

# *Frye Island News Service*

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VOLUME 2009, ISSUE 11

JULY 3, 2009

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## **What's New?**

- **Wayne's words... page 3**
- **Upcoming Meetings... page 4**
- **Marina News... page 4**
- **Annual Fire Department Open House... page 5**
- **Special Recognition... page 5**
- **Frye's Leap General Store & Café... page 6**
- **Leisure Lounge... page 7**
- **Ice Cream Social... page 7**
- **4<sup>th</sup> of July Parade... page 11**
- **4<sup>th</sup> of July Road Race... page 12**
- **2009 Fireworks, Marina Slips & Parking... page 13**

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## **Contents**

Important Information .....	2	Frye Island Golf Club .....	9
Town News.....	3	Activities & Recreation.....	10
Fire Department.....	5	Calendar.....	14
Ferry News.....	8		

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# Important Information

## **Town of Frye Island**

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

### **Office Hours**

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

### **Code Enforcement Officer**

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

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

### **Non-emergencies**

Frye Island Police: (207-893-2810)  
**Police Chief:** Rod Beaulieu

Fire Department: (207-655-8618)  
**Fire Chief:** Steve Persson

### **Municipal Officers**

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

### **BIT Representatives:**

Bruce Nisula.....Chair  
Bob Miner  
Joe Potts  
David Bond

## **Public Works Department**

Phone: 207-655-7493  
**Director:** John Crosby

### **Transfer Station High Season Operating Hours**

Saturday: 10:00AM – 3:00PM  
Sunday: 12 Noon – 5:00PM  
Wednesday: 10:00AM – 3:00PM

### **Holiday weekends: Closed Sundays, open Mondays**

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

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

Thank you, Your Public Works Department

### **Frye Island News Service**

Email: [lkerrigan@fryeisland.com](mailto:lkerrigan@fryeisland.com)  
Submission deadline:  
Wednesday, 3:00 PM - **No Exceptions**

### **Representative to Legislature**

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

### **State Senator**

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



# Town News

## Island Manager's Comments

### Greetings Everyone:

**Fire Works:** The fireworks will be held on Saturday, July 4<sup>th</sup>. As usual, they will be held at Long Beach and will begin as soon as the pyrotechnic technician feels it is dark enough. The rain date has been set for Sunday evening same time, same place. I want to remind everyone that the State Fire Marshall requires us to remove a number of boats from the Marina before the fireworks display can take place. Boats in the Marina from slips 84 to 130 on the beach side and slips 67 to 131 on the road plus the Jet Ski slips and boats on all of the slips on the southern end must be removed by 5:00 PM. If you have a boat in one of these slips please move it out before 5:00PM. If you don't, we will have it moved for you at your expense.

**Fishing Derby:** I received this note regarding the fishing derby: *"This is a final THANKS from Pinetree Basscasters to Wayne Fournier and the residents of Frye Island. With your help we were able to run a great event from both the anglers view and spectators view also. I hope that in the future we can be partners again".*

*Thanks: Pinetree Basscasters*

**Taxes:** The time to pay the second half of your taxes without incurring an interest penalty has come and gone. Taxes not paid will accrue interest calculated at an annual rate of 9 % from July 1 until paid. State law requires municipalities to file tax liens between 8 months and 12 months after the taxes are committed. The 2009 taxes were committed on October 18, 2008; therefore, we can file tax liens anytime after July 18, 2009 and before October 17, 2009. Our policy has been to file the tax liens on or around September 18<sup>th</sup> and we plan to do the same again this year. When we file the liens we actually hand carry them to the Cumberland County Registry of Deeds and have them recorded. If you haven't paid your taxes yet, please pay them as soon as possible to avoid this process.

**Board Meeting:** The next scheduled meeting of the Board of Selectmen / Executive Committee will be held on Saturday, July 25, 2009. The meeting will be held at the Community Center and will begin at 9:00 AM. All are welcome to attend.

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

**Ferry Revenue / Expenses:** It is hard making direct comparisons with the ferry revenues this year vs. last because of the significant changes we made in the ferry ticket pricing this year. However, the total operating revenue through June 30 of this year is running about \$27,000 ahead of last year at the same time (\$128,115 in '09 vs. \$101,077 in '08). At the same time operating expenses are down a little this year vs. last, (\$127,779 in '09 vs. \$133,952 in '08). While these figures look good through June, there is still a lot of season left for something to go wrong. I will keep you posted.

**Winter Break-Ins:** As I have said before, the issue hasn't been totally resolved, but everyday we get closer and closer. The wheels of justice move ever so slowly but they continue to move and lately they have been moving in our direction. We may suffer some setbacks but Rod is right on top of everything and we remain cautiously optimistic.

**Office Hours:** The Town Office will be open at 8:00 AM on Saturday, July 4<sup>th</sup> and will be closing at Noon to give the employees an opportunity to participate in the activities. If you need to conduct business in the office on that day, please note the change in hours.

Have a great 4<sup>th</sup> of July weekend and stay safe!  
Wayne

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## **Marina Committee Meeting**

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

## **BOS / EC Meeting**

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

## **Your Pet**

Please keep your pets indoors during the fireworks as this can be a very frightening time for them.

Thank you

Don Alexander FI Animal Control

## **Planning Board Alternate Member**

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

Steve Kaplan

Home Phone 207-655-4197

e-mail [skaplan34@yahoo.com](mailto:skaplan34@yahoo.com)



# **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



# Fire Department

Fire Barn: 207-655-8618

## **ROAD, FIRE LANE AND LOT NUMBERS**

All owners and renters should know the road, fire lane and lot number where they are located in the event of a fire, medical or police emergency.

This information will greatly expedite the response time for the emergency service that is answering your call. Time is critical!

All road signs and fire lanes signs on the island are clearly marked.

Every house, by town ordinance, shall have a lot number in large, contrasting colors that can be seen by emergency responders approaching from either direction.

If possible, a person should meet the emergency responders on the street and at night turn on all outdoor lighting.

## **Special Recognition of our Frye Island Winter 2009 Heroes**

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

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

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

If you have any questions or concerns regarding your road, fire lane or lot number, they can be addressed by any member of the fire department.

## **TO REPORT A FIRE OR MEDICAL EMERGENCY**

**DIAL 9-1-1**



## **ANNUAL FIRE DEPARTMENT OPEN HOUSE**

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

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



655-4256

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

## Full Season Has Begun...

### Store Hours are as follows...

Sunday – Friday: 8:00AM – 9:00PM

Saturday: 8:00 AM – 10:00 PM

### CAFÉ Hours are as follows...

Monday – Friday: 11:00 AM – 9:00 PM

Saturday: 8:00 AM – 10:00 PM

Sunday: 8:00 AM – 9:00 PM



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



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



Visit [fryesleap.com](http://fryesleap.com) for a peek at our menu, special event information, store hours and lots more.



# Leisure Lounge

Fairway Lane (next to the golf pro shop)

655-3551

Air Conditioned

Open to the Public

## Hours:

Thursday – Saturday: 8:00 AM – Midnight

Sunday: 7:30 AM – 8:00 PM

Monday – Wednesday: 8:00 AM – 8:00 PM



Enjoy satellite reception on our 42" plasma TV.



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



## Full Bar

Beer, Wine, & Mixed Drinks

\$3.00 Root Beer Floats

\$2.00 Hot Dogs

\$5.00 Pizza



## ICE CREAM SOCIAL

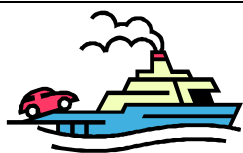
Friday, July 3<sup>rd</sup>

5:30 pm – 8:00 pm

@ Community Center

\$4.00 per person

Make your own sundae



# 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	12 PM – 8 PM
<b>Tuesday</b>	7 AM - 10 PM	8:30 AM – 10:30 AM 3 PM – 5 PM
<b>Wednesday</b>	7 AM - 10 PM	8:30 AM – 10:30 AM 3 PM – 5 PM
<b>Thursday</b>	7 AM - 11 PM	8:30 AM – 10:30 AM 3 PM – 5 PM
<b>Friday</b>	7 AM - 12 Mid	8:30 AM – 10:30 AM 2 PM – 10 PM

## ***Thank you to the Ferry***

We want to thank the ferry crew so very much for responding to our call for immediate service on Sunday morning so that we could get to Bridgton Hospital. Our situation was urgent and we had to act with great speed. It is most reassuring, especially living on an island, to know that we have a team like you serving as our bridge to the mainland.

Lenore and David Rosenthal

## ***Ferry Safety Tip of the Week***

Here is a synopsis of our first 7 Safety Tips:

- No Cell phone use while boarding/departing ferry
- Turn off all car headlights/interior lights at night
- Engage car's emergency brake during passage
- Eyes on mate/captain when boarding/departing ferry
- Leave a space when behind heavy vehicles to be seen and to enable you to drive around for boarding
- No passengers riding in back of pickups or in trailers
- Parallel park 1' off the pavement on mainland side when leaving car

Thank you for your co-operation!

FI Ferry Crew

## ***Reminder:***

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

## ***Ferry Thank You's***

To the Gardinis for the Ice Cream Bars, Frank Snow for the donuts & to the Vande Hei's for the dog treats



Congratulations to the Nun's on their 50th Anniversary



655-3551

# Frye Island Golf Club

Open to the Public

Fairway Lane

## Hours

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

## Greens Fees

Weekday: \$20.00  
Weekend and Holidays: \$30.00  
Twilight (after 5 PM)  
Weekdays \$13.00  
Weekends \$15.00  
Weekday Youth (16 or younger): \$10.00  
Weekend Youth (16 or younger): \$20.00  
3-day weekday pass: \$45.00  
Week-long unlimited golf pass: \$110.00  
Scramble Fee (e.g. 9 holes Sunday AM): \$15

## Cart Rentals

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

## Tentative 2009 Tournament Schedule

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

## Sunday Morning Scramble

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

### *Sunday, June 28<sup>th</sup> Scramble Results*

1<sup>st</sup> Place Team (-4) \$31.50 each:

Greg Tedford  
Tom Canty  
Bill Gately  
Mark Thomas

2<sup>nd</sup> Place Team (-3) \$10.80 each:

Joe Bishop  
Tom Bishop  
Bob Thurston  
Jack McKee

Closest to the Pin \$18.00 each:

Ron Melanson #4  
Jim Hirsch #8

## Steak & Hot Dog Tournament

Saturday, July 4 @ 1:00 pm

\$15.00 per person + any applicable green fees

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

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

Dinner & Prizes @ 5:00 pm

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

Sign up @ the club house



Sign Up at the Golf Course.

## Junior Golf Outing

**WHO – Juniors age 17 and under.**

Bring your friends and have a good time.

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

**WHEN - Saturday July 11**

**TIME - 1:00PM**

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

## Club Championship

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

Qualifying Round must be completed by July 13.

Quarterfinal Match must be completed by August 3.

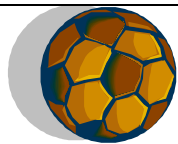
Semifinal Match must be completed by August 24.

Final Match must be completed by September 7 (Labor Day).

## Walking Trails – A note from our Conservation Committee

The maintenance on the walking trails are behind schedule this season because of the weather and other factors. Also, some trails are partially wet because of the excessive amount of rain recently. They are still worth a try, if you are so inclined.

A new version of the Trail Maps was developed by Islander mapmaker George Mackey. It is available on the Frye Island web site map page. There is also a page of descriptive text explaining the entry points to the trails etc. Free copies will be available in the store thanks to Bob Russo.



# Activities & Recreation

Recreation Chairperson: Andrea Sansonetti

## Garden Club

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

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

## Did You Celebrate Frye Island's 10th Anniversary With Us?

Thanks to the computer wizardry of webmaster, Joe Potts, and the fabulous photography by Bob Desfosses, Captain Ross Graham, and Steve Aranyi. a slide show of last year's anniversary celebration is on the F.I. website. Follow these links to enjoy it.

<http://www.fryeisland.com/slideshow/birthday10/index.htm>

Click on the words "slide show" just below the blue title. There is also a narrative for those who missed it.

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

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

Rev. A. Theodore Ekholm

## BRIDGE

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

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

Recreation Director: Nancy Bishop

Monday Jul. 6 <sup>th</sup> :	10:00 AM – 2:00 PM
Tuesday Jul. 7 <sup>th</sup> :	10:00 AM – 2:00 PM
Wednesday Jul. 8 <sup>th</sup> :	10:00 AM – 2:00 PM 6:00 PM – 8:00 PM Candy Bar Bingo (Bring a Candy Bar to play)
Thursday Jul. 9 <sup>th</sup> :	10:00 AM – 2:00 PM 6:00 PM – 9:00 PM
Friday Jul. 10 <sup>th</sup> :	10:00 AM – 2:00 PM 6:00 PM – 9:00 PM
Saturday Jul. 11 <sup>th</sup> :	10:00 PM – 2:00 PM 6:00 PM – 7:00 PM CAPTURE THE FLAG @ Ballfield 7:00 PM – 11:00 PM Teen Night 8:00 PM – 10:00 PM Teen Dance
Sunday Jul. 12 <sup>th</sup> :	Closed

### YARD SALE FUNDRAISER TO BENEFIT FRYE ISLAND YOUTH ACTIVITIES AND EQUIPMENT.

When: July 11th

Where: Community Center parking lot

Time: 10am-1pm

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

### Teen Dance!

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

Date: Saturday, July 11

Time: 8 - 10 pm

Location: Community Center

Admission: \$5

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

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

## ATTENTION ALL FLAG WAVERS!



You are needed to cheer on the parade as it passes around Frye Island on Saturday, July 4th. All owners of golf carts are encouraged to decorate them and join the parade. This is the parade route:

Community Center north on High Point to Sunset. Turn right on Sunset to Leisure Lane. Left on Leisure following it around the west side of the island to Ridge Road. Continue on Ridge around the east side of the island to Independence. Follow Independence to the Fire Station where we will all enjoy a 4<sup>th</sup> of July picnic at noon, courtesy of our volunteer fire department.

The parade will assemble at the Community Center at 10:45. The parade will begin at 11:00. A \$5 donation, collected at the beginning, is being requested of all participants (or anyone else) to help support recreational activities.

Show your American spirit by decorating your house and joining the parade!

## NATURE WALK, SAT. JULY 11



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

## Book Group Selections for 2009

The following titles will be discussed on these dates.

July 20 **GERTRUDE BELL: QUEEN OF THE DESERT, SHAPER OF NATIONS** by G. Howell

Aug. 10 **NINETEEN MINUTES** by Jody Piccoult

Aug. 31 **ONE THOUSAND WHITE WOMEN** by J. Fergus

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

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

Saturday, July 18

10:00 AM

Recreation Beach

More details to follow.

## **TENNIS LESSONS AND DRILLS:**

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

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

"Love" to hear from you, Anne

## **YOGA CLASSES**

Amy Wagner, RYT, is back on the island, and getting ready to lead us in yoga classes. Classes next week will be on Tuesday and Thursday morning in the Community Center Chapel from 9:00-10:20 am, and Saturday from 7:30-8:45 am.

I practice and teach Hatha Yoga, which focuses on the fundamental yoga postures and combines breath with movement in order to build strength, flexibility and balance. Yoga also improves mental clarity and encourages relaxation. My classes are informal and open to all students; new and veteran yogis are all welcome! Cost \$8 per class. Mats and blankets available for use and also for purchase.

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

Peace, Amy

PS Teen class coming soon!

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

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

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

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

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

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

## **Pilates Class**

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

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

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

Cost will be \$8.00 per person.

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

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

## **TIE-DYE**

Come Tie-Dye with us!

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

Come tie-dye at the Community Center on Sundays this summer! Tie-Dye runs from 3:30-5:30, but you can show up anytime before 4:30 to get your project completed!

Shirts, socks, bandanas or pillowcases are available for purchase or you can bring your own whites. Costs are as follows:

Shirts and pillowcases: \$10.00

Bandanas and socks: \$8.00

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

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

See you there!!

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

## **ADVANCED TIE-DYE:**

Learn to Tie-Dye a Patriotic Star T-Shirt!!

Come to the Community Center this Sunday, July 5<sup>th</sup> at 2:00 for a special tie-dye clinic. In this session, all the materials for a premium tie-dyeing experience will be prepared and provided. You will learn a more involved technique that will impress everyone! We are limiting the clinic to 8 people over age 12. Please call 655-2583 to reserve your spot or with any questions! The cost for this session will be \$20 per person.

Amy, Nicole, Lianne and Maggie Wagner  
655-2583

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## ***The 2009 Fireworks***

The 2009 fireworks are scheduled for Saturday evening, July 4<sup>th</sup> at dusk.

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

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



## ***FIREWORKS PARKING AND ROAD SIGNS***

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

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

# July 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Noon-Ladies of the Lake Luncheon @ Frye's Leap Cafe	2 9:00a Yoga @ CC	3 5:30p Ice Cream Social @ CC	4 Independence Day Steak and Hot Dog Tournament 11:00a Parade @ CC Noon Fire Dept. Open House 1:00p Recognition @ Fire Barn Dusk Fire Works at Long Beach Marina
5 9:00a Chapel @ CC 10:00a Road Race @ CC 2:00p Advanced Tie-Dye 3:30p Tie-Dye	6 7:00p BINGO @ CC	7 9:00a Yoga @ CC 1:00p Bridge @ Leisure Lounge	8	9 9:00a Yoga @ CC	10 9:00a Pilates @ CC	11 8:00a Nature Walk @ LBM 9:00a Garden Club @ CC 10:00a Yard Sale Fundraiser @ CC 1:00p Junior Golf Outing
12 8:30a Marina Committee Mtg @ CC 9:00a Chapel @ CC 2:00p Advanced Tie-Dye 3:30p Tie-Dye	13 7:00p BINGO @ CC	14 1:00p Bridge @ Leisure Lounge	15 9:00a Garden Club @ CC	16	17	18 8:30a Planning Board @ CC 10:00a Canoe/Kayak @ Recreation Beach
19 9:00a Chapel @ CC	20 7:00p BINGO @ CC 7:30p Book Group @ CC Library	21 1:00p Bridge @ Leisure Lounge	22	23	24	25 BOS/EC Mtg 9:00a @CC 9:00a Garden Club @ CC Night Golf