

# ***Frye Island News Service***

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VOLUME 2006, ISSUE 13

JULY 21, 2006

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# ***Important Information***

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## ***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 (Paul White)***

Tuesday thru Fridays 9:00 AM – 3:00 PM.

## ***Fire, Medical, or Police Emergencies – Call 911***

### ***Non-emergencies***

Frye Island Police: 207-655-2600  
Email: [wilgetm@maine.rr.com](mailto:wilgetm@maine.rr.com)  
Fire Department: 207-655-8618

### ***Beavers***

We are currently setting traps at Quail Circle and the Island Road area to remove the beaver population. Live trappings are taking place, and the beavers are being removed and brought to a location off the Island. Their dens and dams will be removed, but this process will take some time. Please be considerate, and for you child's safety, don't let your children play in this area. Your patience and understanding is greatly appreciated.

## ***Frye Island News Service***

Editor: Lisa Kerrigan, Deborah Edwards

Email: [lkerrigan@fryeisland.com](mailto:lkerrigan@fryeisland.com)

Submission deadline:

Wednesday, 3:00 PM - **No Exceptions**

## ***Transfer Station***

### ***High Season Operating Hours***

Wednesday: 10:00AM – 3:00PM

Saturday: 10:00AM – 3:00PM

Sunday: 12 Noon – 5:00PM

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 or the office at 655-4551 (please try to call the day before)

Thank you, Your Public Works Department

## ***Pool Gates and Marina Bathrooms***

The pool gates and Marina bathrooms will be locked everyday at dusk.

## ***Vandalism on Frye Island***

Do you know what your children are up to?

Recently, there has been some vandalism to the stakes that represent the locations of water valves along the roadside. These have been removed, or broken.

Tampering with the water system is a federal offense. We advise that every household take the time to make this notation to their family members. We appreciate your prompt attention to this matter.



# Town News

## Island Manager's Comments

Greetings Everyone,

**Ferry:** Next Tuesday, July 25, we will have only one ferry running in the morning. The second ferry that we normally operate from 7:00 AM to 9:00AM will be out of service for testing. We have an engineer coming in to perform capacity and inclination testing. The test takes about 3 hours. We will keep one ferry in service while we perform the tests on the other. Then we will swap the ferries so that we can do the other. I will let you know the results.

We have also been experiencing some difficulties with the ramps hanging up. It seems the mainland is worse than the island; but they both have their moments. The engineer was in on Thursday of this week to witness the operation and try to identify the cause. Unfortunately, he was unable to pin-point the reason the ramp hangs up. Something is causing the ramp to bind which prevents it from lowering properly. The engineer feels that he has narrowed it down to the pulleys on top of the gantry which were replaced last year. He intends to check out the design and the equipment that was supplied to insure they meet the specifications. I'll keep you posted.

I have also had a couple of questions recently about the TOWN employees getting priority on the ferry. Our policy has been to give the employees priority in the morning on the first ferry so that we can get them to the island at a reasonable time. We also give them priority in the afternoon (3:30-4:00). We could wind-up having to pay them overtime if we didn't do this.

**Boating:** I ran this last year and it seems it is needed as a reminder again this year. Please be considerate and help everyone have a safe and enjoyable boating season. In case there are any questions, I would like to summarize a few of the laws and definitions found in the 2005 State of Maine Boating Laws.

### Definitions:

- **Water Safety Zone:** "Water Safety Zone" means the area of water within 200 feet of any shoreline, whether the shoreline is of the mainland or of an island. Remember this, as it will be mentioned in upcoming General Laws.
- **Motorboat:** Motorboat means any watercraft equipped with propulsion machinery of any type.
- **Personal Watercraft:** "Personal Watercraft" includes but is not limited to a jet ski.

### General Laws:

- **Swimming Area:** A motorboat shall not be operated in an area marked or buoyed for swimming.
- **Speed Regulations:** Watercraft may not be operated at a speed greater than headway speed while within the water safety zone. (Remember the definition).
- **Age Requirements:** A person under 16 years of age may not operate personal watercraft, which includes jet skis.
- **Water skiing:** A watercraft towing a person or persons on water-skis, surf boards or similar devices shall not operate within the water safety zone. It is lawful to pick up and drop off a skier in the water safety zone but this must be done as directly as possible. In addition, the operator must consider the effect of the wash and waves created by their watercraft to waterfront piers, floats, other property, shorelines and people.

Copies of the "State Of Maine Boating – 2005 Laws and Rules" are available in the office or can be reviewed online at [www.mefishwildlife.com](http://www.mefishwildlife.com)

**Beaches:** I have received a number of complaints about dogs on the beaches. Last year, the beach committee established rules for the beaches which were approved by the Executive Committee. These rules are published elsewhere in this issue of the FINS. I have also heard that someone has been tampering with the swim area buoys and ropes. I remind you that this is illegal and violators can be fined. The beach rules and swim areas are intended to help provide a safe and enjoyable place where all Islanders can enjoy Frye Island at its best. Please be considerate of your neighbors and read and abide by these rules and leave the swim areas alone. If you won't, I will ask our police officer to enforce them.

**Beavers:** We spoke with the trapper yesterday and were told that he had caught 3 beaver in the Quail Circle area. One of them weighed over 60 pounds. He said that he had never seen anything like it. He thinks that there are still a couple left in that area but he has stirred them up quite a bit so he is going to give them a few days off. He will be checking out the Marina area next and then he will return to the Quail Circle area. He is releasing them in the royal river in Gray.

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**Signs:** Signs are beginning to appear all over the island again and the covenants strictly forbid it so if you have a sign in front of your property, please have it removed as soon as possible. If not, I will have to have the police officer remove them. I have attached a portion of the covenant for your review. This is the final warning.

*2. No "For Rent", "For Sale", or other signs or notices except signs identifying the parcel and/or the owner thereof shall be placed, erected or maintained on the land conveyed herein without prior written consent of the grantor, its successors, and assigns; and upon any violation of this provision the grantor, its successors and assigns, shall have the right to enter upon the land and to remove such sign or notice.*

**EMS Service:** We have had a number of emergency medical calls recently where it has been necessary to call Raymond Rescue. In addition to the bill for the services rendered, Raymond Rescue also charges the Town \$200.00 every time they have to respond to the island. The Board of Selectmen / Executive Committee voted a few years ago to pass this fee on to the user. Therefore, we have been billing the user for this \$200.00. I mention it here as a reminder that you will receive an invoice from the Town for the \$200.00.

While I'm at it, I should also remind you that the Portland Water District also charges the Town a fee to dump septic tanks at their facilities. This is in addition to the fee that the septic tank companies charge to pump the tank and transport it to the Portland Water District. The invoice we get from the District identifies the source of the waste and the amount. We will invoice you for this charge to the Town as well.

Your cooperation is appreciated.

Thanks, and have a safe week!

Wayne

## **Long Beach Marina**

We have one annual renewable slip and one general rental slip available for the 2006 season. Please let the office know if interested.

## **Zoning Board of Appeals**

### **Meeting Notice**

**Friday, July 21, 2006 at 7:00 P.M.**

**Community Center**

**Working Meeting:**

Open to the Public

## **Planning Board Meeting**

**Saturday, July 22<sup>nd</sup>, 2006 at 8:00 AM**

**Community Center**

### **Agenda – Working Meeting**

1. Minutes and Correspondence
2. Old Business
  - Board Discussion of Growth Ordinance
    - Review of Current Status
    - Written Ordinance
    - Growth Permit Application
    - Current Effectiveness vs. Original Objectives
    - Intended/Unexpected Impact
    - Other Issues
    - Public Comments
  - Review of Comprehensive Plan
3. New Business
  - August Meeting Schedule

Please send requests for additional agenda items to Paul Peterson. This is a public meeting, and the public is urged to attend.

## **Board of Selectmen / EC Meeting**

**Saturday, July 22<sup>nd</sup>, 2006 at 9:00 AM**

**Community Center**

## **FRYE ISLAND YACHT CLUB ANNUAL MEETING SUNDAY SEPTEMBER 3<sup>rd</sup>**

The Annual Meeting and Election of Marina Committee members will be held Sunday, September 3, 2006 at 10:30 AM at the Recreation Center. Representation is requested for Equity Rights slip holders, Quail Circle slip holders, and an At Large slip holder.

Any Yacht Club Member interested in serving on the Marina Committee should contact Tim McCarthy, Chairman at 655-3058 or [temaryamccarthy@hotmail.com](mailto:temaryamccarthy@hotmail.com) to have their name placed in nomination.

The following Yacht Club members have placed their names in nomination for a 3 year term:

David Bond\* Lot 297 Equity Rights

Mike Hurley\* Lot 165 Quail Circle

Other agenda items will include the 2007 Marina Budget and possible Yacht Club Policy revisions.

All interested Islanders and Yacht Club members are welcome to attend. This is a public meeting.

\* Candidate for re-election Beach Committee

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The new Beach Rules are as follows:

1. No open fires on beaches (\*) already an ordinance
2. No camping overnight on beaches
3. No personal items left on beaches overnight
4. **No Dogs** on beaches between the hours of 10:00am to 5:00pm. (Must clean up after your dog(s)).
5. No powered watercraft left, or tied, up on beaches. Pick-up and drop offs only.
6. Canoes, kayaks, rowboats, and paddleboats must be pulled up beyond sandy area, racked, or in designated areas only.
7. No littering. Use trash containers provided.
8. Moorings must be out beyond swimming areas, and must not cause interference with swim area barriers.

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## ***Frye's Leap General Store & Café***

655-4256

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Frye's Leap General Store and Café is now operating on our full schedule, which will be as follows for the remainder of the season...

### **General Store Hours**

Saturday	8AM – 10PM
Sunday	8AM – 9PM
Monday	8:30AM – 9PM
Tuesday	8:30AM – 9PM
Wednesday	8:30AM – 9PM
Thursday	8:30AM – 9PM
Friday	8:30AM – 9PM

### **Frye's Leap Café Hours**

Saturday	8AM – 10PM
Sunday	8AM – 9PM
Monday	11AM – 9PM
Tuesday	11AM – 9PM
Wednesday	11AM – 9PM
Thursday	11AM – 9PM
Friday	11AM – 9PM



As always, Frye's Leap will be serving breakfast on Saturday, Sunday and selected holidays, 8:00AM – 11:00AM.



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# Leisure Lounge

Fairway Lane (next to the golf pro shop)

655-3551

Air Conditioned

Open to the Public

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## Hours:

Monday - Thursday: 8:00 AM – 8:00 PM

Friday - Saturday: 8:00 AM – Midnight

Sunday: 7:30 AM – 8:00 PM



Enjoy satellite reception on our 42" plasma TV.

## Full Bar

Beer, Wine, Mixed Drinks

\$3.00 Root Beer Floats

Complimentary Coffee

## Snacks

\$5.00 Pizza

\$1.00 Hot Dogs

Complimentary Popcorn

Forgot breakfast? We now have breakfast sandwiches.

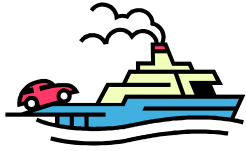


Roastbeef Dinner  
Saturday, August 12<sup>th</sup>  
Cocktails – 5 pm  
Dinner – 6 pm  
\$15.00 per person

Space is limited, come to the club house to reserve your seat.  
Payment will now be made when signing up.

## A note about the Labor Day Dinner Dance

As you know we have a Dinner Dance scheduled for September 3 - the theme is "A Casual Evening with the Mafia", Details are elsewhere in this edition of the FINS. There is a considerable amount of planning required and we would love to have another sellout! Ticket price is \$30.00 per person now, but will increase to \$35.00 per person after July 31. So hurry and purchase your discounted tickets before the 31<sup>st</sup>. Sign up at the office or the golf course.



# Ferry News

655-4258

## ***This Week's Ferry Schedule***

	<b>First Ferry</b>	<b>Second Ferry</b>
<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	7 AM-9 AM 3 PM-5 PM
<b>Tuesday</b>	7 AM - 10 PM	7 AM-9 AM 3 PM-5 PM
<b>Wednesday</b>	7 AM - 10 PM	7 AM-9 AM 3 PM-5 PM
<b>Thursday</b>	7 AM - 11 PM	7 AM-9 AM 3 PM-5 PM
<b>Friday</b>	7 AM - 12 Mid	7 AM – 9 AM 2 PM – 10 PM

## ***Frye Island Ferry Service***

Remember that the second ferry LEAVES THE ISLAND at 7 am Monday through Friday.

## ***We Want Your Input***

Please direct any ferry complaints, suggestions or compliments to John Crosby at 655-7493 or at [fidpw@pivot.net](mailto:fidpw@pivot.net)

## ***Ferry Tickets***

We have been asking all our residents to please include on the back portion of your tickets (the section the cashier collects) – Property Owner Name and Lot #.

## ***Volunteers Wanted***

The ferry service is looking for a few good islanders to work as deck crew, boat captains or captains in training. Earn valuable ferry passes while helping your community. If interested call John Crosby at 655-7493 or email at [fidpw@pivot.net](mailto:fidpw@pivot.net)

## ***A Big Thanks to the Volunteers***

Thank you to all the volunteers who have covered shifts on short notice. They have saved us islanders' several times. They are: John Nun, Steve Kaplan, Ron Lutz, Captain Michael Kaplan, Paul Osborn and Mike Clerc. And thanks to our new volunteer ticket takers who are Bob Fitzgerald, Claire & Bob LaDow.



# Fire Department

Fire Barn: 207-655-8618

## FIRE CALLS FOR THE PAST WEEK

- 1 Fire wire down
- 3 Medical Emergencies

## Summer Safety Tips

On extremely hot and muggy days, exposure to heat can lead to heat exhaustion and heat stroke. Seniors, infants and individuals in poor health are at greatest risk.

Joggers and others who exercise outdoors are also at risk. The Frye Island Fire Department recommends the following prevention tips for beating the heat this summer.

- Stay out of the sun because sunlight increases body heat and sunburn prevents the release of body heat.
- Avoid jogging, or do it at night when it is cooler.
- Wear clothing that is lightweight, light-colored, and loose fitting.
- Drink plenty of water and cool, non-alcoholic beverages.
- Stay indoors; use a fan and air conditioning if possible.
- Eat light food and avoid high protein and high calorie foods, which increase body heat.
- Seek medical advice if you or someone you know becomes ill. If someone develops a high temperature, is flushed, and stops perspiring; bathe the person in cool water and seek medical advice immediately.
- Keep a flashlight with fresh batteries close by since blackouts often occur during extremely hot weather. Please remember that candles are a serious fire hazard.
- Check on elderly or infirm neighbors to see if they need help. Escort them to a “cool area” if necessary.

## KEEP YOUR FAMILY AND HOME SAFE FROM FLAMMABLE VAPORS

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

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

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

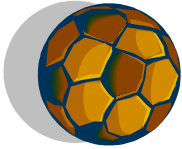
CHILDREN SHOULD **NEVER** USE GASOLINE.

**NEVER** USE GASOLINE TO CLEAN OR REMOVE ITEMS.

**NEVER** USE GASOLINE TO START FIRES, LIKE A BARBECUE.

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

**TO REPORT A FIRE OR  
MEDICAL EMERGENCY  
DIAL 9-1-1**



# Activities & Recreation

Recreation Chairperson: Andrea Sansonetti

## Garden Club

The next meeting of the Garden Club will be held on Saturday, July 22<sup>nd</sup> at 9AM at the Community Center. We are fortunate to have as our guest speaker Bob Keup (brother of islander Bill Keup). Bob is the president of the New York Iris Association. His topic will be growing Irises. The garden Club is open to all and we hope to see you there.

A reminder to Bobbex. All of this hot weather has made the deer very hungry. For additional Bobbex, please call Claire at 655 7730.

## Frye Island Chapel

Established 1988

Weekly Non-Denominational Services are held every Sunday morning at the Community Center from 9:00 to 9:30AM. All are welcome. Dress is casual.

Services: May 28th thru October 8th, 2006

**Chaplains:** Rev. Richard Peterson, Ph.D.  
Rev. A. Theodore Ekholm

## SUNDAY MASS ALERT!

There will be **no** Sunday Mass this weekend July 23rd. Father John is taking some vacation time to visit his family in Washington, D.C. The regular Sunday mass schedule will resume on July 30th and continue through August 27th. Father John than has to leave for his new assignment in Utica, New York on August 28th.

St. Joseph's College has not been able to find a new chaplain as yet, so we're unsure if we can find a priest to serve our spiritual needs next summer. We're working on it!

Please come forth with your ideas and assistance to give Father a going away "thank you" party on the 20th or 27th.

See you on July 30th!

## Book Group 2006

The following titles will be read and discussed in 2006: All islanders are welcomed to join us on the following dates, 7:30 PM in the Community Center Library.

- "A Walk in the Woods" by B.Bryson – July 17<sup>th</sup>
- "Disgrace" by J.M.Coetzee – August 7<sup>th</sup>
- "State of Fear" by M.Crichton – August 28<sup>th</sup>

## Community Center Reminder

If you or your organization wishes to use any room in the Community Center, you must fill out an application. There is no charge for town sponsored organizations. This helps prevent double bookings and allows the office to have official information when inquiries are made. Thanks in advance for your cooperation.

## Labor Day Dinner Dance

A casual evening with the Mafia.

Sunday, September 3<sup>rd</sup>, 2006

The evening will begin at 5:30 with cocktails and dinner.



A Casual Evening with the Mafia.

Sunday, September 3<sup>rd</sup>, 2006

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## BUFFET MENU

Al Capone's Appetizers  
Sam Giancana's Italian Wedding Soup  
Don Corleone's Caesar Salad  
Lucky Luciano's Porketta  
Frank Niti's Shrimp Scampi  
Bugs Moran's Pasta  
Tony Soprano's Italian Bread  
Eliot Ness' Dessert

After dinner there will be dancing with the live band - Annie and the Orphans ([annieandtheorphans.com](http://annieandtheorphans.com))

Admission is \$30 per person. Reservations can be made at the office or Leisure Lounge.

**BINGO.....BINGO.....BINGO**

Sorry, BINGO is cancelled until further notice.

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## **Ceramics Classes**

Ceramics will begin on Friday, July 7th from 6-8 pm at the Community Center. Sessions throughout the summer will be on Tuesday's and Friday's held in the Teen Room at the same time and location.

## **Community Center Hours**

Recreation Director: Candace Coville

Friday, July 21 <sup>st</sup>	11:00AM – 3:00PM 9:00PM – Midnight: Teen Night
Saturday, July 22 <sup>nd</sup>	2x2 Basketball Tournament (see below)
Sunday, July 23 <sup>rd</sup>	11:00AM – 4:00PM FAMILY MOVIE NIGHT 7PM
Monday, July 24 <sup>th</sup>	CLOSED
Tuesday, July 25 <sup>th</sup>	1:00PM – 4:00PM 7:00pm-PICK UP SOFTBALL/BASEBALL
Wednesday, July 26 <sup>th</sup>	11:00AM – 3:00PM 7:00PM – 9:00PM PICK UP SOCCER
Thursday, July 27 <sup>th</sup>	11:00AM – 3:00PM

## **The Rec Center will be hosting a 2 on 2 basketball tournament**

**When:** Saturday, July 22nd  
(rain date July 23rd)

**Where:** Frye Island Community Center

**Time:** Starts at 8:30 am or 9:30 am (see Registration form for details). Registration sheets should be sent to 203 Leisure Lane, or to the Recreation Center when Candace is working.

**Fee:** \$15 per person

All proceeds go to Frye Island Rescue and Fire Department. Prizes will be awarded!

### **Volunteers needed!!**

Sign up sheet posted in the Post Office. Questions call Candace 655-7563.

## **Story Time**

### **PRE-SCHOOLERS AND MOM**

Come to the Community Center for a Story and a craft with Miss Anne.

**When:** Tuesday at 11:30am on July 25<sup>th</sup>

Children must be accompanied by a parent, guardian, grandparent, or caregiver! Thank you.

## **Buy Your Swim Pack!**

A package includes: Super kickboard, Mesh bag, Goggles, Swim aids (swimmies), Nose-plug, Waterproof case (All for \$15) See Candace at the Rec Center!

Please contact the REC Center for any suggestions, comments or questions at 655-3893.

## **Soccer Skills and Fun**

Nicole Wagner, D-Licensed coach, will once again be offering soccer skills training sessions. Come join the fun, ages 5-13! We will work on foot skill, fundamentals of the game, and playing as a team in scrimmages. The camp will be running the week of July 17th on Monday, Tuesday and Friday from 4:30-6:00 pm. The cost will be \$25 per week per child. Please call Nicole at 655-2583 to reserve your spot. If you have a ball, please bring it with plenty of water. Hope to see you there!!

Nicole is also available for private coaching sessions through August 10th. Please call if interested.

## **Mushroom Walk – August 6th**

Plan to join us on Sunday morning, August 6<sup>th</sup> to participate in the Walk through our woods with members of the Maine Mycological Association. It should be fun and interesting to collect as many varieties as possible for a little over an hour and then return to the Community Center to identify them.

We suggest you bring a gathering basket and a brown bag-lunch (drinks will be provided). We can have lunch and listen to our guests identify and inform us about the mushrooms collected. Walk will begin at 10:00AM at the Community Center then returning about 11:30AM.

The walk will not be cancelled due to rain. We will still meet at the Community Center at 10:00AM (rain or shine). IF RAINING...bring whatever mushrooms you have in your yard and we'll stay at the Center and listen to our guest experts. It should be great fun and a worthy endeavor. Hope you will join us. Everyone is welcome!

## **Tie Dye**

We have T-shirts and bandanas available to dye or bring your own!! Be creative and bring new or old shirts, towels, sheets, socks, bags or any other whites. Learn how to tie-dye every Friday starting July 7th. Join us at the Community Center from 1:30 to 3:30. The cost will be \$8 to purchase a shirt, or \$4 per person if you bring your own item, plus \$2 for each additional item. Make sure to wear old clothes, as you will be likely to get dye on them!! If you have any questions, call Nicole Wagner at 655-2583. See you there!!!

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## Need Swim Lessons?

Interested in Swim Lessons call Candace Coville at 655-7563. Division I Swimmer, The University of Maine (Orono). She has taught swimming at school and on the Island for 3 years! Half hour session fee is \$10.00, and \$15.00 for an hour.

## The Frye Island Library

The Frye Island Library is open to the public any time the Community Center has an activity. Fiction and non-fiction books for children and grown-ups are available on the honor system. Due to limited space, abridged novels, magazines, audio-visual materials and duplicate books are not stored.

## Junior Tennis Lessons

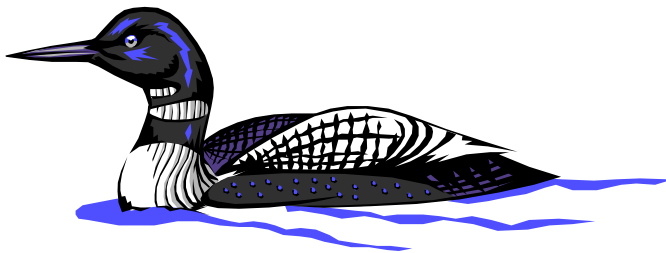
Lessons will be held on Thursdays at Lancaster Loop Courts (off Highpoint Dr. next to the pool). Dates are as follows: **July 20<sup>th</sup> to the 27<sup>th</sup>.**

Age	Time	Cost
7 to 9	9-9:50am	\$10:00
10 to 12	10-10:50am	\$10.00
5 to 6	11-11:50am	\$10.00

(If private lessons are requested, please call Anne Archer-Johnson at 655-7393, or leave a message with Candace Coville at the Community Center at 655-3893).

## MARK THE DATE!

Saturday, August 26



The Recreation Commission and the Conversation Commission are jointly sponsoring a pot-luck supper and Audubon talk on loons. The supper will be from 6 to 7 p.m. at the Community Center. Bring a casserole, salad, dessert or whatever for the table. Lemonade will be furnished. After the supper, Susan Gallo of the Audubon Society will share information on the habits and habitats of loons from 7 to 8 p.m. Activities will be available for younger children during the talk.

## New Yoga Schedule

Come join Amy Wagner, RYT, for Yoga this summer in the chapel of the Community Center. All classes are \$7, with yoga mats, and all supplies available at no extra charge. Call Amy at 655-2583 with any questions.

### Class Descriptions and Times

#### FLOW: Tuesday 9:00 am, Friday, 7:30 am

Dynamic movement, longer holds, more advanced postures. Strengthen the mind/body connection by linking breath with a series of dynamic postures.

#### BASICS: Wednesday 7:30 am, Saturday 9:00 am

This class is for beginning and continuing students to help deepen your understanding of the fundamentals of alignment and breath work. Basic yoga postures will be taught with emphasis on strength and flexibility and introducing intermediate poses. Variations will be given to suit your needs.

#### GENTLE: Thursday at 9:00 am

Develop self-awareness with a slower paced class. Focus on gentle stretching to increase mobility, standing poses to develop strength & stability, and breathing techniques to enhance relaxation & clarity of mind. This class is great for beginners and anyone wanting a slower practice.

#### RESROTATIVE: Friday 9:00 am

Nurture yourself. Use the support of props to relax deeply and release residual tension, in turn restoring the body's natural balance and harmony. This class is a compliment to your other practices and a perfect remedy for a busy life. Poses are held for a period of time 5-15 minutes, restoring the body's natural balance and recharging the nervous system.



## ICE CREAM SOCIAL MAKE YOUR OWN SUNDAE

\$3.00 PER PERSON

SATURDAY, AUGUST 5

6pm-8pm

@ THE COMMUNITY CENTER

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## **ADULT EDUCATION ON FRYE ISLAND**

Anne Johnson will instruct adult tennis clinics July 25<sup>th</sup> and August 1<sup>st</sup>, beginning at 8:30AM at the Cabana Courts. Cost is \$3.00 as this is sponsored by SAD #6 Adult Education. Anne will also instruct kids tennis Thursday mornings in July. Anne can be contacted at 655-7393.

Please contact Annie Charrette for other adult classes you would like to see happen this summer and also with talents you can share.

We are particularly looking for someone to teach line dancing this summer. [anniecharrete@yahoo.com](mailto:anniecharrete@yahoo.com) or 781-801-0959 or 655-3331.

### **~ CPR and First Aid Course ~**

Tuesday July 25 from 1:30- 5:30 PM at the Community Center

Heartsaver Pediatric CPR, Adult CPR and Heartsaver First Aid Course offered Tuesday July 25 from 1:30- 5:30 PM at the Community Center. Course certification will be issued following successful completion of the class.

Cost will be \$40 which includes materials.

Sign-up and pay at the office.

Minimum 6 participants to run the class, maximum 10.

### **~ Watercolor Course ~**

Saturday August 19 from 1:00- 3:00 at the Community Center

Beginning watercolor class will teach many watercolor techniques. Participants will learn to apply bold washes, glaze in layers of color to achieve soft detail and depth, and learn about color mixing while completing a watercolor painting. Class to be held August 19 from 1:00- 3:00 at the Community Center.

Fee will be \$10 (pay at the office)

plus materials fee (pay to instructor, amount to be announced).

Sign-up at the office before August 15.

### **~ Adult Tennis Drills ~**

Tuesdays at Lancaster Loop

Courts (off Highpoint Dr., next to pool)

When: July 25th, and August 1st

Time: 8:30 – 9:30am

Cost: \$3.00 per person – **PAY** on Tuesdays at Adult Tennis Drills

**Expect: Stretches, agility activities, and drills. The class is offered through the Standish Adult Education (SAE).**



# Frye Island Golf Club

655-3551

Open to the Public

Fairway Lane

## Hours

Monday - Thursday: 8:00 AM – 8:00 PM  
Friday - Saturday: 8:00 AM - Dusk  
Sunday: 7:30 AM – 8:00 PM

(Weather permitting)

**Tee times are highly recommended, especially on the weekends.**

## Greens Fees

Weekday: \$18.00  
Weekend and Holidays: \$30.00  
Twilight (after 5 PM): \$13.00  
Weekday Youth (16 and under): \$10.00  
3-day weekday pass: \$45.00  
Week-long unlimited golf pass: \$100.00

## Cart Rentals

**Gas Cart:**  
9 Holes: \$16.00  
18 Holes: \$26.00  
**Pull Cart:**  
9 or 18 Holes: \$4.00  
**Club Rentals: \$12.00**

## Pro Shop

We have an assortment of golf balls, gloves, putters, hats, jackets, and shirts. If there is something you need and we don't have it in stock, we will try and order it.  
SALE – All Top-Flite Infinity golf balls \$15 per dozen, all putters \$40, and a sale rack with selected shirts.

## Tentative Tournament Schedule for 2006

June–August	Club Championship
July 29	Night Golf
August 5	Rally for a Cure
August 19-20	Member/Guest
September 2	President's Cup
September 8-10	Sebago Lake Escape
September 30	Shoot Out
October 8	October's Best

## Need Golf Lessons?

Ron Vallancourt, PGA Golf Professional, will be giving golf lessons on Monday and Tuesday mornings at the Golf Course.

Ron has been a Golf Professional for over 35 years, and is a resident of Frye Island. One of his specialties is that of a teaching pro. Lessons will be by appointment. Call 655-2313. Rates: ½ hr. lesson \$40.00, 1 hr. lesson \$60.00.

## Part time Help Wanted

The Frye Island Golf Club Pro-Shop and Leisure Lounge is looking for part time help. Please contact Laura Crosby for work hours and salary. Applicants must be at least 21 years of age. Contact Laura at 655-3551 or fidpw@pivot.net.

## Sunday Morning Scramble

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

### Sunday, July 16<sup>th</sup> Scramble Results

#### 1<sup>st</sup> Place Team \$23.10 each:

Pete Karpacz  
Al LePage  
Bob Bullock  
Dan Desjardine  
Peter Ambrozavitch

#### 2<sup>nd</sup> Place Team \$12.35 each:

Tom Canty  
Alex Mazzone  
Steve Curtis  
Mike Mazzola

#### Closest to the Pin \$32.00:

Scott Foster

## "2006" Club Championship

Congratulations to the following golfers. They have now qualified to play on to the quarterfinal match This 18 hole match must be completed by August 7.

### Men:

Ron Vaillancourt  
Andy Filler  
Bill Gately  
Bob Thurston  
Roger Stenz  
John Kett  
John Hodge  
George Greenwich

### Women:

AC Riley  
Laura Davis  
Patty Meyer  
Theresa Hodge  
Bobbie Thomas

## NIGHT GOLF – SATURDAY EVENING

July 29th



Are there not enough hours in the day to play your favorite game? Why not extend it to the night with our upcoming Night Golf Tournament! This event is open to all – so bring your guests to play as well.

Yes, we're bringing back the Night Golf Tournament! We've heard how much fun this tournament has been in the past, and we're looking to bring it on back.

**TIME:** 8:00 pm – Social (dessert and rules)

**TEE OFF:** 9:00 pm

**COST:** \$10.00 per player + any applicable green fees. (Includes one glow ball, optional additional ball \$5.00 each)

**FORMAT:** Scramble

Space is limited, so please sign up now at the clubhouse. For more information, contact Don or Laura Davis (508-878-6783 cell or 207-655-7267 island)

## Rally for a Cure

Saturday, August 5

Traditionally, we've had the Rally for a Cure golf tournament for women only, but this year, we're opening it up to men. Why? We realize that breast cancer affects both men and women-physically and emotionally. This is a fundraising event, which needs your support. Our goal is to get a minimum of 50 players. If you can't join us for golf, how about lunch? We'd love to have you participate in this fun event, but if that's not possible, please consider making a donation to this worthwhile cause.

The event is being held Saturday, August 5. Entry fee for this event is \$15.00, with checks payable to the Rally for a Cure. The luncheon that follows will be \$10.00 (with proceeds being donated to the Foundation.) Donations should be made payable to the Susan G. Komen Breast Cancer Foundation.

We'll have a welcome/rules meeting at 8:45 am, with tee times starting at 9:15. Additional ways to contribute to the cause will include participation in a Chipping Clinic, Tie a Pink Ribbon (a fun way to improve your lie without penalty), Straight Drive Contest, and of course, Mulligans. This should be a lot of fun.

If you have questions, please contact Laura Davis at 508-787-6783 (cell) or 207-655-7267 (Island).

Sign up now at the clubhouse

## 2006 Member-Guest Tournament

**Date** August 19<sup>th</sup> and 20<sup>th</sup>, 2006

**Entry Fee:** \$190 per team (\$95 per player)

**Sign-up Deadline is August 12th.**

**Meals:** Saturday continental breakfast, Saturday lunch, Saturday dinner (spouses are invited), and Sunday lunch.

**Format:** Nine hole Match Play, best ball, 2 person teams.

**Tees:** Men play Silver for Matches 1 and 3, Gold for Match 2, Shoot-Out and Consolation; Women play red throughout.

**Matches:** Two matches on Saturday and one Match on Sunday to settle Bracket winners. (Four teams in a bracket or three team brackets playing third match against par). On Sunday afternoon, Flight winners will participate in a Shoot Out; all others will participate in the Team Consolation Round.

**Handicaps:** Guests shall submit evidence of USGA/GHIN Handicap Index or at least 5 recent 18 hole cards (slope and rating required for each) to Tournament Committee (Mark and/or Bruce), which will assign handicaps for the Tournament. In all match play, strokes are determined by subtracting the lowest handicap from each player's handicap. Half points, if any, shall be used in the match.

**Match** Each Match is worth 9 points – 1 for **Scoring:** each hole. A team gets 1 point if they win the hole, and each team gets ½ a point if they tie the hole. The loser of the hole gets no points. Each Team must record its gross score for each hole on the score card, as well as the results of the match. The Flight Winner is the team that accumulates the most points from teams within their flight.

**Ties:** In the event of a tie for first place in the Flight, the method for breaking the tie shall be applied in the following order:

- 1) Team that won the head to head match.
- 2) Team that did better against Third Place team in flight.
- 3) Team that won the first full point in their Head to Head match.
- 4) Team that wins a chip-off.

**Shoot Out:** Handicapped as in the Matches. All Flight winners will engage in a Sudden Death Shoot Out. One team will be eliminated each hole (by chip-off, if necessary) until two teams remain, which teams continue to play until there is an outright hole winner (no chip-off).

**Consolation:** Team Consolation Round is scored as the sum of the low net scores of both players on a team. A tie will be broken by Chip-Off.

**Other** Putting and Chipping (Saturday Afternoon **Contests:** before dinner)

**Awards:** Overall Winner, First in Flight, Team Consolation Low Net, Putting (1st and 2nd) and Chipping (1st and 2nd).

# July 2006

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 1pm Bench Ceremony 9am Garden Club @ CC 9:00a FII Annual Stockholders Mtg @ CC Dusk – Fireworks @ Long Beach Marina
2 9:00a Chapel 10:00a Walk/Run Race 1:00p Boat Bldg @ Recreation Beach 5:00p Sunday Mass 6:00p Ice Cream Social @ CC Rain date - Fireworks	3 Rain date Boat Show & Races @ Recreation Beach, 1PM	4 Rain date Boat Show & Races @ Recreation Beach, 1PM	5 9am Hatha Yoga @ CC 7pm Pickup Soccer @ Ball Field	6 9am Gentle Yoga	7 9am Hatha Yoga 1:30pm Tie Dye @ CC 6-8pm Ceramics @ CC 7:00 BOS/EC @ CC	8 8:30am Planning Board Meeting @ CC 9am Hatha Yoga 9am Garden Club Meeting @ CC 7:00p Capture the Flag
9 9:00a Chapel 5:00pm Sunday Mass	10 4:30pm Soccer Skills	11 8:30am Adult Tennis @ Lancaster Loop 9am Gentle Yoga 9:00am Kids Tennis 4:30pm Soccer Skills 6-8pm Ceramics @ CC	12 9am Hatha Yoga @ CC	13 9am Gentle Yoga	14 1:30pm Tie Dye @ CC 4:30pm Soccer Skills 6-8pm Ceramics @ CC	15 8:30am Comprehensive Plan Committee Mtg @ CC 9-11am Boat & Water Safety Cl @ Fire Barn 7:00p Capture the Flag
16 9:00a Chapel 5:00pm Sunday Mass	17 4:30pm Soccer Skills 7:30p Book Group @ CC	18 8:30am Adult Tennis 4:30pm Soccer Skills 6-8pm Ceramics @ CC	19	20 Junior Tennis Lessons thru the 27th	21 1:30pm Tie Dye 4:30pm Soccer Skills 6-8pm Ceramics @ CC 7pm Zoning Board of Appeals @ CC	22 8:00a Planning Board 8:30a 2 on 2 Basketball 9:00a BoS/EC @ CC 9:00a Garden Club
23 9:00a Chapel	24	25 8:30am Adult Tennis @ Lancaster Loop 6-8pm Ceramics @ CC	26	27	28 1:30pm Tie Dye 6-8pm Ceramics @ CC 7:00 BOS/EC @ CC	29 7:00p Capture the Flag 8:00p Night Golf
30 9:00a Chapel 5:00pm Sunday Mass	31	1:30p CPR & First Aid Course @ CC				