



Totoket Times

www.totokettimes.com

For Our Town From Our Town

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Volume 28 No 18, March 4, 2022



recently The Shoreline Chamber of Commerce Announces 2021 Business and Community Awards Winners

Guilford, CT, February 24, 2022 - The Shoreline Chamber of Commerce, representing the towns of Guilford, Branford and North Branford recently held its annual awards breakfast at The Woodwinds in Branford, CT. The event honored award winners in nine categories, each of whom exhibited dedication, hard work, innovation community spirit and a willingness to give back to the community. The Chamber is pleased to announce that the following Awards were given at the awards breakfast:

New Business of the Year Award – D&S Hot Dogs & Catering
Employer of the Year Award - Guilford Savings Bank
Non-profit Excellence in Re-Invention – SARA, Inc.
Innovation Award – Detect
Business Excellence in Re-Invention – Bishop's Orchards
Small-Business of the Year – Country Paint & Hardware
Branford Community Partner / Hometown Hero – Branford Arts & Collateral Alliance
North Branford Community Partner / Hometown Hero – Honeywell
Guilford Community Partner / Hometown Hero – Peter Palumbo

In addition to presenting the above mentioned awards, Chairwoman of the Board of Directors, Kim Spanier, shared a 2021 year in review of Shoreline Chamber virtual and in-person events that covered business networking, legislative workshops that informed and educated business during the pandemic while the Chamber President, Dee Jacob, shared exciting new initiatives for 2022 that will help market, educate and support businesses in the coming year. "We are excited to celebrate the accomplishments of all our awardees. Each one faced their own set of challenges in 2021, but never wavered from their vision to do business or serve others in our community," said Shoreline Chamber President, Dee Jacob. "Looking toward the future, we are committed to roll up our sleeves and dig into the work for our members in 2022!" said Jacob.

For more information about the Chamber call (203) 488-5500 or visit www.ShorelineChamberCT.com.

*Photo and Information, compliments of Dawn Jackson
Shoreline Chamber of Commerce*

Knights of Columbus Council 6801 North Branford, CT 06471

St. Joseph Dinner
March 19, 2022 -
5:00PM

Saint Augustine Church

*Proceeds to help pregnancy
centers*

and new mother centers

Tickets are \$20. for Adults

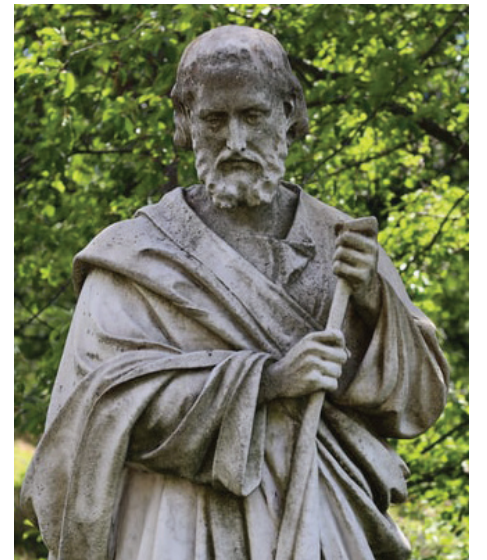
\$15. for children.

Lasagna, Salad & Zeppole

For tickets call Wayne at 203-410-3885

or Damion at 203-215-7699

or go on line at Knightsout@gmail.com.



IRIS Donations Appreciated

The Northford-North Branford Women's Club, GFWC would like to thank all of those who donated items to our recent drive for IRIS (Integrated Refugee Immigration Service). A total of 706 items were collected including toiletries, cleaning items, socks and underwear. IRIS is a non-profit agency whose mission is to help refugees and other displaced people establish new lives, strengthen hope, and contribute to the vitality of Connecticut's communities. For further information about volunteering or donating, go to the IRIS website irisct.com or call 203-562-2095. Monetary donations can be mailed to: IRIS, 235 Nicoll Street, NewHaven, CT 06511.

(Pictured are all items collected along with volunteer Chase from IRIS and Ivey Cooley of the Northford-North Branford Women's Club, GFWC.)

Scan Code Test

Scan this QR Code to check out Honeywell employees and NBLTCT volunteers building boardwalks in preparation for trail on Land Trust 27 acre property on Village Street.



SCAN ME

| Deadline | | Publication Date | |
|----------|----|------------------|----|
| March | 11 | March | 18 |
| March | 25 | April | 2 |
| April | 9 | April | 16 |
| April | 23 | April | 30 |
| May | 7 | May | 14 |
| May | 21 | May | 28 |
| June | 4 | June | 11 |
| June | 18 | June | 25 |

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Good Vibes Nutrition

1715 Foxon Road North Branford
203-481-2323. Call ahead for curbside service!

GOOD VIBES IS ONCE AGAIN HOSTING OUR "THANK AN OFFICER" EVENT!

It was such a success last year we thought
we would do it again!

We at Good Vibes are very strong supporters of our first responders
and we love to show our appreciation whenever we can!
You can too!

Heres how!

Stop in or venmo to donate \$11 by Monday,
March 7 and we will donate a shake & energy tea to our NB heroes!
Our goal is to raise enough money for 30 shake/tea combos! We will
then drop off free combo vouchers to the NB Police department that
they can use whenever they like!

Venmo: Goodvibes1717

Note on venmo: TAO



TIME TO CASH IN

The real estate market is in full upswing and
is helping homeowners like yourselves cash-
in. Home values have been rising steadily
and you can potentially be sitting on equity.
When was the last time that you checked
your home's value? Your home has never
been worth more. It's a Seller's Market ...
don't let it pass you by!



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1179 Foxon Rd. (Rte 80/22)
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Arnie Willhite, *Owner*

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State Representative Vincent Candelora

Does an administration spearheading a review of its own failed processes seem like good government?



News broke late on Feb. 25 (a Friday afternoon) that Gov. Lamont parted ways with his budget director, Melissa McCaw, as the controversy around a federal investigation into whether corruption occurred in construction-related bidding processes that were managed by someone under the banner of her office.

I remain shocked that my Democrat colleagues who control the General Assembly agenda are unwilling to conduct a legislature-driven investigation into the processes that perhaps allowed for steering of projects to benefit certain individuals and companies. After all, more than 50 school construction projects totaling more than \$1 billion have been approved since 2018 for communities represented by both Republicans and Democrats. So, they *should* care.

As we've seen in the news media, federal investigators certainly do.

The legislature, through state statute, has investigatory reach that includes the authority to subpoena witnesses and documents. Additionally, the legislature can delegate its investigative power to a standing or specially created committee.

While it would be a challenge to get targets of a federal criminal investigation to participate in a legislative inquiry, surely the General Assembly could secure government bureaucrats and documents to shed light on how the Lamont administration conducts business—specifically, it's unorthodox use of memorandums of understanding in state agencies to circumvent state statutes.

I'm interested in the process rather than the players—federal investigators can focus on the criminality, should it exist.

As you might expect, Democrats swiftly rejected our call for a formal investigation. They'd prefer a simple informational hearing, which of course lacks the juice power to compel anyone to participate.

On the heels of their response, Gov. Lamont announced budget director McCaw's departure. In his news conference, he generically described what has transpired as "bad habits," and talked about internal audits and process changes.

Residents, he said, deserve to feel confident about their government.

Forgive me if I sound skeptical, but an administration shouldn't be left to spearhead a review of itself circumstances such as these. As more information about this crisis is likely revealed, I'm hopeful that my colleagues across the aisle will have a change of heart and conduct that more formal review.

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LET'S BE "FRANK"

I spend way too much time on Facebook. I must admit I like many aspects. Unlike its avid followers, I don't know why it was started and what purpose the founder had in mind. Through Facebook I have been able to meet up with old high school buddies, check in with people from the old neighborhood, and learn new recipes, to name a few.

I don't mind seeing when people are married, when they've graduated, when they have a new child or many other eventful highlights of their lives.

I really like different community updates and activities in my town as well as surrounding areas.

What annoys the heck out of me are self serving people who feel the need to post every thing they do ad-nauseam. I don't care what you had for breakfast, lunch and/or dinner. I don't care if you're out with the love of your life buying towels for the bathroom. I don't even care if you re organized your closet or bought a new car. In my mind, that is just bragging.

I'm not particularly interested in a public thank you because one of your adult children took you shopping or fed the dog. It's their job and it shouldn't warrant a public celebration.

It's interesting to see what your kids are doing once in a while. But the daily post about every activity they have is not needed or wanted by the vast majority. I know everyone loves their kids but they aren't, the best kids who ever lived, To you they should be but I'm sure somewhere there us one better.

As I said, I like reading about community activities or accomplishments posted on Facebook but take the next step and send the information to your local newspaper. . When I read of a special event that got 100 looks, it disappoints me knowing that 5600 households are getting the Totoket Times and only 100 of your Facebook followers have been informed.

I like Facebook and use it often but the good stuff should go out to everyone (your local paper) and what you had for dinner should stay with you. If you want to give us the recipe of what you had I'm all for it.

I also love the "political experts", medical doctors", and "religious ministers" who preach their opinions as if it were Gospel. I have been writing this column for 20 years and I am very opinionated but I have never claimed to be an expert in nay field. Don't give medical advice because your uncle's cousins neighbor once had that same symptom. Someone can get very sick or worse for confusing your opinion with fact or taking one of your prescribed home remedies.

Finally, if you post a traffic jam because of an accident, don't post what you think you saw or what you think the condition of the participants are in. Again, it's not the job of the self proclaimed Facebook police to give misinformation on people's condition. It's nice that you want to let everyone know you are on top of the situation but too many times I have been worried sick about one of my kids, possibly being injured in an accident where the author dramatizes a false report on the condition of a victim.

With that said brother, It's time for Lent. I remember phoning you and in later years Mary, to jokingly congratulate you on being old and not having to follow some of the fasting and abstinence regulations. I am now well past those limitations and I miss the banter about your age.

Many of the traditions are really falling by he wayside. Our Archbishop is becoming a better closer than Mariano Rivera. Under the guise of working together and having better opportunities as a united front, we are combining many parishes and it seems to be eliminating the closeness of the parish family. It's only my opinion but much of this is disheartening to many I know. Families don't seem to go to church together and worship spiritually and socially together. It's sad but let us all try to prepare ourselves for the resurrection of Christ.

Keep an eye on things down here and I'll see you soon.

*Send letters and
press releases to:*
Totokettimes@comcast.net

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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

PO. Box 313, Northford, CT 06472



For the Health of It!

Making Sense of Food Labels



My appreciation for good food began at an early age. Even though I didn't realize it at the time, the seed had been planted. We lived in a small cape cod style home with a wonderful vegetable garden just behind the garage. My parents were out there every season from March until October, tilling, planting and harvesting. There were fruit trees and berry bushes. I grew up eating whole foods along with homemade bread, pies and pizza lovingly prepared with the freshest ingredients, and it set a standard for my taste buds that processed foods could not come close to satisfying. I did complain about having to eat some of those

meals; especially when I spent time at a neighborhood friend's house and saw how quick and easy it was to pop a waffle in the toaster instead of waiting for a batter to be mixed, or better yet, mac & cheese from a box- I wanted some of that too! Growing up in a household where the vegetables were from the garden, meat and poultry was fresh and the seafood often came from a friend's catch, there was no need to read labels to assess the quality of meals and snacks.

Unlike my mom, I'm not much of a baker and I never got my hands dirty by digging into the earth to learn to garden. By the time I had my own children, processed foods had changed drastically. Additives like high fructose corn syrup and hydrogenated oils had become common ingredients and food labels had more words I could not pronounce than those I could.

Our fresh ingredients are from the grocery store in the winter and local farm markets when in season. I began reading labels in an effort to find a balance between cooking fresh, having some quick and easy options when necessary, and having our kids enjoy some "kid stuff". One thing I learned immediately is; packaging can be deceiving.

Beware of Buzzwords

Let's face it, we're busy - certain words draw us in as we're dashing through the aisles. It's a lot easier to grab something that boasts words like low fat, fat free, gluten free, made with real fruit, sugar free, whole grain, plant based- or how about this one-"all natural". All these words (and more) can be deceiving. We are looking for guidance and if not careful, will be betrayed by clever marketing that tells us what we want to hear. Unfortunately the less healthy choices seem to be positioned at a level that attracts the eye. Look more closely and you may be surprised to learn that the healthy item you just tossed into your cart isn't healthy at all. For example, protein bars that are typically found in the vitamin or health food aisle, must be healthy, right? Sadly, no. Avoid grabbing a protein bar off the shelf based on the tempting words used to describe the flavor; without first reading the label. Many are nothing more than candy bars in disguise. So how do we decipher labels? A good place to start is with the serving size.

Learn Label Language

Given the above examples- it's apparent that we need to look beyond the buzzwords and check out the **Nutrition Facts**. **Serving size** is listed first. If you typically eat an entire can of a certain item, you may unknowingly be downing two servings or more. That not only increases calorie intake, but also the fat, carb, sodium, sugar and everything else. And, speaking of **calories** (another "feature" that may be proudly displayed on the outside packaging); that alone is not an indication of a healthy choice. An item may be low in calories and void of overall nutrition. A serving of 15 potato chips has 150 calories, as does a serving of plain Greek yogurt with fresh berries, walnuts and a drizzle of honey. (I may not be comparing apples to apples here but you get the idea.) When it comes to fat content, the number of calories from fat should be less than 1/3 of the overall calories and void of trans fat. Remember, we're talking about the fat content of processed foods, so don't toss your favorite nut butter because it has 16g of fat per serving. Pair it with a balance of protein and carbs and it's a win. **Sodium** per serving is important and sometimes shows up in unexpected places. A 2 ounce serving of boxed macaroni and cheese tips the scale at 560 mg; about a quarter of the recommended daily limit. (2 oz. is not much mac and cheese). If you've been told to monitor sodium, rinsing contents of canned items will remove some of it. Sodium also appears in otherwise healthy items like frozen shrimp.

Buyer beware and don't just check the **carbs**! Being carb conscious is trendy these days but the right carbs are necessary for energy. Balance is the key. It's also necessary to check **fiber** (at least 3 grams per 100 calories), and added sugar. Avoid artificial sweeteners other than stevia and monk fruit which are truly natural and easily digested.

Label reading is never necessary when we stick with whole foods. However, among all the poor center aisles offerings, there are many healthier choices. The fewer ingredients listed on any label-the better. At first, stopping to read before you buy may take longer, but consider it time well spent. Soon you will be able to cruise the aisles and choose wisely with confidence!

This topic was selected by popular request. Please reach out at joann@wellnessfusion.net with questions or comments ~ this monthly column is here for you ~For the Health of It!

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

North Branford Public Libraries presents:

ZOOM PROGRAM

Corey Alston: Story of Sweet grass Basket Weaving

Tuesday, March 29th

(6:30 – 7:30 pm)

Enjoy your dinner, relax at home, and listen to Carey Alston speak about:

- Why the Gullah Geechee Heritage Corridor (South Carolina) is so unique
- How he is helping to keep Sweetgrass basket Weaving alive
- See ancestral patterns and techniques still being used today
- Recently featured on Good Morning America!

"The Gullah Geechee Cultural Heritage Corridor is a National Heritage Area, which was established by the U.S. Congress to recognize the unique culture of the Gullah Geechee who have traditionally resided in the coastal areas and the sea islands of North Carolina, South Carolina, Georgia, and Florida. Visit us to learn more about Gullah Geechee people and a unique, world culture."

(Courtesy: gullahgeecheecoridor.org)

Register Online: nbranfordlibraries.org or call (203) 484-0469

Sons and Daughters of Italy Lodge 2805

Offering Italian Culture Language Lessons



The Sons & Daughters of Italy Lodge #2805 will be offering Italian lessons and traditions at St. Frances Cabrini Church in North Haven. The lessons will begin on 3-24-22 at 6:00 PM. They will be one hour long. There will be a total of six lessons every other Tuesday (more to follow if interest is there).

All six lessons will be \$25 per person or \$15 for members. The class will be taught by local Italian teacher Raffaele Lenetti and refreshments will be served. To

register, e-mail, SueAnn Mentone at Sueann.mentone@yahoo.com.

The first annual **Mass for the deceased members** will take place at the at St Terese Church in North Haven at 11:00 AM. Anyone who knows someone who has a deceased member of the group is asked to spread the word,

BOAT HANDLING COURSE

AT BRANFORD HIGH SCHOOL

An in-person class offered by New Haven Sail & Power Squadron, part of America's Boating Club®, starts Wed., Mar. 9, for seven weeks. Register online by Mar. 2 at Shoreline Adult Education, www.shorelineadulted.org or by phone during business hours at 203-488-5693. Location: Branford High School, 185 East Main St., Branford. When: Wednesday's, March 9 thru April 27 from 6:30 p.m. to 8:30 p.m. Cost: members \$80, non-members \$181. The non-member price includes a one-year membership in New Haven Sail and Power Squadron. For questions, contact: Past Commander Peter DePascale 203-671-2420 or email bathworksinc@gmail.com.

The Boat Handling course is appropriate for people who have received their Connecticut Safe Boating Certificate and who want to learn more. The course contains material applicable to both power and sail, covering the following topics: rules of the road, docking and undocking, handling your boat underway, anchoring, emergencies on board, and knots and line handling.

New Haven Sail & Power Squadron (NHSPS), is a 501(c)(3) non-profit educational organization dedicated to making boating safer and more enjoyable by teaching classes in boat handling, navigation, and related subjects. For information on NHSPS, go to: www.nhsp.org.

NBHS PERIOD II HONORS

HH 12TH GRADE

Ackerman, Lauren
Brustman, Nolan
Burke, Saoirse
Camejo, Genesis
Carter, Alyiah
Caso, Maissa
Cavalier, Christopher
Chopus, Jake
Christiano, Jonathan
Crocker, Alanie
Cronan, Tyler
Crouch, Kayla
Danner, Jacob
DePino, Gianna
DeSena, Dane
Gomez, Nichole
Hills, Isabella
Iuteri, Mila
Jarmie, Aubrey
Langlan, Charles
LeBeau, Braeden
Leete, Regan
Levine, Taylor
Marcarelli, Lexi
Marra, Grace
Melillo, Kate
Norman, Delaney
Parente, Carley
Patel, Dhruvi
Pearson, Blake
Pearson, Elena
Pettis, Kayla
Pfeiffer, Olivia
Pietrandrea, Lauren
Pinto, Gabriella
Pollock, Catherine
Pujois, Cynthia
Reynolds, Benjamin
Ricardo, Marissa
Rivera, Sheyenne
Rossicone, Paige
Salani-Bathija, Tara

Saldutti, Jake
Scalia, Dominic
Senerchia, Hanna
Sorensen, Julia
Sorrentino, Liam
Spinelli, Francesco
Stakaj, Franceska
Stone, Makenna
Teodosio, Demetrios
Toto, Olivia
Vander Wyk, Liam
Virginelli, Michael
Vollono, Abigayle
Yacono, Emma
Yarnall, Paige

HH 11TH GRADE

Aiken, Aislinn
Barone, Gabriella
Beardsley, Alyssa
Betzner, Bridget
Bogardus, Grant
Bureau, Shelby
Candelora, Ava
Capasso, Chelsey
Carbone, Carmela
Chasanoff, Ryan
Cotton, Alexa
D’Amico, Cecelia
DeSisto, Nicolas
Dolzani, Robert
Esposito, Alexander
Falcioni, Nico
Gallagher, Stephanie
Gambardella, Ava
Gambardella, Sophie
Garrett, Cameron
Girardi, Drew
Heffernan, Carolyn
Higgins, Nathan
Hoskins, Nathaniel
Ianniello, Alexandra
Johnson, Charles
Juniver, Tessa

Kamienski, Payton
Katz, Avery
Luciano, Edwardo
Mansi, Heather
Park, Mia
Patel, Anuska
Powell, Carly
Riordan, Mea
Rojas-Ojeda, Luisa
Shadman, Alexander
Sim, Paulynna
Teodoro, Alexa
Tranquilli, Nathan
Vincent, Vada

HH 10TH Grade

Augur, Collin
Blomster, Luke
Brigance, Sienna
Cappetta, Aidan
Carter, Gianna
Carusone, Christiana
Criscuolo, Keana
DePino, Lucian
Herassme, Joelle
Holzer, Callie
Lin, Sabrina
Lucibello, Morgan
Lucibello, Natalia
Maley, Jack
Martinik, Brady
Miller, Tiffany
Mone, Patricia
Mullins, Kiley
Nuzzo, Giana
Patel, Jay
Senerchia, Gabrielle
Stoner, Connor
Yacono, Mia

HH 9TH Grade

Allen, Noah
Amendola, Ashley
Anderson, Kyle
Brezicki, Adrianna

Cahill, Olivia
Cappella, Robert
DeLucia, Ryan
Dion, Gabrielle
Esposito, Benjamin
Falcioni, Alexa
Hannan, Catherine
Hills, Adriana
Krebs, Marley
Melillo, Karma
Melillo, Samantha
Monde, Jack
Nuzzo, Megan
Onofrio, Julianna
Rizzuti, Aaliyah
Schmidt, Alivia
Spanier, Sofia

HONORS 12TH GRADE

Aguiar, Sarena
Anderson, Ryan
Aucapina, Jade
Belbusti, John
Bonapace, Ava
Brennan, Robert
Brittell, Cameron
Cassista, Tara
Danz-Manner, Ashton
Esposito, Joseph
Fratta, Anna
Helwig, Samantha
Michonski, Ryan
Monde, Ryan
Nuzzo, Ryan
Nye, Morgan
Oliverio, Mia
Pereira, Izaac
Raffone, Marissa
Rossicone, Jalen
Salzillo, Ariana
Waldron, Cailey

HONORS 11TH GRADE

Annunziato, Nina
Beecher, Nicholas
Burwell,Dylan
Carroll, Spencer
D’Onofrio, David
Defaranos, Elias
Gallipoli, McKenna
Geist, Aidan
Izzo, Eric
Jackson, Carl
Krista, Cassidy
Lacroix, Molly
Manning, Ashley
Martone, Isabella
Molleur, Anastasia
Nero, Antonio
Olson, Jonathan
Palma, Gianna
Provencher, Mason
Raymond, Maiah
Rojas, Cristian
Schmidt, Gabriella
Serenson, Tyler
Sorrell, Jaiden
Taylor, Benjamin
Wang, Marissa
Wessoleck, Christin

HONORS 10TH GRADE

Aguiar, Evyn
Allen, Caleb
Barrett, Logan
Brustman, James
D’Aria, Samantha
Dion, Joshua
Dodge, Lauren
Doody, Jalynn
Ferrucci, Te’a
Fico, Gianna
Gott, Samuel
Jacobs, Joseph

LeBeau, Patrick
Medina, Thomas
O’Brien, John
O’Brien, Mikella
Olsen, Christopher
Onofrio, Lindsey
Peterson, Lars
Pinette, Leah
Plano, Giana
Ramada, Peter
Sigal, Elizabeth
Small, Noelle
Toto, Sophia
Vaspasiano, Katie
Vogt, Lucy
Vongher, Frederick
Waligroski, Brinley

HONORS 9TH GRADE

Ardito, Lily
Bigio, Gabriella
Caso, Nicolas
Chopus, Justin
Danner, Nathan
DeFrancesco, Alexa
Dell’Aquila, Vincent
Famiglietti, Nico
Ferraro, Samantha
Giovanni, Anthony
Hannah, Mary
Higgins, Joshua
Izzo, Tanner
Kamienski, Daytona
Lamot, Joanna
McCullough, Giana
Meneo, Jeremy
Nay, Emilyn
O’Connor, Jason
Onofrio, Isabella
Patel, Preet
Proto, Natalia
Riggione, Michael
Scalia, Matthew

THEY MAKE US PROUD

Katelyn Bailey was received honors for the second quarter at Mercy High School in Middletown CT.
Morgan Violette was named to the Dean’s List at Albertus Magnus College. She was also named to the Great Northeast Athletic Conference Team as a member of the Women’s Soccer Team.
Catie Dow and Sierra DePalma were named to the Dean’s List at Clark University in Worcester, MA.
Jadon Canelli and Dylan DiMeo were named to the Dean’s List at Mitchell College in New London, CT.
Brianni Cabrera received high honors at Sacred Heart Academy in Hamden, CT

North Branford Scholarship Association Accepting Applications

Applications for the NBSA scholarship awards can usually be picked up at the Atwater and Smith Libraries in town beginning March 1st This year because of covid the libraries may not be open. If they are not open please call Lars Selander at (203) 483-1311 and leave your name and mailing address and we will mail you an application.
These awards are for students who live in town and graduating from high schools in surrounding towns as well as in town. Your high school 3 1/2 transcript must accompany your completed application. Applications must be returned by April 1st.

The Nursery on Notch Hill

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Play based program encourages creativity, independence & self-confidence.
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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

Hope Christian Church "A Place to Belong". 211 Montowese Ave., North Haven, CT. 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, website: 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 Office Hours: Tuesday 9am - 1pm; other days by appointment. . 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

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. 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 <http://standrewsnorthford.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 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. Please visit our Facebook page or our website www.zionepiscopalchurch.org. Zion is a registered Integrity Episcopal Believe Outloud Congregation, a designation earmarking Zion as an open and affirming congregation for those seeking a safe place to worship and grow in Christ.

DEATH NOTICE




Yolande Viola Vanasse Hardy passed away on January 22,2022 at the age of 94 in Middletown, Ct, formally of Northford, Ct. She was preceded in death by her loving husband, Victor Romeo Hardy. She will be lovingly remembered by her 8 children, Jocelyne (Jerome) Hartigan of Ohio, Gaetan (Gail) Hardy of North Carolina, Laurent (Diana) Hardy of Colorado, Marcia (George) Hollister of Westbrook, Marjolaine (Robert) Bellonio of Essex, Richard (Donna) Hardy of Westbrook, Patricia (James) Barrett of North Branford, John (Laura) Hardy of Madison, 20 grandchildren and 32 great-grandchildren.

Yolande gifted her children and grandchildren with a treasure trove of idyllic childhood memories that nurtured close relationships and transcended physical distance. She was happiest with family crowded around her dining room table. She loved traditions like midnight Mass followed by Christmas Eve dinner and Easter Sunday breakfast followed by basket hunts. On Sunday evenings, she served up sumptuous feasts and hosted competitive lawn games. Cousin sleepovers featured frightful sightings of the "Boogey man" whose posture resembled the beloved family matriarch- though she denied it. A plateful of homemade donuts the next morning made everything better.

Yolande's adventurous spirit taught her family that with initiative and determination anything is possible. She once ascended a tree to build a treehouse for her grandchildren, complete with indoor/outdoor carpeting. She and her late husband Victor built a sugarhouse to boil sap collected by their grandchildren from tapped sugar maples. After a long day of sugaring, she would reward her grandchildren with sucre' a la creme and maple syrup in snow. She shared many stories from her travels around the world where she visited the Vatican, sampled jambon et fromage on the banks of the Seine, and gazed at Monet's Impressionist paintings in the Louvre. Yolande loved each one of her 20 grandchildren singularly. Each grandchild was as sure as any other that they were definitively her favorite. She gave her children and their children strong roots grounded confidently in a legacy of love and care and wings ready to fly courageously into yet unknown adventures.

A private service will be held for immediate family members. Memorial donations in Yolande Hardy's name may be made to The ALS Association Connecticut Chapter 4 Oxford Road - Unit E4 - Milford, CT



ENGAGE 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

NORTH BRANFORD PUBLIC LIBRARIES

Adult Department

March 2022

10 PAT'S PICKS MOVIE CLUB
Atwater @ 1:00PM
The Quiet Man - 1952 Romantic Comedy
"A retired American boxer returns to the village of his birth in 1920s Ireland, where he falls for a spirited redhead whose brother is contemptuous of their union." - IMBD


17 BOOK CLUB
Atwater @ NOON
The Dutch House by Ann Patchett.
Interested in joining? Call 203-315-6020 and ask for Billy!

18 MOVIE MATINEE
Smith @ 1:00PM
Downton Abbey - 2019 Drama
"The continuing story of the Crawley family, wealthy owners of a large estate in the English countryside in the early twentieth century." - IMDB

23 NOT-SO-GOLDEN-LIFE OF THE GILDED AGE WIFE
Atwater & Zoom Virtual Program @ 6:30PM
Although Gilded Age women in the upper and lower classes had many differences, they had one similarity: women were viewed as second best to men, and were expected to be content with this role in society. Join us to learn about what life was really like for Gilded Age women. Presented by the GroundedGoodwives!







29 COREY ALSTON: STORY OF SWEETGRASS BASKET WEAVING
Zoom Virtual Program @ 6:30PM
Recently featured on "Good Morning America" with his story of Sweetgrass Basket Weaving, Corey will speak about why the Gullah Geechee Heritage Corridor in South Carolina is so unique and how he is helping to keep the Sweetgrass basket weaving tradition alive today.

12 PUZZLE-OFF COMPETITION
Smith @ 9:00AM
10th Annual Puzzle-Off! Registration for this event is FULL, but feel free to come and see what this competition is all about, and ready yourself for next year!

Mondays 

MONDAY NIGHT MAH JONGG
Smith @ 6:00PM
For those looking for a group to play with! Bring your own Mah Jongg set if you have one. Players of all skill levels are welcome, however this is not an instructional course.

Check out these NEW March Releases!



NBCC Lenten & Easter Services

We invite everyone to attend our Lenten and Easter Sunday services at the North Branford Congregational Church, 1680 Foxon Road, North Branford.

Palm Sunday - April 10, 2022 - 10am Worship Service followed by Sunday School Easter Egg Hunt

Maundy Thursday - April 14, 2022 at 7pm - Traditional Service with Readings by 6 of the Deacons.

Easter Sunday - April 17, 2022 at 10am - Traditional

Easter Service with Decoration of the Flower Cross - members are asked to bring a bouquet of flowers to the service to decorate the Flower Cross in the Sanctuary during the Service.

Flower/Plant Sale

Northford Congregational Church, "A Little Church with a Big Heart," will have an Easter weekend flower/plant sale to benefit the church on Fri. and Sat., April 15-16, from 10 a.m. - 5 p.m., and on Sun., April 17, from 9 a.m. - 1 p.m. The Easter Bunny will be helping.

In the event of inclement weather, the flowers/plants will be sold inside the church social hall downstairs.

The historic church (203-484-0795) is located at 4 Old Post Road at the corner of Routes 22 and 17 in the Northford village in North Branford. Website:www.northfordcongregational.church. Email address: northfordcc@gmail.com. Like us on Facebook.

Recycling News

Thank You for Your Participation

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

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For more information call 203-410-4254

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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.

SERVICES OFFERED

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Wanted Gold, Silver scrap jewelry. Fair Prices offered. Call 203-627-6826 or 203-376-1249

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ENERGY ASSISTANCE

2021-2022 HEATING SEASON

TOWN OF NORTH BRANFORD -OFFICE OF SOCIAL SERVICE
1332 Middletown Avenue, Northford, CT 06472

Press Release: This Office of Social Service will begin taking applications for the Energy Assistance Program for those who heat with a deliverable fuel. It is preferred that those that heat with a utility will make appointments after January, 2022. Although applications are taken now the program will not begin until November 1, 2021.

The program helps people pay for heat and weatherize the home. Eligibility is based on income, assets are no longer reviewed. This is not an entitlement program.

If you are interested in applying for Energy Assistance, you may call North Branford Social Service at 203.484.6006 to make an appointment. A list of required documents needed to complete your application is available in both public libraries, online at <https://www.townofnorthbranfordct.com/government/departments/social-services.aspx> and the Stanley T. Williams Community Center, Social Service Lobby. There are significant changes to the program especially for those households that have an individual receiving Cash Assistance form DSS, SSI or SNAP.

You must bring to your appointment copies of your required documents. This office cannot make copies for you. **Please bring all required documents. Applications cannot be completed without the required documents.**

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