

# Frye Island News Service

VOLUME 2009, ISSUE 12

JULY 10, 2009

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# 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](mailto:office@fryeisland.com)  
Web site: [www.fryeisland.com](http://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](mailto: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](mailto: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:

**Ferry Service:** I am sure that most of you have now heard about the delays at the mainland ferry last Thursday evening. Unfortunately, many of you were caught up in it as well. I spoke with one Islander that left the Island Thursday only to get caught up in the traffic when he tried to return. He said if we needed an analogy for the whole fiasco, we could use the "Perfect Storm".....I prefer to call it "Murphy's Law"..... Whatever could go wrong did go wrong. We have tried to critique the evening to minimize the chance that it will happen again. This is what we came up with,

The whole problem actually started back in January and February when we were preparing the schedule for the 2009 season. At that time I incorrectly assumed that with the 4<sup>th</sup> being on a Saturday most people would have Monday off so the original schedule was developed with that in mind. Amazingly, with all of the people that reviewed the proposed schedule, and the fact that it was published on our website, no one identified the error so we only had one ferry scheduled for Thursday evening.

Another contributing factor to the heavy traffic was the weather Thursday. It rained all day so a large number of people decided to leave the Island to shop for the weekend. In addition, many people had Friday off and decided to travel to the Island on Thursday. To complicate things even more, there was a serious accident on RT. 302 that held up traffic for an hour and a half or more. It seemed like everyone coming to the Island and everyone returning to the Island showed up during the same time frame. This was overwhelming and cars began to back up onto the Cape Road. For some reason, the ferry captain didn't call for help so no one on the Island was aware of the situation until the Frye Island police officer called to notify the Ferry Director around 8:30 PM. In a matter of a few minutes after receiving the call a crew had been notified and was on its way in to operate the second ferry but by that time the damage had been done. I was told at one time there were as many as 92 automobiles waiting for the ferry.

With two boats operating the traffic still didn't get cleaned up until after one AM. I am very aware of the safety hazards when cars back up onto the Cape Road and we do our best to avoid it but we didn't do very well this time. We should have activated the second ferry much sooner and we have addressed this with the ferry crews. We have also reinforced the fact that if a manager

can not be reached the on duty ferry captain has the authority to activate a second ferry.

I would like to thank Captain Buddy Collins and Mate Chris Winters for their unquestioned response to the call for help and to Lynn Gagnon for the effort she put in while doing her best to keep everything moving. I would also like apologize to all of the Islanders that got stuck in the middle of this. We will do our best to insure it doesn't happen again.

**Ferry E-Tickets:** We have been working to develop an electronic ticketing / data collection system for the ferry service. The system will be a web based system where Islanders will be able to establish an account that they will be able to monitor from their home computer. During initial start-up we will probably limit the system usage to Islanders. The Islanders that establish an account will be issued a bar coded card that will deduct the appropriate ferry fee from their account when the bar code is swiped at the ferry terminal. Those people that wish not to establish an account will still be able to purchase a single bar coded ticket or a group of tickets at the office. A vender has been chosen to develop the software which should be complete by the end of September of this year. We will do alpha & beta testing through the winter with some actual system testing when the Island opens next season. The plan is to put the system in operation by the middle of May next year.

**Roads:** Independence Way, White Way and parts of Sunset are still very rough from the new water pipe installation. We have suspended installation of any new piping in hopes of trying to repair these roads and to fix the pot holes in many of the other Island roads caused by the heavy rains. Unfortunately, the weather has been so wet we haven't been able to do much with them. We did get to do a little Thursday but we really need some sunny weather to dry them out before we can grade them and get them back into shape.. However, until we can get to them I ask that the young men stop moving the signs, cones, and barricades that we have installed. These are installed for the safety of the people using the roads and if someone gets injured because you moved the signs we will notify the police and you will be prosecuted.

**Ferry Revenue / Expenses:** The total ferry revenue continues to run ahead of last year at this time. However, it must be noted that at the end of July last year we increased the ticket price to \$15.00 prior to that the price was \$12.00. We will see how we are doing at the end of July.

FYI.....Last year through the pre-season (04/25/08 to 06/20/08) the ferries consumed 2,725 gallons of fuel at a total cost of \$11,279.00 equaling \$4.14 per gallon. This year through the pre-season (04/14/09 to 06/24/09) we have consumed 3,298 gallons at a total cost of \$6,795.00 equaling \$2.06 per gal.

**Beaches:** I mentioned a couple of weeks ago that we were joining the Portland Water Districts program to test swimming beaches for E-Coli. (According to the Environmental Protection Agency's guidelines for swimming beach safety, the maximum E.coli count suggested for freshwater beaches is **235 organisms per 100 mL (or cfu/100 mL)**). So far we have tested beaches 5, 6 and Long Beach. The highest readings we have so far are in the 40 cfu/100ml range; well below any action levels. Some factors that impact these readings include:

- The number of swimmers using the beaches,
- Babies / toddlers with diapers in the water
- Animals and waterfowl in the water
- The amount of turn over / stagnation of the water in the beach area.
- Failure of septic systems in the beach area

So far, the weather hasn't been very conducive to swimming. We do expect these levels to increase slightly as the beaches get more usage but we don't anticipate any problems. I will keep you informed as the summer progresses.

**Winter Break-Ins:** Nothing new to report which is actually a good thing. It means we haven't had any set backs in the process. As soon as we learn more I will let you know.

**Board Meeting:** The next scheduled meeting of the Board of Selectmen / Executive Committee will be held on Saturday July 25, 2009. The meeting will be held at the Community Center and will begin at 9 AM. All are welcome to attend.

Have a great weekend and stay safe!

Wayne



### **Note:**

The 2<sup>nd</sup> Ferry will be taken out of service on Tuesday, July 14<sup>th</sup> for planned maintenance. Rain date Wednesday, July 15<sup>th</sup>.

### **Marina Committee Meeting**

**Sunday, July. 12, 2009 at 8:30 a.m.**  
Community Center

### **Planning Board**

**Saturday, July 18, 2009 at 8:30 a.m.**  
Community Center

### **BOS / EC Meeting**

**Saturday, July 25, 2009 at 9:00 a.m.**  
Community Center





# Fire Department

Fire Barn: 207-655-8618

## Fire Department Notice

### Rules pertaining to the use of open fires in screened enclosures and chimeneas.

Open fires in a screened enclosure designed for such use or chimenea are permitted under the following conditions:

- The device must be used only on an acceptable permit-required burn day within the state. (A permit will not be necessary to use the device, but it can only be used on a day on which burning is allowed.)
- The device must stand on sand or dirt in a wide-open area to prevent any spread of fire.
- The device must be placed away from any structure and **cannot** be situated on a porch, deck, or other similar area.
- The device must be continuously monitored by an adult.
- A fire hose or bucket of water must be nearby.

Anyone using one of these devices accepts **full responsibility** for their actions if a mishap occurs.

The fire department has the authority to extinguish any fire that constitutes a hazard.

Violators of these rules will be reported to the Maine Forest Service, Forest Protection Division, for disciplinary action.

If there are any questions or concerns regarding the use of a screened enclosure or a chimenea, please contact the Town Fire Warden or Frye Island Fire Department.

## TO REPORT A FIRE OR MEDICAL EMERGENCY

**DIAL 9-1-1**



## FIFD Responded To The Following Calls Since Island Opening:

ALARM SOUNDING  
WATER - BOAT IN DISTRESS  
WATER - BOAT IN DISTRESS  
MEDICAL  
MEDICAL  
TREE ON WIRES  
ALARM SOUNDING  
OPEN FIRE

FIFD would like to thank Dick Vande Hei for cooking up the 500 hot dogs in record time. We were out of hot dogs at 12:30. There were only a few late arrivals that missed out. The golf cart parade was a great success and brought in many hungry participants. A thank you to all members of the fire department who helped in the parade, clean up of the fire barn, working the open house and then working at the fire works display which thankfully did not get rained out. THANKS TO ALL THAT ATTENDED AND WERE INVOLVED IN OUR OPEN HOUSE!!!!



Hot dogs at the Fire Barn



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](http://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

## Thank you

Thank you to the following volunteers who made the Ice Cream Social another great success: Kathy Campbell, Heidi Bond, Todd Voltz, Evan Davis, Don Davis, and Laura Davis



## ANNIE & the ORPHANS

One of New England’s favorite rock and roll acts, Annie & the Orphans has been entertaining fans, young and old, for over 40 years. Specialists in 50s, 60s, 70s rock and roll, Annie & the Orphans’ unique blend of musical talent and showmanship make them one of the most eagerly anticipated acts around.

”Rock ‘n’ Roll with Anatole!

Let’s bring back the Frye Island tradition, an end of season dance!

Saturday, August 29<sup>th</sup>

8:00 pm, at the Community Center

(Leisure Lounge will be closed)

\$15 - advance tickets (purchase at the Golf Club)

\$20 - at the door

Come and enjoy the music, Hors d’oeuvres will be served along with a full cash bar.



# Ferry News

655-4258

## This Week's Ferry Schedule

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

### Note:

The 2<sup>nd</sup> Ferry will be taken out of service on Tuesday, July 14<sup>th</sup> for planned maintenance. Rain date Wednesday, July 15<sup>th</sup>.

### 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 Safety Tip of the Week

Understanding possible reasons why we may be off-schedule:

- Medical or fire emergency.
- Shuttling. If cars are left behind either going to or leaving the island, we will return immediately to get them.
- Refueling. This is done on Tuesdays and Fridays during High Season, and takes about 15 minutes.
- Transporting extremely large heavy vehicles, which need to be taken over alone on the ferry.
- On-going quick mechanical repairs to either the ferry itself or to the gantry (landing).
- Breakdown

Whenever we are off schedule, we will do our best to facilitate getting you to your destination, and we appreciate your co-operation!

FI Ferry Crew

## Ferry Kudos:

To Captain Buddy Collins and Mate Chris Winters for their help in firing up a 2<sup>nd</sup> ferry last Thursday night. They were called in, and had the boat fired up and running in less than 30 minutes to help with the long line of anxious people waiting to get to the island. Great job, Guys!

## Ferry Thank You's

To the Orzags and the Truemans for the yummy cookies, Chip Barringer for the popcorn and lemonade, Jean Russo for the pizza Thursday night, and to Wini Rogers and Griffin (the dog) and the Therriens for the dog treats.



655-3551

# Frye Island Golf Club

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

<u>Date</u>	<u>Tournament</u>	<u>Organizers</u>
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

## Sunday Morning Scramble

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

### *Sunday, July 5<sup>th</sup> Scramble Results*

#### 1<sup>st</sup> Place Team (-6) \$43.75 each:

Jason Anson  
Steve Thresher  
David Anson  
Kent Anson

#### 2<sup>nd</sup> Place Team (-4) \$18.75 each:

Jim Hirsch  
Allen Meserve  
Mike Mazzola  
Pete Ambrozavitch

#### Closest to the Pin \$34.00 each:

Jason Anson #4  
Jim Hirsch #8



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!!



## NIGHT GOLF, July 25<sup>th</sup>

\$20 per person + any applicable green fees (includes glow balls)

Hors' d'oeuvres @ 7pm

Tee off @ dark

Fee to be made at time of sign up - Space is limited

Bring an hors d'oeuvre to share

## Club Championship

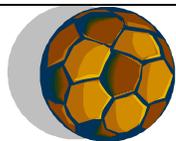
Now is the time to seize your opportunity to become a Frye Island Golf Club Champion. There will be both Men's and Women's Champions. The top eight scorers in the Qualifying Round will play each other in a single elimination match play tournament. To play in the Qualifying Round, you must check in at 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).



## Activities & Recreation

Recreation Chairperson: Andrea Sansonetti

### NATURE WALK, SAT. JULY 11

Nature lovers unite! The Frye Island Conservation Commission is sponsoring a guided exploration of the birds and wildflowers on Frye Island. Islander Ron Carr, who is President of the Nashua Chapter of the New Hampshire Audubon Society, will lead us as we encounter the natural beauties of our island. We will meet at 8 AM in the parking lot at the Long Beach Marina. Since birds are easily frightened off by noise, little ones and pets might enjoy some other activity at this time.

### Book Group Selections for 2009

The following titles will be discussed on these dates.

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.**



### 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.*

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 1<sup>st</sup> and 3<sup>rd</sup> Sunday of every month. There is a coffee and snack hour following the service on the 2<sup>nd</sup> and 4<sup>th</sup> Sunday of each month.

**Presiding Chaplains:** Rev. Richard Petersen, PhD

Rev. A. Theodore Ekholm

## **Recreation Dept. Schedule Week of July 6th:**

**Recreation Director: Nancy Bishop**

Friday Jul. 10<sup>th</sup>: 10:00 AM – 2:00 PM  
6:00 PM – 9:00 PM

Saturday Jul. 11<sup>th</sup>: 10:00 PM – 2:00 PM  
6:00 PM – 7:00 PM CAPTURE  
THE FLAG @ Ballfield  
7:00 PM – 11:00 PM Teen Night  
8:00 PM – 10:00 PM Teen Dance

Sunday Jul. 12<sup>th</sup>: Closed

Monday Jul. 13<sup>th</sup>: Closed

Tuesday Jul. 14<sup>th</sup>: 10:30 AM – 2:30 PM  
6:00 PM Pickup Softball @  
Ballfield (bring your own glove)

Wednesday Jul. 15<sup>th</sup>: 10:00 AM – 2:00 PM  
6:00 PM Candy Bar Bingo (bring a  
candy bar to play)

Thursday Jul. 16<sup>th</sup>: 10:30 AM – 2:30 PM  
6:00 PM – 8:00

Friday Jul. 17<sup>th</sup>: 10:00 AM – 2:00 PM  
6:00 PM – 9:00 PM

Saturday Jul. 18<sup>th</sup>: 10:00 PM – 2:00 PM  
6:00 PM CAPTURE THE FLAG  
@ Ballfield  
8:00 PM – 11:00 PM Teen Night

Sunday Jul. 19<sup>th</sup>: 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 your table can be given to Nancy Bishop at the Community Center during Community hours. Any proceeds from the sales and donations to the Rec/teen center is greatly appreciated. For more info please contact Nancy Bishop at 655-3893 e-mail [nancybis615@msn.com](mailto:nancybis615@msn.com)

A great big "Thank you" to all who participated in the Recreation Golf Tournament. We raised \$430.00 for youth activities and equipment.

### **DOUBLE WHAMMY BOOK SALE AT THE 7/11 YARD SALE**

The friends of the FI Library are having a book sale table at the Town yard sale this Saturday at the Community Center. All proceeds will be donated to the Frye Island Recreation Department. Buy our bargain priced books for grown ups and children to promote your own reading enjoyment and help provide funds for other FI recreational activities.

## **Teen Dance!**

All teens 13 years and older are invited to the Frye Island Teen Dance!

Date: Saturday, July 11

Time: 8 - 10 pm

Location: Community Center

Admission: \$5

Drinks and snacks will be sold. Come dance and have a great time with your island friends!

*Note to Parents: Teens who leave the Community Center building during the dance will not be allowed to re-enter. Also, chaperones are needed for the dance. If you are able to help, even for an hour, please contact Andrea Sansonetti 655-7832 or Nancy Bishop at the Community Center. Thank you!*

## **Annual Frye Island Fourth of July Walk Run Results**

Almost 150 runners turned out to participate in this year's Frye Island walk/run. Due to the larger number of registrations and strong t-shirt sales again we raised almost \$1,000 which will be used to fund recreational activities on the Island.

A big thank you to all the people who volunteered their time to help with registration (Linda Tabris, Lenore Rosenthal, and Maria and Cecelia Charrette), marking the course (Chris and Larry Demming and Ed Charrette), providing water stops (the Sansonetti (mile 2) and Tetler (mile 4) families), etc... The event could not have happened without you.

David Cassidy won the 1 miler in 5:19, 3 seconds faster than the course record put up last year by Chris Lemieux. David's daughter, Margo, was the top female finisher again this year. Congratulations to the father/daughter team.

Jamey Epstein smashed the 5mile course record by more than two and a half minutes, with a time of 29:50. That's 5 miles at a sub 6:00 pace on dirt and a hilly course – WOW! Patti Brown was the first female finisher with a time of 40:24.

This is the second year that we've offered the marathon distance and participation was up by 50% over last year. David Hemmerling joined Bob and Andrea Sansonetti and stole the show with a finishing time of 4:05, a new course record. Bob and Andrea both bettered their times this year with a 4:44 and 4:55 respectively.

Full results for the race are available online at [http://www.coolrunning.com/results/09/me/Jul5\\_FryeIs\\_s et1.shtml](http://www.coolrunning.com/results/09/me/Jul5_FryeIs_s et1.shtml)

Thank you to everyone who participated

## **Garden Club**

Saturday, the 18<sup>th</sup>, will be the **next maintenance** for the well-irrigated public gardens. Can you spare an hour to meet, get some sun (?), and pull weeds? Any time you can give will be appreciated by the whole Island. Meet outside the Community Center at 9:00 am.

The **next business meeting** will be held Wednesday, the 15<sup>th</sup>, at 9:00 am in the Community Center Chapel. All are welcome!

Our June program was provided by Dick Vande Hei who shared his National Capitol Dahlia Society DVD on the cultivation cycle and for bringing two cultivars. Did you know there are nine different types of dahlias – formal, informal, cactus, straight, semi-cactus, water lily, ball, pom (petite), and orchid? Some are as large as 12” in diameter! What terrific information you gave us on the cultivation you’ve perfected for our Frye Island conditions, Dick! Thank you.

There was a cupcake garden waiting after Dick’s presentation. Liane Wagner did a fantastic job of frosting them... sunflowers, vegetables, labels! Thanks to you as well for contributing to the June program.

There’s one more planter at Beach 6 waiting for love and care! There’s a good variety in those planters already adopted. The sun will come back!!

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)

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

## **TENNIS LESSONS AND DRILLS:**

If you are interested in taking a private lesson to further your game, setting up drills to work on specific strokes, or are new to the game, or you need to work on your foot work: Please give me a call.

I have been playing tennis since I was very young here in Portland, Maine. I continued to play at Westbrook College (UNE) and throughout my adult life. I play on several doubles league teams in Atlanta throughout the year and conduct a Mini-Junior Tennis Lesson Program for the school where I teach Kindergarten. I am a Junior Coordinator for the ALTA organization for the 12 and under C level Boys teams. My number on the Island is 655-7393 or my cell is 770-238-2728 (a Verizon, GA number). "Love" to hear from you, Anne

## **BINGO**

Join in every Monday evening 7:00 PM at the Community Center July thru August.

## **THANK YOU!**

The 4<sup>th</sup> of July Golf Cart Parade was a rousing success thanks to the creative participants and those who cheered them on. Special thanks to the Public Safety Department for adding to the parade with two fire trucks, an ambulance and a police car. Approximately 60 golf carts participated and over \$300 were donated to support recreation activities. Hot dogs at the fire station (supplied by our fine volunteers) provided a perfect ending to the celebration.

Parade Pictures submitted by Nancy & Phil Perry

## **Green Clean!**

Spend an informative afternoon with Cindy Lozier (SAD 6 – Adult Ed.) to learn about how to protect our island home and lake from harmful cleaners. Be better informed about unclear choices in the cleaning aisle. What should we buy, clean with, avoid? Learn about the “green revolution”. Ms. Lozier will also come with recipes to make your own cleaners.

**Date and Time:** Monday, July 27, 1 – 3 pm

**Location:** Large Meeting Room at the Community Center

**Fee:** \$7.00 Please sign up and pay at the town office by Thursday, July 23.

## **Wine Basket for the Hostess**

Feeling crafty? Even if you’re not, this stunning basket looks complicated but it’s not! Join Ida Atkinson for an afternoon of fun and take home a beautiful basket for yourself or give as a gift. This basket fits wine bottles and mason jars. This could be your souvenir of your summer on Frye Island!

**Date and Time:** Tuesday, August 11, 1 – 4 pm

**Location:** Large Meeting Room at the Community Center

**Fee:** \$17.00 for instruction and materials. Teens and adults welcome. Please sign up and pay at the town office.

## **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.

## **Mah Jongg**

Come and join some of the Island folks for a game of Mah Jongg. Monday mornings 9:00a and Friday afternoons 1:00p at Leisure Lounge

## **The Great Frye Race Canoe / Kayak Non-Competitive Race**

**Saturday, July 18**

**10:00 AM**

**Recreation Beach**

**Cost:** \$10.00 per person

**Awards:** Best Costume, look like Capt. Frye or an Indian & other awards

Start at Rec. Beach to Emerald Point and back.

Sign up at Rec. Center or 9:00 AM before race. Free hot dog / drink for early sign ups.

## **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 9:00-10:20 am, and Saturday from 7:30-8:45 am.

I practice and teach 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 Teen class coming soon!

## **Pilates Class**

Ida Adams will be visiting the island and will offer a basic Pilates class on Friday, July 10<sup>th</sup> from 9:00 AM to 10:30 AM

Come and find out why so many swear by this total body toning system. Pilates strengthens the core, improves balance, increases coordination and decreases stress. And no, it's not like Yoga.

I welcome one and all from newbies to experienced Pilates practitioners. Dress comfortably and come prepared to enjoy yourself.

Cost will be \$8.00 per person.

For more information call Ida Adams (301) 934-1575 or e-mail [eadams0602@aol.com](mailto:eadams0602@aol.com)

Stott Pilates Certified Instructor  
American College of Exercise Certified Personal Trainer  
Aquatic Exercise Assoc. Certified Aquatic Fitness Professional  
American Heart Association Heartsaver/AED Certified

## **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! Tie-Dye runs from 3:30-5:30, but you can show up anytime before 4:30 to get your project completed! Shirts, socks, bandanas or pillowcases are available for purchase 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!!

PS Please don't wear clothing you care about! We have smocks to protect shirts, but it is likely that you will get permanent dye on your clothing! Thanks!



## **TIE-DYE 202: Learn to Tie-Dye a Colorful Mandala T-Shirt!!**

Come to the Community Center this Sunday, July 12<sup>th</sup> at 2:00 for a special tie-dye clinic. In this session, all the materials for a premium tie-dyeing experience will be prepared and provided. You will learn a more involved technique that will impress everyone! 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--all supplies included.

Amy, Nicole, Lianne and Maggie Wagner  
655-2583

## **More Upcoming Rec Center Fundraiser Events**

### **One Pitch Softball Tournament**

Saturday / Sunday August 15<sup>th</sup> and August 16<sup>th</sup>

Sign up your Team

Cost: \$60 per team – tee shirts to winners

### **Tennis Tournament**

Labor Day Weekend – More details to follow.

## **Rec. Center Golf Tournament Results**

Mens Div.: Paul Crowley & Tom Bishop

Mixed Div.: Wayne Fournier & Nate Thomas

Closest to Pin: Bob Thurston & Jason Kleven

The Rec Center thanks you for your support.

# July 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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 9:00a Yoga @ CC 1:00p Bridge @ Leisure Lounge	8	9 9:00a Yoga @ CC	10 9:00a Pilates @ CC	11 8:00a Nature Walk @ LBM 9:00a Garden Club @ CC 10:00a Yard Sale Fundraiser @ CC 1:00p Junior Golf Outing
12 8:30a Marina Committee Mtg @ CC 9:00a Chapel @ CC 2:00p Advanced Tie-Dye 3:30p Tie-Dye	13 9:00a Mah Jongg @ Leisure Lounge 7:00p BINGO @ CC	14 9:00a Yoga @ CC 1:00p Bridge @ Leisure Lounge	15 9:00a Garden Club @ CC	16 9:00a Yoga @ CC	17	18 7:30a Yoga 8:30a Planning Board @ CC 10:00a Canoe/Kayak @ Recreation Beach
19 9:00a Chapel @ CC 2:00p Advanced Tie-Dye 3:30p Tie-Dye	20 9:00a Mah Jongg @ Leisure Lounge 7:00p BINGO @ CC 7:30p Book Group @ CC Library	21 1:00p Bridge @ Leisure Lounge	22	23	24	25 BOS/EC Mtg 9:00a @CC 9:00a Garden Club @ CC Night Golf
26 9:00a Chapel @ CC 2:00p Advanced Tie-Dye 3:30p Tie-Dye	27 9:00a Mah Jongg @ Leisure Lounge 1:00p Green Clean @ CC 7:00p BINGO @ CC	28 1:00p Bridge @ Leisure Lounge	29	30	31	