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Volume 27 No 18 February 19, 2021



# Northford-North Branford Women's Club Donates to the Community Dining Room

The Northford-North Branford Women's Club, GFWC recently donated gift cards to help support the needs of the Community Dining Room Inc. The Community Dining Room serves the community by feeding the hungry and helping with other basic human needs. It services the south-central Connecticut Shoreline which includes Northford and North Branford. For women's club membership information, contact Kathy Tobin at ktgfwcct@gmail.com , visit our website at www.northfordwomensclu. org or check us out on Facebook.

Photo provided of Liz Boissard (club member) & Judy Barron from the Community Dinng Room.





# North Branford Rotary seeking Nominations for Community Service Award.

After a difficult year that presented several obstacles surrounding a pandemic in 2020, the North Branford Rotary Club is preparing to recognize individuals who have made a difference to the North Branford community. The club is requesting nominations from individuals in town who know someone deserving of the Service Above Self Award. The award represents individuals in our community who actively help others, demonstrate meaningful humanitarian service, and have made an impact to the community as a result of their efforts. While volunteer efforts are preferred, recognition for paid employees for outstanding achievement for the benefit of the community will be considered. The club also welcomes posthumous nominations to be recognized.

Club President Melinda Fonda commented about the award stating, "We couldn't think of a better way to say thank you to distinguished individuals right here in town than to recognize them with an award that symbolizes dedication, compassion and generosity. We intend to bring out the best of our community with these awards."

The club will be holding an outdoor recognition event on Thursday May 20, 2021, at Woodwinds of Branford, where the awards will be presented to individuals who represent the ideals of Service Above Self in the community.

Nominations can be made by going to the North Branford Rotary website or Facebook page where a nomination form can be submitted. The form will ask for basic information of the individual being nominated and require specific details as to why the individual being nominated exemplifies Service Above Self in order to be considered for the award. The deadline to submit a nomination is April 1<sup>st</sup>, 2021. So act fast and send nominations promptly!

For questions about the award or nomination process you may reach out to NorthBranfordRotary@gmail.com, the Committee Chair Alex Casella at 203-433-3415, or Club President Melinda Fonda at 203-988-0883. The club is looking forward to learning about individuals from this magnificent town who have gone above and beyond the call of duty to make the Town of North Branford, and the world, a better place!

North Branford Fire House and Northford Market Saturday, February 20th 10AM to 1PM Sunday, February 21st 10AM to 1PM

# NON PERISHABLE ITEMS ONLY

<b>Publication Date</b>		<u>Deadline</u>	
March	5	February	26
March	19	March	12
April	2	March	26
April	16	April	9
April	30	April	23
May	14	May	7
May	28	May	21
June	11	June	4



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#### **EDITORIAL**

#### Totoket Times February 19, 2021

#### **Get Local Volunteers to Help** Dear Editor:

With the thought that almost anything that happens, if seen from the right angle can be seen as an opportunity, Corona virus, while devastating and disruptive, offers the opportunity to invent new methods for combatting it.

I remember back when there were things called "Welcome Wagons". Local volunteers would drive around dispensing bon ami and jars of jam or whatever to new residence. Why couldn't those same volunteers drive around to communities of older people and the house ridden and dispense vaccine shots? They would have to get permission and certainly someone who was authorized to administer those shots, but that seems doable.

There are communities now that are out of vaccine for the lack of an effective plan of distribution. It won't solve the problem, but it could help. What it would take is someone knowledgeable in the ways of bureaucratic red tape and a desire to help. People will volunteer- me for one. *Sincerely, Charles W. Atmore* 



# **Good Vibes Nutrition**,

1715 Foxon Road, North Branford, 203-481-2323 Like us on instagram & Facebook @goodvibesnutritionct



We offer Call ahead & curb side service! Did you know that we offer take-home shakes & teas? Snow days, no problem we have you covered! Just come in the day before and order your faves to make at home. We will even give you a bag of ice.

Good Vibes Nutrition will be closed Saturday & Sunday, February 20th & 21st for renovations. So there is no time like the present to stop in and get your favorite shake and tea to make at home while we are closed.

> As always, thank you to our Good Vibes family for all your love, support and friendship.







# Hair Care for Men & Women!



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> Philip M. Appell, Funeral Director Phil.appell@carriageservices.com

www.keenanfuneralhome.com

#### State Representative Vincent Candelora Connecticut's Comeback Requires More Inspiration



In sports, and even in life, a big comeback usually requires a bit of ingenuity or inspiration.

The budget proposal offered last week by Gov. Lamont advertised a "Connecticut Comeback," yet it lacks those aforementioned qualities to fuel the drive toward that pledge.

Given the varied challenges posed by the pandemic, if there was ever a moment that

demanded something new or bold-this was it.

Instead, we received a budget that relies upon either revenue from federal aid, tapping our state's rainy day fund, or a dose of intense economic growth unlike anything we've seen over the last two decades. That bit of multiplechoice uncertainty alone is a poor foundation from which to operate, but many will find broken promises on tax relief even more frustrating.

Retired teachers will be disappointed by the pension tax exemption remaining at 25 percent rather than the expected 50 percent. Additionally, the overall retiree pension and annuity tax exemption created in 2017 would hold at 28 percent rather than growing according to a—bipartisan—schedule adopted four years ago. A corporate surcharge that's supposed to sunset won't, and the governor's once-promised property tax relief has failed to materialize.

In delivering his speech to Connecticut, Gov. Lamont said, "we don't need more taxes, we need more taxpayers." I'm not sure his budget proposal is the magnet he thinks it is.

Those broken promises on tax relief, combined with a proposal that would increase your price at the gas pump, or even another that would drive the costs of goods higher by targeting truckers with a mileage fee, will only make Connecticut a more expensive place to live.

Many segments of our state's population, whether business owners or parents of school-aged children, are looking for leadership. Instead, the governor's budget proposal signals that he intends to continue governing through inertia. He simply reacts to what COVID throws at us.

A budget that lacks inventiveness in assisting Connecticut's business community emerge from the pandemic—this one fits that bill—threatens to have us lose competitive ground to Massachusetts and Rhode Island, with both states having invested heavily in that goal.

There's a long way to go in the process to develop the two-year budget, and it's my hope that we'll see more proposals akin to some of the good incremental steps Gov. Lamont has taken to create a more efficient state government, such as allowing DMV customers to do more online.

The governor is right—Connecticut does need a comeback, and it has for a while. But I fear the banal approach outlined last week just won't get us there.

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

# GUERTIN AND GUERTIN, LLC

## Attorneys and Counselors

# ESTATE PLANNING, PROBATE, ELDER LAW

# **LET'S BE "FRANK"**

**EDITORIAL** 

When I deliver this edition, it will be the first day of Lent, commonly known as Ash Wednesday. As a child, that was the beginning of a most religious and reflective time of our Catholics lives. Especially if you went to Catholic school and had a mother who was quite handy with a wooden spoon, a leather belt or a ping pong paddle.

Ash Wednesday would traditionally begin with attending Mass in the morning. Following the Mass, ashes would be dispensed (only by a priest) and this would be followed by making a list of things to give up in sacrifice during the Lenten season. My list usually included candy, ice cream, the use of foul language and potato chips. I tried to give up doing my homework and taking out the trash but that would only help mom to hone her skills with the wooden spoon.

Ash Wednesday was also the beginning of fast and abstinence. No meat on Ash Wednesday or any Friday during lent and no eating between meals. It was Stations of the Cross on Fridays, to go along with our tuna fish, egg salad or cheese sandwich for lunch and spaghetti with tuna fish or a frittata for supper.

Working in Pacelli's, (the local Italian grocery store) was also a sacrifice as it was the hardest forty days of the year for the store. Being the only employee of two aging owners, I had the "pleasure" of preparing (loading and rotating) the stock for the holiday specialties. Large prosciuttos stored in the cooler along with salami, pepperoni, ham, basket cheese and grated cheese for the ham pies (apizza gaina). Adding that to hauling countless cases of tomatoes and oil from the warehouse to the shelves in preparation for all the holiday cooking filled most of my time after school.

It's funny how I could never understand the reasoning behind many of these traditions when I was young. I am definitely old school and in the old school, when children asked questions, the answer given by parents and the "good sisters" was always, "because that's the way it is". It never inspired me to further my understanding, it just added to my confusion and frustration. I could never really understand why the world would be a better place because I gave up candy and chips. I never liked the prayer as ashes were being administered, "Remember that you are dust and unto dust you shall return." I didn't need to have that dirty spot on my forehead after I groomed my hair for the cute girls in the classroom. I also saw many adults getting ashes and they were mean, nasty and the furthest thing from good Christians there could possibly be. Yet they paraded around the neighborhood wearing their "symbol of Christianity".

Then as a teenager, I got close to Father Mario. He was a priest ahead of his times. Although he came from Italy he was not old school. He answered questions. He corrected some of the nuns incomplete teachings and explained the real meaning of the season and of Christianity.

Keeping holy the Sabbath (he instructed) didn't mean you had to go to church. It meant you had to do something meaningful for your fellow man. During Lent, he explained, "Remembering to take time to pray but also, visiting the sick, or helping the elderly in the neighborhood or doing something nice for someone was better than giving up meat or potato chips.

I still skip the meat on Fridays and I still try to make Mass on most Sunday's even though the Arch Bishop has declared immunity of sin for missing Mass during the pandemic. But I think I have tried to be nicer to people, help where I am needed and if I give something up, it's so I can give it to someone who needs it more that I do.

So in preparation for the season, I try to add to my daily routine by doing special favors for those in need, be it whatever I can do to help. I take more time for reflection and prayer and I try to refresh my attitude with kindness and patience. I still skip the meat on Fridays and that might possibly be

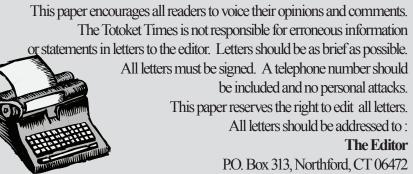
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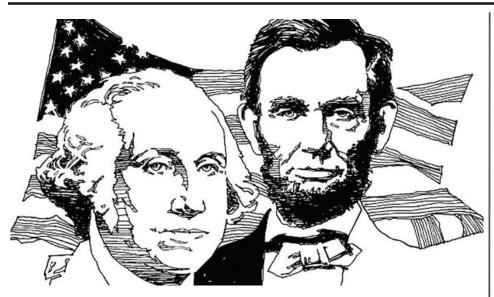
This publication is published bi-weekly by Doss Enterprises LLC PO Box 313 Northford, CT. 06472 Tel; 203-410-4254 Fax 203-484-4729 email: totokettimes@comcast.net **PUBLISHER - FRANK MENTONE JR.** *founders - Bert Bunnell Jr. & Antthony Esposito Jr.* The publisher assumes no responsibility for typographical errors. In the event of an error, the publisher will issue a credit adjustment on only the incorrect portion of the advertisement, as well as a retraction in the next issue. out of habit or fear of my mother's paddle. She's been gone 25 years and she still scares me.

Well, I hope to be a better person and I thank Father Mario for helping to set me on the right path. I also thank my mom with the paddle for keeping me in line and my dad with his patience for not letting her go too far to keep me in line.

Well, enjoy the season brother. We'll be talking more during my times of reflection. Say hi to the family. Tell them I'm trying my best to represent our family name and I will see you all soon.

# Letters to the editor...





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The origin of Presidents' Day lies in the 1880s, when the birthday of Washington—commander of the Continental Army during the American Revolution and the first president of the United States—was first celebrated as a federal holiday. In 1968 Congress passed the Uniform Monday Holiday Bill, which moved a number of federal holidays to Mondays. The change was designed to schedule certain holidays so that workers had a number of long weekends throughout the year, but it has been opposed by those who believe that those holidays should be celebrated on the dates they actually commemorate. During debate on the bill, it was proposed that Washington's Birthday be renamed Presidents' Day to honour the birthdays of both Washington (February 22) and Lincoln (February 12); although Lincoln's birthday was celebrated in many states, it was never an official federal holiday. Following much discussion, Congress rejected the name change. After the bill went into effect in 1971, however, Presidents' Day became the commonly accepted name, due in part to retailers' use of that name to promote sales and the holiday's proximity to Lincoln's birthday. Presidents' Day is usually marked by public ceremonies in Washington, D.C., and throughout the country. From encyclopedia Brittanica

**George Washington** (February 22, 1732<sup>[b]</sup> – December 14, 1799) was an American political leader, military general, statesman, and Founding Father who served as the first president of the United States from 1789 to 1797. Previously, he led Patriot forces to victory in the nation's War for Independence. He presided at the Constitutional Convention of 1787, which established the U.S. Constitution and a federal government. Washington has been called the "Father of His Country" for his manifold leadership in the formative days of the new nation.

Washington received his initial military training and command with the Virginia Regiment during the French and Indian War. He was later elected to the Virginia House of Burgesses and was named a delegate to the Continental Congress, where he was appointed Commanding General of the Continental Army. He commanded American forces, allied with France, in the defeat and surrender of the British during the Siege of Yorktown. He resigned his commission after the Treaty of Paris in 1783.

Washington played a key role in adopting and ratifying the Constitution and was then twice elected president by the Electoral College. He implemented a strong, well-financed national government while remaining impartial in a fierce rivalry between cabinet members Thomas Jefferson and Alexander Hamilton. During the French Revolution, he proclaimed a policy of neutrality while sanctioning the Jay Treaty. He set enduring precedents for the office of president, including the title "Mr. President", and his Farewell Address is widely regarded as a pre-eminent statement on republicanism.

Washington owned slaves, and, in order to preserve national unity, he supported measures passed by Congress to protect slavery. He later became troubled with the institution of slavery and freed his slaves in a 1799 will. He endeavored to assimilate Native Americans into Anglo-American culture, but combated indigenous resistance during instances of violent conflict. He was a member of the Anglican Church and the Freemasons, and he urged broad religious freedom in his roles as general and president. Upon his death, he was eulogized as "first in war, first in peace, and first in the hearts of his countrymen". He has been memorialized by monuments, art, geographical locations, stamps, and currency, and many scholars and polls rank him among the greatest U.S. presidents. *Wikepedia* Abraham Lincoln (/'linkən/; February 12, 1809 – April 15, 1865) was an American statesman and lawyer who served as the 16th president of the United States from 1861 until his assassination in 1865. Lincoln led the nation through the American Civil War, the country's greatest moral, constitutional, and political crisis. He succeeded in preserving the Union, abolishing slavery, bolstering the federal government, and modernizing the U.S. economy. Lincoln was born into poverty in a log cabin and was raised on the frontier primarily in Indiana. He was self-educated and became a lawyer, Whig Party leader, Illinois state legislator, and U.S. Congressman from Illinois. In 1849, he returned to his law practice but became vexed by the opening of additional lands to slavery as a result of the Kansas–Nebraska Act. He reentered politics in 1854, becoming a leader in the new Republican Party, and he reached a national audience in the 1858 debates against Stephen Douglas. Lincoln ran for President in 1860, sweeping the North in victory. Pro-slavery elements in the South equated his success with the North's rejection of their right to practice slavery, and southern states began seceding from the union. To secure its independence, the new Confederate States fired on Fort Sumter, a U.S. fort in the South, and Lincoln called up forces

# North Branford Public Libraries Presents: Sydney Sherman: An Overview of "Auras" and "Using Your Senses to Connect With Your Loved Ones"

#### Saturday, February 27th (10 am)

From childhood, Sydney has had an awareness of the energies around her and around all of us.

Yes, Sydney Sherman sees dead people. "I have never been alone. From as far back as I can remember, I have had the ability to interact with people (peeps) that others could not see. or me it is not scary; it is a natural part of my everyday life."

As Sydney's sensitivity has grown over the years, she has been able to guide others to open themselves to their own spirits – to make those energies a part of their lives.

Sydney began teaching people they have everything that they need to connect with their loved ones.....WITHOUT her. That's right! Sydney will provide education on our Auras, what they mean, how they protect us and how they can be used to connect with your loved one's energy.

Sydney will discuss and demonstrate the ways in which we can use our very own senses to feel, smell, hear and see those who have passed. Most people are unaware of how our loved ones feel now. It's not what you think! Understanding this allows you to communicate with them and heal.

Sydney says "Anyone can do what I do. It's not meant for a fortunate few. It's always been an ability we all have. Now, let me help you start the conversation."

Email (<u>tholabird@nbranfordlibraries.org</u>) or call (203) 484-0469 to register for this FREE program.

An email link will be sent prior to the program. We look forward to sharing this program with you!

# North Branford Public Libraries Presents: Donna Katsuranis- Active Dreaming

The work I do is called Active Dreaming. It is a technique developed by Robert Moss, with whom I worked for quite a few years. His book "Conscious Dreaming" is by far the best work on the subject.

Active Dreaming is a method of dream sharing which synthesizes modern Dreamwork and ancient shamanic practices. It views dreams as Experiences, and inspires folks with powerful tools to explore dreams. At the heart of Active Dreaming is one basic tenet: The dreamer is the final authority on the meaning of their dreams. As such, my work is not Dream Analysis per se (or, heaven forbid, dream "interpretation"). It is an introduction to a way of sharing dreams that empowers the dreamer and gives some options for what to do with the information they have uncovered. Sometimes this leads the dreamer to the meaning behind the dream. Sometimes it leads to far more.

The core technique of Active Dreaming is the Lightning Dreamwork process. This is a quick, fun and respectful way to share dreams, receive non-intrusive feedback, and move toward creative action to honor dreams and bring their magic into our lives.

\*This program is on Tuesday, February 23rd at 6:30PM and is **FREE** and available to anyone who is able to access **Zoom**. Register by email (<u>tholabird@nbranfordlibraries.org</u>) or by phone (203) 484-0469. A zoom link will be sent to your e-mail within a day of the program.

to suppress the rebellion and restore the Union.

As the leader of moderate Republicans, Lincoln had to navigate a contentious array of factions with friends and opponents on both sides. War Democrats rallied a large faction of former opponents into his moderate camp, but they were countered by Radical Republicans, who demanded harsh treatment of the Southern traitors. Anti-war Democrats (called "Copperheads") despised him, and irreconcilable pro-Confederate elements plotted his assassination. Lincoln managed the factions by exploiting their mutual enmity, by carefully distributing political patronage, and by appealing to the U.S. people. His Gettysburg Address became a historic clarion call for nationalism, republicanism, equal rights, liberty, and democracy. Lincoln scrutinized the strategy and tactics in the war effort, including the selection of generals and the naval blockade of the South's trade. He suspended habeas corpus, and he averted British intervention by defusing the Trent Affair. He engineered the end to slavery with his Emancipation Proclamation and his order that the Army protect and recruit former slaves. He also encouraged border states to outlaw slavery, and promoted the Thirteenth Amendment to the United States Constitution, which outlawed slavery across the country.

Lincoln managed his own successful re-election campaign. He sought to heal the war-torn nation through reconciliation. On April 14, 1865, just days after the war's end at Appomattox, Lincoln was attending a play at Ford's Theatre with his wife Mary when he was assassinated by Confederate sympathizer John Wilkes Booth. His marriage had produced four sons, two of whom preceded him in death, with severe emotional impact upon him and Mary. Lincoln is remembered as the martyr hero of the United States and he is consistently ranked as one of the greatest presidents in American history. *Wikepedia* 

# North Branford Public Schools

# **Preschool Application Period to Open**

The North Branford Board of Education will be presenting a virtual informational session introducing the three preschool programs offered;

- North Branford Board of Education Preschool Jerome Harrison Elementary School
- Family Resource Center Preschool Stanley Williams Community Center

PRIDE Program Jerome Harrison Elementary School.

In observance of COVID-19 precautions, this informational session will be offered via Zoom\*. The session will be hosted by Tracy Wootton, Director of Curriculum and Instruction, Suzanne Wright, Director of Special Services and Ann-Marie McCarthy, Supervisor of the Family Resource Center.

The program will be held on Tuesday, February 23rd at 6:00 p.m. If you are interested in participating, please email Sherry DelGaudio at sdelgaudio@northbranfordschools.org to register and receive the Zoom link.

The online preschool application will be made available to all in attendance at the close of the session and then will be made available to the public on Wednesday, February 24th, on the North Branford Board of Education Preschool webpage. For more information about the programs and to access the application, visit: http://bit.ly/jhs-preschool

## \*Zoom is a free digital video conferencing platform.



# Scholarship Applications are now Available

Applications for the NBSA scholarship awards can usually be picked up at the Atwater and Smith Libraries in town. This year because of covid the libraries may not be open. If they are not open please call Lars Selander at (203) 483-1311 and leave your name and mailing address and we will mail you an application.

These awards are for students who live in town and graduating from high schools in surrounding towns as well as in town. Your high school 3 1/2 transcript must accompany your completed application. Applications must be returned by April 1st.

# **THEY MAKE US PROUD**

**Joseph Mascari** was named to the Dean's List at Albertus Magnus College in New Haven, CT

Jack Mascari was named to the Dean's List at the University of New Haven.

Abigail Baldwin was named to the President's List at Connecticut Central State University.

**Daniel Baldwin** was named to the Dean's List at Keene State College in New Hampshire.

**Sarah Anastasio** was named to the Dean's list at the College of the Holy Cross in Worcester, MA.

**Michelle Theilgard** was named to the Dean's List at Stonehill College in Easton, MA.

**Logan Frandsend** was named to the Dean's List at Worcester Polytechnics Institute in MA.

**Mary-Kate Torgerson** was named to the Dean's List at the University of Tampa in FL.

## **Boat Handling (Formerly Seamanship)Course**

Virtual class offered by New Haven Sail & Power Squadron, part of America's Boating Club®, starts virtually Wed., Mar. 3, at 6:30 p.m., for eight weeks. Cost: members \$80, non-members \$100. Information/ registration: Past Commander Art Andrea, 203-641-0954 or email <u>scooch-man28@outlook.com</u>.

The Boat Handling (formerly Seamanship) course contains material applicable to both power and sail, covering such topics as the construction and functioning of a boat, the skipper's responsibilities, preparing the boat for use, handling and maneuvering a vessel under various conditions in close quarters and on the open water, rules of the road, anchoring, emergencies, and marlinespike/basic knots.

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

# **NBHS Begins Winter Sports**

The abbreviated winter sports program has started and at press time the Thunderbirds were struggling out of the starting gate.

The girls basketball team lost the first game to Valley Regional by a score of 62-40. They were able to come back in the second game of the season by defeating Haddam Killingworth 59-48.

Boys basketball team lost to Valley Regional of 70-29 and Haddam Killingworth 63-23. The hockey team was defeated by Sheehan 9-1.



# **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

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#### 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, 30 Caputo Rd. North Branford and St. Monica, 1331 Middletown Ave. Northford. The Pastor is Rev. Robert L. Turner. Temporarily all Masses are being held at St. Augustine during the pandemic to accommodate as many parishioners at each Mass as capacity allows. Weekday Masses are celebrated at 9:00 A.M. on Monday, Tuesday, Wednesday, Friday and Saturday. Weekend Masses are celebrated on Saturday at 5:00 P.M. (English Ordinary, no incense) and on Sunday at 9:00 A.M. and 11:00 A.M. (Latin Ordinary with use of incense). The Sacrament of Reconciliation is offered 30 minutes prior to all daily Masses and by appointment by calling the parish office. The parish office is located at 30 Caputo Rd. in the parish center and is open M – F from 9 A.M. to 1 P.M. Mass is live streamed each Sunday morning on our St. Ambrose Facebook page. You can access the parish bulletin and staff emails on our website at NBcatholics.org. If you are new to the area and are looking for a parish family to join, please visit us!

St. Andrew's Episcopal Church, 1382 Middletown Avenue - The White Church On The Hill In The Heart Of Northford (at the intersection of Rtes. 17 & 22). St. Andrew's is a member of the Middlesex Area Cluster Ministry (MACM) Network, along with Emmanuel Episcopal Church in Killingworth and St. James Episcopal Church in Higganum. Rev. Bryan Spinks is Priest-in Charge at St. Andrew's. Due to the COVID pandemic, services are currently held on-line via Zoom, and may also be viewed on St. Andrew's Episcopal Church of Northford CT Facebook page. St. Andrew's is the proud home of the Food Pantry of North Branford, located on the lower level of the church's parish hall. And, the Community Dining Room utilizes our 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 usable clothing, shoes, belts, purses, sheets, blankets and stuffed animals may be made at the donation shed located in the church parking lot. Like us on Facebook: St. Andrew's Episcopal Church of Northford CT. For more information contact Nan Monde, Sr. Warden, 203-710-7005; or MACM Network office, 860-345-0058; or Rev.Spinks, 860-304-5266.

**United Methodist Church, Branford** 811 East Main St, Branford (Route 1, across from Bill Miller's Castle). <u>www.umcbranford.org</u> or (203) 488-0549. Sunday service 9:30am - both in-person and live on our website. "The Church on the Rock," led by Pastor Kent Jackson. We invite you to discover the power of faith in Jesus Christ bringing God's love to the world. Join us to worship, experience God's word, and stay connected.

**Zion Episcopal Church,** 326 Notch Hill Road, North Branford. 203-488-7395 Rev. Lucy LaRocca, Vicar. 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



# **CATHOLIC CHURCH LENTEN REGULATIONS**

#### Fasting & Abstinence

- Everyone 14 years of age or older is bound to abstain from meat on Ash Wednesday, all the Fridays of Lent\* and Good Friday.
- Everyone 18 or older, and under 59 years of age, is bound to fast on Ash Wednesday and Good Friday.
- On Ash Wednesday and Good Friday, only one full meatless meal is allowed. Two other meatless meals, sufficient to maintain strength, may be taken according to each one's needs, but together they should not equal another full meal. Eating between meals is not permitted. When health or ability to work would be seriously affected, the law does not oblige.
- Catholics should not lightly excuse themselves from these prescribed minimal penitential practices.

#### Lenten Walk-The Way of the Cross Join us as we pray, reflect and walk *The Way of the Cross* at All Saint

Join us as we pray, reflect and walk *The Way of the Cross* at All Saint Cemetery at 3:00 pm (the hour of Mercy) beginning every other Tuesday during Lent. Mark your calendar for the following dates:

#### March 2<sup>nd</sup>, March 16<sup>th</sup>, March 30<sup>th</sup>

All are welcome to meet by the Mausoleum main entrance located at 700 Middletown Ave. CDC guidelines safe distancing will be followed. Please dress accordingly for the weather. If inclement weather, we will cancel. Please check our website often for scheduling updates or call our Outreach Coordinator, Barbara at 203 780-8418 or email her: <u>bgode@ccacem.org</u>.

# North Branford Congregational Church United Church of Christ 1680 Foxon Road North Branford Ct

grow in Christ.



February 24 – Taize Service at 7pm live streamed on Face book
March 10 – Taize Service at 7pm live streamed on Face book
March 24 – Taize Service at 7pm live streamed on Face book
March 28 – Palm Sunday at 10am will be an outdoor service
April 1 – Maundy Thursday at 7pm in church service
April 3 – Decoration of the Cross please bring cut flowers for our outdoor decorating of the flower cross from 9am until noon.
April 4 – 9am Outdoor "mini" Easter Service and 10am Indoor Easter Sunday Service



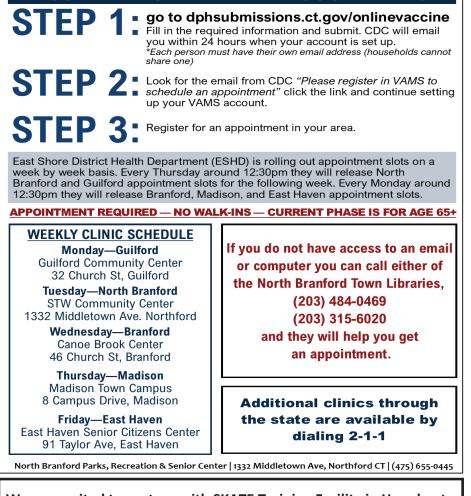
Check out the newly designed website for the North Haven Sons & Daughters Of Italy. You don't have to be a member. The site is filled with Italian cultural items,videos, columns, Italian trivia, biographies and recipes. Go to northhavenlodge2805.club



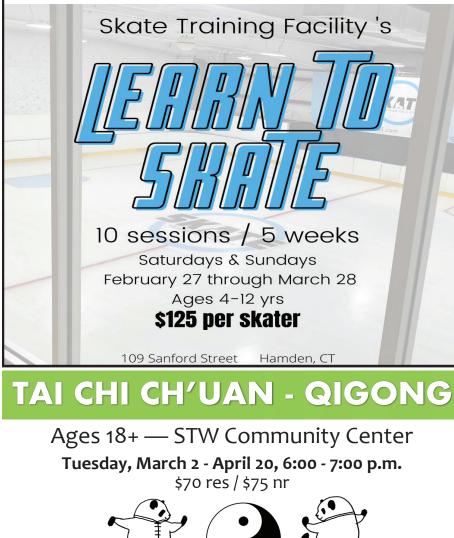
# North Branford Parks & Recreation and Senior Center

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

#### TOWN OF NORTH BRANFORD INFORMATION HOW TO SCHEDULE A COVID-19 VACCINE APPOINTMENT THROUGH "VAMS"



We are excited to partner with SKATE Training Facility in Hamden to offer a LEARN TO SKATE program for the Novice/Beginner skater. *Please see nbrecreation.com for more details* 



# Ages 2 - 3 — STW Community Center Monday, February 22 - April 19, 9:00 - 9:30 a.m. No Class 4/12



No Class 4/12 \$35 res / \$40 nr



**Instructor:** Sharon DiCrosta, Owner of The Dancer's Studio Imagination Station is a creative movement class that introduces children to the joy of movement and music. Basic motor skills will be challenged as we develop rhythm and imagination in an atmosphere of fun!

# **MULTI-SPORTTOTS**

Ages 2 - 5 - STW Community Center

Saturday, March 27 - May 1

Rookies 2-3 yrs: 10-10:45 a.m. All-Stars 4-5 yrs: 11-11:45 a.m. \$70 res/ \$75 nr



Instructor: SuperTots Sports Academy

Introduce your little superstar to sports in our most popular program! This baseball and basketball class uses age-appropriate games and activities to explore balance, hand/eye coordination, fitness, sport skills and child development. Parent participation required for ages 2-3.5 years.

# SOCCERTOTS

# Ages 2 - 5 - STW Community Center

Tuesday, March 23 - April 13

Cubs 2-3 yrs: 4-4:45 p.m. Bears4-5 yrs: 5-5:45 p.m. \$70 res/ \$75 nr



Instructor: SuperTots Sports Academy

SoccerTots is our flagship program! 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. Instructor-to-student ratio is kept small to maximize individual development, and above all else we promote fun, fun, fun! Parent participation required for ages 2-3.5 years.

Mary's Culinary Classes

#### Instructor: Rich Dicine

Bring balance and harmony to your life while you strengthen your body in this traditional T'ai Chi Ch'uan class. Taught by an instructor with 30 years of martial arts experience and a Gold Medal Winner of the T'ai Chi Ch'uan nationals. Students practice relaxation, balance and flexibility while learning to understand the body/mind relationship.

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!

Ages 5-14 STW Community Center • Tuesdays 5:30 - 7:30 pm Cost \$40 res/ \$45 non res per class

#### March 9, 2021

Leprechaun Traps & Chocolate Mint Trifles

## March 23, 2021 April Fool's Tricky Foods:

Cookie Hamburgers & Meatloaf Cupcakes





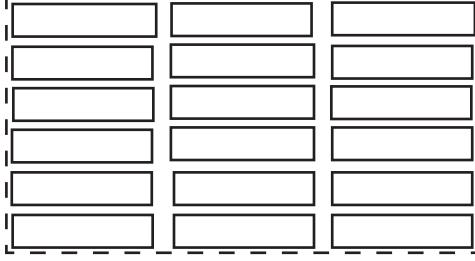
activities to com available for one flight

**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**

ANF Construction. residential or commercial remodeling and new construction kithcens, baths, decks and more. Call for free estimate. Artie, 203-927-5275

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.

## PAINTING

WINTER SAVINGS! Banish those winter blues with a freshly painted room or two. Sole proprietor so NO worries about a house full of strangers! Celebrating 36 years. BBB A+ rated! Trimworks Painting, Lic. #0619599 (203) 484-9181

# PLUMBING

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

# **STEVEN J. ELZHOLZ**

**Certified Public Accountant Certified Information Systems Auditor** More than 45 Years Experience "Accounting, Bookkeeping & Tax Planning Services" "Estate & Trust Accounting & Tax Services" "Computer Consulting, Training & Support Services"



Federal & State Electronic Filing for FAST REFUNDS Federal & State Tax Audit Representation Day, Evening & Weekend Appointments

54 Deforest Drive North Branford, Ct 06471 email - selzholz@snet.net 203-488-8649 (FAX) 203-488-1970

# **Recycling News**

Simple Recycling Pink Bag Weekly Curbside Collection Will End on April 6, 2021

Residents must call and schedule curbside pickups at 1-866-

835-5068

or email <u>Info@SimpleRecycling.com</u> now through end date \*\*\*\*\*\*\*\*

#### **Reduce Contamination and Wishcycling**

Help our town reduce the 2% to 5% contamination of our recycling to avoid fines!

- Do not mix designated recyclables with trash Leave metal caps and lids on glass jars and bottles Empty and rinse all containers Do not shred, box, bag or bundle recyclables **Reduce** the single-use items you bring into your home and try to reuse or donate them where they can be used.
- Learn what can and cannot be recycled.

If in doubt, "check before you chuck" using the RecycleCT Wizard: https://www.recyclect.com

Type in the name of an item to learn how to recycle or dispose of it properly.

Please put these common <u>non-recyclable</u> items in the trash: paper cups (hot & cold), shredded paper, paper ice cream containers, ceramic mugs & plates, drinking glasses, small pieces of scrap metal, loose bottle caps

Thank you for recycling responsibly 

## **Backyard Compost Bin & Rain Barrel Sale**

Discounted prices for residents on Composters, Rain Barrels and accessories by

The South Central Regional Council of Governments (SCRCOG) 800-842-0527

https://scrcogcompostersale.company.site

reduce waste - enhance soil quality - reduce carbon footprint -

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#### 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

**Enjoy our March issues** on our new brighter newsprint. Both will be delivered right to your mailbox. To advertise, Call Frank at 203-410-4254.

conserve water

**Next Electronics Recycling** 

Saturday March 6, 2021 9:00 AM - Noon

#### North Branford Recycling Center (Public Works - Rte 22)

*Please do not leave e-waste (including TVs, computers, printers)* curbside; these items will <u>not</u> get picked up! \*\*\*\*\*

Bulk Pickup is twice a year (no longer weekly) Next pickup is week of April 19, 2021 Please do not place curbside until that week -No home cleanouts-

**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!**