Frye Island News Service

VOLUME 2009, ISSUE 10 JUNE 26, 2009

What's New?

- **Wayne's words… page 3**
- **Upcoming Meetings… page 4**
- **Marina News… page 4**
- **Annual Fire Department Open House… page 5**
- **Special Recognition… page 5**
- **2009 Fireworks, Marina Slips & Parking… page 6**
- **Frye's Leap General Store & Café… page 7**
- **Leisure Lounge… page 8**
- **Ladies of the Lake Luncheon… page 8**
- **4th of July Parade… page 12**
- **4th of Road Race… page 13**

Contents

Important Information 2
Town News.....3
Fire Department.....5
Ferry News.....9
Frye Island Golf Club 10
Activities & Recreation 11
Calendar 14

Important Information

Town of Frye Island

1 Sunset Road
Frye Island, ME 04071
Phone: 207-655-4551
Fax: 207-655-3422
Email: office@fryeisland.com
Web site: www.fryeisland.com
Town Manager: Wayne Fournier

Office Hours

Tuesday thru Saturday: 9:00 AM – 3:00 PM
Sunday & Monday: Closed

Code Enforcement Officer

John Thompson

Tuesdays and Thursdays 8:00 AM – 4:00 PM

Fire, Medical, or Police Emergencies – Call 911

Non-emergencies

Frye Island Police: (207-893-2810)

Police Chief*:* Rod Beaulieu

Fire Department: (207-655-8618)

Fire Chief: Steve Persson

Municipal Officers

John Nun ..... First Selectman
Mark Thomas..... Selectman
James Kuiken..... Selectman
Joseph Potts ..... Treasurer

BIT Representatives:

Bruce Nisula……Chair
Bob Miner
Joe Potts
David Bond

Public Works Department

Phone: 207-655-7493
Director: John Crosby

Transfer Station
High Season Operating Hours

Saturday: 10:00AM – 3:00PM

Sunday: 12 Noon – 5:00PM

Wednesday: 10:00AM – 3:00PM

Holiday weekends: Closed Sundays, open Mondays

During high season the Transfer Station can be open on closed days by appointment only, between 8am to 3pm.

To set up a Transfer Station opening **please call the Public Works Garage at 655-7493 (please try to call the day before)**

Thank you, Your Public Works Department

Frye Island News Service

Email: lkerrigan@fryeisland.com
Submission deadline:
Wednesday, 3:00 PM - **No Exceptions**

Representative to Legislature

John C. Robinson
Residence: 207-655-8657
Business: 207-539-4481 Ext 1
E-mail Repjohn.robinson@legislature.maine.gov

State Senator

Bill Diamond
Residence: 207-892-8941
E-mail http://www.mainesenate.org/diamond/email.htm

Town News

Island Manager's Comments

Greetings Everyone:

Fire Works: The fireworks will be held on Saturday July 4th this year. As usual, they will be held at Long Beach and will begin as soon as the pyrotechnic technician feels it is dark enough. I want to remind those people that have boats in the Marina that some will have to be moved before the fireworks display can take place. Boats in the Marina from slips 84 to 104 on the beach side and slips 67 to 131 on the road plus the Jet Ski slips and boats on all of the slips on the southern end must be removed by 5:00 PM. If you have a boat in one of these slips please move it out before 5:00PM. If you don't, we will have it moved for you at your expense.

Fishing Derby: Last Saturday the "Pine Tree Bass Casters", held a fishing derby on Sebago Lake. We allowed them to use Long Beach as the starting point and as the weighing station. This was a catch and release Bass derby so all of the fish weighed were alive and were released near the beach. Unfortunately I mis-understood and said it was for members only but found out later that anyone could have entered by paying the minimal entry fee. A number of Islanders showed up to watch the weigh-in and awards and I for 1 was impressed. Some great fish were caught and the members of the club had everything well organized and all were polite, friendly and treated our Island very respectfully. I am not sure if they will be back next year but if they do I would urge you to participate. Thanks to Mike Mazzola we have a few pictures of the event that Lisa has posted in this issue.

Boat Registrations: If you have a Maine boat that you need to re-register I would urge you to use the service provided by the Inland Fisheries and Wildlife Department. I recently re-registered my boat from my home computer and it only took me about 5 minutes. I was really impressed with the service. I printed a temporary registration and within a few days I had my permanent registration and the appropriate stickers. You can access this service from a link on our web-site.

In addition, you can also access links from our web-site to renew automobile and trailer registrations and to purchase fishing and hunting licenses.

Taxes: Time is running out to pay the second half of your 2009 taxes. The second half payment is due June 30. Interest will start to accrue on July 1st for all unpaid taxes.

Ferry Fees: The Town Charter authorizes the Board of Island Trustees to establish ferry fees. The process to accomplish this is to have a public hearing to discuss / debate the proposed fees and then to have a meeting of the Board of Island Trustees to approve the fee schedule. This normally takes place in conjunction with the Town budget process and the October Town meeting. Last year, a new fee schedule was presented and approved at the October 11th Town Meeting. That fee schedule was then posted on our website. The employees of the ferry service have absolutely nothing to do with the setting of the ferry fees and they have no authority to adjust them. Nor do I. So, please don't give them a hard time when they are trying to collect the appropriate fee. They are just doing their job. And, don't come to me to override the fee schedule. It is what it is. If you have issues with it, feel free to send me an e-mail with your issue and I will insure that it is considered when we go through the next budget / approval process.

Bingo: Diana Luchor has very graciously volunteered to run the Bingo again this year. Jackie Ossi has also agreed to assist her on a regular basis. Thank you to both of you for again making Bingo happen. We have received the license to operate Bingo at the Community Center on Monday evenings July thru August.

Ken Thurston: Knowing the way news spreads on the Island most of you have already heard that Ken Thurston, who works for the Public Works Department has resigned. Kenny has developed his own business and this will give him more time for that. I am sure we will continue to see him on Island and we all wish him the best of luck in the future.

Board Meeting: The next scheduled meeting of the Board of Selectmen / Executive Committee will be held on Saturday June 27th. The meeting will be held at the Community Center and will begin at 9 AM. All are welcome to attend.

Break-Ins: I know there are many people wanting more information on the progress of the investigation; but I have purposely not published much so as not to jeopardize the status and the hard work that has gone into this investigation. However, let me say that the investigation continues to proceed very favorably for us.

I know when they solve all of the TV crimes in an hour, it is difficult having the patience involved in a real life investigation but Rod continues to pursue the case and we hope to have more news to report very soon.

Office: If you have business to conduct on Saturday, July 4th, please do it before noon. The office is scheduled to be open on Saturday but I am considering closing at noon to give the office staff time to enjoy some of the activities.

Have a safe and enjoyable week!
Wayne

Zoning Board of Appeals

Friday, June 26, 2009 at 7:00 P.M.
Community Center
Agenda

1. Discuss Appointments / Alternate
2. Discuss Manual
3. Other Business

Planning Board Alternate Member

The Planning Board is looking for a volunteer alternate member of the board. Marge Hommel who has been a valuable asset as member for a great many years has decided to retire from her official public duties which is truly a loss for the Town of Frye Island and our Planning Board. She will be extremely missed by all. We look forward to seeing her as an interested island property owner at most, if not all, of our future meetings. If you are an islander and would be interested in the Alternate position please contact me.

Steve Kaplan
Home Phone 207-655-4197
e-mail skaplan34@yahoo.com

Town of Frye Island Public Hearing and Planning Board

Saturday, June 27, 2009 at 8:30 a.m.
Community Center
Agenda

Public Hearing 8:30a.m.:
Shore Land Zoning of Docks

Planning Board Meeting following the Public Hearing

Read and approve minutes of June 13, 2009 meeting

1. Old Business:
   MMA work shop September 22, 2009 6-9p.m.
   Resume Comp. Plan discussion
2. New Business

Please send any request for additional agenda items to Steve Kaplan skaplan34@yahoo.com

All Planning Board Meetings are open to the public. Approved Planning Board Minutes are available on *Frye Island.Com* web site.

BOS / EC Meeting

Saturday, June 27, 2009 at 9:00 a.m.
Community Center

Recreation Committee Meeting

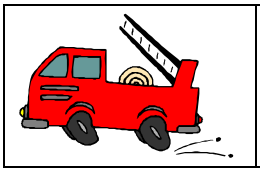
Sunday, June 28, 2009 at 10:00 a.m.
Community Center

Marina News

Safe Boating Tips

- Registration-All motorboats of any size, including airboats and personal watercraft, must be registered in Maine or reciprocal state. State of Maine registrations may be processed at the Town Office, here on Frye Island. Any boat principally used in Maine should be registered in Maine. Out of State reciprocity is only good for 60 calendar days. This is a problem here on Frye Island and the Maine Wardens Service will be checking.
- Milfoil/Invasive Plants Sticker-"A person may not place or operate a motor boat or personal watercraft on the inland waters of the State of Maine unless a current/valid lake and river protection sticker, issued annually, is permanently affixed to each side of the bow, above the waterline and approximately 3 inches behind the validation sticker." These stickers are available at the Town Office on Frye Island. **New in 2008, a Maine registered boat will have a combined registration/invasive plant sticker system.**

A Maine Boating Laws and Rules booklet for 2009 is available at the Town Office.



Fire Department

Fire Barn: 207-655-8618

KEEP YOUR FAMILY AND HOME SAFE FROM FLAMMABLE VAPORS

ONLY USE GASOLINE AS A MOTOR FUEL. FLAMMABLE VAPORS ARE VERY DANGEROUS. YOU CAN'T SEE THEM, BUT THEY CAN CAUSE FIRES IN HOMES, BASEMENTS, SHEDS AND GARAGES. WORSE, THEY CAN CAUSE TERRIBLE BURNS AND EVEN DEATH.

IF FLAMMABLE VAPORS ARE RELEASED INDOORS, THROUGH A SPILL, IMPROPER USE OR A CONTAINER LEFT OPEN, THEY WILL BUILD UP QUICKLY, SPREAD TO A SOURCE OF IGNITION AND CATCH FIRE.

FLAMMABLE VAPORS COME FROM FLAMMABLE LIQUIDS, LIKE GASOLINE. MOST OF THE TIME YOU CAN'T SEE VAPORS. BUT, SOMETIMES YOU CAN SMELL THEM.

CHILDREN SHOULD NEVER USE GASOLINE.

NEVER USE GASOLINE TO CLEAN OR REMOVE ITEMS.

NEVER USE GASOLINE TO START FIRES, LIKE A BARBECUE.

GASOLINE MUST NEVER, EVER BE BROUGHT INTO A BUILDING USED FOR HABITATION.

TO REPORT A FIRE OR MEDICAL EMERGENCY

DIAL 9-1-1

Special Recognition of our Frye Island Winter 2009 Heroes

This year at the Frye Island Fire Department annual 4th of July Open House festivities, a special plaque with the engraved names of the individuals who provided outstanding assistance to the islanders that experienced cottage break-ins this past winter, will be presented at 1:00 pm.

This will be a great opportunity for folks to shake hands with these unsung heroes and extend thanks for a job well done.

If there are any cottage owners who benefited from this assistance and would like to contribute toward this activity, a $5.00 or $10.00 contribution would be appreciated and can be dropped off or mailed to the Town office.

ANNUAL FIRE DEPARTMENT OPEN HOUSE

On Saturday, July 4th, Noon to 2:00pm the Fire Department will be holding an Open House at the Fire Barn. There will be **FREE HOT DOGS AND SODA**. Bring the kids, family and neighbors to visit with your Fire Department and have lunch on us. SEE YOU THERE!

All activities and functions held by the Fire Department are paid for with the proceeds from the redeemable (**ME 5 and ME 15 cent**) cans and bottles collected at the transfer station. Thank you for contributing.

The 2009 Fireworks

The 2009 fireworks are scheduled for Saturday evening, July 4th at dusk.

Reminder: This year, like all others, we will have to move some of the boats out of the Marina for the fire works. The boats to be removed are slip numbers:

SLIP(S) #84 THROUGH #130 LAKE SIDE
AND SLIP(S) #67 THROUGH #131 ROAD SIDE

FIREWORKS PARKING AND ROAD SIGNS

No parking signs will be posted going to the Marina *working back from the Marina road* along Leisure and Birch. So depending on where you are coming from the postings will be on the left side. The small marina parking lot will only be used for Handicapped parking!

The upper parking lot will be used for golf cart parking only.

FRYE'S LEAP
general store & cafe

655-4256

Welcome back, everyone! We're looking forward to another great season on the island.

Full Season Has Begun…

Store Hours are as follows…

Sunday – Friday: 8:00AM – 9:00PM
Saturday: 8:00 AM – 10:00 PM

CAFÉ Hours are as follows…

Monday – Friday: 11:00 AM – 9:00 PM
Saturday: 8:00 AM – 10:00 PM
Sunday: 8:00 AM – 9:00 PM

We're pleased to announce that the store will be continuing with the extended schedule instituted last year, opening daily at 8am during high season.

Have you had breakfast at Frye's Leap lately? Huge pancakes, breakfasts made to order, and our signature muffins are served by the water every Saturday, Sunday and on selected holidays throughout the season. Don't miss it!

Visit fryesleap.com for a peek at our menu, special event information, store hours and lots more.

Leisure Lounge

Fairway Lane (next to the golf pro shop)

655-3551 **Air Conditioned** **Open to the Public**

Hours:
Thursday – Saturday: 8:00 AM – Midnight
Sunday: 7:30 AM – 8:00 PM
Monday – Wednesday: 8:00 AM – 8:00 PM

Enjoy satellite reception on our 42" plasma TV.

For you Red Sox fans, we will stay open late on Thursday evenings so that you may watch the games.

Full Bar

Beer, Wine, & Mixed Drinks
$3.00 Root Beer Floats
$2.00 Hot Dogs
$5.00 Pizza

LADIES OF THE LAKE LUNCHEON

All women of Frye Island are most cordially invited to lunch at noon on Wednesday, July first at the Frye's Leap Cafe in beautiful downtown Frye Island. For only $14 which includes non alcoholic beverages and a gratuity, you can dine on one of three tasty selections.

Freshly roasted vegetable quiche served with a small salad
Grilled shrimp and avocado BLT wrap with chips or a salad
Trendy and delicious grilled chicken Caesar salad

Sign up for your preference in the Town Administration Office. See Pat Karpacz for more details.

Ferry News

655-4258

This Week's Ferry Schedule

	First Ferry	Second Ferry
Saturday	7 AM - 1 AM	10 AM – 6 PM
Sunday	7 AM - 10 PM	12 PM-8 PM
Monday	6 AM - 10 PM	8:30 AM – 10:30 AM 3 PM – 5 PM
Tuesday	7 AM - 10 PM	8:30 AM – 10:30 AM 3 PM – 5 PM
Wednesday	7 AM - 10 PM	8:30 AM – 10:30 AM 3 PM – 5 PM
Thursday	7 AM - 11 PM	8:30 AM – 10:30 AM 3 PM – 5 PM
Friday	7 AM - 12 Mid	8:30 AM – 10:30 AM 2 PM – 10 PM

Note:

High Season begins this weekend.

Please Don't "Push the Envelope"

This year we are offering a new service to Islanders whereby we are willing to hold white envelopes containing ferry tickets, provided all owner information is on both tickets and envelopes. Unfortunately, a few people have decided to take advantage of our offer. One islander left a paycheck for a contractor to pick up on the mainland, and another left a house key for her son in an envelope, both under the guise of providing ferry tickets. We do not have the time for, and cannot possibly be expected to be responsible for paychecks and house keys! We hope we are not forced to discontinue this service.

Ferry Safety Tip of the Week

Whenever you leave a car parked on the mainland side, it is important that it is parked correctly. Cars must be parked parallel to the road to avoid encroaching on the abutting property. They must be parked 1 foot off the pavement. If a car is parked over onto the pavement, then the line of cars awaiting boarding is pushed over. If we need to get emergency vehicles either on or off the ferry, we cannot have the lanes blocked or reduced in size. So, please remember to park parallel and off the pavement.
Thanks for your cooperation.
FI Ferry Crew

FERRY KUDOS

Mega-kudos and thanks to Bob Russo and Rich Purtell who have spent countless hours installing / updating / perfecting our computers and printer for us. Bob's donation of a copier, 3 computers and too many man-hours to calculate have enabled us to view our mainland / island cameras, check weather on-line, and accomplish our work in a timely, efficient manner. Their IT skills and generosity have been invaluable to us. Thanks Bob and Rich!

Reminder:

Please remember to put your name/lot # on the back of your ferry tickets to assist us with our end-of-shift reconciliation. Thanks.

Ferry Thank You's

Ferry Thank You's to the Stevens' for the dog treats.

Here are a couple pictures of the dock damages from the storm 3 weeks ago – Submitted by Dave Bond - Thanks Dave!!

Frye Island Golf Club

655-3551 **Open to the Public** **Fairway Lane**

Hours

Monday – Wednesday 8:00 AM – 8:00 PM

Thursday – Saturday: 8:00 AM – dusk

Sunday 7:30 AM – 8:00 PM

Greens Fees

Weekday: $20.00

Weekend and Holidays: $30.00

Twilight (after 5 PM)
Weekdays $13.00
Weekends $15.00

Weekday Youth (16 or younger): $10.00

Weekend Youth (16 or younger): $20.00

3-day weekday pass: $45.00

Week-long unlimited golf pass: $110.00

Scramble Fee (e.g. 9 holes Sunday AM): $15

Cart Rentals

Gas Cart:

9 Holes: $16.00

18 Holes: $26.00

Pull Cart:

9 or 18 Holes: $4.00

Club Rentals: $12.00

Tentative 2009 Tournament Schedule

Date	Tournament	Organizers
Sat, Jun 28	Rec Golf Tournament	Tom B.
Sat, Jul 4	Steak and Hot Dog	John, Vic
Jun-Aug	Club Championship	Bruce
Sat, Jul 11	Junior Championship	
Sat, Jul 25	Night Golf	John, Mike
Sat, Aug 1	Rally for a Cure	
Sat, Aug 8	President's Cup	Vic, Laura
Aug 22-23	Member-Guest	Jim, John H.
Mon, Aug 24	MGCSA (Superintendents)	Jim
Sep 11-13	Sebago Lake Escape	Mark
Sat, Sep 26	TKE Fall Classic	Jim
Sat, Oct 3	Shoot Out	Mike
Sat, Oct 17	Cross Country	Laura

Sign Up at the Golf Course.

Junior Golf Outing

WHO – Juniors age 17 and under.

Bring your friends and have a good time.

Do I have to be a golfer? – NO. There will be 2 flights. One for experienced golfers (18 holes) and another for beginners (9 holes).

WHEN - Saturday July 11

TIME - 1:00PM

Ages - 17 and under
Hot Dog & Soda
Trophy Awards!!

Sunday Morning Scramble

Every Sunday morning, tee off at 8:00am, sign up between at 7:30am – 7:45am.

Sunday, June 21st Scramble Results

1st Place Team (-3) $13.00 each:

Greg Tedford
Nick Tedford
Harry Holgersen
Bob Thurston
Allen Meserve

Closest to the Pin $13.00:

Bob Thurston

Congratulations, Bob Bullock

Hole in One on 4th hole, June 22nd

Rec Center Charity Golf Tournament

This Sunday, June 28th 2:00pm Tee Times

Steak & Hot Dog Tournament

Saturday, July 4 @ 1:00 pm

$15.00 per person + any applicable green fees

$12.00 for a guest steak dinner or $2.00 for a hot dog

Hors d'oeuvres @ 4:30 pm (bring your favorite to share)

Dinner & Prizes @ 5:00 pm

This is a fun tournament for everyone, where the winners eat steak and the losers eat hot dogs along with cleaning up afterwards.

Sign up @ the club house

Club Championship

Now is the time to seize your opportunity to become a Frye Island Golf Club Champion. There will be both Men's and Women's Champions. The top eight scorers in the Qualifying Round will play each other in a single elimination match play tournament. To play in the Qualifying Round, you must check in at the Pro Shop and announce to the Staff that the round you are playing is your Qualifying Round (the Staff will initial your card). You must play your round with at least one Member in accord with the USGA rules of golf with local rules included. You may play the two 9-hole rounds separately, but each round must be initialed by the Staff and accompanied by a Member. Upon completion of the 18-hole round, return the score card to the Staff. Good luck to all participating golfers.

Qualifying Round must be completed by July 13.
Quarterfinal Match must be completed by August 3.
Semifinal Match must be completed by August 24.
Final Match must be completed by September 7 (Labor Day).

The "Pine Tree Bass Casters" Fishing Derby June 20th
Pictures submitted by Mike Mazzola- Thanks Mike!!!

Activities & Recreation

Recreation Chairperson: Andrea Sansonetti

Garden Club

Want to learn more about dahlias… even on Frye Island?

"Dahlias – the Showgirls of the Flower World" is our program for June, this Saturday the 27th, at the Community Center at 9:00 am. There will be a film followed by a talk by Dick Vande Hei.

All Islanders are welcome. There are no fees or dues. As a service and education (and fun) organization, the Garden Club is open to all Islanders.

Did you purchase moisture absorbers at the Plant Sale? Nancy Perry would like to complete the sale. She still has them waiting for you. (655-5221)

Kate Hickie has told us about a book signing in North Windham for Inspired Gardens. If you're interested, she has the details.

It's the beginning of a beautiful season. The planters on Beach 6 are waiting to be adopted. Would you and/or your children be interested? A hose is nearby for watering. The planters look so cheerful on the way to swim, tan, or watch the sunset.

Have the deer enjoyed your landscaping? Claire LaDow is the contact for Bobbex 655-7730.

Frye Island Chapel

Services every Sunday 9:00 to 9:30 AM
In the Upper Room of the Community Center
All are welcome. Dress is casual.

You are cordially invited to attend our weekly **non-denominational** services, which are held every Sunday morning from 9:00 to 9:30 AM in the **upper room at the Community Center.** Communion is offered on the 1st and 3rd Sunday of every month. There is a coffee and snack hour following the service on the 2nd and 4th Sunday of each month.

Presiding Chaplains: Rev. Richard Petersen, PhD
Rev. A. Theodore Ekholm

Recreation Dept. Schedule for this weekend:

Friday June 26th:	10-2pm 6-9pm
Saturday June 27th:	10-2pm 6-7pm Capture the Flag @ ballpark weather permitting. 7:30-10pm
Sunday, June 28th	Closed

YARD SALE FUNDRAISER TO BENEFIT FRYE ISLAND YOUTH ACTIVITIES AND EQUIPMENT.
When: July 11th
Where: Community Center parking lot
Time: 10am-1pm

A $10.00 fee to reserve you spot can be given to Nancy Bishop at the Community Center during Community hours. Any proceeds from the sales of goods that can be donated to the Rec/teen center is greatly appreciated. **(**for example: if you sell $50.00 a donation of $5,$10,$15 whatever you would like to give from that sale would go towards youth of activities and equipment.**)** for more info. please contact Nancy Bishop at 655-3893 e-mail nancybis615@msn.com

Rec Center Charity Golf Tournament

When:	This Sunday, June 28th 2:00pm Tee Times
Format:	2 Person Team Scramble 1 Club per person
Donation:	$30.00 per Team, plus golf fee

Food Prizes Raffle

Help support Frye Island Youths. Money raised from this fundraiser will go towards youth activities. Looking for anyone that can bring at pot-luck dish on this day. Sign up sheet located at Rec. Center for pot-luck dishes. There is also a sign up sheet in the office for those who would like to participate in this tournament. We appreciate all the support we can generate.

See Tom / Nancy Bishop

Recreation Committee Meeting

All are welcome and invited to the Recreation Committee's first meeting of the summer this Sunday, June 28 at 10 am in the Children's Library at the Community Center. We will be discussing ideas and making plans for this season, July 4th through Columbus Day. Please come with your ideas and your energy. Thank you in advance for your help and commitment.

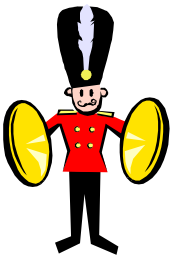
Book Group Selections for 2009

The following titles will be discussed on these dates.

June 29	**LUNCHEON OF THE BOATING PARTY** by S. Vreeland
July 20	**GERTRUDE BELL: QUEEN OF THE DESERT, SHAPER OF NATIONS** by G. Howell
Aug. 10	**NINETEEN MINUTES** by Jody Piccoult
Aug. 31	**ONE THOUSAND WHITE WOMEN** by J. Fergus

All Frye Islanders are invited to join us on these selected Monday evenings 7:30 PM in the Community Center Library.

WE LOVE A PARADE!



Get out the banners and crepe paper. Due to popular demand, we will have another golf cart parade on the 4th of July! We won't have walkers in this parade so it will move more quickly and we can go farther. The planned route will take in Leisure Lane and Ridge Road. The parade will begin at 11:00 at the Community Center and end at the fire barn for the traditional hot dogs.

We are asking for a $5 donation from each entry to support recreation activities, payable at the gathering site. Show your community spirit and join the parade!

BRIDGE

Bridge for fun - and not too much seriousness! Come and join some of the Island folks for a couple hours of bridge. Tuesdays at 1:00 p.m. at the Golf Clubhouse is the usual time and place.

The Great Frye Race Canoe / Kayak Non-Competitive Race

Saturday, July 18
10:00 AM
Recreation Beach

More details to follow.

4th of July Frye Island Road Race 1 mile, 5 mile & MARATHON

The Recreation Department will be hosting its annual walk/run on Sunday July 5th. The race starts promptly at 10am at the Community Center, so please arrive 15-30min early to allow time to register and select a T-shirt. There will be a small entry fee and commemorative shirts will available at slightly above cost. All proceeds will be used to fund recreational activities on the Island.

The 5 mile course runs from the Community Center, down Highpoint, right onto Sunset, left onto Leisure, past the marina, then left onto Ridge and back to the Community Center. The 1 mile course goes down Highpoint Dr, right on Sunset, up White Way to Independence Way and then right on South Beach Road.

This is the second year we'll be offering a marathon option. The course will be 4 loops along the 5 mile course (before the other races begin), then the 1 mile fun run and lastly the 5 mile race. The marathon runners will be self starting and self timing and should begin their run at whatever time allows them to get to the start of the 1 miler race at 10am.

If you live along the course and could offer to host a water stop please let me know. I'd also welcome any help people could provide with race preparation, registration and timing.

Thanks. Ted Charrette (781-259-1773) or (Ted.Charrette@alum.mit.edu)

YOGA CLASSES

Amy Wagner, RYT, is back on the island, and getting ready to lead us in yoga classes. Classes next week will be on Tuesday and Thursday morning in the Community Center Chapel from 9:00-10:30 am.

We practice Hatha Yoga, which focuses on the fundamental yoga postures and combines breath with movement in order to build strength, flexibility and balance. Yoga also improves mental clarity and encourages relaxation. My classes are informal and open to all students, new and veteran yogis are all welcome!

Cost $8 per class. Mats and blankets available for use and also for purchase.

Come in comfortable clothes! Call me with any questions. 655-2583

Peace, Amy

PS Look for the schedule to change a little as we get into summer. I am also planning a teen class to begin in July!

TIE-DYE

Come Tie-Dye with us! Tie-Dye is back! And this year we are offering an advanced Tie-Dye session every week as well!!

Come tie-dye at the Community Center on Sundays this summer from 3:30-5:30 pm, starting June 28th. You can purchase shirts, socks, bandanas or pillowcases or you can bring your own whites. Costs are as follows:

Shirts and pillowcases: $10.00

Bandanas and socks: $8.00

Bring your own whites: $5 per person ($2 for each additional item)

Remember: If you bring your own items, whites work best!

See you there!!

ADVANCED TIE-DYE:

Learn to Tie-Dye a Heart T-Shirt!!
Come to the Community Center this Sunday, June 28th at 2:00 for a special tie-dye clinic. In this session, all the materials for a premium tie-dying experience will be prepared and provided. We are limiting the clinic to 8 people over age 12. Please call 655-2583 to reserve your spot or with any questions! The cost for this session will be $20 per person. Amy, Nicole, Lianne and Maggie Wagner 655-2583

June 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21 Father's Day 9:00a Chapel @ CC	22	23 9:00a Yoga @ CC 1:00p Bridge @ Leisure Lounge	24	25 9:00a Yoga @ CC	26 7:00p Board of Appeals @ CC	27 8:30a Planning Board / Public Hearing @ CC 9:00a BOS/EC Mtg @CC 9:00a Garden Club @ CC
28 9:00a Chapel @ CC 10:00a Rec Committee Mtg @ CC 2:00p Rec Center Charity Golf Tournament 2:00p Advanced Tie-Dye 3:30p Tie-Dye	29 7:30p Book Group @ CC Library	30 9:00a Yoga @ CC 1:00p Bridge @ Leisure Lounge				

July 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Noon-Ladies of the Lake Luncheon @ Frye's Leap Cafe	2 9:00a Yoga @ CC	3	4 Independence Day Steak and Hot Dog Tournament 11:00a Parade @ CC Noon Fire Dept. Open House 1:00p Recognition @ Fire Barn Dusk Fire Works at Long Beach Marina
5 9:00a Chapel @ CC 10:00a Road Race @ CC 2:00p Advanced Tie-Dye 3:30p Tie-Dye	6 7:00p BINGO @ CC	7 1:00p Bridge @ Leisure Lounge	8	9	10	11 9:00a Garden Club @ CC 10:00a Yard Sale Fundraiser @ CC 1:00p Junior Golf Outing
12 9:00a Chapel @ CC 2:00p Advanced Tie-Dye 3:30p Tie-Dye	13 7:00p BINGO @ CC	14 1:00p Bridge @ Leisure Lounge	15 9:00a Garden Club @ CC	16	17	18 8:30a Planning Board @ CC 10:00a Canoe/Kayak @ Recreation Beach