



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

Volume 27 No 7 September 18, 2020





Sundaes - \$6.00 & \$7.00 one topping & whipped cream. Extra topping .75 Shakes \$7.00 & Foxon Park Floats \$8.75 Italian Ices - lemon, watermelon, & blueberry \$4.50 & 7.50 Toasted Almond - Maple Walnut - Butter Pecan - Peanut Butter Dream - Cookie Dough - Pistachio Traditional Chocolate, Strawberry & Vanilla, Chocolate Cherry - Smores - Plus -Plus

<b>Publication</b>	Date
October	2
October	15
October	30
November	13
November	27
December	11
December	18

<u>Deadline</u>	
September	25
October	9
October	23
November	6
November	20
December	4
December	11



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# Nancy Tipping - Essential to the Community



More than 200 years ago, our town predecessors cleared a path that we now know as Middletown Avenue. For centuries it has facilitated commuters and commerce, fueling the growth of our town and state.

While farms, retail businesses and residential developments have sprouted up and down this thoroughfare, one little 400-square foot patch of land has continued to jut out, somewhat sadly, where Middletown Avenue meets Old Post Road in Northford.

For most of her 40-year career as a registered nurse and medical careers educator, Northford resident Nancy Tipping travelled past this little strip of grass, always contemplating how it stood out as an "empty and wasted" patch along an otherwise architecturally and agriculturally interesting drive.

"I've always thought it should be planted, but of course it never was," Tipping said. "I realized that no one was ever going to plant in that spot, that I had to be the one to do it, and so I asked permission from the town to plant a pollinator garden."

And just like that, Tipping realized her vision (with the town's permission, of course) – and the travelers and townspeople passing by have noticed.

A forgotten grassy patch has given way to tall and dwarf sunflowers, keystone species like asters and goldenrod, asclepias species like milkweed, as well as some mountain mint, coneflowers, little adder anise hyssop, geranium maculatum, penstemon digitalis and zizia aptera (have fun Googling, like me!). All plants are native and neonic free (purchased mostly personally and locally from Natureworks), which means they are pollinator friendly.

Tipping may claim to be "not a gardener," but there's nothing that being an avid reader can't solve.

"To support pollinators, you need a succession of bloom so that there are food sources for them from early spring through late fall," Tipping said. "In early spring, the bumblebee queens come out of hibernation, followed by different bees at different times."

Through the darkest days of the COVID pandemic peak, Tipping found inspiration in this garden – and so have others in the community who have supported her through it, including the North Branford Land Conservation Trust whose members provided help with compost and rototilling. A family adjacent to the plot offered use of their hose hookup, avoiding the need for Tipping to transport gallon jugs from home (someone from nearby Cecarelli Farm had offered the same).

And help came in more unexpected ways too, including drivers cheering her on as they spotted her toiling away in the garden.

"The first time I heard honking, I didn't know that it was for me, but then it just continued," she said. Others have stopped to learn more about the project and offered help, including donations, while another family said their father-in-law made bluebird houses and asked if they could put one up (three weeks later a post with a bluebird house was in the back of the garden!).

Tipping's contribution has not only helped her own physical and mental health through a difficult and divisive time in history, but it has officially elevated North Branford's place as a Pollinator Pathway (she serves on the town's Pollinator Pathway Committee). This is exactly what North Branford's Pollinator Pathway Program seeks to inspire: a communal interest and investment in helping the pollinators and the environment that our town depends on.

"In the recent past, in order to ensure pollination of their farm crops, North Branford farmers rented bees from the mid-west to supplement the loss of local pollinators," said Roger Salway, North Branford's Economic Development Coordinator.

Elisabeth Caplan, chair of North Branford's Economic Development Commission said, "This year, in spite of adverse weather and social distancing, we have added the wildflower program and we should all recognize Nancy's vision and determination to make that lonely plot into a great flower show and pollinator pathway."

As the Pollinator Pathway Committee continues to raise awareness about supporting pollinators through educational programs at the library, schools and other outlets, Tipping offered some suggestions for readers:

- Stop using pesticides
- Remove non-native or invasive plants
- Plant native, neonic free plants
- Leave as many leaves as you can on the edges of your yard and around shrubs (bees and others pollinators hibernate under leaves)

"All of us want to live in a healthy world," Tipping said. "Pollinators support life, both animal and human. We can help them in simple ways." *Story by Tara Downes* 





# Hair Care for Men & Women!

Hours of Operation Tuesday 1-5 PM Wednesday - Friday 9AM - 5PM Saturday 9AM - 3PM Call for an Appointment 203-488-6959



1717 Foxon Rd. (Rte 80) -North Branford (in The Keybank Plaza)



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### **EDITORIAL**

## **EDITORIAL**

## State Representative Vincent Candelora Where there's a will, there's a way



The legislature's majority party can, and does, get things done when it wants to. These days, however, it seems as though its leaders are reluctant to shape policy that meets the changing needs of an improved public health landscape.

Since I last wrote, a brief yet intense debate was kicked off by Governor Lamont's decision to extend his emergency powers by five months.

Since March, the governor has run the state through executive order, and his actions have touched just about every aspect of our lives—from how and when businesses can open to how and when we vote.

By and large, members of the legislature—people who best understand what's happening in their communities—have been relegated to the sidelines.

That could have changed on Sept. 9, when the governor's emergency declarations that provide him such broad authority were scheduled to end. But he renewed them, leaving a committee of 10 legislators—caucus leaders and Public Health Committee leaders—to decide whether to overturn his extension and return a bit of normalcy to the way the state is run.

But Democrats who controlled that committee seemed unwilling to meet, having made up their minds that Governor Lamont should continue to run the state from his desk. My Republican colleagues pushed for a meeting to at least discuss the situation, to make the obvious case that Connecticut of today is much different than it was six months ago, and that the way we govern our state should evolve accordingly. We held a news conference on the subject, and the resulting outcry from the public forced them to schedule that meeting.

Yes, Republicans hold concerns about the impact of some of the governor's executive orders, but our mission wasn't to eliminate everything the governor has done, but rather put the legislature in a position where its members could at least collaborate with him.

And we were concerned about extending the governor's powers into the next legislative session—a move that controversially ties the hands of the next crop of lawmakers who will be elected in November.

On top of all that, there's work to be done—specifically, tackling a budget deficit and setting a borrowing limit that accurately reflects our state's fiscal condition.

Could legislators mobilize and take on those financial topics, or contribute to decisions on when the state will allow gyms and restaurants to reopen fully? Well, yes. Remember, it wasn't long ago that our majority party colleagues rushed us into session for the "police accountability" bill that's generated so much controversy throughout the state.

Again, where there's a will there's a way.



Don't wait any longer. Call for an appointment today If there's a silver lining to the debate on extending the governor's emergency powers, it's that there was a debate! As a result, the Governor has scheduled weekly meetings now with legislative leaders to have dialogue about ongoing executive order decisions. So, while not perfect, the

## **Senator Christine Cohen**



When the coronavirus pandemic locked down the state (and the country and the world) in early March, one group of Connecticut citizens was especially hard-hit: nursing home residents, and the spouses, family members and loved ones who make it their full-time job to check in on them and speed their recovery. Inperson visits were curtailed, and chats though the window or online became the norm.

I'm happy to report that the state Department of Public Health has now expanded nursing

home visitation rules to include more frequent in-person visits, longer visits, and more comprehensive compassionate care visits when a person is near the end of their life.

My hope is that families, friends and spouses will take advantage of these new, expanded guidelines and will reconnect with their loved ones, all the while adhering to the COVID-19 health guidelines that have made Connecticut one of the states with the lowest infection rates in America.

On another topic, a few weekends ago I joined members of the North Branford Land Trust to clear trails on the Harrison Farm Preserve after Tropical Storm Isaias blew through and left a lot of debris on the pathways. In my work as a legislator, I've had the opportunity to learn a tremendous amount about land conservation across our district and our state. I've also gotten to know some of our wonderful open spaces more intimately. While I was out on the trails in North Branford, I got to thinking about the importance of land trusts and land conservation, about agriculture and forestry and how important each is in mitigating the impacts of climate change.

Since Colonial times, North Branford has been known for its open spaces and agriculture: wheat, rye, corn, apples and cherries were grown, saw mills were constructed, beef and dairy cows raised, quarrying began, and paths through the woods became roads.

As Senate Chair of the legislature's Environment Committee, I know how important agriculture and open spaces are not only to Connecticut's economy, but to our quality of life, which continually ranks as one of the best in the nation in annual surveys.

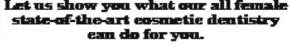
Connecticut's Farmland Preservation program – where the state buys farmland instead of seeing it developed -- has preserved more than 44,500 acres on 370 farms; the long-term goal is to preserve 130,000 acres.

When it comes to preserving open space, Connecticut is 75% of the way toward its goal of preserving 509,000 acres as open space (that's one-fifth of the entire state!), with half being state parks, forests and wildlife areas and the other half being owned by towns, private non-profit land conservation organizations, water companies, and the federal government.

I look forward to us achieving our goal of setting aside half a million acres in Connecticut as open space, and I welcome your suggestions on other ways we can preserve and protect our natural environment so that the generations who come after us can enjoy all of the clean air, fresh water and natural wonders that North Branford has to offer.

## SENATOR COHEN CROSS-ENDORSED

State Senator Christine Cohen (D-Guilford), who is the endorsed Democratic candidate in the 12th State Senate District race, has now received the cross-endorsement of Connecticut's Independent Party. The Independent Party is Connecticut's third-largest political party and is dedicated to honest and open government, responsible and sustainable government policies, and the economic well being of all Connecticut residents. 'I am honored to have received the endorsement of Connecticut's Independent Party and to represent their commitment to a transparent, effective government working on behalf of all our residents," Senator Cohen said. "Over the past two years in the State Senate, I have listened to the needs of constituents working hard to build our state budget reserve to its highest level in history while simultaneously providing for public education, fighting utility companies, championing our growing bioscience industries and winning awards for my work on behalf of small towns and strong environmental policies. I am committed to the fairness, growth and responsibility that the Independent Party represents, and it would be my privilege to continue that work in the State Senate for the next two years."



- Whitening - Smile Design

Painless Gentle Dentistry

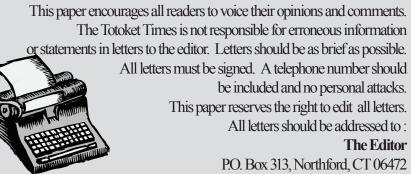
### Varsha Salani, D.M.D., LLC

10 Broadway, North Haves, CT (203) 234-1901

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legislature has a seat at the table.

## Letters to the editor...



### Town Hall Reopens All Departments with the exception of the Town Clerk's Office which will be by Appointment Only

The North Branford Town Hall reopened to the public on Monday, September 14, 2020. To ensure the safety of our employees and our residents, visitors will be required to follow Town Hall guidelines for access. The guidelines include wearing a mask or face covering and adhering to social distancing markers inside the building. Hand sanitizer is available in multiple locations to help slow the spread of COVID-19.

Town Clerk's Office continues to operate by appointment only and may be contacted at 203-484-6015.

Electronic Transactions - Recommended. All residents are encouraged to use our on-line services. We recommend you call or check our website to learn more about our electronic capabilities.

Additional Guidance and Resources can be found on our website: www. townofnorthbranfordct.com

All inquires maybe directed to the Town Manager at 203-484-6000 or email: townmanager@townofnorthbranfordct.com

STAY SAFE, STAY HOME AND GO ON-LINE

## **Reader Disagrees with New Bill**

### **Dear Editor**,

In late July the CT legislature was brought back from its Governorforced, COVID-hiatus, to consider a "police accountability" bill. This bill, now law, was rushed through under the false premise of being emergency legislation. Democrat leaders said "we need to act". And act they did. The bill was voted on during a time of emotional unrest, with no public hearings, and without the support or endorsement of ANY law-enforcement groups, and was passed by a party-line vote.

I asked our State Senator, Christine Cohen about the bill, and what I got as a response, was both horrifying and offensive. "Are you white, Mr. Boughton?", she responded, as she lectured me on "white privelge".

So that's why we needed to rush this bill through during a lock-down pandemic?, to offset Senator Cohen's "white privelge"? She actually said: "I am a White person, who can apply for a job with the name Christine at the top, and know that an interview decision won't be because of my skin color".

Who the heck thinks that way? She recently mailed out a flyer, payed for with taxpayer funds, which asserts her constituents of this district suffer from "systemic racism". As someone who sent all three of my children through the New Haven Public School system, I take serious personal offense to her "privilege" suggestions, as I would expect most in our community would.

Senator Cohen was recently quoted in the CT Mirror: "There were a few bad apples out there who have no interest in police accountability", she also said: "when everybody comes to the table, we get to a better place".

Except police officers were never brought to the table. In fact, the State Police held a vote of "No-confidence" on Governor Lamont, in which over 90% of the officers voted against the governor. Sen Cohen is trying to now re-write history, claiming "we did our due diligence, and talked to interested parties". That is total nonsense.

The "Police Accountability" legislation, is bad law. Sure, there are some things in it that are probably good ideas, and I'm sure if hearings were held, if officers were brought on board, and if the bill hadn't been rushed through, by a party hell-bent on division, we would have a real accountability law. One that doesn't tie our officers hands, and one that better protects our rights, and actually helps keep our community safe.

# **Recycling News**

Simple Recycling Weekly Curbside Collection in Progress Thank you for your continued support of our town's pink bag pickup program.

Info@SimpleRecycling.com 1-866-835-5068 \*\*\*\* \*\*\*\*\*

North Branford Fall Leaf Collection

North Branford residents can bring their leaves to the leaf drop off center located near Public Works Facility on Route 22 from 9:00am to

3:00pm on the following Saturdays this Fall: October 17, 24, 31 and November 7, 14, and 21.

Please place leaves in biodegradable leaf bags (no tape please) or empty them loose onto the ground.

### Bulk Pickup is <u>twice</u> a year (no longer weekly) Next pickup is week of November 9, 2020

Please do not place curbside until that week

-No home cleanouts-

If you cannot wait for the next bulky waste pickup in November, consider: Craig's List to advertise "free stuff" - newhaven.craigslist.org

1-800-GOT-JUNK? Full-service junk removal company

**Bradley Street Bicycle Co-op – bsbc.co – donate a bike** (you can also buy a used bike or learn to repair your bike)

## HazWaste Central Open for the Season

- All HazWaste Central participants are required to pre-register online. 0 Paper forms will not be available.
- Household hazardous waste items must be accessible in the trunk or 0 truck bed of your vehicle.
- Participants are asked to wear a face mask while at the HazWaste 0 Central facility and to stay in their vehicles.
- Containers used to transport waste items will not be returned. Please 0 bring items in disposable containers.

For more information go to <u>www.rwater.com</u>, call **203-401-2712** or email ask.hazwaste@rwater.com 

### Keep Your Neighborhood Cleaner and Safer

Please store totes away from street and sidewalks after pickup. Unacceptable Curbside Waste Reminder

Construction debris (such as toilets, concrete blocks, roofing material), propane tanks, TVs, monitors, printers, home cleanouts may not be placed curbside. These items will not get picked up; please dispose/recycle properly.

This bill doesn't keep us safe, and it is clear that its not safe to vote for State Sen. Cohen either.

Sincerely, Edward J. Boughton Jr.

# It's Disgusting & Sickening

### **Dear Editor:**

The thought of the professional athletics in most sports, men and women alike, kneeling or walking off the court or field when the pledge allegiance to the flag or the national anthem is played really is disgusting and sickening. These people have been given a gift from God with their exceptional ability. What other country would allow such outright disdain for their country? These people make millions and millions of dollars and lack for nothing. If they are so concerned about the minorities, why don't they take their money and help these communities and neighborhoods?

I guess it is much easier to take a knee rather then take time to really get to understand and try to resolve problems.

As much as we enjoy the MLB/ WNBA disrespectable acts continue . I hope more people will do the same. Also, we will not purchase from any of their advertisers. We are also canceling our cable sports package. Sincerely, Alice W. Lehr

**Due to Health Crisis Plastic Film Drop Off Still Suspended** Please save plastic film at home until further notice. Updates soon on program restart. **Thank You!** 





## North Haven Sons of Italy **Fostering Italian Heritage!**

Check out the newly designed website for the North Haven Sons & Daughters Of Italy. You don't have to be a member. The site is filled with Italian cultural items, videos, columns and recipes of Italian origin. This month features a wonderful video on Christopher Columbus and his many contributions to our country.

Go to northhavenlodge2805.club

# **EXTRA-EXTRA-EXTRA**

Totoket Times will resume with home. (mailbox)delivery in **October!** 



## **LEGAL NOTICE TOWN OF NORTH BRANFORD BOARD OF ASSESSMENT APPEALS**

The Board of Assessment Appeals is meeting on 9/21/20 and 9/22/20 (7pm), to hear Motor Vehicle appeals assessed on the October 1, 2019 Grand List.

The hearings will be heard on a "first come first serve basis." Due to Covid-19, the State of Connecticut has waived the requirement for inperson attendance.

If you plan on appealing, we would appreciate a courtesy call to let us know if you are planning on appealing in person or remotely. If you choose to appeal remotely, please email any supporting documentation to the address below.

Phone: 203-484-6013

Email: assessor@townofnorthbranfordct.com

# **Connecticut Sportsplex**

**Fieldhouse Family Fun Center** 

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## **Registration is now open for Fall 2020 classes** with Shoreline Adult Education

(BRANFORD, CT) - Join a community of lifelong learners by enrolling in Fall 2020 classes with Shoreline Adult Education. Formerly known as ERACE, Shoreline Adult Education offers free academic programs for individuals seeking to earn their High School Diploma / GED®, practice their English language skills, or prepare for their US Citizenship test.

These classes are available to adults, aged 17 years or older, who live in Branford, North Branford, Guilford or Clinton. Individuals outside of our four town region may register for a small non-refundable fee of \$50.00 per semester/\$75.00 per year if space in the classroom is available. A small number of spots are available for residents of any town in our NEDP (National External Diploma Program) at no charge.

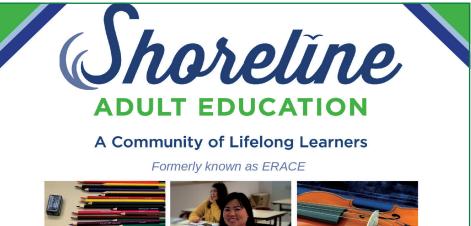
Shoreline Adult Education also offers a variety of affordable enrichment classes, which are open to individuals of any town. Taught by local instructors, programs include computers, music and dance, cooking, career development, CPR & First-Aid, world languages, business and financial planning, fine arts, photography, writing and more.

All classes will be offered virtually, with the exception of golf lessons, to be held at Lyman Orchards Golf Club and the East Coast Swing class, to be held at the Ballroom Dancin Fools studio in Madison.



For more information, visit us online at shorelineadulted.org or call (203) 488-5693.

Shoreline Adult Education is an adult education provider, with free high school diploma/GED<sup>®</sup>, English For Speakers of Other Languages, and US Citizenship Preparation programs for individuals who live in Branford, Clinton, Guilford, or North Branford. We also offer a fall and spring semester of enrichment courses, open to public enrollment at a low cost.





### **REGISTER TODAY FOR FALL CLASSES**



## Wee Care of North Branford, Inc. **Daycare and Preschool**

At Wee Care of North Branford, Inc. all day preschool is available for children ages 3-6 from 7 a.m. - 6 p.m. Monday through Friday. Some of the highlights of the program are:

- -Two licensed Preschool Teachers
- -Curriculum and disciplinary procedures aligned with local kindergarten classes
- -Teacher directed learning centers
- -Morning lessons reinforced by afternoon activities -Extracurricular activities at no extra cost including Yoga, Music, Library visits, and Science classes

### **Openings** currently available. 1680 Foxon Road (Rt. 80) North Branford, CT 203-481-3909 www.weecarenb.com







# **North Branford Parks & Recreation and Senior Center**

STW Community Center 1332 Middletown Ave Northford www.nbrecreation.com • call (203) 484-6017 Follow us on Facebook! @NBParksandRecreation

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	FEELS	

Who: Ages 2 - 5 Sunday, September 20 – November 8 2 - 3 year olds: 9:00 - 9:45 a.m. 4 - 5 year olds: 10:00 -10:45 a.m. When: Time:



Fee: Instructor:

6

**Description:** Come join one of the most popular and fast growing sports in America. Not only is soccer fun but it will also help your child discover fundamental soccer skills. Helping to develop their motor, social, and psychological skills through our youth programs instructed by professional coaches. Registration fee also includes a jersey for all participants.

**KIDS YOGA** 

Ages 5 - 12 September 26 - November 14 Who: When: Şaturday, 10:30 - 11:30 a.m. Time: \$75 Fee:

**Description:** Kids are introduced to the practices of yoga through creative play, movement, games, music and postures. This fun filled class teaches children the foundation of yoga on and off the mat. This practice is structured in a way to balance their physical, mental and sensory needs.

#### AFTER SCHOOL BEGINNER TENNIS 🍎 NEW

Grades 6 - 8 Where: M September 22 - October 15 Memorial Park Tennis Courts Who: When: Tuesday & Thursday, 2:30 - 3:30 p.m. to Cart Time: \$90 Fee:

**Instructor:** Phillip Guliano **Description:** Led by a qualified instructor, this beginner course includes learning forehand, backhand, serve, volley, scoring, and playing points. Need to bring your own racquet.

#### CAR SEAT INSTALLATION CLINIC 🕐 NEW

STW Parking Lot September 19 Where: When: <u>Satur</u>day, 9:00 - 12:00 p.m. Time: FREE Fee:

Adelle Zocher Instructor:

**Description:** Keep your little one safe! Adelle is a certified child passenger safety technician and instructor with AAA. She will help install, inspect, and educate on car seat safety. Please call ahead to schedule an appointment, you will be asked to provide the year, make and model of your vehicle as well as the number and type of car seat(s) needing installation.

FOOD EXPLORERS: LET'S MAKE DINNER! 🍎 NEW Who: Ages 7-11 Where: Virtual

October 2 - October 23 Friday, 4:00 - 5:00 p.m. When: Time: \$45 Fee: Instructor: Food Explorers

Description: Let's make dinner for your family! Each week you'll learn how to cook a new recipe with a Registered Dietitian. You'll be guided through the steps and learn some facts about food and nutrition as you cook. Each week a grocery list will be provided. You'll learn how to make the following recipes: Lightened Up Mac & Cheese, Southwest Quesadillas, Pizza from Scratch and Crustless Quiche.

### **FIELD HOCKEY CAMP**

Entering Grades 2 - 8 Who: North Farms Park Sept. 19 - October 10 Saturday, 9:00 - 10:00 am Where: When: Time: \$80 Fee:

**Fee:** \$80 **Instructor:** Cheryl Canada – Former Division 1 Associate Head Coach, USA Field Hockey Level II Accreditation, CPR and First Aid Certified Open to boys and girls of all skill levels that are new to the sport or looking to enhance their skill level. This camp is designed to develop the basic skills each athlete has by focusing on tactical game awareness, 1v1 defense, elevated passing, elimination and attacking skills. This camp is fun, exciting, and creates player synergy no matter what age or skill level. Equipment needed: Stick, mouth guard, shin guards and goggles (articing). Stick on the provided if paceageners.

### **INTRODUCTION TO DOG AGILITY**

Where:	The Fieldhouse Agility Center
	15 Augur Rd. Northford
When:	September 25 - October 2 (NEW START DATE)
Time:	Friday, 6:00-7:00 p.m.
Fee:	\$100
Instructor:	Fieldhouse Staff

In **Description:** Must have willing dog, 6 months and up. Did you know that a newly built training center right in Northford is one of the top facilities for dog agility enthusiasts across the Northeast? Come see what all the fuss is about! The 3 trainers at the Fieldhouse Agility Center have each represented the USA in international competition and are eager to introduce you and your pooch to this fast, exciting, and fun activity!

**DOG OBEDIENCE BASIC LEVEL** 

When: September 23 - October 28 Time: Wednesday, 6:00 - 7:00 p.m. Where: STW Field \$90 Fee:



Instructor: Jon Bruneau, Certified Professional Dog Trainer Description: Come teach your dog simple, basic commands and manners. This class will be stress free, fun, informative, and will help you form a stronger bond with your dog. This class is for dogs 4 months - 2 years old.

### DOG OBEDIENCE INTERMEDIATE LEVEL

When: September 23 - October 28 Time: Wednesday, 7:00 - 8:00 p.m. Fee: \$90

Instructor: Challenge your dog and yourself to learn more than the basics! More advanced behaviors like loose leash walking, heel, working through distractions, impulse control and maintaining/strengthening commands will be taught. This class is for dogs 6 months and older.

### **CHECK OUT OUR FITNESS CLASS SESSIONS!**

**RECHARGE YOGA** September 21 - Nov. 16 Mondays, 9:30 - 10:30 a.m. \$75 Instructor: Bhogah Yoga Staff

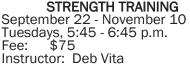
**TRANSFORM LIVE/PIYO** September 23 - November 18 Wednesdays, 6:00 - 7:00 p.m. \$65 Instructor: Jennifer Arabolos

YOGA TO RELEASE THE WEEK

September 24 - November 12 Thursdays, 6:30 - 7:30 p.m. \$75 Instructor: Bhogah Yoga Staff

**GENTLE YOGA** September 25 - November 13 Fridays, 9:30 - 10:30 a.m. \$75

Instructor: Bhogah Yoga Staff



T'AI CHI CH'UAN - QIGONG September 22 - November 10 Tuesdays, 7:00 - 8:00 p.m. \$70 Instructor: Richard Dicine

### NEN SH1FT 🗮

September 22 - November 10 Tuesdays,6:00 - 6:40 a.m. \$65

Instructor: Brittni D'Urso, Owner of Revolution Academy of Dance SH1FT is a HIIT fitness class that is a full body workout that includes body weight. Each work out is themed and you can torch up to 500 calories in 30 minutes.

Equipment needed: Stick, mouth guard, shin guards and goggles (optional). Sticks can be provided if necessary. Please let us know at time of registration.

## Look for our offerings on

### оток NORTH BRANFORD - Community Media Center -

Totoket TV Public Access Television: Available on Comcast channel 18 or 1070 Frontier channel 6004

STRONGERCIZE - Mondays & Fridays at 9:30 am GET FIT - Wednesdays at 10:30 am SENIOR CHAIR YOGA - Tuesdays & Thursdays - 1:00 pm ART WITH KAREN - Mondays & Wednesdays - 1:00 pm Enjoy doing crafts with Karen from your home.

We have all the supplies needed to participate. just call us for pick up or delivery!

\*Please check the Totoket TV program schedule for additional watch times and programs.



TH BRANF

Calling all gardeners and plant enthusiasts! Natureworks recently designed our Community Center gardens and now we need your help filling them. The designs were created to contribute to the pollinator pathway and provide beautiful blooms year-round for our seniors and community enjoyment. Donate a plant from our wish list and help create a beautiful garden for generations to come!



Head to www.nbrecreation.com to check out our wish list!

## **CHURCH**

## **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. <u>www.hopeag.com</u> 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 Rd., North Branford, CT, 203-488-8456 or nobfdcong@sbcglobal.net or www.northbranfordcongregational.org. Office Hours: Wednesday through Friday, 9:00 - 1:00pm. We worship every Sunday at 10:00am. Nursery care available. Get to know us by joining us for Coffee Hour following Services. The second Sunday of every month is Family Sunday when the children remain with their parents during the Service. This is followed by our second Sunday Brunch. Holy Communion is on the first Sunday of every month. Church School through grade 8 meets during worship. All are wecome no matter who you are, no matter where you are on life's journey, you are 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. Rev. Robin Blundon, Acting 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 <u>www.northfordcongregational.church</u>

**St. Ambrose Parish** is a Roman Catholic Parish in the Archdiocese of Hartford comprised of two church locations; St. Augustine Church located at 30 Caputo Rd in North Branford and St. Monica Church located at 1321 Middletown Ave. in Northford. The Pastor is Reverend Robert Turner. Weekday Masses are celebrated on Monday, Tuesday, Wednesday, Friday & Saturday at 9:00am at St. Monica Church, Weekend Masses are celebrated on Saturday at 4pm at St. Augustine Church and 5:30pm at St. Monica Church and on Sunday at 9am at St. Monica Church and 11am at St. Augustine Church. The Sacrament of Reconciliation is celebrated every Saturday afternoon from 3:00 to 3:30 at St. Augustine Church or by appointment by calling the parish office at 203-484-0403. If you are new to the area and are looking for a parish family to join, please visit us! The office is open M-F from 9am-1pm at 30 Caputo Road in North Branford.

visit us! The office is open M-F from 9am-1pm at 30 Caputo Road in North Branford. 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). We celebrate the Holy Eucharist every Sunday at 10:00am. Coffee and fellowship always follows. All are welcome. Please join us - we'd love to get to know you! 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, belts, purses, sheets, blankets and stuffed animals may be made at the donation shed in the church parking lot. We are a member of the Middlesex Area Cluster Ministry. The Rev. Jim Bradley is Missioner In Charge and we have rotating clergy serving the parishes of St. Andrew's as well as Emmanuel Episcopal Church, Killingworth and St. James Episcopal Church, Higganum. 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; MACM office, 860-345-0058; or Rev. Bradley, 203-525-6846.

**Zion Episcopal Church**, 326 Notch Hill Road, North Branford. 203-488-7395 Rev. Lucy LaRocca, Vicar. In June we begin with single summer service of Holy Eucharist at 9 a.m.. The first Sunday in September we return to two services of Holy Eucharist at 8 & 10 a.m. Music and two safe church certified babysitters are available for childcare during the 9 a.m. service and at the latter service September – May. Healing prayer is offered after each service on the second Sunday of each month. Please visit our Facebook page or our website <u>www.zionepiscopalchurch.org</u>. 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.

# Rosary Walk 2020 No. Haven



All are welcome to join us every Tuesday evening at 6:00 PM at All Saints Cemetery (rain or



# Hope Christian Church Joins Thousands of Churches National Back to Church Sunday

NORTH HAVEN CT – "Back to Church Sunday," part of a national movement of churches across America, will be held at Hope Christian Church in North Haven CT, September 20 at 10AM.

We will be meeting two ways. On-line on our Facebook page: "Hope Christian Church" or our first time gathering in person at 211 Montowese Ave. (see our safety protocol at <u>www.hopeag.com</u>)

COVID-19 and social distancing have been a powerful reminder of how much we need each other and how important support and connection can be when facing life's difficulties. It's never been so clear that we are all stronger together. If you are ready to find a supportive community, come try Hope Christian church. We have in-person and online services that are relevant and inspiring .

"We believe that the local church can be a great catalyst for personal, family, spiritual and physical healing. We're a vibrant local church with people just like you who desire to live authentically and grow spiritually. Our passion is to be a lighthouse of Joy and Hope to our community. Our vision is simple, **'Realpeople, Realhope, Reallife'''** (Pastor Jim Detweiler)

This year's theme is "We're Stronger together!

Hope Christian Church is an Assembly of God Church located at 211 Montowese Ave in North Haven. For more information, go to <u>www.hopeag.</u> <u>com</u> or call 203-234-7328.

### **DEATH NOTICES**



**Stanley M. Prusinski**, 95, of Northford passed away peacefully on Saturday, September 5<sup>th</sup>, 2020 at Yale-New Haven Hospital. He was the beloved husband of 65 years to the late Lucy Quinto Prusinski. Stanley was born in New Haven on January 9, 1925 and was the son of the late Stephen and Sofie Bernat Prusinski. He served his country faithfully in the US Navy on the USS Bataan in the Phillipines during

WW II and had worked as a Lyonotype Machinist for many years until his retirement. He was a member of the Northford V.F.W. #8294, enjoyed going fishing with his longtime friend Thomas Romano, was a Boston Red Sox and New England Patriots fan. Father of Stanley M. Prusinski and Steven N. (Terry) Prusinski. Grandfather of Jeffrey Prusinski, Sarah (Kenny) Stellate, and Juliane Prusinski. Great grandfather of Audriana Stellate. Predeceased by sisters Jane (Jennie) McKosky, Bertha Zirlis, Helen Care and brothers Teddy and Phillip Prusinski.

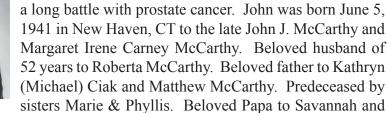


**John J. McCarthy,** age 79 of Northford, Connecticut passed away at home on Saturday, September 5<sup>th</sup>, 2020 after

shine). The Rosary Walk will continue until Nov. 3<sup>rd</sup> with a time change in October. Park and meet by the Crucifix in front of the main building. If inclement weather, please meet in front of the Mausoleum instead. We are following CDC guidelines to ensure

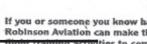
proper distancing between all walkers. If you wish to wear a mask, please bring your own. Disposable programs are provided for your convenience. If you have questions, please call Barbara at 203 605-9845 or visit our website for additional info. and photos at <u>www.ccacem.org</u>.

# Send Church Information to Totokettimes@comcast.net

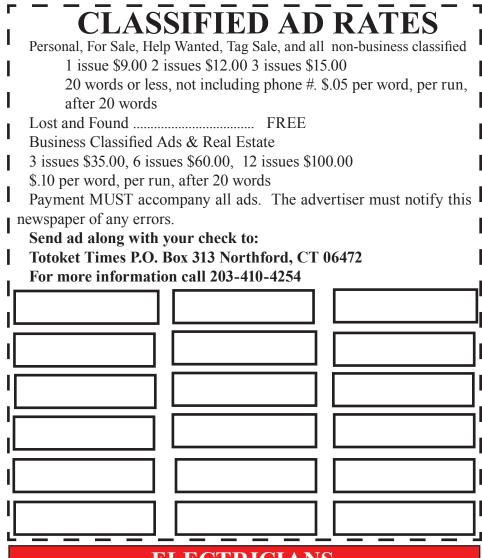


Sierra Ciak. John was a graduate of Wilbur Cross High School. John joined the Marine Corps and served in Washington DC, serving with Marine One. John worked for Southern New England Telephone for thirty-three years, retiring as a technical instructor. John also worked for 10 years at Anthem Blue Cross/Blue Shield as a Tech II, John enjoyed teaching and went on to teach many young students at local trade schools in voice and data. John continued to work in his retirement first at the Regional Water Authority at Lake Saltonstall and then for the Town of Guilford as the Land Steward. John was a volunteer at the Shoreline Trolley Museum in East Haven as a conductor, sharing his love of trains and trolleys. John enjoyed spending time with his grandchildren Savannah and Sierra, fishing, hiking, with many trips and vacations together.

Should friends desire, memorial contributions may be made to The Salvation Army, 1359 Dixwell Avenue, Hamden, CT 06514



night training activities to com



## ELECTRICIANS

**TJC Electrical Services** - No Job too small or big. Service upgrade & Generator Specials. Call Tom Cassella at 203-619-2823. Licensed & Insured.

## **CONSTRUCTION SERVICES**

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

## **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 for a free estimate - Contact Pat Zichichi (203-945-1808

## LANDSCAPING

J & M Landscapes LLC.Complete Lawn Care { Mowing, Edging, Weed whacking & Blow off }Tree, hedge & shrub Pruning - Property cleaning & debris removal - Landscape Design { Mulch, shrubs & flower beds} - Stone, Gravel & Mulch delivery –Install Stone shed foundations - Small Backho { excavation work } – Driveway sealing – Power washing - Spring & Fall Yard clean –ups. Gutter Cleaning. Winter Snow plowing. Vet & Senior discount. For a free quote call John ( 860 ) 349-8135.

**Mone Landscaping LLC.** We are now accepting new accounts for lawn mowing, trimming, edging, mulching and other lawn maintenance. we are licensed and fully insured. Call Mike at 203-640-5317 or Joe at 475-201-7041 for a free estimate.

## **PLUMBING**

John DiMaggio Plumbing - Residential/Commercial repairs/remodeling.





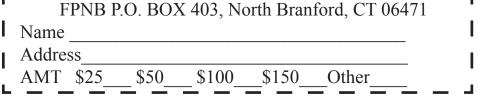
September is National Hunger Action Month. The uncertainty of the past six months has brought food insecurity to the forefront even more than in previous years. Our guest list has grown to include 191 families from this community who need help with supplemental food.

The Food Pantry of North Branford, Inc. has been open for five years and provides food on a weekly basis to hundreds of

people. We are friends helping friends. We provide food, at no cost, to individuals and families who are hungry. Our mission is that basic. Support those in need... and the need is great.

The Food Pantry of North Branford, Inc. is located in the lower level of St. Andrews Church, 1382 Middletown Avenue in Northford. We obtain food from the Connecticut Food Bank, individual and corporate donations, food drives, local store purchases, and fundraisers. This year has been challenging as we try to balance the growing need for this essential service while maintaining safe social distancing, thus limiting our fundraising ability. We are not a town agency and do not receive any municipal or state funds.

WE NEED YOUR HELP & ASK FOR YOUR SUPPORT! Kindly return form to:



## News from North Haven Camera Club

The North Haven Camera Club will have its first online competition on Sept.22 at 7pm. The North Haven Camera Club has bi-weekly meetings from September to June. We are currently having online meetings due to Covid 19 concerns. Lectures and presentations are conducted the first meeting of the month and the 2nd meeting is devoted to photography competitions.

In these uncertain times North Haven Camera Club will continue to have expert guest speakers throughout the season. NoHCC prepares members for regional and national photographic contests and events sponsored by the Photographic Society of America and the New England Camera Club Council. For more information, visit the club's website at <u>www.NorthHavenCameraClub</u> or send an email to <u>northhavencameraclub@gmail.com</u>

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Big or small. Water Heater Specials! Licensed & Insured. Call 203 - 627 - 6826. References available.

## **HELP WANTED**

Twin Lake Children's Center is looking for an afternoon toddler caregiver. Monday through Friday 1-6. Please contact Carol at <u>carol8615@sbcglobal.net</u> or call 203-484-6700.

**HAIR STYLIST WANTED:** Chair rentals also available. Experienced. Choose your own hours & days. Call Capello Salon at 203-488-8594. Serving the Shoreline for more than 20 years.

**Drivers - Week days & week ends**. Call for interview at Petals 2 Go 203-484-7800.

## **TAG SALE**

### Zion Church Bazaar & Tag Sale.

Zion Episcopal Church 326 Notch Hill Rd., North Branford. Saturday September 19 from 9:00 am to 2:00 pm. Rain date Saturday, September 26. In addition to our annual tag sale, we will be selling homemade goods, baked goods and chili to go. This is an outdoor event. Masks are required and social distancing will be in place.

# Town to Distribute Free Face Masks

**NORTH BRANFORD, CT** Press Release– The Town of North Branford is announcing another distribution of protective masks to residents of North Branford on Saturday, September 19<sup>th</sup>, 2020 from 10AM to 1PM.

The Town wants to ensure all citizens continue to have access to protective masks. This is important as our residents have shown a consistent effort complying with State requirements regarding the use of facial coverings in public spaces. This is one small part of the ongoing effort to keep our residents safe.

Face masks will be distributed via a drive through at North Branford High School, with entry allowed ONLY from the NBIS entrance on Foxon Road (Route 80). Masks will be issued as a package of 10 to each driver.

Residents that do not have transportation to North Branford High School on Saturday September 19<sup>th</sup> will be encouraged to call Town Hall at (203) 484-6000 to make alternative arrangements.