50.00 / Non-Resident \$65.00
Where: East Lyme Community Center - Activity Room
Instructor: Donna Neaton, AFAA

BARRE CLASS

"ABT" is a barre-based class using a combination of postures inspired by ballet and other disciplines like yoga & Pilates. The barre (or chair) is used as a prop to balance while doing exercises that focus on isometric strength training (holding your body still while you contract a specific set of muscles) combined with high reps of small range-of-motion movements.

This class also incorporates light handheld weights to bring the burn during all those reps, as well as mats for targeted core work. Bring a mat. Shoes are optional, but "grippy socks" work great!

Dates: Jan 2 to March 26 (No class 2/6, 2/13, 2/20)
Days: Thursday
Time: 4:30 to 5:25 pm
Fee: Resident \$45.00 / Non-Resident \$60.00
Location: East Lyme Community Center - Activity room
Instructor: Donna Neaton

SATURDAY MORNING Zumba® AEROBICS

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: Jan 4 to April 11 (No Class 2/8, 2/15, 2/22)
Days: Saturdays
Time: 8:30 am - 10:00 am
Fee: Resident \$60.00 / Non-Resident \$75.00
Where: East Lyme Community Center - Activity Room
Instructor: Donna Neaton AFAA/Zumba® Instructor

FASCIAL MOVEMENT

Using balls, bands and rollers to sense, bounce, expand and hydrate the Fascial tissue of our bodies. Fascial is the envelope of our bodies, it can also be called a sheath around every muscle, organ and bone. HEALTHY FASCIA HELPS MOVEMENT! Come and learn to move, exercise and release tight areas of your body. Participants are required to bring a non-slip exercise mat.

Dates: Jan 7 to Feb 25 (No class 2/18)
Days: Tuesday
Time: 6:30 pm - 7:30 pm
Fee: Resident \$50.00 / Non-Resident \$65.00

Where: East Lyme Community Center - Activity Room
 Instructor: Kim Stirtan-BSPE, ACE & Stott Pilates. Level One
 Fascial Movement Instructor

FASCIAL MOVEMENT - Session 2

Same info as above except for dates:
 Dates: March 10 to April 28 (No class 4/14)

MONDAY COED YOGA

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

Dates: Jan 6 to April 6 (No class 1/16, 2/20)
 Days: Monday
 Time: 6:00 pm - 7:15 pm
 Fee: Resident \$60.00 / Non-Resident \$75.00
 Where: East Lyme Community Center - Activity Room
 Instructor: Rosemary Gentile - M.S.R.D.-RYT

WEDNESDAY NIGHT COED YOGA AND MEDITATION

Class is for all levels of students. Students will learn postures, deep relaxation, and breathing techniques. This class will begin at 5:45 to 6:45 pm followed by optional meditation, from 6:45 to 7:00 pm. Participants are required to bring a non-slip exercise mat.

Dates: Jan 8 to March 26

Days: Wednesday
 Time: 5:45 to 7:00 pm
 Fee: Resident \$60.00 / Non-Resident \$75.00
 Where: East Lyme Community Center - Activity Room
 Instructor: Michele Flowers, RYT 500

YOGA FITNESS

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

Dates: Jan 6 to April 6 (No class 1/26, 2/20)
 Days: Monday
 Time: 9:40 to 10:40 am
 Fee: Residents \$50.00 / Non Residents \$65.00
 Where: East Lyme Community Center - Activity Room
 Instructor: Michele Flowers, RYT 500

BALLROOM DANCE - Silver Dance Syllabus

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

Dates: Jan 9 to Feb 27
 Days: Thursday
 Time: 6:00 to 7:00 pm

continued on page 16



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Parks & Recreation... continued from page 15

Fee: Resident \$45.00 / Non-resident \$60.00 per person
 Where: East Lyme Community Center - Activity Room
 Instructor: Marjorie Winslow

Dates: Jan 7 to June 2 (no program 2/18, 4/14)
 Days: Tuesdays
 Time: 6:00 to 8:00 pm
 Fee: Resident \$30.00 / Non Resident \$45.00 or
 Drop In \$5.00 per person
 Where: East Lyme Middle School gymnasium
 Supervisor: Cathleen Aquino

ADULT COED VOLLEYBALL

This volleyball program is a fun, informal, pick-up play that meets once a week. No food is allowed in the gym.
 (*Cancellations due to snow will not be made up.)

Park and 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 23 - Sept 7, 2020 AT ANY BEACH FACILITY:

See regulation below:
State Regulation (Public Swimming Area Regulations) Section 19a-36-B61 (10) states domestic animals shall be prohibited in the water and the land immediately adjacent to the water of a public swimming area when the public swimming area is open for use.

PAVILION/TENT/BANDSHELL RENTAL

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

PARKS & BEACHES ADDRESSES

Cini Park

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

Hole-N-Wall Beach

- Baptist Lane, Niantic

McCook Point Park

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

Peretz Park at Bridebrook

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

Smith-Harris Park

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

Veteran's Memorial Park

- 10 Memorial Park Road, Niantic
Baseball, softball

American Legion Auxiliary Events

16 York Avenue | Niantic, CT 06357

UNIT MEETINGS - Monthly

2nd Monday of the month at 6:30 pm

BREAKFAST - Monthly

1st Sunday of month from 8:00 - 11:00 am

CHRISTMAS BAZAAR

November 23rd from 9:00 am - 2:00 pm

CHILDREN'S CHRISTMAS PARTY

December 16th from 12:00 - 4:00 pm

Santa comes at 3:00 pm

Refreshments are available for the kids along with movies. Parents must bring a \$10.00 gift for Santa to give a child and have their name on it. Age group is up to 10 years of age.

Youth Services



45 Society Road, Niantic, CT 06357 | 860-739-6788 | Email: eastlymeparks@gmail.com
David Putnam - Executive Director | Michael R. McDowell - Program Director | Hours: 8:00 am - 4:00 pm

SERVING THE COMMUNITIES OF EAST LYME & SALEM

"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 other month. The meetings are held at the Parks and Recreation Offices and begin at 6:00pm. The public is welcome to attend.

REGISTRATION INFORMATION

In order to attend our activities and programs, participants must turn in a signed registration form for each of the programs they attend. Registration forms are available at Youth Services, the Parks and Recreation Office, ELMS cafeteria, and online at: www.eltownhall.com.

Registration forms and fees should be turned in to the Parks and Recreation Department offices from 8:00 am - 4:00 pm or can be mailed to us. All payments by check should be made out to Town of East Lyme / ELYS with the participant's name and program in the memo section.

CANCELLATIONS

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

OPEN CENTER AFTER SCHOOL PROGRAM

Monday through Friday 3:00 - 5:30 pm.

The program will be in the youth center, Activity Room, or outside- weather permitting - where youth can enjoy air hockey, ping pong, our flat screen TV for Wii games, movies, or appropriate television, in a fun, and safe environment. Our experienced and youthful staff will serve as positive role models, while maintaining a fun, and relaxed atmosphere for youth to unwind after a long day. This program will begin run throughout the school year, and runs on all school days, half days included. Program does not run when school is dismissed early due to inclement weather.

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East Lyme Youth Services... continued from page 17

WHAT'S COOKING FOR KIDS

Meals and having fun in the kitchen!

Parents please take note: Youth should be mature and responsible, as they will be handling utensils including knives, and hot items such as the stove and oven. We recommend 6th - 8th graders for this class. Class will be held in the Main Kitchen in the Community Center. Please enter through the Senior Center.

Dates: January 8 to January 29
Day: Wednesday
Time: 3:00 to 4:00pm
Fee: \$75.00 includes all food
Where: Main Kitchen in Community Center

SITTER SURVIVAL

Recommended for 7th graders +.

Youth get an introduction to the world of babysitting, talk to guest speakers such as parents, police officers, and the Fire Marshall. Safety and responsibility are stressed as well as proper engagement and entertainment of children. Fee includes CPR Certification. Late bus is available.

Dates: January 7 to February 4
Day: Tuesday
Time: 3:00 to 4:00 pm (1/28 & 2/4 class will be 3:00 - 5:00pm for CPR & First Aid)
Fee: \$75.00 EL/Salem Resident / \$90.00 Non-Resident
Where: Olive Chendali Room

HOME ALONE

This course is recommended for ALL 5th and 6th graders.

Participants learn how to be home without supervision responsibly, utilizing expertise from area police, fire marshals, and other guest speakers. This popular course fills up fast and is limited to the first 8 who register.

Dates: February 11 to February 25
Day: Tuesday
Time: 3:00 to 4:00 pm
Fee: \$45.00 EL / Salem Resident / \$60.00 Non-Resident
Where: Community Center / Olive C. Room

SKI CLUB (Grades 5-12)

Students will meet at the Youth Center and depart by 3:15 pm for fun on the slopes at Mount Southington. Return time is 9:00 pm at the Youth Center. Registration ends November 21st.

Dates: January 2 to January 30
Day: Thursday
Time: 3:00 to 9:00pm
Fee: Varies by type of ticket, rental, lesson, etc...

COUNTDOWN TO NOON

New Years Eve: Tuesday, Dec. 31, 10:00 am - 2:00 pm

East Lyme Community Center, 41 Society Rd., Niantic, CT
The Children's Museum of Southeastern Connecticut and East Lyme Parks & Recreation ring in the New Year a little early with a 250+ balloon drop! In addition to much loved balloon drop, the event will also include the Children's Museum's StarLab, Crazy Science demos, photo booth, hands-on children's activities, an Amber Alert station with the Niantic Rotary and more. Balloons drop at noon and activities continue until 2!

- Advanced registration: \$6/member, \$8/nonmember
- Day of event: \$8/member, \$10/nonmember

More information can be found by calling the Children's Museum of SECT at: 860-691-1111 or visiting their website at: www.childrensmuseumsect.org.

VOLUNTEERING

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

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

FEMA News for Residents



The Town of East Lyme is a participant in the Federal Emergency Management Agency Community Rating System (CRS) program which entitles its residents to discounts on their flood insurance policies. The CRS program recognizes and encourages activities that reduce flood damage to existing buildings and protects new buildings beyond the minimum Nation Flood Insurance Program protection level. The Town of East Lyme currently provides property

protection advice by providing individuals with information as to what they can do to protect their own properties from flood damage. Those who have a federally backed mortgage, or plan to refinance with a federally backed lender, are required to purchase flood insurance if their home is shown in a high-risk flood area, known as a Special Flood Hazard Area, on the FEMA Flood Insurance Rate Maps.

Residents are urged to contact their

insurance agent or visit www.floodsmart.gov to learn more about how and where to get a policy.

There are many ways to protect a property from flood damage, including but not limited to the following:

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

There are several qualified people at the Town of East Lyme that can talk to you about flood hazard, flood protection measures, and/or possible financial assistance.

For more information, please visit the town website at the following link: <http://eltownhall.com/zoning/flood-claims-information/>.

What Affects Your Mood?

DO YOU EVER ASK YOURSELF WHY YOU ARE IN A CERTAIN MOOD?

Is it really about getting up on the wrong side of the bed? Some days we seem to feel a certain way - angry, annoyed, happy, confident - with no idea why. These days, people identify themselves as hangry - angry and irritable because they're hungry. There's an easy solution once we recognize that's what going on. But what about other times?

We know that our environment can have a profound effect on our mood. Certain smells trigger sensations from long-forgotten memories. Some of us find the smell of the ocean soothing, while others find it atrocious! A stranger's look or mannerisms hit us in a certain way due to subtle reminders of someone familiar. Our mood is affected by the food we eat, the medicines we take, the quality of the air we breathe, and the amount of restful sleep we got. Did you know that room color can affect how you feel? Some of these are factors we control, such as nutrition and sleep. Others we don't control, but we can still be aware of them and their effects. That awareness allows us to make a conscious decision about our reactions. We don't have to be at the mercy of these environmental factors, but can choose instead to check our moods and decide how to respond.

Mood is often easily altered, once we bring it to conscious thought. Just like we eat a snack to stop feeling hangry, we can change our mood by recognizing the subtle factors influencing our emotions, and choosing to change our response.

Nancy Randall, Psy.D.
East Lyme Psychological Associates



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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.


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.

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SENIOR LUNCHESES

Senior Nutrition Program

The Senior Center and TVCCA provide lunches with a 24 hour reservation Tuesday through Friday at 11:45am. Monthly menus are printed in The Courier newsletter. \$2.00 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.

Trips

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

Trip planning for 2020 is beginning.

Send us your suggestions for Day Trips, Overnight Trips, and Cruises.

DAY TRIPS - Open to any person 55+

Thu, Nov 7th - Travel back in time with us as we enjoy a morning, guided tour of Old Sturbridge Village in Sturbridge, MA. Enjoy this 200 acre outdoor history museum with time after lunch (lunch included) in the afternoon to wander and explore. Trip fee is \$102pp. A lot of walking. Registration has begun.

Thu, Dec 5th - Another way to celebrate the holidays is to join us for A Rockwell Christmas at the Norman Rockwell Museum in Stockbridge, MA with lunch included at the Red Lion Inn. Afterwards, we'll take a leisurely drive through Forest Park's Bright Nights in Springfield, MA. Trip fee is \$110pp. Moderate walking. Registration has begun. WAIT LIST ONLY.

OVERNIGHT TRIPS / CRUISES

Dec 29 to Jan 2, 2020 - Pasadena CA and the Tournament of Roses Parade. 5 days, 4 nights. Transportation & transfers included. Optional 3 night tour extension to Las Vegas. Prices start \$2579pp double occupancy. Registration has begun.

Feb 6-9, 2020 - Quebec Winter Carnival with a travel guide. 4 days, 3 nights. Old Quebec City, Winter Carnival and Carnival's Night Parade. NEW REDUCED PRICE!! Now \$889pp double, \$779pp triple occupancy, & \$1209pp single occupancy. Get your spot now.

Mar 2-8, 2020 - Iceland's Magical Northern Lights and tour of the country. Enjoy the natural beauty of Iceland. Transportation & transfers included. Prices start at \$3699pp double occupancy. Registration has begun.

Aug 21-29, 2020 - Join us for a 9 day trip to the Colorado
continued on page 22



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Senior Center ... continued from page 21

Rockies. Visits to 4 national parks as well as 11 meals, transportation & transfers. \$3499pp double occupancy, \$4499pp single occupancy & \$3499 triple occupancy. Registration begins November 1st.

Oct 3-12, 2020 - 10 day Shades of Ireland trip includes 13 meals. Visit Dublin, Blarney Castle, Kilkenny, Waterford, Ring of Kerry, Cliffs of Moher and more. Transportation & transfers included. \$3649pp double occupancy, \$4249pp single occupancy, or \$3619pp triple occupancy. Registration begins November 1st.

Oct 7-9, 2020 - "Queen Esther" at The Sight and Sound Theatre in Lancaster, PA. Trip includes a stop at the Appalachian Brewing Company on day 1 and the Mount Hope Estate & Winery on day 3. \$565pp double occupancy, \$715pp single occupancy, \$515pp triple occupancy. Registration begins November 1st.

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 9am - R\$48.00/24 classes

N\$53.00/24 classes. Pass required.

CHAIR YOGA: Tues & Fri 8:15 am, 9:25 am or 10:35 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.

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 10:30 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.

SING-A-LONG CHORUS: Fri at 10:00 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.

Contact mikehajosy@gmail.com for questions or to register.

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.

continued on page 24




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Senior Center ... continued from page 23

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 11:15 am

Call to register. No fee.

GUITAR LESSONS: Thu 12:30 pm

Session class - Call for class fee & schedule.

TECH SUPPORT: Every Tue 2:45 pm with ELHS students during their school year.

Call to set up an appointment.

Health Programs / Benefits Info

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

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

MANICURES: 2nd & 4th Tue starting at 8:30 am

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

REFLEXOLOGY: 1st & 3rd Wed of every month starting at 12:30 pm

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

MASSAGE THERAPY: 2nd & 4th Wed of every month starting at 1:00 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 Thu of every month at 10:00 am

Must have an appointment.

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December

WINTER SOLSTICE CONCERT

Tuesday, December 17 - 7:00 pm

Irene Mrose Rissi and her daughter Anica Mrose Rissi will delight our ears with music to welcome this year's winter solstice.

January

CHAPTERS OF OUR LIVES: The Importance of Capturing Our Stories

Wednesdays, January 15, 22, and 29 - 1:00 pm

An opportunity to explore and write our own stories, and those of our families, in an informal setting using simple prompts to help us capture moments from our past. Come prepared to share and learn together with Rachel Baer. Please bring your preferred tool - laptop, paper and pen, iPad etc.

POSTURE & PAIN RELIEF PREVENTION

Tuesday, January 21 - 7:00 pm

Rachel Baer, ERYT (Experienced Registered Yoga Instructor) will present
continued on page 26



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Library... continued from page 24

techniques to learn and practice adjustments that will improve your posture. Correct posture helps to relieve or even eliminate pain. Wear comfortable clothing to take part in gentle movements. Class size is limited to 25 participants.

Trivia Night

Tuesday, January 28 - 7:00 pm

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

February

CHAPTERS OF OUR LIVES: The Importance of Capturing Our Stories

Wednesdays, February 5, 12, and 19 - 1:00 pm

An opportunity to explore and write our own stories, and those of our families, in an informal setting using simple prompts to help us capture moments from our past. Come prepared to share and learn together with Rachel Baer. Please bring your preferred tool - laptop, paper and pen, iPad etc.

MEET MARY LINCOLN IN CONNECTICUT

Tuesday, February 18 - 7:00 pm

Mary Lamphere presents her live performance of Mary Lincoln, the wife of the 16th president of the United States.

TRIVIA NIGHT

Tuesday, February 25 - 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. Register for programs online at www.eastlymepubliclibrary.org/events or call 860-739-6926.

BOOK DISCUSSION GROUP

A book discussion group meets the second Tuesday of each month at 7:00 pm in the East Lyme Room. Copies of the current month's book are available at the library. 12/10 Overstory by Richard Powers; 1/14 Little Fires Everywhere by Celeste Ng; 2/11 The Water Dancer by Ta-Nehisi Coates. No registration necessary.

MYSTERY BOOK DISCUSSION GROUP

This book discussion group meets on the last Thursday of each month at 11:00 am in the East Lyme Room. Copies of the current month's book are available at the library. 12/26 Open Season by C.J. Box; 1/30 Where it Hurts by Reed Farrel Coleman; 2/27 Mr. Churchill's Secretary by Susan Elia MacNeal. No registration necessary.

Programs for Children, Tweens, and Teens

Fall programs began September 30th and will end December 20th.

We do not meet on November 11th, or the week of Thanksgiving.

STORYTIME PROGRAMS

Grow a reader the fun way: read, sing, dance, and play! Join in the fun with stories, songs, dances and other activities that encourage the development of early literacy skills in young children. No registration required. Children must be accompanied by an adult caregiver.

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East Lyme Girl Scout Troop 67484 constructed and donated a "Beach Clean-up Station" to East Lyme Parks & Recreation to be positioned at our beaches to give the community an opportunity to help us keep our beaches clean.

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Library... continued from page 26

MONDAYS

10:00 to 10:45 am - All Ages Storytime.

Stories, songs, dances, and playtime.

11:00 to 11:30 am - Terrific Twos!

Storytime for 2 year-olds. Stories, songs, dances and playtime.

TUESDAYS

10:00 to 10:30 am - Baby Lapsit Storytime.

Nursery rhymes, songs, and playtime.

11:00 to 11:45 am - Storytime for Ages 3 to 5.

Stories, book-based short films, and simple crafts.

WEDNESDAYS

2:15 to 3:00 pm - Storytime for ages 3 to 5.

Stories, book-based short films, and simple crafts.

6:30 to 7:30 pm - Evening Storytime for all ages.

Storybook movies and coloring activities.

THURSDAYS

10:00 to 10:30 am - Baby Lapsit Storytime.

Nursery rhymes, songs, and playtime.

11:00 to 11:45 am - Storytime for ages 3 to 5.

Stories, book-based short films, and simple crafts.

FRIDAYS

10:00 to 10:45 am - All Ages Storytime.

Stories, songs, dances, and playtime.

Programs for Middle Schoolers

THURSDAYS

3:00 to 4:45 pm - Afterschool Movies & Film Discussion.

Tweens in grades 5, 6, 7, & 8.

FRIDAYS

3:00 to 4:45 pm - Tween Style Council

Plan events, talk about books, and decorate the children's department. For tweens in grades 5, 6, 7, & 8.

Special Programs

Take Your Child to the Library Week: January 27th through

February 1st. We are celebrating Take Your Child to the Library Day all week long! All storytime themes will be about the joy of libraries and books.

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Owner and CEO of Pape Chiropractic & Wellness Center, Dr. Tianne A. Pape, and her husband, Rick Pape, are delighted to announce the opening of a new and unique office, MEDI-Releaf, a one-of-a-kind medical grade CBD Health and Wellness Center, located at 305 Flanders Road, Suite #8, in their home town of East Lyme, CT.

The first of its kind, it is Connecticut's largest Medical CBD Health and Wellness Center offering medical marijuana certifications, therapeutic services, educational seminars, and so much more! "My goal in opening MEDI-Releaf is to educate the general public on the significant health benefits of CBD, a natural constituent of hemp," says Dr. Pape. "CBD is known for minimal side effects, unlike most prescription medications. MEDI-Releaf is the place to come where you can trust the product, and learn more about the health benefits in a safe, medically oriented, and non-judgmental space."

MEDI-Releaf offers a luxurious whole health medical and wellness experience, beginning with a unique medical grade CBD store filled with over 1000 products. They carry a wide

array of options, including edibles, tinctures, drinks, vapes, smokes, bath & body, creams, topicals, capsules, supplements, kitchen essentials, and more!

Dr. Pape notes that all of MEDI-Releaf's products are certified organic, non-GMO, and third party tested for purity and potency. Certificates of Analysis are available upon request. There are no synthetics used in any of MEDI-Releaf's products!

MEDI-Releaf allows customers access to a very large pool of CBD and medical marijuana specialists, including CBD infused massage therapy services, CBD infused esthetician services (facials, body waxing), CBD infused mindfulness and meditation classes, CBD educational seminars, as well as one-on-one consults with CBD certified experts. MEDI-Releaf also offers medical marijuana certifications.

As Dr. Pape states, "With physicians, licensed practitioners and highly educated CBD certified staff, we are able to provide customers with all the answers they may be looking for concerning medical marijuana and CBD." Simply put, people can look to MEDI-Releaf for a medical grade approach to health and healing.



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Government/Education channels show live meetings, recorded meetings and public service announcement slides. The Government/Education channels originating from the municipalities in the Atlantic Broadband cable TV franchise region may be seen on the following channels. If you are a Frontier customer and you see an error message for any of these channels, open a trouble ticket with Frontier customer service. Comcast Xfinity only shows the Government/Education channel of the customer's municipality.

MUNICIPALITY	ATLANTIC BROADBAND CHANNEL	FRONTIER VANTAGE TV CHANNEL	COMCAST XFINITY CHANNEL
East Lyme	191	6112	97
Griswold	192	6118	
Killingly	193	6116	
Montville	194	6115	97
New London	195	6114	97
Plainfield (Future)	196	6120	
Putnam (Future)	197	6117	
Sterling (Future)	N/A	N/A	
Waterford	199	6113	97

COMMUNITY ACCESS TV (Public Access TV)

The goal of community access television is to provide community groups, activists, artists, non-profits or any resident within our local area with the resources to create and deliver programming that promotes the diverse views, ideas and information of interest to the cable TV subscriber.

The Community Access studio is located at 61 Myrock Avenue in Waterford. Call 860-440-3154 for information. There is no cost to use the community access television facility to create or cablecast your program. Programs can be pre-recorded, edited or live (interactive) call-in shows.

Community Access (Public Access) programs can be seen on Atlantic Broadband, Frontier Vantage TV and Comcast Xfinity (East Lyme, Montville, New London & Waterford). Selected Community Access programs are also available in Atlantic Broadband On Demand.

PUBLIC ACCESS	ATLANTIC BROADBAND CHANNEL	FRONTIER VANTAGE TV CHANNEL	COMCAST XFINITY CHANNEL
Community Access	24	6041	12
Community Access	25	6042	14



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The Hartford Whalers – Forever and Always

by Sigrid Kun



Longtime Whalers radio broadcaster Chuck Kaiton leads pre-game ceremony with Whaler Alums at Yard Goats Alumni Weekend. Photo courtesy Hartford Yard Goats.



The iconic logo is omnipresent. There are Hartford Whalers hats, t-shirts, and sweatshirts seemingly everywhere. It doesn't take much to get the conversation going. Bumping into someone with Whalers' gear spawns a trading of stories, a bonding moment full of laughs and nostalgia. Why do we still care so much, yearn for the past, and continue to hope for the future?

Alums like Chuck Kaiton, the beloved voice of the Whalers and John Forslund, former Whalers PR director/television broadcaster and now television broadcaster for the Carolina Hurricanes and NBC, provide some answers.

They fondly recall the Whalers as a pioneering organization that focused its efforts around the community and the fans. Together, they can compile a number of firsts: the first National Hockey League (NHL) team to earmark a charity as its own (the UConn Children's Cancer Fund); the first NHL team to have a team store right in the arena; the first NHL team to boast a blimp that dropped prizes and gift certificates to the crowd. Kaiton points out that the Whalers came up with the idea for a skills competition for the 1986 All-Star game held in Hartford. The team spearheaded youth hockey development that ultimately evolved into today's local elite programs. "We were ahead of our time," explains Kaiton. "Speaking engagements, school visits. It cemented the relationship between the team and the community. The 1980s were a great period with a lot of innovation that has carried into today."

Forslund agrees. The tradition continued into the 1990s with events like the "Tip-a-Whaler" fundraiser (soon after adopted by the Kings) and Casino Nights (also later in vogue). "When we had PR and marketing meetings, we talked about programs with high schools and boys and girls clubs. It was grass roots." The community connection remains, he says, due to the hands on nature of the team.

The history is also special - beginning with the upstart World Hockey Association (WHA) to become the only U.S. based WHA team to enter the NHL in 1979. There are so many names and moments. Gordie Howe, of course. The playoff run in 1986. And there were the low moments. The Ron Francis trade in 1991. The ultimate heartbreak? The move to Carolina.

The Whaler passion endures. For the past three years, the Hartford Yard Goats host a Whalers Alumni Weekend. "It's terrific," says Kaiton. He, among other Whalers, attends every year. The weekend kicks off with tradition - visiting patients at the UConn Health Center. A luncheon on Saturday precedes the first pitch that is thrown out by the Whalers alumni. There is an autograph session.

The Whalers Booster Club continues a presence. Once down to 30 or so members it is 140+ strong.

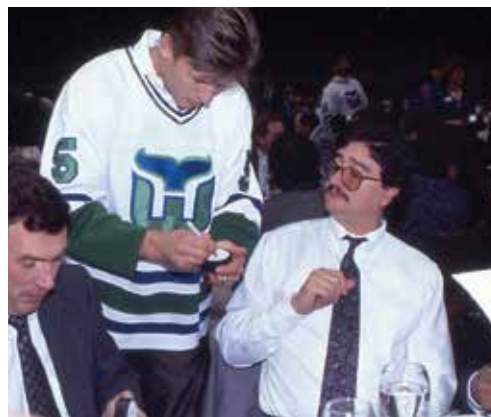
The club meets monthly. It provides for an annual scholarship for a CT student, organizes a trip to see at least one NHL game a year, and continues to hope for a Whalers return. "We do what we can to try to bring back a team," says Mark Anderson, a member since 2011. "Since we can't do it with money, we keep the name out there. We keep the spirit alive."

There are Whalers, too numerous to mention, still making a hockey impact. A few examples include; Joel Quenneville (Florida Panthers' coach), Dave Tippett (Edmonton coach), Ron Francis (Seattle GM), Mike Liut (agent), Ray Ferraro (broadcaster), and Mark Johnson (University of Wisconsin women's coach).

Both Kaiton and Forslund refer to the Whalers in terms of "we." Kaiton was there for the NHL start. "I was the luckiest person to be chosen and to broadcast from day one. I will never forget it. The relationships with management, the players, the fans ... so passionate. I really cherish the memories. 18 years - I wish it were 28 or 38." Forslund joined the Whalers shortly after the Francis trade. "We were doing damage control," he recalls. The ticket base went from over 11,000 to around 6,000." But there were still high moments. "We got through a lot of adversity. The fans came back. We wanted to be more competitive. The team was good enough to make the playoffs."

Forslund vividly recalls broadcasting the last Whalers game. It took him until a few years ago to actually watch. He wasn't sure he had done the moment justice. "It was the toughest thing I've ever done in my career," he notes. "How do you go on the air for the last game? There's no playbook for closing a franchise and leaving a city. How do you present that so it makes sense... is poignant? No one wanted to see it happen. We did [the broadcast] in the right way. You could feel the emotion of the fans."

As Kaiton puts it the Whalers years "were special years and it was a special place." The same goes for Forslund. "That's the one thing to convey, how special that time was... It was like family."



Ulf Samuelsson signing a hockey puck at the "Tip-a-Whaler" fundraiser. Photo by Diane Sobolewski Photography.



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