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Volume 30 No 10, January 12, 2024



NBPD CELEBRATES HISTORIC EXPANSION WITH TWO NEW OFFICERS

North Branford, CT – The North Branford Police Department is proud to announce the addition of two recruit officers, Anthony Perrotti (left), and Nicolas Trivino-Martinez (right), marking the first expansion of the force in over 22 years. This milestone was celebrated in a swearing-in ceremony at the department, attended by members of the North Branford Board of Police Commissioners, Police Chief Kevin Halloran, Deputy Chief Lovelace, Mayor Rose Angeloni, Town Manager Michael Downes, Town Council Members Diamond, and Miller, along with family and fellow officers.

Mayor Angeloni administered the oath to the recruits, marking a pivotal moment in their careers and a historic milestone for the department. Anthony Perrotti, hailing from East Haven, CT, is not only versed in the field of education but also actively involved in coaching high school sports. Nicolas Trivino-Martinez, who originally immigrated from Columbia and is a Wallingford, Connecticut resident, brings a unique bilingual capability to the department, which is essential for serving the diverse community of North Branford.

The hiring of these recruits, made possible by the COPS hiring grant approved by the Town Council, signifies the town's dedication to enhancing public safety and community-oriented policing. Both recruits are set to start their journey at the Connecticut Police Officers Standards and Training Council Police Academy on January 4, 2024.

Chief Kevin Halloran expressed his gratitude and excitement, stating, "Today is a historic day for the North Branford Police Department. Welcoming Officers Perrotti and Trivino-Martinez not only strengthens our department but also reinforces our commitment to the community. I would like to extend my heartfelt thanks to Mayor Angeloni and the Town Council for their unwavering support of the Police Department. Their continued backing has been instrumental in reaching this milestone, allowing us to better serve and protect the citizens of North Branford. This expansion signifies a new era for the North Branford Police Department, reflecting its dedication to evolving in alignment with the needs of the community it serves."

K of C Helping Hands

Knights of Columbus spent the holidays helping out the community. In the top photo, with their newest member Rob Mullins, the Knights put together 23 dinners and delivered them to the North Branford Community Center for Christmas dinner.



In the photo below, the Knights gathered together to serve breakfast at the St. Ambrose Parish Christmas Bazaar.



Voluntary payments can be sent in at any time to:

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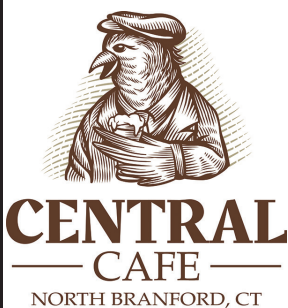
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or Venmo@frank-mentone-1



TOTOKET TIMES

Deadline		Publication Date	
January	19	January	26
February	2	February	9
February	16	February	23
March	1	March	8
March	15	March	22
March	29	April	5
April	12	April	19



Live Music

1/13: The Mediums
1/26: Grateful Dead
Night w/RGB
2/9: Bernie Gagliardi
2/23: Mark Rabuffo

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North Branford
YEAR-TO-DATE 2023 - MARKET SNAPSHOT

92 TOTAL SALES	-30% FROM 2022
\$395K MEDIAN SALE PRICE	+3% FROM 2022
35 DAYS ON MARKET	-11% FROM 2022
102% SALE TO LIST PRICE RATIO	0% FROM 2022

Data source: SmartMLS, 1/1/23-12/31/23 v. 1/1/22-12/31/22, Single Family Homes, North Branford.

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Guilford Brokerage

Meet Your Merchants

The January 26th issue of the Totoket Times will be in stores only. Get out and meet some of your local merchants or check out the full issue on line.

North Branford

Atwater Library,
Patco Station,
Town Hall,
NB PO,
NB Barbershop,
Hair Designs,
We Fix It,
Poppy's Bakery,
Central Cafe &
Taco Palace.

Northford

Recreation
& Senior Center,
Patco Station,
Smith Library,
NB PO

Check out our website at
totokettimes.com

for the complete edition, archives of columnists, & our directory of advertisers.

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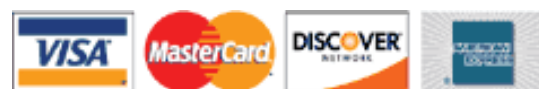


Hours of Operation

Tuesday 1-5 PM

Wednesday - Friday 9AM - 5PM

Saturday 9AM - 3PM



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NORTH BRANFORD PUBLIC LIBRARIES

Atwater Memorial Library 1720 Foxon Road North Branford, CT 06471 203-315-6020
Edward Smith Library 3 Old Post Road Northford, CT 06472 203-484-0469
www.nbranfordlibraries.org

Happy New Year

ADULT DEPARTMENT NEWS - JANUARY 2024

Effective Communication Strategies
Tuesday, January 9th @ 10:30AM at Atwater

Join us to explore how communication changes when someone is living with Alzheimer's, learn how to interpret verbal and behavioral communications, and more!
Presented by the Alzheimer's Association Connecticut Chapter.

Caregivers Support Group with Jane Fisher: Senior Housing Options
Thursday, January 11th @ 10:30AM at Smith

If you're responsible for a loved one, caregiver support groups are a way for you and others to share information, insight, advice, or words of encouragements in a safe and supporting space. This meeting will have a special guest speaker, Jane Fisher, who will be discussing senior housing options!

Pat's Picks Movie Club, "Pan's Labyrinth"
Thursday, January 11th @ 1:00PM at Atwater

This month's pick is, *Pan's Labyrinth*, the 2006 Fantastical-Drama!
"In the Falangist Spain of 1944, the bookish young stepdaughter of a sadistic army officer escapes into an eerie but captivating fantasy world" - IMDB.

Movie Matinee, "Jules"
Friday, January 19th @ 1:00PM at Smith

This month's movie title is, *Jules*, the 2023 Sci-fi Comedy-Drama!
"Milton lives a quiet life of routine in a small western Pennsylvania town, but finds his day upended when a UFO and its extra-terrestrial passenger crash land in his backyard" - IMDB.

Amazing CT Tales: The-Devil-Made-Me-Do-It Murder Case - Livestream
Wednesday, January 24th @ 6:30PM at Atwater & Zoom

First in our Amazing Tales in Connecticut series with Mike Allen!
In this first installment of the series, Mike details a case of demonic possession involving a 1981 Brookfield murder. The story was the subject of a recent Netflix documentary, *The Devil on Trial*!

Read Between the Vines Book Club
Thursday, January 25th @ 6:00PM at Rose Vineyards

Our first meeting in the new year!
The featured book is, *All That is Mine I Carry With Me*, by William Landay.
Pick up a copy of the book at Smith Library, or access the eBook version on Libby. Come to Rose Vineyards for a fun and lively discussion with other members in our community!

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Happy Valentine's Day
Join your friends at a
Valentine Porchetta Dinner.
Saturday, February 10, 2024
St. Frances Cabrini Church Hall

Porchetta, Pasta, Vegetables, Salad,
Desserts & Coffee or Tea.

Entertainment - Paula Pettinella
\$20 for Members, \$25 for Non-Members
For Tickets call Frank at
203-410- 4254 or fmentonejr@comcast.net

State Representative Vincent Candelora



In late December, Governor Lamont cemented the fact that there’s a clear disconnect between his opinion about the proposed ban on the sale of gas-powered vehicles and how residents feel about the idea of state government forcing them into electric cars.

Speaking before a packed house of business leaders from our state’s Middlesex region, the governor made jokes related to the cost of electric vehicles

and “range anxiety”—the latter a colloquial reference to concerns about how many miles a fully charged vehicle can travel. His comedic dalliance, which included a promise for more mental health funding to help Republicans overcome range anxiety, was understandably panned in the news media.

Considering his myopic view on the subject—all but ignoring concerns about grid capacity and electric generation—it’s no wonder the Governor has failed, so far, to get his California-modeled electric vehicle mandate through the legislature. He isn’t giving up, though, and the new legislative session, which begins Feb. 7, could feature discussion on the topic initiated by legislators who believe in the ban.

If a recent poll on the issue is any indication, stiff constituent headwinds await. A survey of 500 likely voters, conducted by an automotive industry trade association, showed that 59 percent opposed a ban. And 63 percent of the unaffiliated voters felt the same. That sentiment played out across the societal spectrum in every corner of the state. Opposition is as strong in Fairfield County communities as it is in urban centers and east-of-the-river municipalities. View the poll at repcandelora.com

Talk about the survey here in Connecticut comes as news nationwide points to increasing skepticism about any state’s ability to meet aggressive zero emissions mandates, a cause championed by the Biden administration. Consumer confidence, driven by concerns such as vehicle price and widespread availability of charging stations, is low. Consequently, there’s a glut of electric vehicles on dealer lots, and manufacturers are rethinking some investments resulting from their headlong dive into the market.

Back here, in the Land of Steady Habits, a solution to perhaps the biggest barrier—the ability to supply power to meet the needs of an electric vehicle mandate—feels as elusive as ever. Compounding the problem, state utility regulators are in open conflict with electric companies who will be expected to perform upgrades to their infrastructure to accomplish that goal. It’s a quandary for the Governor and the dwindling number of legislative Democrats who openly support the ban. They want the companies—and their ratepayers—to invest in upgrades but at the same time are crimping utilities’ attempts to generate revenue they say they need to maintain current services effectively.

Residents’ sentiment about challenges such as these were finally acknowledged by the legislature’s Democrat majority leadership back in November, when it was announced they would pull back the proposed ban with the goal of retooling and recharging the push at an undetermined time. My hunch is that this legislative session will feature a symbolic push to appease special interest groups who support the ban, with a full-powered policy campaign to follow next year—after Election Day. After all, promoting and voting for a deeply unpopular proposal such as this carries electoral implications.

According to the aforementioned poll, more than half of voters surveyed said they would be less likely to vote for an elected official who supports a ban. Fifty-six percent of non-partisan voters indicated they are less like to vote for an elected official who supports the proposal.

For the those who currently control the levers of our state government, that could be the issue that matters most.

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

LET’S BE “FRANK”

Well brother, as I write this letter it’s hard to believe that the old man has been gone thirty three years. Doing the math, I have been without him almost as much as I had been with him.

Growing up a “white boy” in a predominantly black neighborhood, once school was out I created a lot of heroes. There was John Havlicek (Boston Celtics), Roy White (New York Yankees), Fran Tarkenton (New York Giants), Chuck Connors (the Rifleman) and a host of others.

I never threw pops into that mix. Actually, I always felt a little embarrassed by him. With a mouthful of rotted teeth (he was traumatized as a boy by a dentist), his fourth grade education, a cigarette always dangling out of his mouth and the fact that he wasn’t as young as most of my friends parents, he was often mistaken for my grandfather.

Yet, the man always worked more than forty hours a week in a lousy factory job which was partially to blame for his lung cancer. He never missed one of my little league games and he drove the entire team to every one of my grade school basketball games. With a limited income, he always put food on the table and there were always Christmas presents under the tree. Through my dating years he gave me the best piece of advice I ever received. When I started dating SueAnn he took me aside(something he never did) and in his own way he informed me “make sure you don’t screw this up”. I didn’t and I thank him every day for that pearl of wisdom.

When I was in the eight grade he went into a coma and it was touch and go for a week or so. As I was contemplating not taking the entrance exam to Notre Dame, it was time for another gem from the old man. Knowing that money would be tight, I told him I would go to Lee High School (three houses away from us). I thought it would take some of the pressure off the family. This time he was more stern. Laying in a hospital bed with wires all over him, in a semi state of consciousness he simply looked up and said “You are going to ND, we’ll make it work”. With your help, his return to work and all my different part time jobs, we made it work.

As I reached my teens and realized what it took for him to do what he did with all his restrictions and health issues, I began to find the respect I should have given him all along. Right or wrong, he always had my back. He always stood up for me even getting into major arguments with officials at some of my sporting events.

The happiest I ever saw him was when your first born son Mark came into the world. He was so happy to be a grandfather. He was so proud when my son was born and we gave him pops name, Frank III.

I began to realize that with him, it was all about family and seeing his kids do better than he did. He had a strong family bond with his eight siblings and because he was the youngest, we went to see them often. He never owned his own home but all his kids went to Catholic grammar schools and high schools and every one of us went to college. Unfortunately, you didn’t graduate as you had to quit school to help pay the bills when he got sick. He was proud of you for your family dedication and proud of me and Mary for being the first Mentone’s in our generation to graduate college. The house was not that important to him.

I can’t pin point a date but I began to try to emulate him with his work ethic and family values. He set his eyes on the prize (our success) and never wavered. I realized I did not need all those false heroes. I had a real life hero. He didn’t shoot the bad guys, or make jump shots, throw a football or hit home runs. He simply was the best man he could be and that made all the difference.

Give him a kiss for me and I’ll see you soon.



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Letters to the editor..

This paper encourages all readers to voice their opinions and comments. The Totoket Times is not responsible for erroneous information or statements in letters to the editor. Letters should be as brief as possible. All letters must be signed. A telephone number should be included and no personal attacks. This paper reserves the right to edit all letters. All letters should be addressed to :

The Editor
P.O. Box 313, Northford, CT 06472

For the Health of It..... Turning Resolutions Into Lasting Solutions



The promise of new beginnings is upon us once again. All around the world the new year symbolizes a fresh start coupled with a sense of hope. We resolve with enthusiasm to make positive changes and do things differently. Yet, here we are, just weeks into the New Year and statistically speaking more than 80% of all well intentioned resolutions have been tossed aside and are well on the way to being forgotten. Hopefully you are the exception to the rule but if not, don't be discouraged. The allure of the "New Year mindset" often dissipates not due to lack of enthusiasm, but because of vague, unrealistic resolutions. We seemingly expect a magic wand to pass over years of habits giving them a makeover with nothing more than will power required on our part. And, we often treat the span of time between Thanksgiving and New Year's Eve as a free-for-all with the justification that it will all change abruptly on a given date. At the stroke of midnight, things will begin to get better. But before long, reality sets in—commitments wane, enthusiasm falters, and resolutions slip through the cracks. It's a curious phenomenon that repeats itself time and time again.

If that's the situation you find yourself in, it's time to ask—why is that? What happened to that "Fresh Start" excitement you were fired up about just weeks ago when you made those January 1st promises? The answer is quite simple. The stumbling block is rooted in the nature of our aspirations. Whether it's a desire for better health, financial rejuvenation, organizational mastery, or any other lofty objective, they often suffer from a common pitfall in that they are too general. We expect too much from ourselves and often end up with the perception that we have failed. Not true. The intention to be "healthier" or to "revamp finances" represents broad strokes lacking the precision required to execute tangible change. Without the framework necessary to guide our actions and steer us toward success, success is hindered.

To simplify further, all we are really looking to do is break an old habit or create a new one. Just for a moment, think about the things you routinely (automatically) do every day. Good or bad, realize it or not, those are your habits. You likely came up with quite a few, from pouring that first cup of morning coffee, to brushing your teeth before bed and everything in between. According to an article in *Psychology Today*, we wouldn't have so many habits if it were so hard to create them. It doesn't *have* to be hard, yet somehow we make it so.

The magic key to realizing our resolutions lies in redefining them. We can take those vague ambitions, and transform them into clear, achievable goals! Rather than stating a desire to "be healthier," specify the steps you will take to make that happen. Don't toss your resolution aside, just give it a makeover! Let's use the classic example of improved health and break it down into bite sized pieces. How will you achieve your health goal? What specific actions will you take? Will it be through regular exercise, dietary changes, better sleep habits, or a combination of these factors? Would it help to have an accountability partner? Mapping out actionable steps and setting measurable targets, transforms the resolution into a concrete plan. Creating change and clearing a path towards renewed goals is an exciting *and very real possibility!*

It's essential to recognize that change doesn't happen overnight. It's a gradual process requiring **patience, perseverance, and resilience**. Ask yourself, do you want instant results or lasting results? (If there were such a thing as instant, lasting results, I imagine we would all want that! Sadly, it doesn't exist for most objectives.) Be kind to yourself and celebrate each small success while remembering setbacks serve as learning opportunities and are part of the journey. By transforming these aspirations into achievable goals with clear action plans, we empower ourselves to make genuine, lasting changes throughout the year, not just in the initial flurry of January.

So as the New Year rolls out its vast array of possibilities, practice gratitude for the bright spots of the previous year and clear the way for creating a plan of simple achievable, intentional, steps that will add up over time. And if you don't know where to start, start with your health.

Plan to give your resolution a makeover? I'd love to hear about it! Have Questions or need suggestions? Reach out at joann@wellnessfusion.net. Remember this monthly article is here for you, For the Health of it.

JoAnn Begley is a Certified Nutrition Coach and Holistic Wellness Practitioner who has served the community for more than 24 years. Through both work and personal experience, she understands how difficult it is to take the first step towards self care, and how essential it is to do so. She and her husband Jerry live in North Branford and have two children.

North Branford Fire Department

2023 Statistics

North Branford Fire Department continues to provide the highest quality of emergency and non-emergency life safety services to the citizens and visitors in our community. Through the department's commitment to continuous improvement, staff development and implementing new and innovative programs to create greater economic efficiencies and improve emergency service effectiveness to North Branford residents. In compliance with National Fire Protection Standards (NFPA) 1720, Standards for the Organization and Deployment of Fire Suppression Operations, Emergency Medical Operations and Special Operations to the Public by Volunteer Fire Departments, the North Branford Fire Department **exceeds** the national consensus standard, on scene within 8 minutes after dispatch.


During 2023 North Branford fire department personnel answered 2081 calls for service.

Types of Calls:

Fire	35
Emergency Medical	1603
Motor Vehicle Accidents	99
Hazardous Conditions	37
Public Service /Good Intent	187
False Alarms	120

As a cooperative and collaborative partner with our contiguous jurisdictions, North Branford Fire Department provided and or received mutual aid for **45** Fire/EMS incidents during the year, including the towns of East Haven, Branford, Guilford, North Haven, Durham, Wallingford, Madison and the City of New Haven.

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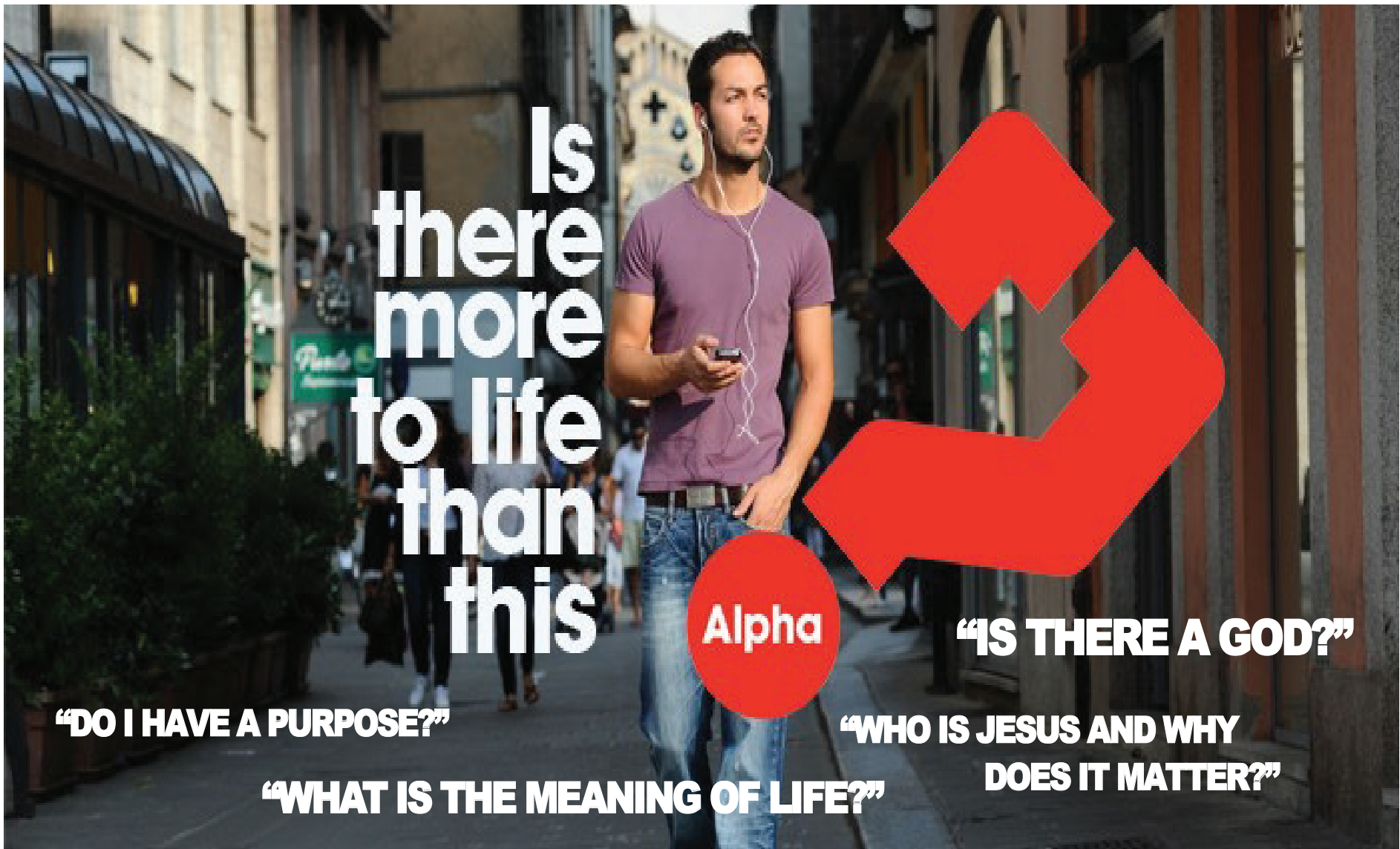
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CHASE AWAY THE WINTER BLUES

Join us during February Recess for a day of crafts, games, and fun!
Tuesday February, 20th
STW Community Center - 8:30am - 4:30pm
Grades K-6
Pizza party lunch - \$25
Registration closes on 2/15

INDOOR FIELD HOCKEY CLINIC
JANUARY 17 - FEB 7
5:30 - 6:30PM - STW GYM/CAFE
GRADES 2-8 \$50RES / \$55NR
Instructor: Cheryl Canada-Associate Head Coach at Quinnipiac University, USA Field Hockey Level II Accreditation, CPR and First Aid Certified
Join us for small games and scrimmage play! Open to boys and girls of all skill levels that are new to the sport or looking to enhance their skill level. This clinic is designed to develop the basic skills each athlete has by focusing on tactical game awareness, ivi defense, elevated passing, elimination and shooting skills. This clinic is fun, exciting, and creates player synergy no matter what age or skill level. Equipment needed: Stick, mouth guard, shin guards. Sticks can be provided if necessary. Please let us know at time of registration.

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Each workshop will feature a different, exciting topic. Students from TVES can be walked over by Parks & Recreation staff at dismissal. Students will have a snack time upon arrival and Ms. Claudia will begin her workshop by 3:30.
Cool Mixtures & Magical Potions
January 30, 3:00-4:30pm - STW Art Room - \$30
Fabulous Flight
February 6, 3:00-4:30pm - STW Art Room - \$30
Roller Coaster Physics
February 13, 3:00-4:30pm - STW Art Room - \$30
Engineering Lab
February 27, 3:00-4:30pm - STW Art Room - \$30



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SENIOR MEMBERSHIPS AS LOW AS \$100 YEAR	FAMILY MEMBERSHIPS STARTING AT \$250 YEAR	VETERAN, NB FIRE & NB POLICE FREE
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—SENIOR CENTER—

BRUNCH WITH STATE REP VINCENT CANDELORA
Tuesday, January 23, 2024 - STW Gym/Cafe
11:00am Brunch Served at 11:30am
Meet & greet State Representative Vincent Candelora and get an update on any new State laws/regulations and find out what's going on in Connecticut.
\$4
Menu: Ham & cheese sliders, egg & cheese sliders, pastries, fruit & dessert
Kindly register by 1/17

SENIOR CENTER WELLNESS PROGRAMS
Cherish Program with Daniela Collahuazo Toledo
January 16, 2024
STW Senior Room 1:00-2:00pm Register by 1/7
Join Daniela of The Umbrella Center for a discussion about the Cherish Program, which is a program provides supportive services for those ages 60 and older that are victimized by domestic violence in their homes.
Ask A Nurse- East Shore District Health Dept
January 18, 2024
STW Senior Room 1:00-2:00pm Register by 1/7
Visit a nurse to check your temperature, blood pressure, heart rate and oxygen level checks & ask questions about medications, receive assistance in creating and/or filling medication boxes, and more!
Emergency Preparedness
January 30, 2024
STW Senior Room 1:00-2:00pm Register by 1/26

Millpond Gatherings
Sweetheart Dance

Appetizers
Oysters on the Half Shell
Shrimp Cocktail
Tomato & Mozzarella Salad
Chopped Salad

Entrees
Salmon | baby spinach & roasted tomatoes
Chicken | orzo & baby kale
Shaved Roast Beef | mashed potatoes & mushroom gravy

Dessert
Assorted Mini Pastries

Cash Bar

Saturday, February 10th, 2024
6PM - 10PM
Grab your sweetheart and head over to Millpond Gatherings for a romantic night with food & live entertainment!

Head over to our website to see more of Millpond Gathering's Events for 2024
Country Night - Line Dancing | Saint Patrick's Day Specials | Easter Brunch Buffet with an Easter Bunny Visit and Egg Hunt
Dueling Pianos - Dinner & A Show | Cigar Night & so much more!
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PLUMBING

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

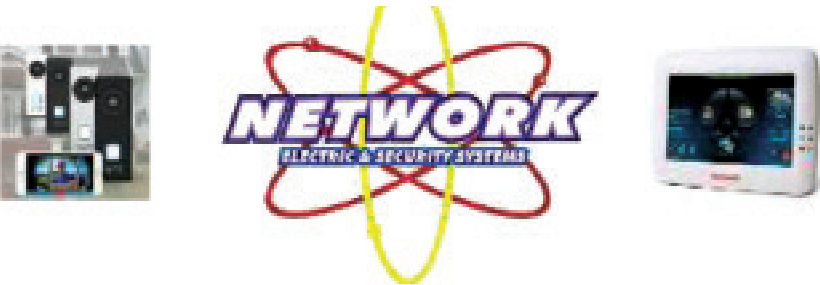
STONEWORKS

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

HELP WANTED

Secretary 2 - 12 Month Position - North Branford Public Schools
Minimum 3-5 years experience in an office environment, including public contact. Experience with word processing, spreadsheets and database software. Previous school district experience preferred.
Salary - as specified in Bargaining Unit Contract. Please apply through our website www.northbranfordschools.org and click on the **Employment Tab**. *A comprehensive skills test will be administered to qualified applicants.*

“Security Systems are best when installed
by a professional not the internet”



(203) 288-1000

355 Sackett Point Rd North Haven, CT 06473

Did you know:

The filling in Kit Kats is made from
damaged Kit Kats.

Live streaming available at no additional cost



Burials ~ Cremation ~ Pre Planning



Philip M. Appell
Funeral Director & Managing Partner
phil.appell@carriageservices.com



Sarah L. Rivera
Funeral Director
sarah.rivera@keenanfuneralhome.com

330 NOTCH HILL ROAD, NORTH BRANFORD
(203) 481-3217

238 ELM STREET, WEST HAVEN
(203) 933-1217

KEENAN FUNERAL HOME
www.keenanfuneralhome.com

Recycling News

Christmas Tree Pickup ends this week.

Sometimes they run a little late. If you think you have been missed, John’s number is on the Recycling Card inserted into this Totoket Times.

There should be a Neon Orange 2024 Recycling/Trash Card in this issue of your Totoket Times. Please keep this card handy all year. It has important dates and information that you will need concerning your trash pickups and what can be recycled.

If the card is missing or you misplace yours, there will be copies at both libraries, public works and Town Hall. You can also download a copy from the town website.

Did you know that there is a 10-cent deposit on:

All glass, metal and plastic drink containers that contain 150ml to 3 liters of a carbonated beverage and 150ml to 2.5 liters of a non-carbonated beverage. Malt-based hard seltzers were added to the list of covered beverage containers in 2023. The law excludes other spirit or wine-based beverages that are not malt-based.

Reduce – Reuse - Recycle

For the New Year it is a good time to re-evaluate your waste footprint.

Donating = Reuse

For items that still have some life in them, consider posting them on the Facebook page: [North Branford & Northford Free Items](#). Help someone else out, unclutter your house and help the environment at the same time.

For a larger audience check out Freecycle.org in East Haven or New Haven. You can also look up your item in the [New Haven Downsizing Donation Guide](#). It lists multiple organizations that want your stuff! Just search for ‘New Haven Downsizing Donation Guide’.

Try the **One-A-Day Declutter Method**. Every day, commit to purge ONE item from you home. Try to donate your items so someone else can use them.

Are you interested in getting involved on a town committee?
Does it upset you when you see littering?

Do you wonder where the trash goes and how recycling works?
The Solid/Hazardous Waste and Recycling Committee is looking for new members. The new year is full of possibilities and we could use some fresh ideas.Please call the Town Manager if you are interested.

For more information about recycling in North Branford you can check out North Branford’s Recycling Committee’s website: townofnorthbranfordct.com/government/boards-commissions/hazardous-wasterecycling-committee.aspx or our Facebook page: North Branford CT Hazardous Waste & Recycling Committee