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Volume 31 No 2, October 11, 2024

NORTH BRANFORD PUBLIC SCHOOLS



MAKE A DIFFERENCE DAY

35th ANNUAL COMMUNITY ROUND UP

Each year, the North Branford community celebrates **Make a Difference Day** by holding a food drive. For the last thirty-four years students and parents from NBPS have traveled through the community collecting nonperishable food items and monetary donations which were then gathered, sorted, and sent to our town's food bank.

The food bank distributes the items to our neighbors in need of a little help maintaining nutritious meals for their families. Over the years, thanks to the support of our students, their families, and the staff of North Branford Public Schools, the food pantry shelves have been well-stocked and able to support the needs of our town members.

Always there for us, we try to support the food pantry as best we can. For the entire month of October, we are asking for donations of gift cards to supermarkets such as Stop & Shop, Big Y, ShopRite, Aldi's or T&J Market or cash gift cards for the food pantry to purchase needed items. Donation boxes will be located in the main lobby of our schools for you and your child to drop off the cards.

When making a donation, please ensure the monetary amount is listed clearly. Donations will be accepted throughout the month. At the end of the month, all donations will be given to our food pantry for their use in supporting those in the town who need them.

In addition, on **October 26, 2024, starting at 8:30 am, we will hold the traditional community food round up.** Teams of students collect canned goods, pasta, and personal hygiene items from all segments of the community. **Please remember to check expiration dates of food items prior to donating them.**

You can assist by placing items by your mailbox on the morning of October 26th

When teams have completed their route, each team will return to the N.B.I.S. cafeteria and present their items for the official tallying. The three teams with the most donations will receive prizes.

The drive is spearheaded by North Branford teachers, administrators and students. In addition, the North Branford Public Works Department has volunteered their services to help deliver the food to the local food pantry.

We appreciate and are very proud of the North Branford community who have made this event such a great success for the past 34 years!

Thank you for your generous support!



Saturday October 26, 2024

Mariana's Boutique and Gifts



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It's Against The Law

It might seem like a harmless prank but stealing political signs is a crime.

Trespassing and stolen property are only two of the offenses you can be arrested for.

The police have been notified and will be patrolling our community.

If you wanna support a candidate,

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TOTOKET TIMES

Deadline	Publication Date
October 18	October 25
November 1	November 8
November 15	November 22
November 29	December 6
December 13	December 20



Amie Willhite, Owner

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K of C Council 6801 Presents
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 North Branford Barbershop,
 Hair Designs,
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State Representative Vincent Candelora



As of October 1st, Connecticut enacted a series of new laws, or elements of previously enacted laws, that address a broad range of issues—from senior care to veterans’ benefits, public safety, and even dog racing. These new statutes reflect the state’s ongoing efforts to improve the quality of life for residents, and the diversity of subjects underscores the legislature’s commitment to addressing an array of

concerns affecting different aspects of life in Connecticut.

One notable change is Public Act No. 24-39, aimed at improving care for seniors. This act ensures that employees working in home health care, hospice, and other related services must wear an identification badge, which includes their name and photograph. This measure bolsters safety and accountability, offering peace of mind to elderly clients and their families, knowing that caregivers can be easily identified. By focusing on senior care, the legislature acknowledges the need for greater oversight and protection for one of the state’s most vulnerable populations.

Another significant update is Public Act No. 24-141, which improves transparency for residents of managed residential communities. The act mandates clearer residency agreements, including specifics on fee increases and nonrefundable charges. Residents can now expect greater clarity on their financial obligations, including a history of fee increases over the past three years. Simply put, this act enhances consumer protection and ensures that residents of nursing homes and other similar communities aren’t blindsided by unexpected costs.

Connecticut has also introduced a property tax exemption for veterans with a 100% permanent and total disability rating. Public Act No. 24-46 fully exempts qualifying veterans from property taxes on their primary dwelling or motor vehicle. This law is a recognition of the sacrifices made by veterans and helps alleviate financial burdens for those with significant service-related disabilities.

Public Act No. 24-16 expands the criteria for declaring a firefighter, police officer, or EMS personnel’s death as occurring “in the line of duty” if a cardiac event, stroke, or pulmonary embolism happens within 24 hours after a shift or training session.

Public Act No. 24-65 reflects the legislature’s recognition of the important roles service animals play in public safety and rescue operations by requiring restitution from those who intentionally harm or kill police animals involved in volunteer search and rescue teams.

Lastly, Public Act No. 24-1 officially bans dog racing in Connecticut, though it allows betting on out-of-state races through off-track betting operators. This law marks the end of an era in Connecticut while maintaining revenue streams from betting activities.

For a full list of the new laws that went into effect on October 1st, visit my website at repcandelora.com, and feel free to contact me if you have questions about these or any issue related to state government: 860-240-8700 or vincent.candelora@housegop.ct.gov.

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

Let’s Be “Frank”

I have to tell you brother, it’s been another roller coaster week and the ride seems to be stuck at the bottom. First of all, let’s talk about the state of our country. This presidential election still scares me. After listening to both presidential debates and vice presidential debate, it seems like a toss up between who is telling the most lies and making the most empty promises. The two presidential debates were simply two candidates slinging mud at each other, and neither one of them addressing the problems or the questions asked.

The vice presidential debate candidates seemed to have more of a handle on the topics but their solutions seemed to be out of their control. Like many have said Kamala had 3 1/2 years to make the changes but hasn’t. The other guy condemned Trump just four years ago and described him as the devil and now he’s talking like Trump is the next coming of Christ. Either way the outcome of the election is going to be frightening.

Sticking with politics, I have gotten calls from both local representatives saying that signs are being stolen. Of course they are both claiming that only their signs are being stolen and this type of division is ruining the country. Signs have been stolen since signs have been printed. In my youth they were stolen as a prank to see who could get the most. BY going after the other party, we are only making a more divisive situation.

I don’t know if it’s the political temperature or just the state of our society but it is getting closer and closer to home with murders, robberies and especially calls and threats causing many schools to go on lockdown. This is a sick commentary on our society. Teachers and students have enough problems without having to deal with this distraction.

On the church front, the state of our churches seems to be in peril. It seems that we are going back to pre-Pope John the 23rd days, when the church was looked at as a dictatorship. We now seem to be more intent, on closing churches, and making money on the sale of the said churches as we are in keeping them open, and ministering to the people. There also very little input from the parishioners who have built these churches and gotten the churches to where they are. Decisions are made and handed down by the Almighty, and the people are told they must go with the flow because that is what Jesus wants. That seems like a great way of weeding out to flock rather than building it back up.

On a personal and more local front, the printer of the Totoket Times has just informed me that as of November 30, they will cease to be in operation. There are not a number of printers who print a paper like mine so while helping to run Italian Heritage Month at the North Haven Sons and Daughters Of Italy, I am now negotiating to find a new printer who can meet my needs. Although no longer a money maker (it never really was) I will do whatever it takes to keep the Times in publication, but it’s going to be a rough month getting it all straightened out. You know how I hate changes.

Finally on the sports front, the Yankees are not giving me a warm and fuzzy feeling. They’re not the force they expected to be at the beginning of the season and it’s hard to envision them getting to the World Series. Their hitters don’t seem to hit in the clutch and although I like Aaron Boone, he is no Joe Torre and Aaron Judge is no Derek Jeter. We also have no Moe. We’ll see what happens. Like the old man used to say, I cheer for my team but no matter who wins I still have to go to work tomorrow.

With that philosophy, I continue to look on the brighter side and not let negativity interfere with my plans to move ahead.

SueAnn is running around the house like she was thirty. The hip seems to be settling in nicely.

Not much more going on. Give my best to the rest of the family and I’ll see you soon.

Letters to the Editor:

*Letters to the editor for the upcoming elections should be as short as possible. No personal attacks. Follow the deadlines, and make sure you add your name, address and phone number.
 \The address and phone number will not be published.*

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. & Anthony 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.

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...

In the World of Health and Wellness,
What's Common Isn't Always Normal



When it comes to health and wellness, terms like “common” and “normal” are often thrown around interchangeably. While they may sound similar, they carry distinctly different meanings—especially when it comes to understanding your body, mind, and overall well-being. What’s common isn’t always normal, and what’s normal isn’t necessarily common. Recognizing this difference can make a huge impact on your health journey and lead to more informed choices.

“Common” in the context of health and wellness, refers to conditions, behaviors, and practices that a large number of people frequently experience or encounter. For example, stress, aches and pains, fatigue, and digestive issues like bloating or heartburn are common problems many of us may face at some point, right? The more we hear of others experiencing the same, we may consider it normal and something we have no control over—something we have to accept. However, since 80% of the time that is not the case, let’s take a closer look.

Many lifestyle habits in modern times are so prevalent that they feel almost universal. Take sleep deprivation, for example. Studies show that roughly one-third of adults don’t get enough sleep, leading to a society where fatigue and chronic tiredness have become the norm and accepted as such. Similarly, millions of people struggle with weight management, chronic stress, and even mental health conditions like anxiety and depression. These issues are common, but they shouldn’t be confused with being normal.

“Normal” is about what’s typical, balanced, and healthy for your body and mind. It refers to how things should *ideally* function when everything is working as it’s supposed to. A body that’s functioning normally has energy, balance, and well-being at its core. For instance, it’s normal to feel energized after a full night’s sleep, to have regular digestion without discomfort, and to experience a calm mind most of the time.

The challenge comes in recognizing that what’s common in society may not reflect the natural, healthy state we should aim for. Our modern lifestyle often normalizes unhealthy behaviors simply because they’re widespread. *But that doesn’t make them optimal.*

Here are some examples where common is often mistaken for normal.

Low Energy and Fatigue: It’s extremely common to feel tired throughout the day. People often joke about needing endless cups of coffee to get through their daily routine. So is constant fatigue normal? No. While everyone experiences tiredness after a long day, consistent low energy levels could indicate a deeper issue, such as poor sleep quality, poor diet, stress, or an underlying health condition.

Stress: Chronic stress has become so common that many of us accept it as a part of daily life. High levels of stress are often worn as a badge of honor in professional and personal circles. It’s not normal! Normal stress is short-term and situational, but long-term stress is harmful and leads to burnout and health problems.

Digestive Challenges: Issues like bloating, gas, or irregularity are common enough that many people assume they’re just a normal part of life. However, a healthy digestive system should function without causing discomfort. Digestive issues can often be a sign of poor dietary habits, food intolerances, or other underlying conditions. Addressing these issues is important.

Mental Health: Depression and anxiety are more prevalent than ever, and while it’s good that society is more open to talking about mental health, it’s important to remember that these conditions, though common, are not a normal part of life. Seeking treatment for mental health conditions is crucial because emotional well-being is just as important as physical health.

Understanding the difference between common and normal can be an eye opener that empowers you to make decisions that support your personal health and wellness goals. Take note of these suggestions that can encourage that shift:

Listen to Your Body: Really pay attention to how your body feels and if something doesn’t feel right. Whether it’s constant tiredness, digestive

discomfort, or chronic pain, don’t dismiss it just because the buzz at the office break room confirms it’s a common experience for many. Take it as a cue that your body needs attention and care.

Don’t Normalize Discomfort: Just because others are experiencing the same challenges doesn’t mean you have to accept them as part of life. Discomfort, whether physical or mental, is

Estate Planning for Everyone: How to talk with your parents about their estate plan.

By Attorney Marc

Talking to your parents about their estate plan (or the lack thereof), can be a sensitive and challenging conversation. However, it’s a crucial discussion to ensure their wishes are respected and their assets are managed appropriately when the time comes. Here are some key considerations and steps to approach this conversation with care and understanding.

Find a quiet, comfortable, and private setting where you can talk without distractions. Avoid discussing this during holidays, birthdays, or other emotionally charged times. Start the conversation by expressing your genuine concern for their well-being and their desire to ensure their wishes are followed. Use “I” statements to convey your feelings. For example, “I’m worried about your future and want to make sure your wishes are honored. Understand that your parents might have various reasons for not discussing their estate plan. They may fear their own mortality or find the topic uncomfortable. Be patient and prepared for this to be an ongoing conversation. Encourage your parents to share their thoughts by asking open-ended questions. For instance, “What are your thoughts on how your assets should be distributed after your passing?” This allows them to express their views without feeling pressured. Listen to their concerns and priorities, as they may have unique wishes you aren’t aware of.

If your parents are open to discussing estate planning, provide them with information on the importance of wills, trusts, and advance directives. Share real-life examples to illustrate the consequences of not having a plan in place. Encourage them to consult with a legal and financial professional who specializes in estate planning. An expert can guide them through the process, answer their questions, and address their concerns.

In addition to financial matters, talk about their healthcare preferences. Ensure they have a healthcare proxy, living will, and durable power of attorney for healthcare to outline their medical preferences.

If you have an estate plan in place, sharing your own experiences can be reassuring. Explain how having a plan has provided you peace of mind and security for your family. Be mindful of any family dynamics or potential conflicts. Addressing these issues early can prevent disputes later. Encourage open communication between siblings and parents if appropriate. Help your parents gather their important documents, such as wills, insurance policies, deeds, and account information. Having everything in one place makes it easier to create or update their estate plan.

If your parents already have an estate plan, discuss the importance of regular reviews and updates, especially after significant life events like a marriage, divorce, birth, or death in the family. Estate planning is not a one-time conversation. Revisit it periodically to ensure your parents’ wishes are up to date and that you understand their evolving preferences.

Estate planning can be an emotional process. Offer emotional support throughout, as your parents may be dealing with complex feelings and thoughts. Talking to your elderly parents about their estate plan is a compassionate and responsible way to ensure their wishes are honored and their financial affairs are in order. By approaching this conversation with sensitivity and understanding, you can help them make informed decisions for their future and provide peace of mind for your entire family.

Marc Guertin is the principal at Marc Guertin, Attorney at Law, LLC. Located at 222 Rimmon Road, North Haven, Connecticut. Visit AttorneyMarc.com Call: 203-500-0201 or email Marc@attorneyMarc.com to schedule a complimentary consultation.

often a sign that something in your health routine needs adjustment.

Prioritize Prevention: Yes, illness and chronic conditions are common, so it’s important to prioritize prevention through proper nutrition, exercise, sleep, and mental wellness practices. Making adjustments that will help you achieve a state of balance and well-being can help you avoid the common pitfalls that often lead to chronic issues.

Seek Guidance: If you’re unsure about whether something you’re experiencing is common or normal, seek guidance from a health professional. A doctor, nutritionist, or therapist can help you better understand your symptoms and set you on the right path.

So, while many health challenges and lifestyle habits are common, they do not represent the normal state of health and wellness we should strive for! *We need to remember that it’s possible to strive for more than what is common.* By making more mindful choices and paying attention to your body’s needs, you can shift from what’s common to what’s truly normal and optimal for your personal well-being. As more and more of us make that shift, over time we might just be able to tip the scale for what’s normal to also be what’s common. We can do that through tiny changes consistently over time. Thriving, not merely surviving—should be the standard we set for ourselves!

Please reach out with any questions or comments 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 Health & Nutrition & Coach, Reiki Master and Reflexology Therapist with 25 years experience in holistic wellness services.

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WELCOME TO PAWSOME PETS!

The Town of North Branford is excited to welcome Pawsome Pets to town. Pawsome Pets is a family-run business, located at 2374 Foxon Road, that is dedicated to ensuring that your pets receive the best possible care by treating your pets like their own. They offer top-notch grooming, boarding, and daycare services for cats and dogs. Their weekday daycare services focus on pet enrichment, grouping dogs by size and temperament, and ensuring they get the individualized attention they need from 7 AM to 7 PM.

They offer boarding with overnight, on-site care, including special luxury suites, and involve boarders in daily daycare activities. They also offer grooming services Tuesday through Saturday. Follow them on social media for upcoming events and offers including a Halloween costume contest and Thanksgiving specials on Facebook and on Instagram @pawsomepetsct. Visit their website for more information at www.pawsomepetsct.com.

PHOTO: Owner Eniko McBrien (center), Husband Ronan McBrien (far left), Children – Jazmin & Szkarlet, Manager – Devyn Pinney, Town Manager Michael Downes(far right).

Madison Hoop Dreams --- Columbus Day Native American Day --- Basketball Camp

On Monday, October 14th, Madison Hoop Dreams will offer a basketball camp for grades 3 - 9 at the HK Middle School (451 Rt 81, Killingworth) from 9 am to 3 pm.

After an hour of skill development to start the day, players get to play competitive, fun games for several hours. This is a good opportunity for players to sharpen their skills for the upcoming basketball tryouts. Since we draw from 15 towns, players face new competition and make new friends. Coach Bobby Moore will critique each player to help them improve their knowledge of the game.

The cost is \$60 for the 6 hour camp. However, if there are 3 or more players from the same team, the cost will be \$50/player. One of the parents needs to send Coach Bill Barker a list of the teammates attending to qualify for the discount. Please register at www.madisonhoopdreams.com. If you have any questions, please call or text Coach Barker at 203-494-6905 or email him at wab6933@gmail.com. Because this is short notice, payment can be made by mail up to Thursday, October 10th, or at registration Monday morning.

They will have a concession with drinks, snacks, and pizza (\$2.50/slice) for lunch for families who prefer not to pack drinks, snacks, and lunch.

Players do not have to bring their own ball. However, if they prefer to bring it, please have their name or initials on the ball. love, Coach Bill Barker

Southern Connecticut Diamond Club 2024 Hall of Fame Banquet & Induction Ceremony

Wednesday, October 23
The Woodwinds, Branford, 5:30 p.m.
\$60 per person -- Advance Sales Only

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For further details or to purchase a ticket,
call Frank Mentone at 203-410-4254.**



Recycling News

Important Dates for the Fall

Leaf Drop-Off opens – Saturday October 19th.

Scrap Metal Pickup – week of October 21st.

Electronics Collection at Public Works – Saturday November 2nd.

Bulky Waste Pickup – week of November 4th.

North Branford Fall Leaf Collection opens on October 19th.

North Branford residents can bring their leaves to the leaf drop off center located to the left of the old police station, near the Public Works Facility on Route 22 from 9:00am to 3:00pm. Just follow the signs. No brush or grass clippings. The leaf drop off will be open on Saturdays October 19th, 26th and November 2nd, 9th, 16th, 23rd. Please place leaves in biodegradable

leaf bags (no tape please) or empty them loose onto the ground.

\There will be a curbside pickup of leaves in untapped biodegradable paper bags the weeks of December 2nd – December 13th

Scrap Metal Pickup will be the week of October 21 on your normal trash pick-up day.

Items taken: A/C units, metal lawn furniture, large appliances, hot water tanks, tools, metal fencing, filing cabinets, outdoor grills, small machines, non-riding lawn movers and similar metal items.

Hazwaste Central will be closing on October 26th

The Regional Water Authorities' HazWaste Central will be open on Saturdays through October.

HazWaste Central helps area residents in member towns protect water quality by safely disposing of household wastes. Located at RWA at 90 Sargent Drive in New Haven, HazWaste Central is open from 9 a.m. until noon on Saturdays only. Household hazardous waste comes from everyday products used in the home, garage, yard or garden.

A visit to HazWaste Central is quick and easy. Participants never have to leave their cars, and the waste is off-loaded by professionals. Some of the household wastes that can be dropped off include aerosol cleaners and sprays, antifreeze, oil-based paint and pool chemicals. We also list some of the accepted items on your orange trash information card.

Please visit <https://www.rwater.com/in-the-community/hazwaste-central> for a complete list of what is accepted along with the online registration form. You can also call 203-401-2712 or email ask.hazwaste@rwater.com.

Not Accepted at HazWaste Central: Asbestos, Commercial Waste, Electronics, Fire Extinguishers, Gas-Grill Size Propane Tanks, Medicine, Needles, Smoke Detectors.

Recycling of Household Batteries

Lowes will take your rechargeable batteries for recycling. Staples will take your single use and rechargeable batteries. If the batteries are damaged, please put them in the trash. You can visit www.call2recycle.org/ for more information.

Plastic Film Reminder

Please remember to empty your plastic bags of food and liquids before placing in the collection bin. The best way to do this is to turn the bags inside out. It may just be water to you, but mixed with other things it becomes a sticky mess. Also, if you are putting the bags in another bag, please pack them loosely. Tightly packed bags tend to get smelly.

As a reminder, the town's drop off locations are:

[Atwater and Smith Libraries, Northford Store, STW Community Center, The Food Pantry of NB, Country Paint and Hardware, T.J.'s Launderette](#)

Can I recycle it?

Connecticut has a website to help with recycling questions:

www.recyclect.com. They also have an app.

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

TOWN OF NORTH BRANFORD OFFICE OF SOCIAL SERVICE THANKSGIVING BASKET SHARE

The Thanksgiving Basket Share Program will take place on Monday, November 25th, 2024

For those that need some assistance with their Thanksgiving Dinner, you only need to call the Office of Social Service and request to be a recipient in the Thanksgiving Basket Share. The only requirement is that you are in need, and that you reside in Northford or North Branford. Your information is protected, and your name will not be disclosed. You must be able to pick up your basket or arrange for someone to pick it up for you. We are unable to deliver or bring it to your car.

For those wishing to donate a basket or grocery store gift card, call or email the Office of Social Service and express your desire to donate a Thanksgiving Dinner Basket or a grocery store gift card. You may choose the family size you would like to adopt. You may choose to do this alone, or as a group, with neighbors or co-workers.

Although names are not disclosed, a number will be given to both the recipient and the donor. This is used to identify which family is the recipient. All commitments by the donor and recipients will receive written confirmation.

The Thanksgiving Basket Share is scheduled for Monday, November 25th, 2024. Should you have an interest in being a recipient or a donor please contact the Office of Social Service by email, lbreen@northbranfordct.gov or ksperry@northbranfordct.gov or by phone at 203.484.6006 or 475-655-0412 by 10/31/2024 for recipients, there is no end date for donors.

Press Release Town of North Branford Office of Social Services

Important Medicare Changes in 2025

The Town of North Branford Office of Social Services with Leslie Pruitt, Aging Resource Center Coordinator for the Agency on Aging, will present changes to Medicare that will begin in 2025. This is important information for anyone currently on Medicare or expecting to be in the next year. Seating is limited. If you wish to attend, please let us know by email at lbreen@northbranfordct.gov or by calling the Office of Social Services at 203-484-6006. Feel free to bring your questions. The event will take place at the Stanley T Williams Community Center, located at 1332 Middletown Avenue, Northford Ct 06472 on October 22, 2024, at 11 am.

A SWEET TASTE OF ITALY

Repice's Real Italian
Ice - Gelato - Gelati

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STAFF APPRECIATIONS
BACK TO SCHOOL EVENTS
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SCAN ME

FLAVORS FOR ALL AGES!

**Jonathan R. Boughton
2ND ANNUAL SCHOLARSHIP
FUNDRAISER EVENT**

Silver Sponsor: \$250 Includes;
2 Tickets and your name in our Ad Book and Website
Gold Sponsor: \$500 Includes;
4 Tickets, and Ad + Website and Complimentary Table Signage.

\$75 Per Ticket Includes;
Free Pool, Hors D'Oeuvres, and Complimentary Drink Ticket. Cash Bar and Cash Menu



Date: November 14, 2024 / 6:00-9:00pm
Hosted by;
Branford Cue & Brew
131 Commercial Parkway Rd, Branford CT 06405

WWW.JRBSC.ORG/DONATE



WELCOME TO SWARM FITNESS

The Town of North Branford is excited to welcome Swarm Fitness & Athletics to the town. Swarm is a family-owned-and-operated gym and training center located in the Big Y plaza. They offer 24/7 gym access, state-of-the-art equipment, access to certified personal trainers, and weekly small group training classes, which are open to non-members as well.

All memberships come with a free personal training consultation. Discounts are offered for first responders, military, and North Branford student athletes. Whether you're looking to get into shape or train for your favorite sport, Swarm has something to offer everyone. Stop by and they'll be happy to give you a tour or your first workout for free!

PHOTO: Councilor Nick Palladino and Town Manager Michael Downes join owners Colin Tracy, Alexandria Tracy, Justin Paolilo, Julia Puzone and Amy Borkowski at Swarm Fitness to welcome them to town.

On Thursday, Nov 14th, The Jonathan R. Boughton Scholarship Foundation will be holding its second Annual Fundraising Event, at Branford Cue-n-Brew, located at 131 Commercial Parkway, Branford CT. Doors will open at 6pm. Hors D'Oeuvres, D.J. Music, Raffle Prizes, free Billiards (Pool), and one free drink with each admission ticket. Cost of each ticket is \$75. Gold Sponsor is \$500 (Includes dedicated pool table, with signage, and 4 tickets), and Silver sponsor is \$250

The JRBSC provides thousands of dollars in scholarships to High-School Tech Students who show promise in the field of Automotive Technician and related areas of skill.

Last year we were able to raise \$23,000. With your help, we hope to make this years goal of \$25,000 a reality. To donate, just scan the QR code on the flyer, or visit: www.jrbsc.org/donate

For additional information, please contact Ed Boughton @ 203-496-2370 Or email Ed@ejboughtonco.com

North Branford Rotary
Please join us for a
Happy Hour Social

Thursday, October 17, 2024
Stewards of the Land Brewery
418 Forest Road, Northford
5:30 PM

RSVP to Vinny Candelora or Jamie Abelson
203-530-7616

Bring your business card to be entered for the door prize drawing !

North Branford Rotary
Fall Fling and Auction

Presents

Death of A Gangster



Friday November 15, 2024

At 6:00pm

Woodwinds

29 School Ground Road

Branford, CT

A 1920's Mafia Marriage Live Murder Mystery

Early Bird Pricing \$60.00 per person until November 1st.

\$65.00 per person after November 1st.

Includes open bar 6:00pm-8:00pm,

Dinner and a live Murder mystery.

For tickets and details contact Melinda Fonda

203-988-0883

Follow the link or scan the QR Code

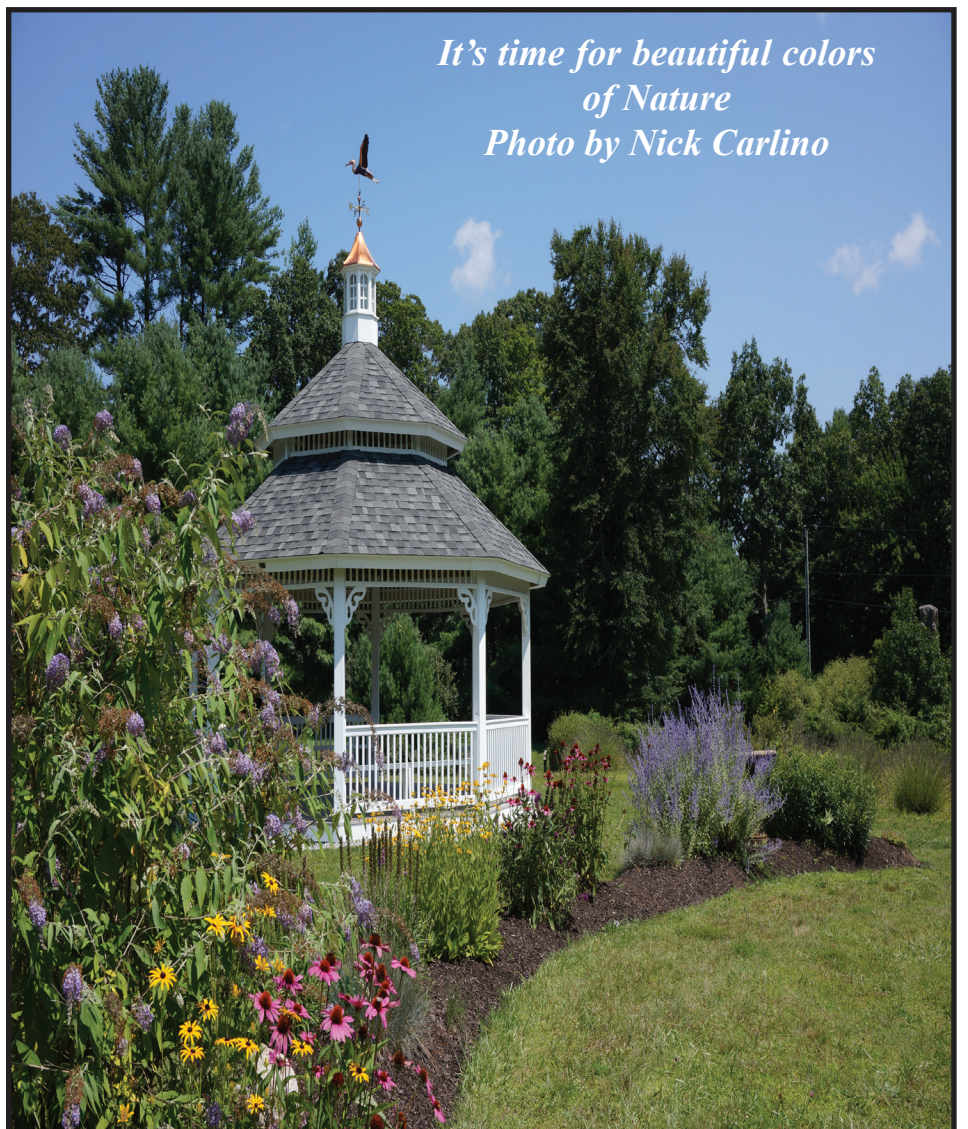


https://www.eventscenter.com/event/101680

Dress like the cat's meow for this mafia wedding! Flapper dresses, zoot suits, feather boas and headbands, pinstriped suits and fedoras are all appropriate.

Traditional wedding attire is nifty too, but not required!

It's time for beautiful colors of Nature
Photo by Nick Carlino





Month of the Rosary

October is designated by the Catholic Church as the “Month of the Rosary” because in this month the Church celebrates the Marian advocacy of “Our Lady of the Rosary” on Oct. 7.

The feast of Our Lady of the Rosary, also celebrated as Our Lady of Victory or Victories, was established by Pope St. Pius V in 1571 to celebrate the miraculous victory of the Christian forces in the Battle of Lepanto on Oct. 7 of that year. Previous to the decisive battle, St. Pius V had requested all Western Christians to pray the rosary; thus he attributed the victory to the power of the Marian prayer rather than the power of ships and cannons.

Two years before establishing the feast, in 1569, Pope St. Pius V officially approved the rosary in its present form with the papal bull *Consueverunt Romani Pontifices* («The Roman Pontiffs are accustomed,» the first words of the document). In a development from earlier methods of praying the rosary, the new version included the second half of the Hail Mary, as well as the “Glory Be” prayer at the end of each mystery.

In *Consueverunt Romani Pontifices*, St. Pius V established the two essential elements of the rosary: vocal prayer and mental prayer. This fact has been highlighted by all Marian saints, especially Louis-Marie Grignon de Montfort (1673 – 1716), author of popular Marian books such as “[The Admirable secret of the Rosary](#),” “[True Devotion to the Blessed Virgin](#),” and “Methods for Saying the Rosary.”

The dedication of the month of October to the Holy Rosary became common in the Church thanks to Pope Leo XIII, an enthusiastic promoter of the rosary. In the span of only five years, Pope Leo wrote eleven encyclicals on the rosary.

Mysteries of the Holy Rosary

Joyful Mysteries

- The Annunciation
- The Visitation
- The Nativity
- The Presentation
- The Finding in the Temple

Luminous Mysteries

- The Baptism of our Lord
- The Wedding at Cana
- The Proclamation of the Kingdom
- The Transfiguration
- The Institution of the Eucharist

Sorrowful Mysteries

- The Agony In the Garden
- The Scourging at the Pillar
- The Crowning with Thorns
- The Carrying of the Cross
- The Crucifixion

Glorious Mysteries

- The Resurrection
- The Ascension
- The Descent of the Holy Spirit
- The Assumption
- The Coronation

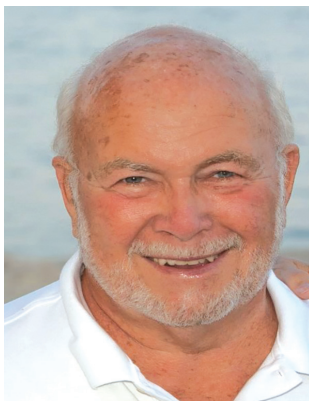
Death Notice



Audrey M. Belcher Beck, 87, of Northford passed away unexpectedly on Monday, September 30th, 2024, at her home. She was the beloved wife of 69 years to Calvin S. Beck. Audrey was born in Waterbury on March 6th, 1937 and grew up in New London and Hamden, and was the daughter of the late Donald G. and Gladys M. Hurd Belcher. She worked for the SNET Company for many years until her retirement. Audrey was a former Girl Scout Leader, volunteered with the V.F.W. Women’s Auxiliary, member of the Telephone Pioneers of America, enjoyed doing ceramics, and

loved her pets. She was a former member of the Vestry for St. Andrews Episcopal Church, Northford, and most recently a member of Grace & St. Peter’s Episcopal Church, Hamden. Audrey made time for everyone. She cared deeply for her family, friends, and neighbors. She had a compassionate spirit. Audrey provided support and love for everyone and always gave the best hugs. She did this not out of obligation but because of who she was. She loved boasting about all five of her grandchildren. Despite her struggle with kidney and heart disease she was strong and determined. She found resilience and perseverance through her great sense of humor. She stayed connected to friends and family through Facebook and Instagram and enjoyed spreading joy and sending memes and recipes. Mother of Calvin D. Beck, Todd E. Beck, and Allison Rogge (Scott). Proud grandmother of Patricia Gordon (Al), Thomas Beck, Rachel Caswell (John), Jack Rogge, and Ryan Rogge. Sister of Barbara Bellefleur and the late Donald, Nathan, and David Belcher. Also survived by many nieces and nephews.

In lieu of flowers, memorial contributions may be made to the National Kidney Fund give.kidneyfund.org or to Disabled American Veterans dav.org/donate/www.northhavenfuneral.com



Stephen L. Duhamel of The Villages, FL, formerly of Branford, died Saturday October 5, 2024 at his son’s home in Northford. He was the beloved husband of 60 years to Suzanne “Suki” Pombo Duhamel.

Steve was born on September 17, 1940 in Staten Island, NY, son of the late Stephen L. and Dorothy Peterson Duhamel. He was a first-generation entrepreneur, as the owner operator of East Haven Hay & Grain, which evolved into East Haven Landscape Products. He also was the founder, along with his children, of The Trailer Depot in Northford. Steve was a graduate of SUNY Farmingdale and Cornell

University. He was a member of the Connecticut Nurseryman’s Association, Connecticut Groundskeepers Association, American Association of Nurserymen and he was a 25-year member of the Branford Planning and Zoning Commission. He was instrumental in the development of the Branford Trolley Trail.

In addition to Suki, Steve is survived by his children, Michael (Susan Doody) Duhamel of Northford and Kelli (Sean) Brosnan of Branford, his grandchildren, Cody (Ashley) and Shane Duhamel and Mac, Timmy and Dillon Brosnan, the joy of his life, his great-granddaughter Aida Mae Duhamel and his sister Dottie O’Neill of New City, NY. He is also survived by his sisters-in-law Mariana Daniels, Joanne Duhamel and Jeanie Pombo as well as many nieces and nephews. He was predeceased by his daughter Danielle Duhamel, his brother Paul Duhamel and his brothers-in-law, Richie O’Neill and Tony Pombo.

Visitation will be Friday evening from 4:00 – 7:00 PM at the W. S. Clancy Memorial Funeral Home, 244 North Main Street, Branford. A Mass of Christian Burial will be celebrated on Saturday October 12th at 10:00 in St. John Bosco Parish at St. Mary Church. Burial will follow in St. Agnes Cemetery.

In lieu of flowers, Steve’s family requests that donations in his memory be made to either Tunnel to Towers (www.t2t.org) or Samaritans Purse (www.samaritans-purse.org).

October 4th Feast of Saint Francis



Lord, make me an instrument of your peace: where there is hatred, let me sow love; where there is injury, pardon; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy. O divine Master, grant that I may not so much seek to be consoled as to console, to be understood as to understand,

to be loved as to love. For it is in giving that we receive, it is in pardoning that we are pardoned, and it is in dying that we are born to eternal life.

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

Community Baptist Church. 53 Hopson Avenue, Branford, CT. Pastor Jon Bickel. Sunday Bible Classes 9:30 a.m. and Worship Service 10:30 a.m. Nursery is provided. Adult bible study and prayer meeting, and children's clubs on Thursdays at 6:30 p.m. For more info.: 203-488-8581; info@cbcbranford.org; www.cbcbranford.org

Hope Christian Church (we are an Assemblies of God affiliated church) 211 Montowese Ave., North Haven CT www.hopeag.com. Sunday Service 10:00 AM, Wednesday Bible Study 7:00 PM. Follow us on Facebook. "realpeople realhope reallife" (203) 234-7328

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, the white church on the hill in the heart of Northford, has been an integral part of Northford since 1763! Worship services are held Sundays at 10 a.m., except during the Summer are held at 9 a.m. (from June through Labor Day). Refreshments and fellowship always follows. Please join us - we'd love to get to know you! All are always welcome!! St. Andrew's supports many community programs. The Food Pantry of North Branford is located in the lower level of St. Andrew's Parish Hall. St. Andrew's annually contributes to the North Branford Scholarship Program; North Branford Social Services Thanksgiving Basket Share and the Christmas gift and food basket share programs; Back-to-School backpacks; clothing donations (donation shed located at the back of the church parking lot); and more. A number of fundraising events are held throughout the year to help us help our neighbors, such as a Rhubarb Fest, Ice Cream Socials, and Harvest Supper. Also, the Parish Hall is available for rent for birthday parties, showers, receptions, etc. The Rev. Bryan Spinks is St. Andrew's priest; Nan Monde is Sr. Warden. For more information please contact Nan at 203-710-7005."

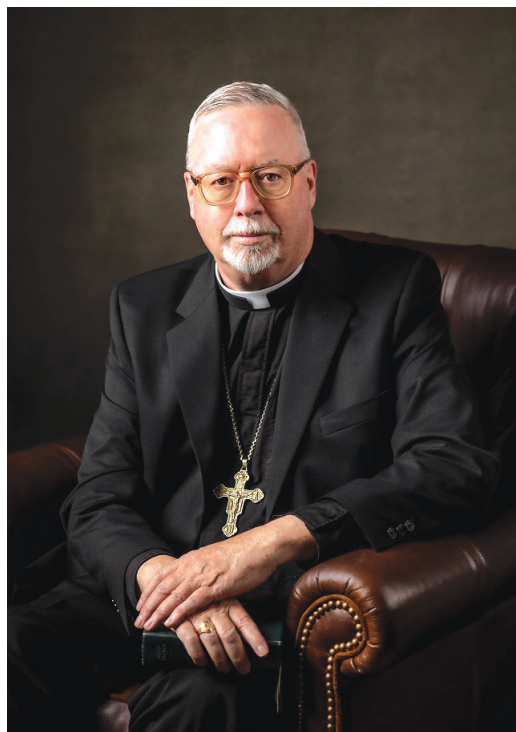
Please join us for worship at **St. John's Episcopal Church** at 129 Ledge Hill Road in Guilford, CT 06437. Our services are at 10 am each Sunday with Youth Spiritual Foundation for ages 5 and up every first and third Sunday. Coffee hour after our service in our parish hall. See our Facebook page St. John's Episcopal Church, Guilford CT. 203-457-1094. check our website at www.saintjohnsguilford.org

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.

Zion Episcopal Church, 326 Notch Hill Road, North Branford. While we are in transition, we continue to hold services of Morning Prayer following Rite 2 in the Book of Common Prayer, and do have services of Holy Eucharist when we are fortunate to get a supply priest. 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

All Souls Mass-All Saints Cemetery Mausoleum



North Haven-Saturday, November 2nd, 2024 at 10:00 am. Please join Archbishop Coyne as he celebrates Mass for **The Commemoration of All the Faithful Departed.** Mass will be offered for all our dearly departed loved ones. Program books will be provided. Handicapped parking is available around the entrance of the Mausoleum. All are welcome to attend. If you have any questions, please contact Barbara at (203) 780-8418 or email her at bgode@ccacem.org. We hope to see you there. No registration is required to attend.

60th Annual Harvest Fair

The 60th Annual Harvest Fair of North Haven Congregational Church, 28 Church Street, will be held on Saturday, November 2, 2024, from 9 a.m. to 2 p.m. Take a walk down the "Cookie Walk" and fill a container. Browse the Handcrafted items. We have fabric, yarn, craft materials (needle point), sewing supplies, and more! Stop by Grandma's Kitchen and Bakery and take home some delicious treats. Shop at the JewelryTable for some great buys. Also, Face Painting for the children! Looking for bargains? Visit the Nearly New Room for lots of great items. Don't forget the Christmas Room; you just may find what you're looking for. More treasures can be found in Grandma's Attic, including antique items at great prices. Great raffle baskets, including a 50/50 raffle! Plenty of free parking and handicapped accessible (elevator). Additional information, please call the church office 203-239-5691.

December Holiday Basket Share

Office of Social Service - Town of North Branford

Over the years many community members, religious and civic organizations as well as businesses, large and small have been integral members of the community through their time, donations, and generosity. Some participate just one year or through one program. Others participate each year. Every effort is appreciated. If you are interested in assisting an individual, family, or a child in the North Branford/Northford Community, we encourage you to do so through a variety of programs. The extent of your participation is entirely yours; no involvement is too small.

The December Holiday Basket Share Program will take place on Thursday, December 19, 2024. For those that need some assistance with their Holiday dinner and/or gifts for children, you only need to email at ksperry@northbranfordct.gov or lbreen@northbranfordct.gov or call the Office of Social Service at 203-484-6006 or 475-655-0412 and request to be a recipient in the December Holiday Basket Share. The only requirement is that you are in need and that you reside in either Northford or North Branford. Your information is protected, and your name will not be disclosed. You must be able to pick-up your basket or arrange for someone to pick it up for you. We are unable to deliver.

For those wishing to donate a basket, you only need to call the Office of Social Service and express your desire to donate a Holiday Dinner Basket with or without toys. You may choose the family size you would like to adopt. You may choose to do this alone, or as a group, with neighbors or co-workers. For those donors that wish to include children's gifts, this Office will provide you with the children's wish list.

Although names are not disclosed, a number will be given to both the recipient and the donor. This is used to identify which family is the recipient. All commitments by the donor and the recipients will receive written confirmation. The Program Schedule is as follows:

Donor Drop Off: Thursday, December 19, 2024(9:30 AM – 11:00 AM)

Recipient Pick-up: Thursday, December 19, 2024 (11:30 AM– 1:00 PM)

Last Day to be part of the Program as a recipient: Friday, November 8, 2024



WHERE GOD'S WORD LIVES

PLEASE JOIN US FOR SUNDAY SERVICE AT 10AM

4 Old Post Road Northford, CT 06472

Visit our Website: northfordcongregational.church

Follow us on YouTube, TikTok, Instagram, and Twitter: [NCCCHSMove](https://www.facebook.com/NCCCHSMove)

Find us on Facebook: Northford Community Church or Northford Congregational Church



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Mary's Culinary Classes

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

Grades 3-5 at STW Community Center **On Early Dismissal Days**
1:00 - 3:00pm Cost \$40 res/ \$45 non-res per class

WEDNESDAY OCTOBER 16, 2024

SEVERED FOOT MEATLOAF AND
ZOMBIE BRAIN BROWNIE BITES



TRUNK or treat

Saturday October 19th
2:00 - 3:30pm Rain or Shine
STW Community Center Parking Lot

— SENIOR CENTER —



PUMPKINTOWN USA

OCTOBER 23, 2024 - \$20RES/\$25NR

Enjoy an Autumn visit to Pumpkintown USA in East Hampton where we will take a ride through Pumpkintown Forest while enjoying some delicious apple cider donuts, stroll the Village, and visit the Harvest Store and garden center! Register by 10/16

SOUND HEALING

Wednesday October 30, 2024

6:00-7:00pm - Ages 16+

STW Yoga Room - \$30

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

*Blankets & mats are available, however you may choose to bring your own pillows. *Registration Required by 10/25*

PURPOSEFUL PARENTING

Family to Family Networking Group

If you are a parent, caregiver, guardian, etc. please join us for this family to family networking opportunity.

- Connect and engage
- Share experiences and resources
- Provide support and encouragement
- Develop meaningful relationships

Purposeful Parenting will meet at the STW Community Center on the first Tuesday of every month from 11:30-1:00pm as well as the third Thursday of every month from 5:30 - 7:00pm.

Finding **STRENGTH** in your community!

For more information or questions please reach out to Kerry Haynes - khaynes@northbranfordct.gov

HALLOWEEN PARTY

October 31st 1:00-2:00pm - FREE

Join us on October 31st after lunch for a Halloween party! We will be playing a Halloween edition of the Left, Center, Right game, playing some fun Halloween games and enjoy some special treats!

Please register by October 25th
Costumes are encouraged!

AQUA TURF

Tuesday November 12, 2024

10:15am—4:00pm \$57res / \$62 non-res

Armed Forces Tribute & Downtown 6 Band

The Hartford Brass Ensemble pays tribute to the Armed Forces in honor of Veterans Day, and Downtown 6 brings their high energy as they cover some of your favorite bands!

Menu: Roast Beef/Pan Seared Salmon
Register by 9/2

PUMPKIN PATCH PARTY

A sensory friendly event for individuals in our special needs community.

Saturday October 26th
10:30am - 12:00pm

STW Community Center
1332 Middletown Ave. Northford

Ages 12 and under
FREE event

Come pick a pumpkin from our accessible "pumpkin patch" and decorate it with friends!

Due to allergies/special dietary needs please bring your own treat or goodie bag
Kindly register at nbrecreation.com by 10/18

At the Goodspeed Opera House
Enjoy lunch at the Gelston House before the show!

December 4, 2024
\$110res/\$120nr
Departs 10:00am Returns: 5:00pm

The only thing little Ralphie wants for Christmas is a BB gun. But to get it, he must navigate all the obstacles of the yuletide season. Will a neighborhood bully, a strict school teacher, a distracted dad and a department store Santa thwart his quest? There's something for everyone in this hilarious love letter to Christmas past. A package of naughty and nice nostalgia to warm your winter!

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.

*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 November 6th to reserve your ticket to lunch and this fantastic show!

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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Northford-North Branford Women's Club

Welcomes Speaker from Ronald McDonald House

The Northford-North Branford Women's Club, GFWC cordially invites you, your family and friends to attend a presentation by Emily Brady, Chief Development Officer of the local chapters of the Ronald McDonald Houses in New Haven and Western Massachusetts. The presentation is Tuesday, October 15th at 7:00pm at the Stanley T. Williams Community Center, 1332 Middletown Avenue, Northford. Emily will share with us all of the wonderful services offered to families who are going through difficult times with their children's medical conditions.

The Ronald Mc Donald Houses serve as safe havens for families with children in need of medical care and keeping families together as they seek essential healthcare services and life-changing medical treatment.

The Northford-North Branford Women's Club also collects flip tops from cans and delivers them to the Ronald McDonald House in New Haven and in turn they are sent to an alchemist who melts the aluminum. The proceeds from that process go directly back to benefit the charity.

Please join us on October 15th at our General Assembly Meeting and learn more about this wonderful charity and please don't forget to bring some flip tops with you!!!

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



October 11, 2024 @ 6:00 p.m.
Stanley T. Williams Educational Department 1332 Middletown Avenue,
Tickets are \$12. Doors open at 5:15pm. There will be raffle baskets,
food and coffee/tea. Bring your friends and play a few hands! For
advanced tickets and to save your spot, reach out to Elisa Orio @
elissa.08@comcast.net. Or Venmo@NorthfordWomens-Club. Tickets
also available at the door.

CELEBRATE Life!
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North Branford, CT 06471
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"Keenan Funeral Home was truly amazing and very attentive to all of our needs. Thank you Keenan, for being there in our most painful time."

"I truly cannot say enough how grateful my family and I are to Keenan for their exceptional service. From the moment we met to make arrangements to the actual service, they were great. There was no financial pressures, our limits were respected, and everything was said outright."

"Beautiful and peaceful space, staff was very kind and sympathetic... Their kindness will not be forgotten."

Totoket Historical Society
presents...

The Grace Marx Colonial Dinner

*Historic Reynolds-Beers House
1740 Foxon Road
North Branford*

SUNDAY, OCTOBER 13, 2024
\$30 PER PERSON
1 PM-IN HOUSE SEATING
3:30-5:45 PM TAKE OUT/ PICKUP

RESERVATIONS: BARBARA (203) 640-3656

Dinner Includes: Roasted Cornish Hen with Cider Sauce, Parsley Potatoes, Cucumber Salad, Succotash, Apple-Squash Bake, Pear and Cranberry Breads, Pumpkin Cake
In house: cider, coffee, tea and condiments

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Humans are just one of the 8.7 million species on the earth!