



# Totoket Times

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Volume 30 No 6 November 3, 2023

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### **Publication Date**

**November 17th**

**December 1st**

**December 15th**

### **Deadline**

**November 10th**

**November 24th**

**December 8th**

## ***It's Time to Support Your Local Newspaper***



It's that time again. It seems like yesterday I was asking for your voluntary payment but it wasn't yesterday. It was a full year ago. Since then postage has gone up twice and printing has increased twice as well. It now cost more than \$2000 an issue to put out the Totoket Times in your mailbox. Looking at the paper you can tell that ads do not cover that expense.

Many advertisers have chosen to go on Facebook where they may get 20 or 30 hits as opposed to reaching more than 5000 homes and businesses. That being said your support is essential to keep the paper going.

The Totoket Times through in kind donations gives back what would amount to more than \$30,000 in public service announcements to keep you informed about your community. It is still your number one source for local news and events.

To support your paper please send your voluntary payments of hopefully \$20 or more to;

**Totoket Times,**

**PO Box 313**

**Northford , Ct. 06472.**

## **ELECTION WARNING**

The electors of the Town of North Branford are hereby warned to meet at their respective polling places in said Town on Tuesday, November 7, 2023, for the following purpose:

To cast their votes for Town Council and Board of Education.

Notice is hereby given that the location of the polling places is as follows:

District 1: Jerome Harrison Elementary School  
335 Foxon Road – Route 80

District 2: Stanley T. Williams Community Center (Gymnasium)  
1332 Middletown Avenue – Route 17

District 3: Stanley T. Williams Community Center (Board Meeting Room)  
1332 Middletown Avenue – Route 17

Voting tabulators will be used. The polls will be opened at six o'clock in the morning (6:00 a.m.) and will remain open until eight o'clock in the evening (8:00 p.m.).

**Dated at North Branford, Connecticut,  
this 18th day of October, 2023.**

**Lisa A. Valenti, MMC**

**North Branford Town Clerk**

### **TOTOKET TIMES**

<b><u>Deadline</u></b>		<b><u>Publication Date</u></b>	
<b>October</b>	<b>27</b>	<b>November</b>	<b>3</b>
<b>November</b>	<b>10</b>	<b>November</b>	<b>17</b>
<b>November</b>	<b>24</b>	<b>December</b>	<b>1</b>
<b>December</b>	<b>8</b>	<b>December</b>	<b>15</b>
<b>December</b>	<b>29</b>	<b>January</b>	<b>5</b>
<b>January</b>	<b>11</b>	<b>January</b>	<b>19</b>

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**Town Council  
Passes  
Resolution  
Urging Action  
on Criminal  
Justice**

NORTH BRANFORD – Following an uptick in criminal activity in town, including a recent daylight car theft attempt where a perpetrator fired a shot at a resident, the North Branford Town Council unanimously passed a bipartisan resolution Tuesday evening urging action by the Governor and the Connecticut General Assembly on numerous criminal justice and public safety issues.

The resolution, noting the escalation across the entire state of serious crimes including motor vehicle theft, car-jackings, robbery, and home invasion among others, calls on legislators and the Governor to act on numerous criminal justice measures. They include establishing mandatory minimum sentences for robbery involving an occupied motor vehicle with a firearm or deadly weapon, and increased penalties for committing a crime using a stolen motor vehicle or firearm.

“Much has been done at the state legislative level that has weakened penalties for offenders and created obstacles to law enforcement to do their jobs,” said Mayor Jeff Macmillen. “I hope that our legislative leaders and the Governor will make efforts to strengthen our laws and support our police to combat the increase of criminal activity we have seen.”

“The residents of our town deserve better support for their safety and protection than what they have gotten at the state level,” said Deputy Mayor Thomas Zampano. “I hope that the governor and legislature will take action soon to correct that.”

The resolution also calls for repeal of portions of the police accountability measures. “Aspects of the police accountability measures passed by the legislature removed necessary protections for towns and officers to lawsuits, have badly damaged law enforcement morale statewide, and have made recruiting and retaining police officers very difficult for cities and towns,” said Councilor Nick Palladino who moved the resolution Tuesday evening, and serves as a police officer in East Hartford.

“North Branford is leading the way in pursuing criminal justice reform,” said Councilor Marie Diamond. “I hope other communities will follow our lead.”



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## State Representative Vincent Candelora



The dastardly massacre on Oct. 7 of more than 200 defenseless concertgoers, part of an organized attack by Hamas terrorists in Israel, ranks among the most shocking situations I've seen unfold on the world stage in my lifetime.

Yet rather than galvanizing the support and sympathy one might expect after such heinous behavior, say, in the fashion of the widespread outreach for Ukrainians when Russia invaded,

the attacks inside Israel swiftly created sharp divides while triggering a horrifying wave of anti-Semitism that continues to swell.

That the actual actions of terrorists were so quickly justified by so many in this country—and worldwide—troubles me.

Thankfully, we've seen little of that in Connecticut. However, I felt the need to speak out about one situation. Less than two days after the terrorist invasion, a high-ranking official for a union representing thousands of state employees felt it necessary to grab a microphone in New Haven and equate the mission and challenges of Gazans to the historic struggles of labor unions, even branding those in Gaza—home of the terrorists—as “comrades.” The labor leader, Kooper Caraway, went on to praise the Castro regime in a rant against capitalism.

To say the least, it was poor timing, and the controversial “comrades” comments, offensive to many, justifiably made him fodder for the Wall Street Journal opinion page.

For my part, I believe his comments were wholly inappropriate for an individual serving as the mouthpiece for thousands of state employees, many of whom I'm certain would find his bombast offensive. What's more, his tirade against capitalism reflected poorly on a state that desperately needs economic development driven by private sector investment. An individual linked so closely to state government, pushing a radical agenda, is certainly detrimental to the growth Connecticut requires.

Joining some of my capitol colleagues, I called upon Mr. Caraway to be ousted from his role as executive director of the SEIU Connecticut State Council.

Offering no comment to the media, he resigned from his post shortly thereafter. Perhaps our only hint about his feelings on the matter came through his partner, who showed her support for his commentary while also offering the anti-Semitic slogan “from the river to the sea.”

Yes, Mr. Caraway's departure from prominence here is good for Connecticut.

While I understand the concerns of those currently worried about the well-being of Palestinians as the conflict escalates, I find it difficult to find common ground with those who minimize or refuse to condemn the atrocities committed against the Israelis and are indifferent to the rising wave of anti-Semitism throughout the country. To see Jewish students on a New York City college campus hiding behind a locked door with pro-Palestine protestors pounding on the other side is frightening, as was the sight of hate-filled antagonists clashing with police who warned Jewish citizens about their safety.

Here in Connecticut, we're fortunate to have avoided such escalation. Still, I found it important to send a message to the Jewish community here by working with other legislative leaders to fly the Israeli flag at half-staff over the capitol recently.

I hope the small gesture carried powerful meaning to those who saw it, that our state is a place that does not condone the hate-filled action and rhetoric we've seen elsewhere.

**Rep. Vincent Candelora**  
**House Republican Leader**  
**86th District**  
**North Branford, Durham, East Haven, Guilford**

## Let's Be “Frank”

Well brother, this week is one of your favorite times of the year. I remember you always talking about winding down whatever campaign you were working on and getting ready to work the polls. Your wife is finally taking a break as she stepped down as the Registrar of Voters in Hamden. So as they say, that part of the political life is history.

Most people who know me, know that I try and stay away from politics. The only time I got involved was when Mr. Antonetti at NDHS in West Haven made us volunteer for a campaign as part of a history class. He told us that it was important for us to know how an election worked and take an active part in our government.

I also remember when you decided to run for office in Hamden. You forced me to pick up your sister in law and bring her in the car to stuff mail boxes with flyers. I think I almost lost her about three times. By the way in case you forgot, you lost that election.

The election in our town is a little weird. We have nine council members who run the town. They hire a Town Manager who gets to follow their instructions for the day to day activity. Twelve people can run and the person with the most votes becomes the mayor. The mayor has no more say than the other council members. He/she is just responsible for setting the agenda for town meetings. The party with the most winning candidates is the majority party.

This yaer (just like two years ago), the Democrats are only running three candidates. This means they have conceded the majority seats to the Republicans. It also means that everyone gets on the council. There are nine people running for nine spots. If I did get involved in talking about politics, I could go on for pages. But I don't, so I will only make one observation. If nine people are running for nine positions then why do we get upset when there is a low voter turnout. For the BOE there is one extra person running so at least that might get some attention.

It seems like we need a change in our entire setup. At one point I was asked to be on a charter revision committee, but when I brought up a change of our structure, I was never called back for another meeting. Apparently, they decided I was already on the Recreation Commission and you couldn't be on two commissions. It's funny how every one knew about that but they removed me as soon as I started talking about a new form of government to put us on pace with the rest of the towns in this century. One of my many reasons for staying out of politics.

I also served on the Ethics Board. We set up all the parameters and then the two parties couldn't agree on filling Board seats so with out the proper number of people on the commission, we couldn't vote on anything that might have been presented to us. One more reason for my disenchantment with the system.

Well that's all for now. Maybe in the next letter I'll tell you who won. Oops, my bad, everybody wins.

Take care and I'll see you soon.



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**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....

## Straight Talk About Posture



In a world of quick fixes that over promise and underdeliver, here's one that can truly impact overall health while helping you to instantly look taller, and leaner in the process- good posture.

Do you often find yourself slouching at your desk, hunched over your smartphone, or sinking into the couch for a Netflix marathon? If the answer is yes, you're not alone. Many of us have developed poor posture habits in our modern, tech-driven world. However, the good news is that something as simple

as a shift in posture can lead to numerous physical and mental health benefits that reach far beyond what your mom may have realized when she told you to stand up straight.

There are some compelling reasons why being mindful of posture should become a priority that reaches far beyond doing so for appearances sake. Good posture is about maintaining the natural alignment of the spine and body while standing, sitting, or moving. Proper posture allows muscles, joints, and ligaments to function optimally, reducing the risk of musculoskeletal issues and injuries. But don't take my word for it. I've consulted with two local experts, Dr. Antonio D'Aria, DO of LiVella Care, Branford, and Dr. Paul Heeren, DC, of Heeren Family Chiropractic, Guilford, to get their take on the topic. It seems this one simple fix can help with everything from pain prevention, improved breathing and enhanced digestion to boosted confidence and better mood.

"Good posture takes the strain off of joints and muscles, and improves lung capacity" states Dr. D'Aria, "it helps us to see the world with a level head and, with better posture, we just feel better overall." Embracing the power of good posture can reduce pain, enhance mood, and as Doctor D'aria pointed out, boost overall well-being. The mind-body connection is powerful. Standing or sitting tall is a great way to tap into that connection. If you've been slumping and slouching more than not, make a conscious effort to stand tall, walk confidently, and sit comfortably. What's simple isn't always easy and takes practice, but when you catch yourself and make the shift, you'll feel the difference immediately.

"Forward head posture or 'text head', Dr. Heeron advises", is a habit many of us have fallen into, which can lead to significant health problems such as degenerative arthritis, nerve interference, muscle strain and a host of other issues. When you consider that the head weighs 10-15 lbs and an additional 10-15 lbs for every inch the head bows forward, we can literally be adding an additional 40 lbs of strain on a daily basis." If you were to do a posture check right now, you would notice the difference as soon as you made the adjustment. With shoulders back you'll feel your chest open up making room for optimal breathing. As you elongate the torso, you'll gain a longer silhouette and ease digestion. Hold your head high for an instant boost of self esteem while sending a message of confidence. Posture and body language are popular tools used in psychology. Think Superman stance. Research has shown that maintaining good posture can improve your emotional state, as well as boost productivity and improve concentration.

Oftentimes we don't know what we don't know, but when we do, change is possible by taking this newfound awareness to make improvements. Knowledge is power, so now that you know how powerful correct posture can be, you can use what you've learned every day, in just about any situation, including mealtime. It's true! The foods you eat can have a significant impact on posture by providing the nutrients and building blocks needed for healthy muscles, bones, and joints. (\*See sample recipe below.)

As we move into the holiday season, you may want to apply the principles of good posture to confidently navigate festive gatherings, keep health in check and avoid those extra pounds that are often considered to be inevitable. Just as maintaining good posture leads to a more confident and healthier you, applying these principles when walking into a social gathering can help you feel confident and enjoy the festivities while making mindful choices. Take a stand to be kind to yourself, indulge in your favorite treats without guilt, and balance your plate with healthy choices. The key is to get back on track with the very next meal. By combining the physical and mental aspects of posture with mindful eating, you can make the most of this holiday season with more joy, confidence, and grace.

*\*This flavor packed recipe, Grilled Salmon with Quinoa and Roasted Vegetables provides a nutritious, 'good posture' punch. It's rich in nutrients like protein & omega-3 fatty acids from the salmon, fiber and protein from the quinoa, and a variety of vitamins and minerals from the roasted vegetables. By promoting strong bones and muscles, these wonderful nutrients can support good posture and overall health while making your tastebuds happy! To receive a copy, reach out at [joann@wellnessfusion.net](mailto:joann@wellnessfusion.net).*

*A Gift for You: In honor of National Diabetes Awareness Month and National Family Caregivers Month, I am happy to offer free 20 minute Healthy Lifestyle & Nutrition consultations. To schedule yours, please contact me at [joann@wellnessfusion.net](mailto:joann@wellnessfusion.net).*

*JoAnn Begley is a Holistic Wellness Practitioner and Certified Nutrition Coach with 24 years of experience in holistic, mind/body therapies. She and her husband Jerry have two children and live in North Branford.*

## "Kim Works Hard..."

Dear Editor:

I'm writing this letter of support as a resident and current North Branford Board of Education Chairperson.

Kim -----is running for her first full term on the Board of Education. Over the the past two (2) years I've had the privilege of working with Kim on a variety of BOE projects. Kim has demonstrated interest, taken the lead on follow-up items and has been prepared with thoughtful questions. You can count on Kim to make a well informed vote because she has taken the time to educate herself on the topic.

Kim's strengths were highlighted when she leveraged her food service background to inform the BOE of options and opportunities.

Kim is civically minded and is a demonstrated good neighbor. She has led food drives to support our local food pantry, supported local toy drives and has collaborated with the North Branford Police Department on charitable events.

Kim works hard to make North Branford a welcoming place to live and our school system best in class.

Sincerely,

Shawna Holzer

North Branford Board of Education Chairperson

## VOTE ROW B ON NOV. 7<sup>th</sup> !

Dear Editor:

Election Day is a few days away and the Republican Council members would like to take this opportunity to highlight some of our accomplishments over the past two years.

### ◆ INCREASES TO PUBLIC SAFETY

- ◆ The 23-24 budget includes 3 more police officers that will be joining our current team on the streets within the next year. One officer is currently in the records room and will be replaced with a civilian so they can be back out on the streets protecting our community. Two new officers will be hired to start training at the Academy in January and will be joining the force on the streets later in 2024.

- A second ambulance was added in July 2022 to reduce response time.
- New apparatuses to replace aging vehicles in the Fire Department – Tower 1 will be replaced at Company 1 and a new ambulance at Company 4

- ◆ INCREASE ELDERLY TAX CREDIT GUIDELINES - Income level and total credit amount allowed were increased starting July 1, 2023 to allow more of our seniors to qualify for this credit.

- ◆ SECURED STATE FUNDING FOR CAPITAL PROJECTS – worked with State Rep. Vincent Candelora to successfully obtain the following funding:

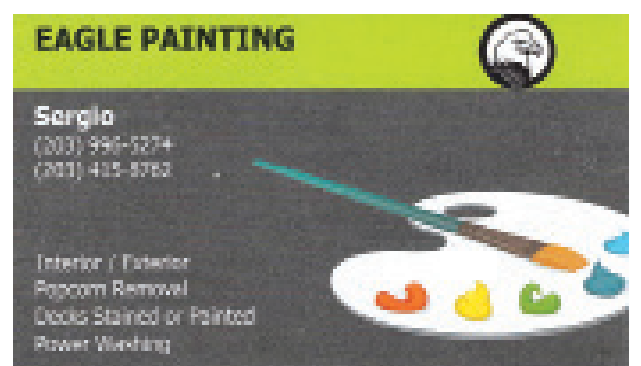
- \$4.5 million dollars for the new police department
- \$1.6 million dollars for the roof replacement at STW

- ◆ EXTEND BUSINESS TAX CREDIT PROGRAM - This program will continue to help existing businesses and attract new business to North Branford by giving a tax incentive over 5 years for expanding existing buildings or building new. This is a vital program for economic development.

- ◆ SUPPORT NEW TEACHER CONTRACT - The BOE values the commitment our teachers give to our students and recognized this in the recent contract by giving our teachers a fair and deserving pay increase. The Council unanimously supported this contract.

- ◆ We will continue to work for all of you to provide the services we need in a fair and responsible manner. Vote **ROW B** on Tuesday, Nov. 7<sup>th</sup>!

Thank you, Rose Marie Angeloni, Walter Goad, Jeffrey Macmillen, Nick Palladino, Ron Pelliccia, Thomas Zampano – Republican Candidates for the Town Council





## “I wholeheartedly Endorse Victoria Lanza”

Dear Editor:

My name is Shealah Bethke and I am writing to you in support of the North Branford High School district board of education, nominee Victoria Lanza. I have had the privilege of knowing Victoria for the past two years as a friend, neighbor, and advocate for our community. I have witnessed first hand unwavering dedication to the well-being and education of children in her home home as both my children ages one and three, attend her daycare full-time with in the community.

Victoria has been a remarkable child caretaker and active member in the North Branford community through a multitude of community organizations. Her unique qualities and involvement, make her an exceptional candidate for a role on the Board of Education. To highlight a few principles and attribute about her: Passionate for education in totality, including educators administrators, and most importantly students.

Highly involved in the community school PTO, Totoket Girl Scouts, Northford/North Branford Women’s Club along with Park Rec events.

Advocate for child welfare across allage children. Strong and informative communication skills.

I believe that Victoria is uniquely qualified to continue to serve on the Board of Education and I am confident she will continuously bring her dedication, passion and expertise to this important role.

I wholeheartedly endorse Victoria Lanza for the Board of Education position and I know she will continue to make a positive and lasting impact on the current and future state of our education system,

Sincerely

Sheila Bethke

## “It would be my Honor to Repesent You...”

To The Editor:

I am writing to ask for your support in the upcoming election. My name is Judy Bannon and I am a candidate for the Board of Education. I recently retired from a 22 year teaching career at Jerome Harrison Elementary School, but my passion and enthusiasm for education in our town has not diminished.

Having worked in our town, I have already established positive relationships with staff and administration. I have first hand knowledge of the needs of our students and staff which will allow me to keep student success as the foundation of all my decisions. Finally, I can offer a teacher’s perspective while collaborating with fellow board members.

I am, also, passionate about community service. I believe that everyone has a responsibility to give back to their community. Serving as a member of the North Branford Board of Education would offer me an opportunity to continue serving a town that I love in a new capacity.

It would be my honor to represent you as a member of the Board of Education and I am asking for your vote on November 7th.

Sincerely,

Judy Bannon



**The North Haven  
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**11<sup>th</sup> Winter Fashion Show**  
and  
**Buffet Brunch**

**Woodwinds**  
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to  
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**11/19/23  
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Committee Chairperson | [www.northhavenlodge2805.club](http://www.northhavenlodge2805.club)  
203-376-8524

Contact: Georgianna  
Committee Co - Chairperson  
203-988-8006

## Town Council Creates New Veterans Service Commission



NORTH BRANFORD – The North Branford Town Council voted unanimously in favor of a new ordinance creating a Veterans Service Commission at their last meeting October 17<sup>th</sup>. The new Commission will create, oversee,

and support events commemorating Veterans in our community and their service to our nation, including but not limited to Memorial Day, Veterans Day, Patriot Day (September 11<sup>th</sup>), and initiate a Purple Heart Community designation for the town, and create a North Branford Veterans Hall of Fame.

The new Commission will be composed of five members and three alternates appointed by the Town Council. Members must be veterans of any branch of the Armed Forces of the United States or have a veteran in their immediate family (parent, spouse, child).

“Our veterans are an honored and vital part of our community here in North Branford, and this Commission gives us the ability to focus on their proper recognition,” said **Mayor Jeff Macmillen**. “We know that this town is proud of and strongly supports our veteran residents who served and sacrificed for our freedom. This new Commission will provide us an organized avenue to focus on public recognitions that we as a town should be making, and I look forward to seeing this Committee get off the ground and get to work.”

“Our veterans are responsible for the freedom we enjoy today, and locally we should be doing more to recognize what they have given us,” said **Deputy Mayor Thomas Zampano**. “The new Commission will give us the opportunity to make lasting town-wide recognitions of our veteran community going forward.”

Those interested in seeking appointment to the new Commission should submit a letter of interest and optional CV to the Town Manager’s office at [gcox@northbranfordct.gov](mailto:gcox@northbranfordct.gov) for consideration by the Town Council.

### MILLPOND GATHERINGS

**Don't stress the holidays this year -  
Millpond Gatherings has you covered!**

For the Thanksgiving holiday, we are offering prepared meals so you don't have to do the cooking (or the cleaning). We've carefully crafted 3 different packages to suit you and your families needs. We even have the option to pick up Thanksgiving dinner the day before with cooking instructions or the day of - hot and ready to go!

If you're more interested in having dinner at our restaurant on Thanksgiving day that's an option, too! We will be offering a Thanksgiving inspired menu that you and your family are going to love.



**Please call Millpond Gatherings to place your order  
or to book your Thanksgiving Day reservation today | 203-714-4700**

### Bring Your Party to Our Party

Friday, December 15th  
7:00PM - 11:00PM in the Event Hall  
**\$125 per person | All Inclusive**

Celebrate the holidays with us at our annual Bring Your Party to Our Party event. Whether you're looking to celebrate the holidays with your co-workers, family, or a group of your friends -- come to Millpond Gatherings and celebrate the holidays the right way! The night will be filled with live entertainment, open bar, and a meal put together by Chef Pedro Avila himself; you're not going to want to miss this! Book your table today; limited availability!

**Please call Millpond Gatherings  
to make a reservation | 203-714-4700**

### Breakfast with Santa!

Sunday, December 17th  
10:00AM - 3:00PM in the Steakhouse  
**\$39 Adults | \$15 Children 8-11  
Free for kids under 8**

Santa Claus is coming to town and he is looking forward to stopping at Millpond Gatherings! Grab the kids and head over to the Steakhouse for a full buffet brunch and an opportunity to meet Santa Claus himself. Don't forget to let him know what you want for Christmas this year!

**Please call Millpond Gatherings  
to make a reservation.  
203-714-4400**







**Press Release NBHS:** Under the direction of Choral Director Nick Filippedes and Instrumental Director Maria Berte, ten students from North Branford High School choir and band travelled to Valley Regional High School on October 12 to perform in the Shoreline Music Festival. The two day event featured 10 hours of rehearsal with college professors and musicians instructing the students. The Shoreline Music Festival showcases the best musicians of the Shoreline Conference.

A large group of students, likely a school band or orchestra, are performing on a stage. They are wearing black uniforms and are seated with various instruments, including brass, woodwinds, and strings. Music stands are visible in front of them. The stage is lit with blue and white lights, and an American flag is visible on the left side.

The Connecticut Federation of Women's Clubs has announced two scholarships that are available to Connecticut women pursuing advanced courses of study at Institutions of higher learning. Awards are granted on the basis of future promise, scholastic ability and financial need.

The Dorothy E. Schoelzel memorial scholarship has a maximum award of \$2,000. Candidates must have completed three or more years of undergraduate work in an accredited institution with a 3.0 average or higher in the field of Education.

The Phipps scholarship has a maximum award of \$1,000. Candidates must have completed two or more years on undergraduate work in an accredited institution with a 3.0 average or higher toward a Bachelor's or post graduate degree.

Completed applications, including general and personal information, a financial statement, instructor/employer references, official transcript of at least the most recent two years of undergraduate or graduate work must be received by February 10, 2024.

The application may be obtained by visiting the Northford-North Branford Women's Club website at [www.northfordnbwomensclubgfwc.org](http://www.northfordnbwomensclubgfwc.org). For further information, contact Rose Lynch at 203-483-8395.

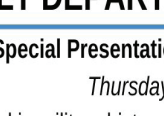
On October 17th, 23 students were inducted to the Totoket Chapter of the National Honor Society at North Branford High School. A ceremony was held at the North Branford Auditorium with family, friends and staff on hand to celebrate this important event. The national standards for the National Honor Society include: scholarship, community service, character and leadership. Students were required to apply and then moved through an application process prior to being selected. Current members of the chapter led the ceremony with Faculty Advisor Mrs. Abigail Detour organizing the event. President Sabrina Lin, Vice President Samantha D’Aria, Secretary Elizabeth Sigal, Treasurer Sienna Brigrance, Leadership Member Patricia Mone and Leadership Member Nicole Timario spoke during the induction ceremony.

New Inductees: Noah allen, Ashley Amendola, Olivia Cahill, Nathan Danner, Lucian DePino, Gabrielle Dion, Benjamin Esposito, Alexa Falcioni, Catherine Hannan, Joshua Higgins, Adriana Hills, Daytona Kamienski, Marley Krebbs, Giana McCullough, Karma Melillo, Samantha Melillo, Juliana Onofrio, Preet Patel, Aaliyah Rizzuti and Sofia Spanier.

**Curent Members:** Logan Barreett, Luke Blomster, Sienna Brigance, Christiana Carusone, Keana Criscuolo, Samantha D’Aria, Callie Holzer, Sabrina Lin, Morgan Lucibello, Jack MAley, Brady Martinik, Patricia Mone, Kiley Mullins, Lindsey Onofrio, Jay Patel, Lars Peterson, Gabrielle Senerchia, Elizabeth Sigal, Nicole Timario, Sophia Toto and Mia Yacono.

**NORTH BRANFORD**—The North Branford Town Council took time during their October 17<sup>th</sup> regular meeting to recognize members of the 2021-23 Town Council who would not be returning following the 2023 municipal election which will take place on Tuesday, November 7<sup>th</sup>. The meeting was their last meeting of the current Town Council. The new Town Council will be seated after the municipal election November 7<sup>th</sup>.

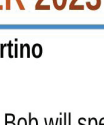
Councilor Vin Mase was recognized as he did not seek re-election to the Town Council this year. Mase was elected in 2021 and had previous stints on the Town Council and Board of Education. Former Councilor Michael Downes was also recognized. He was elected in 2021 and resigned in August of 2022 to accept appointment as North Branford's Town Manager. Downes also previously served on the Town Council from 1997-2003. *Councilor Vincent Mase, Sr. with a plaque commemorating his service to the Town.*



**NORTH BRANFORD  
PUBLIC LIBRARIES**

**ENJOY EDUCATE ENTERTAIN**

Atwater Memorial Library Edward Smith Library  
 1720 Foxon Road 3 Old Post Road  
 North Branford, CT 06471 Northford, CT 06472  
 203-315-6020 203-484-0469  
[www.nbranfordlibraries.org](http://www.nbranfordlibraries.org)



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## ADULT DEPARTMENT NEWS - NOVEMBER 2023

**Special Presentation with Local Vietnam Veteran, Bob Fortino**  
*Thursday, November 2nd @ 1PM at Atwater*

If you're interested in military history, you don't want to miss this presentation! Bob will speak about his experiences and present photos and videos. Bob served as an M50 machine gunner, and is a Bronze Star recipient.

**Caregivers Support Group**  
*Thursday, November 9th @ 10:30AM at Smith*

If you're responsible for a loved one, caregiver support groups are a way for you and others to share information, insight, advice, or words of encouragement in a safe and supportive space. Please join facilitator, Karen LaBanca, for our Monthly Drop-In Group.

**Pat's Picks Movie Club, "Out of Africa"**  
*Thursday, November 9th @ 1PM at Atwater*

This month's title is, *Out of Africa*, a 1985 Biographical-Drama!  
 "In 20th-century colonial Kenya, a Danish baroness/plantation owner has a passionate love affair with a free-spirited big-game hunter" - IMDB.

**Movie Matinee, "Barbie"**  
*Friday, November 17th @ 1PM at Smith*

This month's movie title is, *Barbie*, the critically-acclaimed 2023 Comedy!  
 "Barbie suffers a crisis that leads her to question her world and her existence" - IMDB.

**Holiday Book Sale & Totoket Historical Society Holiday Bazaar**  
*Saturday, November 18th @ 9AM - 2PM at Atwater*

Holiday classics, vintage books, puzzles, holiday cards & gift tags, for both children and adults alike will be available! Then, visit the Holiday Bazaar next door to browse even more holiday treasures, including baked goods, THS merchandise, and The Historical Doors of North Branford/Northford 2024 Calendar!

Please consider donating non-perishable foods items or unwrapped toys to help support the North Branford Food Pantry!

**Holiday Card-Making Workshop**  
*Sunday, November 19th @ 1:30PM at Smith*

Please join us for a special card-making workshop with Jess Bernier, founder of The Card Angels, a local card charity. Patrons will get to choose between Happy Holidays, Merry Christmas, Happy Hanukkah, and/or Happy New Year, and will go home with three original designs.





**Awards are Piling up for  
NBHS Field Hockey Coach Babby Nuhn**

NBHS Press Release:NBHS Head Field Hockey Coach Babby Nuhn was one of five Gold Key recipients recognized during the 81st CT Sports Media Alliance Gold Key Ceremony held on Sunday October 22nd at Aqua Turf in Southington.

Coach Nuhn has served NBHS as the Head Field Hockey Coach for five decades, has won 6 CIAC State Titles and has guided her teams to an overall 72% winning mark during the regular season. Over 70 supporters were on hand to celebrate and honor Coach Nuhn including family, friends, colleagues, parents and former players. In addition, Coach Nuhn will be inducted into the National Field Hockey Coaches Association Hall of Fame during January 2024.



**North Haven Camera Club Welcomes  
Lisa Cuchera to Discuss  
“Zugunruhe: Do You Feel It Too?”**

The North Haven Camera Club is excited to announce its upcoming guest speaker, Lisa Cuchera, who will deliver a captivating presentation titled “Zugunruhe: Do You Feel It Too?” on Tuesday, November 7th at 7:00 pm.

“Zugunruhe” may be an unfamiliar word to many, but its essence, as Lisa Cuchera will explain, is a feeling that resonates deeply with photographers and nature enthusiasts alike. Derived from the German words “ZUG” (move, migration) and “UNRUHE” (anxiety, restlessness), Zugunruhe is a term often used to describe the migratory restlessness observed in birds and various other animals. This intriguing behavior is displayed when it’s time for them to embark on their seasonal migrations or journey onward.

In her presentation, Lisa Cuchera will share her personal experiences with Zugunruhe and explore how this feeling has shaped her desire to venture out and capture the world through her lens. It’s a sentiment that many photographers can relate to, akin to the “Fear of Missing Out” (FOMO) experienced by those in the digital age. The urge to capture those fleeting moments, the seasons changing, and the beauty of nature can be all-consuming.

However, Lisa will delve deeper into the concept of Zugunruhe and how it extends beyond restlessness. She will emphasize the necessity for photographers to balance this innate urge with patience and practice in order to fulfill their creative pursuits successfully. Zugunruhe is more than just a yearning to be on the move; it’s a call to preserve the beauty of the world through the art of photography.

Lisa Cuchara, PHD, is an OM System Ambassador, Master of Photography, Master of Artistry. She is very passionate about photography and enjoys being behind the lens and in the digital darkroom. She loves to photograph nature but finds many subjects equally intriguing. From birds and flowers to Macro and Urban Exploration photography she appreciates the world around her and embraces the challenge of interpreting the world around her.

The North Haven Camera Club’s event promises to be an enlightening and thought-provoking evening for photography enthusiasts and anyone intrigued by the interconnectedness of nature, migration, and human creativity. Join Lisa Cuchera on November 7th at 7:pm as she takes us on a journey through Zugunruhe, a feeling that resonates deeply with those who appreciate the beauty of the natural world.

Don’t miss this opportunity to gain insight into the world of Zugunruhe and how it has shaped the work of one dedicated photographer.

Guests are welcome to attend. For more information on the event and how to attend, please visit the North Haven Camera Club’s website or contact the club directly at [northhaven-cameraclub@gmail.com](mailto:northhaven-cameraclub@gmail.com).

**Connecticut Sportsplex®**  
**FIELDHOUSE FAMILY FUN CENTER**

**LASER TAG BIRTHDAY PARTIES**  
**LASER TAG GROUP OUTINGS**

**WALK-IN LASER TAG OFFERED**  
**FRIDAY 5PM—9PM**  
**SATURDAY 11AM—7PM**  
**SUNDAY 11AM—4PM**



203-484-4383  
[www.ctsportsplex.com](http://www.ctsportsplex.com)



**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**



# Recycling News

## ELECTRONICS DROP OFF IS THIS SATURDAY – NOVEMBER 4<sup>TH</sup>

### THAT IS THIS SATURDAY FROM 9AM UNTIL NOON

#### At Public Works at 290 Forest Road Electronics, Mattresses, Used Oil and Batteries are Taken for FREE

This is a quick way to do the right thing for our future generations. The items we collect during this event are taken apart and the components recycled in a dedicated facility that employs many people.

**ELECTRONICS:** Take2 Recycling will be collecting electronics such as TVs, computers, small appliances and almost anything that has a plug. They cannot accept smoke detectors, A/C's or dehumidifiers. Electronic devices are banned from being collected by trash services because they are considered hazardous waste.

**MATTRESSES (clean and dry):** You are charged a recycling fee when you buy a mattress. This goes toward the recycling of the mattresses that we collect at these events. It is a win/win because our trash disposal is paid for by the ton. Mattresses weight a lot. The more we take out of the waste stream, the less the charge is. For more information see: <https://mattressrecyclingcouncil.org/programs/connecticut/>.

**BATTERIES and USED OIL are Hazardous Waste.** Public Works uses the oil for heat to save the town money on fuel.

There is a small fee for recycling **PROPANE TANKS** in reusable condition and **TIRES**.

#### These items should not be taken by the Bulky Waste pick-up.

#### Bulky Waste will be the week of November 6<sup>th</sup> on your normal trash day.

Bulky Waste includes rugs and tree branches (no thicker than 4") if less than 4' long and tied into bundles. Also included are couches, mattresses, wooden furniture and most items that won't fit in your toter.

Bulky Waste will NOT take:

Electronics including TVs and computers, construction waste, grass clippings, tires, hazardous materials or scrap vehicle parts. It is also not meant for total home cleanouts.

For a complete list please refer to your pink recycling card.

## You can find a home for your used furniture before Bulky Waste!!

Help someone else out, unclutter your house and save the cost of sending items to the landfill.

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.

## North Branford Fall Leaf Collection is open on Saturdays until November 18<sup>th</sup>.

North Branford residents can bring their leaves to the leaf drop off center located to the left of the police station, near the Public Works Facility on Route 22 from 9:00am to 3:00pm. Just follow the signs. No brush or grass clippings. The leaf drop off will be open on Saturdays November 4<sup>th</sup>, 11<sup>th</sup> and 18<sup>th</sup>. 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 27<sup>th</sup> – December 8<sup>th</sup>

When your pumpkin has lost its decorating use, you can throw it into the woods to feed the wildlife. Be sure to remove any non-organic features.

You can throw your mums into the compost pile after removing the black plastic container and throwing it in the trash. (Black plastic cannot be recycled.) Asters may survive the winter if you cover them with leaves and put in a sheltered spot outside.

#### 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

## *The Northford-North Branford Women's Club, GFWC 60<sup>th</sup> Anniversary Celebration*

We are proud to be celebrating our 60th Anniversary at our November meeting. All former members of the club, as well as the general public, are cordially invited to attend the celebration. The meeting will be held on Tuesday, November 14<sup>th</sup> at 7:00pm at the Stanley T. Williams Community Center, 1332 Middletown Avenue, Northford. The Northford-North Branford Women's Club 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 State Federation of Women's Clubs. For additional information about membership, please contact Vicki at [victorialanza2017@gmail.com](mailto:victorialanza2017@gmail.com)

You can also check us out on Facebook: Northford-North Branford Women's Club, GFWC.

## North Branford Rotary Fall Fling & Auction

Thursday, November 9, 2023

The Woodwinds

Branford

Tickets \$60.00 per person

Open Bar 6:00pm to 8:00pm

Dinner, Music, Auction

&

A WHOLE LOT OF FUN!

For Tickets follow the link or scan the QR code:

<https://rotary7980.myeventscenter.com/event/North-Branford-Rotary-Fall-Fling-Auction-84410>



For more information:

[Northbranfordrotary@gmail.com](mailto:Northbranfordrotary@gmail.com)

Or call

Melinda 203-988-0883





**Sat. Nov. 18 9-2**  
Reynolds-Beers House  
1740 Foxon Rd

**TOTOKET HISTORICAL SOCIETY**

**Holiday Bazaar**

**BAKED GOODS, LINENS, JEWELRY, HOLIDAY ITEMS, SILENT AUCTION & LIBRARY BOOK SALE**

\*\*\*\*\*

**THIS MERCHANDISE WILL ALSO BE AVAILABLE FOR SALE! HATS, JACKETS, TSHIRTS**

**TO DONATE QUALITY ITEMS OR INFORMATION CALL: BUNNY @ 203 919-4146**



**ST. AMBROSE PARISH**

**CHRISTMAS CRAFT FAIR**

**Saturday, December 2, 2023**  
**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, children's activities and more!**

**TABLES AVAILABLE, CALL LUCILLE 203-484-9737**

## CHRISTMAS BAZAAR TO BE BIGGER THAN EVER

St. Elizabeth of the Trinity Parish this year will hold their annual Christmas Bazaar at St. Therese Church Hall, 555 Middletown Ave., North Haven on Friday, November 10<sup>th</sup> from 5-8pm and Saturday, November 11<sup>th</sup> from 9am to 3pm. We will have basket raffles, afghan raffles, bake sales, yesterday's treasures, country store items & gently used jewelry sales as well as over 20 local vendors selling crafts and items for your advance Christmas gift giving. We will have delicious lunch or dinner items from our church kitchen available also. Don't miss this truly great Holiday experience! Come one and all for a fun time and a great shopping adventure!

## TOWN OF NORTH BRANFORD OFFICE OF SOCIAL SERVICE THANKSGIVING BASKET SHARE

The Thanksgiving Basket Share Program will take place on Monday, November 20<sup>th</sup>, 2023.

For those that need some assistance with their Thanksgiving Dinner, you only need to call the Office of Social Service and request to be a recipient in the Thanksgiving Basket Share. The only requirement is that you are in need, and that you reside in Northford or North Branford. Your information is protected, and your name will not be disclosed. You must be able to pick up your basket or arrange for someone to pick it up for you. We are unable to deliver or bring it to your car.

For those wishing to donate a basket or grocery store gift card, call or email the Office of Social Service and express your desire to donate a Thanksgiving Dinner Basket or a grocery store gift card. You may choose the family size you would like to adopt. You may choose to do this alone, or as a group, with neighbors or co-workers.

Although names are not disclosed, a number will be given to both the recipient and the donor. This is used to identify which family is the recipient. All commitments by the donor and recipients will receive written confirmation.

The Thanksgiving Basket Share is scheduled for Monday, November 20<sup>th</sup>, 2023. Should you have an interest in being a recipient or a donor please contact Office of Social Service by email at [ssadmin@townofnorthbranfordct.com](mailto:ssadmin@townofnorthbranfordct.com) or by phone at 203.484.6006 or 475-655-0412 by **10/31/2023 for recipients, no end date for donors.**

**North Branford/Northford Holiday Program**  
**Office of Social Service**  
**1332 Middletown Avenue**  
**Northford, CT Phone: 203-484-6006**  
**[www.townofnorthbranfordct.com](http://www.townofnorthbranfordct.com)**

## TOWN OF NORTH BRANFORD – OFFICE OF SOCIAL SERVICES DECEMBER HOLIDAY BASKET SHARE

The December Holiday Basket Share will take place on Monday December 18<sup>th</sup>, 2023.

For those that need some assistance with their Holiday dinner and/or gifts for children, you only need to contact the Office of Social Services and request to be a recipient in the December Holiday Basket Share. The requirements are that you are in need and a resident of North Branford or Northford. Your information is protected, and your name will not be disclosed. You must be able to pick up your basket or arrange for someone to pick it up for you. We are unable to deliver or bring it to your car.

For those wishing to donate a basket, you only need to call or email the Office of Social Service and express your desire to donate a Holiday Dinner Basket or a grocery store gift card, with or without children's gifts. You may choose the family size you would like to adopt. You may choose to do this alone, or as a group, with neighbors or co-workers. For those wishing to include children's gifts, this Office will provide you with the children's wish list.

Although names are not disclosed, a number will be given to both the recipient and the donor. This is used to identify which family is the recipient. All commitments by the donors and recipients will receive written confirmation.

Donor Drop Off: Monday, December 18, 2023 (9:30 AM – 11:00 AM)

Recipient Pick-up: Monday, December 18, 2023 (11:30 AM – 1:00 PM)

Should you have an interest in being a recipient or donor, please contact the Office of Social Service by email at [ssadmin@townofnorthbranfordct.com](mailto:ssadmin@townofnorthbranfordct.com) or by phone at 203-484-6006 by 11/17/2023.

## Public Stargazing at Young's Park

The Astronomical Society of New Haven is hosting a free stargazing event on Saturday November 18<sup>th</sup> after 6pm at Young's Park, 60 Blackstone Ave. in Branford. Admission and parking are free. All are welcome, including children and grandparents. The telescopes will be pointed at Saturn, Jupiter and the constellations Pegasus, Andromeda and Cygnus. You will be able to see the Andromeda Galaxy and the great Hercules star cluster. Learn how to find these objects when you get home.

Directions and cancellation due to weather (including clouds) will be posted to our website, [www.asnh.org](http://www.asnh.org) or call 866-808-ASNH.



CHURCH DIRECTORY

**Branford Bible Chapel.** 212 Branford Rd., corner of Twin Lakes Rd. 203-488-3586. Sunday morning : 10:00 - 10:30 Worship & Lord’s Supper, 10:30 11:00 Announcements and Music Minity, 11:00 -11:45 Ministering of God’s Word & Sunday School. . Nursery provided. 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 Community Church.** 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)

**Shoreline Community Church** located at 9 Business Park Dr., Units 1-4, Branford, CT. Call us at 203.481.8919. Sunday Services at 8:30 and 10:00 AM (Children and Jr. High activities meet during our 10 AM service). For more information, check out our website [www.sccbranford.org](http://www.sccbranford.org). SCC is a diverse community that is dedicated to Making the Invisible God Visible.

**St. Ambrose Parish – Roman Catholic Parish** with two church buildings, St. Augustine, located at 30 Caputo Rd. North Branford and St. Monica, located at 1321 Middletown Ave. Northford.

The pastor is Rev. Robert L. Turner. All are welcome and invited to join us for Mass! Summer Mass times include: Monday, Tuesday, Wednesday, Friday and Saturday at 9:00 AM at St. Augustine. Weekend Masses are celebrated on Saturday at 4:30 PM at St. Augustine (English Ordinary no incense used), Sunday at 9:00 AM at St. Monica (English Ordinary, no incense used) and on Sunday at 11:00 AM at St. Augustine (Latin Ordinary with use of incense). The sacrament of Reconciliation is offered a half hour before all Masses, excepting Sunday, and on Monday evenings from 5-6 PM during Adoration. The parish office is located at St. Augustine Church and is open Monday, Tuesday, Wednesday and Friday from 9-1. You can access the bulletin and staff emails at [NBcatholics.org](http://NBcatholics.org). If you are new to the area and looking for a wonderful parish or homeschool co-op to join, please visit us or give us a call!

**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. Our vicar is the Rev. Lucy LaRocca. At this time, we have a single service at 9:15 a.m. on Sunday morning. Refreshments and fellowship to follow service in the parish hall. Please visit our Facebook page or our website [zionepiscopalchurch.org](http://zionepiscopalchurch.org). Zion is an open and affirming congregation for those seeking a safe place to worship and grow in Christ. 203-488-7395



**Anthony “Sam” Fonda**, known affectionately as Sonny, Bone, Da, and Pop, passed away peacefully in the warm company of the love of his life, Lois. Sam was a longtime resident of West Haven and later, Northford, Connecticut. He was born in New Haven in 1941 to Louis and Anna (Audi) Fonda. Sam dedicated many years of his life to working as a truck driver, with the majority of his career spent at LenCrete and Suzio. He eventually retired to cherish more precious moments with his wife, Lois, and to spend more time making memories with his children and grandchildren. Sam’s love story with Lois began in the early 1960s when they met at Old Savin Rock in West Haven. Their whirlwind romance culminated in a beautiful wedding in 1964. Together, they welcomed four beautiful children and ten wonderful grandchildren over the following years. Sam had a green thumb and a talent for woodworking, both of which he often pursued alongside Lois. His garden was a sight to behold, winning beautification awards and earning the admiration of the neighborhood. Sam was a lover of nature and frequently took long walks to the park or the beach with a loaf of bread to feed the birds, a cherished ritual that he maintained for many years. He was also a fierce poker player and hosted countless family card nights, never hesitating to test his luck and skill, even against his grandkids. Sam always spoke his mind with the protection and best interest of his loved ones in mind. Sam was predeceased by his mother, Anna (Audi) Fonda, his father, Louis J. Fonda Sr., and his son, Anthony Fonda Jr. He was also predeceased by his siblings Lucia Friello, Louis J. Fonda Jr., Mary Ann Rusate, and Albert Fonda. Sam is survived by his loving wife, Lois (Velardi), and his children, Louis A. Fonda Sr. (Melinda), Jennifer Davis (Stephen), and Christopher Fonda. He is also survived by his beloved grandchildren, Samantha Ouellette (Thomas), Louis A. Fonda Jr., Victoria Davis, Stephen Davis, Julia Fonda, Zachary Fonda, Heather Fonda, Tino Fonda, Anthony Fonda III, and Alexandria Fonda. Additionally, Sam is survived by his siblings, John Fonda Sr. and Ralph Fonda, as well as a very special sister-in-law, Sandra Fonda. Sam leaves behind countless nieces, nephews, and cousins who played significant roles in his life. Sam’s affection also extended to Phoebe, the dog he adopted with his beloved wife Lois. Though he may not have openly admitted it, he cherished his daily snuggles with Phoebe. Anthony “Sam” Fonda will be remembered for his warm heart, love for family and green thumb. He placed great value on hard work and the unwavering love and care he extended to those he considered family. He leaves behind a legacy of enduring memories created with his beloved wife and adored children and grandchildren. Sam’s presence touched the lives of many, and he will be deeply missed by all who had the privilege of knowing him. May his soul rest in eternal peace.

In lieu of flowers, memorial contributions may be made to The CT Hospice, Inc., 100 Double Beach Road, Branford, CT 06405. [www.north-havenfuneral.com](http://www.north-havenfuneral.com)



**Vivian Grenier Cuomo, 98**, a resident of Northford since 1961, passed away peacefully on Wednesday, October 18<sup>th</sup>, 2023, at Elim Park, Cheshire, with her family by her side. She was the beloved wife of the late Louis T. Cuomo. Vivian was born in Augusta, Maine on August 5, 1925, and was the daughter of the late Lauria and Clairina Papa Grenier. She and her husband were the owners and operators of the Northford Store from 1960 to 1971. She was an avid bowler, a parishioner of St. Monica Church and a member of its Ladies Guild. Mother of Sandra Hilsenroth, Joyce (Paul) Hintz, Gail Donaldson, Debbie (Joseph) Czentnar, Gary (Darla) Cuomo and the late Anthony and Rita Cuomo. Sister of Nancy Grenier. Also survived by 10 grandchildren and 16 great-grandchildren. Predeceased by several brothers and sisters.

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**Line Dancing**  
Join the Sons & Daughters of Italy Lodge #2805 for Line Dancing. Lead by the “Dancing Queen” Angela. Friday November 3 & and Friday November 17. St Frances Cabrini Church Hall in North Haven. 7:00. For more information call Frank at 203-410-4254.





# NORTH BRANFORD PARKS, RECREATION, AND SENIOR CENTER

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## ADULT CIRCUIT WORKOUT

Begin your day or end your day with a great workout at our beautiful fitness center! Instructor, Jillian Temple, will create and guide you for the perfect workout to target all your muscle groups!

### MORNING Workout

Mondays- 11/6 - 12/11

6:00 - 6:45am

Age 18+ DiLungo Fitness Room

\$60 Res, \$60 NR

### EVENING Workout

Tuesdays- 11/7 - 12/12

6:00 - 6:45pm

Age 18+ DiLungo Fitness Room

\$60 Res, \$60 NR

## LET'S DANCE!

This half hour class is perfect for children ages 2-3. Using age appropriate music and movement, this class promotes early learning skills, listening skills, helps develop motor skills, and engages children in the love of dance at a young age.

Instructor: Brittini D'Urso, Revolution Academy of Dance

Ages 2-3 STW Classroom

Tuesdays 9:00-9:30am

November 7 - 28 \$30 res/\$35 nr

## Table Talk WITH GIOVANNA Thanksgiving Edition

Learn how to impress your guests this Thanksgiving with some delicious new appetizers!

- Pumpkin Whipped Feta Dip
- Baked Brie with Homemade Apple Cranberry Chutney
- Stuffed Dates topped with Brown Sugar Candied Bacon

**Tuesday, November 14th - 6:00-8:00pm**

STW Gym/Cafe \$50/per person

**\*NEW YOGA CLASSES WITH BRIANNE BARRETT OF BHOGAH YOGA\***

### PARENT & TOT YOGA

A fun-filled class for caregivers and tots. This class will introduce yoga practices in an age-friendly format designed for caregivers and children to participate together.

**Wednesdays Nov 22 - Dec 13 • STW Yoga Room**

9:30-10:00am \$35 res/ \$40 nr

### TEEN YOGA/MINDFULNESS WORKSHOP

A class that teaches skills for balancing stress and anxiety, learning tools for self-care, and building community and friendship. Each class will combine a yoga practice with a mindful activity.

**Tuesday Evening 6:30 - 7:30pm • STW Yoga Room**

*Each workshop costs \$20, or sign up for all four for \$75*

Tuesday, November 7: Yoga and Mandala Making

Tuesday, November 21: Yoga and Meditation

Tuesday, December 5: Yoga and Mala Making

Tuesday, December 19: Yoga and Creative Writing

### ADULT DAYTIME YOGA

An all level yoga class designed to help reduce stress, clear the mind, stretch and strengthen the body and help attendees feel more healthy and whole.

**Fridays Nov 17 - Dec 15 • STW Yoga Room**

12:00-1:00pm \$40 res/ \$45 nr

## AFTER SCHOOL FITNESS WITH JILLIAN

Working out with Jillian Temple makes fitness fun!

**Tuesdays - November 7-December 5**

**STW Classroom - 4:45 - 5:45pm - \$40res/\$45nr**

**Grades 4-8**

## YOUTH WINTER SPORTS CONDITIONING CLINIC

Get ready for your winter sports with this intensive conditioning clinic. The clinic will include working on fast footwork, agility, body weight strengthening exercises, agility and endurance training. Instructor: Jillian Temple

**November 13-16 • 6:00-7:00pm**

**Grades 4-8 - STW Gym/Cafe \$70 res/nr**

## — SENIOR CENTER —



## VETERANS DAY LUNCHEON

**Thursday, November 9, 2023**

**12:00pm STW Cafe**

Veterans Eat Free! \$6 - Non-Veteran

**Special guest speaker from Veteran Angler Charters**

This year, at our Veterans Day luncheon, we will be giving back by packing care kits to be mailed to our local CT National Guard service members currently overseas!

**Menu: Meatloaf, mashed potatoes with gravy, vegetables and apple crisp for dessert**



## SENIOR CENTER VETERANS HISTORY PROJECT

**November 7 - 10:30-11:30am**

STW Senior Room

Join us to help research, collect data and preserve the life stories of our town's veterans who have passed. We will collaborate with The Totoket Historical Society member Nancy Anderson Harrison on Tuesday November 7th at 10:30 am at the STW Community Center.

We would also love to hear about your family or friends who have served in the military. Bring your stories and photos to share!



Join Chef Giovanna for a demonstration on how to make delicious pumpkin macaroni & cheese! A perfect side dish to bring to a holiday dinner or to make for yourself at home. Watch as she prepares and teaches you how to bake this fantastic dish then taste it for yourself!

**November 21, 2023**

**Pumpkin Macaroni & Cheese**

STW Gym/Cafe 1:00-2:00pm \$3 Register by 11/17

## FARM TRACTOR WAGON RIDE & LUNCH AT HARD HAT TAVERN

**Monday, November 6 - 10:30am - 12:00pm - \$5 (at Cecarelli)**

Join us for a lovely fall tractor ride around the beautiful farm land at Cecarellis- Harrison Hill Farm with lunch (on your own) at Hard Hat Tavern in Durham. Register by 11/1

## MOHEGAN SUN BUS TRIP

**Monday, November 27 - 8:00am - 4:00pm**

**\$20 res / \$25 nr**

If you are meeting at the STW Community Center, we will be leaving at 8:00 a.m. Departs Mohegan at 2:30pm

Please register by 11/21



## 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.

**November 30, 2023**

**\$40res/\$45nr**

**Departs 1:00pm**

**Returns: 5:00pm**

Register by Nov 9th

## Holiday Classics with Downtown 6 Band!

Featuring a sing-a-long from The Glamour Girls & Santa George & Mrs. Claus!

## AQUA TURF CLUB

**Tuesday Dec 12, 2023**

Bus departs STW: 10:15am Returns:

Approx 4:00pm

**\$57res \$62nr**

Enjoy an afternoon filled with food, fun and music designed to get you in the Holiday Spirit!

**Roasted Turkey/ Baked Scrod**  
Register by: 11/17/23





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1 issue \$9.00 2 issues \$12.00 3 issues \$15.00  
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3 issues \$35.00, 6 issues \$60.00, 12 issues \$100.00  
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**Special Education Paraprofessionals needed** - permanent and substitute positions available. Visit [Northbranfordschools.org](http://Northbranfordschools.org) and click on the Employment Tab.  
**North Branford Auditorium - Event Monitor**  
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Please visit [www.northbranfordschools.org](http://www.northbranfordschools.org) and click on the Employment Tab under the Technology category.

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ESTATE SALE

Estate Sale November 4th and 5th ( 8:30-3:00)  
32 Williams Rd North Branford

Something for Everyone..bedroom sets, dining room set, end tables, couch, loveseat, pool table, hutchs, chairs, household goods, sm appliances, rugs, mirror’s, antique’s, crystal glassware, jewelry, fabric, sewing items, assorted tools.

NARFE November Meeting

The National Active and Retired Federal Employees Association monthly meeting will be held Monday, November 6, 1:00 pm, at the North Haven Congregational Church, 28 Church St. All active and retired federal workers are invited to attend.

The guest speaker will be Debbie Herget, Blue Cross/Blue Shield Federal Employees Program, who will discuss the 2024 Health Benefits Plan and provide 2024 brochures.

NARFE is dedicated to protecting and preserving the earned benefits of federal workers and retirees. Information: <http://www.narfe.org>

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