

Frye Island News Service

VOLUME 2010, ISSUE 15

JULY 30, 2010

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Old Navy Salt and New Sailors

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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
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: If you have been on the Island most of the summer, a lot of this will seem redundant but I thought it might be best for the folks that haven't been here.

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: I mentioned a few weeks ago that it seemed like we were taking two steps forward and one back. I really felt that we were gaining but last week I think we just took two steps back. In an effort to correct a problem with the eTicket numbers the developer inadvertently deleted a portion of the data base. He is now in the process of reconstructing and restoring the data but this error will delay the implementation. As I have said in the past, we need to develop a certain degree of confidence in the system and until we do, we will not be adding any more accounts. We will continue to sell the bar-code tickets and exchange the bar code tickets for the older ones but we will not be adding any new accounts for a while.

Credit Cards: I 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.

Office Transactions: We continue to get a number of people that rush into the office to conduct business while their vehicle is in line waiting for the ferry. Then they get upset and frustrated because they can't complete the transaction before they have to rush out. I know you just wanted to buy a few ferry tickets, how long can that take...right? But, if there are people in front of you buying tickets, registering a vehicle or purchasing a license it takes time. The clerks do their best to service everyone as quickly as they can but, believe me, they get frustrated as well. Then I have to listen to both sides and that's not much fun either.....So, please *plan* your trips to the office so that it can be as pleasant as possible.

Beaches: I am sure that the majority of you have heard of the closing of Raymond Beach. If not, it has been closed indefinitely because of the very blatant abuse of that facility. Frye Island is blessed with a number of beautiful beaches for our residents and guests to use and to date we have had very little problem. However, in order to protect these assets, we do have an ordinance that identifies how these beaches are to be used. The complete ordinance can be found on the Frye Island web site. I think, in general, everyone does a pretty good job picking up after themselves. Most of the complaints that we hear concern two different subjects.....Dogs and Boats; dogs on the beaches when they are not allowed and boats being left on the beach. Dogs are prohibited from all of the beaches between the hours on 10:00 AM and 5:00 PM and boats are not to be left on the beaches at all. Kayaks, canoes and small boats, when not in use, should be on the racks or pulled off the beach area and larger boats should be on a mooring or anchored off shore. Violations of any aspect of this ordinance could result in a fine up to \$500.00. So please be considerate of the folks using the beaches and maybe save yourself a little cash by obeying the ordinance.

Golf Carts: The residents and guests on Frye Island are allowed, by the State of Maine, to drive golf carts on the islands public roads. However, this privilege doesn't come without the requirement to obey all of the same laws that apply to automobiles. The most frequently abused requirement is that in order to drive a golf cart on the public roads you must have a valid driver's license. As I have said before, the residents should know this by now. If you are a renter or a guest, now you know. Our Police will ticket for unlicensed drivers. In addition, quite frequently you will see an adult driving a golf cart with a small child on your lap. Do you realize how severely that child could be injured if you came to an abrupt stop. Please, drive legally and with care.

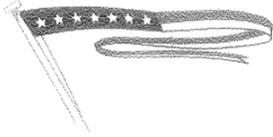
Board Meeting: The next scheduled Board of Selectmen / Executive Committee meeting is Saturday July 31st. The meeting will be held at the Community Center and will begin at 9 AM. Copies will be made available at the meeting and can be sent electronically to those that want a copy. You can request the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

Have a safe and happy weekend.

Wayne

BOS/EC Meeting

Saturday, July 31 at 9:00 AM
Community Center



COMMANDING OFFICER
USS JASON DUNHAM (DDG 109)

26 JUL 2018

DEAR MR FOURNIER,

ON BEHALF OF THE ENTIRE
JASON DUNHAM CREW, I WOULD LIKE
TO SAY THANK YOU FOR THE WONDERFUL
CELEBRATION YOU HOSTED FOR THE
JASON DUNHAM CREW THIS PAST
WEEKEND. MY SAILORS TOLD ME
ALL THE WONDERFUL STORIES AND
THEY CLEARLY EMPHASIZED WHAT
A GREAT TIME THEY HAD. YOUR
WARMTH AND HOSPITALITY WAS
OVERWHELMING FOR THEM. PLEASE
PASS ON A SINCERE THANKS TO ALL
THE FRYE ISLAND FAMILIES.
THANK YOU AGAIN!

WARMEST REGARDS,
Scott South

**Islanders! - Thank You
And Congratulations for a Job Well
Done on USS Jason Dunham Day!**

The idea of a day of recreation for sailors of the USS Jason Dunham was triggered by my long-held belief that Frye Island is a recreational paradise, peopled by especially friendly, neighborly, generous, and welcoming Islanders. This belief was fully confirmed by how the day played out. I have learned of many examples of Islanders extending a welcoming hand to many sailors and making their day a memorable one.

Special thanks go to all of those who did so much to make the day a success. Wayne Fournier and John Crosby oversaw many, many necessary details. The police and fire department provided a hearty welcoming escort of the sailors to the ball field, and Cappy Capobianco did a special job of preparing the field. Mark Thomas's welcoming address was eloquent. Also, many thanks to the barbeque lunch crew, including Willie Campbell, Tony Torra, and Vic Solomeni, as well as to Pat Karpacz and the many ladies who furnished the pot luck salads and vegetables. Nancy Donio and Betsy Gleysteen manned Beaches 4 and 8 providing kayaks, and Ann Archer-Johnson manned the tennis courts. Heather Riley devoted most of the day to recording the whole event, and we look forward to seeing her video. Finally, Jeanne Sullivan-Toomey put the frosting on the cake with her standup comedy benefit for the fire department at the end of the day. What a blast! Jeanne has found her true calling. Finally thanks to the many supper hosts and all of those others whom I have failed to name but who contributed so much.

Pictures, pictures, pictures. I would be so pleased to receive any pictures Islanders took during the day that they would care to share. Please e-mail copies to me at RichardCNorris@gmail.com so that I can incorporate them into a USS Jason Day album.

Again, thank you, thank you, thank you - Dick Norris

SAILORS' LUNCH BUNCH

Seventy-six sailors enjoyed lunch on Saturday, July 17, courtesy of the following islanders who donated food, grilling expertise and friendly home made delicacies to our boys and girls (average age, 19) from the USS Jason Dunham, berthed in Bath Maine.

The tasty respite from bland naval base food was provided by culinary cuties: Mary Deming, Linda Flahive, Mary Herzog, Lisa Heitz, Pat Karpacz, Jeanine Lacerte, Claire Ladow, Rita Lapati, Diana Luchor, Sylvia O'Connor, Chris Polonka, Wini Rogers, Lenore Rosenthal, Mary Jo Saunders, Terry Schmidt, Louise Stevens, Talli Sutherland, and Linda Tabris.

The grill meisters who cooked the burgers and hot dogs were Willie Campbell, Mark Thomas, Dave Bond, John Crosby, John Nun, Tony Torra and Cappy. Extra drinks and ice cream came from Vic Solomini, Tom Canty, Brian Nisula, John Hodge and Laura Crosby.

Frye Island hospitality and good will rounded out the lunch menu for our deserving service men and women.

THANKS SO MUCH!!!!

I would like to thank the entire Frye Island volunteer Fire Dept. for their cooperation and assistance in helping to make the First Annual Frye Island Stand-Up Comedy Benefit such a huge success!! It was a sold-out show! I would also like to thank all the enthusiastic Frye Islanders, their families, friends, and renters, who came out to both laugh and support this worthy cause. Approximately \$2,000.00 was raised through a portion of the ticket sales and from 100% of the raffle proceeds for our volunteer Fire Dept. I would like to acknowledge the generosity of Rick Rokes for donating his \$100.00 winnings from the 50/50 raffle, right back to the Fire Dept. Also, thanks to Mary McCarthy, for creating a raffle basket containing over \$200.00 in gift certificates to local restaurants. Unfortunately, in all the excitement, many audience members overlooked some of these great raffle prizes, so they will be auctioned or raffled off at the annual Barn Dance held at the firehouse in the fall, to benefit the Fire Dept.

A special thanks to the following local businesses who donated items:

Barney's, Fisherman's Catch, Rose's Italian Restaurant, Buck Naked, Charlie Biegg's, Gilbert's Chowder House, and Migis Lodge, and also to The Hole in the Wall! An extra special thanks goes out to our own Jean Russo, owner of the Frye's Leap Cafe and General Store, both for selling tickets exclusively at her store, and for the "Mystery Box" she donated for the raffle.

I was so pleased to see the many sailors in attendance at the comedy show!! I know you all agree, they were so polite, respectful, and appreciative. Lastly, I will add that the comics, Jeff Keon, Dave Rattigan, Mike Donovan, and I, had a ball. In my 31 years on this beautiful island, I have never witnessed such a gathering, such a party, such a blow-out, for such a good cause, and I am so thankful, and happy, to have been able to be a part of it.

Sincerely,
Jeanne Sullivan-Toomey
1213 Birch Circle
"Paradise"



Fire Department

Fire Barn: 207-655-8618

HOME CANDLE SAFETY TIPS

A candle is an open flame that can easily ignite nearby combustible materials. The NFPA offers the following safety tips:

- Use candles only with constant adult supervision
- Extinguish all candles when leaving a room or going to sleep
- Keep candles away from items that can catch fire, such as Christmas trees, clothing, paper or curtains
- Place candles and candle holders on a secure piece of furniture
- Make sure candleholders are non-combustible and large enough to collect dripping wax
- Do not place lighted candles in windows, where blinds or curtains can close over them
- Keep wicks trimmed to ¼ inch, and extinguish candles when they burn to within two inches of the holder
- Keep candles and all open flames away from flammable liquids
- Do not use candles in places where they can be knocked over by children or pets

THANKS TO ALL INVOLVED!!

The Firefighters' Fundraiser was a great success. The fire department is always needing to upgrade to State regulation standards for equipment and gear both rescue and fire. There are so many advances in technology it is hard to keep up. We are thankful to be the first recipients of **Jeanne Sullivan-Toomeys' excellent Comedy Night** which was an absolute sellout. The fire department would like to thank Jeanne for a night of fun and laughter which we all need at times and thanks to all the people who helped get everything together. The comics were hilarious, Jeff Keon, Dave Rattigan, Mike Donovan and Jeanne, who had a lot of island humor for us all. We will let everyone know what is purchased with the \$2000.00 and the extra \$100.00 donated back to the benefit by the 50/50 winner, Rick Rokes.

Passed Inspection

The state has inspected our ambulance this past Wednesday and everything passed except one item (tourniquet) that was off the state list and is now back on the list of "should have". That item will be purchased and placed in the ambulance.



Marina News

Safe Boating Tips

- **Boating Supplies:** The following boating supplies checklist, may be used as a guide for the items that you should have with you on all boating trips. For boats 16 feet and over, you must have an additional throw-able device:
 - U.S. Coast Guard approved PFDs (personal flotation devices)
 - visual distress signaling device
 - anchor and line
 - bail bucket
 - flashlight
 - approved boating fire extinguishers
 - bell or whistle
 - paddle or oars
 - tool kit, spare parts
 - navigation charts & navigation equipment
- **Boating Operation-Safe operation of a watercraft depends on proper maintenance and preparation before, during and after use. The following items will assist you, the boater, and help assure you and your passengers of a safe trip:**
 - full fuel tank
 - lights and horn working
 - weather & water conditions suitable
 - PFDs checked for proper fit
 - operator alert, ready, and sober
 - transom plug in, bilge bailed out/dry
 - fuel lines and tanks checked for leaks
 - all gear properly stowed and secured
 - propeller and lower unit free of debris
 - passengers briefed on emergencies



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!



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



Thank you to the following for volunteering their time and expertise at the club house:
Curt Farnsworth and Ron Melanson - Framing and installing three new fire doors in the lounge area.

Bruce and Brian Nisula – Framing and installing the new outside door in the pro shop & replacing and repainting the weathered siding.



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 Orzags for the cookies, Jim Hodge and another individual wishing to remain anonymous for the pizza and the Breens for the dog treats.

Ferry safety Tip of the Week:

Please be sure to engage your vehicle's emergency parking brake when you are on the ferry. By doing this, your car will avoid rocking and possibly bumping into other cars during some of our more windy trips.

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/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 25th Scramble Results

1st Place Team (-3) \$20.00 each:
Tom Canty Dan Desjardin
Paul Osborn Vic Solimini
Closest to the Pin \$16.00:
Tom Higgins

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
Kathy Hingston – Bye
Marlene Surette vs. Kathy Giggey
Judy Burgess vs. Theresa Hodge

Good Luck!

Semifinal Match must be completed by August 23.

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

Dinner / Comedy Show

WILLIE'S CHICKEN PARM & PASTA DINNER

w/salad, rolls, & dessert.



Wednesday, August 18th
\$15.00 per person – Dinner only
\$35.00 per person – Dinner & Show
\$20.00 per person – Show only
@ Community Center
Cocktails – 5pm
Dinner – 6pm
Comedy Show – 8pm

COMEDY SHOW WITH BOB MARLEY



Limited seating, sign up @ the club house or town hall

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

One Pitch Softball Tournament

Saturday / Sunday August 7th and 8th

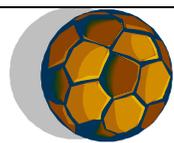
SIGN UP YOUR TEAM, (Fire Dept., Golfers, Beaches, DPW, Family, etc., and Frye's Leap Café - "09" CHAMPS



\$30.00 a team, tee shirts to winners

Sign up at store, or see Tom Bishop





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
Tues. Aug. 3 rd :	7:00p-8:00p	Candy Bar Bingo / Kids & Teens
Wed. Aug. 4 th :	7:00p-9:00p	Craft Night / Kids & Teens
Thurs. Aug. 5 th :	7:00p-8:00p	Teddy Bear Story Hour / 3-8 yrs (Library)
	8:00p-9:00p	Jr. Book Club / Grades 3-5 (Library)
Fri. Aug. 6 th :	8:00p-10:00p	Card Games / Teens
	7:00p-10:00p	Open / All

Ball Field Activities (Weather Permitting)

Date	Hours	Activity / Age
Sat. July 31 st :	7:00p-8:00p	Capture the Flag / 6-12
Tues. Aug. 3 rd :	9:00a-11:00a	Capture the Flag / 6-12
Thurs. Aug. 5 th :	7:00p-8:00p	Capture the Flag / 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 – Your choice of wood projects. Prices range from \$1.00 - \$2.25.

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.

New Activity on Tuesday Mornings – Meet your friends or make new ones at the ball field for two hours of team games.

Bobbie Thomas
Recreation Director



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.

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

BINGO

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

Book Group Selections for 2010

- 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.

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

F.I. LIBRARY NEEDS UPDATING

Please do not leave books in our library that are more than ten years old. Our space is limited and our collection has many older editions and not enough newer titles.

Surplus older books are accepted at the Salvation Army Store on 302 in Raymond near the Crickets' Corner Store and the Goodwill Store near the Windham Post Office.

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 27th:

Nanci Salinger
Diane Gleeson
Rita Lapati

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.

YOGA CLASSES

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. Everyone 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...

How's your Bobbex level in your plants? It has rained some in the last couple of weeks.

Shriners Hospitals

Hello people of Frye Island,

I am helping The Aluminum Tab Collection / Recycling Project to raise money for the Shriners Hospitals. They provide treatment for diseases of the bones, muscles and joints to children from birth to 18 years of age. There is no charge while at Shriners Hospital to the patients, families, insurance companies or governmental agencies for services. Please save your tabs from aluminum cans so you can help support this endeavor. There will be containers around the store / office area for your convenience.

Thanks for your help,

Paul 655-7795 - I am not a Shriner either!!!!

July 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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 7:00p Teddy Bear & Pj's Story Hour @ Library 8:00p Jr. Book Club @ Library	6 12:30p Mah Jongg @ Leisure Lounge	7 7:30a Yoga @ CC One Pitch Softball @ Ball field
8 9:00a Chapel @ CC 11:00a Friends of Bill W. Mtg @ Chapel One Pitch Softball @ Ball field 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 7:00p Teddy Bear & Pj's Story Hour @ Library 8:00p Jr. Book Club @ Library	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 7:00p Teddy Bear & Pj's Story Hour @ Library	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
22 9:00a Chapel @ CC 11:00a Friends of Bill W. Mtg @ Chapel 3:30p Tie-Dye @ CC	23 9:30a Mah Jongg @ Leisure Lounge 7:00p BINGO @ CC	24 9:00a Ladies Golf Scramble 9:00a Yoga @ Chapel 1:30p Bridge @ Leisure Lounge	25	26 9:00a Yoga @ Chapel 7:00p Teddy Bear & Pj's Story Hour @ Library	27 12:30p Mah Jongg @ Leisure Lounge	28 7:30a Yoga @ CC