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Volume 28 No 5 August 20, 2021

## Shining Star Awards Dinner Returns

The North Branford Education Foundation has rescheduled its long overdue Alan Davis Shining Star Awards Dinner. The dinner which was originally scheduled for March of 2020, is a fundraiser which traditionally honors those who have made particular contributions to the North Branford community. This years honorees will be David Palumbo, Marcey Onofrio and Tom Smith.

The event will take place on Thursday, October 7 at Seasons Restaurant with, cocktails and appetizers beginning at 6:00 and dinner at 6:45. Tickets are \$50 per person and can be obtained by calling Frank Mentone at 203-410-4254.

*It's important to note that if you purchased tickets last year, please contact the person you dealt with to make sure you are logged in. If you are not sure call Frank and he will try to help you out.*



**Marcey Onofrio** has been a resident of Northford for 43 years. She is married to her husband Ron and has two children, Morgan and Cory. Growing up in Northford, Marcey attended the North Branford Public School System and graduated in 1984. Marcey's children followed in her footsteps and attended North Branford Public Schools. After graduation Marcey attended The Academy for Business Careers and became a paralegal. She then worked in the legal field for eight years. However, Marcey's love for children steered her away from the professional world when she decided to set up her own home daycare.

In November of 1993, Marcey opened her home daycare and she has continued to operate her business to this day. Marcey has helped raise countless children by caring for and nurturing them while their parents remain at work. Marcey creates an environment in which the children, as well as their families, feel that they are an extension of her family. The trust and respect she has always earned is evident since all her daycare families are referred through word of mouth.

In the earlier years Marcey was a Girl Scout leader. As her children became involved in sports, Marcey ran numerous fundraisers for the various sports teams in which her children were involved. She also served as secretary of the North Branford Touchdown Club and helped organize many functions to benefit students and athletes.

Over the years, Marcey's husband, Ron, was very involved in town events and fundraisers as well. She helped him organize and run the many DARE car shows as well being involved behind the scenes at many other events. In doing so the fundraisers benefited many students, the North Branford School District, and our community.

In 2005, Marcey was asked if she would volunteer one Thursday night a month and run for a seat of the North Branford Board of Education ("don't ever fall for the one Thursday night a month line"). After a board member resigned before the next election, Marcey completed that term for two months prior to the upcoming election. She prevailed in that election and subsequent elections, and has served on the Board of Education to the present. Over the years, Marcey has held various positions on the board including Chair, Vice Chair, and Secretary.

Marcey has always believed that providing North Branford's children with a solid education is the most important investment a community can make. The time she spends in board meetings represents just a small fraction of the hours that she devotes to the students and the school district. Marcey is deeply involved in community activities and spends many hours in the schools and at extracurricular events. Her attention to the students of North Branford mirrors her caring and devotion to the children in her daycare.



**David Palumbo** has been a lifelong resident of the North Branford community and business owner in town. David also married a lifelong resident Sandra Dostie Palumbo. He raised 3 children in the community. Samantha (26), David Jr. (25), and Jake (16).

David was raised on a local farm in town, and showed horses all around the country and became a Worlds and National Champion by the age of 14 years old. David is a product of the North Branford School System. After graduation from N.B. High he worked for

businesses in the transportation Industry, and in 1991 David founded his own business Palumbo Trucking.

Palumbo Trucking is a dedicated tanker business that serves the North East Region. 30 years later, he has grown his business in the North Branford community in Real Estate, Diesel Repairs, Transportation, and now the Rail Road Industry.

David has become a valuable asset to our town.

"This community has raised me and my kids. As a resident and business owner I need to give back".

David serves on the board of police commissioners in North Branford for 4 terms. He currently sits as the vice chairman. David has also served on the P.C.A.C. Association of Connecticut for a number of years starting on the board as an officer. He quickly moved to 2<sup>nd</sup> V. President, 1<sup>st</sup> V. President, then became chairman of the P.C.A.C. of Ct. for a period of two years, then retired.

David volunteers on the Public Safety Committee in North Branford, and serves on the North Branford P.D. facility & Town Center Advisory Committee. He has donated monetarily to many school projects, youth programs, and athletic events. He volunteers on different functions and fund raisers in town whenever needed.

When David is not working or volunteering he is an avid Snowmobiler "Every chance I get!", and a dedicated father and husband.



**Tom Smith** is a life-long resident of Northford. Upon graduation from Wilbur Cross High School, he became a postman at the Northford Post Office. He married and raised two children, Kristin and Debbie, with his wife Marianne in Northford. Tom continued to serve as a postman for forty years. He was often commended for his attention to detail and the personal attention given to the residents on his routes. Tom also had his own landscaping company in town and worked for and is known by many.

Tom, the eldest grandson of Frank and Angelina Ccarelli, was instrumental in securing the development rights of Ccarelli Farms in Northford which led to the preservation of the farm for generations. As a member of North Branford Rural Preservation Committee, Tom was the first in this area to go through the Farmland Preservation program with the state, securing the farm in private ownership and protecting it from housing or other development.

Throughout his life, he has been a member of Northford Company 2 Fire Department fighting fires and responding to emergencies in the North Branford Community and neighboring towns. In 2008 Tom received recognition for 50 years of active service in Co. 2. While active in the Co 2, he was involved in organizing the Northford Carnival and presently helps coordinate the annual golf tournament which raises funds to maintain the firehouse and support community efforts like the North Branford Scholarship Fund. He was also a member of the Fireman's Ball Committee and hosted various activities at Co 2 for its members.

Tom has been a long-standing member and sexton of the Northford Cemeteries Association. He joined his father, Charlie Smith, as caretaker of the cemetery in the early 1950s and has served as president of the Association for forty years. Recently, he also became the superintendent of Bare Plain Cemetery in North Branford.

One of Tom's favorite pastimes was participating in North Branford community softball. His team, Smitty's Clippers, was the team to beat. As a spectator, he has always enjoyed town baseball, hockey, football, and volleyball, especially at the high school level. He is an avid Boston Red Sox and New York Giants fan.

He often shows his antique cars at the Potato and Corn Festival, as well as other local charity events. In 2007, the community rallied together for an old-fashioned barn raising on Tom's property. The Hansen Barn, circa 1880, was removed from its original home in North Haven in 1987 and was raised by the community and members of the Northford Timberframers almost 20 years later. Many local charities were supported during this process including the Angels Foundation, the Miller Historical Museum, Walk for Lupus Awareness, as well as a local family.

Tom proudly represents the town of North Branford, and the village of Northford, as an Alan Davis Shining Star.

### Deadline

August 27  
September 10  
September 24  
October 8  
October 15  
November 12  
November 27

### Publication Date

September 3  
September 17  
October 1  
October 15  
October 22  
November 19  
December 3

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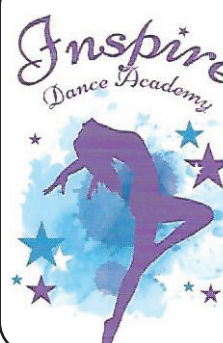
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## State Representative Vincent Candelora

### Digging into shifting narratives



Readers of this column who enjoy burrowing in the less-heralded grounds of state government might've seen a recent news story about controversy surrounding the State Contracting Standards Board, a panel created in 2007 to review contracts and procurement methods in state agencies.

It was launched in the wake of the contracting scandal that engulfed Gov. John Rowland, yet it has suffered from funding constraints throughout its existence. The current conversation is multi-layered—focusing on that funding, the board's efforts to review details of a fee the Connecticut Port Authority paid to find someone to run State Pier operations tied to a massive wind farm project, and the governor's views about the board as he pushes for public-private partnerships.

What I'll focus on here, however, is that funding for the board—more specifically, another attempt by those who control the state's purse strings to create a narrative that suits them.

Detailed in reporting by the CT Mirror, the biennial state budget adopted in June included roughly \$700,000 each year for the Contracting Standards Board. It planned to create five positions to bolster a staff that includes just an executive director and an intern. But soon after, Democrats in their separate 837-page budget implementation bill included a policy requested by the governor that blocked use of more than half of the budgeted money. While both the attorney general and the state auditors are reviewing the Port Authority's aforementioned State Pier deal, without access to that money it's unlikely the Contracting Standards Board can conduct its thorough review.

Today, leading Democrats talk about the value of transparency while proclaiming they'll soon fight to provide the financial resources needed by the board.

It's a new if not frustrating narrative. After all, it was their budget implementation bill that handcuffed the board. Even worse, my Republican colleagues and I presented them with a fix ahead of that June 17 vote—a simple amendment to unlock the board's money.

A budget committee chairman who today extolls the importance of the Contracting Standards Board led opposition of our amendment that night in a 71-69 vote, though many of her party colleagues broke ranks to vote with Republicans. If only she and a couple of others who now pledge to fight for the board had done so two months ago, we'd be in a better place on this issue.

It's a small aspect of the larger story. Yet it's emblematic of legislative culture that sees many majority members revel in praise of fighting for solutions to problems they created in the first place.

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

## Food Pantry of North Branford Receives Plastic Film Program Bench



On Friday, August 6, The Food Pantry of North Branford was presented the latest bench NB has earned from the Plastic Film Recycling Program, sponsored by Trex and supported by our NB Big Y. Its NB's ninth bench, since the program started in 2017.

NB Solid/Hazardous Waste and Recycling Committee members Bill Savastano and Hank Petroskey made the presentation to Fran Murphy (Executive Director), and Christine Crotta (Vice President).

The bench will be used by patrons of the food pantry, giving them a comfortable place to relax.

## LET'S BE "FRANK"

Well brother, a great deal has happened since we last spoke. I successfully maneuvered my eight days being the single bachelor. The food was good the solitude was good and all of the local youth baseball games I went to were tremendous. I even found out where we hide the extra rolls of toilet paper. But eight days was long enough and I was happy to see the wife return.

After a brief rest and reunion we headed off to Lake George to have our family vacation of more than 40 people. Obviously that was skipped last year due to Covid and this year the long awaited gathering finally took place.

Being with family is always a great thing but I must admit I am starting to be one of the older members of the group rather than one of the younger members of the group as it was when we started these trips more than 25 years ago. So many of the youngsters using the same lines I use to use with the elder folks, when they noticed I was struggling to get around. It was somewhat depressing but also nice to know that the family has raised the next generation of kids to be respectful and considerate. Still woeful to realize some of us are getting on in age.

From all the salty foods at restaurants, in five days I gained 7 pounds and my ankles were so swollen I couldn't walk. Didn't take long to flush all of the poisons out of my system. Although overall the walking hasn't improved as much as I want, the weight is already down to my normal obesity level. It was well worth it to spend some time with three generations of family.

On the homefront when I got back I heard some news that was very disturbing to me. Apparently the Democratic party is only running three people for seats on the Town Council. This means that all people who run for Town Council will be on the Town Council. The Republicans will once again control the majority.

I don't care who has majority or who doesn't. But it seems to me that there's no sense having an election if we're not electing anybody. You need nine people on the Council and only nine people are running. It seems as though the Democrats are throwing in the towel and that disturbs me. If they can't get six people to run then they either have to make some changes in the party or call for a bylaws revision committee to make our town join the rest of the world and have either an elected mayor or a first selectmen. This would give the man in charge more control over making decisions as well as have a person who would now be accountable for everything that goes on in our town good or bad.

If you have a TV up there watch Dan Armin's show on Totoket TV. I thought I was done when I packed in my show several years ago, but Dan talked me into joining him for a show. It was a good time and I believe it was his first one hour show. Two things were obvious. Your brother still likes to talk and your brother still has a face and body for radio.

SueAnn and I are now getting ready for a couple of trips to Florida. One trip is to put our two cents worth in about the wedding menu and the second one to actually be at the wedding.

It's funny for a couple of people who never travel, since the pandemic has lessened a bit we are getting our time in. Seeing that we are both sort of (but not really) retired we are going to enjoy our Medicare years as much and as long as we can.

Take care my brother.

My best to the crew up there and I'll see you soon.

Thanks to the entire staff and volunteers at the FPNB for their dedication in collecting plastic film. We encourage everyone to participate in the Plastic Film Recycling Program and please continue to be diligent in placing only acceptable items in the collection bins. That will greatly help when sorting the material.

The unacceptable items we see the most continues to be pet food, bird seed, and mulch bags, potato chips, popcorn, and other snack bags, as well as, grape bags. If you are not sure what type of plastic film can go into the bins, please reach out to us.

The purpose of North Branford's Solid/Hazardous Waste and Recycling Committee is to develop and implement environmentally sound solutions and best practices for solid waste disposal and recycling management on behalf of our town. **Fran Murphy and Christine Crotta are the first to try out the bench outside the Food Pantry (photo by Hank Petroskey)**

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

### Letters to the editor...

This paper encourages all readers to voice their opinions and comments. The Totoket Times is not responsible for erroneous information or statements in letters to the editor. Letters should be as brief as possible.

All letters must be signed. A telephone number should be included and no personal attacks.

This paper reserves the right to edit all letters.

All letters should be addressed to :

**The Editor**

P.O. Box 313, Northford, CT 06472





## Matt in the Minors

It's starting to become the rainy season. Rain outs don't exist in the mind of the owners. To us, they are comparable to a snow day at school. However, the owners lose a lot of money. So most of the time, we will still have to go to the field for several hours and workout, hit indoors or just sit in the clubhouse. It's happened 3 times in the past two weeks where we start a game and go into a delay and don't finish until around midnight. They can be fun but they are also hard to play through. You have to learn how to flip the switch at game time. That's been important for keeping sanity.

We've been learning a lot lately. A lot of call ups and cuts have been happening so the tensions remain high in the clubhouse. Nobody wants to lose their job. Everyone wants the call up. For the most part, we know who is going up or going home. It's not fun to see your friends leave. Even if they are going up. It's great to see them succeed but it's sad to see them go. I've had about 5 different roommates this year due to call ups.

Someone who just got called up had a stat line of: .230 average, 13 home runs, 11 doubles, 34 RBIs

I've got a long way to go.

**Till next time. -Matt**

**Matthew Chamberlain**



### "Let's All Work Together..."

Dear Editor,

The COVID-19 pandemic has provided significant health care challenges in Connecticut, like every state. One step to expand access to healthcare in our state is ensuring that medical providers are able to perform key functions to maximize quality and access to healthcare services.

For PAs (physician assistants), outdated regulations can hinder the ability to provide the best possible care to as many patients as possible. PAs are licensed medical professionals who diagnose illness, develop and manage treatment plans, prescribe medications, and often serve as a patient's principal health care provider.

Fortunately, the state legislature recently updated state laws to better align with how PAs practice today: on healthcare teams, in every setting and specialty.

The Connecticut Academy of PAs extends our gratitude to House Minority Leader Vincent Candelora for his leadership and efforts to secure the passage of Public Act No. 21-196, which recently became law. This law updates nearly 80 areas of state law by adding PAs – allowing PAs to do more for their patients and making healthcare teams more efficient.

This change is a step in the right direction, but there is more that can be done to ensure PAs in Connecticut remain able to provide high-quality patient care alongside our physician and nurse colleagues. Let's all work together to seek out more ways to improve healthcare in our state – so that we can be ready for the next challenge the future holds.

**Respectfully,**

**Johanna L. D'Addario, PA-C**

**President, Connecticut Academy of PAs**

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## For the *HEALTH* of it...

**By Jo Ann Begley**

### Getting Back on Track After Being Derailed

If you feel as though you are finally emerging from a really bad dream, you're not alone. Although quite surreal and even bizarre at times, it wasn't a dream, we were actually living it *and* we've made it to the point where we are cautiously getting back to familiar routines and enjoying life.



18 months ago we were caught off guard. The stress of uncertainty came from various symptoms of what seemed to be our new reality. Some may have turned to over eating or drinking to seek comfort. For many, exercise routines came to a halt and natural sleep rhythms were thrown out of whack. Whether you have fallen victim to all of the above or can add a few of your own; engaging in negative habits on a regular basis chips away at overall health. We're human, we were blindsided, scared and didn't have a clue as to what was happening. We are also strong and resilient and we've learned a lot.

### That Was Then and This is Now

During this time, we were repeatedly reminded of two very important life lessons that should be permanently engraved in our awareness lest we forget them: ***Good Health is one of life's greatest gifts and life as we know it can change in an instant.*** In some ways we were forced to slow down, keep things simple and focus on what's really important.

Regardless of what happens next, we have learned a lot and we're in a much better position to set a strong foundation that will help us weather the next, and any storm. The good news is, regardless of what's happening around us, daily decisions about our health is one thing we can take control of and we get to choose the path we take. Yes-it's ok to enjoy your favorite treat and not feel bad about it. It's typically the guilt, not the treat that sends us on that downward spiral. This is a guilt free zone. When we slip up (and we will) we are always free to begin again.

Whether you want to get back on track, or if you've never been on track and are ready for a better way, the best time to start is now! Why? Because it matters-because you matter.

### It's Not all About the Food

Food (or nutrition) is just one of 6 main pillars of health and it's actually not even #1 (sleep is) but let's start with food anyway. Food is our fuel. We only get one body and we need to service it with the best fuel possible. Pardon the analogy but a Corvette won't run properly if given regular gas. It needs premium fuel for peak performance. So it makes sense to choose carefully when fueling our body, the most important vehicle we'll ever have; the one that takes us through life.

Food brings us together. We gather, celebrate and enjoy each other's company with food as the focal point. I, for one, love food (which is great because my husband is a fabulous cook.) I enjoy eating delicious food that makes me feel good...and I LIKE feeling good! Although this next statement is worthy of an "eye roll", I must admit, we are a family of foodies who send each other pictures of our culinary creations on a regular basis.

### Let's do this Together

As a farming community we are fortunate to have easy access to fresh fruits and vegetables, especially this time of year. A number of food establishments have recently popped up throughout town making it easy to get healthier options when on the run.

For successful grocery store hauls, it's best to fill your cart by walking the periphery of the store first. Go down the produce aisle, then do a pass by the fish, poultry and meat counters. Include eggs, nuts, natural nut butters and some dairy. If you venture down the center aisles, read labels, check for sodium, carb, fat, protein and fibre content-per serving. If buying packaged products, aim for those with 5 ingredients or less. (We can dedicate an entire column to reading labels so please let me know if you'd like more on that.) For vegetarian or vegan guidelines, be sure to choose seed and grain options that provide enough protein. A general rule of thumb for all is to strive for a balance of protein and healthy fats with the bulk of carbs coming from fruits and vegetables.

While making healthier lifestyle choices won't permanently shield us from illness and disease, doing so sets a strong foundation that allows the body to function at its best while aiding us to recover should something come our way.

Support can be helpful and I'm here for you to share health & wellness tips, and information on health related topics. In future columns we will discuss a variety of topics such as, why diets don't work and why stress overload can prevent weight loss. Until next time, I invite you to send your questions and comments to [joann@wellnessfusion.net](mailto:joann@wellnessfusion.net). Please remember this monthly column is here for you... *For the health of it!*

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



# North Branford High School

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## School Starting on September 1.

North Branford Public Schools will begin the new school year on September 1. In a recent letter to the student families, Superintendent of Schools Scott Schoonmaker outlined many of the policies that will be in place due to the COVID virus.

1. Based on guidelines provided by the Connecticut State department of education, the district will not be offering voluntary remote learning options to students and families.

2. NB public schools will continue with masking requirements per governor Lamont's executive order that requires face masks to be worn inside school buildings regardless of vaccination status.

3. NB schools will not be participating in COVID testing. All positive cases will continue to be reported.

4. Students and staff must wear face coverings or masks that completely cover the nose and the mouth while inside the building or on the bus. Masks breaks will take place periodically throughout the day. While outside masks can be removed as long as social distancing is practiced.

5. All classrooms and building space will be evaluated by the district and school COVID teams.

6. Facilities team will perform routine cleaning and disinfection of all high touched hard surfaces.

7. HVAC equipment will begin prior to the first day of school and all systems will run throughout and beyond the end of the school day to maximize full ventilation and air quality.

8. NBPS will continue to work with East Shore Health Department following recommended procedures involving those entering and leaving the building.

Schoonmaker added, "Please know our team will continue to meet in the coming weeks and throughout the fall and we will adjust to any new guidances that come from the governors office, Department of Public Health or CDC. Please know as always we will make every decision in the best interest of students, families and staff to ensure we provide a safe environment engaging in rich educational experience for all our students."

## BLOOD DRIVE, SATURDAY, SEPTEMBER 18TH STANLEY T. WILLIAMS COMMUNITY CENTER

The Northford-North Branford Women's Club, GFWC, is sponsoring a blood drive on Saturday, September 18<sup>th</sup> from 9:00am to 2:00pm, at the Stanley T. Williams Community Center, 1332 Middletown Avenue, Northford. There is currently an urgent need for blood donors of all blood types. Your donation will help ensure blood products are readily available for patients in need. Due to anticipated high demand, appointments are required. Please call 1-800-RED-CROSS (1-800-733-2767) or visit [www.redcrossblood.org](http://www.redcrossblood.org) and use sponsor code Northford to schedule an appointment.

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## 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](http://www.weecarenb.com)





## Rosary Walk 2021



All are welcome to join us every Tuesday evening at 6:00 PM at All Saints Cemetery (rain or shine), now through October. We are praying for World Peace and for each of your intentions. This Season, we will be walking to benefit the CT Diaper Bank in hopes to help families with children. Let us make a small change in the world through our prayers and a simple act of love for thy

neighbor. Making changes from the bottom up! Please visit our website . at [www.ccacem.org](http://www.ccacem.org).

## Dignity of Life Seminars

*The Catholic Cemeteries Association Inc. (CCA)* will be sponsoring a presentation focused on educating families about the challenges and the importance of Advance Planning, Maintaining the Dignity of Life during end-of-life discussions, and information about our NEW service called the **Catholic Funeral Plan®**. The CCA will offer evening Seminars with the assistance of an Elder Care Attorney. Bring your questions, we will discuss the importance of the Rite of Christian Burial, The misunderstood elements about Cremation, Wills, Trusts, Probate, How to Fund your Funeral, and much more. We are here to help you at NO obligation. All are welcome to attend. Please give us an **hour and 30 minutes** of your time.

Seminars will be held at the Sacred Heart Cemetery Chapel in Meriden located at: 250 Gypsy Lane (RT5), **every other Wednesday (see footnote \*\* for seminar dates)**. All sessions are in the evening beginning at **5:30pm until 7pm**. Registration is strongly recommended to help us prepare. Seating is limited. Refreshments and materials will be provided.

### How to Register?

Please visit our website [www.ccacem.org](http://www.ccacem.org) or contact our Outreach Co-ordinator, Barbara at (203) 780-8418 or email her: [bgode@ccacem.org](mailto:bgode@ccacem.org) to register. When registering on our website **HOME** page: Please select the **EVENTS** tab and locate the date on the calendar that works best for you. God bless you!

**\*\* July 21<sup>st</sup>, August 4<sup>th</sup>, and 18<sup>th</sup>, September 8<sup>th</sup> and 22<sup>nd</sup>, October 6<sup>th</sup> and 20<sup>th</sup> and November 10<sup>th</sup>, 2021**

## Tag Sale Fundraiser at Northford Congregational Church

Northford Congregational Church, “A Little Church with a Big Heart,” will be holding an outdoor tag sale on the lawn to benefit the church on Sat., Sept. 11, from 9 a.m. - 1 p.m., at 4 Old Post Rd., Northford. A limited number of spaces will be available for \$20 paid in advance (non-refundable). Set-up will begin at 8 a.m. Bring your own table and chairs. Contact Aloha at (203) 484-0794 for information and to reserve a space.

The historic Northford Congregational Church (203-484-0795) is located at 4 Old Post Road at the corner of Route 22 and Route 17 in the Northford village in North Branford. Office hours are 9 a.m. to 1 p.m. on Tuesday and other days by appointment. Website: [www.northfordcongregational.church](http://www.northfordcongregational.church). Email address: [northfordcc@gmail.com](mailto:northfordcc@gmail.com). Like us on Facebook.

## Saint Andrew’s Episcopal Church

St. Andrew’s Episcopal Church, 1382 Middletown Avenue, Northford - The White Church On The Hill In The Heart of Northford (at the intersection of Rtes. 17 & 22). St. Andrew’s is a member of the Middlesex Area Cluster Ministry Network (MACM), along with Emmanuel Episcopal Church in Killingworth and St. James Episcopal Church in Higganum. The Rev. Bryan Spinks is Priest-In-Charge at St. Andrew’s. Regular worship services are held each Sunday - summer services begin at 9:00 a.m., and starting in Sept. go back to 10:00 a.m. starting time.

St. Andrew’s is the proud home of the Food Pantry of North Branford, located in the lower level of the church’s parish hall. And, the Community Dining Room utilizes the church kitchen and parish hall to prepare and deliver meals to the homebound in Northford and North Branford. These are 2 vital community resources serving families in need in our community.

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 clothing, shoes, boots, belts, purses, sheets, blankets, curtains and stuffed animals may be made at the donation shed located in the back of the church parking lot. Like us on Facebook: St. Andrew’s Episcopal Church of Northford CT.

For more information contact Nan Monde, Senior Warden, 203-710-7005; or MACM Network office, 860-345-0058; or Rev. Spinks, 860-304-5266.

## Recycling News

**Got new or slightly used unwanted items?**

**These items can be reused instead of thrown out.**

Charlie’s Closet will take durable medical equipment such as canes, walkers, commodes and wheelchairs.

Please consider donating to keep usable equipment from the landfill.

[givct.org/charlies-closet/](http://givct.org/charlies-closet/)

**North Branford & Northford free items** <https://www.facebook.com/groups/1647630532048934>

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

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

Do you know of a local charity that accepts gently used items?  
Let us know and we can put the word out for you.

The town has started a new contract with our Trash Hauler. The start time for the main state roads is now 5 AM for safety reasons. The start time for residential streets remains at 6 AM.

### Reduce Contamination in the Recycling Totes

Just because an item has a recycling symbol on it, that doesn’t mean that it can go into your recycling bin.

Styrofoam is **NOT** recyclable. We don’t have the technology. Black Plastic containers are **NOT** recyclable. The black dye is not seen by the sorting machines.

Shredded Paper, small plastic containers and pill bottles are **NOT** recyclable. They jam up the sorting machines. (Some pharmacies take back pill bottles; just ask when you fill a prescription.)

All of the above should go into the trash bin and not the recycle bin.

Plastic bags do not belong in the recycle bin either. They also jam up the sorting machines. Do not put your recyclables in a plastic bag into the recycle bin. Bring your plastic bags to our town plastic film collection sites or bring back to a bag collection bin at your local store.

RecycleCT has a new App! Download yours now at [www.recyclect.com](http://www.recyclect.com)

RecycleCT lets you know if an item is allowed in the recycle bin.

**HazWaste Central is open for the 2021 season**  
Located right behind the Regional Water Authority’s headquarters,  
90 Sargent Drive, New Haven  
**Hours are 9am to noon - Saturdays through October 30th, 2021**

**Note: Center will be closed for the Labor Day holiday weekend.**

**Not Accepted at HazWaste CentralAsbestos, Commercial Waste, Electronics, Fire Extinguishers, Gas-Grill Size Propane Tanks, Medicine, Needles, Smoke Detectors, Pharmaceuticals**

**Call 203-401-2712 or email [ask.hazwaste@rwater.com](mailto:ask.hazwaste@rwater.com) for more information**

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

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

**Thank You for Your Participation**



# NORTH BRANFORD PARKS AND RECREATION & SENIOR CENTER

## NORTH BRANFORD PARKS, RECREATION, AND SENIOR CENTER

STW COMMUNITY CENTER 1332 MIDDLETOWN AVE NORTHFORD

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

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



End of Summer



### Community Luan

August 26th 5:30-7:00pm

STW Community Center

Hula Dancing • Fire Poi Dancing • Children's Activities  
Free Zumba! Demonstration

Food available for purchase

Register by visiting nbrecreation.com

Rain or  
Shine!

### Mary's Culinary Classes

Ages 5-14 • STW Community Center • 5:30 - 7:30 pm

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

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

SEPTEMBER 14, 2021

Creamy Corn Pasta and Caramel Apple Egg Rolls

SEPTEMBER 28, 2021

Creamy Tuscan Sausage Gnocchi and S'mores Popcorn Balls



### AFTER SCHOOL R.E.C Crew

Recreation • Education • Creativity

North Branford Parks and Recreation is thrilled to announce our new after school R.E.C Crew beginning Wednesday September 1st! The program will offer after school care until 5:30pm at the STW Community Center on Monday's and Wednesday's for grades K-5. Fee: \$100/monthly

Our program provides a safe environment where kids can..

- Receive homework support
- Enhance social/emotional development
- Engage in recreational activities
- Most importantly HAVE FUN!

### BASEBALL TOTS

Ages 2 - 5 years— STW Multi-purpose Court

\*Parent participation required for ages 2 years - 3.5 years

Tuesdays, September 14 - October 19 • \$109 res/\$114 nr

Bunters (2-2.5yrs): 9:00-9:45am

Batters (2.5-3.5yrs): 10:00-10:45am

Hitters (4-5) 11:00-11:45am

Baseball Tots classes focus on fine and gross motor skills as well as body control. We teach all the baseball basics, such as throwing, catching, hitting and running control. We are excited to help these little ones develop a love of the game!

### SOCCKER TOTS

Ages 2 - 5 years— STW Multi-purpose Court

\*Parent participation required for ages 2 years - 3.5 years

Tuesdays, September 21 - October 26 • \$109 res/\$114 nr

Cubs (2-3yrs): 5:00-5:45pm

Bears (4-5yrs): 6:00-6:45pm

These soccer-themed motor skill classes are very easy for youngsters to get into. Younger age groups focus on developing motor skills and self-confidence; older classes focus more on developing core soccer skills and personal focus, and introduce an element of light competition.

### MULTI-SPORT TOTS

Ages 2 - 5 years— STW Multi-purpose Court

\*Parent participation required for ages 2 years - 3.5 years

Saturdays, September 11 - October 16 • \$109 res/\$114 nr

Rookies (2-2.5yrs): 9:00-9:45am

All-Stars (2.5-3.5yrs): 10:00-10:45am

Legends (4-5) 11:00-11:45am

Introduce your little superstar to sports in our most popular program! This baseball, basketball, and soccer class uses age-appropriate games and activities to explore balance, hand/eye coordination, fitness, sport skills and child development.

### DOG OBEDIENCE - BASIC LEVEL

Ages 18+ — STW Field

Wednesdays, Sept 8 - Oct 13, 6:00 - 7:00pm

Instructor: Puppy Paw Training LLC

\$95 res/ \$100 nr

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. **PLEASE** provide proof of Rabies vaccination and **PLEASE** have a training collar & 6 ft. non-retractable leash.

\*We also suggest the Kennel Cough Vaccine for your pups as well!

### FLU CLINIC

Presented by



STW Community Center

September 23, 2021

12:00pm - 1:30pm

Open to all ages!

### BUS TRIPS

#### HUDSON RIVER CRUISE

Tuesday, September 14, 2021 • 9:30am—7:30pm

\$132 resident \$137 nr

Enjoy a pre-cruise lunch at Shadows on the Hudson in Poughkeepsie, NY. This breathtaking waterfront restaurant is perched on a cliff of forty feet above the Hudson River with truly grand views. In the afternoon, it's all aboard the Rip Van Winkle for a river cruise departing from Kingston, NY heading south to Hyde Park and return. Our narrated cruise will take us by beautiful views of Hudson River lighthouses, waterfront mansions and other amazing sites as we lazily glide along the water.

#### RIDE AND DINE ALONG NARRAGANSETT BAY

Wednesday, October 20, 2021 • 8:45 am—6:30pm

\$130 resident \$135 nr

All aboard for a nostalgic train ride on the Newport & Narragansett Bay Railroad along the Aquidneck Island with views of Narragansett Bay. Ride and dine on vintage streamlined era passenger cars for a fun lunch train experience. See how the railroad helped to build Newport into the premier destination that it is today. Advance choice of a **Bistro Lunch** with Dessert. Time to wander around downtown Newport before we head home.

### SENIOR CENTER



### Ice Cream Party

Here's the scoop:

Thursday, August 26 12:30—1:30pm

STW Community Center

Ages 55+ Register for this FREE event by 8/19!



**Hot Topics:** September 20th at 10:30am—Discussion on *Decluttering your home.*

**Stitch & B\*tch:** September 7th & 21st at 12:30pm  
*Bring your knitting, crochet, cross-stitch, or whatever you are working on and join us for some fiber arts and great conversation with friends. Don't have anything to work on? No problem- we will have extra yarn, knitting needles, crochet hooks, and patterns to use.*

#### SENIOR SHOPPING & LUNCH TRIPS

September 13, 2021 from 10:00-2:00pm— Wallingford Walmart and lunch (on your own) at 99 Restaurant!

September 27, 2021 from 10:00-2:00pm— Aldi's in Hamden and lunch (on your own) at Glenwood Drive-In!

September 8th at 12:45pm—Smith Library

September 29th at 12:45pm—Atwater Library

September 28th at 4:30 p.m.- Supper Club at Dockside

Join us at Dockside Restaurant in Branford for dinner on your own and socializing. Dockside has a senior menu and a regular menu for you to order from.

**Preregistration is required for ALL programs and activities**



# CLASSIFIED AD RATES

Personal, For Sale, Help Wanted, Tag Sale, and all non-business classified  
 1 issue \$9.00 2 issues \$12.00 3 issues \$15.00  
 20 words or less, not including phone #. \$.05 per word, per run, after 20 words  
 Lost and Found ..... FREE  
 Business Classified Ads & Real Estate  
 3 issues \$35.00, 6 issues \$60.00, 12 issues \$100.00  
 \$.10 per word, per run, after 20 words  
 Payment MUST accompany all ads. The advertiser must notify this newspaper of any errors.

Send ad along with your check to:  
 Totoket Times P.O. Box 313 Northford, CT 06472  
 For more information call 203-410-4254


## CONSTRUCTION SERVICES

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

## ELECTRICIANS

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

## 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 landscaping. Including but not limited to Lawn Mowing, Mulch, Trimming, Edging, etc. We are licensed and fully insured. Morethan 25 years in business. Call Mike at 203-640-5317 for a free estimate.


## CASH IN ON OLD JEWELRY

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

## PLUMBING

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

## TREE SERVICES

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

## LOOKING TO LEASE

**Looking to lease 2 -4 acres of farmland** for the 2022 season to grow vegetables. Please contact nordstr6589 @gmail.com.  
**Looking for greenhouse space** within 20 minute drive from New Haven, to start vegetables for 2022 season. Please contact nordstr6589@gmail.com

## HELP WANTED

**Part Time Drivers Needed. Make your own schedule:** Must have good driving record and be on time. Apply in person at Petals 2 Go in Central Plaza, North Branford, or call Dave at 203-484-7800

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



Burials ~ Cremation ~ Pre Planning



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 Funeral Director & Managing Partner  
 phil.appell@carriageservices.com



Jodie R. Vogt  
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330 Notch Hill Road, North Branford  
 (203) 481-3217

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

**Keenan Funeral Home**

www.keenanfuneralhome.com      wecare@keenanfuneralhome.com

**North Branford Public Libraries presents:**  
**Lisa Phillips- Bella Europa Travel**  
**September 21<sup>st</sup> (6:30 pm- ZOOM)**



Discover the world of European river cruising with Bella Europa Travel. Through this informative program you will learn about the many options that exist as well as the differences between traditional and river cruising. The talk will be complimented by beautiful photography and bits of interesting information to help you decide whether this form of cruising is for you. The program is relevant for first time river cruisers as well as river cruise enthusiasts who might be curious about a different cruise line. Canal barging will also be introduced.

You may register for this exciting program in the library, by phone (203-484-0469), or through our website (nbranfordlibraries.org)

## Camera Club Restarts Meetings

North Haven Camera Club is restarting club meetings in September. Join our club and attend our first meeting of the 2021-22 season featuring ‘Photo Pills’ by Jennifer Khordi on Thursday, Sept. 2nd at 7pm. Jennifer’s work has been published and seen all over the world. This special online presentation will be held on a Thursday night.

North Haven camera club has monthly presentations on a variety of photography related subjects and monthly competitions. Our regular meetings are held on the 1st and 3rd Tuesday of the month from September through June. We also have our ‘Photo Cafe Q&A’ which is an interactive online meeting on other evenings.

If you are interested in joining or seeing this presentation as a guest check out the membership/guest tab on our website: [www.northhavencameraclub.com](http://www.northhavencameraclub.com) or send an email to [northhavencameraclub.com](mailto:northhavencameraclub.com).

## TAG SALE

**TOTOKET HISTORICAL SOCIETY TAG SALE:** Due to the Covid restrictions of the last 18 months, the Totoket Historical Society has been unable to hold any fundraisers to generate income, and so we plan to hold a tag sale on Sept. 8 (rain date-Sept. 25.) We are asking the public for donations of quality items to sell for this fundraiser. Donations may be dropped off at the Reynolds-Beers House, 1740 Foxon Rd., North Branford, on Wednesdays from 10 – noon. For pick up, call Helen at 203 481-5268. We appreciate your help in our efforts to keep the Historical Society functioning and hope to see you at the tag sale.