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Volume 31 No 10, February 7, 2025



Ethan Helff Becomes Eagle Scout

On Saturday January 25, 2025 Ethan Helff of Troop 463 became the newest Eagle Scout in North Branford. Ethan is centered in front of Troop 463.

photo supplied by Troop 463

Town Council to Hold Public Hearing On Disposition of Selected Properties

The Town's Blueprint Committee has recommended to the Town Council that five specified properties currently owned by the Town should be sold. Those properties are located at:

- *1599 Foxon Rd.
- *53 Nida Drive
- * 293 Sea Hill Rd.
- *127 Old Post Rd.
- * 672 Totoket Rd.

In accordance with requirements, the Town Council will hold a public hearing on the potential sale of these properties on February 18, 2025, at 7:00 p.m. in the Council Chambers in Town Hall, 909 Foxon Rd.

All interested parties are invited to attend.

Sen. Cicarella votes "yes" on pension reform spurred by Trooper Pelletier Tragic death

HARTFORD – Senior Deputy Republican Leader Paul Cicarella (R-North Haven) today voted in favor of a legislative change that will grant death benefits to the families of state employees killed in the line of duty, regardless of age or years of service.

The legislation is in response to the death of Trooper Aaron Pelletier, who was struck and killed by a pickup truck driven by an unlicensed driver last year while conducting a traffic stop on Interstate 84 East in Southington.

The increased family death benefit would also apply to Connecticut Department of Transportation worker Andrew DiDomenico, who was struck and killed by an impaired driver while on duty in Wallingford last year.

"This legislation is our way of showing law enforcement, other state workers directly in harm's way, and their families that their dedication is deeply valued. I was proud to support this bipartisan amendment to our state law.

"This change will ensure that Trooper Pelletier's family receives the fullest extent of benefits they are entitled to. My hope would be that we never have to utilize this law, and our state law enforcement and employees safely return home to their families each day. Nonetheless, we must ensure that families of troopers and state workers who lose their lives in the line of duty are fully supported as they deserve," said Senator Cicarella.

out for the day or are leaving on a longer cruise. You will learn how to deal with them as they occur and especially when the skipper is unable to respond. Upon completion of this seminar, you will have gained an understanding of the most common types of vessel emergencies and how to deal with them, how to handle onboard fires, how to recognize and prepare for medical emergencies and how to communicate with crew, other boats, and first responders.

Class will be held from 9 to 11 a.m. on Sat., Feb. 22, at Indian Neck Yacht Club, 87 Harding Ave., Branford.

All students must sign up by Wed., Feb. 19. People can sign up online and charge it to a credit card. The class costs \$10 per person. To register and pay online, use the Zeffy link that follows. <https://www.zeffy.com/ticketing/emergencies-on-the-water>

There is no processing fee. Or, 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.nhsp.org.

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DIAPER DROP-OFF LOCATIONS

Clinton Police Dept. 170 E Main St, Clinton, CT 06413 (860) 669-0451	Madison Police Dept. 9 Campus Dr, Madison, CT 06443 (203) 245-2721	Guilford Police Dept. 400 Church St, Guilford, CT 06437 (203) 453-8061
Branford Police Dept. 33 Laurel St, Branford, CT 06405 (203) 481-4241	East Haven Police Dept. 471 North High Street, East Haven, CT 06512 (203) 468-3820	CSF Troop F Westbrook 315 Spencer Plains Rd Westbrook, CT 06498 (860) 399-2100
		North Branford Police Dept. 260 Forest Road Northford, CT 06472 (203) 453-8061

Emergencies on Board:

Preparation for Handling Common Problems

New Haven Sail & Power Squadron, part of America's Boating Club, will hold a two-hour seminar for boaters who need information about emergencies on the water.

No one wants to think about it, but emergencies happen on boats. Be prepared for a variety of boating mishaps, medical emergencies, and other crises! Prevention and preparation make all the difference. This seminar will prepare you to handle common emergencies that can happen when you are on your boat and away from the dock, whether you venture

TOTOKET TIMES

Deadline	Publication Date
February 14	February 21
February 28	March 7
March 14	March 21
March 28	April 4
April 11	April 18
April 25	May 2
May 9	May 16

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NOTICE

For issues that are not mailed you can pick up your Totoket Times at any of the following locations. This is a great chance to get out and meet some of your local businesses and neighbors!

North Branford

- Atwater Library
- Patco Station
- Town Hall
- Post Office
- North Branford Barbershop
- Hair Designs

Northford

- Recreation & Senior Center,
- Edward Smith Library,
- Post Office,
- Oasis Northford Country Store
- www.totokettimes.com



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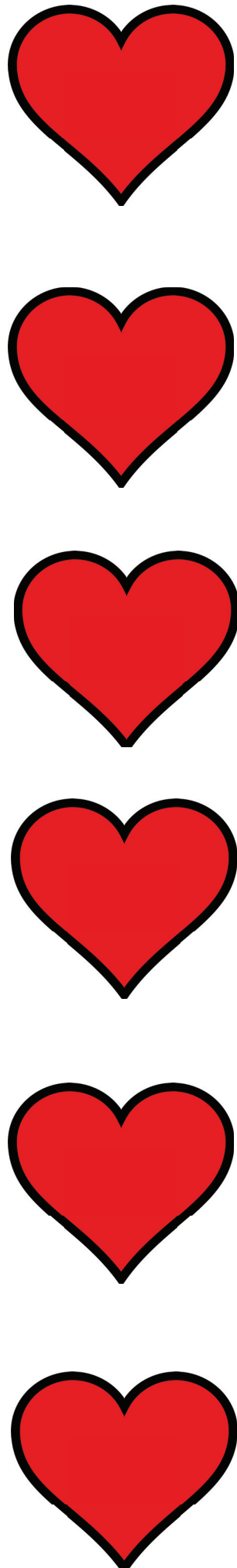
<h4>APPETIZERS</h4> <p>Dressed Oysters (5) 29 jumbo lump crab meat, orange segments, domestic caviar</p> <p>French Onion Soup 18 rich beef broth, asiago crostini, manchego cheese</p> <p>Lobster Salad 28 black basmati rice, avocado, cucumbers, tarragon aioli</p>	<h4>ENTREES</h4> <p>Roasted Black Bass 42 roasted oyster mushrooms, shrimp tortellini, beurre blanc</p> <p>Baked Stuffed Shrimp (5) 44 pappardelle pasta, prosciutto di parma, sun-dried tomato cream sauce</p> <p>Roasted Duck 41 leg confit, squash puree, radish, grapes, orange sauce</p>
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DESSERTS

Chocolate Mousse Cake | 11
coffee gelato

Strawberry Short Cake | 11
fresh strawberries, whipped cream

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Vincent J. Mase, Sr.
 ATTORNEY AT LAW

The Law Office of
Vincent J. Mase Sr. LLC
 ATTORNEY & COUNSELOR AT LAW

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State Representative Vincent Candelora



Back in the summer of 2022, as that campaign season’s political sparring approached its zenith, then Secretary of the State Mark Kohler created a controversial new staff position that characterized the Democrat party’s messaging at that time.

Kohler’s office branded the \$120,000 job as a “cybersecurity analyst”. Colloquially, however, the role was branded “the misinformation czar” among interested

residents who saw the position as a well-timed PR stunt.

In brief, the staffer’s chief responsibility was to monitor social media and flag perceived misinformation before it caught fire among our citizenries.

Now, a little more than two years later, and with the hype of the Russian collusion hoax in our rearview mirror, some Connecticut residents may be wondering what the person in this highly paid position is up to. I’m among them, and I’ve proposed legislation that would require the Secretary of the State’s office to report annually about the activities, cost, and benefits of this position.

I’m skeptical that the state needs this, particularly when there’s so much demand for funding what most would consider core government services.

Without the information, it’s hard to form a concrete opinion.

With that said, I’m predisposed to thinking that agencies with a hand in running or policing our elections should focus on the basics—process and security—rather than analyzing online speech.

Of course, we’ve seen grave problems within our absentee ballot process: Hello, Bridgeport. Early voting, as popular as it was last fall, posed headaches for volunteer poll workers as well as candidates and citizens who had to wait too long for their results. It’s costly, too.

And just last week, a new allegation of brazen voter fraud popped in Torrington. A state employee with the Department of Mental Health and Addiction Services allegedly changed voter registration cards taken during a voter registration event held at the Western Connecticut Mental Health Network. “Republican” or “no” party registrations became “Democrat.”

This year, I’ve signed on to a variety of proposals to address fraud-related issues, such as mandatory jail time for criminal elections violations and mandatory voter ID at the polls.

Make no mistake, we’ve got bad actors who exploit the nuts-and-bolts components of our elections that are often decided by just a handful of votes.

Paying someone to focus largely on memes, trends, and conspiracies?

Again, I need to be convinced.

If you support my proposal on this topic, drop me a line at vincent.candelora@housegop.ct.gov. If there’s an opportunity for you to testify, I’ll let you know.

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




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Let’s Be “Frank”

Well brother, as I mentioned in my last letter, I really hate January. As February rolls in, I’m not that happy with this month as well. Maybe it’s the blood thinner, maybe it’s old age, maybe it’s a combination of a few things, but I cannot stand the cold anymore. I use to love winter. I was known to don a short sleeve golf shirt for most of winter, but not anymore. As I write this letter, I went to church, ran a few errands, and by noon, I had the heat cranked up and was in my pajama pants.

I fear the snow which was another thing I used to love. I’m not afraid of falling. It’s the getting up that scares me. I have heard of too many friends my age, slipping on the ice and suffering multiple maladies from the fall.

I have mixed feelings about the month of February. There’s much more to do as I roll into some of my traditional activities, It keeps me going but I get more stressed out about it.

First thing is that SueAnn has to make about 300 meatballs for the ziti dinner at Saint Anthony’s. I make the sauce for the meatballs as I am not allowed to roll them with these large paws. This is our yearly Valentine Ziti Dinner which our sister Mary coined years ago as the “Ziti with your Sweetie”.

Next comes the Valentine Porchetta Dinner for the Sons & Daughters of Italy. It’s an enjoyable night and the people have a ball. We even have a guitar playerr and singer to entertain us. Porchetta, stuffed shells, vegetables, salad and bread. (By the way if anyone reading this letter is interested in coming to this event, give me a call. You don’t have to be Italian to eat like one).

We usually spend a week in Florida visiting Frankie and Ana. It’s always a fun time and a break from the cold. This year we have to skip the usual trip as SueAnn will get her other hip replacement. Those two always come up for Easter so we we’ll see them then and talk about our next trip.

We are planning on visiting Mike the Cobbler in early March. He moved down to South Carolina and since then my orthotics have never been right. That should be a good couple of days with a nice ride and a few days to relax with friends.

Then the high school baseball season starts and I’ll be busy for a few months. Hopefully, it will bring me out of my winter funk. This season the kids are already working hard and they have high expectations. I am so lucky to have the kids still allow me to be one of their coaches.


Well, that’s about it. I’m losing a little more weight, not as quickly as I’d like but it’s better than gaining. Also, I have the greatest endocrinologist in history and my sugar numbers are getting pretty good. As I’ve said many times, “When I die, I want to be healthy.” Also the loss of weight will make it easier for the kids to find suitable pall bearers.

So that’s it for now. ay hello to the group and wish Uncle Albert a happy birthday on Valentine’s Day.

Take care and I’ll see you soon.

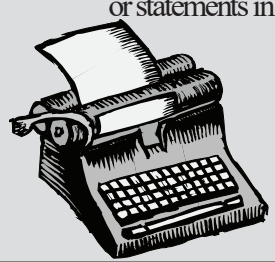


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Letters to the editor...
This paper encourages all readers to voice their opinions and comments.
The Totoket Times is not responsible for erroneous information or statements in letters to the editor. Letters should be as brief as possible.
All letters must be signed. A telephone number should be included and no personal attacks.
This paper reserves the right to edit all letters.
All letters should be addressed to :
The Editor
P.O. Box 313, Northford, CT 06472



For the Health of it...

From Chore to Choice: The Secret to Heart-Healthy Living



Last week I was shopping for a greeting card and found one after another offering a negative yet humorous slant on healthy living. Cards like “Exercise? I thought you said extra fries!” or “I’m on a seafood diet—I see food and I eat it” are funny because when it comes to maintaining a healthy lifestyle, thoughts of deprivation, exhausting, or boring exercise routines, and endless tracking and journaling often come to mind. The mere thought of all those changes can feel like an overwhelming chore, so we joke about it and don’t ever consider that healthy habits could be enjoyable. We might even take comfort in reading them because they affirm the opposite must be the exception to the rule. Even the word “chore” sounds less than appealing. Think back to when you were a kid and were told to “do your chores” before you could engage in a fun activity. Perhaps the dreaded chore wasn’t something to look forward to but the reward afterwards was, so we focused on the benefit of accomplishing that task. Since chores are not something we typically look forward to, approaching something as though it’s a chore, without the reward, creates resistance rather than motivation.

February is Heart Health Awareness month and serves as a good reminder to give yourself some love! There are so many ways we can honor ourselves and initiate healthy change. To start, practice turning “have-to’s” into “get to’s”. Rather than approaching heart health as a list of things you can’t eat or do, reframe it as an opportunity to add nourishing and enjoyable elements to your life. By focusing on what you *gain* rather than what you’re giving up, heart-healthy choices become exciting rather than restrictive. I know, I’m talking about exercise and healthier eating as habits that can be “enjoyable” but please hear me out. This may not be funny greeting card material but there truly are some key ways to make heart health feel like a natural, rewarding part of your daily life.

Sometimes a health scare will initially get someone moving in the right direction, but sadly, even that is seldom enough. What truly keeps things moving forward is a shift in mindset. In both my personal and professional experience I find that *mindset shifts*, when coupled with a strong “why” become the key recipe ingredients for sustainable lifestyle change. The secret sauce however is the mindset piece. That is the true key to long-term success, and although it’s one that seldom makes the “Top 5” of the Heart-Healthy Lifestyle hit parade, *Mindset Matters*. It doesn’t happen overnight but chipping away a bit at a time can bring about remarkable results.

Healthy habits stick when they’re aligned with activities you genuinely enjoy. Rather than forcing yourself into a workout or meal plan that feels like punishment, find routines that bring you happiness. Love podcasts? Listen to one during your evening walk. Enjoy creative cooking? Experiment with heart-healthy recipes that feel indulgent and satisfying. Find an option that suits you and create your own pairing..

The heart is amazing and works hard for us each and every day. It is continuously pumping oxygen and nutrient rich blood through the body and beating an average of 100,000 times daily. There is so much we can do in return to treat it well. Implementing small changes can lower the risk of heart disease and improve overall health and well-being. Heart health isn’t just about avoiding disease, it’s about thriving and allowing yourself the opportunity to enjoy your best health. Whether your goal is to keep up with your kids, travel the world, or simply feel energized every day, connecting your choices to your “why” makes them more meaningful.

- Write down three reasons you want to be/stay heart-healthy. Post them somewhere visible to keep you inspired.
- Reflect regularly on how your efforts are improving your energy, mood, and quality of life.
- Reframe mistakes as learning opportunities to adjust and move forward.
- Reward yourself for consistency with non-food-related treats, like a new book, your favorite movie, or a relaxing massage.
- Renew your commitment to yourself daily.

Choosing to make heart health a lifestyle rather than a chore starts with mindset. When you embrace small changes and connect them to your deeper purpose, heart-healthy habits can become some of the most rewarding parts of your life. And when you show your heart some love, there’s a really good chance it will love you back!

Estate Planning for Everyone: Minimizing Probate with a Living Trust

By Attorney Marc Guertin

I meet with a lot of people who tell me they “want to avoid probate.” For many reasons, ranging from time and expense to privacy and control, it may be a good thing to minimize interactions with the Probate Court. If you die in Connecticut and you own stuff and you have a Will (or even if you don’t) your estate will need to be probated.

Probate is the legal process of moving assets from your estate and distributing them to your heirs/ beneficiaries. It involves several steps and can be time consuming and costly. Living Trusts are often used utilized to minimize probate.

Imagine a Living Trust as a box that holds your assets. Because it is revocable, you can put assets into the box, and you can take assets out. You can manage the assets in the box or appoint someone else to do that. You have total control- just as you would if you owned the assets outright (outside of the trust). Because the Living Trust owns your assets they will not have to be probated when you die- because you don’t own them- the Trust does.

Living Trusts are a great method of minimizing the costs, time and lack of privacy associated with probating an estate. By using a Living Trust, you can put your assets into your beneficiary’s hands in days instead of months, minimize the cost of transferring the assets, and do so privately.

If you would like to learn more about how Living Trusts minimize the probate process, I offer free initial consultation. Virtual, phone and in person consultations are available. Call me at 203-500-0201 to schedule an appointment.

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.

‘Fireworks! Capturing and Creating Works of Art’

North Haven Camera Club is proud to present a two part presentation by accomplished award winning photographer Phil Atiyah. The first half of Phil’s presentation will focus on how to take a great fireworks photo and the second half of his pr Members, You’re invited to an inhouse presentation at our meeting place at the Hope Church on 211 Montowese Ave., North Haven on Tuesday, Feb. 11th at 7pm.



Presented by Phil Atiyah
Phil Atiyah

It’s hard to find someone who doesn’t like a good fireworks show. The colors, shapes and bursts of streaking light are beautiful... and fleeting. Now you see them, now you don’t. But as photographers, not only are we able to capture them, but we’re able to view them as they’ve never been seen. With

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an open shutter collecting multiple bursts, the image on your screen is unlike anything the casual observer saw.

This program is divided into two parts; Learning how to capture sharp, properly exposed images. And then, a variety of creative techniques and effects to generate beautiful works of art.

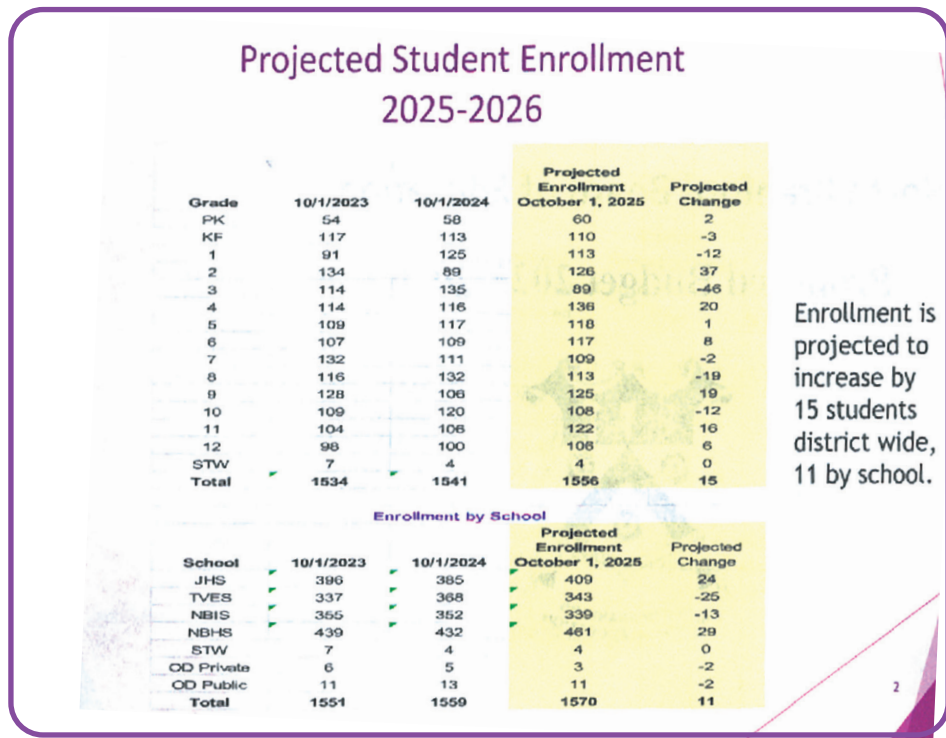
For more heart healthy suggestions, reach out at joann@wellnessfusion.net. Remember, this monthly article is here for you, *For the Health of It!* JoAnn Begley is a Holistic Wellness Practitioner, and Certified Health, Nutrition & Lifestyle Coach, with 25 years experience in holistic wellness services.

BOE Working on 2025-2026 Budget

The Totoket Times reached out to Martha Vaughn, Director of Personnel and Business for the North Branford Board of Education. This is a summary of the information she sent.

Through careful fiscal management, each year the BOE has been able to roll remaining budget funds into the non-lapsing account at the end of each fiscal year. State statute provides this opportunity for public schools to use for unexpected expenditures or other educational expenditures. Unfortunately, because the Board of Education has received minimal budget increases over the past five years, all less than status quo, the BOE has had to use the non-lapsing account to pay for regular educational expenditures from the non-lapsing account, Fund 25. As of June 30, 2024 the remaining balance in the non-lapsing account is \$5. For the 2025-2026 budget year, Fund 25 is no longer a viable option to support the educational expenses of the district.

Salaries, benefits, transportation and the cost of maintaining the buildings are the largest areas of increase in the 2025-2026 proposed budget. Salaries and benefits make up 75% of the BOE proposed budget and the remaining 25% of the budget is allocated to educational materials and the repair and maintenance of all facilities.



THEY MAKE US PROUD

Fatima Cotas was named to the Dean's List at the University of Bridgeport.

Robert Mullins was named to the Dean's List at Assumption University in Worcester, MA.

Benjamin Stegna was named to the Dean's List at Springfield College in Springfield, MA.

Jaiden Sorrell took was a participant in the "White Coat Ceremony" persuing a career in Nursing from Eastern Conencticut State University in Willimantic, CT

Peyton Moriarty and Makenna Stone were named to the Dean's List at Worcester Polytechnic Institute in Worcester, MA.

Kiley Mullins was named to the Dean's List at the University of Scranton in Scranton, PA.

Tea Ferrucci, Georgia Fowler, Griffin Geist, Carolyn Heffernan, Jalen Rossicone and Stephanie Sudusky were named to the Dean's List at the University of Rhode Island in Kingston.

Maiah Raymond was named to the Dean's List at Stonehill College in Easton, MA.

Christina Riggione was named to the Dean's List at Hofstra University in Hempstead, NY.

John Pollack was named to the Dean's List at Nichols College in Dudley, MA.

North Branford High School Class of 1975 50th Class Reunion

Save the date: August 22, 2025, 6 to 10pm


Amarante's, New Haven, CT

For more information and updates: Facebook group NBHS Class of 1975

Please send your contact information (name, address and email address)

to OnfordHSClassof1975@gmail.com.

Please share this information with other classmates.



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Lessons will be offered in North Branford, CT.

My name is Angelina Ramada and I am a former D3 college softball player, and now coach looking to spread knowledge and skills about softball!

Contact me if you are looking for extra help in hitting, fielding, and more.

Any ages between 8-18 years old are welcome!

For more info as to when and where contact me through email: ramadaangelina@gmail.com



History of BOE General Fund Budget Request vs. Approved Budget

Fiscal Year	BOE Proposed Budget	Town Approved Budget	Difference Between Proposed & Approved	Approved Budget Increase over Previous Year	% Increase
2025-2026	\$ 36,620,128.00				
2024-2025	\$ 35,979,737.37	\$ 33,901,724.00	\$ (2,078,013.37)	\$ 501,010.00	1.50%
2023-2024	\$ 35,653,355.04	\$ 33,400,714.00	\$ (2,252,641.04)	\$ 665,000.00	2.03%
2022-2023	\$ 33,937,673.89	\$ 32,735,714.00	\$ (1,201,959.89)	\$ 300,000.00	0.92%
2021-2022	\$ 33,130,121.28	\$ 32,435,714.00	\$ (694,407.28)	\$	0.00%
2020-2021	\$ 33,144,863.00	\$ 32,435,714.00	\$ (709,149.00)	\$ 250,000.00	0.78%
2019-2020		\$ 32,185,714.00			

Over the past five years we have been fortunate to have had Grant funds and Fund 25 as additional sources of funding to the General Fund. The ARP ESSR III funds (\$618,543) was expended when it ended on 9/30/2024.

The current year, 2024-2025, the BOE relies almost entirely on the General Fund.

Women's Club, GFWC Is Accepting Scholarship Applications

The Connecticut Federation of Women's Clubs has announced two scholarships that are available to Connecticut women pursuing advanced courses of study at Institutions of higher learning. Awards are granted on the basis of future promise, scholastic ability and financial need.

The Dorothy E. Schoelzel Memorial Scholarship has a maximum award of \$2,000. Candidates must have completed three or more years of undergraduate work in an accredited institution with a 3.0 average or higher in the field of Education.

The Phipps scholarship has a maximum award of \$1,000. Candidates must have completed two or more years on undergraduate work in an accredited institution with a 3.0 average or higher toward a bachelor's or post graduate degree.

Completed applications, including general and personal information, a financial statement, instructor/employer references, official transcript of at least the most recent two years of undergraduate or graduate work must be received by February 10, 2025.

The application may be obtained by visiting the Northford-North Branford Women's Club website at www.northfordnbwomensclubgfwc.org.

For further information, contact Rose Lynch at 203-483-8395.

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Recycling News

If you do not have the 2025 Recycling/Trash card, there will be copies at both libraries, public works, STW Community Center and Town Hall. You can also download a copy from the town website or from the North Branford Community Pride Facebook page.

The Electronic Waste Drop-Off will be on April 12th.
We will be taking most electronics, mattresses and propane tanks.
Bulky Waste pick up will be the week of April 14th.



North Branford Police Department has a prescription drop box located in our police department lobby. If you or anyone you know has any unwanted prescriptions or your unwanted pet prescriptions, then you can drop them off into the green drop box.

These medications/ prescriptions can be dropped off 24-7. Please share this information with all your friends and neighbors.



ULTA has partnered with Pact to reduce the amount of hard-to-recycle beauty packaging, like tiny tubes and caps.

Most cosmetic packages end up in landfills, are incinerated or littered.

ULTA has a 'Beauty DropOff' Box that collects these tiny packages that are too small for your normal curbside recycling.

The Pact Collective has more information about what can be dropped off.

www.pactcollective.org/the-packaging-problem

or www.pactcollective.org/ultapact

The North Branford's Solid/Hazardous Waste and Recycling Committee is looking for new members.

We are an advisory committee to the Town Manager. Our goal is to develop and implement environmentally sound solutions and best practices for solid waste disposal and recycling management on behalf of our town. We are always looking for people with fresh ideas to join us. Please call the Town Manager if you are interested.

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

Thank You



KNIGHTS OF COLUMBUS



COUNCIL 6801

COUNCIL 6801

WINTER DANCE

Friday February 14, 2025

7:00 p.m. – 11:00 p.m.

**Saint Monica's Church
1331 Middletown Avenue**

Northford, CT 06472

Raffle Baskets & 50/50 Raffle

Music by DJ – Anthony Esposito

BYOB & Snacks

Setup, & light desserts are provided by the Knights of Columbus

Tickets \$15/per person

For questions or tickets, please call:

Wayne 203-410-3885

or **Damian 203-215-7699**

or email:

knights6801@gmail.com

PROCEEDS WILL GO TO OUR CHURCH AND COMMUNITY

Lenten Walk 2025

North Haven: Join us for the **Lenten Walk** as we gather for the **Stations of the Cross** beginning on **March 25th, Tuesday's at 5:00pm** (also **April 1st, 8th, and 15th**) at the **All Saints Cemetery Mausoleum-700 Middletown Avenue**. The Walk will continue for 4 weeks ending the **Tuesday of Holy week**. Please mark your calendar to **SAVE THE DATES**. There is no registration required. Please wear "weather-appropriate" clothing. This event will take place outdoors. Walking is of **moderate intensity**. We will be walking up and down hills and stopping to stand at each Station to pray. Those interested in taking on a more responsible role, please reach out to Barbara at 203 780-8418 or email her at bgode@ccacem.org. Visit our website often for any scheduling updates at www.ccacem.org

NORTHFORD COMMUNITY CHURCH
Presents
New Creation Coffee House

FEATURING RAY TIERNEY

SATURDAY, FEBRUARY 15TH AT 7PM

"Praise the LORD's greatness with me. Let us highly honor His name together." - Psalm 34:3

NCC
4 OLD POST ROAD, NORTHFORD, CT 06472



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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

****EARLY DISMISSAL DAYS****

1:00 - 3:00pm Cost \$40 res/ \$45 non-res per class

WEDNESDAY FEBRUARY 12, 2025

HEART CALZONES &
STRAWBERRY
TRUFFLE KISS COOKIES



A SENSORY FRIENDLY Valentine Dance Party

In partnership with Beyond the Horizon

Join us for a
Valentine themed
dance party for
individuals in our
special needs community.



Thursday, February 13

5:30 - 6:30 p.m.

Kindly register by 2/10/25



Founded in 1990, the Sibling Support Project is the first national program dedicated to recognizing, promoting and addressing the life-long and ever-changing concerns of millions of siblings of people with developmental,

health, and mental health concerns. We are best known for helping local communities start **Sibshops**—lively peer support groups for school-age brothers and sisters of kids with disabilities and health concerns.

For the adults who run them and for the agencies that sponsor them, Sibshops are evidence of their loving concern for the family member who will have the longest-lasting relationship with a person who has a disability. However, for the kids who attend them, Sibshops are lively, pedal-to-the-metal events where they will:

- Meet other sibs (usually for the first time);
- Have fun;
- Talk about the good and not-so-good parts of having a sib with support needs with others who "get it";
- Play some great games;
- Explore how other siblings handle sticky situations sometimes faced by sibs;
- Laugh;
- Learn about the services their brothers and sister receive; and
- Have some more fun!

North Branford Parks, Recreation & Senior Center is proud to be offering the first in the series of Sibshops for 2025. Please save the date for **Sunday, February 23 from 10:30 am - 12:30 pm** for our first Sibshop in partnership with **Beyond the Horizon** and **Mary Amter of Mary's Culinary Classes, LLC.**

PARK & REC DAY

Join us during **FEBRUARY RECESS** for a day of crafts, games, and fun!

Tuesday February, 18th

STW Community Center - 8:30am - 4:30pm Grades K-6

Includes pizza party lunch - \$35 Registration closes on 2/13

SUMMER CAMP OPEN HOUSE: 10am-12pm

COOKIES WITH A COP

Wednesday, February 19
5:30 - 6:30pm
STW Community Center

Cookies with a Cop is a community program aimed at fostering trust and open communication between residents and local law enforcement. Participants share cookies and hot cocoa while asking questions and connecting in a relaxed setting. This program encourages meaningful conversations and builds stronger relationships. It's a sweet way to strengthen community ties and mutual understanding.
Kindly register by 2/14



— SENIOR CENTER —

LUNCH BUNCH

Wednesday Feb 26th 12:00—2:00pm
John & Maria's Pizzeria Restaurant in East Haven

Lunch Bunch is back! Join us for lunch (pay on your own) at John & Maria's Pizzeria-Restaurant in East Haven! Kindly register by 2/19/25

BOCCIA

Tuesdays at 12:30 - STW Gym/Cafe

Like to play bocce but can't stand the cold? Come learn how to play bocce! Like bocce, boccia is a game of skill, strategy, and accuracy. Played on a smooth indoor court, competitors use throws or rolls to outmaneuver their opponents. Boccia can be played solo, in pairs, or in teams of three.

ADAPTED TANGO THERAPY FOR PARKINSON'S DISEASE

When: February 10th, 2025 - April 2025, 12 weekly sessions, 1.5 hours each Mondays at 7:00pm

Where: Stanley T. Williams Community Center 1332 Middletown Ave, Northford, CT 06472

Want to Sign up? Scan this QR code!

For more information or would like to receive the Sign Up link, please contact: yaletangoford@gmail.com

Supported by a grant from the American Parkinson Disease Association Connecticut Chapter.

- All stages of Parkinson's disease welcome!
- No tango experience needed!
- Bring your own partner or be paired up with one of our lovely volunteers!
- Tango in Parkinson's has the potential to improve balance, walking, and overall mobility!

AMERICAN PARKINSON DISEASE ASSOCIATION CONNECTICUT CHAPTER
Strength in optimism. Hope in progress.

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

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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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Pierpont Concert Series Saturday February 22, 2025

The North Haven Congregational Church, 28 Church Street, North Haven, CT will feature the award-winning North Haven High School Choral and Jazz Ensembles at a concert to be held on Saturday, February 22, 2025 at 7:00 p.m. Doors open at 6:30 p.m. Tickets will be available for purchase in advance and at the door. Pricing: \$15, students with ID \$10, children under 12 free. No reserved seating. Handicapped Accessible and ample parking is available. There will be a Meet and Greet Reception following the concert. Call the Church office at (203) 239-5691 for more information or visit the church website at: northhavenucc.org.

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FDR's portrait was on the dime because of his association with the March or Dimes.

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