

Frye Island News Service

VOLUME 2010, ISSUE 14

JULY 23, 2010

What's New?

- **Wayne's words... page 3**
- **Upcoming Meetings... page 4**
- **USS Jason Dunham Day... page 5**
- **Comedy Night... page 6**
- **Frye's Leap General Store & Café... page 7**
- **Leisure Lounge... page 8**
- **Willie's Chicken Parm & Pasta Dinner... page 10**
- **Into to Hula Hoop Fitness... page 12**
- **Nature Walk, July 31... page 12**



Contents

Important Information	2	Ferry News	8
Town News	3	Frye Island Golf Club.....	9
Marina News (Safe Boating Tips).....	4	Activities & Recreation.....	11
Fire Department	6	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 – 3:00 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

Executive Committee

Mark Thomas First Selectman
James Kuiken Selectman
John Nun Selectman
Bruce Nisula..... Executive Committee - Chair
Joe Potts
David Bond
Bob Sutherland

Joe Potts..... Municipal Treasurer

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:

Water Distribution System: The installation of the new water distribution line on Ridge Road continues to go well. We are still on schedule to finish up this summer so that we will be able to make all of the tie-ins after the system is shutdown this fall. There are times when the road is closed for the installation so please avoid Ridge Road if you can. If not drive with care because the crew may be in the road way.

E-Tickets: We now have approximately 30 people using the EZ Ride system. For the most part this is working without major issues. However, we do find errors periodically that require changes in the program or the data base. With only 30 or so users it is relatively easy to track down the problems and get them resolved. If we opened it up for everyone it would be much more difficult. For that reason, I am holding out a little longer. I do have a few more applications on file and hope to be able to add these accounts next week but I can't guarantee that yet. We are getting closer. I appreciate your understanding.

We are continuing to exchange the new bar-code tickets for the old tickets. Everyone has cooperated with this effort as well and we appreciate that. Once we establish the EZ Ride for everyone you will still be able to use the bar-code tickets you have left or you can turn them in at the office for a credit on your EZ Ride account. If you want information on how the system is designed to work you can visit the Frye Island web site under the ferry drop down menu.

Ferry Ticket Sales: For the sake of those that didn't see last weeks FINS, I want to remind everyone of the policy that established a minimum purchase of 5 tickets and a maximum of 20 tickets when purchased in the Island office. This policy applied to the standard passenger vehicle and pedestrian tickets. We relaxed that practice earlier in the season anticipating the implementation of the EZ Ride system. However, it has taken us longer than we thought to implement the EZ Ride system; so, we will be returning to the policy requiring a minimum purchase of 5 tickets when purchased in the office. You will still be able to purchase a single ticket on the mainland. Actually you can only purchase 1 ticket at the ferry terminal on the mainland but you must pay full price there.

Credit Cards: I also want to remind everyone that we DO NOT accept credit cards in the office. A number of people continue to come to the office to purchase ferry tickets and / or pay bills and produce a credit card. Then they have to suspend their business while they return to their car or cottage to retrieve the appropriate payment so please remember Cash or Checks only.

Speed Limits: A reminder that the speed limit on the Island is 20 Miles per hour. We have the speed monitor at the bottom of Sunset on the approach to the ferry landing so you can check your speed. This is a very dangerous area with people rushing to the ferry and the congestion created by traffic for the office the post office and the store so please be extremely careful in this area.

Correction: The meeting with Rebeccah Schaffner from the Greater Portland Council of Governments is scheduled for today. Last week I inadvertently said the meeting was Thursday the 23rd instead of Friday the 23rd. Ms. Schaffner's presentation will be at the Community Center and will begin at 1:00 PM. The topic for her presentation will be the *Regional Comprehensive Planning Initiative*. The public is invited to this presentation.

Unimproved lots: For a number of years the taxable value of an unimproved lot on the Island has been questioned when that value was compared to the actual selling price of similar lots. Because of this, the Executive Committee approved funding a professional study of the values applied to the unimproved / undeveloped lots. Bob Konczal, a licensed assessor and a principal in Atlantic Property Services was hired to perform this study. After comparing the taxable value that we had placed on these lots with the "fair market value" of similar unimproved lots it was determined that these lots were in fact under valued. Based on the results of his study he recommended that the values be adjusted in our real estate program by factors ranging from 1.8 to 2.8 depending on the lots location. The Executive Committee accepted his recommendation and approved these adjustments. Consequently, these adjustments were made in the system and a notice has been generated which will be mailed to all owners of undeveloped lots (lots that have not been built on). This notice, identifying the change in value, should be in the mail to everyone affected within the week. Those affected will be able to address errors in the adjusted value with the Assessors Agent.

Along similar lines, we just received notice that Cumberland County has formed a new *Cumberland County Board of Assessment Review (BAR)*. The BAR is a seven member board of volunteers formed to hear tax abatement appeals for the municipalities in Cumberland County. They plan to meet on the first Thursday of each month at 6:30 PM in the Cumberland County Courthouse. They have adopted rules of procedure and a new application form. When and if you apply for an abatement of your property taxes and if you are denied by the Board of Assessors, you can appeal to this newly formed BAR. In the past the Cumberland County Commissioners provided this function. We have copies of the procedure and the application in the office and I will have this information placed on the Frye Island website for your convenience.

Board Meeting: The next scheduled Board of Selectmen / Executive Committee meeting is Saturday July 31st. The meeting will be held at the Community Center and will begin at 9 AM. Copies will be made available at the meeting and can be sent electronically to those that want a copy. You can request the agenda by emailing me at wfourmier@fryeisland.com

Have a safe and happy weekend.

Wayne

Office Thank you's

Thank you Marc & Angela Bellantone for the yummy blueberry muffins and Ronnie Ilich for the very tasty brownies.

Planning Board

Saturday, July 24, 2010 at 8:30 a.m.

Community Center

Agenda

Read and approve minutes of June 19, 2010 meeting.

Old Business:

- Continue review of Comp. Plan information
- Availability of Comp. Plan information for updating
- Introduction of new Planning Board Alternate members

New Business:

- Review July 23, 2010 Greater Portland Regional Comp. Plan meeting
- Draft a new Vendor Warrant for October Town meeting
- Draft a Warrant to mirror Frye Islands Shoreland Zoning with the States with the exception of our dock ordinance for approval at the October Town meeting
- Co-ordinate our Shoreland Zoning with the State of Maine's

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

All Planning Board Meetings are open to the public

BOS/EC Meeting

Saturday, July 31 at 9:00 AM

Community Center



Marina News

Safe Boating Tips

- After a day on the water, remove any visible vegetation, animals, mud, fishing gear and all equipment exposed to the water while you are at the launch ramp. Frye Island has a wash down station at it's ramp located at Long Beach Marina.
- Get into the habit of cleaning your boating gear every time that you travel from one body of water to the next. Invasive water species are so small, you may not realize that they're "hitching a ride".
- 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.

**Saturday is
USS Jason Dunham Day on Frye Island**



ISLANDERS:

COME TO THE BALL FIELD AT 9:45 a.m.

- Welcome to the Crew**
- Honor Guard Ceremony**
- Softball Game**



Followed by a day of recreation for the sailors:

- Soccer, volleyball, basketball
- Tennis, golf
- Boating and kayaking
- Swimming



Then, Islander-hosted suppers

And an evening of standup comedy at the Community Center

Before they return to base at the end of a full day of R&R

Questions: call the help line at 617-489-6997



Fire Department

Fire Barn: 207-655-8618

Open Fires

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

It 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 must be a day in which burning is allowed).

The device must be on sand or dirt in a wide open area to prevent any spread of fire. It must be placed away from any structure and CAN NOT be situated on a porch, deck or other similar area. It must be continuously monitored by an adult. A fire hose or bucket of water must be nearby. The fire department has the authority to extinguish any fire that constitutes a hazard.

A camp fire is not permitted or is any burning of slash, leaves, branches or tree trunks. A person using one of these devices accepts full responsibility for their action if a mishap occurs.

The Forest Service determines the class day every morning. They broadcast this information over the radio to notify all the fire departments. The Frye Island Fire Department gets this information over their portable radios. In addition, local fire departments, like Raymond, give out this information in their morning radio announcement. They give the class day and whether or not permits will be issued. If conditions are extremely dry or if there are high winds, there probably will be no permits issued. A call to the Raymond Fire Department dispatcher or asking one of our own members should give you the answer.

Class Days are grouped into five (5) categories.
Class 1 is when there is very little potential danger.
Class 2 is when there is some danger.
Class 3 is when there is danger present.
Class 4 is when there is moderate danger.
Class 5 is when there is extreme danger or fire threat.

Firefighters' Fundraiser

Saturday, July 24

Comedy Night



Great
standup
comedians
(Clockwise from left)
Dave Rattigan



**Mike
Donovan**



**Jeanne
Sullivan-
Toomey**



Jeff Koen

Frye Island Fire Station

Doors open at 7:30, show time 8 p.m.
(Cocktails at the golf course before the show)

\$15.00 Tickets on sale now at the Frye's Leap General Store (\$20.00 at the Door)

www.scampscomey.com

Questions call Jeanne at (978) 337-0040

Comedy Night This Saturday July 24th

Hurry, get your tickets at the Frye's Leap General Store.

Friday is the last day to get them for \$15.00
(\$20.00 at the Door)



Due to inclement weather predicted for Saturday Comedy Night will be held at the Community Center

Doors open at 7:30, Show time 8:00
To benefit the Frye Island Volunteer Fire Department



207-655-4256

Frye's Leap Weekly Update

Welcome back! We are hard at work preparing for another fantastic season on Frye Island. Our high season schedule is starting, and is posted here in the FINS and on fryesleap.com.

	Store Hours	Café Hours
Sunday – Friday	8am – 9pm	8am – 9pm
Saturday	8am – 10pm	8am – 10pm

This Season at Frye's Leap

2010 is set to be an exciting season at Frye's Leap. We are loading the shelves with many new gifts, apparel, jewelry and much more. In the café, expect many delicious additions to our menu. We hope to see you soon!



Comedy Night This Saturday July 24th

Hurry, get your tickets at the Frye's Leap General Store
Friday is the last day to get them for \$15.00
(\$20.00 at the Door)



**Due to inclement weather predicted for Saturday
Comedy Night will be held at the Community Center**

To benefit the Frye Island Volunteer Fire Department



Leisure Lounge

Fairway Lane (next to the golf pro shop)

655-3551

Air Conditioned

Open to the Public

Hours:

Monday – Wednesday: 8:00 AM – 8:00 PM

Thursday – Saturday: 9:00 AM – Midnight

Sunday: 7:30 AM – 8:00 PM



Sports Fans:

Enjoy satellite reception on our 42” plasma TV.

Full Bar

Beer, Wine, & Mixed Drinks

(We also now offer wine by the bottle)

\$3.50 Root Beer Floats

\$2.00 Hot Dogs

\$5.00 Pizza



Ferry News

655-4258

This Week's Ferry Schedule

	First Ferry	Second Ferry
Saturday	7 AM – 1 AM	10:00 AM – 6:00 PM
Sunday	7 AM – 10 PM	12:00 PM – 8:00 PM
Monday	6 AM – 10 PM	8:30 AM – 10:30 AM 3:00 PM – 5:00 PM
Tuesday	7 AM – 10 PM	8:30 AM – 10:30 AM 3:00 PM – 5:00 PM
Wednesday	7 AM – 10 PM	8:30 AM – 10:30 AM 3:00 PM – 5:00 PM
Thursday	7 AM – 11 PM	8:30 AM – 10:30 AM 3:00 PM – 5:00 PM
Friday	7 AM – 12 Mid	8:30 AM – 10:30 AM 2:00 PM – 10:00 PM

Thank You's

Ferry Thank You's to the Sansonettis for the candy, the LaDows for the donuts and the Messerveys for the coffee.

Ferry safety Tip of the Week: Lights Out!

Please be sure to shut off your vehicle's lights at night when approaching the ferry landings. The lights blind the Captains and make it extremely difficult to safely land the ferry. If you are in the ferry line and see a Captain shining a spot light back at you, that is his/her desperate attempt to remind you to shut off your lights, so please rememberLights Out!

Thanks for your cooperation!

FI Ferry Crew



Frye Island Golf Club

655-3551

Open to the Public

Fairway Lane

Hours

Monday – Wednesday: 8:00 AM – 8:00 PM
Thursday – Saturday: 9:00 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: \$115.00

Cart Rentals

Gas Cart:
9 Holes: \$16.00
18 Holes: \$26.00
Pull Cart:
9 or 18 Holes: \$4.00
Club Rentals: \$12.00
Own Cart (no trail fee)
9 Holes: \$10.00
18 Holes: \$20.00

Tentative 2010 Tournament Schedule

<u>Date</u>	<u>Tournament</u>	<u>Organizers</u>
July 1 – Sept 6	Club Championship	Bruce Nisula
Sat, Jul 24	Full Moon Classic	Bob Thurston
Sat/Sun, Aug 7-8	Member-Guest	Jim Hodge
Sat, Aug 21	Night Golf	John K/Mike H
Sat, Aug 28	President's Cup	Vic S/Laura D
Sat/Sun, Sep 11-12	Sebago Lake Escape	Mark Thomas
Sat, Sep 18	Shoot Out	Mike Hurley
Sat, Sep 25	TKE Fall Classic	Hodge(s)
Sat, Oct 2	Cross Country	Tom Canty
TBD	Rec Ctr Fund Raiser	Tom Bishop

2010 Member-Guest Tournament

Date: August 7th and 8th, 2010
Entry Fee: \$200 per team (\$100 per player)
Sign-up Deadline is August 2nd
Meals: Saturday continental breakfast, Saturday lunch, Saturday dinner (spouses are welcome--\$15), and Sunday lunch.
Format: Nine hole Match Play, best ball, 2 person team,

Sign up at the club house.

Need Golf Lessons?

Ron Vaillancourt, PGA Golf Professional, will be giving golf lessons Mondays, Tuesdays, and Fridays here at the Golf Course.
Ron is a resident here on Frye Island and has been a Golf Professional for over 39 years. His specialties are as a teaching pro.
Lessons will be by appointment. Call (207) 655-2313.

Sunday Morning Scramble

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

Sunday, July 18th Scramble Results

1st Place Team (-7) \$27.00 each:

Bruce Nisula Mark Thomas
Jim Hirsch Tom Burgess

2nd Place Team (-6) \$11.00 each:

Tom Bishop Curt Farnsworth
Bob Lanchette Bob Giggey

Closest to the Pin #4 & #8 \$15.50 each:

Phil Putney & Mike Mazzola

Club Championship

Quarterfinal Match must be completed by August 2.

Congratulations to the following golfers who now have qualified for the quarterfinal match;

Men:

Paul Murphy vs. Greg Tedford
George Greenwich vs. John Kett
Tom Canty vs. Roger Stenz
Brian Nisula vs. John Hodge

Women:

Laura Davis – Bye
Thersa Hodge – Bye
Marlene Surette vs. Kathy Giggey
Judy Burgess vs. Kathy Hingston

Good Luck!

Semifinal Match must be completed by August 23.

Final Match must be completed by September 6 (Labor Day).

Thank You

Thank you

Thank you for helping with the renovations of the club house. Thank you to Dave Bond and to Cappy who has worked endless hours on this project.

WILLIE'S CHICKEN PARM & PASTA DINNER

w/salad, rolls, & dessert.



Wednesday, August 18th

\$15.00 per person

@ Leisure Lounge

Cocktails - 5pm

Dinner - 6pm

Limited seating, sign up @ the club house

Come one come all-

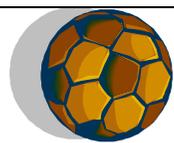
Not only will you not have to cook, you will also be supporting your community.

All net proceeds will go to benefit the ball field and beaches.

There will also be a 50/50 raffle.

Any questions, call Willie Campbell or Laura Crosby @ 655-3551





Activities & Recreation

Recreation Chairperson: Andrea Sansonetti

Recreation Dept. Schedule:

The Community Center is open Monday thru Saturday
9:00AM-4:00PM
Closed Sunday.

Evening Hours for Community Center

Date	Hours	Activity / Age
Sat. July 24 th :	8:00p-10:00p	Card Games / Teens
Tues. July 27 th :	7:00p-8:00p	Candy Bar Bingo / Kids & Teens
Wed. July 28 th :	7:00p-9:00p	Craft Night / Kids & Teens
Thurs. July 29 th :	8:00p-10:00p	Open / Teens
Fri. July 30 th :	7:00p-10:00p	Open / All

Ball Field Activities (Weather Permitting)

Date	Hours	Activity / Age
Sat. July 24 th :	7:00p-8:00p	Whiffleball / 6-12
Thurs. July 29 th :	7:00p-8:00p	Flag Football / Teens

Candy Bar Bingo – Kids and Teens can play Candy Bar Bingo. Admission is one candy bar. If you do not have a candy bar they may be purchased at the door for .65¢. Adults may supervise kids that may need help, but adults may not play.

Craft Night – Easy beginner projects of coin purses can be laced together. The charge for the projects are \$1.75 (Teddy Bear) and \$2.00 (Rectangular). Available also will be plastic lacing to braid bracelets, necklaces or zipper pulls. If you do not know how to make the projects, our resident lacing specialist “Haley Hirsch” will be here to teach you. There is no charge for these projects.

Card Night – Teens can play ‘Peanut Poker’ (Poker played with peanuts) or any of our card games. Bring your CD’s to enjoy while playing cards.

Did you know that the Recreation Department has croquet, Bocce and Lawn Darts (Safety Tips on Darts) for your use? Sign these lawn games out and play them at your cottage or at our fantastic ball field.

Playing your own CD’s at the Community Center is welcomed!!!

Bobbie Thomas
Recreation Director

BINGO

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



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

Friends of Bill W. Meeting

Beginning June 27th – Sunday Serenity Group

Will be held every Sunday at 11:00 am in the Community Center Chapel.

Any questions call Ellen at 841-2778

Frye Island Junior Book Club

Boys and girls are invited to join the new Frye Island Junior Book Club and engage in a lively discussion on the following Thursday evenings from 8-9 p.m in the Library.

- Aug. 5 **How to Steal a Dog**, by Barbara O'Connor
Why would anyone want to steal a dog? Read to learn what happened to Georgina, and her brother Toby, as they devise a plan to steal a dog. **Grades 3-5**
- Aug. 12 **The Lightning Thief**, by Rick Riordan
Find out about the adventures of Percy Jackson as he discovers he is not a typical twelve-year old boy. If you loved the Harry Potter series, we think you'll love the first book in this series. **Grades 5-8**

We are in process of obtaining copies of these books. Please Contact Laura Davis at 655-7267 if you have questions, or wish to place an order. We anticipate books will arrive by July 16.

Also - Thursdays 7-8pm beginning July 29th: Teddy Bear and PJ's Story Hour
(Ages 3 - 8)

Book Group Selections for 2010

- July 26 **THE ZOO KEEPER'S WIFE** by D. Ackerman
Aug. 9 **THE GUERNSEY LITERARY & POTATO PEEL SOCIETY** by Mary Ann Schaffer
Aug. 30 **UNCLE TOM'S CABIN** by Harriet Beecher Stowe

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

Mah Jongg Anyone?

We will resume our Mah Jongg games at the Golf Course Club House. The times will be:

Mondays @ 9:30am and
Fridays @ 12:30pm

These days and times can be revised. Please bring your game – if you have one.

BRIDGE

Come and join some of the Island folks for a couple hours of bridge. Tuesdays at 1:30 p.m. at the Golf Clubhouse is the usual time and place.

Lost and Found



We have your key in the Office.

Intro to Hula Hoop Fitness

Remember the Hula Hoop? Sure you do! It's back and it's here to get you in shape. Join instructor Christine MacDonald for this unique and exciting fitness experience. She will teach you the new moves to get fit and build core strength – and did we mention have fun! Check out her website: www.MissFitHooping.com
Please sign up at the office with cash or checks made out to Bonny Eagle Adult Ed.

Date and Time: Saturday, July 31, 10:00a-11:30a

Location: Large meeting room at the Community Center

Fee: \$12.00

LADIES GOLF SCRAMBLE

The Ladies Golf Scramble is progressing well. We gather each Tuesday morning at 8:50 for a 9:00 tee-off. Call the Golf Club if you are coming but cannot be there at 8:50. We welcome all levels of play for a morning of fun and activity. Nancy Perry is the contact person and will notify the golf club by 8:45 if the weather is uncooperative and we need to cancel.

The winning team for July 20th:

Nancy Donio Lorna Priestley
Sarah Davison Nancy Perry

NATURE WALK, JULY 31

The F.I. Conservation Commission is sponsoring a Nature Walk led by Ron Carr of the New Hampshire Audubon Society. Meet Ron at 8:00 A.M. in the parking lot at Long Beach Marina for a fascinating discovery of F.I. flora and fauna.

Appreciating The Amatos' Gardens

If you weren't at our July meeting, you missed a treat to have an informative tour of the Amatos' gardens! Thank you for the tips, the view, and the generous continental breakfast, George and Pipsa. Your gardens may be a lot of work, but they are beautiful - from the gladiola to the foxglove, brown-eyed susans, hosta, alyssum, and many more. Your landscape design incorporating the flowers really shows them off. We noted your tips on the Bobbex spraying of the plants and the trees at deer nose level to keep them away and the flowers requiring sun and tolerating some shade. Thank you, thank you, thank you.

YOGA CLASSES

Please note that there will be no yoga from Saturday, July 17th thru Saturday July 24th.

Amy Wagner, RYT, is back on the island, and getting ready to lead you in yoga classes. Classes 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 \$10 per class. Mats and blankets available for use and I also have some for purchase if you are interested.

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

TIE-DYE

Come Tie-Dye with us!
Tie-Dye is back!

Come tie-dye at the Community Center on Sundays this summer! We will teach you to tie and dye the pattern of your choice! We use the best quality dyes that hold the color without fading! Just follow our easy instructions and nobody will believe you made it yourself!

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: \$12.00

Bandanas: \$8

Tube socks: \$10

Or bring your own shirts (100% cotton, please!): \$6 per person (\$3 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!

Amy, Nicole, Lianne and Maggie Wagner
655-2583



Looking Forward With The Garden Club

Wednesday, August 11, we are organizing a day trip to the Shaker Village at Sabbathday Lake. We will depart on the 8:30 ferry, carpooling as much as possible. The cost of the tour of the Village and gardens is \$8.00. Everyone is welcome. If you wish to come, contact Nancy Perry either by e-mail <pnperry1221@gmail.com> or phone 655-5221.

Are you losing precious lake footage on your property? The Portland Water District has a grant program where they will split the cost to "shore up" the lakefront. Do plan to come and hear about it! The on-island program for August is the joint dinner with the Conservation Committee yet to be scheduled. More information to come...



July 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18 9:00a Chapel @ CC 11:00a Friends of Bill W. Mtg @ Chapel 3:30p Tie-Dye @ CC	19 9:30a Mah Jongg @ Leisure Lounge 9:30a CPR & Heartsaver First Aid @ CC 7:00p BINGO @ CC	20 9:00a Ladies Golf Scramble 1:30p Bridge @ Leisure Lounge	21	22	23 12:30p Mah Jongg @ Leisure Lounge 1:00p Regional Comprehensive Planning Initiative @ CC	24 8:30a Planning Board Mtg @ CC USS Jason Dunham Day 7:30p Comedy Night @ Fire Barn
25 9:00a Chapel @ CC 11:00a Friends of Bill W. Mtg @ Chapel 3:30p Tie-Dye @ CC	26 9:30a Mah Jongg @ Leisure Lounge 7:30p Book Group @ CC Library 7:00p BINGO @ CC	27 9:00a Ladies Golf Scramble 9:00a Yoga @ Chapel 1:30p Bridge @ Leisure Lounge	28	29 9:00a Yoga @ Chapel	30 12:30p Mah Jongg @ Leisure Lounge	31 7:30a Yoga @ CC 8:00a Nature Walk @ Long Beach Marina 9:00a BOS/EC @ CC 10:00a Hula Hoop Fitness @ CC

August 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:00a Chapel @ CC 11:00a Friends of Bill W. Mtg @ Chapel 3:30p Tie-Dye @ CC	2 9:30a Mah Jongg @ Leisure Lounge 7:00p BINGO @ CC	3 9:00a Ladies Golf Scramble 9:00a Yoga @ Chapel 1:30p Bridge @ Leisure Lounge	4	5 9:00a Yoga @ Chapel	6 12:30p Mah Jongg @ Leisure Lounge	7 7:30a Yoga @ CC
8 9:00a Chapel @ CC 11:00a Friends of Bill W. Mtg @ Chapel 3:30p Tie-Dye @ CC	9 9:30a Mah Jongg @ Leisure Lounge 7:00p BINGO @ CC 7:30p Book Group @ CC Library	10 9:00a Ladies Golf Scramble 9:00a Yoga @ Chapel 1:30p Bridge @ Leisure Lounge	11 8:30a Garden Club Day Trip	12 9:00a Yoga @ Chapel	13 12:30p Mah Jongg @ Leisure Lounge	14 7:30a Yoga @ CC
15 9:00a Chapel @ CC 11:00a Friends of Bill W. Mtg @ Chapel 3:30p Tie-Dye @ CC	16 9:30a Mah Jongg @ Leisure Lounge 7:00p BINGO @ CC	17 9:00a Ladies Golf Scramble 9:00a Yoga @ Chapel 1:30p Bridge @ Leisure Lounge	18 5:00p Willie's Chicken Parm & Pasta Dinner @ Leisure Lounge	19 9:00a Yoga @ Chapel	20 12:30p Mah Jongg @ Leisure Lounge 7:00p Zoning Board of Appeals @ CC	21 7:30a Yoga @ CC 8:30a Planning Board Mtg @ CC 9:00a BOS/EC @ CC