



Community Connections

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www.lccenter.com



Welcome to 2009! A New Year of Community Events

The Holidays are winding down, the New Year has arrived and we're all coping with the frigid temperatures and frozen precipitation. Winter in Little Compton is a special blessing ... and those of us fortunate enough to call this place home know that the best way to pass the cold days and colder nights is to keep both mind and body busy.

This Winter 2009 edition of **Community Connections** highlights many special events, theatre, road races, health & wellness programs, fundraisers and volunteer opportunities to usher in the New Year. The Little Compton Community Center wishes a peaceful, happy and healthy 2009 to all our members, friends, neighbors and supporters!

Get Ready for *Seussical—The Musical*

Preparations are already under way for the Little Compton Community Center Children's Theatre's next performance, *Seussical - The Musical*, to be performed in 2 acts in Spring 2009.

Seussical is based upon the celebrated children's books by Dr. Seuss, transformed into a musical by Lynn Ahrens and Stephen Flaherty - the composers of *Ragtime* and *Once on This Island*.

It's time to get your vocal cords into tune, your dancing shoes polished and your imagination primed to join Horton the Elephant, Gertrude McFuzz, The Cat in the Hat and all of the Whos of Whoville in the Spring 2009 Children's Theatre performance of *Seussical - The Musical*!

Little Compton Scenic Winter Road Race & Walk

Make plans to attend—or participate in—the 2009 Little Compton Scenic Winter Road Race & Walk. The race will kick off at the Wilbur McMahon School gymnasium on Saturday, January 10th at 10 AM and the Little Compton Education Foundation is still accepting entries from prospective runners/walkers and also looking for a few good volunteers to help with this worthwhile event.

Wildly popular with running enthusiasts from all over New England, organizers have expanded the field for this year's 4.8 mile road race to include walkers. Prizes for road race winners as well as warm soups and chowders made from some of the best local recipes will be part of the post-race events in the school gym.

For more information on registration, race details, sponsorships or donations, please visit the LCEF website at: www.lceducationfoundation.org or contact Matt Allder at 401-316-6518 or e-mail at info@lceducationfoundation.org. Entries can be made via the LCEF website, by mail or in person on race day. Special race t-shirts are given to the first 250 entrants.

All proceeds from the race will benefit the Little Compton Education Foundation and students at the Wilbur McMahon School.

After School Club to Benefit from Randal Poirier's Annual Gift

The Little Compton Community Center's After School Club is the proud recipient of the first \$5,000 gift from Randal S. Poirier, ChFC, a Financial Planner representing Independence Financial Partners of Little Compton.



Mr. Poirier has personally pledged an annual gift of \$2500 which will be matched by an additional \$2500 grant from Independence Financial Partners to provide financial support of the LCCC's After School Club, dedicated to the care and well being of elementary school children (ages 5 – 12 years) after the school day ends

Continued on page 3...

Yes, we would like to help make great things happen!

Our Mission

The mission of the Little Compton Community Center (LCCC) is to bring people together from all corners of the community to foster and support a strong and vibrant Little Compton.

We do this by providing and facilitating programs to meet community needs and by providing space for other individuals and organizations who serve the residents of Little Compton.

Staff

Karen Ferreira
After School Club Head Teacher

Ellie Field
Program Director

Lydia Greene
Receptionist/Program Assistant

Sally Huntington
Administrative Director

Edi Marchesi
Receptionist

Rose Mercier
Custodian

Carla Woodhouse
After School Club Staff

Amanda Gomes
After School Club Assistant

Mary Petrarca
Dining Center Manager

Beth Turcotte
Youth Initiative Coordinator

Bob Wilson
Custodian

Richalie Wyatt
Program Director

Board of Directors

Galen Snow, President
Gareth Eames, Vice President

Dan Chisholm, Secretary
Peter Washburn, Treasurer

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Rhea Brooks

Tom Callahan
Bill Curtin

Roger Guillemette
Kristen Humphrey

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Holly Lippert
Jim Marsh

Liz Peckham
B. G. Shanklin

Peter Tirpaeck
Henriette von Trapp
William L Theriault

LCCC Board Meetings

January 26, February 23, March 16
7 PM. All are welcome.

LCCC Membership Form

Date ____ / ____ / ____

Name _____

Spouse _____

Children _____

Primary Address

Phone _____

Use for mailing: All year or from _____ to _____

Secondary Address

Phone _____

Use for calling: Never or from _____ to _____

E-mail _____

New Member **Membership Renewal**

Individual \$15 Family \$35 Supporter \$50

Patron \$100 Benefactor \$200

Non-Profit Organization \$75 Corporate Member \$90

In addition to or instead of membership, I wish to make a tax-deductible donation of \$ _____

I would like to volunteer in the following way:

I (we) have included LCCC in our estate plan

Please return coupon with your check to: *Little Compton Community Center (LCCC)*, PO Box 926, Little Compton, RI 02837. Thank you for your generous support! Your canceled check will serve as your receipt.

Corporate Members

- A-1 Pizza
- Able Engineering, Inc.
- Arkins Construction
- Brousseau Landscape & Design
- Burns & Levenson, LLP
- Civil Engineering Concepts
- Correia & Iacono
- Country & Coastal Properties
- Cantin Photography
- Collette Vacations
- Comcast SportsNet
- Compton Clambakes
- Dennis Talbot, Inc
- Direct Exchange Geothermal Systems
- East Bay Newspaper

- Goulart Petroleum, Inc.
- Grays Ice Cream
- Goosewing Hotels & Resorts
- Hampton Inns
- HSBC Private Bank
- Humphrey's Building Supply
- Insidesign
- Kaipu Design
- LaPointe Insurance
- Law Offices of Michael J. Harrington
- L.C. Design
- Lees Supermarket
- Little Compton Real Estate, LLC
- Madden Electric
- Mataronas Lobster
- McKinnon Design

- Narragansett Brewing
- PM Thurston Co.
- Peckham's Greenhouse
- Peter Washburn, CFP
- Randal Poirier
- Ray's Auto Repair
- Richmond Design
- RPI Printing
- Sakonnet Golf Club
- Sakonnet Light Graphics
- Sakonnet Oyster Co.
- Sakonnet Physical Therapy
- Sakonnet Plumbing & Heating
- Sakonnet River Pie
- Sakonnet Vineyards
- Sisson Lawn & Garden

- Spinnaker Real Estators
- Steeple View Garden Service
- Steve West Landscaping
- Sovereign Bank
- Stone House Club
- Threepoint Design Assoc.
- Tom Lolio Property Management
- Valcourt Heating
- Walkers Roadside Stand
- Warren's Point Beach Club
- Wilhelmina's Catering
- Williamson Peacock & Co.
- Wishing Stone Farm

Non-Profit Members

- American Legion Post #37
- Boy Scouts
- Christian Surfers RI
- Cub Scouts
- L. C. Democratic Town Committee
- Friends of the Brownell Library
- Girl Scouts
- Grange # 32
- Senior Citizens Club
- L. C. Republican Town Committee
- Rhode Island Foundation
- Sakonnet 4H Club
- Sakonnet Peace Alliance
- Sakonnet Preservation Assoc.
- Sogkonate Garden Club

Tell Us All About It!

The Little Compton Community Center Newsletter now has its own email address!

Please send your news releases, meeting announcements and suggestions to: LCCNews@gmail.com.

Deadline for inclusion in the Spring 2009 (April - June) is March 1.

Credits

Editor: Roger Guillemette
 Design: Tom Callahan
 Volunteers: Lisa Ramsbottom, Doug Berge
 Printing: RPI Printing, (508) 730-2220

Your Community Center Needs You!

Generous volunteers who selflessly give up their time and resources play an important role in the operations of the Community Center and the success of its many programs and events. We are currently looking for some enthusiastic people to fill the following positions. Interested parties should contact the center at 635-2400.

Photography Volunteers

Individuals with an interest in photography are needed to help provide coverage of events and programs. You may volunteer to cover one event or many. Amateurs, professionals, students, and hobbyists are all welcome!

Host Your Next Event at LCCC

The Community Center's theater, meeting hall and kitchen are available for your alcohol-free events. Showers, receptions, birthdays, corporate retreats, anniversary parties, reunions, memorial services, recitals, & more.

| | Standard | | Non-Profit* | |
|-------------|----------|------|-------------|------|
| | Day | Hour | Day | Hour |
| Kitchen | \$85 | \$15 | | \$10 |
| Dining Hall | \$125 | \$20 | | \$10 |
| Theater | \$175 | \$25 | | \$10 |
| Building | \$350 | \$50 | \$200 | \$30 |
| Projector | | \$30 | | \$10 |
| Staff | | \$30 | | \$30 |

Call Lee Wyatt at 635-2400 for more info.

* No charge for first ten hours per year with non-profit membership

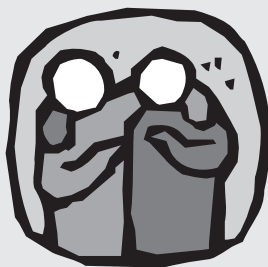
There's cash in those receipts!

A reminder to both year-round residents and summer friends – be sure to save your Lees Market cash register receipts.

Lees Market of Westport donates 1% of the total of receipts turned in by Little Compton Community Center to help support the Center's activities. Put 'em in a box, stuff 'em in an envelope, stash 'em in a desk ... just don't forget to turn them in!

Drop-off boxes are available at the LCCC on the left-hand front staircase or at the front desk. Those receipts add up to real money ... thanks to the continued support and generosity of Lees Market.

CIRCLE OF FRIENDS EVENTS



Circle of Friends

Be My Valentine

Saturday, January 24 5 - 7 PM

Dinner generously provided by St. Andrew's by the Sea

Bingo Night

Saturday, February 28 ... 5 - 7 PM

Dinner generously provided by the Holland & Taylor Families

Showcase of Talent Night

Saturday, March 28 5 - 7 PM

Dinner generously provided by St. Catherine's of Siena

"After School Club", continued from page 1

"My goal is to help Newport County families to a secure financial future," said Mr. Poirier, a resident of Little Compton. "I am happy to provide on-going support to this valuable community program that provides families with a well-supervised, safe environment for children after school."

LCCC President Galen V. Snow expressed the gratitude of the entire Community Center 'family' in accepting Mr. Poirier's generous gift.

"We are thrilled by Randal Poirier's donation this year to the After School Club at the Little Compton Community Center. His commitment is not only to support the program financially, but most importantly to help the children of Little Compton now and into the future."

"The After School Club has been an integral part of the LCCC for more than 10 years," explained Ms. Snow. "It has always been the promise of this program to help our community's children and parents fill the daily after school 'gap hours' with healthy, pro-active activities geared toward educational and social interaction."

"As the years have passed, we have had a dedicated staff to carry out this mission; however, the costs have gone up considerably," said Ms. Snow. "Randal Poirier's from-the-heart contribution and promise of future financial support is a huge step for the health and well being of our After School Club children, their parents, as well as the directors and staff who make the program a great success."

"Many thanks and kudos to our family of valued benefactors whose continued stewardship is vital to the future of our children. May their acts of generosity inspire others to join what we hope will be a resounding trend of 'giving back' to the Little Compton community"

Lee Wyatt, LCCC Program Director, echoed the importance of this sponsorship to the After School Club. "Randal Poirier's pledged annual support will help us continue to provide our children with a reasonably priced, healthy and fun-filled experience that builds self-esteem, cooperation and responsibility while making new friends."

The After School Club is offered to children in the community from 2:45 to 6:00 p.m. on school days (as defined by the official school calendar) throughout the school year. The Club provides age-appropriate activities such as homework time, arts & crafts, sports, hands-on science experiments and community activities.

Randal S Poirier, ChFC
 Financial Planner



Do You Make the Best Chowder in Sakonnet?

The East Bay's best amateur chowder chefs will again compete for bragging rights and blue ribbons at the 2nd annual LCCC East Bay Amateur Chowder Cookoff.



The Little Compton Community Center invites all "Chowder Heads" to create and enter a steaming pot of their best chowders and soups at this mid-winter celebration—to be hosted by Crowther's Restaurant—on Sunday afternoon, February 8th (the Sunday after the Super Bowl) from 2 – 4 PM.

The chowder-eating public is cordially invited to sam-

ple the creations—a perfect warm-up on a cold winter afternoon! Admission is free—\$5 buys tasting tickets good for 10 samples. Light lunch items will be available for purchase as well as a cash bar. Raffle tickets for a still-to-be-determined grand prize will also be offered for sale.

Prizes and a year's worth of bragging rights will be awarded in four chowder/soup categories: Clam, Seafood, Vegetarian and Creative, as well as a People's Choice award. Cost of each entry is \$25 and contestants must prepare a minimum quantity of 2 gallons of chowder/soup for sampling. Registration forms, category definitions and official rules will be available at the LCCC or posted on www.lccenter.com, starting on January 12th. Judges will include several notable East Bay chefs and restaurateurs, and remember, this is an amateur contest - no professional chefs!!

So, come out and show us what you've got in the pot! Proceeds will go toward the purchase of a commercial grade stove for the Community Center. For more information, call 635-2400.

Fall Fest is a Huge Success



The 8th annual Little Compton Community Center Fall Fest dinner was held on October 4, 2008. Through the enthusiastic efforts of our hosts, guests, and local merchants, more than \$15,000 was raised to support the Community Center's programs.

More than 250 dinner guests were hosted at eighteen local homes ... and

the food critics were unanimous in their praise of the delicious, eclectic meals served by a very talented group of volunteer chefs. After dinner, guests were treated to an assortment of desserts at the Community Center, followed by a Silent Auction.

A special thanks to all who participated in this celebration of community spirit.

Next year's Fall Fest is tentatively scheduled for October 3, 2009 ... event details for prospective hosts and guests alike will be published in a future edition of LCCC Community Connections.

Rave Reviews for "A Christmas Carol"

"Great", "Fantastic" and "Fun" were just a few of the comments from audience members to describe the Little Compton Community Center Children's Theatre interpretation of *A Christmas Carol*, presented over the weekend of November 7-9, 2008.

Performed to standing-room only crowds, Dickens' enduring tale of morality found was improvised with a unique Little Compton twist under the direction of the Trinity Repertory Company's own, Angela Williams.

The audience participation reflected a resonance with the theme of the production—a Christmas story highlighting the plight of the poor and an appeal for charity from those better off—very apropos in describing our community values. That timeless message was evident in the original impressions of the performers and their very detailed costumes and hats, accurate right down to the funny mustaches and glasses.

The unbridled enthusiasm and imagination of the children, molded by the direction of a Broadway and Trinity Rep star in her own right, provided all the makings for a memorable experience.

Director Angela Williams provided her impressions of the interactive performances, explaining, "They were weaving the audience in and out of the story itself. Unique? Yes. Fun? Without a doubt. Every performance brought new and different personalities to the stage."

Before each performance, Angela asked for a show of hands to indicate those interested in participating. When that moment arrived, she pointed at an audience member to make a debut or return to the stage in their own unique way.

"This was perfect for this community ... an interactive story telling experience with costumes and hats, and funny mustaches and funny glasses and people who wanted to participate," observed Angela.

To witness the smiles and hear the excited chatter of the performers and audience alike as the participants descended the stairs of the LCCC stage was proof positive that this innovative concept not only worked, but it also captured a sense of fun and comradery that was shared by an entire community.

Kudos to all the participants, young and old, who 'stepped up' to make their stage debuts in this holiday classic—a unique experience enhanced by audience interaction.

Little Compton Volunteer Opportunities

The Sogkonate Garden Club is looking for volunteers to help with monthly roadside litter collections. Please call 635-8640.

The Little Compton Community Center Community Service opportunities are available. Please call 635-2400.

The United Congregational Church — Please call 635-8472.

The Friends of the Brownell Library — Please call 635-4632.

The Little Compton Village Improvement Society — Please call 635-2642.

The Little Compton Historical Society needs volunteers, antique toys and essays for its 2009 special exhibition "Time to Play." Please call 635-4035 for more information.

The Little Compton Tree Committee Please call Hope Taylor at 635-4464 or visit www.littlecomptonreecommittee.com.

Ben Wilkie Memorial Tree Spree Raises \$17,000



Sakonnet residents and visitors alike kept the holiday spirit alive, even in tough economic times, through their overwhelming support of the 15th annual Ben Wilkie Memorial Tree Spree held on December 7th.

Hundreds attended the now-traditional start to the Christmas season, generously buying books of raffle tickets in the hopes of winning one of the 61 creatively & thematically decorated trees or the 100+ valuable prizes—each one donated by local citizens, families, organizations and businesses.

The Little Compton Community Center, the Circle of Friends and the After School Club created and contributed several spectacularly decorated trees, including the pictured 'Chocolate Tree'—a crowd favorite.

More than \$17,000 was raised this year for the Citizen Scholarship Foundation of Little Compton—a very important source of financial aid for families struggling to pay tuition bills.

The annual Tree Spree has raised more than \$215,000 for scholarships awarded to Little Compton high school graduates. One award - the Ben Wilkie scholarship, named in honor of the local automotive mechanic who died of cancer 15 years ago—is specifically earmarked for a student entering a trade school or program.

Food Bank — 'Vegetable Pickers' Needed

A local farmer has offered to plant an extra field of produce for the Food Bank during the 2009 growing season—if we can supply the people to harvest the crops. Volunteers willing to commit for some 'picking time' are needed so that we can tell the generous farmer, "If you plant it, we will harvest it!" Please call Pat at 635-4632 or Sue at 635-2722 if you or your children can lend us a hand. If we harvest more than we can use, the bounty will be shared with other local food kitchens.



INSTANT LOOKUP

Little Compton Dump Hours:

Winter (Nov. 1–Apr. 30): Mon. & Fri. 10–6, Wed. & Sat. 8–4
 Summer (May 1–Oct. 31): Mon. & Fri. 1–7, Tues. & Thurs. 8–6, Sat. 8–4

NOTE: If dump is closed on a holiday it will open the next day the same hours as the day of the holiday, except when the following day is a Sunday.

Frequently Called Numbers:

| | |
|----------------------------------|--|
| Emergency | 911 |
| Town Clerk | 635-4400 |
| Building Official | (Tuesday & Friday 7:15 AM - 1 PM) 635-8384 |
| Town Council | 635-4529 |
| Treasurer | 635-4219 |
| Tax Assessor | 635-4509 |
| School Department | 635-2351, 635-9593, 635-9596 |
| Brownell Library | 635-8562 |
| Fire Non-emergency | 635-2323 |
| Police Non-emergency | 635-2311 |
| A-1 Pizza | 635-8353 |
| L. C. Community Center | 635-2400 |
| Lees Market | (508) 636-3348 |
| Earle's Service Station | 635-8852 |
| Simmons Store | 635-2420 |
| Visiting Nurse Association | 635-2358 |
| Wilbur's | 635-2356 |

Family Movie Nights

Pizza Party 6:30 - 7 PM Movie 7 PM

Friday, January 23 Friday, February 27 Friday, March 27

All titles to be announced

Enjoy big screen movies in our upstairs theater. Kids of all ages may attend with their families. Optional child care provided for kids ages 5 to 10. Ages 11 and up may attend by themselves. Children may bring blankets and pillows, and costumes or PJs are always welcome.

Cost: \$6 members, \$8 non-members: includes two slices of cheese pizza, soda or juice, popcorn and movie. Child care is an additional \$2 per child. Family Pricing: \$25 member families, \$30 non-member families. **Reservations required by 5 PM on the day of the show.**

Just A Movie: It is possible to attend just the movies which begin at 6:30PM. Children under 12 must be accompanied by a parent or caregiver to all shows unless reservations for child care have been made. \$3 members, \$5 non-members.

All movies subject to change based on actual release dates. The theater is available for private parties. Please call for details, 635-2400.

LCCC Programs & Events Calendar

Children's Programs

➤ AFTER SCHOOL CLUB

Monday - Friday (September - June) 2:50 - 6 PM
 After school child care, recreation and enrichment programs for children ages 5 - 12. Playground time, snack, and homework tutorials provided. Limited scholarships are available. For more information call 635-2000. **Fees vary.**



➤ FAMILY MOVIE NIGHTS

Friday, January 23 Title to be announced
Friday, February 27. Title to be announced
Friday, March 27 Title to be announced

➤ KIDZ ART

Thursdays (January 8 thru February 12) 3 - 4 PM
 Ages 6 – 11. Learn the finer points of drawing with a fun fundamentals workshop. At LCCC. To register call Kristen at 855-0196. Make payments directly to Kidz Art. **\$84**

➤ TAE KWON DO

Mondays, January 12 - April 6 3 - 4:15 PM
(no school, no class)
 Ages 5 & up Tae Kwon Do is a Korean Martial Art with two goals—self defense and physical fitness. Techniques contribute to developing attention span, focus, concentration and elements of respect. Mardo Murrallas from the Middletown YMCA is the certified instructor. Minimum of 8, maximum 25. Martial Arts uniform not included. At LCCC.
\$176 – Payment will be made directly to instructor.

➤ MUSIC LESSONS: GRADES 3 & 4

Mondays, January 12 - June 8. 6 - 8 PM
(no school, no class)
 Group lessons are offered to 3rd and 4th graders for the following instruments: saxophone, clarinet, flute, & trumpet. Classes are held in half hour sessions and class groupings will be determined by instructor Gary Nitkin. Minimum of 3 students per session. To register call 635-2816. Payment made directly to instructor. Classes at Little Compton Community Center.
\$12 per session, one time materials fee \$26.

Mark Your Calendar—Special Events

➤ LCCC'S EAST BAY AMATEUR CHOWDER COOK-OFF

Sunday, February 8. 2 - 4 PM
 At Crowther's Restaurant. See page 4 for complete details. Applications for contestants will be available at the LCCC or posted on www.lcccenter.com starting on January 12th. For more information, please call 635-2400. Admission for the public is free—\$5 tasting tickets will be sold, good for 10 tastings. Light lunch items will also be available for purchase as well as a cash bar.

Teen Programs

➤ YAC (YOUTH, ACTIVITIES, COMMUNITY)

➤ **HOMEWORK HELP**
Thursdays 4 - 6 PM

➤ **MEETINGS**
Thursdays 6 PM
 Seventh, eighth and ninth graders meet to plan activities (movies, dances, etc) for themselves, as well as activities for the community (pie baking for Thanksgiving, Christmas cookies, events with the PST, and events for other groups in the community).

➤ **DANCES**
Fridays, January 9, February 13, March 13 6:30 PM

➤ **MOVIES**
Fridays, January 16, March, 20 6:30 PM

➤ **SKI TRIP TO WACHUSETT MOUNTAIN**
 During February school vacation, call for details.

Adult Programs

➤ SENIOR DINING CENTER

Monday, Wednesday, Friday 11:30 AM
 A delicious and nutritious lunch provided by Lindley Food Service. Reservations must be made 24 hours in advance. See Senior News on page 11 for more information. \$3 donation required.

➤ EX-TENSION EXERCISE

WOMEN — Tuesdays & Thursdays 8:45 - 9:45 AM
MEN — Tuesdays & Thursday 10 - 11 AM
 Exercise is a proven way to bring better health and energy into your life! Mary Derbyshire's Ex-Tension classes for men and women are a fun way to achieve this! Classes consist of rhythmic stretching which increases range of motion, aerobic fitness for cardiovascular health, light weights to increase muscle mass and bone density, exercises to improve balance, and relaxation so that you feel centered and ready to start your day. Each class is designed so that everyone can participate at their own level. Whether you are new to an exercise class or a seasoned veteran, Ex-Tension aims to give you a great workout to great music. Mary Derbyshire has been an exercise instructor and personal trainer for many years. She is also a certified teacher of the Alexander Technique. Embrace the New Year with more energy and better health! Bring a yoga mat and bottled water. Weights are provided. Begin anytime. For more information call Mary Derbyshire at 592-0082 or LCCC at 635-2400.
\$100 for 12 classes, seniors \$8 per class, drop-ins \$10

Adult Programs, continued...

▷ AGELESS GENTLE YOGA

Wednesdays, January 21 - February 25. 9:30 - 10:45 AM

Wednesdays, March 4 - April 29 9:30 - 10:45 AM

(No class March 11)

Chair and standing yoga meditation is a wonderful way to experience all the benefits of yoga for life! Experience overall sense of well being, increased vitality, increased range of motion and circulation, release of physical and mental stress, increased self-esteem, management of weight issues, balanced mood and emotions and increase strength, depth of breath and focus. Live with love and acceptance in a supportive class environment.

6 week session - \$90, drop-ins welcome - \$16

7 week session - \$105, drop-ins welcome - \$16

8 week session - \$120, drop-ins welcome - \$16

Caryl Sickul—Experienced Instructor, Movement Specialist, Wellness Consultant in Private Practice for decades. Private Sessions and Gift Certificates available. For information and to register call: 401-816-0024. For more info: www.csickul.com

▷ GROUP PERSONAL TRAINING PROGRAM

Ring in the New Year with an exciting 8 week fitness program. Enjoy full-body workouts, featuring strength training, yoga postures and breathing techniques, designed to help you develop a lean & fit body, increase overall health and energy and reduce stress. Each program is limited to 10 participants and a minimum of 5. Please bring a yoga mat, towel and water. Program includes personalized fitness assessment and training session (1 hour scheduled with each participant prior to class start dates).

Morning Program

Mondays & Fridays, January 12 – March 13 9:15 - 10:30 AM
(no class 2/13, 2/16) Program cost \$288

Evening Program

Thursdays, January 15 – March 12 6:00 - 7:15 PM
(no class on 2/12) Program cost \$144

To register or for more information call Jen Meyer (American College of Sports Medicine and Flexibility for Athletes Certified Personal Trainer) at 401-533-0557 or jmjmeyer@cox.net.

Community Programs & Events Calendar

The Community Programs & Events Calendar is provided as a service to inform the community about people and events that shape Little Compton. Information is provided by each group and the LCCC does not represent or endorse the accuracy, completeness, or reliability of listings, or the viewpoint, opinions, policies, or products of any group. For more information, contact the group directly.

▷ AA

≈ MEETINGS

Mondays & Fridays 7 AM

Tuesdays & Thursdays 7:30 PM

Saturdays 8 AM & 10:30 AM

At St. Andrew's by the Sea

Sundays 7 PM

At LCCC

▷ AMERICAN LEGION & AUXILIARY POST #37

≈ MEETINGS

Second Wednesdays 7:30 PM

At IOOF Hall.

▷ BROWNELL LIBRARY

Registration required for all programs. Please call 635-8562 to register.

≈ MONTHLY BOOK CLUB

First Wednesdays 6:30 PM

The Monthly Book Club meets at the Library. For the monthly selection or to join call 635-8562.

≈ AFTER SCHOOL STORY HOUR

Grade 3 ... Mondays (January 26 - March 2). 3 - 4 PM

Grade 2 ... Mondays (March 30 - April 27). 3 - 4 PM

Grade 1 ... Mondays (May 11 - June 1). 3 - 4 PM

≈ TODDLER STORY TIME (Ages 18 - 36 Months)

Tuesdays (January 6 - February 10). 11 AM

≈ PRESCHOOL STORY TIME (Ages 3 - 5 years)

Thursdays (January 8 - February 12). 11 AM

≈ KNITTING Students (Grades 6 & up)

Thursdays 3 - 4 PM

≈ GENEALOGY WORKSHOP (Starting January 31)

Saturdays 10:30 AM - 12 Noon

Community Programs & Events Calendar

CONCERTS AT THE POINT

At Westport Point Church, 1912 Main Road, Westport Point, MA. All concerts are on Sunday afternoons at 3 PM. Student showcase begins at 2:30 PM. Season Tickets for all 5 concerts are \$90, individual tickets are \$20. Students under 21: \$10. Call 508 636 3901 to reserve. For more information, go to: www.concertsatthepoint.org

Triton Horn Trio

Sunday, January 4 3 PM
(Snow date Saturday, January 17)

AMERICAN STRING QUARTET

Sunday, March 15. 3 PM

DEMOCRATIC TOWN COMMITTEE

MEETINGS

Tuesdays ... January 6, February 3, March 3 7 PM

Informational and open to the public. For more information call: 635-2928. At LCCC.

LITTLE COMPTON EDUCATION FOUNDATION

SCENIC WINTER ROAD RACE

Saturday, January 10 10 AM
At Wilbur McMahon Gym. See page 1 for more information.

LITTLE COMPTON FOOD BANK

Fridays & Saturdays 9 - 10 AM

The Food Bank is open to everyone and is located in the hall of St. Catherine's Church. Donations of canned goods, paper supplies, and hygiene items are always appreciated. For more information call: 635-2722.

LITTLE COMPTON GRANGE #32 PATRONS OF HUSBANDRY.

Little Compton Grange #32 Patrons of Husbandry meets on the third Wednesday of the month at IOOF Hall. Non-members are welcome. The Grange collects used eyeglasses, soda can tabs, and Campbell product labels. All items can be dropped off at LCCC.

Wednesday, January 21 6 PM

Pot Luck Supper followed by Health Program with Games

Wednesday, February 18. 6 PM

Youth night with Pot Luck Supper. Newport County Pomona Grange invited.

Wednesday, March 18. 6 PM

Pot Luck Supper followed by the "History of You and the Grange."

LITTLE COMPTON HISTORICAL SOCIETY

The Little Compton Historical Society needs volunteers, antique toys and essays for its 2009 special exhibition "Time to Play." Volunteers are needed to serve on the Exhibit Committee, the Exhibit Preview Party Committee and the Family Day Committee. Community members are also asked to search their attics for antique toys with a Little Compton connection that may be loaned or donated to the exhibit and/or to write down their favorite memories of toys, games and pastimes from their Little Compton childhoods. To offer help or for more information please call LCHS Managing Director Marjory O'Toole at 635-4035.

LITTLE COMPTON TAXPAYERS ASSOCIATION

MEETINGS

Wednesdays, January 21, February 18, March 18. . . 7 PM
At LCCC.

LITTLE COMPTON VOLUNTEER FIRE DEPARTMENT

MEETINGS

First Wednesdays 7 PM
At Public Safety Complex.

REPUBLICAN TOWN COMMITTEE

MEETINGS

Mondays, January 5, February 2, March 2. 7 PM

These informational meetings are open to the public. For more information call Don Gomez at 635-4629. At LCCC.

SAKONNET PEACE ALLIANCE

VIGIL FOR PEACE

Sundays 9:30 AM
On Pike's Peak.

SOCIAL REBEKAH LODGE NO. 11, I.O.O.F

MEETINGS

Third Wednesdays 9:30 AM
Meets upstairs at IOOF Hall. For more information, write to Box 194, LC, RI 02837

SOGKONATE GARDEN CLUB

ROADSIDE LITTER COLLECTION

Volunteers welcome. For more information call 635-8640.

Wednesday, January 14 9 AM

Long Highway from Pottersville Road to and including John Sisson Road. Meet at Crowther's Parking Lot.

Wednesday, February 11. 9 AM

Swamp & Brownell Rds. Meet at southern end of South of Commons Rd.

Wednesday, March 11. 9 AM

Willow Avenue. Meet at Corner Cones parking lot.

REFRESHING THE SPRING GARDEN

Wednesday, March 4 7:30 PM

Jeremy Allen, co-owner of Beanhouse, Inc will advise on refreshing the spring garden with new varieties of plants. He will bring his favorite garden catalogs. At LCCC.

SOUTH COAST MUSIC SERIES

Saturdays, January 17, February 21, March 21. . . . 8 PM

A variety of music styles for all music lovers. At LCCC. For more information or to perform contact Gary Fish.

VISITING NURSE ASSOCIATION

BLOOD PRESSURE SCREENINGS

Fourth Wednesdays. 11 AM
At LCCC.



AT THE
SAKONNET GOLF CLUB

TO BENEFIT THE
LITTLE COMPTON
COMMUNITY CENTER

SATURDAY, JUNE 6, 2009

RAIN DATE SUNDAY, JUNE 7, 2009

18 HOLES - BEST BALL - PLAY YOUR OWN BALL
CALLAWAY SCORING SYSTEM

11:30 AM REGISTRATION

12:00 PM LUNCH

1:00 SHOTGUN START

FOLLOWED BY:

6PM RECEPTION - HEAVY HORS D'OEUVRES
SILENT AUCTION - RAFFLE - PRIZES

SAKONNET GOLF CLUB IS A WALKING FRIENDLY
COURSE. LIMITED CARTS AVAILABLE UPON REQUEST.

For Full Sponsorship Information or to Register
401-635-2400 www.LCCenter.com

2009 Little Compton Golf Outing at Sakonnet Golf Club

Sponsorship opportunities are available from \$150 to \$10,000. For full sponsorship information please call 401-635-2400 or visit us on the web at <http://www.lccenter.com>.

Number of Golfers _____ x \$200 \$ _____
Cart \$50 (per cart) \$ _____
___ Check ___ Credit Card Total Enclosed \$ _____

Please make checks payable to
LCCC. Mail to LCCC, PO
Box 926, LC, RI 02837

Acct. # _____ Name on Card _____

Expiration Date _____ Signature _____

Billing Address _____

Golfers (foursomes have priority—all singles, doubles, or threesomes will be placed on a waiting list)

Contact Person:

Name: _____

Address: _____

Phone: _____ E-mail: _____

Golfer 2:

Name: _____

Address: _____

Phone: _____ E-mail: _____

Golfer 3:

Name: _____

Address: _____

Phone: _____ E-mail: _____

Golfer 4:

Name: _____

Address: _____

Phone: _____ E-mail: _____

LCCC Fall Fun Photos



Circle of Friends Halloween Party



Fall Fest Desserts at the LCCC



'Chowder Heads' at the 2008 Chowder Cookoff. Will you join our 'master chefs' on February 8th for the 2nd annual LCCC Chowder Cookoff? See page 4 for more details.

Senior Services

Seniors Calendar

| | | | |
|--------------------------------------|------------------------|----------|------|
| Senior Information Specialist | Monday, January 5 | 11:30 AM | Free |
| VNA Blood Pressure Screening | Wednesday, January 28 | 11 AM | Free |
| Senior Information Specialist | Monday, February 2 | 11:30 AM | Free |
| VNA Blood Pressure Screening | Wednesday, February 25 | 11 AM | Free |
| Senior Information Specialist | Monday, March 2 | 11:30 AM | Free |
| VNA Blood Pressure Screening | Wednesday, March 25 | 11 AM | Free |

Senior Citizens Club

| | | |
|-----------------------------|--|------|
| Meetings & Bingo | 2 nd and 4 th Wednesdays at IOOF Hall. | 1 PM |
|-----------------------------|--|------|

Senior Dining Center

Three-course meals are available to people aged 60 and over or with disabilities.



- Meals are served Monday, Wednesday and Friday at 11:30 AM, at LCCC.
- Meals must be reserved at least 24 hours in advance by calling 635-2400. Monday meals must be reserved on the previous Friday by 11 AM.
- A \$3.00 donation is suggested but not required. Non-senior guests are required to pay \$3.50.

Shopping Bus

A school bus leaves St. Catherine's parking lot at 9:30 AM for mall and grocery shopping. Return at 1:30 PM.

- Tuesdays, January 13 & 27
- Tuesdays, February 10 & 24
- Tuesdays, March 10 & 24

Senior Information Specialist

Senior information specialist, Leisha Hackett is available for one-on-one consultations to assist seniors on a variety of issues including housing, insurance, consumer concerns, social services and health care. Leisha is from Child & Family Services of

Newport County and will be available on the first Monday of each month. Appointments are recommended though not required and may be made by calling 849-2300. **Free**

Little Compton Social Services (635-2722)

Director Susan Sisson assists persons and families in need of short-term financial assistance for fuel, rent, groceries and utilities through the Little Compton Assistance Association. The Little Compton Town Food Bank is held at St. Catherine's Church on Fridays and Saturdays from 9 AM to 10 AM or can be opened by calling Susan at the above number. All are welcome.

Visiting Nurse Association of South-Eastern MA (VNASM) (635-2358)

Located at 115 East Main Road, the agency offers skilled nursing, rehabilitative therapies, hospice care, adult day health care, and home health aide services. The VNASM also provides health screenings, well child clinics, flu clinics and support groups to the community. Available 24 hours a day, seven days a week, the agency is Medicare and Medicaid certified and accredited by the Joint Commission

on Accreditation of Healthcare Organizations. The VNASM maintains a charitable mission to accept patients based on need, not payment. They also accept payment from most HMO's, private insurance and direct patient payments.

Adult Day Center (632-2358)

The Margaret Langdon Kelly room at the Nancy Brayton Osborn Adult Day Center provides social and recreational programs as well as health monitoring for the frail elderly, disabled, people with dementia and elders unable to remain at home alone during the day. The center is part of the VNASM. For more information regarding hours, transportation, care giving, and costs please call the above phone number.

Meals on Wheels (351-6700)

Meals are currently delivered to the Visiting Nurse Association office at 115 East Main Road for pickup by a family member or friend for delivery to a homebound elderly individual. To speak with someone about receiving meals or for additional information about this program, please call 351-6700 and ask to speak to an intake specialist or visit: www.rimeals.org



Little Compton Community Center

PO Box 926

Little Compton, RI 02837

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PAID
Little Compton, RI
02837
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Postal Patron