



# Totoket Times

www.totokettimes.com

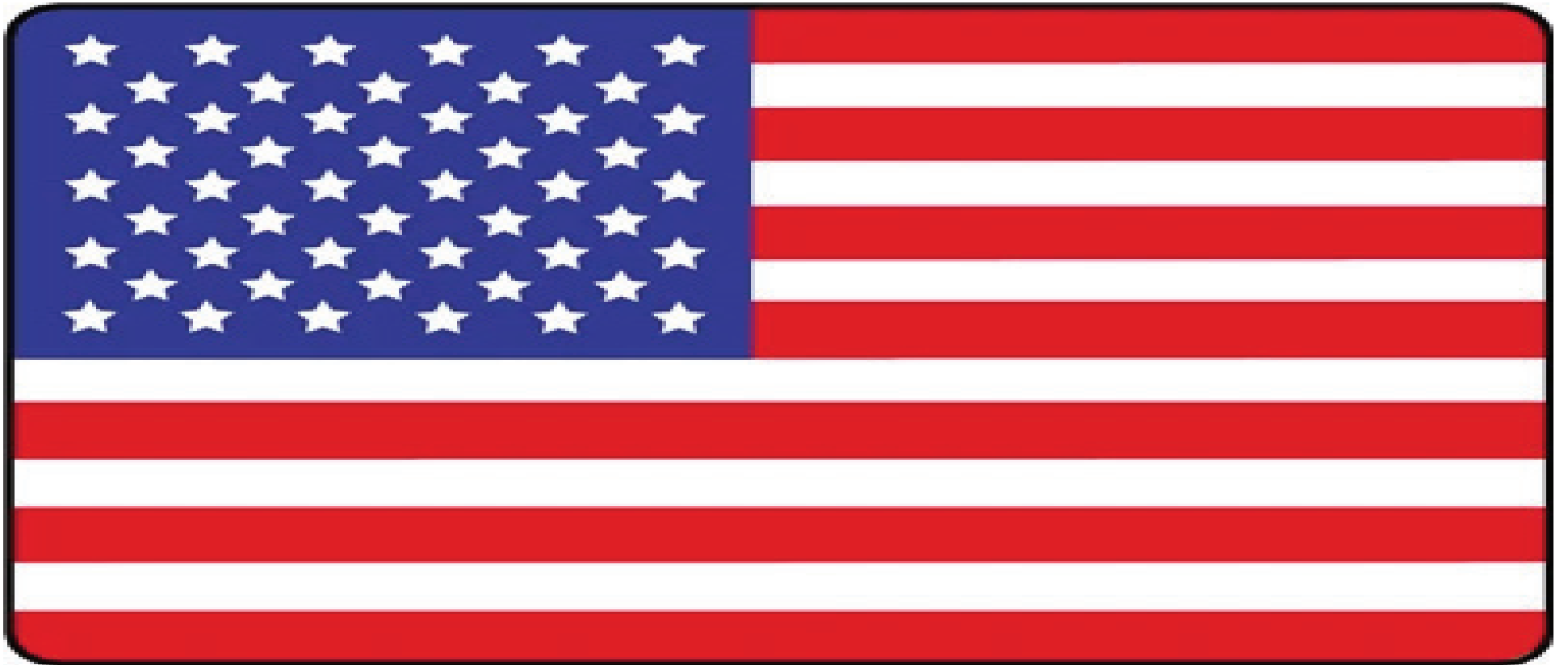
*For Our Town From Our Town*

PRST/STD  
U.S. POSTAGE  
Paid  
Branford, CT 06405  
Permit # 131  
Car-Rt-Sort

Postal Customer

Volume 29 No 8, November 11, 2022

## THANK YOU FOR YOUR SERVICE VETERANS DAY, NOVEMBER 11, 2022



### ***BREAKFAST WITH SANTA IS BACK!***

*Sponsored by the North Branford Education Foundation*



**Saturday, December 3, 2022**

**8:00 AM - 10:00AM**

**NBIS Cafeteria**

**Prepared by our own Michael Augur**

**Tickets are \$8.00 per person in advance**

**\$10.00 at the door**

***Music provided by our own school children.***

***You don't have to be a kid to enjoy***

***Good Food, Good Music and Good Times!***

**Tickets are available at Jerome Harrison**

**and TVES schools.**

**or by calling Frank at 203-410-4254.**

**Deadline for advanced tickets is Thursday, 12-1-22.**

### **Don't Let Black Friday Mess You Up!**

With all the flyers and mail coming to your mailbox on November 25th, we don't want your Totoket Times to get lost. Good things come in small packages and we don't want you to miss out on your community news.

Go out and see your local merchants on the biggest shopping day of the year. The Times will not be mailed that week but it will be available at the following locations as well as the complete issue on our website.

## **HAPPY THANKSGIVING**



***From Our  
Family  
To Yours!***



### **North Branford**

**North Branford Post Office, Patco Service Station  
Cumberland Farms, Atwater Library, Hair Designs**

**MT Cobbler, Town Hall**

**North Branford Barbershop**

### **Northford**

**Northford Post Office, Patco Service Station**

**Smith Library, NB Recreation Department**

***Visit [www.totokettimes.com](http://www.totokettimes.com). for the complete issue!***

#### **TOTOKET TIMES**

<u>Deadline</u>		<u>Publication Date</u>	
November	18	November	25
December	2	December	9
December	11	December	16
December	31	January	6
January	13	January	20
January	27	February	3
February	10	February	17

**Petals2Go Florist**  
484-7800 [www.Petals2GoCt.com](http://www.Petals2GoCt.com)

**Holiday Help Wanted.**

**Must have own car!**

**Call Dave at**

**203-484-7800**

#### **Table of Contents**

Editorial	Pages 2 - 4
School	Page 6
Sports	Page 7
Community	Page 8 - 9
Church	Page 10
Park Rec	Page 11
Classified	Page 12



## Appreciate your Grandparents

Dear Editor:

From the day I was born, my grandparents have always adored me, relished our time together, and appreciated all I have to offer. If it wasn't for my grandparents, I would be totally unaware of the true definitions of the qualities of hard work, kindness, and using knowledge appropriately and in a wise fashion.

Stanley Wojcik, my grandfather, has greatly influenced my life in a multitude of positive ways.

To begin with, he has taught me to never give up in my beliefs, dreams, and goals. He has always been so very proud of me throughout my tribulations, and comforting and encouraging to me throughout the trials of my life because he knows that I can easily learn from my mistakes. I, a 14 year old boy, actually enjoy mowing the lawn and watching the amazing stripes that are formed by the roller because of my hardest working grandpa. Also because of my grandpa, I enjoy working with Hunter irrigation systems. I took the knowledge that he taught me about sprinklers and took it to another level by researching how to replace, adjust, and coordinate the sprinklers and sprinkler timer properly. A third thing that I can mention about my grandpa is that he helped me to break free of my fear of water and swimming at the age of 4. Although I was learning to constantly build my strength and gain endurance at the YMCA, my grandpa helped me to further better my swimming technique so I could move

faster through the water with better skill. Most importantly, my grandpa has taught me to be a good child of God through going out of my way to help others, loving each and every person, whether near or afar, and treating everyone the way I want to be treated.

Lucia Wojcik, my grandmother, is the most energetic, playful, outgoing, and brave grandparent that a child could ever ask to have. Since a young age, we have been telling made up stories together, whether on the phone or in-person. The stories could vary from owning a well-established and successful restaurant on Long Island to being from a wealthy family on a farm in South Carolina during the Civil War. My grandma is always willing to teach me the following: Cooking, Cleaning, Ironing, and other tasks that may be necessary for me to take care of myself in the near future. My grandma is the toughest 75 year old woman that I have ever met. She actually has had a pacemaker for 6 ½ years, but that has never stopped her from participating in activities that every kid my age enjoys. One thing that my grandma and I greatly enjoy discussing is our U.S. history. After kindergarten, I ended up learning every single president, thus far. Believe it or not, I was even able to teach my fast learning grandma all of them as well, and she still remembers them in chronological order!! It just goes to show you that you are never too old to learn something new!!

I am so lucky and grateful to have been blessed with such wonderful grandparents who are always at my side!!!! Sincerely, Alexander Amici

### I HAVE A NETWORK LIKE NO OTHER



#### ARE YOU READY FOR THE EXCEPTIONAL?

- Dedicated property website for every listing
- Expert analysis-marketing tools second to none
- Unparalleled personal service
- A respected global real estate brand
- Professional photography for every listing
- Local market expertise in all price points
- An extraordinary digital presence
- Social media campaigns

NOTHING COMPARES.



William  
Pitt

Sotheby's  
INTERNATIONAL REALTY

Each Office is Independently Owned and Operated.

### MARK McELRATH YOUR LOCAL REAL ESTATE PROFESSIONAL

*Making a move now or in  
the future? Contact me,  
I'd love to help!*

**c 860.951.4918**  
mmcelrath@williampitt.com  
Guilford Brokerage

(Sotheby's International Realty® agents  
networking NYC sunset cruise)

### Sharon Hine Landscapes, llc

Landscape Services &  
Perennial Gardens

Design & Installation  
Property Maintenance

Clean-ups-Lawns-Mulch

NOFA/Organic Land Care

Free Consultation/Insured  
References-CT HIC-0639623

sharonlandscapes@gmail.com  
www.sharonhinelandscapes.com



# hair designs

## for Men & Women!



**Hours of Operation**

**Tuesday 1-5 PM**

**Wednesday - Friday 9AM - 5PM**

**Saturday 9AM - 3PM**



**1717 Foxon Rd. (Rte 80) -  
North Branford (in The Keybank Plaza)  
203-488-6959**



**1179 Foxon Rd. (Rte 80/22)  
North Branford CT 06471  
(203) 484-7474**

Arnie Willhite, *Owner*

New and Used Guns \* Bought \* Sold \* Traded



**WILLS & TRUSTS  
ASSET PROTECTION  
ESTATE PLANNING**

**203-500-0201**

**MARC@ATTORNEYMARC.COM**

**222 RIMMON ROAD • NORTH HAVEN, CT 06473**



State of the Art Dentistry  
Emphasizing Cosmetics in a  
Therapeutic Environment



**Don't wait any longer.  
Call for an appointment today  
Let us show you what our all female  
state-of-the-art cosmetic dentistry  
can do for you.**

- Whitening - Smile Design
- Painless Gentle Dentistry

**Come see us at our new location!  
185 Maple Ave., North Haven, CT**

**Varsha Salani, D.M.D., LLC  
(203) 234-1901**



## PORTO FUNERAL HOME

**234 Foxon Rd (RT. 80) East Haven**

**467-3000**

Offering assistance with  
**PRE-planning and PRE-financing**

## Burials - Cremations

**Directors:**

**Clement L. DeLucia  
Albert M. DeLucia**



Sit & Stay  
Dog Grooming, LLC

**\$5.00 OFF  
\$40. Service  
Expires 12-31-22**

**1387 Middletown Ave.**

**Northford, Ct 06472**

**Phone: 203-484-PAWS - (203-484-7297)**



## GALAXY Landscaping

**OUR SERVICES INCLUDE**  
Mowing • Trimming • Power Washing  
Clean-Up • Pruning

**WE PROVIDE  
SUPERIOR LANDSCAPING SERVICES**



**(203) 232-9376**



State Representative Vincent Candelora  
Elections Over, Time to Get to Work in Hartford



Elections, we are often told, are about the future. Last Tuesday, all 151 seats in the House and 36 in the Senate were up for grabs and now we live with the results. It is now time for both parties to come together and act in the best interests of the people that send us to Hartford.

I have had the distinct honor of representing the people of the 86<sup>th</sup> House District including my hometown of North Branford since

I first took office following the 2006 elections. Unlike others who ran in this cycle, I did not have an opponent which afforded me the opportunity to travel around Connecticut on behalf of my colleagues in the House and help them get elected.

Now we have to get to work to address the issues that I heard on the campaign trail and from my neighbors and friends every day. And while these issues - rising inflation and crime, affordable fuel to heat our homes and others - could have, and should have been dealt with during the last legislative session that ended in May, we now have no choice but to take them head on.

We have repeatedly called for using readily available funds to help those who will struggle to heat their homes as the winter approaches. Republicans called for action for months but were rebuffed at every turn. Just before the election some in the majority party indicated that they might be open to a special session prior to the regular session that starts in January.

These matters and others, including the passage of a budget for the next two years, will dominate the headlines once the legislature is sworn in and begins the real work ahead.

I look forward to this and look forward to hearing from you.  
*Vincent J. Candelora of North Branford is the House Republican Leader*

Local Attorney Moves to Bigger Office

**Attorney George P. Guertin**, a local attorney who has been working at this for almost 30 years has moved to a new office with more benefits to his clients.

He moved from 26 Broadway in North Haven (the old firehouse) to 37 Broadway (less than a block away) for the following reasons:

1. Many of his clients have moved out of town without leaving forwarding addresses and or telephone numbers.
2. Many have passed away without letting us know so that we could send their Wills to the Probate Court.
3. Some have divorced their spouse and remarried, which would be very helpful later in life when they passed away.

Another reason for the move to 37 Broadway is that we have more room to store Wills, Trusts and other important documents. With the move, we also had the need to move the telephone numbers. This part of the move did not go well and we are still dealing with it. We wish to notify our clients with the new telephone number to use in contacting our office. The new number is 203 507- 2417, and our 800 number 1-800-GUERTIN (1-800-4837).

Let’s be “Frank”

Well last night we turned back the clocks. When I got up it didn’t seem like I had gained an hour of sleep. As the day moved on it seemed as though it was 8 o’clock when it was five. I was tired even though it was only five and I got an extra hour of sleep. By seven I was ready for bed. That extra hour did nothing for my energy level.

I used to laugh at people who said when the time changed they were all messed up. Well now I’m one of those people who is messed up.

So now it’s the season for getting ready for holiday meals. The ones you and I and our parents were accustomed to have changed drastically. My legendary antipasto is taking a slap in the face. No one eats salami any more nor ham or prosciutto and abruzzo sausage is a thing of the past. Lasagna has gluten and pasta has gluten and candied yams have candy. Apple pie has become a healthier apple crisp and for chocolate lemon pie you may as well just suck a lemon.

With all the changes in football because of too many injuries. those games have become pretty boring. You might as well watch the kids in the neighborhood play a game of touch football but they are all in the house playing video games.

Maybe I’ll just get some leaves out of the garden and mix in some fruits with oil and vinegar, have a dish of mixed nuts and call it a day.

All of this being said, Frankie and his wife are coming up from Florida (Avello is a beautiful thing)and the entire family will be together for at least most of the weekend. That’s always entertaining and with the grand kids and Erica’s new puppy, you never know what to expect.

Well, this week we would have been celebrating your 77th birthday. You would have eaten all this holiday stuff but that might be one of the reasons you checked out before you were sixty four. There’s something to say about living life to the fullest but you missed alot these past few years, and you were missed alot as well.

Happy Thanksgiving and my best to the family. I’ll see you soon

“I am part of a vanishing breed...”

**Dear Editor,**

With regard to the comments State Rep Vincent Candelora made in the recent Times issue concerning the brutal assassination of Sgt. Hamzy and Lt. DeMonte, an attempted effort on officer Iurato, we can make perfect sense of this carnage.

Over the last seven years we as citizens have abrogated our civic responsibility concerning crime and policing. Since the late 1960’s as our society began to devolve, our police men and women were no longer going to be responsible for public safety and protection of property. No, we demanded they become sociologists, psychiatrists, guidance counselors, mentors and behavioral therapists. The continuing winnowing away of established norms and standing institutions within our society has created a perpetual lawlessness that these brutal attacks are the results of. Imagine killing someone over a catalytic converter.

The men and women who wear the blue are made to bear the brunt of a society that we threw away. And in our inability to addresss the ever growing lawlessness we have in our society, we have projected our own self loathing onto them and made of them convenient scapegoats for our sins.

Yes, we have seen over the last few years ugly incidents of police interactions gone horribly wrong. *(Continued on page 5)*

Risk Assessment - Part I

**Dear Editor:**

More than a century ago, Big Pharma used us as its lab rats. At the end of the 19<sup>th</sup> century vaccines were being developed for typhoid, smallpox, cholera and the bubonic plague without regulatory oversight. People fell victim to manufacturing shortcuts when untested products were rushed to market. In 1902 the first regulatory testing and restrictions were required by the Biologics Control Act after a contaminated diphtheria antitoxin caused tetanus outbreaks in St. Louis and a deadly smallpox vaccine was sold in New Jersey. In 1954 the Division of Biologics

Standards was inspired by the ravages of a dangerous polio vaccine. Thereafter, vaccine safety was to be highly regulated through preclinical testing before any experimental vaccines could be tested on humans.

Historically, it has taken two to four years to get a vaccine through pre-clinical tests in an array of tissue-culture and animal testing designed to assess vaccine safety and viability before any human testing. An Investigational New Drug application must be filed with the FDA, describe planned manufacturing and testing processes, summarize laboratory studies, and propose a process for safe human testing and the assessment of long-term effects. An institutional review board must approve and oversee this process. *continued on page 4*

This publication is published bi-weekly by  
Doss Enterprises LLC  
PO Box 313 Northford, CT. 06472  
Tel; 203-410-4254 Fax 203-484-4729  
email: totokettimes@comcast.net

**PUBLISHER - FRANK MENTONE JR.**  
*founders - Bert Bunnell Jr. & Anthony Esposito Jr.*

**The publisher assumes no responsibility for typographical errors. In the event of an error, the publisher will issue a credit adjustment on only the incorrect portion of the advertisement, as well as a retraction in the next issue.**

**Letters to the editor...**

This paper encourages all readers to voice their opinions and comments. The Totoket Times is not responsible for erroneous information or statements in letters to the editor. Letters should be as brief as possible. All letters must be signed. A telephone number should be included and no personal attacks. This paper reserves the right to edit all letters. All letters should be addressed to :

**The Editor**  
P.O. Box 313, Northford, CT 06472



## *For the Health of it* Giving Thanks for 2nd Helpings!



Although an attitude of gratitude is best practiced year round, November brings a holiday designated to doing just that. Giving thanks is not only good for the soul, studies show it also benefits physical and mental well-being such as less depression, a boosted immune system, and better sleep. So if gratitude isn't on your daily "to do" list, this may be a good time to give thought to the things that mean the most to you.

In addition to drawing attention toward our blessings, Thanksgiving kicks off the holiday season as the gateway to multiple celebrations that center around enjoying good food. The anticipation of a bountiful table with all our favorite things can conjure up good feelings, as well as feelings of anticipated guilt. But, what if you could enjoy second helpings guilt-free and in a way that may support your health goals? If that interests you, you may want to add second helpings to the list when counting your blessings this holiday season. Number one, consider yourself fortunate that second helpings are even an option. The next, less obvious reason may surprise you. "Second helpings" in the right balance, intervals, and portions, can help burn fat and stabilize blood sugar.

That statement needs clarification for sure so let's look at it another way; eating frequent meals throughout the day in the right balance of protein, fat, and carbs, in proper portions and intervals, helps keep blood sugar balanced.

Granted, the typical Thanksgiving plate piled high with turkey, stuffing, mashed potatoes, and a few vegetables, all smothered in gravy doesn't look very balanced at all. But there are ways to savor the first helping and have more to enjoy later without having a food hangover and longing for those stretchy pants!

Check out the tips below that can guide you to eat balanced holiday meals, drink alcohol if you choose, and enjoy dessert.

1. Skipping meals all day long in anticipation of the celebratory meal is a huge mistake! Each time a meal is skipped, blood sugar drops. A hormone called glucagon is over released and the body burns muscle, blood sugar goes up and cravings increase.

2. Start the day with a balanced breakfast that includes protein, a healthy fat, and a carb (like fruit) and repeat with similar small meals at 3-4 hour intervals throughout the day. (Don't like breakfast? Have ½ of a good quality protein shake.)

4. Choose your protein first, and balance out the plate with a sensible serving of dense carbs (like potatoes). No problem deciding on fats as there will likely be enough in what's already on your plate. Don't forget to add some veggies.

5. Enjoy all your traditional favorites without a bit of guilt, knowing you can make better choices starting with your very next meal.

6. Get moving. Start a new tradition by taking a family walk after the main course and before dessert.

7. Avoid taking a nap or going to bed on a full stomach. Sleeping on a full stomach causes the body to store fat and interferes with a restful sleep.

8. Be in the moment. Chewing food longer helps break it down which in turn helps the stomach digest it. In addition, eating slowly allows the senses the full experience of all the wonderful flavors and aromas.

Here's the best part-you get to do it all again 3-4 hours later! Fill your plate with more balanced favorites and include things you may have missed. So overall, the same amount of food is consumed but in a way that allows for extra savoring time, extends the experience and allows food to be metabolized in a way that treats the body better.

Now there's a chance that none of the above appeals to you. Maybe the part you enjoy most about Thanksgiving is to pull out all the stops, put on sweats, eat until you fall onto the couch, take a nap and wake up asking "why did I do that?" If that's the case, it's fine-just make that choice ahead of time. Making that decision in advance takes the power away from the food and gives it back to you. The key is to get back to sensible eating with the very next meal-not the next day!

Enjoy Your Food, Count Your Blessings and Have a Happy Thanksgiving!

November is Diabetes awareness month which is a good time to consult your doctor if you have concerns and start thinking of proper nutrition to support balanced blood sugar levels.

***Keep your questions and comments coming at [joann@wellnessfusion.net](mailto:joann@wellnessfusion.net). This monthly article is here for you-For the Health of it!***

***JoAnn Begley is a Certified Health & Nutrition Coach who has practiced holistic therapies for more than 20 years. She and her husband Jerry have two children and live in North Branford.***

## Estate Planning for Everyone

By Attorney Marc P. Guertin

Never underestimate the power of a basic estate plan. Currently, the world is a complex place. Just because the world is so very complicated doesn't mean that your estate plan must be.

A basic estate plan focuses on a different set of "P's" people, property and plans. Any good estate plan, basic or otherwise should answer two questions: "What happens to my stuff when I die?" and "What happens if I am seriously ill?"

The center piece of a basic estate plan is a Last Will and Testament. A Will can be a simple document distributing assets outright to your heirs or it can be more complex; planning for all types of situations from minor children to special needs beneficiaries. Wills only contemplate one thing- your death, but what happens if you don't die and you just become seriously ill or incapacitated in some way? Planning for incapacity is just as important as planning for death.

The core document in an incapacity plan is a Durable Power of Attorney. A Durable Power of Attorney allows you to appoint an agent who can handle your financial affairs if you should become incapacitated. A Durable Power of Attorney is critically important. In the absence of this document no one has the power to manage your affairs while you are incapacitated and the only way to get that kind of power is to go to court. Going to court, even the probate court, is not what I would call a cost-effective solution. Any time you have to get a doctor, a lawyer and a judge involved it is going to be costly. This problem is easily avoided with a Durable Power of Attorney.

Healthcare Directives and Living Wills are extremely important when planning for incapacity. These documents focus on your health. A Healthcare Directive appoints someone to interact with healthcare professionals and make decisions on your behalf if you are incapacitated. Just as with the Durable Power of Attorney, in the absence of a healthcare directive your family would have to petition the court to get the power to make healthcare decisions.

The final piece of a basic estate plan is a Living Will. A Living Will lets you inform your doctors (and loved ones) your wishes regarding what extraordinary medical procedures you want performed if you are in a terminal condition with no hope of recovery. It spells out your exact intentions which takes the weight of a decision like that off your family. In these times it is critically important to have a healthcare agent who can speak for you and a Living Will in place to speak to your wishes regarding end of life decisions.

Thinking about our own mortality is not an easy thing to do. Planning for not being here can be stressful. Sometimes it's hard to even get started. Focus on people and property. Once you have identified the important people in your life and your property- it is time to make a plan on how to transfer your property to your people.

***If you have estate planning questions that you would like answered in this column, email me at [Marc@attorneymarc.com](mailto:Marc@attorneymarc.com). If you 'd like to come in and talk about updating your existing plan or making a new one, I offer free initial consultation. Virtual, phone and in person consultations are available. Call me at 203-500-0201 to schedule an appointment.***

### ***Risk assessment continued***

this process. Only if a vaccine gets through this pre-clinical phase can a vaccine be used on humans. Human testing is then carried out in three clinical phases: small groups of 20-80 adults, then groups of several hundred and finally in groups of thousands. These three phases take many years to cautiously assess the long-term as well as short-term effects of vaccines with otherwise unknown dangerous or fatal effects.

The sum and substance of all pre-clinical studies, testing and reporting for our COVID-19 vaccines took less than three months. Forty-five volunteers then got the first jab in Phase I testing on March 16, 2020. The study of long-term side effects was similarly shorted, to be tracked in the group of 45 for just a year. On December 11, 2020, however - with the Phase I human trial yet unfinished - emergency use was authorized. With only eight months of any study of the dangerous effects on the group of 45, the FDA assured us that it had "conducted a thorough evaluation of available safety, effectiveness and manufacturing quality..."

According to 120 years of regulatory development, hundreds of millions of us are now in the Phase II test group. We are all - once again - Big Pharma's lab rats.

Sincerely,

D. Kirt Westfall 10/28/22





The Stars Were Shining

The North Branford Education Foundation recently honored three individuals with the Alan Davis Shining Star Award. Close to 200 people were on hand at Wood Winds in Branford to recognize these individuals for the dedication they have to the youth in our community. Pictured left to right; Frank Forgione, Lori Connelly and Rita Ney.

Continued from page 3

However, to try to weave a tapestry that police et al are part of some right wing facist death squad is beyond the pale. But let us not lose sight of the abject truth, most of these episodes involve some form of resisting arrest. And the height of hypocrisy is listening to politicians now coming ing out for more police funding. I am part of a vanishing breed but I feel indebted to our men and women in blue. Maybe if we stopped being a nation of enablers and apologists, more would see our police as the HEROES they are.

Doubt what I am saying, when you hear the downstairs window shatter some night at 2AM. Try calling a sociologists.

Sincerely, Nicholas Solimini



999 Foxon Road, North Branford  
203-484-0330 www.pastryfusions.com

2022 THANKSGIVING DAY MENU

9” Pies

(All our pies are made from scratch with real fruit, butter & no preservatives)

Pumpkin Pie	\$15.00	Apple Pie	\$16.00
Coconut Custard Pie	\$15.00	Apple Crumb Pie	\$16.50
Chocolate Cream	\$17.00	Fruit of the Forest	\$18.00
Banana Cream Pie	\$17.00	Coconut Cream Pie	\$17.00

Chocolate Lemon Pie \$16.50

(fruit of the forest is with apples, blueberries, blackberries, cherries & strawberries)

Cheesecakes (8” \$30.00 10” \$40.00)

Pumpkin Cheesecake  
Pumpkin Ganache Cheesecake  
New York Style Cheesecake plain or with Strawberries

Breads

Snowflake Dinner Rolls \$7.50 Doz.

Assorted Stuffed Breads

Antipasta	\$16.00	Buffalo Chicken	\$16.00
Pepperoni & Cheese	\$15.00	Broccoli & Cheese	\$15.00
Eggplant Parmesan	\$16.00	Spin, Saus.& Cheese	\$16.00

Full Stuffed Bread Menu is also available.

Desserts

Assorted Italian Pastry  
Holiday Cookie Platters \$17.50 per pound.  
Dessert Cakes available from our menu

To ensure availability please place order by Sunday, November 20th.

Holiday Store Hours:

Tuesday November 22nd 7:30 - 3:00  
Wednesday, November 23rd - 7:30 - 3:30  
Thursday, November 24th & Friday, November 25th - Closed.  
Saturday, November 26th 8:00 - 3:00.  
Sunday, November 27th 8 - 12.

Hope & Tomorrow  
FUNDRAISER

In Honor Of  
Jeff DeFrancesco

\$20 Adults  
\$10 Children  
Free 5 and under  
\$60 Max Cost  
Per Family



Food  
Bounce House  
Arcade Games  
Kickball  
Slow Pitch  
Softball  
Tournament  
Raffle  
Silent Auction

Friday  
Nov. 18th  
5pm-10pm

In support of  
Brody and Kallie  
Mae

Connecticut  
Sportsplex  
216 Foxon Rd,  
North Branford,  
CT 06471



venmo



PayPal

To donate Scan Qr Code

This fundraiser is sponsored by Kingdom Builder Ministries Inc, a 501(c)3 Organization established to reach into the community and across the state to help people in need. Jeff was an amazing 40 year old man who loved his family and was tragically killed in a car accident.

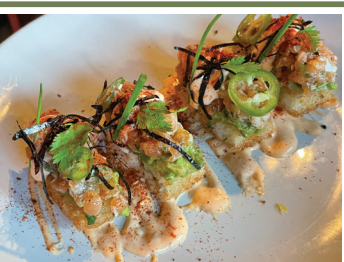


MILLPOND  
GATHERINGS

STEAKHOUSE • TAVERN • VENUE

YOUR TABLE AT THE FARM

At Millpond Gatherings, we are an all encompassing hospitality center where you can eat, celebrate, shop and stay with us here in the quaint town of Northford, Connecticut.



WEEKLY CHEF  
SPECIALS

Sunday Brunch  
Served 11:30-3

Taco Tuesday  
\$5 Tacos & authentic  
Mexican cuisine

Burgers & Beer  
\$9 Burgers on Wednesdays  
in the Tavern

Date Night  
\$35 pp on Tues/Wed/Thurs  
in the Steakhouse



Book your special event today!  
Lory@millpond.email for more info!

1565 MIDDLETOWN AVENUE, NORTHFORD | (203) 714-4400  
MILLPONDGATHERINGS.COM

OPEN  
FOR LUNCH  
FRI & SAT 11:30AM - 3PM

HAPPENINGS

HOLIDAY ARTISAN  
MARKET

SUN. NOVEMBER 13TH  
11 AM – 3 PM

COUNTRY MUSIC  
NIGHT

FRI. NOV 18TH  
8 - 11 PM

JOIN US AS WE FEAST  
AND GIVE THANKS

Enjoy a traditional  
Thanksgiving Meal

NOV 24TH 1-8PM  
LAST SEATING AT 6PM





## The Tradition Continues...



Once again, Community Round-Up was a great success! The 2022 Community Round-Up brought in **6,246** food and monetary donations (including **\$837** in cash donations, and **5,409** food items). By comparison, last year we collected **4,121** food and monetary donations. We had **21** teams and **65** students (mostly from NBIS) on routes, with **over 20 staff members volunteering** for the event, and multiple family members of staff helping as well.

The third place team (373 items collected) was: **Vincenzo Giammattei** (future NBIS student). The second place team (423 items collected) was: **Arianna Salz (6th), Jade Smith (6th), and Hannah Comejo (6th)**. The winning team (463 items collected) was: **Siena Flynn (7th), Kylie Connolly (7th), and Ava DeFrancesco (7th)**. Most importantly, a fun time was had by all, and everyone left the event knowing they had made a difference!

Special recognition goes to **Mark Torrente/Paula Ricci** (Community Round-Up Co-Coordinator), **The North Branford Public Works Department** (food transport), **Justin Florio** (custodial services), the **NBHS Hockey Team** led by **Ralph Shaw and his coaching staff** for their efforts in boxing all of the donated items, and **Joan Williams** (route assignor and 32nd CR) for their efforts.

Thank you to all the students and parents who participated! Additionally, many thanks to the following NBIS, BOE, and NBPS staff members for helping to make this event a great success: **Mark Torrente, Paula Ricci, Joan Williams, Bruce Williams, Michelle Martino, Sharon Misiti, Justin Florio, Ralph Shaw, Matt Brodeur, Nate Bowers and daughter, Jessica Morison and father, Nicki Brustman and husband, Lea Pierson, Bryn Pierson, Jessica Cavallaro and daughters, Brian Brigance, Jaqi Giammattei and son, Meghan Ruszczyk and son, Kevin Coyle, Sherry Kingsley, Beth Siena & Keith O'Rourke**

Most importantly, a fun time was had by all, and everyone left the event knowing they made a difference!

*Submitted by Principal Keith O'Rourke*



## Author Katherine Hill Visits North Branford High School

On November 2, Katherine Hill, author of *A Short Move*, visited English classes as a guest speaker. Ms. Hill is a professor at Adelphi University in New York and traveled to NBHS to visit English classes. English Department Chair Mr. Ford and English Teacher Ms. Dodds organized the event. Students heard from Ms. Hill about the fields of creative writing, journalism and publishing. Prior to her visit, students provided a list of questions to Ms. Hill that were addressed during the class discussion.

*Photo Courtesy of Robert D. Ford*



## Spanish Honor Society Welcomes New Members

On November 2, eleven students at NBHS became members of the NBHS Spanish Honor Society. In order to qualify, students are required to have successfully completed two full years of the language with a final grade has to be 94 or higher along with teacher recommendation regarding the students' contributions during coursework while studying the language. The inductees include: Noah Allen, Ashley Amendola, Jason Collins, Gabrielle Dion, Alexa Falcioni, Catherine Hannan, Marley Krebs, Giana McCullough, Jack Monde, Aaliyah Rizzuti and Alivia Schmidt.

## Students at TVES Enjoy PTO Fall Festival

On Friday 10/21 TVES students enjoyed the first in person PTO fall Festival. The school community celebrated with crafts, games, dancing on the tables at the scary-oke dance party with a visit from Brittini D'Urso from Revolution Academy of Dance to teach them a dance combo, campfire stories, doughnut eating contest, pumpkin painting, and picture areas. Thank you to Adrienne Francisco, Victoria Lanza, Catherine Benivenco, Mary-Elissa Giovanni, Nissi Versi, Kelly Martinez, Johanna Krebs, Courtney Cleary, Abby Walston, and the rest of the PTO committee and volunteers who made it an extra special night for the kids!



**NORTH BRANFORD BARBERSHOP**

**HAIR CUTS**  
MEN \$14.00  
SENIORS & KIDS UNDER 10 \$12.00

Tues, 8:30 - 5:00 Wed 8:30 - 5:00  
Thur 8:30 - 5:00 Fri, 8:30 - 5:00  
Saturday 8:30 - 2:00  
- WALK - INS ONLY -

OWNER- ROBERT VIGLIONE  
1179 FOXON RD, NORTH BRANFORD | (203) 484-6789





Seniors Recognized

Seniors # 9 Gianna Palma and #31 Payton Kamienski were recently honored for their hard work in leading the North Branford High School Field Hockey team to an undefeated regular season conference record with only one loss to Stonington.

The team was ranked #1 in both the Shoreline Conference and the State Class S.



Six Consecutive  
Shoreline Championships  
NBHS Field Hockey



Ava Candelora Second Team All Shoreline

Goalkeeper Ava Candelora (pictured here with Athletic Director Lori Connelly) was named to the Second Team All Shoreline.



NBHS Football Team reaches the 500 Mark

The T-Birds spotted Windsor Locks 6 points in the first quarter then went on to defeat them 41-26 to even their record at 4-4. Senior Mason Provencher was 14 for 20 throwing for 190 yards. He also carried the ball 15 times for 149 yards averaging to ten yards a carry. Sophomore Tommy Hansen also carried the ball 17 times averaging 8.4 yards for a total of 142.

Provencher spread the ball around hitting senior Ian Kamienski and Elias Defaronas 4 times each for 64 and 56 yards respectively.



North Branford seems to specialize in gang tackling as a number of players had a number of assists. Senior Tyler Sorensen was in on 14 tackles, with classmate Dradon Brandisi adding 11 and junior Luke Blomster was in on 10 and his classmate Lucian DePino assisted on 7.

Senior Ian Kamienski had two interceptions and returned them for 39 yards and senior Charile Johnson has one returned for 15 yards.

*Provencher sets up to complete another pass.*  
*Photo courtesy of Todd Inzarra*



Unified Sports at Valley Regional Tournament

The NBHS Unified Sports Team participated in a soccer tournament on Tuesday October 18 at Valley Regional High School. NBHS Coaches Jackie Thurston and Taylor Neelon were on hand to lead the team! Unified Sports compete in various events held throughout the school year at a number of schools in the local area and throughout the state. The events include soccer, volleyball and basketball among others. Submitted by Principal Todd Stoeffler



Connecticut Sportsplex®  
FIELDHOUSE FAMILY FUN CENTER

LASER TAG BIRTHDAY PARTIES  
LASER TAG GROUP OUTINGS

WALK-IN LASER TAG OFFERED  
FRIDAY 5PM—9PM  
SATURDAY AND SUNDAY 11AM—7PM



203-484-4383  
www.ctsportsplex.com



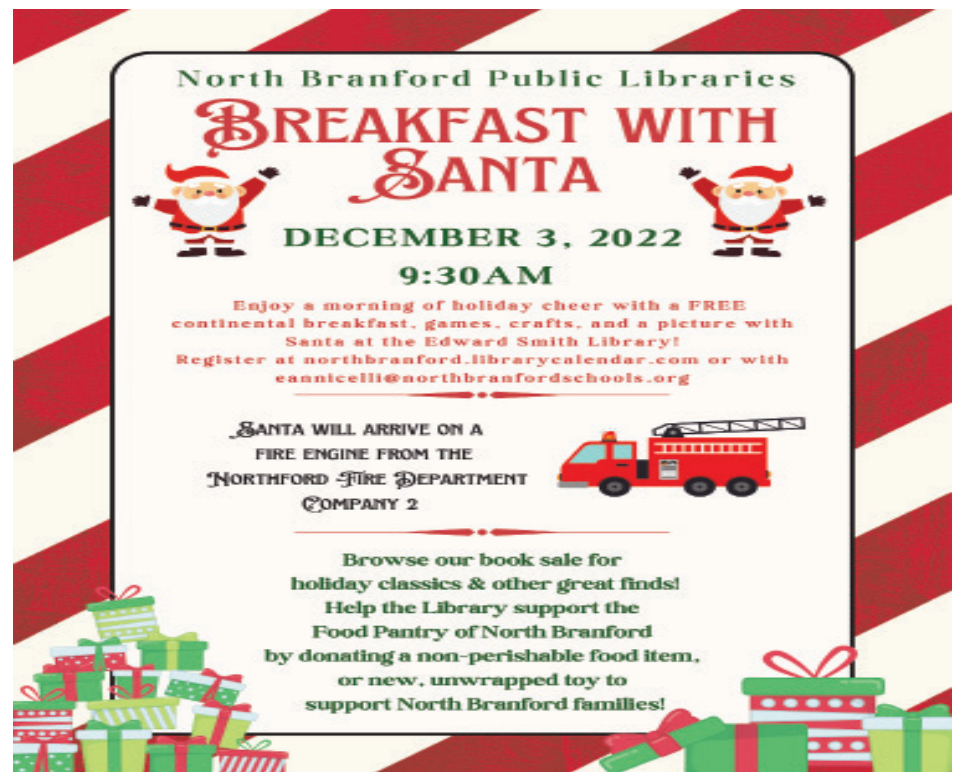


The celebration continues as  
we honor  
Mrs Debbie's 34 years  
of dedication and service as the  
Smith Library Children's Librarian

**—RETIREMENT OPEN HOUSE—**

Saturday, November 19th | 12-3 PM  
Edward Smith Library  
3 Old Post Road Northford

**NORTH BRANFORD**  
**PUBLIC LIBRARIES**

[illegible]



# Recycling News

## North Branford Fall Leaf Collection.

North Branford residents can bring their leaves to the leaf drop off center located around the field to the left of the police station, near the Public Works Facility on Route 22 from 9:00am to 3:00pm on Saturdays November 12<sup>th</sup> and 19<sup>th</sup>. Just follow the signs. No brush or grass clippings. Please place leaves in biodegradable leaf bags (no tape please) or empty them loose onto the ground.

There will be a curbside pickup of leaves in untapped biodegradable paper bags the weeks of November 28<sup>th</sup> – December 9<sup>th</sup>

## If you missed the Bulky Waste Pickup.

### Here are some other options:

You can post on the Facebook page: [North Branford & Northford Free Items](#). Or, post on the New Haven, East Haven or Milford Freecycle.org site.

Or, you can look up furniture in the **New Haven Downsizing Donation Guide**. It lists multiple organizations that want your stuff! Just Google ‘New Haven Downsizing Donation Guide’.

Some places even pick-up large items.

Or, post it on Facebook Marketplace.

## Can I recycle it?

Connecticut has a website to help with recycling questions: [www.recyclect.com](http://www.recyclect.com). They also have an app.

## Plastic Film Reminder

The town’s drop off locations are:

[Atwater and Smith Libraries, Northford Store, STW Community Center, The Food Pantry of NB, Country Paint and Hardware, T.J.’s Launderette](#)

For more information about recycling in North Branford you can check out North Branford’s Recycling Committee’s website: [townofnorthbranfordct.com/government/boards-commissions/hazardous-wasterecycling-committee.aspx](http://townofnorthbranfordct.com/government/boards-commissions/hazardous-wasterecycling-committee.aspx) or our Facebook page: North Branford CT Hazardous Waste & Recycling Committee

Thank You for Your Participation



## TJ’s Receives Plastic Film Program Bench

On Wednesday, October 5, TJs Launderette was presented the latest bench NB has earned from the Plastic Film Recycling Program, sponsored by Trex and supported by our NB Big Y. This NB’s 12th bench.

NB Solid/Hazardous Waste and Recycling Committee members Bill Savastano and Hank Petroskey made the presentation.

A big thank you to the new owners of TJs for allowing us to continue collecting plastic film at their location. To date, they have collected just under 2,000 pounds.

The bench will be placed outside the launderette’s entrance allowing patrons a place to sit while awaiting their laundry.

TJs is dedicating the bench in memory of Terry Esposito, former TJs owner, who recently passed away. A big thank you to co-owners Colin Dunn and Derek Marsette and Manager Kyle Marsette for their thoughtfulness.

Thanks to everyone who participates in the Plastic Film Recycling Program and please continue to be diligent in placing only acceptable items in the collection bins. Turning all bags inside out will help greatly when sorting the material and ensuring there is no food left in any bag.

The purpose of North Branford’s Solid/Hazardous Waste and Recycling Committee is to develop and implement environmentally sound solutions and best practices for solid waste disposal and recycling management on behalf of our town.

*Colin Dunn (co-owner) and Kyle Marsette (manager) try out the new bench. (photo by Hank Petroskey)*

## DEATH NOTICES



**Kenth Bo Åström** It is with unspeakable sadness that we announce the passing of Kenth Bo Åström, 61, of Northford, the loving husband of Deborah Grace Åström and devoted father of Arianna Astrom. Kenth passed away on October 17, 2022, surrounded by his loving family at home. He was born in Härnösand, Sweden on January 20, 1961, the son of the late Lil-

lianne Åström Billström and stepson of the late Roland Billström. After high school, Kenth entered the Swedish Armed Forces for his military conscription. While there, he was encouraged to continue his military career with the United Nations Peacekeeping Forces, which took him to world conflict zones in Cyprus and Lebanon. When his tour of duty was complete, he returned to Sweden to earn his bachelors degree in Information Technology from the KTH Royal Institute of Technology in Stockholm. Always up for an adventure, Kenth came to the US in 1999 and became an American citizen in 2015. He had a long and successful management career in IT in Sweden, England and the US, but found his years working in the nuclear power industry the most rewarding. He was a devoted father and stepfather and the consummate host who believed no one should ever bring food when he was entertaining at home. He had a gift for anticipating everyone’s needs! His Christmas table, “Julbord,” was nothing short of spectacular. His two dogs, Max and Jack, worshipped the ground he walked on because if Daddy was near, cookies could not be far behind. In addition to his wife and daughter, Kenth will be extremely missed by his cherished stepchildren, Jessica Sundeen, Sean Donohue and his wife, Shaina; his sister, Kristina Sundqvist; his uncles, Lennart Åström and Sture Åström; his mother-in-law, Grace Baer; sister-in-law, Theresa Baer; a special cousin, Karin Johansson Wiemerslage; and a dear step-niece and step-nephew. A Celebration of Kenth’s life will be held on Saturday, November 19th at 11am at the Scandinavian Club, 1351 S. Pine Creek Rd, Fairfield. Another Celebration of Kenth’s Life will be held at a later date in Sweden for his many cherished family members and friends there. In lieu of flowers, donations can be made in Kenth’s memory to BARC-CT Animal Rescue, 857 Post Rd. #235, Fairfield, CT 06824 or Venmo them at: @BARC\_CT\_1 .



**Gaetan Peter Hardy** passed peacefully into the arms of the Lord on Saturday, October 15, 2022, at the age of 72 in Washington, North Carolina.

Gaetan was predeceased by his son Dennis Joseph Hardy. His paents were victor Romeo Hardy and Yolanda Viola Hardy.

He leaves behind his loving wife, Gail Gilbride of Holly Ridge, North Carolina, his beautiful and devoted daughter, Kelly Lynn Frederick of Richlands North Carolina, his loving grandson Ian Dennis Frederick of Richlands and his loving granddaughter Lianna Jean Frederick.

He is also survived by his siblings Jocelyn (Jerome) Hartigan, Laurent (Diana) Hardy, Marcia (George) Hollister, Marjolaine(Robert) Bellonio, Richard (Donna) Hardy, Patricia (James) Barrett, John (Laura)Hardy. He will also be remebered by his brother-in-law Harvey(Laura) Gilbride, his sister-in-law Lori (James) Martin, his brother-in-law Kenneth Gilbride and many nieces and nephews.

Before his retirement in Higganum, Ct, Gaetan was the owner of Hardy Siding, LLC and a highly respected siding contractor in the construction community far and wide - a craftsman of high caliber.

He proudly served our country as a member of the Connecticut Army National Guard in the 102 Infantry Division in New Haven, Ct.

When not at work Gaetan could be found out on his Skeeter bass boat on a lake by himself or wih a fishing buddy as he loved nothing better than hitching his boat behind our truck(known as the Beast) and adventurously heading out to fishing tournaments with his friend Dominic. He was a member of the FLW Bass Fishing League along with many other bass fishing clubs. Gaetan and the Beast often towed Mike Milano’s prize cars to the car shows as well.

Gaetan’s selflessness was apparent in how many people he helped, how many lives he touched, and how many memories are held dear. He will be missed by all who knew him and loved him. Rest in peace my love.

Burial will be at the famlly convenience, and a memorial to celebrate his life will be held at a later date to be announced.



## CHURCH DIRECTORY

**Branford Bible Chapel.** 212 Branford Rd., corner of Twin Lakes Rd. 203-488-3586. Sunday morning : 9:15 - 10:30 Worship & Lord’s Supper, 11:00 -12:15 Ministering of God’s Word & Sunday School. . Nursery provided. Awana for kids, vacation Bible School, missions & outreach programs. [www.branfordbiblechapel.org](http://www.branfordbiblechapel.org)

**Hope Christian Church “A Place to Belong”.** 211 Montowese Ave., North Haven, CT. [www.hopeag.com](http://www.hopeag.com) Sunday services 10AM. Coffee served every Sunday 9:00 am. Church open for prayer Tuesdays noon to One. Thursday Bible study 7:00 PM. Like us on facebook.

**North Branford Congregational Church, UCC,** 1680 Foxon Road, North Branford, CT Join us for worship every Sunday at 10:00 AM. On the first Sunday of each month please attend and share communion with us.

Nursery Care is available.To contact our church: Office hours are Wednesday to Friday from 9:00 AM to 1:00 PM. Phone: 203.488.8456, email: [nobdcong@sbcglobal.net](mailto:nobdcong@sbcglobal.net), website: [www.northbranfordcongregational.org](http://www.northbranfordcongregational.org) Remember, all are welcome no matter who you are, no matter where you are on life’s journey; you will always be welcome here.

**Northford Congregational Church. United Church of Christ.** Church is located on Old Post Rd., ( corner of Rte 17 and Rte 22), PO Box 191 Northford. Phone 203-484-0795, Fax 203-484-9916.. email; [northfordcc@gmail.com](mailto:northfordcc@gmail.com) Office Hours: Tuesday 9am - 1pm; other days by appointment. John Vigneri, Pastor . Jane K. Leschuk Minister of Music. Worship Service 10am. Join us for coffee hour following worship. Holy Communion on the first Sunday of each month. Like us on Facebook. Our website is [www.northfordcongregational.church](http://www.northfordcongregational.church)

**St. Ambrose Parish is a Roman Catholic Parish** in the Archdiocese of Hartford comprised of two churches. St. Augustine Church is located at 30 Caputo Rd in North Branford and St. Monica Church is located at 1321 Middletown Avenue in Northford. The Pastor is Rev. Robert L. Turner. Weekday Masses are celebrated on Monday, Tuesday, Wednesday and Saturday at 9:00 AM at St. Augustine. Friday Mass is celebrated at 9:00 AM at St. Monica. Weekend Masses are celebrated on Saturday evening at St. Augustine at 4:00 PM (English Ordinary, no incense) and Sunday at St. Monica at 9:00 AM and St. Augustine at 11:00 AM (Latin Ordinary, with incense). The Sacrament of Reconciliation is offered 30 minutes prior to all Masses excepting Sunday and by appointment by calling the office. The Parish Office is located at 30 Caputo Road and is open M-F from 9:00 AM – 1:00 PM (Wednesdays until 6:00 PM). You can access the parish bulletin and staff emails at our website [NBcatholics.org](http://NBcatholics.org). If you are new to the area and looking for a parish to join or a homeschool co-op, please visit us!

**St. Andrew’s Episcopal Church,** 1382 Middletown Avenue - The White Church On The Hill In The Heart Of Northford (at the intersection of Rtes. 17 & 22). Sunday worship at 10:00 a.m. Coffee and fellowship always follows. The Rev. Bryan Spinks is Priest-In-Charge. St.Andrew’s is a member of the Middlesex Area Cluster Ministry Network (MACM Network), along with St. James (Higganum) and Emmanuel (Killingworth). Please join us - we’d love to get to know you! All are welcome! St. Andrew’s is the proud home of the Food Pantry of North Branford - a vital community resource serving families in need in Northford and North Branford. St. Andrew’s also partners with St. Pauly Textile in a broad outreach program to help people in need here in the U.S. and around the world. Donations of usable clothing, shoes, boots, belts, purses, sheets, blankets, curtains and stuffed animals may be made at the donation shed in the church parking lot, available 24x7. Visit our website at <https://www.saintandrewsnorthford.org> Like us on Facebook - St. Andrew’s Episcopal Church of Northford, CT. For more information contact us at 203-484-0895; Nan Monde, Sr. Warden, 203-710-7005; Rev. Spinks, 860-304-5266; or MACM office, 860-345-0058.

**United Methodist Church, Branford** 811 East Main St, Branford (Route 1, across from Bill Miller’s Castle). [www.umcbranford.org](http://www.umcbranford.org) or (203) 488-0549. Sunday service 9:30am - both in-person and live on our website. “The Church on the Rock,” led by Pastor Kent Jackson. We invite you to discover the power of faith in Jesus Christ bringing God’s love to the world. Join us to worship, experience God’s word, and stay connected. **Zion Episcopal Church** 326 Notch Hill Road, North Branford. 203-488-7395. Rev. Lucy LaRocca, Vicar.Sunday Worship at 9:15, coffee and fellowship follow. Masks are required in worship while North Branford is in the ‘red’ zone for COVID positivity. Worship is also accessible through Facebook Live. ALL are invited. Zion is an open and affirming congregation for those seeking a safe place to worship and grow in Christ. [www.zionepiscopal.org](http://www.zionepiscopal.org)

## Veterans Appreciation Sunday

Please join us at North Branford Congregational Church, 1680 Foxon Road, on Sunday, November 13 at 10 am for our annual service honoring our veterans. The service will feature veterans and current military members sharing their stories, special musical performances and a wreath laying by local Scouts.

This gathering is a time when we can recognize those who gave so much and learn about the role faith played in their journey. All are welcome.

## NBCC Annual Christmas Holly Fair

Please stop by 1680 Foxon Road, North Branford as we will have lots of great items for your holiday shopping. Once again, our White Elephant room will be filled with treasures. Please join us November 19, 9:00AM - 2:00PM.!

## St. Elizabeth of the Trinity Christmas Bazaar

Friday, November 11th from 5-8pm and Saturday, November 12th from 9am-3pm at **handicap accessible** St. Frances Cabrini Church Hall 57 Pond Hill Rd. North Haven. There will be many items available for your Christmas gift giving from local vendors as well as our Church Bake Sale, Country Store Booth, Book Sale, Yesterdays Treasures and Costume Jewelry Sale. Santa will also be visiting on Saturday from 11am-1pm. Prepared food from our church kitchen,

## North Branford/Northford Holiday Program Office of Social Service

Over the years, community members, religious and civic organizations as well as businesses, large and small have been integral members of the community through their time, donations and generosity.

Some participate just one year through one program. Others participate each year. Every effort is appreciated.

If you are interested in assisting someone, family or a child in the North Branford/Northford Community, we encourage you to do so through a variety of programs. The extent of your participation is entirely yours; no involvement is too small.

Programs, which may be of interest to you, are:

**Thanksgiving Basket Share** – You may choose to adopt a family and provide a food basket for Thanksgiving dinner or a gift certificate to a supermarket. You may do this alone, with another family or co-workers. The family name will not be disclosed to you, but the number of persons in the family will be disclosed. We will distribute them identifying you and your organization as the donor.

Donor Drop Off: Monday, November 21, 2022 (9:30 AM – 11:00 AM)

Recipient Pick-up: Monday, November 21, 2022 (11:30 AM – 1:00 PM)

Last day for RECIPIENTS to be part of the program: **Friday, November 4, 2022. No end date for Donors.**

**Christmas Basket Share** – Same as Thanksgiving Basket Share, although the donor may choose to include gifts for children.

Donor Drop Off: Monday, December 19, 2022 (9:30 AM – 11:00 AM)

Recipient Pick-up: Monday, December 19, 2022 (11:30 AM – 1:00 PM)

Last day for RECIPIENTS to be part of the program: **Friday, November 18, 2022. No end date for Donors.**

ST. AMBROSE PARISH

CHRISTMAS  
CRAFT FAIR

Saturday, December 3, 2022  
9:00 am - 3:00 pm  
St. Monica Church Hall  
1321 Middletown Ave. Northford

Featuring handcrafted items by local artisans,  
baked goods and beautiful raffle baskets.  
Breakfast and lunch will be available.  
Come and enjoy great food, interesting  
crafters, raffles and more!

TABLES AVAILABLE, CALL LUCILLE 203-484-9737

## Totoket Historical Society, Inc. Holiday Bazaar



Sat., Nov. 19

9:00 a.m. – 2:00 p.m.

Reynolds-Beers House

1740 Foxon Rd.

North Branford

Happy  
Holidays





# NORTH BRANFORD

## PARKS, RECREATION, AND SENIOR CENTER

STW COMMUNITY CENTER • 1332 MIDDLETOWN AVE NORTHFORD

WWW.NBRECREATION.COM • CALL (203) 484-6017

FOLLOW US ON FACEBOOK! @NBPARKSANDRECREATION AND INSTAGRAM! @NBPARK.REC.SENIOR

## Mary's Culinary Classes

Join Mary Amter in this unique, hands on culinary experience that will engage children in preparing delicious creations. They will explore, create, and learn basic cooking techniques!

Ages 5-14 at STW Community Center

Tuesday 5:30 - 7:30pm

Cost \$40 res/ \$45 non-res per class

**NOVEMBER 15, 2022**

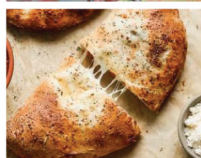
MEDITERRANEAN STUFFED PORK TENDERLOIN & TEEPEE BROWNIE TRIFLE

**NOVEMBER 29, 2022**

PUMPKIN FETTUCCINE ALFREDO & TURKEY OREO BALLS

**DECEMBER 13, 2022**

CUSTOMIZABLE CALZONES & HOLIDAY TREE STACKABLE COOKIES



## Kristin Cafferty Kid Art

Local artist and educator Kristin Cafferty brings beautiful, fun, one-lesson projects to ages 7 to 11.

STW Community Center Cost \$20 res/ \$20 non-res

**November 16, 2022 4:30-5:45pm**

**Swirling Leaves**

Learn about movement in art while creating this stunning watercolor and printing piece.



## Winter Break

## DAY CAMP

Winter Break just got a little bit COOLER! Come join us for 3 days of fun! Each day will offer a different theme with corresponding games, activities and crafts! Full details to come on our website!

**December 27- 29, 2022**

**8:30am - 4:30pm**

• STW Community Center

**\$30 per day or \$75 for all 3 days Grades: K-6**

Lunch available for an additional \$3/per day

## TAI CHI CHUAN – QIGONG

Bring balance and harmony to your life while you strengthen your body in this traditional T'ai Chi Ch'uan class. Taught by an instructor with 30 years of martial arts experience and a Gold Medal Winner of the T'ai Chi Ch'uan nationals. Students practice relaxation, balance and flexibility while learning to understand the body/mind relationship.

Instructor: Rich Dicine

Ages 18+ STW Classroom

Tuesdays Nov 22 - Jan 10 6:00-7:00pm \$70res/\$75 nr

## SAVE THE DATE

### Tuesday Dec 6, 2022

STW Community Center 5:00 - 7:00pm

Training for Suicide Prevention QPR  
(Question, Persuade & Refer)

**Question.  
Persuade.  
Refer.**

Three steps anyone can learn  
to help prevent suicide.



- Learn how to Question, Persuade and Refer someone who may be suicidal.
- How to get help for yourself or learn more about preventing suicide.
- The common causes of suicidal behavior.
- The warning signs of suicide.
- How to get help for someone in crisis.

**Alliance**  
for Prevention & Wellness  
A program of BHcare

## Annual Tree Lighting

**Friday, December 2nd**

Town-owned Augur Property 290 Forest Road, Northford

6:30 - 8:00pm Snow or Shine!

IN PARTNERSHIP WITH NORTH BRANFORD ROTARY CLUB



Ice Sculpting  
Marshmallow  
Toasting

Hay Rides  
Musical  
Entertainment

Hot Chocolate  
& Cookies  
Petting Zoo

**And Santa!**

**LETTERS TO THE NORTH POLE**

Mail a letter to Santa, Mrs. Claus, or your favorite elf or reindeer!

Find the template On our website nbcreation.com



Marshmallow toasting  
Sticks provided by:  
**SMORSTIX**  
The Perfect Marshmallow Roasting STIX

Food Trucks  
to be announced!

## — SENIOR CENTER —

### JOURNEYING THROUGH GRIEF

Wednesdays 1:00—2:00pm STW Classroom FREE

Group facilitator: Bob Johnson

Join us here at the Community Center for a weekly bereavement program. This program is designed to help those who have lost a loved one and finding it difficult to cope with their loss. There is no charge for this program. Please register, visit nbcreation.com or call the office (203) 484-6017

## ART WITH KAREN

Join Karen Kelly and learn to make cute and fluffy stuffed snowmen.

**November 14, 2022 STW Classroom**

11:00am - 12:00pm - FREE Register by 11/4

## DRIVING IMPROVEMENT COURSE

**Dec 6, 2022**

**11:00am - 3:00pm FREE STW Senior Room**

Please bring a lunch or pre-order lunch (\$3) from our kitchen by 11/30

Adelle Zocher from AAA will teach preventative measures to use when driving. You will also learn how aging affects reaction time, hear tips to sharpen driving skills, review the new state laws and regulations, refine existing skills, and develop safe defensive driving techniques that save lives. Pre-registration is required. You will be eligible for insurance discount after completion.

Please note that there will be a lunch break at 12 p.m.



THE  
LEGACY  
THEATRE  
Stony Creek, CT



## A Christmas Carol

by Charles Dickens

Enjoy this classic tale adapted and directed by Keely Baisden Knudsen, this story illuminates the journey of one Ebenezer Scrooge and his guided self-reflection amidst the Christmas season in 1800s England.

**December 2, 2022 \$60res/\$65nr**

**Departs 11:00am Returns: 5:00pm**

Lunch on your own at Parthenon Diner, Branford - Register by Nov 23rd



**December 7, 2022**

**\$60res \$65nr**

**Departs 10:30am Returns 5:00pm**

Join us for lunch at the Ivoryton Tavern at 11:30am and then enjoy the Winder Wonderettes at the Ivoryton Playhouse!

**Meal Options: \$20.00 per person +tax & tip and includes coffee, tea, soft drink**

- Stuffed portobello mushroom-stuffed with sauteed roasted red pepper, spinach, onion with blue crumble and a side salad all drizzled with balsamic glaze
- Tuna melt on white bread with French fries
- Chicken salad blt on a brioche roll with sweet potato fries
- Soup & grilled cheese-Chicken vegetable soup with grilled American cheese on white with ham.

The Wonderettes are back! This seasonal celebration finds the girls entertaining at the annual Essex Hardware Holiday Party. When Santa turns up missing, the girls use their talent and creative ingenuity to save the holiday party! Featuring great '60s versions of holiday classics such as "Santa Claus Is Comin' to Town," "Jingle Bell Rock," "Run, Rudolph, Run," and "Winter Wonderland," the result is, of course, marvelous! This energetic and glittering holiday production is guaranteed to delight audiences of all ages. Register by November 30th Proof of vaccination & ID or mask must be worn.



CLASSIFIED AD RATES

Personal, For Sale, Help Wanted, Tag Sale, and all non-business classified  
1 issue \$9.00 2 issues \$12.00 3 issues \$15.00  
20 words or less, not including phone #. \$.05 per word, per run, after 20 words  
Lost and Found ..... FREE  
Business Classified Ads & Real Estate  
3 issues \$35.00, 6 issues \$60.00, 12 issues \$100.00  
\$.10 per word, per run, after 20 words  
Payment MUST accompany all ads. The advertiser must notify this newspaper of any errors.  
Send ad along with your check to:  
Totoket Times P.O. Box 313 Northford, CT 06472  
For more information call 203-410-4254


CONSTRUCTION SERVICES

**Southern CT Restoration.** Insurance restoration and general contracting services. New construction, remodeling, kitchens, baths, roofing, siding, windows, doors, decks and painting. Call 203-239-9600.

PLUMBING

**John DiMaggio Plumbing** - Residential/Commercial repairs/remodeling. Big or small. Water Heater Specials! Licensed & Insured. Call 203 - 627 - 6826. References available.

TREE SERVICES



**Tree Service - A Better Cut, Tree Service** - Local, full service tree company - we provide tree removal and trimming, chipping, and grinding. Please call 203-945-1808 for a free estimate.

JUNK REMOVAL

**Lowest Prices Around.** Furniture, mattresses, appliances, shed removal, brush removal, pools, decks, playscapes, construction debris etc. No job too small. Call 203-804-6373

FOR SALE

**Water Tender Rowboat.** 9 ‘ with oars. Asking \$100. Call 802-558-4408.

HELP WANTED

**Holiday Help Wanted. Drivers must have own car.** Apply at Petals 2 Go 280 Branford Road in North Branford or call Dave At 203-484-7800.





**Taking orders now through November 21st**  
Assorted Cupcakes decorated as Thanksgiving Dinner!  
Also featuring our popular Pumpkin Spice Cake.  
**www.j-cakes.com 203-488-2800**  
Foxon Road, North Branford, Farm River Plaza

Serving New Haven County & the Shoreline Communities for over 100 years



Live streaming available  
at no additional  
cost

Burials ~ Cremation ~ Pre Planning



Philip M. Appell  
Funeral Director

At Keenan Funeral Home we work with every family's budget to  
give your loved one the dignified memorial they deserve.

330 Notch Hill Road, North Branford  
(203) 481-3217

238 Elm Street, West Haven  
(203) 933-1217

Keenan Funeral Home

www.keenanfuneralhome.com      wecare@keenanfuneralhome.com

Northford-North Branford  
Women's Club Meeting

The Northford-North Branford Women's Club, GFWC will hold its November meeting on Tuesday, November 15th, 7:00 pm at the Edward Smith Library Community Room in Northford. Our guest speaker is Kathy DeBurra, president of GFWC-CT. Guests are welcome to attend! The Northford-North Branford Women's Club, GFWC is a civic organization dedicated to promoting deeper friendships among women of our town and surrounding areas, participating in community service and cooperating with the club work of the Connecticut Federation of Women's Club. Check us out on Facebook: Northford-North Branford Women's Club, GFWC.

Historical Home or Building  
in North Branford/Northford?

Are you the owner/occupant of an historical home or building in North Branford/Northford? Would you be interested in having your door be featured in the Totoket Historical Society's 2024 calendar? The calendar will be titled "Enter the Past: historical doorways of North Branford" and its sale will be part of several fundraising efforts for the Society.

If interested, please contact Nancy G. for additional information at 203 500-0267.

"Security Systems are best when installed  
by a professional not the internet"



(203) 288-1000

355 Sackett Point Rd North Haven, CT 06473

Did you know:

People spend an average of  
twenty two years asleep