



Totoket Times

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For Our Town From Our Town

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Volume 30 No16, April 6, 2024

Legendary Librarian Retires



NORTH BRANFORD

- Over many years, thousands of children have come to town to read, sing, clap, dance and laugh with Donna Wiedenmann - better known as "Miss Donna." A new chapter is about to begin, though - Miss Donna is retiring as children's librarian at North Branford's Atwater Library. Donna's life has revolved around libraries for decades. Before she was named Atwater's children's

librarian in 2007, she had worked part time there and at Edward Smith Library, the town's other library in Northford, since 1987. Besides her work choosing books for the children's collection and answering reference questions, Donna runs several programs each week aimed at kids from birth to elementary-school age. It's performance - singing, clapping, dancing, crafting - as much as reading and storytelling. "To this day I get butterflies before a program," said Donna. "Early on I was focusing on the parents, checking my voice and movement. "Now I just try to focus on the kids. When I connect with them I know it's OK. They give me such happiness."

"Donna is the type of librarian that other librarians aspire to be," said Lauren Davis, director of the North Branford Library Department. "She is warm and friendly and has a great connection with the children and families in our community. She has a magical way of making everyone feel special and loved.

"Countless times I have heard children squeal with delight when they see Donna in the children's room, just pure joy that cannot be contained.

"That's what I will remember most, and miss the most about Donna," Davis added, "how important she made people feel."

Miss Donna's library connection began early.

"We moved to Northford when I was 3," she said. "Smith was closer and my mommy took me there when I was little." She witnesses that adult-child library connection in her work, too. People she first met as children are now the adults bringing their kids in for programs and play. Years before she became a librarian, Donna regularly brought her children to Smith. When a part-time job opened up, she applied. "Pat Cochrane was children's librarian at Smith then, and Pat encouraged me to apply." (Cochrane is retired now, but still is in-



Former Fire Chief William H. Seward III Recognized by Town Council

Former North Branford Fire Chief William Seward III was recognized by the North Branford Town Council for his retirement from service to the town. Chief Seward served with distinction as Fire Chief from January 18, 2005, until his retirement on December 31, 2021. The North Branford Town Council and Town Manager Michael Downes presented Chief Seward with a plaque in thanks for his 16 years of dedicated service at the regular Council meeting held on March 19, 2024. Congratulations Chief Seward!

Photo: Mayor Rose Angeloni and the North Branford Town Council present Chief Seward with a plaque commemorating his years of service to the Town.

involved - she hosts the monthly movie series held at Atwater.) "The (part-time) job worked well for me as a mom," Donna said. Later, Cochrane and others - Teresa Holabird, adult librarian at Smith; and Robert Hull, retired library director - encouraged her to apply for the full-time children's librarian job. Have children changed over the years?

"They have but they haven't," said Donna. "What comes out of their mouths is different, but they still want love, still want to be accepted." What definitely has changed is library technology. Gone are the many-drawered card catalogs; the large flat files; the reliance on printed reference books. "Computers changed everything."

In retirement, Donna said she plans to spend more time with her family, especially with her granddaughter, Andie, and her husband, Joe, plus gardening reading, and enjoying their house.

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TOTOKET TIMES

Deadline		Publication Date	
April	12	April	19
April	26	May	3
May	10	May	17
May	24	May	31
June	7	June	14
June	21	June	28

CENTRAL CAFE
NORTH BRANFORD, CT

LIVE MUSIC

April 13th

David Lefkin

April 27th

Grateful Dead
Night w/RGB

May 11

Country Night

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Sip & Smoke

CIGAR DINNER

Wednesday, April 24th, 2024
6PM-10PM in the Steakhouse Forge & Patio
Join us at Millpond Gatherings for a full buffet prepared by Chef Pedro Avila, 3 Padron cigars, open bar, & live entertainment
\$200 per person
Please contact David @ Northford Cigars | 203-543-4517

Millpond Gathering's Authentic Cinco De Mayo Fiesta

Sunday, May 5th, 2024 | 6PM-10PM in the Event Hall
Enjoy a full authentic Mexican buffet & live entertainment by Tequila Sound Productions for our Cinco De Mayo Fiesta!

\$59 per person
Call 203-714-4700 to make reservations



Mother's Day Brunch Buffet

Sunday, May 12th, 2024 in the Event Hall
10AM & 1PM Seatings

\$59 Adults | Kids 6-10 \$25 | Kids under 5 FREE

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GIANT TAG SALE

Saturday, April 20, 2024
184 Stone House Lane, Guilford

8:00 am to 2:00 pm
NO EARLY BIRDS! Rain or shine

Accepting donated items to sell (for drop off 4/18 & 4/19 but must call or text Patty first 203-996-8391. Items CANNOT be brought to shelter)

All proceeds benefit Branford Compassion Club's Feline Rescue & Adoption Center branfordcompassionclub.org



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State Representative Vincent Candelora



In the late 1990s, Bob Dylan released a critically acclaimed song that sums up the current situation with Connecticut’s finances: “*It’s Not Dark Yet, But It’s Getting There.*”

If you haven’t seen or read, our state’s projected revenues are declining. Significantly. When the first year of the biennial budget kicked in back in July, our projected surplus for the current fiscal (FY24) year was \$400 million. Today, that cushion is as little as \$108 million. Maybe even \$25 million, depending on which set of analysts you listen to—the nonpartisan Office of Fiscal Analysis or the Governor’s budget office. The latter has posted the higher figure.

Connecticut has lost \$300 million in sales tax revenue since July, \$100 million of that from February to March alone. Clearly, consumer confidence is waning. Consequently, our budget is growing more fragile by the month. Red ink by summer isn’t out of the realm of possibility.

The marked downturn in the state’s fiscal fortunes presents a difficult backdrop for the final month and a half of the legislative session, when legislators—and Democrats in particular—try to find money to fund initiatives, projects, and organizations that depend on funding.

The big-ticket items that generate headlines include funding requests from our state institutions for higher education—state universities, community colleges—as well as the UConn and the UConn Health Center. Funding for early childhood education initiatives is another topic of discussion, as is money for community-based nonprofit organizations that provide social services. The latter is a point of acute pressure, given the legislature just approved a \$22 million contract that gives unionized personal care assistants (PCAs) a 26 percent pay raise, bonuses, and more days off. Now, if the state can’t provide them additional money to pay their workers more, nonprofit providers fear their employees will leave to become PCAs.

Yes—money, already in short supply, will be harder to find.

Many of the legislature’s Progressives, advocating for causes such as free school meals in all Connecticut communities, say we should undo the fiscal guardrails that have been instrumental in pulling our state out of the “permanent fiscal crisis” tag once ascribed to Connecticut by Gov. Malloy’s budget chief. Democrats say this would free up access to the money they need.

On this point, however, we can’t forget how dire our state’s finances were then. We had negative cash balances. There was concern checks issued by our state comptroller wouldn’t clear. Without these guardrails, Connecticut today would be in deficit like other states. It’s the revenue generated by these fiscal controls, such as a mechanism that captures volatile revenues from sources such as stock market gains, that provided our waning surplus.

So far, the Governor is committed to maintaining the guardrails. While that’s great news, it also means my Democratic colleagues will be looking under Capitol couch cushions for money. In other words, the return of budgetary gimmickry that characterized Gov. Malloy’s tumultuous eight years in office, such as intercepting revenues before they hit their intended accounts.

Funding ongoing or even new programs through unsustainable means, such as tapping surplus funds, or using shell games, would be an unfortunate step backward for Connecticut. Right now, chatter for those “solutions” is brewing. I hope my colleagues will resist the temptation. But, as we



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learned at a young age, history often repeats itself. Particularly in the legislature.

It’s not dark yet. But, boy, there are a lot of signs that it’s getting there.

For the Health of it...

Spring Cleaning from the Inside Out: Managing Stress and Hormonal Balance



Have the longer days and arrival of spring ignited in you a desire for renewal and revitalization? If so, your spirit has been awakened by a very ancient tradition. The preparation for new beginnings, purification and the celebration of spring’s arrival is a customary tradition known simply as “spring cleaning”. And while customs vary across cultures, decluttering our physical spaces, also presents an opportunity for addressing the internal clutter that accumulates over time. Is this a modern twist? I’m not quite sure. I do know however, that decluttering our physical space also helps to declutter the mind, allowing for more focus and clarity. And, one crucial aspect of internal spring cleaning is the management of stress leading to the restoration of hormonal balance, which can significantly impact overall well-being.

Stress is our body’s natural response to the demands and pressures we face daily. It’s an inevitable part of life. While too much stress can be harmful to both our physical and mental well-being, a certain amount of stress is actually beneficial. Just like a pinch of salt in a dish enhances its flavor, a healthy amount of stress can motivate us, sharpen our focus, and drive us to achieve our goals. The key lies in finding the right balance.

Stress permeates our lives in various forms, from work pressures to personal relationships, and self-imposed and societal expectations. While some stress can be motivating and beneficial, chronic stress is detrimental to our physical and mental health. It triggers the release of hormones such as cortisol and adrenaline, preparing the body for the “fight or flight” response. However, prolonged activation of these stress hormones can lead to a range of issues, including anxiety, depression, digestive problems, and impaired immune function.

Consider a day where we may have hit the snooze button too many times, wake up tired, rush to get ourselves (and possibly everyone else) out the door on time, skip breakfast, and supersize a caffeine and sugar laden drink on our way to the office to feel energized enough to power through the next 8-10 hours. If that is something that happens occasionally, no problem, especially when we have the right tools to get right back on track. When this is the norm however, we are headed for trouble. Very often the very “remedies” we reach for in an attempt to increase energy and mental clarity are not only masking symptoms, they are also proven to *increase* stress and anxiety.

The Cleveland Clinic lists caffeine and high sugar foods among those that can actually increase cortisol, the hormone responsible for driving stress. Consuming high levels of caffeine found in coffee, tea, and energy drinks can increase feelings of anxiety and stress. Sugary foods, soda (including diet soda) and refined carbohydrates can cause blood sugar spikes and crashes, leading to mood swings and increased stress. Excessive consumption of processed and fried foods can contribute to inflammation in the body, which has also been linked to increased stress levels and impaired gut health, causing digestive issues. Sadly, these foods and drinks are also regularly consumed by tweens and teens adding to the already high levels of stress and anxiety among this age group.

Adapting a balanced and nutritious diet while minimizing intake of processed foods and stimulants can help manage stress effectively. Better choices can encourage mental clarity, more energy, better sleep, hormonal balance, and stabilize blood sugar. Is it simple? Yes. Is it easy? Not always. But is it possible? Yes again! How we deal with stress matters.

In addition to choosing wisely when it comes to fueling our bodies, healthy coping mechanisms such as exercise, meditation, seeking support from friends and family, or engaging in hobbies can help us to effectively manage stress. Identifying the cause is also a helpful tool. Rather than masking it, allow yourself a few minutes of quiet time to peel back the layers each day until the root cause is obvious. Maybe you know the cause and it’s not something you can change. In that case perhaps you can make some adjustments to the way you respond to it.

Viewing stress as a normal part of life’s journey rather than a catastrophe can significantly impact our response. Embracing a positive mindset can turn challenges into opportunities for growth. By practicing healthy stress management techniques, you’ll develop greater resilience – the ability to bounce back from adversity stronger than before. Taking care of your physical, emotional, and mental health leads to overall well-being. You’ll feel more energized, focused, and perhaps even more optimistic about facing life’s challenges.

April is National Stress Awareness Month. If stress becomes overwhelming or starts affecting your daily life, seek professional help. A therapist or counselor can provide valuable support and coping strategies.

For a free copy of “A Recipe for Healthy Stress”, reach out at joann@wellnessfusion.net. Remember this monthly article is here for you, For the Health of it!

JoAnn Begley is a Holistic Wellness Practitioner, Certified Nutrition Coach and Reiki Master with 25 years experience in holistic wellness therapies.

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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





Notre Dame West Haven State and SCC Hockey Champions

Boasts 4 North Branford Athletes

The Notre Dame West Haven High School Varsity Hockey Team captured both the 2024 Division 1 SCC Conference and CIAC State Championships. The team includes 4 North Branford athletes: Marco Goodmaster, James Mascari, Max Schroeder and Michael Riordan (team manager). The NDWH champion hockey team went undefeated (14-0) in CT conference play and outscored opponents 60-13. James Mascari was awarded CIAC & All-SCC/SWC Division I First team Forward and SCC Player of the Year! (Pictured: Goodmaster, Mascari, Riordan, Schroeder).

Photo courtesy of Mark Goodmaster



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NBHS Class of 1974 50th Reunion

The North Branford High School graduating class of 1974 will hold their 50th reunion on Saturday, July 27th 2024 from 12noon to 4pm at Woodwinds in Branford. \$75.00 per person. For info: email nbhsclass1974@gmail.com or call Russ at 860-345-4040.

VHS/DSC Radio Seminar

New Haven Sail & Power Squadron, part of America's Boating Club, will hold a two-hour seminar for boaters who need information about reliable communication on the water. Marine radios have many advantages over cell phones, especially in an emergency. Learn about the digital selection calling (DSC) rescue feature as well as everyday uses such as to secure a marina slip, call for bridge openings, and much more. You will also get tips on purchasing and installing VHF to get the most out of your investment.

Class will be held from 9 to 11 a.m. on Saturday, May 18, at Indian Neck Yacht Club, 87 Harding Ave., Branford.

All students must sign up by May 15. The class will cost \$10 per person. Prospective students should contact Squadron Education Officer Peter DePascale at 203-671-2420 and leave a message or email him at bathworksinc@gmail.com.

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



North Branford Youth Football and Cheer

Registration is open 3/1/24-6/1/24

Register at NBIFC.org

Flag Football: Kindergarten-Grade 2

Cheer: Kindergarten-Grade 8

Tackle Football: Grades 1-8

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 NB Post Office, NB Barbershop,
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Northford

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

Check out our website at totokettimes.com



TOWN COUNCIL AWARDS TOTOKET HISTORICAL SOCIETY WITH \$7000 FROM ARPA NONPROFIT FUND

CONGRATULATIONS to the [Totoket Historical Society](#)! The North Branford Town Council awarded them \$7,000.00 in ARPA funds they reserved for critical local nonprofits making a difference here in North Branford.

Like many other nonprofits doing important local work, the Totoket Historical Society was adversely impacted by the COVID-19 pandemic, and the Town Council made this award to help ensure they can continue the operational tasks associated with preserving our unique history, particularly through locations like the Reynolds Beers House, the Gordon S. Miller Barn, the Little White Gas Station, and the Little Red School House.

PHOTO: Mayor Angeloni and the North Branford Town Council present members of the Totoket Historical Society with a check from the town's ARPA nonprofit fund for \$7,000.00.

North Branford Rotary seeking Nominations for Community Service Award.

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.

The club recognized three distinguished North Branford residents last year. David Palumbo, Al Rose and Steve Torino were presented with the Service Above Self award at the well-attended annual event.

The club will be holding the event this year on Thursday June 27, 2024 at 6:00pm at Woodwinds. Individual nominations can be made by going to the North Branford Rotary website: NorthBranfordRotary.org where a nomination form can be submitted online. 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 club asks to include specific details and be thorough in explaining times when the individual has displayed "Service Above Self." The deadline to submit a nomination is Friday May 3, 2024. So, act fast and send nominations promptly! Each year we have had several candidates that are well qualified. The decision to choose the award recipients is difficult. If you nominated someone in a previous year that wasn't chosen, submit them for consideration again this year.

For questions about the award or nomination process you may reach out to NorthBranfordRotary@gmail.com, the Committee Chairperson, Melinda Fonda at 203-988-0883, or Club President Anne Merola at 203-988-2898. 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!

Northford-North Branford Women's Club, GFWC Military Whist Card Party

The Northford-North Branford Women's Club, GFWC is sponsoring a Military Whist Card Party on Friday, April 19th at Totoket Valley Elementary School, 1388 Middletown Avenue, Northford, CT. Doors open at 5:15PM and games start at 6:00 PM. We are collecting can goods for the food pantry. Anyone bringing a canned food item will receive one free ticket towards our raffle. There will be fun door prizes and the club will raffle off beautiful gift baskets and other donated prizes. Refreshments, including delicious appetizers and desserts, will be served. Entry is \$12 per person. Proceeds benefit various charitable organizations in the local area. For tickets or more information, contact Elissa at 203-793-7180 or Venmo at [NorthfordWomens-Club](#). The Northford-North Branford Women's Club is a civic organization dedicated to promoting deeper friendships among women of our town and surrounding areas, participating in community service, and cooperating with the club work of the Connecticut State Federation of Women's Clubs. Check us out on Facebook: Northford-North Branford Women's Club, GFWC.

Recycling News

The leaf drop off will be opening on Saturday April 6th from 9am till 3pm

The location is located around the field to the left of the police station.

The leaf drop off will also be open on April 13th, 20th and 27th.

No brush or grass clippings.

There will be curbside pickup of leaves in untapped biodegradable paper bags the week of April 29th to May 3rd.

Bulky Waste will be the week of April 15th – 19th on your normal trash day.

Bulky Waste includes rugs and tree branches (no thicker than 4") if less than 4' long and tied into bundles. Also included are couches, mattresses, wooden furniture and most items that won't fit in your tote.

Bulky Waste will NOT take:

Electronics including TVs and computers, construction waste, grass clippings, tires, hazardous materials or scrap vehicle parts. It is also not meant for total home cleanouts.

For a complete list, please refer to your orange recycling card.

These large items are only taken during bulky waste which is twice a year.

The next Bulky Waste is November 4th.

The Electronics Waste Drop Off will be on Saturday 4-13 Public Works 290 Forest Road – 9am – noon

Take2Recycling is collecting electronics including TVs, computers, small appliances and almost anything that has a plug. We cannot accept smoke detectors, A/C's or dehumidifiers.

We will also be taking mattresses and box springs (clean and dry), batteries and used oil for free.

When you bring us your mattress, you are creating jobs for those who take them apart to recycle the components.

There is a small fee for recycling propane tanks in reusable condition.

1 lb. = \$1; 5, 10, 20 lb. = \$3; 30, 40 lb. = \$5

Cash Only

Earth Day – April 20th 2024

For Earth Day, the NB Recycling Committee will be having an event at Wall Field on April 20th during Little League opening day.

The North Branford Earth Day Team is looking for local crafters & hobbyists to demonstrate their natural products & earth friendly services at our Earth Day event.

We would like to be able to show the importance our local bee keepers, maple syrup producers, organic farmers, home composters and environmental groups.

There will be tables, displays, handouts and we will be available to answer your recycling questions. For more information and to reserve a table please email NBEarthDay@gmail.com.

SCRCOG (South Central Regional Council of Governments) is having a sale on composters and rain barrels. Please visit <https://scrcog.compostersale.com/> for pricing and pick-up locations.

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

Thank You for Your Participation

North Haven Sons & Daughter of Italy Blood Drive

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

CHURCH DIRECTORY

Branford Bible Chapel. 212 Branford Rd., corner of Twin Lakes Rd. 203-488-3586. Sunday morning: 10:00 - 10:30 Worship & Lord's Supper, 10:30 - 11:00 Announcements and Music Minity, 11:00 - 11:45 Ministering of God's Word & Sunday School. . Nursery provided. Vacation Bible School, missions & outreach programs. www.branfordbiblechapel.org

Hope Christian Church "A Place to Belong". 211 Montowese Ave., North Haven, CT. www.hopeag.com 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 Road, North Branford, CT Join us for worship every Sunday at 10:00 AM. On the first Sunday of each month please attend and share communion with us.

Nursery Care is available. To contact our church: Office hours are Wednesday to Friday from 9:00 AM to 1:00 PM. Phone: 203.488.8456, email: nobdcong@sbcglobal.net, website: www.northbranfordcongregational.org Remember, all are welcome no matter who you are, no matter where you are on life's journey; you will always be welcome here.

Northford Community Church. 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. John Vigneri, 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 www.northfordcongregational.church

St. Ambrose Parish – Roman Catholic Parish with two church buildings, St. Augustine, located at 30 Caputo Rd. North Branford and St. Monica, located at 1321 Middletown Ave. Northford.

The pastor is Rev. Robert L. Turner. All are welcome and invited to join us for Mass! Summer Mass times include: Monday, Tuesday, Wednesday, Friday and Saturday at 9:00 AM at St. Augustine. Weekend Masses are celebrated on Saturday at 4:30 PM at St. Augustine (English Ordinary no incense used), Sunday at 9:00 AM at St. Monica (English Ordinary, no incense used) and on Sunday at 11:00 AM at St. Augustine (Latin Ordinary with use of incense). The sacrament of Reconciliation is offered a half hour before all Masses, excepting Sunday, and on Monday evenings from 5-6 PM during Adoration. The parish office is located at St. Augustine Church and is open Monday, Tuesday, Wednesday and Friday from 9-1. You can access the bulletin and staff emails at NBCatholics.org. If you are new to the area and looking for a wonderful parish or homeschool co-op to join, please visit us or give us a call!

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). Sunday worship at 10:00 a.m. Coffee and fellowship always follows. The Rev. Bryan Spinks is Priest-In-Charge. St. Andrew's is a member of the Middlesex Area Cluster Ministry Network (MACM Network), along with St. James (Higginum) and Emmanuel (Killingworth). Please join us - we'd love to get to know you! All are welcome! St. Andrew's is the proud home of the Food Pantry of North Branford - a vital community resource serving families in need in Northford and North Branford. St. Andrew's also partners with St. Pauly Textile in a broad outreach program to help people in need here in the U.S. and around the world. Donations of usable clothing, shoes, boots, belts, purses, sheets, blankets, curtains and stuffed animals may be made at the donation shed in the church parking lot, available 24x7. Visit our website at <https://www.saintandrewsnorthford.org> Like us on Facebook - St. Andrew's Episcopal Church of Northford, CT. For more information contact us at 203-484-0895; Nan Monde, Sr. Warden, 203-710-7005; Rev. Spinks, 860-304-5266; or MACM office, 860-345-0058.

Shoreline Community Church located at 9 Business Park Dr., Units 1-4, Branford, CT. Call us at 203.481.8919. Sunday Services at 8:30 and 10:00 AM (Children and Jr. High activities meet during our 10 AM service). For more information, check out our website www.sccbranford.org. SCC is a diverse community that is dedicated to Making the Invisible God Visible.

United Methodist Church, Branford 811 East Main St, Branford (Route 1, across from Bill Miller's Castle). www.umcbranford.org 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. Please join us for worship at **St. John's Episcopal Church** at 129 Ledge Hill Road in Guilford, CT 06437. Our services are at 10 am each Sunday with Youth Spiritual Foundation for ages 5 and up every first and third Sunday. Coffee hour after our service in our parish hall. See our Facebook page St. John's Episcopal Church, Guilford CT. 203-457-1094. check our website at www.saintjohnsguilford.org

Zion Episcopal Church, 326 Notch Hill Road, North Branford. Our vicar is the Rev. Lucy LaRocca. At this time, we have a single service at 9:15 a.m. on Sunday morning. Refreshments and fellowship to follow service in the parish hall. Please visit our Facebook page or our website zionepiscopalchurch.org. Zion is an open and affirming congregation for those seeking a safe place to worship and grow in Christ. 203-488-7395

Memorial Day Mass held at All Saints Cemetery

Join us for Mass on Monday, May 27th (Memorial Day). **If you would like to honor a Veteran**, please visit our website at www.ccacem.org and select the **Blog & News Tab**, and click on **Events** to open the calendar. Select May 27th on the calendar and fill out the form included. All Veterans names will be honored at **all** the masses held at our cemeteries.

All Saints Cemetery Mausoleum-North Haven

Time: 10:30 am

Office: (203) 507-9213

DEATH NOTICE



Richard Salvatore Castiglione, 86, of North Branford passed away unexpectedly on Saturday, March 16, 2024, at Yale New Haven Hospital after being stricken at home. He was the beloved husband of Carmela Candelora Castiglione, and they would have celebrated their 64th wedding anniversary in June. Richard was born in New Haven on June 22, 1937, lived in Florida, then West Haven where he graduated High School. He attended CT School of Electronics & was the son of the late Eugene and Teresina "Tessie" Giuliano Castiglione.

He served his country faithfully in the U.S. Army. A professional photographer for many years, Richard was the owner and operator of Castiglione Photography. He photographed numerous weddings, family events and Field Hockey Team portraits which preserved their family memories for years to come. He was the former owner of the Shell Gas Station on the corner of Campbell Ave. & Elm St. in West Haven & had worked for AT&T until retiring as a technician.

Richard (fondly nicknamed Stiggy) was a member of many organizations, including: Knights of Columbus of Guilford, New Haven Sportsman's Club, New Haven Elks Lodge, NRA, USATT (U.S.A. Table Tennis), Past President of CT Professional Photographers Association (CTPPA), North Guilford Archery Club & a member of APA (American Pool Association).

Richard also volunteered for many local organizations including: North Branford Park & Rec Summer Camp – teaching Magic Tricks, Yo-Yo, and Table Tennis (Ping Pong), a member of North Haven Camera Club, taught photography at local Camera clubs throughout the New Haven area, and taught Professional Photographers across the country, photographed many North Branford sports teams, children with Santa at the North Branford Firehouses and St. Augustine Church. He was nationally ranked in the USTTA. He competed in Table Tennis in the Senior Olympics for 27 years in a row winning gold and silver medals in Single and Double competitions & sponsored North Branford Little League teams.

From the Professional Photographers of America (PPA), Richard became a Certified Professional Photographer (CPP) after receiving his Photographic Craftsman Degree.

Father of Laura (Sabatino) Parisi (Robert), Annette Schettino (Gary) and Stephen Castiglione. Papa of Gregory Schettino (Alex) and Michael Schettino as well as first Cousin Elaine Costello, who was like a sister. Also survived by many cousins, nieces, nephews, great-nieces, great-nephews and close friends. Predeceased by brothers John (Costello) Castiglione, Alberto (Costello) Castiglione, Raymond Castiglione, Eugene Castiglione and sisters Geraldine DeAngelis, Gloria Koehler & Dolores Cappella.

The family would like to thank all the volunteers & staff at the North Branford Ambulance and Fire Department – Company 1 and the Yale Campus Emergency Room Staff. In lieu of flowers, memorial contributions may be made to the North Branford Fire and Emergency Services, in Memory of Richard Castiglione, make check payable to NBFDF, Company One, P.O. Box 537, North Branford, CT 06471.

INDOOR TAG SALE AT ST. ANDREW'S

St. Andrew's Episcopal Church, the White Church on the Hill in the Heart of Northford, 1382 Middletown Avenue, is hosting an indoor tag sale on Saturday, April 20th, from 9 a.m. to 1 p.m. This event is open to everyone! Tables are available to rent for only \$25 each. Please contact Nan Monde, 203-710-7005, as soon as possible to reserve a table."



Crafters Care Events presents

Mother's Day Sip & Shop

Saturday May 4, 2024 11 am to 3 pm

Caius Farm Brewery

101 North Branford Rd. Branford, CT

Shop from 25 handmade vendors for all your

Mother's Day gift needs

50/50 Raffle to benefit

Dan Cosgrove Animal Shelter

Make a day of it - live music and food, too!



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JUNK IN YOUR TRUNK

Saturday April 27th
8:30am—12:30pm
 Rain Date 4/28
 STW Community Center Parking Lot 1332 Middletown Ave.
 Register by 4/25
nbrecreation.com
\$10 per parking space
 Sell your tag sale items from the trunk of your car!
 BYOT - Bring Your Own Table to display your goods

Lancaster Show Trip & the Dutch Country

November 13, 2024 - November 15, 2024

\$540

**Per Person, double occupancy*
(\$615 per person, single occupancy rate; \$520 per person, triple occupancy rate)

Incredible Price includes:

- Motorcoach transportation
- 2 nights lodging in the Lancaster area
- 4 meals: 2 breakfasts and 2 dinners
- Admission to "Daniel" Show at the Sight & Sound Millennium Theater
- Admission to a holiday themed show at the Magic & Wonder Theater
- Visit to charming Kitchen Kettle Village
- Admission to The Amish Experience & Jacob's Choice at the F/X Theatre

\$75 due at registration; final payment due: 8/30/2024
Gratuity for motorcoach driver and step on guides included.



SOUND HEALING

Wednesday April 10, 2024
 6:30-7:30pm - Ages 16+
 STW Yoga Room - FREE

Experience this free workshop with Toni McGovern. Balance your mind, body and spirit with yin poses and sound healing instruments to heal, reset & promote deep rest.

*Blankets & mats are available, however you may choose to bring your own.

GENTLE YOGA


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

STW Yoga Room
Fridays April 19 - May 17 12:00-1:00pm Ages 18+
 No class on 5/3
 Cost \$40 res/ \$45 nr

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

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

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



ADULT CO-ED SOFTBALL

North Branford Parks and Recreation Department is excited to be offering a Summer Adult Co-ed Softball League. Join us at Totoket Valley Park beginning June 11 for a fun, recreational league!

Two games will be played each Tuesday evening, one at 6:15 p.m. and the other at 7:30 p.m. Potentially Thursday night games will be added depending on registrations.

Team Captains must register your team (minimum 8 players) at nbrecreation.com, submit a roster to the Assistant Director, Kerry Haynes at khaynes@northbranfordct.gov

— SENIOR CENTER —

WELLNESS PROGRAMS

Ask A Nurse
April 18, 2024
 STW Senior Room 1:00-2:00pm Register by 4/15

All about Diabetes
April 30, 2024
 STW Senior Room 1:00-2:00pm Register by 4/26

THE MYSTERY OF EDWIN DROOD

At the Goodspeed Opera House
 Enjoy lunch at the Gelston House before the show!
May 8, 2024 \$110res/\$120nr
 Departs 10:15am Returns: 5:00pm



Who killed Edwin Drood? You decide! A troupe of Victorian performers invites you to play detective in this musical comedy whodunit packed with surprise. Your vote picks the guilty party from a lineup of suspicious Charles Dickens characters who leap off the page and into a gas-lit, gilded, giddy spectacle. No one is who they appear to be among the corrupt suspects in this cunning and clever show-within-a-show. You'll be guessing motives, masks and murder 'til the final curtain.

The trip leaves from the Senior Center. If you need transportation to the Center, kindly let us know when you register.

Lunch at the Gelston House is at 11:30 a.m.
 Lunch choices are:
 *Parmesan Encrusted Bass *Sherry Mushroom Chicken
 *Smoked Beef Brisket *Pasta Cavatappi
 *Beef Burger

Lunch includes Mixed Green Salad and dessert. Coffee & tea are not included, but each can be purchased for \$3.50. Alcoholic beverages can be purchased and paid for during lunch.

Please register by April 17th to reserve your ticket to lunch and this fantastic show!

SLIPAWAY TOURS PONTON BOAT ON CT RIVER & FERRY GRILL & CHILL

JUNE 13, 2024 - \$20RES/\$25NR
 Departing STW at 10:00 am, enjoy a pontoon boat ride narrated by Captain Bill of Slipaway Tours then have lunch on your own at the Ferry Grill & Chill! Register by 5/30



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

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EARTHART STONWORKS 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. Earthart Stoneworks LLC

TAG SALE

Craft and Tag Sale—Vendors Wanted! The North Haven Congregational Church Women’s Fellowship Craft & Tag Sale will be held on Saturday, **May 18, 2024**, from 9:00 a.m. to 2:00 p.m. outside on the church lawn, 28 Church Street, North Haven, CT. Bring your own table and chairs. Setup begins at 7:30 am. There is ample parking in the church parking lot. Morning coffee will be available. The cost for a space is \$30, prepaid, nonrefundable. Limited indoor spaces with table and chair provided are available with a reservation for \$35, prepaid, nonrefundable. No rain date. Please call the church office at 203-239-5691 for information and to reserve a space. Spaces will go fast, so make your reservation soon!

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Bubble wrap was originally invented as wallpaper!

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Haynes Development on Connecticut Health and Wellness Center

BHCare’s new Shoreline facility is key component of project

AVAILABLE



North Branford, CT, March 27, 2024: Haynes Development is pleased to announce BHCare will be the primary tenant in their latest project, the Connecticut Health and Wellness Center located at 28 Branford Road, North Branford.

Occupying 36,000 of the 48,000 square feet, BHCare provides comprehensive behavioral health, prevention, and domestic violence services to the community. Consolidating shoreline services will improve the lives and health of individuals, families, and the communities that BHCare serves.

The Professional Office Building is prominently located on Route 139, providing easy access and exceptional visibility. “There is approximately 9,000 square feet still available” said Kathy Ekstrom, Development Manager. “It truly is a beautiful building and ideal for any number of healthcare or professional service providers interested in desirable first floor space.”

Haynes Development will lease or sell the available 9,000 square feet and would consider a potential subdivision of the space. BHCare is slated to occupy their space in June, 2024.

For more information contact:

Kathy Ekstrom, Development Manager
kekstrom@haynesdevelopment.com