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For Our Town From Our Town

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Volume 30 No 14, March 8, 2024



VETERANS SERVICE COMMISSION HOLDS FIRST MEETING

On February 27th the brand-new Veterans Service Commission held its first organizational meeting. The new commission was created by the Town Council to provide support and recognition to our Town's veteran community with the aim of creating events and promoting awareness and recognition for those who have served our nation in the armed forces.

This new commission will begin to address a number of action items including the creation of a Veterans Hall of Fame for the Town, obtaining Purple Heart Community designation for North Branford, as well as other planned memorials and ceremonies.

Photo: 1. L-R: Town Manager Michael Downes and Mayor Rose Angeloni with Commission members Chalres Larkins, Zakary Poston (chair), Dan Camp (vice chair), Bob Viglione (alternate), Tony Catapano, and Hamlet Hernandez.

Luck of the Irish Label Contest

WINNING PET WILL BE IMMORTALIZED ON THE LABEL OF A SPECIAL EDITION BREW PRODUCED BY THE THIMBLE ISLAND BREWING COMPANY.

Branford, CT – Is your pet ready for its close-up? The Greater New Haven St. Patrick Day Parade committee has partnered with The Thimble Island Brewing Company for the 2nd annual “Luck of the Irish Label Contest.” One lucky pet can win the opportunity to be featured on the label of a special edition brew! This fundraiser is for pet lovers everywhere and will benefit the Greater New Haven St. Patrick's Day Parade committee and the Dan Cosgrove Animal Shelter.

Starting on March 1, 2023, through April 15, 2024 proud pet parents can submit a photo of their furry friend for an opportunity to be immortalized on the label of a special edition brew from the Thimble Island Brewing Company. Each submission costs \$10.00. The winner is selected through online voting which costs only \$1 per vote. To enter the contest and vote, go to: stpatricksdaysparade.org. The 1st prize winner will also receive 2 cases of the special edition brew featuring their winning pet's perfect face plus a \$100 gift card to the Trinity Bar & Restaurant. Runner up will receive a \$75 gift card to Trinity Bar & Restaurant and 3rd place will receive a \$50 gift card to Trinity Bar & Restaurant. The top three contestants will be invited to a VIP media event in early May at the Thimble Island Brewing Company; the winning contestant will be announced with an unveiling of the special edition label featuring the lucky winning pet.

The Greater New Haven St. Patrick's Day Parade is Connecticut's largest, free single day spectator event attracting thousands of people to the streets of New Haven each year. The parade is a long-standing tradition in the New Haven community and the members of the Greater New Haven St. Patrick's Day parade committee volunteer to ensure the tradition continues. The Greater New Haven St. Patrick's Day Parade and Associated Irish Societies is a 501(c)(3) organization.

The Dan Cosgrove Animal Shelter has been helping homeless animals along the Connecticut shoreline and vicinity since April 2003. Cosgrove offers many programs and services to educate, inform and inspire people to take responsible care of their pets and to treat them with the kindness they deserve.

Residential Burning Permits

- 1) Forms shall be available for residents to pick up at the Fire Marshal's office and Town Manager's office located at Town Hall, 909 Foxon Road. Forms are also available on the Town's website townofnorthbranfordct.gov.
- 2) Completed forms must be returned to the Fire Marshal's Office. Forms can be dropped off or emailed. Applications must be received by the Fire Marshal's office three days prior to burning.
- 3) Upon receipt of a completed signed form, the Fire Marshal's office may physically inspect and photograph the site where the brush is to be burned. **Only brush can be burned. No limbs over 3 inches in diameter. No stumps or leaves. Permits are issued for 30 days. Burning can only take place between 10am and 5pm.**
- 4) A copy of the completed permit will also be faxed to the North Branford Police Department.
- 5) **The resident will be instructed to contact the North Branford Police Department @ 203-484-2703 on the day they wish to conduct the burn.**
- 6) If complaints are received, an Open Burning Official will be dispatched to determine if a nuisance exists. If deemed necessary, the appropriate fire company will be dispatched, and the fire will be extinguished.
- 7) If the resident does not have the appropriate approval to burn, at the discretion of the open burning official or the incident commander, police intervention may be required. Pursuant to Connecticut General Statute sec. 22a-174, failure to obtain the necessary approval to burn is a Class C misdemeanor and punishable by fine of \$ 200 or imprisoned not more than six months or both.
- 8) **Applicants must follow all guidelines and requirements.**
- 9) **You are required to have a 50-foot buffer from any structure or property line. You are required to have a water supply capable of extinguishing the fire.**
- 10) Chimineas and fire pits less than 3 feet in diameter do not require a permit.

Please Display Your House Numbers

Please help us help you. Sometimes it can be difficult to find the proper address when responding to an emergency. Please have proper house numbers that can be viewed from both directions on the street.

1. At least 4 inches in height, in a contrasting color to the background
2. Visible from the street
3. If the building is set back by more than 100 feet, the number should be affixed to a post or mailbox not more than 10 feet from the driveway.

NBFD has a limited supply of new batteries, smoke detectors and carbon monoxide alarms. Call or email us @ 203-484-6016 or jobrien@townofnorthbranfordct.gov

Celebrate our Corned Beef & Cabbage Dinner &



MEMBERSHIP DRIVE!

Saturday, March 23rd, 7:00

North Haven Sons & Daughters of Italy 2805

St. Frances Cabrini Church Hall

Corned Beef, Cabbage, Potatoes, & Carrots.

Coffee & Desserts.

Anyone who signs up for a membership at the dinner will get a 50% dues reduction for the full 2024 year.

Only \$20.00 per person. For tickets contact Frank at 203-410-4254 Fmentonejr@comcast.net

TOTOKET TIMES

Deadline		Publication Date	
March	15	March	22
March	29	April	5
April	12	April	19
April	26	May	3
May	10	May	17
May	24	May	31



St. Patricks Day

Sunday, March 17

Bar Opens at 10:00am

Live Music

(12pm - 3pm)

Table of Contents

Editorial	Page	2 - 4
School	Page	4
Sports	Page	4
Community	Page	5
Church	Page	6
Park Rec	Page	7
Classified	Page	8

Let’s Be “Frank”

So brother, as you know, my vacations are never uneventful. We started on Monday morning for a trip to South Beach Miami to see Frank and Ana. First time flying out of Tweed was not terrible.

Once getting to Fort Lauderdale Airport, we began the long walk and elevator rides to get our luggage and then a walk to a bus to take us to the car rental place. We then started our 26 mile journey to South Beach which took more than an hour because of Miami traffic. The rituals at the airport and car rental place took longer than the flight.

We got to Frankie’s and the day was uneventful. He cooked some kind of healthy chili which consisted of lean ground beef, fresh turnip, beets and carrots Not my usual chili. It was ok but I couldn’t help thinking, “where’s the “fazool”. He also made yucca. My opinion, yucca it sucka.

On Tuesday we woke up to go sit by the pool and it was very interesting. I remember as a youngster checking out all the women in their bikinis and letting my imagination run wild. However, with the new generation of sunbathers, there is no room left for the imagination. Without the relative power, the ultimate “rush” is gone (or maybe that’s due to my blood pressure meds).

When it was time to go to lunch, we realized that the rental car had been towed. Apparently we didn’t know that we needed to get a special sticker to stay in the lot.

After an hour on the phone with the rental people I was told it takes them at least three days to pick it up and I would have to pay for the tow charges and the transportation charges back to the original location. Bottom line, the parking that Frank got me for nothing now cost more than the air fare itself. What

was frustrating was that in negotiations with the car rental people they say press one for English but English was obviously not the person’s first language.

Next day we were off and running to the Everglades to see a couple of alligators. I found that alligators are a lot like me. They are slow moving, have low metabolism and they are somewhat lazy. The only difference is they only eat about twice a month.

The bus tour was fine. The airboat ride was good but on the way back, the bus which we already had paid for never came to pick us up. We met up with three women who spoke little English and agreed to share an Uber to get back to the original spot. Once we arrived they didn’t have enough cash so I picked up the rest plus the tip.

All in all, it was a very relaxing trip. My son and daughter-in-law treated us like royalty and we just relaxed by the pool while they were working.

I stayed away from Sons and Daughters Of Italy, Church, and Knights of Columbus e-mails and text. All the stuff I do for relaxation, doesn’t always relax me.

The kids realized we were enjoying our stay and told us we should visit more often. I told them I love them but perhaps with a grand child or two, that would become a reality.

Well, I’m really starting to enjoy vacations. Don’t tell the rest of the family. I don’t want them to think I’m getting soft.

Take care and I’ll see you soon.



SPRING EVENTS

Saint Patrick’s Day

Sunday, March 17th in the Restaurant
Enjoy our Irish inspired specials in the restaurant!

Dinner with the Chefs:
Cooking Demonstration

Wednesday, March 20th
in the Steakhouse Forge | 6PM-9PM
Join our chef Pedro Avila & guest chef Bob Hoffmiller for a cooking demonstration on how to make a delicious four course meal.

Easter Brunch Buffet with the Easter
Bunny & an Easter Egg Hunt
Sunday, March 31st **SOLD OUT!**
Join us for an ala carte meal in the restaurant, too!

Sip & Smoke: Cigar Dinner

Wednesday, April 24th
on the Patio | 6PM - 10PM
Indulge in an upscale buffet made by our chef Pedro Avila. Also enjoy an open bar, and live entertainment, all while smoking a cigar.
Contact David at Northford Cigars for more information | 203-543-4517

Authentic Cinco De Mayo Fiesta

Sunday, May 5th
in the Event Hall | 6PM - 10PM
Enjoy an authentic Mexican buffet and live entertainment!

Mother’s Day Brunch Buffet

Sunday, May 12th in the Event Hall
Seatings at 10AM & 1PM
Grab your family & celebrate the mothers in your life at our brunch buffet!

SAINT PATRICK’S DAY
SPECIALS

LUNCH SPECIALS

ENTREES

Corn Beef Sandwich.... \$14
dill-ranch coleslaw, monterey cheese, blistered potato salad

Battered Fish & Chips... \$18
crushed english peas dip, seared lemon

DINNER SPECIALS

APPETIZERS

Split Pea Soup... \$12
crispy prosciutto

Blistered Potato Salad... \$12
shaved carrots, english peas, red cabbage

ENTREES

Slow Cooked 3B Ranch Corned Beef... \$24
braised cabbage, blistered red potatoes, carrots, green beans and english peas

Guinness Braised Short Rib... \$28
creamy polenta, english peas, beer glaze

DESSERT

(Served during lunch & dinner)

Oreo Cookie Mint-Chocolate Chip Sundae... \$11
double mint chocolate chip ice cream, fresh whipped cream, chocolate sauce, fresh mint

Double Mint Chocolate Chip Shake... \$9
fresh whipped cream, cherry

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State Representative Vincent Candelora

Progressive Housing Policy Threatens Property Rights



Even casual readers of the New York Post will have noticed the paper’s detailed coverage of a burgeoning crisis plaguing communities throughout the country, including our neighbors in the Big Apple: landlords are finding it increasingly hard to cut ties with problem tenants, or even remove squatters, from their properties.

I fear these stories, whether derived from New York, Atlanta, or Arizona, offer snapshots of what Connecticut’s rental property landscape could look like in the future, sparked by legislation under consideration this session. Particularly, S.B. 143, *An Act Concerning Evictions for Cause*. This bill proposal from legislative Democrats would flip the landlord-tenant relationship on its head by establishing a general right for a tenant to remain in a rental unit after the tenant’s lease expires.

You read it right: the end date of a lease, specified in a contract signed by both the landlord and the tenant, would be meaningless. If the tenant continues to pay rent, the property owner has but a narrow set of reasons to evict. Even then, it would require a lengthy—and costly—legal process to remove the person, with the landlord left vulnerable to a court’s interpretation of nebulous reasons set forth in the bill.

There’s financial risk, and headache, that comes with being a landlord. Imagine having a son or daughter who needs an apartment and being unable to move them into one of your units that should be available, but isn’t, because a tenant has a right to stay when his lease expires. A tenant who plays music too loud and is a nuisance to your other tenants? Forget about parting ways without a lengthy legal battle you could very well lose. After all, who’s to say a court wouldn’t decide that the tenant’s tunes weren’t loud enough to violate a rental agreement? Meanwhile, your other rent-paying residents, frustrated by the situation, could decide to move elsewhere.

At its core, this bill is a shocking affront to the rights of individuals to do what they wish with their properties. It’s a step toward creating squatter’s rights—the phrase du jour from officials in other states who are frustrated by progressive housing policy.

Distorted as their approach may be, proponents of the legislation pending in Connecticut view their proposal as a means toward addressing the so-called housing shortage Democrats are also using as cover to assert state control over local land use decisions.

In reality, this bill would have an opposite effect. It will make landlords more reluctant to rent their units. Worse even, they could choose to exit the business altogether.

With this type of destructive government intervention, who could blame them?

At this point, the proposal applies to buildings or complexes with five or more units. However, most landlords know this bill is but the first salvo at their property rights. Advocates have made no secret of the fact that they want every rental property in Connecticut covered under this proposal, including a simple two-family house.

This bill passed out of the Housing Committee along party lines, with Democrats who control the panel winning the initial fight in a 9-5 vote. I’m hopeful

that this legislation will be amended—or better, fizzle completely—before the session ends.

If not, I fear Connecticut will soon be a new source of fodder for New York Post reporters covering the disturbing challenges faced by stressed-out property owners.

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

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For the Health of it...

The Impact of Self Care in the World of Family Caregiving



In the unavoidable chaos of family life, caregiving emerges as a profound and selfless act. It is a testament to the enduring bonds that tie us together, often manifesting in the form of parents caring for children, spouses supporting one another, or grown children looking after aging parents. It can also be all of those things simultaneously. While the commitment to care for loved ones is undeniably noble, it is crucial to recognize that the well-being of the caregiver is just as significant as that of the recipient.

The role of a family caregiver is multifaceted, demanding physical, emotional, and mental strength. Juggling between doctor appointments, meal planning, medication management, and daily tasks, caregivers often find themselves in a perpetual state of giving. In the midst of such dedication to doing for others, it is easy for caregivers to neglect their own needs, placing their well-being on the backburner. As a former family caregiver, I know this to be true.

For many years I was the primary caregiver to two older adults, one of whom lived with us. At the time, I was starting a new career and our kids were 8 & 10. The caregiving continued for more than 15 years. “Me time” did not exist and I felt the warning signs that my health may pay the price. I was fatigued, eating on the run, forgetting appointments and at times was concerned I might fall asleep on my drive home from work. The road to burnout was right around the bend and I recognized that something had to change. I also knew I would not want to leave someone I love in the care of someone like me, who was running on empty! That’s when I realized those in my care would also benefit if I would just find a way to carve out a bit of time to care for myself. It wasn’t easy, but one micro step at a time, it happened. Recognizing the signs of burnout and prioritizing self-care can act as a powerful preventive measure, preserving the caregiver’s well-being and the quality of care they offer.

Self-care is not selfish, it’s essential. It encompasses a broad spectrum of activities that promote physical, emotional, and mental well-being. From taking short breaks to engage in hobbies to prioritizing regular exercise and maintaining a balanced diet, self-care empowers caregivers to recharge their batteries and face responsibilities with renewed energy (remember what that feels like?). It is the act of refilling one’s cup, ensuring that the caregiver’s compassion and dedication continue to flow and replenish on a regular basis.

Since caregiving is something that creeps up on us we tend not to even think of it as such. We’re just doing what we need to do most often out of love or a sense of obligation. I remember the day I found out I was a caregiver. I was probably 4 years into the personal scenario described above, and had no idea there was a label for it, or that caregiving held any adverse potential to my own health.

Serving others is a privilege, and the impact of self-care extends beyond the individual caregiver; it ripples through the entire family dynamic. When caregivers prioritize their well-being, they model a crucial lesson for their loved ones – the importance of taking care of oneself. This valuable lesson has the potential to create a culture of mutual respect and understanding within the family, fostering an environment where each member’s needs are acknowledged and prioritized.

Consider caregiving as a labor of love that thrives on the caregiver’s ability to balance compassion for others with self-nurturing practices. Recognizing the significance of self-care in the caregiving journey is not an act of selfishness but an acknowledgment of the *interdependence* between the caregiver’s well-being and their ability to provide effective care. As a former family caregiver, and former family caregiver consultant, I know how hard it is to take that first step towards self care and how essential it is to do so. The consequences of not doing so are equally hard. In the words of one of my coaches and mentors, “choose your hard.”

Need to make a change but don’t know how to get started? Reach out at [joann@](mailto:joann@wellnessfusion.net)

wellnessfusion.net. Keep those questions and comments coming! Remember this monthly article is here for you, For the Health of it!

MARC GUERTIN
ATTORNEY AT LAW

WILLS & TRUSTS
ASSET PROTECTION
ESTATE PLANNING

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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



Estate Planning for Everyone: Navigating Dementia: The Importance of Estate Planning for Families

By Attorney Marc Guertin

Few challenges are as emotionally taxing and logistically demanding as the journey through dementia. Dementia, an umbrella term for a range of cognitive impairments affecting memory, thinking, and social abilities, presents profound challenges not only for individuals but also for their families. Amidst the emotional turmoil and practical considerations, one aspect often overlooked is estate planning. Yet, this planning is not just a matter of managing assets; it becomes a crucial tool for ensuring the well-being and dignity of those affected by dementia.

The progressive nature of dementia underscores the urgency of early estate planning. While cognitive faculties are intact, individuals have the agency to make decisions about their finances, healthcare preferences, and long-term care arrangements. However, as dementia advances, this capacity diminishes, rendering individuals vulnerable and underscoring the necessity of legal documents such as a power of attorney and advance directives. These instruments empower trusted individuals to make financial and medical decisions on behalf of the affected person when they're no longer able to do so themselves.

A comprehensive estate plan tailored to accommodate dementia should address not only financial matters but also healthcare directives. Advanced healthcare directives, including living wills and healthcare proxies, allow individuals to articulate their preferences regarding medical treatment, end-of-life care, and organ donation. By outlining these wishes in advance, individuals can ensure that their healthcare decisions align with their values and preferences even when dementia clouds their ability to express them.

Estate planning also offers families a roadmap for managing the complex legal and financial implications of dementia. Establishing trusts, designating beneficiaries, and drafting wills can help protect assets, minimize tax liabilities, and ensure the orderly distribution of wealth according to the individual's wishes. Moreover, proactive planning can safeguard against the risk of financial exploitation or mismanagement.

Beyond the legal and financial dimensions, estate planning provides an opportunity for families to engage in open and honest conversations about the impact of dementia on their lives. These discussions, though difficult, foster understanding, empathy, and unity among family members, enabling them to confront the challenges of dementia as a cohesive support network. By involving all stakeholders—spouses, children, siblings, and trusted advisors—in the planning process, families can develop holistic strategies that address the multifaceted needs of the individual with dementia.

Importantly, estate planning for dementia should extend beyond the affected individual to encompass the needs of caregivers and loved ones. Caring for someone with dementia can be emotionally draining, physically exhausting, and financially burdensome. Adequate planning can alleviate some of these stressors by providing caregivers with legal authority, financial resources, and support networks to fulfill their caregiving responsibilities effectively. Additionally, estate planning can facilitate continuity of care by documenting the individual's preferences for caregiving arrangements and residential care facilities.

Dementia casts a long shadow over families, challenging them to navigate a complex terrain of emotional distress, practical concerns, and existential questions. Amidst this uncertainty, estate planning emerges as a beacon of clarity and control, offering individuals and their families a framework for preserving dignity, autonomy, and financial security in the face of cognitive decline. By engaging in proactive planning, families can confront the realities of dementia with resilience, compassion, and preparedness, ensuring that their legacy endures beyond the confines of memory.

Marc Guertin is the principal at Marc Guertin, Attorney at Law, LLC. Located at 222 Rimmon Road, North Haven, Connecticut. Visit AttorneyMarc.com Call: 203-500-0201 or email Marc@attorneymarc.com to schedule a complimentary consultation.

Store Drop Locations

North Branford

Atwater Library, Patco, Town Hall,
NB Post Office, NB Barbershop,
Hair Designs, Central Cafe

Northford

Recreation & Senior Center,
Edward Smith Library,
Post Office,

Check out our website at totokettimes.com



Criscuolo Sets New School Scoring Record

Senior Keana Criscuolo has become the All-Time Girls' Basketball Scorer at North Branford High School surpassing Sabrina LeMere, now the Head Girls' Basketball Coach at NBHS.

Keana broke the record (1398) on February 21st vs East Hampton HS during the Shoreline Tournament. Keana has been named to the 1st Team All Shoreline Team. The NBHS Girls' Basketball Team defeated Windsor Locks last evening during the first round of the CIAC State Tournament and at press time was set to play at Thomaston.

*Picture courtesy of Principal Todd Stoeffler:
NBHS Athletic Director Lori Connelly and Keana.*

North Branford Scholarship Association

The North Branford Scholarship Association announces that applications for scholarship awards are available at the town libraries and the North Branford High School Guidance Office beginning March 1st. Graduating high school seniors living in North Branford regardless of what school they graduate from are eligible.

Applications must be in by March 28th, 2024. The fund drive is also being run at this time. If anyone would like to make a donation or help us raise monies for the students please call Lars Selander at 203 483-1311.

THEY MAKE US PROUD

Joseph Rebesch was named to the Dean's List at Emerson College in Boston, MA.

Catie Dow was named to the Dean's List at Clark University in Worcester, MA.

Cayleen DeFaranos was named to the Dean's List at the University of St. Joseph in West Hartford, MA.

Robert Mullins was named to the Dean's List at Assumption University in Worcester, MA,

Alexander Esposito and Rachel Vitarisi were named to the Dean's List at Bryant University in Smithfield, MA.

Karina Jassil and Michael Virginelli were named to the Dean's List at St. Joseph's College in West Hartford, CT.

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Town of North Branford Inland Wetlands
& Watercourse Agency
Property Owner’s Guide

Why are Wetlands and Watercourses Important?

Wetlands are important features of our landscape that bring economic benefits to communities. Many people don’t realize that healthy wetlands are among the most productive ecosystems on the planet. Wetlands and watercourses are part of a diverse and complex set of ecosystems that are vital to Connecticut’s economy and an important part of our natural heritage.

As a property owner you play a big role in wetland protection and health. Protecting a wetland doesn’t necessarily require additional effort on your part. Often times it’s what you don’t do that’s important. Your most effective protection strategy may be as simple as guarding it from activities that will damage it. This may be as simple as maintaining a protective zone or buffer around the wetland to protect it.

Protective Regulation

In 1972, the Connecticut State Legislature enacted the Inland Wetlands and Watercourses Act which requires municipal governments to regulate activities affecting Inland Wetlands and Watercourses.

The State of Connecticut recommends the first 100-feet from a wetland or watercourse as an “upland review area” subject to review by the local municipality’s Inlands Wetlands and Watercourses Agency (IWWA). The Town of North Branford IWWA Regulations adopted the 100-foot upland review area for all wetlands and watercourses with the exception of the Farm River which has a 200-foot upland review area.

Many property owners are often surprised to learn their property contains or is near protected wetlands. Watercourses, ponds, wetland plants and grasses are clearly recognized as wetlands. Some areas are not so obvious, requiring soil testing and flagging by a Soil Scientist to be identified.

Permitting is required before any activities can take place within or near a wetlands or watercourse and before any work can commence. There are certain uses and activities within those areas that are regulated, such as removal or deposition of soil and vegetation. Other restricted activities include obstruction of stream flow, construction, landscape alteration, pollution, removing trees, clearing brush and grasses within the wetland buffer area, directly in wetlands or on stream banks. The IWWA will grant a permit if it finds the activity will not cause harm to the wetland or watercourse.

North Branford’s Farm River is a Public Water Source with significant ecological benefits.

It is vital that the land adjacent to the Farm River be protected from disruption. As with all wetlands and watercourses it is imperative that there be no introduction of chemicals, such as pesticides, fertilizers, or septic effluent into the Farm River.

It is the intent of the North Branford IWWA to work with you to responsibly develop your property to both meet your needs and that of protecting our environment. More information can be found on the Town of North Branford website or call the **Town Planner’s Office at 203-484-6010**. The Town Planner has resources available, such as a town wetlands map that might indicate if your property is potentially in a wetland or adjacent to a watercourse.

Protective Measures

It is imperative that all of us work together to protect our wetlands and waterways. Wetlands and watercourses are of huge ecological and environmental significance providing protection from floods, habitats for wildlife and aquatic animals, as well as plants which act as a carbon sink, etc.

Some measures you can take to protect our wetlands and watercourses:

Do:

- Understand if your property is located within or adjacent to a wetland or a watercourse.
- Contact the North Branford Town Planner if you intend to build an addition, deck, pool, driveway, cut trees and other vegetation within a wetlands and watercourse review area.
- Obtain a permit for any planned activities within a review area.
- Everything you can to protect our wetlands.
- Enjoy the beauty of your wetland.
- **Don’t:**
- Fill in wetlands with soil, debris, leaves or grass clippings.
- Divert or change the water flow of watercourses.
- Cut grasses, bushes or trees in wetlands or along watercourses and river banks.
- Use pesticides or fertilizers withing the buffer area or near watercourses.
- Dump motor oil or other chemicals into or near wetlands or watercourses.

Thank you for making North Branford a better place to live by protecting its wetlands and watercourses.

Careful what You Wish For

As Connecticut’s population and industry grew in the late 1950s and early 1960s, there was a great deal of pressure to convert undeveloped land to more intensive uses. Towns were rezoning farmlands, woodlands, and open spaces to conform with residential, commercial, and industrial development. As a result, undeveloped land was being appraised and assessed at much higher values than it was used for. It became increasingly difficult for landowners to continue using their land as they desired. Many folks were forced to sell their land to developers, simply because they could not afford the new tax assessments on their land.

In response, Connecticut decided to study the problem and in 1963, Public Act 490 was born. To this day, PA 490 is the single most important land use legislation in Ct’s books. It provides a scale on how land is taxed by its use. This law created a level playing field for those who did not want to develop their land.

PA 490 is constantly updated to keep pace with changing times. It has several studies showing the actual costs to a town by land use. One of the studies concludes that, for every \$1.00 in taxes collected for residential development, it takes \$1.14 in services to support it. In other words, **more housing = higher taxes**. All the studies in PA 490 unequivocally show, residential housing is the costliest land use type to a town than any other land use type. In general, tax revenues generated by housing aren’t sufficient to support it. On the other hand, other types of development (or simply leaving land undeveloped), cost a town 25 cents or less on the dollar. The simple reason is, compared to any other sector, residential development relies on a massive amount of town services to support it. PA 490 concludes “it is in the public interest to encourage the preservation of farm, forest, and open space land.”

Apart from taxes, and arguably more important to consider, is the character of a town & its quality of life. Much of this comes from good town planning, envisioning what a town will look like decades from now. The Plan of Conservation & Development (POCD) is a state required doc that does just that. The POCD forces a town to set a minimum of 10-year goals to strive toward. Towns update their POCD’s every 10 years. They evaluate the success of past goals, and accordingly set new goals for the next 10 years. The first focus listed in our current POCD is to “Preserve and Protect the Town’s Agricultural Lands and Rural Character.” Sounds a bit similar to PA 490, doesn’t it?

My message here is simple. Everyone who has a hand in shaping our town and its future should look to PA 490 and NB’s current POCD for guidance - before they commit to a path forward. The decisions made today by our leaders will affect the health and prosperity of our community for many years to come. They should be well thought out and as informed as possible. If not, the outcome might not be what they expected.

David Sargent

Women’s Club March Meeting

The March meeting of the Northford-North Branford Women’s Club, GFWC will be held at STW Community Center on Tuesday, March 19th @ 7pm. Our speaker will be Christine Willett, president & co-founder of After the Storm, Inc., a nonprofit **organization** that helps provide integrative medicine services to breast cancer survivors. The public is invited to attend. For additional information about the meeting or membership, please contact Vicki @ victorialanza2017@gmail.com

North Haven Sons & Daughter of Italy
Announce Blood Drive

The North Haven Sons and Daughters of Italy Lodge 2805 is proud to announce that we will be hosting a Blood Drive for the American Red Cross on Wednesday, April 3rd from 1:00-6:30. This Blood Drive will be held at St. Frances Cabrini Church Hall, 57 Pond Hill Road, North Haven CT. Blood is urgently needed, and we hope this Blood Drive will enable many in our community to easily participate. Please register online for a time slot at www.redcrossblood.org. It is identified online as St. Frances Cabrini Church - Please help us fill the slots! For more information about the blood drive, contact Denise at 203-710-7397. Additional information about our Lodge can be found on our website, <https://northhavenlodge2805.club>.

*Voluntary payments
can be sent in at any time to:*
**Totoket Times, PO Box 313,
Northford, Ct. 06472
or
Venmo@frank-mentone-1**

Recycling News

Upcoming events

Week of April 1 – Scrap Metal pick up
April 6 – Leaf Drop-off opens
Saturday April 13 – Electronics drop off
Week of April 15 – Bulky Waste pick up

This year, our first Electronic Waste Drop-Off will be on 4-13. In previous years, we had scheduled the first one in March, but March is too fickle with the weather.

North Branford’s Plastic Bag Recycling Program

ACCEPTED: grocery bags, newspaper sleeves, produce bags, bread bags, dry cleaning bags, ice bags, wood pellet bags, salt bags, zipper bags, plastic wraps from water bottle cases, diapers, bathroom tissue, and paper towels, as well as bubble wrap and shipping pillows. Plastic bags with recycling symbols Number 2 or Number 4 are accepted.

NOT ACCEPTED: Food, Plastic Water Bottles, pet food bags, plastic bags with recycling symbols Number 5 or Number 7 (i.e., salad and grape bags), snack bags (potato chips, popcorn, and candy), frozen food bags, and any bags with food residue.

As a reminder, the town collects plastic film at the following locations: Country Paint and Hardware, T.J’s Launderette, Town Hall, Atwater and Smith Libraries, STW Community Center, Northford Store and The Food Pantry of North Branford.

Regional Water Authority Rain Barrel Sale



For a limited time and while supplies last, you can purchase a 50-gallon Ivy Rain Barrel at a discounted price from RWA. The price is \$75 each, discounted from \$143.99. Rain barrels are a great way for homeowners to use water wisely and manage water costs. They also help reduce stormwater pollution by keeping water out of storm drains that can carry contaminants from the street into water sources.

The deadline to place your order is Tuesday, April 2nd at 11pm.

https://www.rainwatersolutions.com/products/rwater

Pickup is Saturday April 13th – 9am to 12pm at RWA, 90 Sargent Dr. New Haven

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

or our Facebook page: North Branford CT Hazardous Waste & Recycling Committee

Thank You for Your Participation

Sons & Daughters Of Italy 2805 Collecting for Columbus House

The Community Outreach Committee of The North Haven Sons and Daughters of Italy, Lodge 2805

is proud to announce their collection drive to benefit New Haven’s Columbus House. We are asking our Lodge members and members of the community to donate items to contribute to the Columbus House “Welcome Kits” Program. These are kits of basic items for bathroom and/or bedroom setup. The kits are given to Individuals/families that have secured housing and are leaving the Columbus House. It is a way to give them a warm welcome to their new homes. New items such as soap, shampoo, toothpaste, bath towels, shower curtains, twin sheets, pillows and blankets are needed.

Thank you in advance for your generosity, the deadline is April 2nd. Collection boxes have been set up at the following local businesses.

Arnold’s Jeweler’s, 117 Washington Avenue, North Haven

Hello Gorgeous, 630 Washington Avenue, North Haven

Nick’s Char-Pit, 22 Middletown Avenue, North Haven

Please contact Georgianna (203-988-8006) with any questions about this collection. For more information on our next activity, or about our Lodge in general, visit our website, https://northhavenlodge2805.club.



KNIGHTS OF COLUMBUS COUNCIL 6801

Saint Joseph’s
Homemade Lasagna
Dinner
St. Augustine Church
March 16. 6:00PM
Adults \$20.00
Children under 12 \$15.00
request tickets by 3-11-24 at
Knights6801@gmail.com



Come Back to Me... with your whole heart. - July 2012

ST. AMBROSE PARISH
St. Augustine Church
30 Caputo Rd. North Branford

St. Monica Church
1321 Middletown Ave. Northford

MASS
HOLY THURSDAY
Mass of the Lord’s Supper | March 28
7:00 PM | St. Augustine

GOOD FRIDAY
The Lord’s Passion | March 29
3:00 PM | St. Augustine

HOLY SATURDAY
Easter Vigil | March 30
8:00 PM | St. Augustine

EASTER SUNDAY
Resurrection of Our Lord
9:00 AM | St. Monica
11:00 AM | St. Augustine

THE LIGHT IS ON FOR YOU RECONCILIATION
Every Monday | 5-6:00 PM | St. Augustine
1/2 Hr. before all daily Masses
Holy Thursday | 8:30-8:55A | St. Augustine
Good Friday | 8:30-8:55 A | St. Augustine
Holy Saturday | 8:30-8:55A | St. Augustine

Special Penance Service on March 20
6:30p St. Augustine Church
Several priests will be available to hear confessions

EVENING PRAYER
March 3, 10, 17, 24 | 5:30 PM | St. Monica
MORNING PRAYER
March 28, 29, 30 | 9:00 AM | St. Augustine

STATIONS OF THE CROSS
FRI | FEB. 23 | 6:30PM | St. Monica
FRI | Mar. 1, 15, 22 | 6:30PM | St. Monica
FRI | Mar. 8 | 6:00PM | St. Monica
GOOD FRIDAY | Noon | St. Augustine

ADORATION OF THE BLESSED SACRAMENT
MONDAY EVENINGS
5:00-6:00 PM | St. Augustine

Lenten Rosary Walk-3 Weeks only!!

Join us Wednesday evenings March 13th, 20th and 27th beginning at 5:00 PM. All are invited to meet at All Saints Cemetery in North Haven (RT 17) by the main building. We will be using the Seven Sorrows Rosary Chaplet meditating on the Blessed Mother’s Sorrows. Programs will be provide. For inclement weather, please meet by the Mausoleum. For more information, Call Barbara 203 605-9845. This is an outdoor event, please dress accordingly.

LENT WORSHIP SERVICES AT ST. ANDREW’S EPISCOPAL CHURCH

St. Andrew’s Episcopal Church, the White Church on the Hill in the Heart of Northford, 1382 Middletown Avenue, announces worship services for Lent. Please join us as we begin the season of Lent. The Rev. Bryan Spinks will be offering Lent Studies following Sunday 10:00 a.m. services throughout Lent.

Holy Week services are Palm Sunday, March 24th, 10 a.m.;
Maundy Thursday, March 28th at 6:30;
Good Friday, March 29th at 7:00 p.m.;
Easter Sunday, March 31st at 10:00 a.m.

All are invited and welcome.for further information call Nan Monde, 203-710-7005.

MILITARY WHIST CARD PARTY

This event is sponsored by St. Elizabeth of the Trinity Women’s Club and will be held on Friday, March 15th at St. Frances Cabrini Church Hall, 57 Pond Hill Rd., North Haven.

Cost will be \$12 per person which will include coffee-an. The card party will start at 6pm with game starting promptly at 6:45pm. All are welcome to come to play and will consist of teams of 4 persons.

If you don’t have a team we can place you on one. Instructions will be given how to play and it is a fun and interactive social game.

Reservations must be made before the event by calling the Parish Office at 203-239-5378 Monday-Friday during daytime or evenings call Sharon at 203-234-0215.



NORTH BRANFORD PARKS, RECREATION, AND SENIOR CENTER

STW COMMUNITY CENTER • 1332 MIDDLETOWN AVE NORTHFORD

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leprechaun hunt

There once was a leprechaun with a pot full of gold!
He's been spotted in these woods – so we've been told.
If you try to catch him, he will surely duck.
Take a coin for your pocket – it will bring you good luck!
Please be polite and only take one,
Leave coins for others to join in the fun!

The Leprechaun Hunt will begin Friday, March 4 at Harrison Farm Preserve 95 North St, North Branford, CT 06471

GENTLE YOGA

Join instructor Brianne Barrett for a gentle yoga class designed to softly open tight areas of the body while strengthening muscles and reinforcing balance. Much of this class is taught on the floor with very little transitioning between standing and sitting. This class is supportive of people working with injuries or chronic conditions.

STW Yoga Room
Fridays March 8 - 29 12:00-1:00pm Ages 18+
Cost \$40 res/ \$45 nr

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- 3/11 - 4/15 6:00 - 6:45am
Age 18+ DiLungo Fitness Room \$60 Res, \$60 NR

ARTISAN SERIES: BASKET CHEESE

Join Calabro cheese maker and resident, Frank Angeloni in this hands on cheese making class. Basket cheese is an Easter tradition that is still made the old fashioned way, by hand. This cheese makes a beautiful table-top presentation when unmolded, showing off the "weaves" of the basket.

March 21, 2024 - STW Community Center Kitchen
5:00-7:30pm - \$25 per person Please register by 3/18



STEWARDS OF THE LAND BREWERY ADULT COOKING WITH MARY'S CULINARY CLASSES!

Join us for a fun-filled night of cooking and socializing with new and old friends! Learn how to cook delicious shrimp scampi and perfect knife skills with, Gregg Amter and teacher-certified Owner of Mary's Culinary Classes, LLC, Mary. Beverages must be purchased at The Brewery. Class includes all supplies and hands-on cooking instruction.



Sunday April 28, 2024 • 3:00pm - 6:00pm • \$70
Stewards of the Land - 418 Forest Rd, Northford
Ages 21+ Please register by 4/24

SAFE BOATING Personal Watercraft Class

April 30th & May 9th

A complete, basic, safe boating certification course taught in 2 classes

9:00am-1:00pm • STW/Gym/Cafe
\$20res /25non-res

Those who successfully complete this course will receive a diploma which can be submitted to CT DEEP, along with the license fee (\$50), to obtain their CT license. This class can be taken by anyone 12 years or older. Anyone under 16 must be accompanied by an adult. (Must attend both classes)

All students must bring their Conservation Identification number to the class. Student who have a fishing or hunting license will find the Conservation ID number on their license. Students who do not have a fishing or hunting license can create a free Conservation ID number at ct.aspirafocus.com/internetsales

2 NIGHTS IN ATLANTIC CITY!

JULY 14-16, 2024

\$450

*Per Person, double occupancy

Price includes:

- Motorcoach transportation
- 2 nights lodging in an Atlantic City Casino Hotel
- 3 meals: 2 breakfasts and 1 dinner
- A Casino Bonus
- Spectacular gaming and sight-seeing in Atlantic City and much more!

\$75 due at registration; final payment due: 5/7/2024



— SENIOR CENTER —

BLACKSTONE LIBRARY TOUR

Blackstone Library in Branford Tour
Monday March 18, 2024

Join us for a tour of the beautiful Blackstone Library in Branford. We will be leaving from the Senior Center after lunch.

Departs STW at 1:00pm

Returns 3:00pm

Register by March 15th



TECHNOLOGY CLASS

March 27, 2024 10:30—11:45am FREE STW Senior Room

Bring your smart phone, laptop, or iPad to get a tutorial and ask an expert all the questions you have.

KATHARINE HEPBURN MUSEUM

Katharine Hepburn Museum &
Lenny & Joe's in Old Saybrook
Wednesday April 24, 2024

Join us for a tour of the Katharine Hepburn Museum in Old Saybrook (suggested donation of \$5 to be paid directly to the museum). We will then have lunch on your own at Lenny & Joe's in Old Saybrook.

Departs STW at 10:00am Returns 2:00pm
Register by March 17th



Friday April 5, 2024
10:00am - 2:30pm

Driver Safety Program \$20 member / \$25 non-member

Donna from the AARP Driver Safety Program will be presenting the Driver Improvement Course from 10:00am to 2:30pm in the Senior room, with a break at 12:00 pm for lunch.

Registrants can bring their own lunch or buy lunch at the North Branford Senior Center for \$4. Please register for lunch when you register for this program.

Anyone who takes the Driver Improvement course will receive a certificate from AARP to submit to their insurance company.

SENIOR DINER DASH

Vernon Diner and The Shops at Evergreen Walk
Wednesday April 10, 2024

Lunch costs on own

Departs STW at 10:00am Returns 2:00pm
Register by April 3rd

CLASSIFIED AD RATES

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

ELECTRICIAN

TJC Electrical Services. No job too big or too small. Service upgrades and generator specials. Call Tom Cassella at 203-619-2823. Licensed and insured.

PAINTING

WINTER SAVINGS! Banish those winter blues and get ready for Spring with a freshly painted room or two. Best prices and availability is this month! Small jobs our specialty. Sole proprietor so NO worries about a house full of strangers! Celebrating 39 years. BBB A+ rated! Trimworks Painting, Lic. #0619599. (203) 484-9181

PLUMBING

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

STONEWORKS

EARTHART STONEWORKS LLC. Specializing in stonewall restoration. Offering hardscape design, custom and made to order stone creations, benches, water features, patios, mailbox posts and more. Licensed and insured. 203 868-9958. www.earthartstoneworks.com

HELP WANTED

Substitute School Nurse - North Branford Public Schools . Must have current CT RN or LPN license and be CPR/AED certified. Salary: \$30/ hour - no benefits. Position is "as needed" for daily openings. Please apply through the district website - www.northbranfordschools.org under the Employment Tab under Substitutes.

America's Boating Course

New Haven Sail & Power Squadron, part of America's Boating Club, will hold an eight-hour America's Boating Course in two 4-hour sessions on Sat., Mar. 23 and Sat., Mar. 30 at the Branford Fire Headquarters, 45 North Main St., Branford. Class runs from 9 a.m. to 1 p.m. In addition to basic boating, the course will also include personal watercraft operation. Successful completion of this course and the proctored exam satisfies Connecticut's state licensing requirements.
All students must go to the Connecticut Department of Energy and Environmental Protection website and Online Sportsmen Licensing to obtain their free Connecticut Conservation ID number in advance of the class. Go to <https://ct.aspirafocus.com/internetsales> to obtain the number unless you already have a number from a fishing or hunting license.
All students must register by March 15. The class will cost \$50 per person. Prospective students should contact Squadron Education Officer Peter DePascale at 203-671-2420 and leave a message or email him at bathworksinc@gmail.com.
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.

Live streaming available at no additional cost



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www.keenanfuneralhome.com



Easter
BAKE SALE

Saturday, March 30, 2024
9:00 to 11:00 am, rain or shine

Homemade baked goods for sale
Branford Town Green
Proceeds benefit
Branford Compassion Club
Feline Rescue & Adoption Center
branfordcompassionclub.org



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Did you know:

Electric eels can generate 600 watts of power!