

# Woodbridge's Exclusive Newspaper

Woodbridge Town News

Mailed Free To Every Home in Woodbridge Mailed Free To Every Home & Business in Woodbridge & Bethany

# VOL. 9 – ISSUE 1

# **CIRCULATION 3790**

# FRIDAY, JANUARY 10, 2020



With the fencing up and the rules clearly posted, the off-leash dog park in the Fitzgerald trails area is now ready to use

# Dog Park Is Open To Help Get Rid Of Winter Blues

By Bettina Thiel WOODBRIDGE TOWN NEWS CORRESPONDENT

The Woodbridge Dog Park, a private endeavor brought to life through the enthusiasm and persistence of a group of dog lovers, is now open to be used as a safe enclosure to let dogs run offleash and enjoy each other's company. It is located on the Fitzgerald Tract at the corner of Center and Beecher roads.

When Orange Fence put the finishing touches on the enclosure in mid-December, many dog owners and

book entries, the park has been warmly received, not only from dog owners, but also others using the walking trails.

Blake, who has been out there as often as possible, said one young couple told her they had recently adopted a dog, which they would not have done if they didn't know the dog park was erected. She was happy to hear that in some ways the cooperative had had an impact on a dog finding its forever family.

She also said how her own dog's behavior started to improve noticeably once she started taking her to dog parks. It is important to always keep an eye on your dog while it is interacting with other dogs in the park,

# **Belfonti to Serve as Chairman** of Amity Regional Board of Ed

Board Elects Leadership for Next Two Years

On December 9, 2019 the Amity Regional School District No. 5 Board of Education elected Mr. John Belfonti to serve as Chairman. Mr. Belfonti, an Orange resident, began his tenure on the Board of Education in April 2015. During his time with the Board he has served on the Facilities Committee and has been Chair of the Amity Finance Committee. A 1990 graduate of Amity Regional High School, Mr. Belfonti earned a B.S. in mechanical engineering from Worcester Polytechnic Institute and an MBA from Fairfield University. He is a Connecticut Registered Professional Engineer (PE) and currently serves as President of Environmental Engineering, Inc. in Milford, Connecticut.

At the same meeting, Ms. Patricia Cardoza from Woodbridge was reelected as the Vice Chair; Dr. Jen-



John Belfonti

nifer Turner of Bethany was elected as Treasurer; Mr. George Howard of Orange was selected to serve as Deputy Treasurer; and Ms. Carla Eichler from Orange was chosen as Secretary.



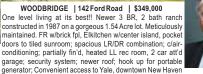
their four-legged friends were chomping at their bits to pass the gate and try out the park, said Bonnie Blake, president of the Dog Park Cooperative (WDPC). But the locks did not come off until the rules were up and clearly posted, she said. Judging from Face-

See "Dog Park" On Page 29



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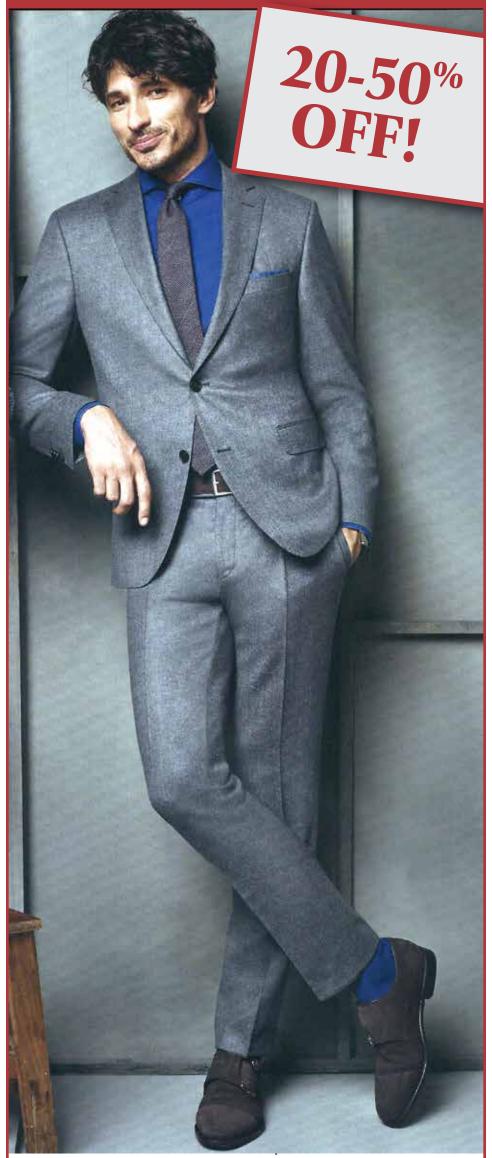
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Ross Cotjanle 203-401-1993







# Larocca To Retire After 30 Years On The Job

#### By Bettina Thiel Woodbridge Town News Correspondent

Human Services Director Mary Ellen LaRocca is planning to go see places in retirement. This picture was taken in Ireland in September 2019.

Mary Ellen LaRocca, the long-time Woodbridge Human Services Director, is going to retire later this month. Her last day on the job is January 22. "It went by so quick," she said with a touch of surprise, looking back on over 30 years of serving the people of this community.

Colleagues and friends had planned a dinner in her honor for Thursday, January 9, in the Center Building gym. The snow date for the event is January 16.

LaRocca started in January of 1989, her first "office" consisting of a desk and a two-drawer filing cabinet at the Town Hall. She was the first person to fill this position, as the town had no Human Services Department before her arrival. She became the boss of a part-time senior center director, and started to work from there.

LaRocca was hired to build a Human Services Department and the town named a corresponding commission to support the effort. Today, the department serves not only the senior citizens, but youth and families and their needs as well. Staff has grown to some 17 employees, four of them full-time.

Senior citizens are the primary recipient of services, with emphasis on offering inspiring classes, opportunities to socialize, rides for those who don't drive anymore, a lunch program and more. The center is run by Jeanette Glicksman.

According to the town's website, the department provides a part-time social worker, Judi Young, and a municipal agent for information on referral and

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# "In the depth of winter I finally learned that there was in me an invincible summer." — ALBERT CAMUS



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# WOODBRIDGE EDUCATION ROUNDUP



The Eagles suggested to offer geothermal heating and cooling town-wide to reduce the reliance on oil.



The Tsunami Surfers designed a pod transportation system to solve the traffic problems.

# Youngsters Take On Local Problems In Lego League

By Bettina Thiel Woodbridge Town News Correspondent

Woodbridge was well represented with four teams at the First Lego League regionals, which took place November 23 at Shelton High School. Those teams were the Tsunami Surfers, the Eagles, the Magical Marios and the Robo Sapiens. The Magical Marios took the third place championship award at the subsequent state competition and the Robo Sapiens came away with the third highest top score in the robotics part of the meet.

The competition, which combines creativity and problem-solving with teamwork and strategizing, this year had the theme of "cities." Each team had to present an innovative solution to a problem identified with respect to a building or public space in our community, said Joyce Shavers, one of the parent coordinators. In addition, the teams have to solve as many missions as possible with an ev3 robot that involves engineering and programming. The most important part in terms of scoring is that the teams have to accomplish these goals applying Core Values, including Gracious Profession-



The Robosapiens took third top score in the robotics portion of the competition

there are many uses for algae harvested from the photobioreactor," said parent coordinator Enrene van Tonder in an email. "We placed the photobioreactor in a sealed-off container to measure our results. We found a marked decrease in VOC (Volatile Organic Compounds) in the air that was circulated through our photobioreactor."

The Magical Marios include Aubrie

Road School. They tested several different sound dampening materials, including professional acoustic foam. After they discovered that towels worked the best, they made low-cost sound dampening panels made of recycled towels, sprayed with a fire retardant and mold resistant solution consisting of boric acid and borax.

The team included Adam Fleischman, Lucy Jiang, Alex Klee, Jacob Klee, Adam Liu, Allen Liu, Mihir Nandy, Jacob Richards and Xander Shavers. The parent coordinators and Robert Klee and Joyce Shavers. Simon Eberhart, Jonah Konezny, Alina Konezny, Jack Morrison, Ryan Morrison, Jacob Storeygard. They designed a pod transportation system that works with current infrastructure to help growing cities move citizens around in a safe, sustainable and efficient manner. The Tsunamis are led by Phoebe and Matt Browning.

The Eagles consisted of Jennifer Gu, Evelyn Chen, Jordan Chen, Simon Eberhart, Jonah Konezny, Alina Konezny, Jack Morrison, Ryan Morrison and Jacob Storeygard. Parent coordinator is Rachel Morrison.

"This team's project idea was to decrease our suburban community's carbon footprint by having geothermal under the roads that would be accessible to all the homes along the roads. This would greatly reduce our towns reliance on oil and other fossil fuels," Morrison wrote.

Most of the participating kids are students at Beecher Road School, although the activity is not sponsored by the district, and there is no such requirement. In fact, there is no shortage of interested students to participate, but the participation is limited by the number of parents willing to get involved to that degree. Once the league sends out the challenge for the year in late summer, it's crunch time until the day of the competition. "You pretty much have to have the whole family involved," Shavers said.

alism, Shavers wrote in an email.

The Magical Marios designed and built a photobioreactor using live algae for cleaning the air inside buildings to prevent "sick building syndrome." "Using algae is more environmentally friendly than traditional filters and Miller, Bailey Jordan, Daphne Jordan, Ella van Tonder, Jackson Ackerman, Liam van Tonder, Molly Miller and Todd Xue. Parent coordinators are Stillman Jordan and Enrene van Tonder. The Robo Sapiens addressed the issue of noise in the cafeteria at Beecher

The Tsunami Surfers included Jennifer Gu, Evelyn Chen, Jordan Chen,

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Below are the next three issue dates and deadlines of the Woodbridge Town News. auhmiasions to Vour Home To

Thank you for your submissions to four hor	ne town newspaper.
<u>Upcoming Issue Date</u>	<u>Issue Deadline</u>
February 7   Valentine's Day Issue	January 31
March 6   St. Patrick's Day Issue	February 28
April 3   Easter & Passover Issue	March 27
Note: Copy due by 4:00p.m. Thank you.	



# **CCW** Decision Will Impact Woodbridge for A Long Time

I write concerning the proposal to develop a part of the former Country Club of Woodbridge (CCW) property for high density residential use. Such a development would require a zone change to allow a use not currently permitted in Woodbridge. Residents are rightly concerned that allowing such a high density use of the CCW property would provide a favorable precedent for permitting similar uses elsewhere in town.

In response to those concerns, the Town solicited an opinion from a Danbury land use attorney concerning the precedential impact of a zone change on the CCW property. The attorney concluded, in effect, that the Town Plan and Zoning Commission would not be legally obligated to approve this type of development on another parcel.

That is both correct and irrelevant. The more important question, neither asked nor answered, is whether high density development at CCW will

make it easier to obtain approval for similar developments elsewhere.

Of course it will.

Our system of law is based on precedent. Currently, such a development is not possible because our zoning laws do not permit it. A change in the zoning regulations and an approval of the CCW development will provide a precedent that must either be honored or determined to be inapplicable.

In other words, a precedent established in connection with the CCW property will provide a roadmap for the development of other properties.

present the Town Plan and Zoning Commission with two bad choices. TPZ could follow the CCW precedent and alter the Town's character forever. Or, it could deny the applications and force the town into prolonged and expensive appeals based on the CCW precedent with no guarantee of prevailing.

Any decision regarding the development of the CCW property will impact Woodbridge-throughout the Town and for a long time.

Al Smith

Mr. Smith is an attorney practicing municipal and environmental law. He is Town Attorney or Special Counsel to a number of Connecticut municipalities. He has been a member of and Special Counsel to the Woodbridge Plan and Zoning Commission. He also has served as Chair of the Woodbridge Charter Revision Committee and as a member of the Woodbridge Board of Ethics. He is a lifelong Woodbridge resident.

#### Will the Over-55 Housing **Project Proposed** for the Country Club **Be Successful?**

You might think that this is the developer's problem and not care. However, when a real estate project is not successful, the developer (or subsequent owner) often tries to change the use of the parcel. This is precisely what is happening in Oxford where the owner of Oxford Greens, an 'over-55' housing project, is seeking to change the use of remaining land to Timberlake Apartments, a 197-unit mid-rise apartment complex to be built under the provisions of Connecticut's Affordable Housing statutes. Those statutes give a property owner broad discretion (i.e. little local government input) over the use of the parcel as long as a portion of the property is used as affordable housing.

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If there are proposals to develop properties with similar characteristics - e.g. size, utilities, and access - the CCW approval would provide a precedent the law would have to honor. In fact, a CCW precedent would inevitably invite applications for high density development at similar properties throughout Woodbridge. Those applications would

So, can the developer sell 120 'over-

See "Letters" On Page 9

Woodbridge Town News an

# WTN LETTERS POLICY

Submit your letters for our "From Our Readers" section to: Woodbridge Town News, P.O. Box 1126, Orange, CT 06477 or email: letters@woodbridgetownnews.com. Please limit letters to 500 words and include a daytime phone number in case we have any questions. Letters must be exclusive to the Woodbridge Town News for publication. We reserve the right to reject any letter.

WOODBRIDGE EDUCATION ROUNDUP



Pictured from left to right: Landon Smith; Dr. Richard Dellinger, Principal [Photograph taken by Barbara Cassesse]

# Landon Smith Receives Certificate of Achievement

Landon Smith of Woodbridge, Grade 7 from Amity Middle School in Bethany, participated in The Prudential Spirit of Community Awards Program. This award program recognizes students in grades 5-12 who make meaningful contributions to their communities through volunteer service. Landon volunteered at the Special Olympics this summer in the cycling races assisting athletes with cognitive and/or developmental disabilities. He recorded the times for each biker as he or she crossed the finish line and made those times into a chart so the head staff could calculate the statistics of each biker. These statistics ensured that each biker's place was recorded correctly. Landon said that the athletes really worked hard to train for their race, and his role was important to ensure the bikers received the place they deserved.

By selecting Landon Smith as its top youth volunteer Amity Middle School Bethany has advanced his application for state-level judging in the 2020 Prudential Spirit of Community Awards program. Prudential will announce Connecticut's top youth volunteers of the year on February 4, 2020.

# Tracy to Serve as Principal of Amity Middle School Bethany

The Amity Regional School District No. 5 Board of Education has appointed Dr. Jason Tracy as the Principal of Amity Middle School Bethany (AMSB). Dr. Tracy is currently serving as an Amity Regional High School Associate Principal and has been a proud member of the Amity Regional School District community since 2008.

Dr. Tracy was selected from a pool of more than forty well-qualified candidates through a process represented by a broad range of constituents from all three district schools, which included faculty, staff, and parents. Each component of the interview process sought to identify each candidate's ability to advance the District goals; maintain excellence in academics, arts, and athletics; and respond to the unique social and emotional needs of middle school students. Consideration of feedback from the AMSB community was also used as a guide through the entire process. "Throughout the process Jason demonstrated the leadership capacity, understanding of the middle school student, experience, and communication skills to more than effectively meet the academic, social, and cultural needs of students at Amity Middle School Bethany," stated Dr. Jennifer Byars, Superintendent of Amity Regional School District No. 5. "Jason's ability to be clear yet compassionate in decision-making shined through. His background as a school counselor distinguished him from other candidates. He is already a valuable and experienced member of our leadership team, and his knowledge of the Amity community and understanding of the continuum of education from grades 7 through 12 will be a tremendous asset in his new role as principal."

Dr. Tracy started at Amity in 2008 as the Assistant Principal at Amity Middle School Bethany. He became the Director of Counseling Services at Amity Regional High School (ARHS) in 2010 and Associate Principal at ARHS in 2011. He has previously worked as an upper elementary Assistant Principal in Stratford, CT and a middle school Counselor in Seymour, CT and Plainfield, CT. He is a graduate of Union College, earning a Bachelor of Science in Psychology. Dr. Tracy has also earned a Master of Science Degree in Counseling and a Doctor of Education in Educational Leadership from Southern Connecticut State University.

In his application Dr. Tracy stated, "I began my career in the Amity Regional School District, serving as the assistant principal at AMSB. During my two years in Bethany, I formed many positive relationships with parents, students, and staff. In the years that followed, I was able to gain a greater perspective on educational leadership and the Amity Regional School District as a whole. I have waited many years for the opportunity to 'come home' to AMSB."

Dr. Tracy will assume full leadership as Amity Middle School Bethany Principal beginning February 1, 2020.





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# Attention Teachers!

We want to know what's going on in your classroom! Let us know about any fun activities or holiday projects. You can also send us your pictures. (Parental consent required) Woodbridge Town News P.O. Box 1126, Orange, CT 06477 • edit@WoodbridgeTownNews.com



# From the First Selectman BY BETH HELLER

Happy New Year! I am excited for our Town as we begin 2020 together.

My first update relates to the former Country Club of Woodbridge property. A Special Town Meeting and Referendum will be scheduled by the Board of Selectmen once the contract negotiations are complete.

Please check the Town's website and/or the Town e-newsletter (sign up here: Tinyurl.com/WoodbridgeEnewsletter) for the exact dates.

The Town proposes to sell approximately 60 of the approximately 155 acres (39% of the land) for \$5.4 million for construction by Insite/Wernert of no more than 120 units of free-standing active adult (55+) housing. Additionally, Insite/Wernert, at no cost to the Town, will remove the old clubhouse, renovate the Town pool, build a new pool house for use by Town residents, and create walking trails to optimize appreciation of the beauty of the undeveloped portion of approximately 95 acres. After completion, the Town will realize approximately \$1.5 million annually in tax revenue in property taxes, plus additional tax revenue in personal property taxes, and an estimated \$500,000 in building permit fees.

I think we all agree that we must reduce our mill rate and bring relief to taxpayers. The Town has few opportunities to grow much-needed revenue. The opportunity to sell a portion of the former country club property (and retain over 60% of the property) may never come again. Our debt on the property is not due to be paid off for another 12 years. With the proposed sale we will pay off the \$4.2 million debt remaining on the property (saving \$500,000 every year in principal and interest) and also receive \$1.2 million dollars available for other projects.

Most importantly, the Town will retain approximately 95 acres for Town use. We plan to engage a landscape



architect to advise us on passive recreational uses for this beautiful parcel of undeveloped land. I am committed to do this, whether or not the approximately 60 acres are sold for development of senior housing. I am excited by the potential of this undeveloped parcel. Residents who have contacted me have suggested many ideas for a beautiful park with a picnic area, sledding hill, walking trails, a solar park, and a splash pad (a few of many creative suggestions). Following the referendum, I plan to establish an ad hoc committee of residents who will work with the landscape architect to develop our plans, depending upon monies we might have to do so.

Another ongoing project is a bike and pedestrian plan for the Town. Many residents enjoy walking, running and cycling for exercise, to enjoy nature, and to get around. We are developing a survey asking for your feedback about how to make Woodbridge safer for cyclists and pedestrians.

Please take a few minutes to answer the survey (hard copy or online). We value your input!

We also continue to focus on Woodbridge businesses. Keep an eye out for our new "Love Your Local" program, which will detail specials available at local businesses during the month of February. If you'd like your business to be featured, please reach out to Betsy Yagla at 203-389-3403 or byagla@ woodbridgect.org.

The next time you need a product or service, please look first at the Town's online business directory (woodbridgect.org/business) and shop local!

As always, my door is open. I welcome your thoughts on any topic. Please call me at 203-389-3401, email me at bheller@woodbridgect.org, or stop by to visit.

Let's work together in the New Year to continue to enhance the quality of life in our beautiful town.

# From the Other Side of the Aisle

Year-end gives us the opportunity to look back on our accomplishments, failures and everything in between. In the context of Woodbridge politics, 2019 was a combination of all three, and we Republicans appreciate the opportunity to share our views on the topic with our neighbors in this forum with the goals of generating honest, respectful debate, finding common ground with Democrats and moving Woodbridge in a direction that benefits all our residents.

Our May municipal election is a good place to begin the discussion. The Republicans ran on a platform with three planks: Budget Reform, Economic Development and the never-ending saga of what to do with the golf course. It would be easy to say "well, the voters selected Democrats, so the Republican ideas were rejected by the majority – end of story." But is it? Not at all, as two key Republican ideas have been adopted, at least in part, by the administration.

In the area of Budget Reform, the Republican position was, and is, the First Selectman and the Board of Selectmen must take a leadership role in setting budgetary objectives, including department staffing, delivery of services and programs and controlling expenses. Shortly after the new terms began in July, the First Selectman announced the formation of the Budget Task Force charged with basically what the Republicans proposed. This subcommittee is not bipartisan, unfortunately, so the business acumen the Republican Selectmen can bring to the Committee is not being tapped. But the formation of this subcommittee is a start. And considering our 40.23 mill rate and anticipating the costs of the Amity bonds that just passed, this process, if it does yield expense

by Chuck Pyne WRTC Secretary



reductions, could not have come too soon. Hope springs eternal.

Regarding the golf course, in the 2019 campaign the Republicans called for the Town to engage expert consultants who specialize in re-purposing golf courses. Candidly, this is a re-tread of a 2013 proposal Republican Selectmen Dey and Anastasio made. No one on the Board of Selectmen, nor in the Town's employ, have such expertise and considering the financial and quality-of-life impact the future of this property will have on Woodbridge, it's clear we need help. Now, a few short months after our election, the administration announces the hiring of an outside consultant to review the options for the property – assuming the referendum to sell the 60-acre parcel passes (far from a for-gone conclusion, by the way). Two thoughts here on this hiring: 1) What took you so long? and 2) Why limit it to the 95 acres not on the table for sale? Shouldn't we look at options for the whole property?

The message here is that Republicans, as the minority party in Woodbridge, are as President Obama phrased it, "leading from behind." We don't have the votes, but we have the ideas. And a tip of the hat goes to the Democrats for adopting some of our best ideas, because they benefit everyone in Woodbridge. Now, are they following our ideas to the letter? No, but Rome wasn't built in a day. We will continue to review the landscape of our town and promote sound legislation and management of our resources – beginning with our taxpayer dollars. We are ever-mindful of the growing tax rate-sinking property value spiral we are in and we will always ask if what's being proposed will positively impact homeowners and taxpayers.

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# Preventive Care Involves Safeguarding Mental Health As Well

Preventive care is often looked at through the needs people need to do to protect their physical well-being. For example, a healthy diet and routine exercise, while beneficial to mental health, are often viewed as lifestyle choices that can make people feel better physically. But taking steps to protect one's mental health also is vital to a long, productive life.

The U.S. Department of Health and Human Services notes that positive mental health and mental wellness can have a profoundly positive impact on a person's life. Positive mental health can help people realize their full potential, cope with the stresses of life and make meaningful contributions to their communities.

What can I do to protect my mental health?

Learning to recognize the early warning signs of mental health problems can help prevent such problems from escalating and compel people to seek help. The DHHS advises anyone feeling these signs or recognizing these signs in others to seek help for themselves or their loved ones:

> Eating or sleeping too much or too

little

- Pulling away from people and usual activities
- > Having low or no energy
- > Feeling numb or as if nothing matters
- Unexplained aches and pains
- > Feeling helpless or hopeless
- Smoking, drinking, or using drugs more than usual
- Feeling unusually confused, forgetful, on edge, angry, upset, worried, or scared
- Yelling or fighting with family and friends
- > Severe mood swings that cause prob-

#### lems in relationships

- Persistent thoughts and memories you can't get out of your head
- > Hearing voices or believing things that are not true
- Thinking of harming yourself or others
- An inability to perform daily tasks, such as taking care of your children or getting to work or school
- > Taking steps to protect one's mental wellness is a vital component of preventive care. More information about mental health is available at www.mentalhealth.gov.

**ARTS & LEISURE** 

# Ansonia Nature Center Calendar

## **January 2020** *FULL MOON HIKE: Full Wolf Moon*

Friday, January 10, 5:30 pm

Join Wendy and Ranger Evelyn, our Nature Center naturalists, on a hike by the light of the moon! Listen for coyotes howling while we gather around the fire at pavilion #1 from 5:30–6:30 to warm up before the hike begins. We will use our night vision and other senses for this after-dark park expedition in Raptor Woods. Wear warm clothes and proper foot gear! Inclement weather or dangerous conditions will cancel the hike. FEE: \$1 per person; all ages are welcome. Children must be with an adult. This hike is not stroller friendly. Call to register.

## HIKE: Trees in Winter

Sunday, January 12, 1 pm

Join our Nature Center naturalist, Ranger Evelyn, for this winter hike. Come see the different ways trees have adapted to the changing seasons. Learn what to look for to identify trees without their leaves. Wear appropriate shoes for this moderate hike and dress for the weather. For all ages; children must be accompanied by an adult. FREE, but please register.

# INSPIRING RAPTORS: A Place Called Hope and Sophie Zyla

Saturday, January 18, 12 noon

Visit the Nature Center to meet a few live raptors up close and personal and the artist who was inspired by them. These animal ambassadors from A Place Called Hope, as well as images of the different raptor feathers, were photographed by Sophie Zyla. Who hasn't been intrigued by a found feather? Some slash through the air with a whirl while others remain silent. During this meet-and-greet, not only will you get to see her beautiful photographs on exhibit but also get to meet the animal ambassadors she was inspired by. Christine Cummings, founder of the raptor rehabilitation center, A Place Called Hope, will bring a couple of native birds of prey from their facility for you to see up close and to learn about their impressive adaptations. FREE; please call to register. For all ages.

#### HIKE: Snowshoe Sunday Sunday, January 26, 1 pm

Need to get out and breathe the fresh air? Enjoy the winter with this guided hike through our beautiful woodland and fields. Great exercise after the holidays. This program is geared toward adults and older children. We have a limited number of snowshoes to borrow, so please register in advance. FREE.

## **ONGOING PROGRAMS** *Creature Features*

Saturdays, 12 noon

Come to meet our furry, scaly, and feathery animal ambassadors. You'll have the chance to touch and hold them in this FREE family program for all ages.

#### Sunday Guided Hikes Sundays, 1 pm

Join a Nature Center guide on Sunday afternoons for fun, exercise, and learning about our trails! See the above listings for hikes with a specific theme.

# Register for Winter Art Session at Artsplace



News from Massaro Community Farm - By The Farm Staff

# Massaro Community Farm Donates Three Tons of Food

#### Farm Maintains Commitment to Hunger Relief

A primary purpose of Massaro Community Farm's mission is to help ensure that healthy food is accessible. The farm donates at least 10% of its harvest throughout each season to hunger relief agencies. With its last donation made just days before Christmas, the farm's fresh produce donations totaled 6,240 pounds in 2019, or 12.75% of its yearly harvest. We are pleased to have made the equivalent of 5,200 meals available to those who otherwise might not be able to add this fresh produce to their weekly meal preparations. Ongoing partner agencies include the Salvation Army (Ansonia), Spooner House (Shelton), Woodbridge Human Services, First Presbyterian Church (New Haven), Loaves & Fishes (New Haven), and several other one-time recipients.

# Plenty of Winter Activities

The farm's 2020 adult workshop series kicks off with **Sip 'n Stitch**, an embroidery class led by experienced farm staffer and experienced quilter, Alyssa DesRosier. During the off-season, Des-Rosier creates unique new quilting patterns and other cloth creations. Come to the Ansonia Library on January 14 at 5:00pm where participants will enjoy sipping hot, healthful teas while receiving instruction in the creation of a lovely piece of embroidery to take home or gift to a friend. Offered on a sliding scale from \$20-\$35.

Spots are still available for upcom-

change in seasons. Participants will come to understand the impact of climate change on food production and much more. \$100/child with sibling discounts available.

Finally, bring the whole family to the farm for **Goat Hiking**. Starting on January 18 at 10:30am, we invite all ages to join us on the third Saturday of each month for a hike around the farm and the nature trail with the goats. Goats at Massaro Community Farm are grazing in areas that are typically hard to maintain, clearing fence lines and controlling invasive species. We'll walk the nature trail with Poppy, Liz, Jen and Pat and discuss a variety of topics related to wildlife and farming. Goat hikes will also take place on February 15, March 14 and April 18. Suggested donation of \$10/family. Only heavy rain or snow cancels. Please dress for cold weather.

Registration or RSVP for any of the above winter activities can be made at www.Eventbrite.com.

Mark your calendars for a Spring Equinox event the farm will be hosting in partnership with Grammy-award winning Paul Winter. On March 19 at 5:00pm, Winter will present his Flyways project at the Jewish Community Center in Woodbridge (see our ad in this issue). This presentation is a recorded musical and video representation of the great bird migration that moves from Africa through the Middle East to Eurasia each year. Engage in conversation with Winter and other farm representatives to hear how your choices can impact Earth's many species that are threatened by climate change, war and other factors. On Sunday, March 22, the Paul Winter Consort will perform a concert at Church of the Assumption in Ansonia. A pre-concert reception will be held at 3:00pm; concert to follow at 5:00pm. Prices TBA.

You don't have to be an artist to take classes at Artsplace! Start the New Year with a new art endeavor, bringing life-long satisfaction. Artsplace, 1220 Waterbury Road, offers an exciting array of art classes and workshops beginning the week of January 13 thru March 9.

View the Artsplace Winter 2020 Schedule online and register at www. artsplacecheshirect.org. Or pick up a hard copy (inside or outside) Artsplace, at the Cheshire Public Library, Town Hall or the Recreation Dept. Classes are taught by a staff of professional award-winning artists for students pre-kindergarten through adult. All supplies are included.

Artsplace staff members will help you select the right class or workshop in drawing, colored pencil, pastel, oil and acrylic painting, watercolor and more. Our programs are appropriate for students of any artistic level; beginner, intermediate or advanced. Class sessions typically run for 7 weeks and are offered Mondays thru Thursdays 9am-8:30pm and on Saturdays 9am-2:30pm.

It is always best to register early to avoid disappointment as class sizes are limited. Artsplace is closed on Fridays. Call Artsplace at 203-272-2787 to register or for more information. ing **School Vacation Days**, to be held on January 20, February 17, March 20, April 10 and May 25. Children ages 5-10 will spend six hours on the farm learning wilderness skills, animal feeding and care, and receiving nutritional education. Participants will also enjoy arts and crafts, nature walks, and planning for the growing season ahead. \$50/child per day, with sibling discounts available.

The farm's first ever **Winter Rangers** program begins January 12. This eight-week series for children ages 5-10 will stave off cabin fever and encourage outdoor exploration. Each Sunday afternoon, children will spend several hours outside looking for animal tracks in the snow, building a winter shelter, enjoying (safe) time by the fire, and learning about the

# 2020 Vegetable Subscriptions

Registration is now open for the farm's 2020 vegetable subscription program, or CSA. With a CSA subscription, you source fresh vegetables directly from your local farm, which reduces the miles your food travels to your plate, encourages seasonal eating, and supports healthy produce for food

See "Massaro" On Page 9

#### "Letters" From Page 5

55' housing units at their targeted \$500,000+ price in Woodbridge? It does not appear that the developer did any market research to answer this question. In fact, the number of homes to be built appears to be based upon the remaining balance of the Town's debt on the property. The alarm bells are ringing.

Here are the number of 'over-55' homes that sold for over \$500,000 in Connecticut in the past 5 years;

- 2015 75
- 2016 68
- 2017 60
- 2018 55
- 2019 41

Some of these homes are on the water or golf courses - features lacking in the Woodbridge project. Fieldstone Village, an over-55 community with homes over \$500,000 in Orange has sold an average of less than 7 homes annually since it started in 2006.

The CCW developer has never developed property. There is no market research to support their assumption that they can sell 25 homes a year or 120 in total. If they are unable to reach this level of sales, the possibility of an attempt to change the use seems high - are we trading a small problem for a large problem?

Deke Hotchkiss

#### Land Trust Directors Oppose Sale of Public Land at Former Country Club of Woodbridge

For over 50 years, the Woodbridge Land Trust has protected, preserved, and conserved Woodbridge's open spaces. Recently town leaders have asked Woodbridge residents to consider a proposal for dense residential development of a substantial portion of the publicly owned former Country Club of Woodbridge (CCW). The Land Trust Board of Directors has carefully reviewed the proposal and is unanimous in opposing the sale.

To be clear, we are not suggesting that the property should never be developed for any purpose — merely that the Insite Design Group proposal has too many unintended adverse consequences. Among the most important is that the proposal requires that we abandon the zoning protections that have allowed Woodbridge to remain a special and beautiful place. With this proposal comes the very real likelihood of similarly dense development of land throughout the town. The risk to our community extends well beyond the CCW property.

Our town's founders and the generations who have come after had the foresight to protect open spaces for the enjoyment of all. Today, we know that protecting open spaces, and the natural resources within them, helps human and natural communities remain resilient to changes in the environment. The CCW property is therefore a precious, finite natural resource that needs responsible long-term stewardship. It should not be treated as a disposable commodity.

Protecting our open spaces, rural character, and natural resources makes Woodbridge a desirable place to live. We know this intuitively because we all chose to live in a town where open space is a defining factor in our quality of life. Beyond this, it is well-established that open space adds value to a community, both in terms of quality of life for residents and in financial terms: it reduces costs for public infrastructure and programs and increases individual property values of those who live nearby. In comparison, the annual cost of the CCW debt is minimal the equivalent of one tank of gas per person – and will be fully paid in just ten years. This is a small price to pay to preserve our future.

> Bryan H. Pines President, Woodbridge Land Trust

#### Human Services Commission Wishes Everyone a Happy New Year

Thanks to the generosity and support from the community, the holidays were made brighter for Woodbridge seniors and families. The staff of the Human Services Department sincerely thanks the Woodbridge Police Union, Coachman Square of Woodbridge and The Willows for sponsoring the annual Thanksgiving Luncheon at The Woodbridge Center. Special thanks to the Garden Club of Woodbridge for such beautiful fall centerpieces for the luncheon.

We are grateful to the Woodbridge Rotary Club and the partners and employees of Bailey, Moore, Glazer, Schaefer & Proto, LLP for providing Thanksgiving pies and gift cards to Woodbridge families in need, and to the Woodbridge Rotary Club for hosting the annual December holiday party for the seniors at The Woodbridge Center.

We also sincerely thank the students and faculty of the Alternative High School at Amity, Amity High School SADD Group, Amity Teen Center, Beecher Road School Social Action Committee, Beecher Road School PTO, Beecher Road School Student Council, Woodbridge Aquatic Club, Chowder Pot Restaurant, Coldwell Banker of Woodbridge, Congregation B'Nai Jacob, First Church of Christ of Woodbridge, the Leo Club, Woodbridge Town Library employees, Woodbridge Recreation Commission, Woodbridge Recreation

Department, Woodbridge Child Center, the employees of Woodbridge Town Hall, Amity third grade Girl Scouts, Girl Scout Troop 60164, Cub Scout Pack 902, One of a Kind Foundation, the partners and employees of Bailey, Moore, Glazer, Schaefer & Proto, LLP, and The Surreybrook School for their generous contributions of holiday food baskets and gift cards. We thank the Children's House of Montessori for hats, mittens and scarves, and Progressions Salon for sponsoring a sock drive. Thank you to Boy Scout Troop 63, along with Boy Scout Troop 907, for their bountiful donation of non-perishable foods for the holiday food baskets and the emergency food closet. Special thanks to Arti Dixson Productions for a most generous donation of toys.

Several dedicated members of the Woodbridge Fire Department delivered toys to children in need in Woodbridge. They brightened the holidays for several families with a visit from Santa, Mrs. Claus and their elves. These committed volunteers from the Fire Department generously donate their time each year to bring cheer and joy to these children and their families. For all they do, we are grateful.

In addition, we would like to thank the many residents who donated toys in the collection boxes at the Woodbridge Town Library for TEAM, Inc. Also, to the many individuals who donated holiday gift baskets and gift cards, monetary donations to the Food & Fuel Fund, and who helped throughout the year with sorting and stocking of our emergency food closet, we are most thankful.

On behalf of the Staff and Members of the Human Services Commission, we wish everyone a very Happy and Joyous New Year.

> Mary Ellen LaRocca Director of Human Services

#### "Massaro" From Page 8

insecure neighbors.

Massaro Community Farm offers multiple options to suit your needs, including pick-up and drop-off locations. A fruit option is also available from High Hill Orchard in Meriden. Subscribe by downloading a form from our website or by subscribing online. Generally, the harvest season is from June through October each year, when you can enjoy 40 or more different vegetable crops. Massaro Community Farm is a nonprofit, certified-organic farm on the border of Woodbridge and Ansonia, CT. It is committed to supporting the legacy of farming, feeding neighbors in need, and engaging community through events and hands-on education for all ages. Pledge your support now to the farm's continued food donation and farm education programs. More information can be found by calling the farm office at (203) 736-8618 or visiting the farm's website at www. MassaroFarm.org.

RESERVE YOUR AD SPACE TODAY. CALL US AT 203-298-4399.

MICHAEL J. PAOLINI, CPA

Woodbridge Town News

# **WOODBRIDGE RESIDENTS!**

Have an Upcoming Birth Announcement, Anniversary, Engagement or Wedding?

Send it to us with a photo and we will publish it FREE.

Woodbridge Town News, P.O. Box 1126, Orange, CT 06477 Email: edit@woodbridgetownnews.com Personal and Business Tax Returns Financial Statements IRS and State Representation Tax Planning Business Feasibility Studies Non-Profit Exemptions



174 CHERRY STREET · MILFORD, CT 06460 PHONE 203-876-0445 · FAX 203-874-7498 **mpaolinicpa.com**  AT THE WOODBRIDGE CENTER



Dottie Malerba and her sister Ann Adamovitch enjoy the festivities during The Center's recent Intergenerational New Year's Eve party.

The Woodbridge Center provides a program of health, recreational, educational, and social activities for residents 55 years of age and older. The Center offers a luncheon program as well as a transportation program. Call us to find out more or sign up to receive our newsletter by mail or email. Please contact us at 203-389-3430 or jglicksman@ woodbridgect.org.

## Nosh & Knowledge Lecture Series

**January 29**: Creative Cooking for 1 or 2 with Laurie Van Cleft of Jewish Senior Services of Bridgeport. This lecture is at 10:00 a.m. in The Center cafeteria.

**February 26**: Medical Marijuana— Unraveling the Mystery with Canna Care Docs Education Center in Milford. Lecture begins at 6:00 p.m. in the Woodbridge Library. with a viewing of the documentary Paper Clips at 1 pm in the lounge.

**February 4**: Celebrate Chinese New Year, the year of the rat, with entertainment at 12:15 pm.

**February 4**: Volunteer Income Tax Assistance (VITA) 9:00 a.m. - 12:00 p.m., Tuesday through April 14. VITA is a free tax preparation service available to low-income individuals, people who have a disability and those who speak limited English. Call 203-389-3429 for information on required documents and to make an appointment.

**February 14**: Valentine's Day lunch party with entertainment by Jim Sheehan at12:15 in The Center café.

**February 24**: Mini Trip! Spring Wreath making at New England Young at Heart in Oxford. Trip includes trans-



Center members hold some of the holiday cards they made at New England Young at Heart in Oxford during a recent "mini" trip. The trip included a visit to Chrisandra's Country Store, lunch and card making. A delicious lunch was provided by Elim Park Health Care and Rehabilitation.

duces the basics of bridge. Instruction introduces the mechanics of the game and covers bidding, play and defense. Learn a game for a lifetime of enjoyment.

#### January Lunch Menu

Lunch is served Tuesday and Thursday at The Center café, at 12:15 p.m. Cost is \$3 for dine-in meals, \$4 for takeout. RSVP is required by noon one day prior. Meals include bread, juice, coffee/ tea and dessert. If eating in and taking left-overs to-go, please bring a plastic container with you. Charges for to-go containers are .50 per container.

1/2 Italian wedding soup, eggplant rollatini, rice pilaf, garlic bread, chocolate pudding, 1/7 Onion soup, cilantro-lime salmon, mashed potato, roasted zucchini, blueberry cobbler, 1/9 Ginger carrot soup, chicken picatta, mashed sweet potato, apple squares, 1/14 Minestrone soup, spaghetti and meatballs, garlic toast, ambrosia, 1/16 Potato leek soup, crab cakes with remoulade sauce, toasted orzo, banana cake, 1/21 Escarole and bean soup, veal bruschetta, baked potatoes, creamy spinach, carrot cake, 1/23 Harvest soup, lemon-rosemary chicken, yams, garlic broccollini, lemon pound cake, 1/28 Split pea soup, fish with lemon and white wine sauce, rice pilaf, steamed carrots, brownie, class is designed to increase balance and stability, prevent falls and help manage arthritis. Ten weeks for \$50.

**Gin Rummy** Thursdays, 1:00 - 3:00 p.m., in The Center café, no reservation needed.

**Weekly Craft Group** meets Thursdays, 10:00 a.m. - 1:00 p.m., in The Center lounge. All yarn and sewing crafts welcome. No RSVP necessary. Consider donating your unused, clean yarn and circular knitting needles (sizes 6, 7, 8) to The Center.

**Yoga for Healthy Aging Class** meets Fridays, 11:45 a.m. - 1:00 p.m., in the Center Building, Room 16, with instructor Julie Luciani. Session began 12/6 and runs 12 weeks for \$75. Class fee will be prorated if joined late. Class combines seated and standing postures and is safe for all. New session begins March 6.

**Mahjong** Mondays & Fridays, 10:00 a.m., Center Building, Room 13 for advanced players; Room 11 for beginner and intermediate.

**Exercise with Laurie** Workout includes a combination of strength training, cardio, flexibility and balance. Bring weights if you have them. Class meets in The Center Building gym on Tuesdays and Thursdays, 10:00 - 11:00 a.m. No need to sign up—just pay a drop-in fee of \$2. Book Club The book club meets the 4th Tuesday of each month at 11:00 a.m. at the Library. The next meeting is January 14 (note 2nd Tuesday). The book will be Miracle Creek by Angie Kim. New members are welcome. Art Class meets each Wednesday, 10:00 a.m. - 12:00 p.m., in The Center café. The class is taught by local artist Graham Dale. Next 10-week session begins January 8. **Tuesday Movies** Following lunch in The Center lounge at 1:00 p.m. 1/7 The Farewell (PG, 101 min.), 1/14 The Art of Racing in the Rain (PG, 123 min.). 1/21 Judy (PG13, 118 min.), 1/28 Paper Clips (G, 84 minutes). Thursday Movies Oldies, musicals, classics following lunch in The Center

#### Special Programming

RSVP is required one day prior unless otherwise noted. Please call 203-389-3430 or email jglicksman@ woodbridgect.org.

**January 14**: Lunch entertainment at The Center café with Mary Conway begins at 12:15 pm.

**January 22**: Financial Planning for Retirement presented by David Quast, a Financial Planning Advisor with VAL-IC Financial Advisors, Inc. at 6 pm at the Woodbridge Library.

**January 28**: Holocaust Remembrance Day and the 75th anniversary of the liberation of Auschwitz-Birkenau will be commemorated at The Center

portation, craft materials and lunch. Lunch will be provided by Elim Park Health Care and Rehabilitation in Cheshire. The van leaves The Woodbridge Center at 10 am and returns at 1:30 pm. RSVP by February 19; cost is \$20.00.

**February 28**: Mindfulness with Dr. Jennifer Botwick of the New Haven Naturopathic Center from 6-7 pm in Room 13 in the Woodbridge Center building. This is an educational and fun 6-part series to improve focus, sleep, memory and comfort. Class meets 2/19, 3 /4, 3/11, 3/18, 3/25, 4/1(note no class 2/26). Cost is \$25.00.

**March 18**: Beginning Bridge with Wendy Frieden, 6 weeks-Wednesdays 1-3 pm in Room 13, Center Building. RSVP required along with \$75.00 payment by March 11. This course intro1/30 Mushroom bisque, pot roast, mashed potatoes, chopped spinach, chocolate cream pie.

#### Ongoing Programming

**Calling all poker, canasta and spades players**—call The Center and share your interest 203-389-3430. The Center will put a group or a game together!

**New! Beginning Bridge** class with Wendy Frieden, begins March 18, Wednesdays 1-3 pm in Room 13, Center Building. This is a 6-week beginner class for \$75, RSVP required by March 11.

**T'ai Chi** with Bill Banick, Fridays 10:00 - 11:00 a.m. in Room 16 (beginner, intermediate levels). Class will be prorated for those joining late. Current session runs through February 28. This

See "Woodbridge Center" On Page 11

# Page 11





# New Ice Skating Rink Open

The Town of Woodbridge's new ice skating rink is located at the Center Road tennis courts, 149 Center Road. The skating rink is managed by the Recreation Department, and is open for the season, weather permitting.

The rink is available for use daily, and Recreation will provide lighting on selected Friday and Saturday evenings from dusk until 8:30 p.m.

The dates will be listed on the Town's website when they become available.

"The Recreation Department would like to thank the Fire Department for providing the water for the ice skating rink," said Recreation Director John Adamovich.

# From the Sustainability Committee

# Zero Waste

Happy New Year! You already resolved to be a better recycler than last year. That's great! Continue the good work! It does take a while to remember what goes where, especially when some new purchase and packaging appears in the house. The recycling search feature at RecycleCT.com quickly answers recycling questions. Has your increased commitment to recycle made you aware that waste and recycling is a problem and we just have way too much stuff to process? Here are some practices that generate zero waste:

utensils. Keep a set of utensils at work or in your car or bag. Skip the straw, plastic utensil, and paper napkin when doing take-out.

- Buy used stuff.
- Rent, repair, lend, borrow, share! If you need or need to get rid of something, check the Buy Nothing Woodbridge Facebook page



# Town Hires New Building Inspector

Andy Rizzo has been hired as the Town's new Building Inspector, starting January 2, 2020. Mr. Rizzo will work part time, and plans to do inspections from 8 - 9 am, be in the office from 9 - 11 am and inspections again from 11 - 12 every day.

Rizzo's hiring comes after Building Inspector, Inland Wetlands Officer and Zoning Enforcement Officer Terry Gilbertson passed away unexpectedly on October 28. Gilbertson had worked for the Town since 1998.

Since Gilbertson's passing, Land Use Analyst Kris Sullivan has taken on the roles of Inland Wetlands Officer and Zoning Enforcement officer.

"Woodbridge Center" From Page 10

#### lounge, 1:00 p.m.

**Ask the Nurse** 1st and 3rd Tuesday of each month, 11:00 a.m. - 12:30 p.m., blood pressure screenings, weight and conversation with a registered VNA Community Healthcare Nurse in The Center lounge. Gilbertson worked as the acting Building Inspector for the City of New Haven in 1990 and he hired Rizzo as an assistant building inspector. Rizzo then left the City of New Haven in 1993 to become the Building Official of North Branford. He went on to become the Building Official of Windsor before returning to the City of New Haven as the Building Official from 1999 to 2013.

"I'm going into my thirtieth year as a building inspector and I've seen it all," says Rizzo. Rizzo describes himself as a "customer service type" and is happy to help residents with questions.

café, 1:00 - 4:00 p.m.

**Pinochle** Monday, Wednesday or Thursday, 1:00 - 4:00 p.m., in The Center lounge. Come any day—the group looks for new players and is willing to bring rusty players up to speed!

**Pickleball** Meets Monday-Thursday in the Center Building gym for group play, 12:30-2:30 p.m. and Friday, 12:30-3:30 p.m. Paid annual members may arrange playing times with others. Annual membership is \$20 for Woodbridge residents and \$25 for non-residents and is due in January. Stop by the office to make payment.

- Start your morning with coffee in a French press or with a reusable filter for drip. You prefer tea? Go loose leaf with a strainer.
- > Use reusable bottles and travel mugs or bring a real mug to your favorite filling station. Support your local at the same time and refill your growler at New England Brewing Company.
- > Use rags instead of paper towels. Cloth napkins are really much nicer than paper.
- Pack a lunch in reusable containers and include a cloth napkin and

for local freecycling. Our library is full of stuff to borrow.

- When you do shop, avoid packaging, and remember your reusable shopping bags. If you are able to buy in bulk, refill your own containers or bags. Likewise, bring your own containers to restaurants for leftovers.
- Here are a few suggestions to eliminate paper from entering your home:
- Opt out of yellow pages https:// www.yellowpagesoptout.com.
- Choose digital instead of print publications.
- Reduce junk mail here: https:// dmachoice.thedma.org/static/ about\_dma.php.
- Enroll in paperless billing.
   Cheers to a greener year.

Duplicate Bridge Mondays, 9:30 a.m. - 12:30 p.m. in The Center café. Bridge The Center's Wednesday bridge group invites new members! Join in for a friendly card game, no reservations—just come to The Center



# **WOODBRIDGE RESIDENTS!**

Have an Upcoming Birth Announcement, Anniversary, Engagement or Wedding?

Send it to us with a photo and we will publish it FREE.

# Woodbridge Town News, P.O. Box 1126, Orange, CT 06477 Email: edit@woodbridgetownnews.com



Youth Services

by Nancy Pfund



Amity High School students and Paraprofessional Caitlyn Lewis assisted the Human Services Department with the holiday baskets to provide food, toys, and personal goods for those in need. Students sorted, lifted, and placed items in cars offering much appreciated help and the holiday spirit to local families.

# Eighth Grade Only Mardi Gras Party at Amity High School

Eighth grade residents from Bethany, Orange, and Woodbridge are invited to a Mardi Gras Party at Amity High School on February 21st in the cafeteria from 6:30 – 8:30 pm. Snow date is 2/28. Fee of \$5 offers DJ, black lights, selfie station, pizza and snacks. Free raffle with awesome prizes including a drone donated by the Woodbridge Police Union. Receive your introduction to Amity High School and to new friends. Sign up early for extra raffle ticket: Orange residents call (203) 891-4785; Woodbridge and Bethany residents call (203) 389-3429.

Parent Volunteers and High School juniors and seniors are needed to help.

Register at 203-389-3429 or email Youthone @woodbridgect.org.

# Woodbridge Job Bank Accepting New Members/ Offers Help to Residents

Woodbridge residents between the ages of 14 and 18 are eligible to join the Job Bank to earn some money and help residents with yardwork, babysitting, snow shoveling, or tutoring. Contact Nancy Pfund at npfund@woodbridgect. org or call (203) 389-3429 for an application and permission form and to schedule an interview.

Woodbridge residents may call (203) 389-3429 to hire Job Bank members to get some help with garden work, raking, housework, babysitting or party assistance.

# www.WoodbridgeTownNews.com

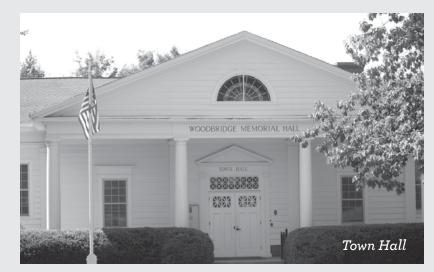


# "Stuff-a-Cruiser"

On December 7, 2019, members of the Woodbridge Police Department, in partnership with Starbucks, Katz's Deli, and the UPS Store, conducted their second annual "Stuff-a-Cruiser" holiday toy collection drive at the D'Andrea's Plaza. This successful event resulted in the filling of two police SUV's with a variety of donated toys and two bicycles, along with monetary donations from the public and the Woodbridge Police Union.

All of the donations were delivered to the Yale-New Haven Children's Hospital and the Ronald McDonald House in New Haven, to help bring the magic of the holidays to the hospital's patients and their families.

# Town of Woodbridge Meetings for the Month of February 2020



(Subject to Change, Check with Town Clerk's Office, 203-389-3422)

2/3	Emergency Medical Services7:00 PM Human Services Commission7:00 PM Town Plan & Zoning Commission7:30 PM	Public Works Bldg. Center Bldg. Town Hall
2/10	Library Commission6:30 PM Zoning Board of Appeals7:30 PM	Library Town Hall

# **Academic Tutoring**

#### Middle and High School Students:

- Pre-algebra, algebra, geometry, and economics
- SSAT, ISEE, PSAT, ACT, SAT, GED, and ASVAB exams
- Time management and study skills
- College applications and essays

#### **College and Graduate School Students:**

- All accounting, economics and finance courses
- Writing projects, case studies and resumes

#### **Professional Licensing / Examinations:**

- CPA, EAS, TEAS, and Praxis
- FINRA Securities Licenses: Series 6, 7, 24, 62, 63, 65, 66, 79 and 82

#### Email: ddubinsky.nva@gmail.com, or call David at: (203) 219-1698

2/11	Police Commission6:15 PM	Police Department
2/12	Board of Selectmen5:00 PM	Town Hall
2/13	Economic Development Commission7:00 PM	Town Hall
2/18	CUPOP6:30 PM	Town Hall
2/19	Inland Wetlands Agency7:30 PM	Town Hall
2/24	Recreation Commission7:00 PM	Beecher Rd School So
2/25	Gov't Access TV Commission7:30 PM	Town Hall



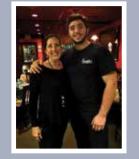
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# HAPPY NEW YEAR!

**Start 2020 Off Right...** Contact me so I can help you with your Real Estate needs.

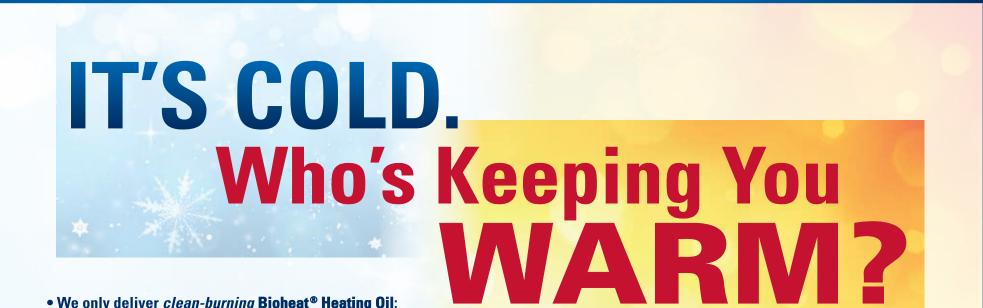


# Your Property Is My Priority!



Fran Morrow Your Neighborhood Realtor 203-605-7733 Fran.morrow@cbmoves.com

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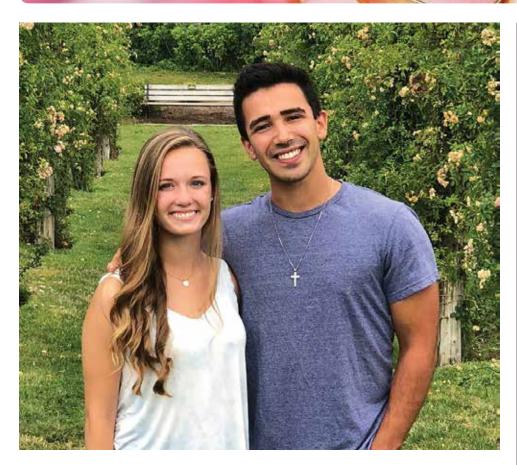


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# WEDDINGS & ENGAGEMENTS



# Blum & Laychak Announce Engagement

Allie Blum and John Laychak, along with their families, are overjoyed to announce their engagement and are excited to celebrate their wedding in July 2020.

Allie is the daughter of John and Monica Blum of Woodbridge, CT. She is a 2015 graduate of Amity High School and received her B.A. in Interdisciplinary Studies; Nursing and Communication from Western Connecticut State University in 2019.

John is the son of John and Tina Laychak of Milford, CT. He is a 2014 graduate of Foran High School and received his B.A. in Business Administration from Point Loma Nazarene University in 2018.

"Three things will last forever – faith, hope, and love and the greatest of these is love." 1 Corinthians 13:13



# Blum/Santandreu Announce August Wedding

Maggie Blum and Ben Santandreu were united in marriage on August 2, 2019 at Our Lady of the Assumption Church in Woodbridge, CT. Rev Walter Szczesny and Rev. James Ciupek officiated the ceremony.

The bride is the daughter of John and Monica Blum of Woodbridge, CT. The groom is the son of Paul and Susan Santandreu of Hamburg, NY.

A reception was held at Saint Clements Castle in Portland, CT. The couple honeymooned in Fiji and now reside in Watertown, NY.

The bride and groom are both graduates of the University of New Haven where they met as resident assistants. Maggie attends Syracuse University College of Law. Ben is a 1st Lieutenant in the United States Army.

Family and friends came together to celebrate Maggie and Ben's blessed day along with maid of honor Allie Blum, best man Rev. Peter Santandreu, bridesmaids Leanne Beedle, Alissa Beedle, Kiera Terrell, Nicolette Angelli, Beth Buenacosa, Martha Santandreu and Grace Santandreu, groomsmen Peter Tremblay, Joseph Lana, Drew Bassini, Dom Antonelli, Michael Buenacosa, Jamie Blum and John Laychak.

Song of Solomon 3:4 "I have found the one whom my soul loves."

f



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# Page 15

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Spring Equinox Event MASSARO

# Save the Pates

Flyways Project Presentation: A musical chronicle of the great bird migration from Africa thru Middle East to Eurasia

Thursday, March 19 5:00pm Reception 6:30pm Presentation Jewish Community Center of Greater New Haven 360 Amity Road, Woodbridge

Paul Winter Consort Sunday, March 22 3:00pm Pre-concert Reception 5:00pm Concert Church of the Assumption 61 North Cliff Street, Ansonia

Earth-themed art on display both days

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Gary and Jen DiBlanda delivered 10 holiday baskets from the Amity High School Leo Club and Amity Teen Center for the Woodbridge Human Services Adopt a Family Program. From left to right is Lions Club President Gary DiBlanda, Youth Services Director Nancy Pfund receiving the holiday baskets and Director of Amity Teen Center and Leo Club Advisor Jen DiBlanda.

# Adopt a Family Program Receives Holiday Baskets

Gary and Jen DiBlanda delivered 10 holiday baskets from the Amity High School Leo Club and Amity Teen Center for the Woodbridge Human Services Adopt a Family Program. From left to

right is Lions Club President Gary Di-Blanda, Youth Services Director Nancy Pfund receiving the holiday baskets and Director of Amity Teen Center and Leo Club Advisor Jen DiBlanda.



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**Q:** I saw that some reporter was complaining there aren't any female characters in the new **"Star Wars"** TV series, **"The Mandalorian."** However, I was watching it and thought they had some great strong women. I was especially impressed with the actress who plays Cara Dune. Has she acted before? -- L.L.

A: Gina Carano, who plays Rebel soldier Cara Dune on the new Disney+ series "The Mandalorian," has expressed how appreciative she is to be part of the "Star Wars' family," as she puts it. She was hardly an unknown, however, when she got the role. Carano was a very successful MMA fighter before landing roles in **"Fast & Furious 6," "Deadpool"** and most recently with **Robert De Niro** in the movie **"Heist."** 

The incident you mention about a backlash was started by **Anita Sarkeesian**, an online critic of the gaming industry. After seeing the first episodes of "The Mandalorian" she tweeted, "Is there not a single female speaking character in the first episode?" She later learned she was wrong and that there was, in fact, a female character in the premiere and in subsequent episodes, including Carano. The third episode also was directed by a woman, **Deborah Chow**.

**Q:** Is there any news on when the new season of **"Fargo"** will begin? It's been a really long time since the last one. -- P.T.

A: Yes, I agree it's been a long gap between the third and upcoming fourth season of "Fargo." Each season of the FX series has a new plot, and new actors and characters. The first starred **Martin Freeman** and **Billy Bob Thornton** and was set during the early 2000s. The second season was even better, in my opinion, and starred **Kirsten Dunst** and **Ted Danson**. It



Gina Carano [Depositphotos]

was set in the late 1970s. The third season is probably most fans' least favorite but was still quite compelling and had stellar acting with **Ewan Mc-Gregor** in a dual role.

In 2017, it was announced that the next season of "Fargo" wouldn't air until 2020. That's because the show's creator, **Noah Hawley**, was focusing on other projects, including the Marvel series **"Legion."** Hopefully it will be worth the wait. The upcoming installment will be set in Kansas City in 1950 and will star **Chris Rock** and **Timothy Olyphant**. No premiere date has been announced, but it began filming last October in Chicago.

**Q:** How is wrestler **Roman Reigns** doing since he was diagnosed with leukemia not too long ago? Is he back to wrestling? -- S.B.

**A:** Yes, **Joe Anoa'i**, who goes by the name Roman Reigns when he's in the ring for the WWE, was diagnosed with leukemia last year for the second time. The first time was in college at Georgia Tech. Fortunately, he was able to go into remission after just a few months of treatment, and as of last February he's been in good health. Anoa'i is back wrestling, and hopefully cancer isn't an opponent he'll ever face again.

Send me your questions at NewCelebrityExtra@gmail.com, or write me at KFWS, 628 Virginia Drive, Orlando, FL 32803.





# How Handwashing Helps Fight Infection

There are many ways to avoid infection, but few might be as simultaneously simple and effective as handwashing.

According to the Centers for Disease Control and Prevention, keeping hands clean is one of the most important steps a person can take to avoid getting sick and spreading germs to others. While skeptics might question just how big an impact handwashing can have, the science behind washing hands paints a pretty strong picture

# What Does Handwashing Do?

With so many germs floating around, it may seem as though something as simple as handwashing couldn't be nearly as effective as it's said to be. But the CDC notes that handwashing removes germs from hands, thereby removing an easy way for germs to enter the body and be passed on to others. For instance, many people habitually touch their eyes, nose and mouth without thinking twice, and doing so provides an easy way for germs to enter the body via the hands. By washing their hands, people can cut off this easy entryway for germs. Handwashing also presents germs from entering the body while eating. Germs from unwashed hands can get into people's food and drinks, and can even multiply in some foods and beverages, potentially contributing to illness. Washing hands also prevents the spread of germs by preventing them from being transferred from hands to handrails, table tops or toys, where they can then spread to other people's hands.

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of just how beneficial this particular component of personal hygiene can be.

# How Germs Get You Sick

The CDC notes that feces from people and animals are considerable sources of germs, including salmonella and E. coli. These germs can get onto people's hands after they use the toilet or change a diaper. People who handle raw meats also be exposed to such germs, as these foods can contain invisible amounts of animal feces on them. The amount of germs contained in small amounts of feces may come as a shock. Research published in the journal Applied and Environmental Microbiology found that a single gram of human feces weighing about as much as a paper clip can contain one trillion germs.

Handwashing is a simple yet effective way to stop the spread of germs. And it just might be the simplest way to avoid illnesses.





# Dow Speaks At California Conference On Life Fitness

Oceanside California was the recent site of the Life Fitness First Annual Forum hosted by the renowned Titleist Performance Institute. Michael Dow MSPT and CEO Clinical Director of Amity Physical Therapy was an invited guest speaker who presented his breakthrough concept of medically based fitness utilizing the comprehensive rehabilitation screening principles. Dow has developed a model that bridges the gap from formal physical therapy performance to the progressive, vital fitness workout programs now available for patients from all three Amity PT offices.

Dow explained his concept to the forum: "There's always been a serious gap between therapy direct exercises for a patient's return to function and regular exercise for general fitness and health. We're closing that gap. At Amity Physical Therapy, we established a Fitness Division within our facilities where rehab patients can progress to fitness programs designed specifically for each patient that provides a preventative strategy against future re-injury.

"We begin with a thorough screening of formal movement assessment allowing clinicians to look at movement from head to toe. Screens reveal limitations of movement and other limiting weaknesses which helps prevent injury and ensure the ability to perform groups of exercises safely while optimizing performance and fitness goals. "For example: you're rehabbing from rotator cuff surgery or had a chronic low back condition that flares up from time to time, but want to return to distance running or group classes at the gym. How do you or your trainer really know you are doing it properly and safely for your specific body needs? Are there "hidden" joint restrictions or stability issues that don't necessarily hurt, but leave a risk for injury or painful compensation? After initial at-home therapy and more formal PT participation, the next progression should be a regimented and supervised Fitness Program undertaken by a staff of Certified Fitness Trainers (our "gap professionals") who customize a workout program for each rehab patient; weight training, strengthening, conditioning, balance assessment... access to cutting edge equipment like the unique Life Fitness Synrgy 360, even complete nutritional guidance to optimize health and performance.

"The model is not just an extension of treating a specific body part, but to look at movement holistically while driving fitness performance. The two worlds often have different goals, but should be synergistic. Our clients consist of all ages and disciplines, from scholastic athletes, runners, to weekend warriors – each benefitting from this supervised fitness program to avoid future injuries and to simply feel better and healthier life-long."

Michael Dow MSPT founded Amity Physical Therapy 15 years ago and maintains offices in Woodbridge, Hamden and Branford. He received his degree from Sacred Heart University and is recognized by the U.S. Department of Health and Human Services for his work with the national Multiple Sclerosis Society. He works with patients of all ages, pediatrics to geriatrics, as well as local high school and college athletes. Michael can be reached at 203–389–4593 or visit www. amitypt.com.



The employees and partners of Bailey, Moore, Glazer, Schaefer & Proto donated \$1,000 to the Woodbridge Human Services Adopt a Family Program. Gift certificates to Walmart were given to families enhancing their holiday baskets. From left to right presenting the check from the accounting firm is John Mooney, Frank Proto, Frank Delvecchio, Vincent DeRobertis, Rosemarie Guardino, Kali Emmanouil, Gordon Oberempt, Ivana Petrushevska, Stephen Mooney and Director of Human Services for the Town of Woodbridge Mary Ellen LaRocca.

# The Relationship Between Eating And Exercise

Diet and exercise are each vital components of a healthy lifestyle. While these components tend to be looked at separately, diet and exercise are actually interconnected.

According to the American College of Sports Medicine, adequate food and fluid should be consumed before, during and after exercise. Following that advice can help men and women maintain their blood glucose concentration during exercise, which allows them to maximize their performance and improves their recovery time.

Some people understandably may feel that eating before exercising seems counterintuitive, as food may contribute to feelings of sluggishness that would make it hard to maximize a workout. But what people eat, and drink, prior to working out is important, as the right foods can make a positive impact while the wrong foods be adjusted based on variables such as the weather and individuals' body sizes). After a workout, the ACSM recommends drinking two to three cups of water for every pound lost during the exercise session.

Food also plays a vital role in maximizing a workout and improving recovery time. The AHA recommends fueling up on healthy carbohydrates, such as whole-grain cereals, whole-wheat toast or low-fat or fat-free yogurt, two hours before exercising. Doing so might pose a problem for early morning exercise enthusiasts, and in such instances the AHA advises eating a piece of fruit such as an apple or banana five to 10 minutes before beginning a workout. Avoid saturated fats and a lot of healthy protein prior to working out, as it takes longer for these fuels to digest in the stomach. Until foods are digested, muscles may not get all of the oxygen and energy-delivering blood they need during a workout, so it's best to stick with foods that the body can digest more quickly. The Mayo Clinic notes that it's also important to make food a part of your post-workout routine. Eating a post-workout meal that contains both carbohydrates and protein can aid muscle recovery and replace glycogen stores that help increase energy levels after working out. The most effective way to exercise involves healthy foods, which can improve performance and lead to quicker post-workout recovery.

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can have the opposite effect.

The American Heart Association and the ACSM recommend hydrating with water prior to working out. The ACSM recommends drinking between two and three cups of water two to three hours before exercising. Adults accustomed to working out in the early morning can try to wake up earlier so they can give their bodies time to hydrate before they begin exercising. It's also important to continue hydrating during a workout, as the ACSM recommends drinking between 1/2 and one cup of water every 15 to 20 minutes during a workout (amounts can

# www.WoodbridgeTownNews.com







# **Eagle Scout Court of Honor**

First Selectman Beth Heller attended the Court of Honor recognizing Jason Luciani and Felix Liu, who attained the rank of Eagle Scout last month. "Congratulations and thanks to Jason and Felix for completing these projects that enrich the lives of Woodbridge residents," said First Selectman Heller. "Jason and Felix are a credit to their parents and the community. I am proud of them and the other scouts in our community who have reached the Eagle Scout rank through hard work, cooperation, and volunteerism."

Liu's project involved rebuilding and improving the wooden walkway over a 120-foot muddy section of one of the trails in the Alice Newton Street Park. Liu, in collaboration with other Scouts, installed new planks, reworked existing planks, and built a safe and sturdy bridge where the trail crosses

a stream. The improvement of this trail and bridge will contribute to the enjoyment and safety of visitors who explore the trails in the popular and beautiful park.

Luciani's project involved more than 300 hours of research on veterans using Town and cemetery records, input from families, and death records to identify and confirm the histories of veterans of all wars buried in our Town. Luciani, working with other Scouts, also created maps for each of the three Woodbridge cemeteries that detail the final resting place of the Town's many veterans. The map, permanent grave markers and flag holders guide the accurate placement of the Memorial Day flags placed in the cemeteries each year by Woodbridge Boy Scouts to remember and honor veterans.





Left to right: Amity High School Counselor Alison Stack, Woodbridge Rotary Club President Diane Millan, November Student of the Month Ariel Gordon, Ariel's mother, Rachel Ledewitz Gordon, Rotary Student of the Month Coordinator Dr. Guy Stella, and Bethany Superintendent Colleen Murray.

# November '19 Rotary Student of the Month

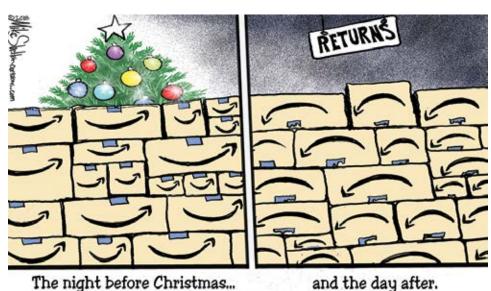
Ariel Gordon was named Woodbridge Rotary Club Student of the Month for November. A Woodbridge resident and senior at Amity High School, Ariel was nominated for this honor by Amity High School Counselor, Alison Stack.

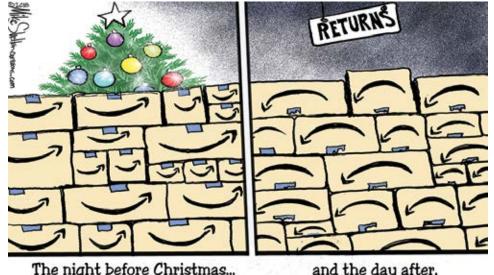
Academically, Ariel is in the top 5% of his graduating class and has taken the most rigorous course load offered at Amity High School. At Amity, Ariel has often been in a mentorship role. His extracurricular activities include being a Link Crew Leader, peer tutor, member of the UMTRR Club which

focuses on a student's mental health. In addition, he helps with the unified sports program assisting students with disabilities. He is also a varsity track athlete.

Mr. Gorden is interested in studying cognitive science at the college level.

Each month, the Woodbridge Rotary Club partners with Solun Tapas Restaurant to honor an Amity High School Student. Rotarian Dr. Guy Stella presented Mr. Gordon with a certificate of recognition from the Woodbridge Rotary Club.

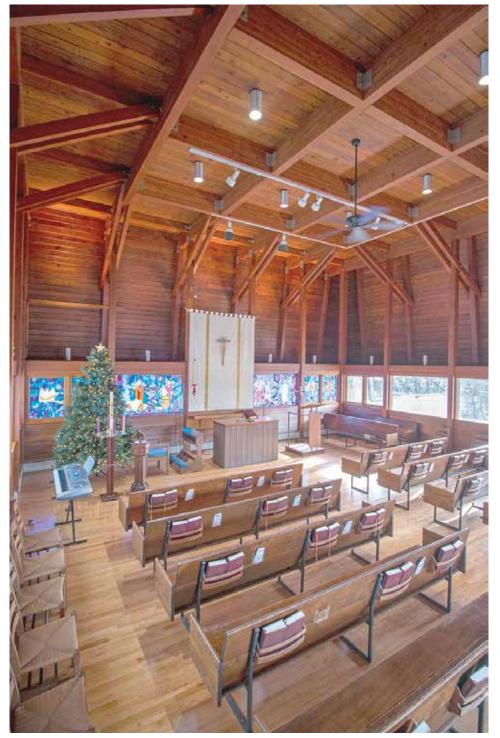




Recently, Cub Scout Pack 902 presented food and toys from its successful drives. Food was donated to the Woodbridge Human Services Food Closet and toys were donated to the Woodbridge Fire Department's toy drive benefitting Yale New Haven Hospital Toy Closet.







# Orange History: The Zion Lutheran Church

You may have driven past Zion Lutheran Church on Grassy Hill Road and wondered about this mid-century building set back on the wooded slope. If you drove past the church this fall, you likely saw the parking lot filled with the vehicles of artists, wood work-

tion Church in New Haven and Shepherd of the Sea Chapel in Groton. He also collaborated with local architects on several projects, including Katharine Brennan School in New Haven.

Zion Lutheran Church is enclosed by a slanted roof that creates a dra-

# January Events at Temple Emanuel of Greater New Haven

Sunday Morning Conversation With Rabbi Dr. Michael Shire January 5, 10:00–10:40 am Bringing it all Home: Applying Jewish Wisdom!

How can we help families live fulfilling, meaningful, responsible lives through the lens of applied Jewish wisdom? How can our synagogue community and sacred work with children and parents offer a home of quality, character and wholeness?

Come have a conversation with Rabbi Dr. Michael Shire, Dean of the Graduate School of Jewish Education at Hebrew College in Boston and parent of two children, about the new wave in Jewish living and learning. Free and open to the community. RSVP: office@ tegnh.org.

Artist-In-Residence Weekend With Noah Diamondstein January 10, 7:30 PM Shabbat Service Saturday, January 11, 7:00 PM Havdalah and Concert with the Temple Emanuel Band

Noah Diamondstein, an artist, multi-instrumentalist, song leader and rabbinical student at Hebrew Union College – Jewish Institute of Religion, lives in Los Angeles, California. He is currently the manager of Jewish engagement and advocacy at the Jewish Center for Justice. Through his music, Diamondstein searches for new ways to inspire people to think and feel deeply about life and how Jewish traditions, stories and thoughts can imbue it with meaning. Come hear the music from his new album, Ashira L'Adonai.

The concert is FREE and open to the public, but advance registration



Temple Emanuel

Unitarian traditions will help lead the service. Go to www.cmihamden.org for more information.

#### Tot Shabbat at Temple Emanuel January 24, 5:30 PM

Come celebrate Shabbat with Rabbi Michael in the beautiful TE sanctuary with songs and stories! Perfect for children under 5 and their families. Members and non-members welcome! The Tot Shabbat service will be followed by a Shabbat dinner, allowing congregants of all ages to interact and enjoy the meal! We will have some teens to help out during dinner, allowing parents a chance to get to know more adults at TE. Please register for dinner at www.tegnh.org.

#### Kol Shira: A Celebration of Jewish Music with the Next Generation at The Towers, 18 Tower Lane, New Haven January 26, 10:00–11:30 AM

Religious school students and teachers, rabbis, cantors, cantorial soloists and instrumentalists from seven area synagogues will come together for a morning of singing in celebration of the power of Jewish music. This annual concert is dedicated to the memory of the music and legacy of Debbie Friedman, z"l, a Jewish musician who died in 2011. In addition to several iconic songs by Friedman, traditional tunes and songs by two generations of musicians who were influenced and inspired by her ability to bring a woman's voice and perspective into late 20th century Jewish music, and to write accessible songs combining liturgy and social commentary, will be performed. Please bring your friends and your voices and RSVP to the Towers if you plan to attend, www.towerone.org.

ers, and roofers, working to restore the church after a severe rainstorm flooded the building in August.

Designed by Carl R. Blanchard, Jr. (1912-1996), the original masterplan was ambitious and included a large church, chapel and arcade of Sunday school classrooms and offices. Only the chapel was constructed. The building was designed for Calvary Baptist Church in 1966 whose congregation moved from Chapel Street in New Haven. Eventually, Calvary Baptist Church sold its new building in Orange to Zion Evangelical Lutheran Church.

Blanchard was a New Haven native who studied architecture at Pratt Institute and returned to Connecticut to practice. After establishing his own office, he built his impressive resumé of buildings, including Holy Transfiguramatic interior space of braced wooden beams. The low windows allow light to filter in and illuminate the natural wood. The altar is flanked by stained glass windows depicting the Four Evangelists, Jesus' birth at Christmas, His resurrection at Easter, and the sacraments of Baptism and Holy Communion.

Following the flood, artists worked diligently to remove the marks of water damage. After months of restoration, the natural beauty of the church is ready to be appreciated.

Our service times are Saturdays at 5:00 pm, and Sundays at 10:30 am, with Christian Education for all ages at 9:30 am on Sundays. More information can be found at www.zion-orange.com or by emailing Pastor Jacob Benson at pastor@zion-orange.com. is required for security purposes www. tegnh.org.

#### Annual Interfaith Martin Luther King, Jr. Shabbat Service at Congregation Mishkan Israel in Hamden January 17, 7:00-8:30 PM

Members of the TE community will participate in this inspiring, music-filled service. This year's guest speaker is Dr. Keith Kahn-Harris, author of Strange Hate: Antisemitism, Racism and the Limits of Diversity. The service is FREE and open to the community. Faith leaders from the Jewish, Christian, Catholic, Muslim, Bahai and

For more information about these events and all other events and services at TE, please go to the Temple Emanuel website, www.tegnh.org, or call the temple office at 203-397-3000.

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Torah Scrolls, Kolkata [Image by Sanjeet Chowdhury]

# Congregation Beth El - Keser Israel Events

# **Daily Services**

- $\,\,$  > Sunday 9:00 am and 5:45 pm
- Monday 7:00 am and 5:45 pm
- > Tuesday 7:00 am and 5:45 pm
- $\,\,$  > Wednesday 7:00 am and 5:45 pm
- > Thursday 8:15 am and 5:45 pm
- Friday 7:00 am

# Shabbat Services

- > Friday 6:00 pm
- Saturday Morning 9:15 am
- Saturday Children's Services 10:45 am
- Saturday Afternoon 1:00 pm

# Children's Programs

Run cooperatively by talented and dedicated parents, the three Saturday morning programs are an excellent way to learn about BEKI. Come visit any Saturday morning at 10:45 to find out why visitors have come



Congregation Beth-El Keser Israel

while Junior Congregation addresses the spiritual, educational and social needs of children in grades 3-6.

# Photographs of Jewish Calcutta

Although only about twenty Jews currently reside in Kolkata (as it is now known), the city retains the traces of Jewish culture. Many monuments, including a cemetery in North Kolkata, where gravestones are occasionally written in three languages, remain and are cared for by non-Jewish Bengalis, many of them Muslims. Nahoum's, the Jewish bakery, remains one of the city's favorites. Sanjeet Chowdhury, Photographs of Jewish Calcutta, illustrates the diversity, poignancy and history of this Jewish culture. An independent photographer and filmmaker based in Kolkata, Chowdhury has exhibited his photos in London, New York, Basel, and other cities worldwide.

# Temple Emanuel Gives Back to Community

Tikkun Olam in Judaism means "helping to repair the world." This past September, during the High Holy Days of Rosh Hashanah and Yom Kippur, Temple Emanuel did what it does every year - asks its congregants to give what they can to help the local community.

Thousands of dollars were generously given for the sole purpose of helping to repair the world. The recipients of this generosity are the following organizations:

**Beth El Center**, a homeless shelter and soup kitchen that provides support services and advocacy to those experiencing homelessness and hunger within the Greater Milford community; www.bethelmilford.org.

**JCARR** (Jewish Community Alliance for Refugee Resettlement), established in 2015 by five area synagogues and the Jewish Federation of Greater New Haven, which came together to welcome, sponsor and support refugee families new to our area; www.jewishnewhaven.org/refugee-resettlement. **CONECT**, a collective of churches, synagogues, mosques, temples, and civic organizations from New Haven and Fairfield Counties that have joined together to take action on social and economic justice issues of common concern. CONECT has made an impact on issues as varied as gun violence, health insurance rates, police reform, immigrant rights, and more; www. weconect.org.

**Rise Against Hunger**, an international hunger relief organization that aims to end hunger by 2030. Rise Against Hunger is aligned with the United Nations Sustainable Goal #2 of Zero Hunger; www.riseagainsthunger.org.

For Temple Emanuel, it's simple acts of kindness that benefit the community at large – Tikkun Olam – helping to repair the world.

Temple Emanuel of Greater New Haven is a Reform synagogue located in Orange at 150 Derby Avenue, 203–397–3000. For more information, visit www.TEGNH.org.

# Mishkan Israel To Host Interfaith Service To Honor Dr. King

Congregation Mishkan Israel's 53rd annual Rev. Dr. Martin Luther King, Jr. Service will be on Friday evening, January 17 at 7:00 p.m.

Congregation Mishkan Israel has celebrated Dr. King's legacy and his ties to the congregation since the 1970s. Rabbi Robert Goldburg invited his friend, Dr. King, to speak at Mishkan Israel on October 20, 1961 in celebration of his work and the congregation's commitment to social justice. The Congregation wanted to preserve this historic moment following Dr. King's assassination and thus began the annual service. Since 2009, our emeritus, Rabbi Brockman invited other local interfaith clergy to make this service a true community celebration. Rabbi Immerman continues

this tradition and welcomes Dr. Keith Kahn-Harris as our keynote speaker. Dr. Kahn-Harris recently published his fifth book, Strange Hate: Antisemitism, Racism and the Limits of Diversity, which discusses the emergence of what he terms 'selective anti-racism' and explores controversies over antisemitism and racism in the US and the UK. Dr. Kahn-Harris serves as a senior lecturer at Leo Baeck College, the progressive Jewish seminary in London. The service is free and open to all in our community and we are pleased to welcome faith leaders from the Jewish, Christian, Catholic, Muslim, Bahai, and Unitarian traditions to join Rabbi Immerman and Cantor Giglio to lead services. For further information, call the synagogue at (203) 288-3877.

from across New England to observe this program as a model for their own synagogues.

The Children's Shabbat Havura is designed to address the spiritual and social needs of preschool children. Following the half-hour of songs, stories, prayers and dance, the children have their own qiddush refreshments and then enjoy supervised play until they join the adult worship for the final prayers and the weekly congregational lunch. The Havura enjoys the active participation of parents who themselves are enriched by the experience. For many adults, the Children's Shabbat Havura serves as their introduction to active participation in the BEKI community.

K-2 Kehila is a "junior-junior" congregation for children in those grades, This exhibition opens January 15. Gallery hours by appointment only; please contact the BEKI office at (203) 389-2108 x114.

Located at 85 Harrison Street (corner of Whalley Avenue - Route 63 - in Westville)



# ATTENTION CHURCHES, SYNAGOGUES, AND HOUSES OF WORSHIP!

Send us your organizations events listings and items of interest. We will publish them for free.

Woodbridge Town News – P.O. Box 1126, Orange, CT 06477 edit@woodbridgetownnews.com



# Legislators & Community Leaders Discuss Funding to Protect Synagogues

#### By MiriYam Judd

On Thursday, January 2, Connecticut community religious leaders, Jewish agencies and legislators came together at the Jewish Community Center of Greater New Haven to address and condemn recent anti-Semitic incidents and attacks as well as open a discussion on where we go from here. There were at least 30 incidents in Connecticut in 2019, according to the Anti-Defamation League. Joined by state senators, representatives, rabbis, and presidents and executives from Jewish Federations around the state, the hour-long discussion in Woodbridge focused on enforcement efforts and resources, security measures, and what is necessary at a federal and state level.

The conversation most often turned to the financial aspect of security funding. U.S. Senate Minority Leader Charles E. Schumer (D-NY) and U.S. Senator Kirsten Gillibrand (D-NY) recently announced a record-setting \$90 million in federal security grant funding for nonprofit organizations, a \$30 million increase compared to last year's funding amount. "That increase will be even greater for areas like Connecticut," said U.S. Sen. Richard Blumenthal (D-CT), a senior U.S. senator.

That money comes highly needed; synagogues and federations across the state have spent money they don't have on necessary security measures in recent years. "We have an amazing man standing outside making sure we're all safe, but it took money from our budget that wasn't there," said Judy Alperin, CEO of the Jewish Federation of Greater New Haven.

Pauline Zimmerman, president of the Jewish Federation of Western Connecticut, explained how location plays a distinctive role in determining security funding. "Connecticut is diverse in its demographics, topography and geography. Some federations and synagogues are urban, some are not. For those of us who are rural, our needs will be different."

In areas like New London, smaller congregations may not qualify for federal and state grants. "These rural areas can also be hotbeds for white nationalism and anti-Semitism," said Marc Ekstrand, the rabbi of Temple Emanu

# JFSGNH Names Honorees For Spring Celebration

Jewish Family Service of Greater New Haven (JFSGNH) is proud to announce its honorees for its Spring Celebration, which will take place at Congregation B'nai Jacob, on Thursday April 23, 2020, from 6-8pm. Debra and Richard Epstein and Betsy Flaherty will be recognized for their outstanding, ongoing commitment to JFSGNH. In their various roles as board members, volunteers, program founders, advocates and donors, these three individuals have worked diligently to improve the lives of children and families in our community who rely upon JFS's vital programs and services. The accomplishments of the 2020 honorees also serve as inspiration for the Spring Celebration's fundraising goals. All proceeds raised will benefit these essential JFS programs: Child and Adult Mental Health Services, Food Assistance Programs (Pantry and Food4kids), Social Work Outreach Ser-

vices Program (SOS) and the Holocaust Survivors Program.

JFS CEO Amy Rashba feels privileged to honor both the Epsteins and Betsy Flaherty. "I was so impressed with Betsy's personal touch and compassion," she says. "When she posted a Facebook photo of our nearly depleted Food Pantry shelves, our community was stirred to quickly fill them! And long-time JFS supporters Rick and Debbie are so passionate about feeding hungry school children over the weekends with our FOOD4KIDS program. All three honorees are the embodiment of all that is great within Greater New Haven. They genuinely understand the critical needs of our clients, the significance of these fundamental programs and through their actions, encourage others to support the entirety of JFS. I invite everyone to join us on April 23 to honor their amazing efforts."

El of Waterford. "There should be some kind of retroactive programming."

When you take away the money talk and the legal jargon not everyone understands, what are we to do? Do we rationalize this? Do we accept this as our new standard, asked Michael Farbman, the rabbi at Temple Emanuel of Greater New Haven in Orange and the chair of the New Haven Board of Rabbis and Cantors. "Don't say this is normal because this is not normal. It is, however, our reality at the moment," he said. As for the community moving forward, Dr. Jeffrey Hoos, president of the Jewish Federation of Greater New Haven, believes we need to look at what we can do and where we are now. "Imagine we're in 1935 or 1936 in Germany. We would never be able to have such a meeting, such a conversation. I feel privileged, grateful and lucky to discuss these things. We need to stand together. But that isn't enough. We need action. We need to condemn hatred when we come face to face with it."

# Congregation Or Shalom Events

#### Weekly Services Minyan Services

- > Sunday 9:00 AM
- Monday 7:30 AM
- › Thursday 7:30 AM

#### Healing Circle

> Wednesday 7:30 AM

#### Shabbat Services

- › Friday 7:30 PM
- > Saturday 9:30 PM

#### Tuesdays, Social Mah Jongg

Looking to learn or play Mah Jogg? We play on Tuesdays at 1:00 pm. Call the office if you are interested 203.799.2341.

## Zumba Gold at Or Shalom

Congregation Or Shalom announces the continuation of ZUMBA GOLD on Tuesday nights at 7 PM. ZUMBA Gold is an easy to follow dance movement program that incorporates music from every decade to create an upbeat and fun exercise class. Burn lots of calories, meet new friends, and have a blast. No experience needed and classes are on a drop-in basis. Contact Robin at zumbarobin@gmail.com or call 203-314-8176 or temple office at 203-799-2341. We are happy to add Zumba Gold with Danielle Pettit. Zumba Gold is perfect for active older adults who are looking to dance and have a good workout while increasing balance, range of motion and coordination. TUESDAYS 10:15 AM, 10-class punch card \$70 drop-in class \$8.00; daniellepettit75@ yahoo.com, 203-509-3683 (cell).



Congregation Or Shalom

the office for schedule) Rabbi Alvin Wainhaus teaches an hour-long class focusing on the ancient texts of our heritage and the light they shed on current issues. The class begins at 11:00 am and ends at 12 noon sharp. All Welcome. Synagogue office: (203) 799-2341, Website: orshalomct.org, email: info@orshalomct.org (no class February 19). If bad weather please look out for notifications via tv and email.

# Movie Series

For more information - https://jfsnh.org/.

# www.WoodbridgeTownNews.com

# Coffee and Learn with the Rabbi Wainhaus

Every Wednesday, (please call

Sunday, January 12th at 1:30 pm

Our winter film series is about to begin! Set in the Hasidic enclave of Boro Park, Brooklyn, this acclaimed new documentary film follows a group of tenacious Hasidic women who challenge the patriarchy of their community by creating the first all-female volunteer ambulance corps in New York City! With unprecedented access, 93QUEEN offers a unique portrayal of a group of empowered women who take matters into their own hands and change their community from within! Run Time: 90 minutes, Discussion to follow, for those who wish to remain. Snow date -January 26th. Sponsored by our Adult Ed Committee.

205 Old Grassy Hill Road, Orange, CT 06477 • 203.799.2341 • orshalomct.org



# Motivating Yourself to Succeed with Fitness Goals

#### by Susan Donovan

JCC of Greater New Haven's Director of Wellness Services

Back by popular request, Sherri Sosensky will be offering an adult Jewish-inspired yoga class on Tuesday nights at the JCC of Greater New Haven at 7 p.m. If you find it difficult to get yourself motivated, several simple tips can help. Self-motivation is key if those "excuses" arise when your new fitness goals becomes challenging or inconvenient.

Self-motivation is what fuels you to accept and conquer the challenges of growth. It drives you to complete a task without needing reasons or a push from someone else. Defined in the spirit of wellness, self-motivation is the ability to do what you know is right for you, despite a lack of energy, time, or other perceived or real barriers. It's the ability to do what is good for you—even if you don't feel like doing it— because you know that the future rewards will be great.

We all have a natural sense of self-motivation; for some, it is more difficult than for others. But it's possible to enhance your level of determination and ambition by practicing specific behaviors and actions.

#### THERE ARE A NUMBER OF WAYS TO INCREASE SELF-MOTI-VATION.

**CLARITY**: Be clear about your goals. When you clarify your destination, you set yourself up for a smooth(er) ride. DEFINE REASONS: It's vital to be clear about why you want to accomplish something as this gives more purpose to your actions.

**SIMPLIFY**: Defining small, simple goals easily within reach means you are more likely to achieve them. When you do, it will offer a great opportunity to jump start your internal motivation. and your environment with positive people and messages that build you up. The better you feel, the more you'll prioritize your motives.

**VISUALIZE THE OUTCOME**: By envisioning the outcome, you recognize that there will be results beyond what you feel in the moment. Harness the power you have and believe you can accomplish what you set out to do!

Here are some additional tips from JCC of Greater New Haven's personal trainers and health coaches:

"One of the biggest roadblocks to getting results is that we tend to get overzealous and want what we want now! Just remember those extra pounds did not appear overnight, and they will not go away overnight either. Stay strong and take it one-step at a time." ~ Alex L

"It is so important to find something you enjoy doing and find time for you. Work out, walk, bike take a class with a friend. This can help motivate both of you, encouraging each other on your journey." ~ Debra F

"Exercise is a natural elixir to the mind, body and soul. Without exercise, the body and mind can prematurely rust and die." ~ Beth H

"For the body, motion is lotion, (too much) rest is rust. Know that if you invest in your body, it will pay you back in full... with interest!" ~ Steve F

"Find a dream or goal truly worth changing for...a dream that will inspire you at every moment of choice, and keep your commitment level high. Create a healthy support system around you with friends, family, coach, or a group." ~ Betsy O

Let the JCC of Greater New Haven's fitness professionals help you be the best "you" can be in 2020.

Contact Susan Donovan at susand@jccnh.

# New Year, New You

**By Peter Geloso DPT** "New Year, New you." That's the saying right? For many of us that means getting back in shape, losing weight, and hitting the gym. However, you must beware of the pitfalls of doing too much too fast, not having a plan, not knowing the proper form and technique, and not knowing how to properly progress your exercise program. Failure here can and will result in lack of results, poor adherence and compliance, and worst of all injury.

Many people have tendencies to just jump in the gym blind, without any sense of direction. They just hop on the treadmill and start running, or aimlessly pick up a few dumbbells with not the slightest clue of how to properly warm up or safely progress their chosen activities. A proper warm up is crucial for preventing injury. It helps get your heart rate up to a working level, increase blood flow throughout your body, increase muscle extensibility, and increase joint mobility. This will improve your quality of motion through various exercise movement patterns, in turn reducing your risk of injury.

Proper exercise progression is also a key component to success and achieving your desired results. You don't want to get stuck in a loop of doing the exact same exercises, sets and repetitions, and resistance. A vital mistake often made by new gym goers is to do more weight than they can handle, being under the impression that more weight equals more muscles. But in reality, it usually equals poor form and technique. Another classic misconception is that low weight and high repetitions at a fast speed will get you more "toned". These are both easy ways to find yourself injured and unable to adhere to your desired exercise program.

If you are one of those people who



Peter Geloso

are thinking about getting back in the gym as part of your New Year's Resolution, you may want to think about having a health care professional perform a general musculoskeletal screen. This helps to identify any possible impairments that may predispose you to an increased risk of injury while beginning your journey on the quest to a healthier lifestyle. Don't make the mistake of waiting until you're injured to address a problem. The best way to treat an injury is to prevent it from ever happening in the first place. Let us help you start your New Year's off right, and pain free!

Peter Geloso DPT is a physical therapist at Amity Physical Therapy. He received both his Bachelors in Exercise and Sport Science and Doctorate of Physical Therapy from Elon University. He has been a licensed Physical Therapist in the State of Connecticut for seven years. Amity Physical Therapy was founded 15 years ago by Michael Dow MSPT/ CEO of the practice with three offices: Woodbridge. Hamden and Branford. Peter Geloso DPT can be reached by phone with any questions at (203) 389-4593.

Why Annual Checkups Are So Important

Nutritious diets and routine exercise are two hallmarks of a healthy lifestyle. Combining the two can lower people's risk for various diseases and contribute to a high quality of life. But food and physical activity are not the only things people should do to improve their chances of living long, healthy lives.

Preventive care is important. One of the most effective principles of preventive care is to schedule an annual checkup with a physician. According to the Centers for Disease Control and Prevention, routine health exams and tests can find problems before they start. During annual check-ups, doctors may notice some red flags, such as high cholesterol, that men and women won't detect on their own. These warning signs could be increasing people's risk for disease and/ or discomfort. Many of these red flags are undetectable without proper screenings, which is why annual checkups are integral to maintaining one's health.

Annual checkups also serve as a great time for adults to be screened for certain cancers. The American Cancer Society notes that cancer screenings are used to find cancer before a person develops symptoms. That's a vital benefit of annual checkups, as cancers caught in their early stages are more easily treated. In addition, catching cancer before it has metastasized greatly improves patients' prognosis.

Another reason to schedule annual checkups is that they make perfect opportunities for patients to discuss their family histories with their physicians. This is especially important for adults over 40, as age and family history are significant risk factors for a host of conditions and diseases. Men and women concerned about conditions and diseases that their family members have had can discuss those concerns with their physicians during their annual checkups. Physicians can then recommend ways for patients to balance their risk, calming patients' concerns and giving them a road map to reduce their risk for conditions and diseases that seem to run in their families.

Annual checkups are as vital a component of a healthy lifestyle as nutritious diets and routine exercise. By scheduling annual checkups with their physicians, adults can closely monitor their overall health and potentially uncover issues before they escalate into major health risks.



Please Note: If you have an event for the Bulletin Board, please send it along no matter how far in advance it is. We will include it in the appropriate issue(s) until the event has taken place.

**Gentle Yoga Classes**, Monday and Wednesday mornings 10:30-11:45 and Monday evening 5:30-6:45, (no Monday holiday classes) Room 16, old Center School (next to Fitness Room at 4 Meetinghouse Lane), \$10/drop-in. Give it a try. Questions? yogadiane@ gmail.com or contact Woodbridge Recreation Dept.

**Boy Scout Troop 63**, meetings Monday nights 7:00pm-8:30pm, Our Lady of the Assumption "Mother" Church, 1700 Litchfield Turnpike (Route 63), Woodbridge; September-April and May-June outdoors at Camp Whiting, all boys ages 10 and up or who have completed the fifth grade are welcome to stop by and see what we're all about. For more information, visit http://www.troop963.org or email Troop63CT@gmail.com.

**Shelton Art League** (formerly Bridgeport Art League), meetings on the 3rd Monday of the month, noon, Shelton Community Center, 41 Church Street, Shelton, CT, 2nd floor, room #2, a diverse group of artists, future meetings include acrylic landscape, watercolor and oil painting demos. Visit http:// www.sheltonartleague.org for additional information. Guests are always welcome. **Bereavement Support Groups**, Tuesdays 4:00-5:30pm and Wednesdays 6:30-8:00pm, Griffin Hospital, 130 Division Street, Derby, support groups for anyone experiencing the loss of a loved one. Contact Janice Lautier at 203-732-1100 or jlautier@ griffinhealth.org to register.

**Networking Opportunity**, Tuesdays, 7:00-8:30am, Solun Tapas Bar Restaurant, 245 Amity Road. Do you want more hot referrals? Come as our guest; unlimited free coffee; bring business cards. For more information or to make a reservation, contact Elyce Siegel at 203-668-3019 or Elyce.siegel@hibu. com.

**Woodbridge Republican Town Committee Meetings**, second Tuesday of each month, 7:30pm, Center Cafeteria. Visitors welcome and we urge you to join us. For information, go to www. woodbridgegop.org.

**Cancer Support Group**, meets the second and fourth Tuesday afternoons of the month at Coachman's Square, 21 Bradley Road, Woodbridge. If interested contact: Lucille Ranciato Iranciato2@yahoo.com or Bernie Siegel, MD bugsyssiegel@sbcglobal.net for details.

#### **Trap Falls Kennel Club Obedience**

**Classes**, every level, AKC STAR Puppy (obedience for dogs under 12 months) and Family Manners Classes/Obedience & Canine Good Citizen; Wednesday and Thursday evenings, Pawz for Wellness in Shelton. For registration and/or information, call 203-450-9485 or email tfkctraining@gmail.com. Trap Falls Kennel Club is a non-profit member club of the American Kennel Club (AKC).

**Boy Scout Troop 907**, Come find out why Troop 907 has been Making a Difference in the Life of Scouts since 1968. Meetings Thursday nights 7:00-8:30PM at the First Church of Christ in the Parish House (enter via back parking lot), 5 Meetinghouse Lane, Woodbridge next to Town Hall. Boys aged 10 and older or who have completed 5th grade are invited to visit an upcoming meeting and join the adventure of scouting. For more information, visit our website Troop907.org or use the website "contact us" link to communicate directly with troop leadership.

Alzheimer's Community Caregivers Support Group, 2nd Thursday of the month, 5:00pm, Arden House, Conference Room, 850 Mix Avenue, Hamden. Call Maria Paduano, Program Director to RSVP or for more information at 203-281-3500, ext. 7669; www. genesishcc.com.

#### Woodbridge Rotary Club Meetings,

1st and 3rd Fridays of the month, New Members wanted! The Woodbridge Rotary Club has changed its meeting places. Please go to the website to see current meeting dates and event dates: https://woodbridgerotary.org/ Contact the Club President Diane Millan or Secretary Karen Bellamy for any updates.

**Goat Yoga**, every Saturday at 9am, 10:15am and 11:30am, Locket's Meadow Farm, Bethany, \$25.00. Stretch and pose with our sweet baby goats (and pigs and puppies and who knows who else will wander through) and learn what the goat hype is about! All funds from our programs go directly to support the rescued animals of Locket's Meadow as well as to help fund our programs for special needs individuals. Please bring your own yoga mat, but if you forget, we have a few extra.

**Ansonia Nature Center Events**, 10 Deerfield Road, Ansonia; call 203-736-1053 to register for all events.

**Donate Your Car, Truck or Van**, help raise funds for a local private school; FREE, FAST, TOW AWAY; Running or Not Running; Can be used for a charitable tax deduction. Call Charter Oak Education DBA Sterling Education at 860-643-1100.

**Holiday Fair and Cookie Walk** - Derby Historical Society, Saturday, December 14, 2019, 10:00am-2:00pm, David Humphreys House, 37 Elm Street, Ansonia, \$5.00 suggested donation for adults; children under 5 are free; hot cider, unique Christmas gifts. Santa will be here from 12-2:00pm. Cookies are baked fresh and cost \$5.00 per 13 cookies. Call 203-735-1908 for information or visit our website www.derbyhistorical.org.

#### "Larocca" From Page 2

outreach programs concerning health issues on the local, state and federal level. A staff member is available for home visits, telephone contacts and family conferences.

LaRocca also is a trained CHOIC-ES counselor, to provide counseling and information on health insurance options, ranging from Medicare and supplemental insurance, to long-term care insurance and other state and federal benefit programs. A few years ago, LaRocca was appointed the town's veterans' ombudsman, to provide information, referral services and advocacy for veterans and their families. The department sponsors a Friendly Visitor/Telephone Reassurance Program, which is an outreach program for the home bound, handicapped and elderly in Woodbridge. "Through friendly visits and telephone calls, our goal is to help improve the quality of life for those who are feeling isolated and lonely due to decreased mobility," the town website reads.

formation and referrals for younger families, helping them build bridges to social services and support agencies, and providing healthy activities for young and old. The Youth Program is run by Nancy Pfund.

To this day, the department relies on the help of volunteers to get everything done, and her first big event, that of a Volunteer Tea, became a tradition in Woodbridge. Every "baskets" with gift certificates for families who have a hard time to provide during those times. This year, they distributed 46 baskets, she said.

The Rotary Club, of which she is a member, also helps prepare Thanksgiving baskets, together with volunteers from Assumption Church and from the Junior High School in Bethany. They provided a combined 31 Thanksgiving baskets this year. "It's never a boring day," she said, when ticking off all the different responsibilities under the umbrella of the Human Services Department. Add to that the paperwork that goes along with much of it, also meetings and planning, networking and keeping up-to-date with state and federal regulations. As the circumstances change, so do the town's needs. Over the last decade the center building, on occasion, was used as the town's emergency shelter, and Human Services staff helped keep track of senior citizens during prolonged power outages. Volunteers help set up cots and provide food and assistance to those who seek shelter, but volunteers need to be recruited and trained, all of which takes a fair amount of outreach and planning. "Everyone chips in," she said. "It's a really good team."

She also is grateful for the involvement of the 9-member Human Services Commission. "It's a working committee," she said. "It has been very rewarding."

She has built friendly ties with people ranging from town hall to the police department and many of the seniors who attend programs. Woodbridge has become her home away from home. "You get to know everybody," she said, "even people in other departments." Yet she is looking forward to retirement. "I'll do a little traveling," she said. "I look forward to spending more time with my four grandchildren," three of whom live near Boston. She plans to do all the things she had very little time for while working, such as reading a book or exercising. "In retirement you are creating a new life."

The department also provides in-

spring, the department thanks its volunteers with a formal recognition and a reception.

Before she came to Woodbridge, LaRocca served as Director of Community Services at TEAM, a social service agency in Derby. To this day, the Woodbridge department is the "intake site" for fuel assistance – local families who need help with their fuel and electricity bills can apply locally.

After the September 11, 2001 attacks, the economy tanked, and more people state-wide were struggling to make ends meet. The department under LaRocca's leadership started an emergency food pantry. During the holidays they also provide holiday

She does not anticipate to be idle for long, though. "I like to give back," she said.

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#### We are open Monday - Thursday: 10 am to 8 pm, and Friday and Saturday: 10 am to 5 pm.

We will be closed on Monday, January 20 for Martin Luther King Jr. Day

# Adult Programs

For more information about our events, or to register, please contact the reference desk at 203-389-3434. Registration is also available on our website.

#### Lotus Flower Lantern Craft Workshop

Wednesday, January 15 at 6:30 pm

Members of the Korean Spirit and Culture Promotion Project ("KSCPP") will present a workshop on making a lovely lotus flower lantern using colorful paper and wire frames. After the class, short documentaries on Korea will be shown and traditional Korean

refreshments will be served. KSCPP is a non-profit organization dedicated to raising awareness of Korean history and culture. Please register, space and materials are limited.

Taking Resilience Skills Off the Blackboard: A Workshop of Practical Tools with Lorri Danzig Monday, January 27 at 7 pm

Lorri will give an interactive presentation on the theory behind resilience and the skills necessary to build it. What it looks like to put these skills into action is effectively illustrated using personal examples and excerpts from Lorri Danzig's memoir My Father the Fish: Rendering Life's Hardships Spiritual. Please register.

#### Thursday Night Film Screenings

Join us at 7 pm in the meeting room; registration is not required. January 16: Judy; Rated PG-13 Drama, Musical | 118 min

- > January 23: Paper Clips; Rated G | Documentary | 84 min
- January 30: The Goldfinch; Rated > R | Drama | 149 min

# Children's Activities & Events

For more information on our Children's Events, please visit our website or call 203-389-3439.

# Nutmeg Book Club (Grades 4-7)

Thursday, January 16 at 5:30 Read a 2020 Nutmeg nominee book and come ready for a discussion, snack, and activity. Pick up a copy of each month's book at the Children's Desk and come ready to discuss. Please register online or in person. January's book is: Greetings from Witness Protection.

## littleBits Drop In Programs

Saturday, January 25 at 3 pm Explore the world of circuitry with littleBits and see what you can build. No registration required. Best for ages 7 and up.

## Save the Date: Take Your Child to the Library Day is Saturday, February 1!

CactusHead Puppets will return to the library, performing The Bremen Town Musicians at 2 pm, followed by a rod puppet workshop for ages 4 and up. More details to come; stop by the library or visit our website.

#### **Ongoing Childrens** Programming Baby Rhyme Time

(0-18 months) Every Wednesday, 10:30-11 am Join us for songs and rhymes, fun for little ones. No registration.

# Rhythm and Rhyme (18-36 months)

Every Thursday, 10:30-11 am Talking, singing and reading to build vocabulary and a love of books!

# Saturday Preschool Storycraft (3-5 years)

No registration.

Every Saturday, 11-11:30 am

Stories and crafts for ages 3 to 5 with an adult. No registration.

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Woodbridge Town News

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# **DEATH NOTICES**

The Woodbridge Town News will publish Death Notices for Woodbridge and Bethany families free of charge as a service to our readers. Family members please email notice (limit 250 words, please) to: edit@woodbridgetownnews.com



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# **Apartments For Rent**

# Woodbridge:

Thank you ! We're accepting names for our waiting list. Applicants must be 62 or older or disabled. One Bdrm-\$1063/mo; Two Bdrm-\$1112/mo incl utilities. On-site laundry, patios with garden area, off-street parking, handicapped accessible. CHFA Financed. EHO. Gibson Assoc., Inc. 175 East Mitchell Ave, Cheshire, CT 06410. Ph: 203-272-3781. TDD 1-800-545-1833 Ext 165

# Gibson Assoc., Inc. 175 East Mitchell Ave, Cheshire, CT 06410 Ph: 203-272-3781. TDD: 1-800-545-1833 Ext 165





1. Star Wars: Episode IX -- The Rise of Skywalker (PG-13) Carrie Fisher, Mark Hamill 2. Jumanji: The Next Level (PG-13) Dwayne Johnson, Jack Black 3. Little Women (PG) Saoirse Ronan, Emma Watson 4. Frozen II (PG) animated 5. Spies in Disguise (PG) animated 6. Knives Out (PG-13) Daniel Craig, Chris Evans 7. Uncut Gems (R) Adam Sandler, Julia Fox 8. Cats (PG) Francesca Hayward, Taylor Swift 9. Bombshell (R) Charlize Theron, Nicole Kidman 10. Richard Jewell (R) Paul Walter Hauser, Sam Rockwell



 Once Upon a Time in Hollywood (R) Leonardo DiCaprio
 Hustlers (R) Constance Wu

**3. It: Chapter Two (R)** Jessica Chastain

4. Angel Has Fallen (R) Gerald Butler5. Good Boys (R)

- Jacob Tremblay 6. Ready or Not (R)
- Samara Weaving **7. Home Alone (PG)** Macaulay Culkin
- 8. Fast & Furious Presents: Hobbs & Shaw (PG-13) Dwayne Johnson 9. Dora and the Lost City of Gold (PG) Isabela Merced

**10. I See You (R)** Helen Hunt





Zachary Levi (right) in "Shazam" [Warner Bros. Entertainment]

# 2019: A GREAT YEAR FOR KIDS' MOVIES

The Lost City of Gold") into the big screen. We also had some marvelous stand-alone movies featuring seriously super women in "Captain Marvel" and "Dark Phoenix."

## MONSTERS AND ADVENTURE:

If your little ones like stories about giant mythical beasts, 2019 offered two: "Missing Link," a stop-motion tale about a Sasquatch, and "Abominable," which pairs a curious and kind-hearted girl with an extraordinary Yeti. Talking animals and a girl with a powerful imagination also collided in "Wonder Park," about an imaginary amusement park come to life.

# **DISNEY GOES LIVE ACTION:** Four

classic Disney films got the live-action treatment this year. First was director Tim Burton's "Dumbo," with a CGI flying elephant. Next, we conjured up Will Smith as Genie in "Aladdin." The summer brought another highly anticipated reimagining -- "The Lion King," featuring a new song by Beyonce. Also, flying under the radar is the live-action remake of "Lady and the Tramp," which went direct to streaming on Disney+.

- Who composed and performed "Your Song" in 1970?
- 2. Which group wrote and released "Heartache Tonight"?
- 3. Who released "Pick Up the Pieces"?
- 4. What is "409" in the 1962 Beach Boys song?
- 5. Name the song that contains this lyric: "Waiting
- for the break of day, Searching for something to say, Flashing lights against the sky, Giving up I close my eyes."

1. Elton John. It was released as a b-side single to "Take Me to the Pilot," but DJs liked "Your Song" better and made that the a-side. It was released as a b-side single to "Take Me to the Pilot," but DJs liked "Your Song" better and made that the a-side. It was his first big hit in the U.K. S. The Eagles, in 1979. The song received a Grammy Award for Best Rock Performance by a Duo or Group with Vocal. 3. The Average White Band, in 1974. It didn't chart in the U.K. until American DJs started to play it and it soared to the top of the U.S. charts, 4. A 409 cubic-inch Chevrolet engine, 5. "S5 or 6 to 4," by Chicago in 1970. It's about being up in the middle of the night trying to write a song. Said this way, "Twenty-five or (twenty-) six to in 1970. It's about being up in the middle of the night trying to write a song. Said this way, "Twenty-five or (twenty-) six to in 1970. It's about being up in the middle of the time the song jelled and came together.

# Sports Quiz

#### By Chris Richcreek

- 1. Kendrys Morales set a Toronto Blue Jays record in 2018 by homering in seven consecutive games. Who had held the franchise mark?
- 2. How many consecutive seasons did Boston's Wade Boggs have 200 or more hits?
- 3. Who was the first offensive lineman to twice finish in the top 10 of Heisman Trophy balloting?
- 4. Name the first woman to coach a championship-winning team in the WNBA.
- 5. Who was the oldest player to win the Conn Smythe Trophy as the NHL playoff MVP?
- 6. Jill Ellis set a record in 2019 for most games coached with the U.S. women's national soccer team (132). Who had held the mark?
- 7. From whom did boxer James J. Braddock win the heavyweight title from in 1935, and who beat him for it in 1937?

1. Jose Cruz Jr., with six consecutive games in 2001. 2. Seven consecutive years (1983-89). 3. Pittsburgh's Bill Frolic (1983 and '84), 4. Anne Donovan, with Seattle in 2004. 5. Boston goalie Tim Thomas was 37 when he won The award in 2011. 6. April Heinrichs, with 124 games coached. 7. He won the title from Max Baer and lost it to

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**SEQUELS AND FOLLOWUPS:** The past year brought a hardy batch of series films, some of them arc-ending, like the phenomenally successful "Avengers: Endgame." We also revisited a beloved favorite in "Toy Story 4" and updated an old treasure for a new generation with "Mary Poppins Returns." Other notable entries this year include: "Ralph Breaks the Internet," "Fantastic Beasts: The Crimes of Grindelwald," "Lego Movie: The Second Part," "How to Train Your Dragon: Hidden World," "Secret Life of Pets 2" and "Angry Birds 2."

**GIRLS RULE:** The ladies had a good year with a couple of plucky and tough but totally smart cookies breaking out of books ("Nancy Drew and the Hidden Staircase") and television ("Dora and MY PICK FOR BEST KIDS MOVIE:

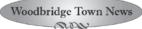
"Shazam." This fun family movie about an orphaned kid who is recruited to be a superhero, and his journey to becoming truly super, was everything I needed this summer. It's about heart and friendship, facing adversity and how caring for others makes you better always. Plus, it's full of outstanding performances, especially from adult lead Zachary Levi. My honorable mention is "The Kid Who Would Be King," about a boy who pulls the sword Excalibur out of a rock at a modern-day construction site, and, along with his friends, is launched on an Arthurian adventure to save the world.



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Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.								
DIFFICULTY THIS WEEK: ◆								
♦ Moderate ♦♦ Challenging								

♦ ♦ ♦ HOO BOY!
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# MY MOM SATD IF WE SHOVE THE DATVEWAY HE'LL PAY ME TEN DOLLARSI WITH ANY BENEFITS?



# HOLLYWOOD

By Tony Rizzo Even before "Richard Jewell" opened, Clint Eastwood and Warner Brothers found themselves being sued by Cox Enterprises' flagship newspaper, The Atlanta Journal-Constitution. The film is basically about Richard Jewell, a security guard at the 1996 Summer Olympics in Georgia, first proclaimed a hero, then accused of planting a bomb. The film has a disclaimer at the end of the film that says, "This film is based on actual events. The dialogue and certain events and characters in the film were created for the purposes of dramatization."

Allegedly, The Atlanta Journal-Constitution rushed to judgment on Richard Jewell's guilt. Jewell, who died in 2007 at 44, was cleared of any involvement in the bombing, which killed two and injured over 100 people. Nonetheless, there was always a cloud hanging over him because of the accusations. You'd think the newspaper would've learned something from the experience and would be wary of taking on powerhouses like Warner Brothers and Clint Eastwood.

Clint Eastwood. \*\*\* On a happier note, Robert Redford is having second thoughts about retiring. If he hadn't gone public with his retirement, he might've directed instead of only producing his latest project, "109 East Palace." The film deals with the rise and fall of physicist J. Robert Oppenheimer, hailed as an American hero when he created the atomic bomb in 1945, but later disgraced during the McCarthy Era and was made to testify before the House Un-American Activities Committee. Oppenheimer admitted he had asso-

ciations with the Communist Party in

the 1930s and was villainized by them.



Robert Redford [Depositphotos]

"109 East Palace" refers to the address in New Mexico where the A-bomb was created. Redford developed the script and says he'll only produce.

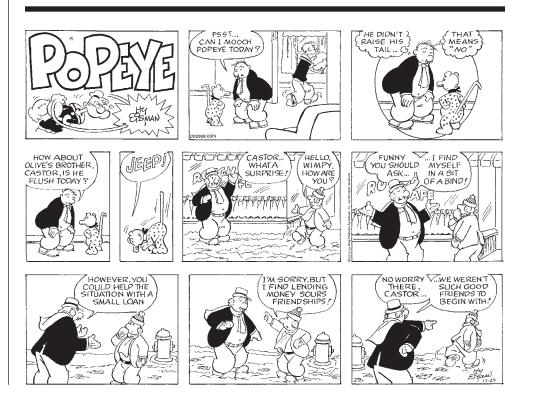
Get ready for a sequel to "Aladdin." The recent remake, with Will Smith as The Genie, cost \$183 million and grossed \$1.05 billion. Already set to star is Billy Magnussen, best known for "Into the Woods" and the current 007 film, "No Time to Die."

The Golden Globes try to second-guess what the Oscar nominations will be. They have five drama and five comedy/musical nominees in every category, and still every year Oscar pulls out two or three nominations they didn't see coming. The Golden Globes are decided by only 78 foreign press people.

Billy Bush may have lost his job (at "Entertainment Tonight") and his wife because of that infamous incident with you know who in The White House, but only three years later he has recovered and is back as the new host of "Extra," the show Mario Lopez hosted. How was all forgiven and forgotten? Must be because "Extra" has moved to the Fox Network. That's joke enough!

# www.WoodbridgeTownNews.com

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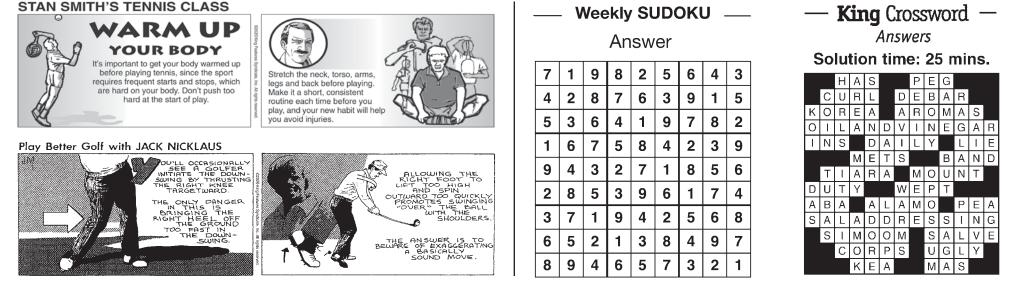


# King Crossword Answers on Page 28



"It is the life of the crystal, the architect of the flake, the fire of the frost, the soul of the sunbeam. This crisp winter air is full of it." - JOHN BURROUGHS

STAN SMITH'S TENNIS CLASS



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#### "Dog Park" From Page 1

#### she said.

The WDPC still has ways to go in terms of finishing the project. The second phase of the fundraising effort has begun, funds that will be used to finish seeding grass, and to install benches and trees. The cooperative plans to install a "Founders Wall" of plaques with the names of those who donated \$500 and more. The Founders Wall will be up for a grand opening celebration, which is planned to take place in early June. After that date, donations toward the upkeep and landscaping will be acknowledged on the Woodbridge Dog Park Cooperative website. Those who donated a bench or tree will get a plaque on that.

The dog park is located on about 1.5 acres on the upper field of the Fitzgerald Tract, next to the chestnut tree enclosure. It consists of a smaller area for smaller and older dogs, and another area for larger dogs. The entrance is about 80 feet or so from the parking lot, although a foot path has not been installed yet. Dogs should be kept on a leash until they enter the "foyer," where dogs should be unleashed before they get released into either the big dog area or the small/ older dog area.

At this point the small dog area is not quite finished yet, as the area where the old asphalted skating rink was located has not been seeded yet. That is on the to-do list for the time when the ground thaws.

The effort to establish a dog park in town was started some 17 years ago with Deena Myers and her father Len, who approached the town with plans for several possible locations. But at the time the efforts did not come to fruition.

Even so, Myers was part of the The "Fitzgerald Four," namely Deena Myers, Ramie Ackley, Michelle Ditzian and Bonnie Blake, who picked up the idea and brought it to the attention of First Selectman Beth Heller right after she was sworn in. She supported the idea, but made it quite clear that even if the group could find a suitable location, no town money would be



# HOURS OF OPERATION: SUNRISE TO SUNSET

Pursuant to C.G.S. 22-357 dog owners and keepers are strictly liable for any damage or injury caused by their dogs. The Woodbridge Dog Park Cooperative, Inc. and the Town of Woodbridge accept no responsibility for injury or damage. The dog park is unsupervised; use at your own risk. In the event of any emergency, call 9-1-1 immediately.

# **DOG PARK RULES**

By entering the park you agree to the following rules. Failure to comply may result in removal from the park.

- · Dog(s) must be supervised by a responsible handler at least 16 years of age.
- · Responsible handler must stay within the dog park with leash readily available.
- · Responsible handler must be within sight and voice command at all times.
- Dog(s) must be properly licensed and vaccinated.
- · No more than two dogs per handler allowed.
- · Use foyer for leashing and unleashing one dog at a time.
- Clean up after your dog(s) and dispose of waste immediately.
- Fill in any holes dug by your dog(s).
- · Provide water for your dog.

# PROHIBITED

- Infants and children under the age of 5
- Unsupervised children under the age of 12.
- Aggressive dogs
- · Sick dogs
- · Dogs under 4 months
- · Dogs in heat
- · Spiked or pronged collars, choke chains
- · All tobacco products and alcohol
- · Food (for humans or dogs, even treats)
- · Glass containers

spent to bring it about.

Just about a year after getting the go-ahead from the town's Board of Selectmen the Dog Park Cooperative had reached its fundraising goal of \$60,000 to set up the fence. That's when another obstacle presented itself, with the former asphalt skating rink, which had not been used in years, but also had not been removed. After several weeks of investigating, Blake and her group of volunteers found Garrity Asphalt, who donated its time and trucks to reclaim the asphalt skating rink for them and clear the way to install the fence, which was done by

Orange Fencing.

Blake said she relied on the help and advice of their construction supervisor, Brenden Fimian, who also serves on the WDPC board. Blake also is grateful for the help of Snyder Civil Engineering, a firm that provided professional drawings submitted to the Town Wetlands Agency. Snyder not only donated its time and expertise, but made an additional donation.

Maintenance of the park will fall to the WDPC. It will be hiring someone to mow the inside as well as an 8-foot strip around the perimeter of the fence and to spray against ticks. There will be cleanup days at certain intervals. Membership in the cooperative is not a prerequisite for using the park, which is open from sunrise to sunset.

The WDPC has provided four poop bag dispensers for the convenience of the pet owners. However, the trash can to dispose of the used bags is located closer to the parking lot, to make it accessible to the trash haulers. One suggestion is to leave the used bag near the leash, so owners will not forget to take it with them.

Years of planning and organizing will culminate in a grand opening celebration, which at this point is planned for the first weekend in June. "We will again hold the Mutt Strutt and other events inside the dog park and honor all those who made the dog park possible," said Bonnie Blake. Those include the entire WDPC Board of Directors, First Selectman Beth Heller and town hall staff, also the Board of Selectmen and the Building Department and Public Works Department.

# "You can't get too much winter in the winter." - ROBERT FROST



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# Did You Know? Connecticut Probate Courts Welcome TurboCourt For Statewide e-Filing in 2020

As of January 1, 2020, the Connecticut Probate Courts will be using TurboCourt.com as their primary filing system for all Probate Court matters. Connecticut joins 17 other states in its decision to use TurboCourt for online filings associated with Probate Court matters.

Connecticut's fifty-four Probate Courts process various cases, including conservatorships, guardianships, estates and trusts, and name changes. It is anticipated that TurboCourt will help:

- 1. Make it easier for parties to file complete and accurate forms with fewer errors.
- 2. Provide automatic courtesy notifications to parties involved in a case.
- 3. Enable "e-signing" of documents.
- 4. Enable multifactor identification to make sure files are secure.
- 5. Enable online payment for Probate Court fees.

TurboCourt will not:

- 1. Completely replace paper filings. Attorneys are required to use TurboCourt but the general public will still be allowed to file paper documents with the Probate Court.
- 2. Make all documents associated with a Probate Court file accessible to the general public online.

If you are interested in learning more about using TurboCourt you can visit www.turbocourt.com and register for an account, visit the CT Probate Court website at www.ctprobate.gov as they publish information regarding utilizing this service, and our website to read our recent blog posts. For advice specific to you or your family, please contact the office. We would be glad to meet with you for a no hassle, no charge initial consultation, no matter how long it lasts.







Steven P. Floman, Allison M. DePaola-Drozd, and Nicole Camporeale of the law firm Floman De-Paola, LLC are the authors of this article. This article has been prepared for general informational purposes only and is not intended to constitute legal advice or to create an attorney client relationship. Readers should not act upon the information contained in this article without seeking advice from an attorney regarding the specific facts and circumstances of your case.

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**ARIES (March 21 to April 19)** That lower-than-acceptable performance you're getting from others in your group might be the result of miscommunication. If so, correct it before serious problems arise later on.

**TAURUS (April 20 to May 20)** An unexpected situation could call for a change of plans. If so, you might feel that this is unfair. But it's best to make the needed adjustments now. There'll be time later for rescheduling.

**GEMINI (May 21 to June 20)** The new year brings opportunities you might want to look into. Some might be more interesting than others. But take time to look at all of them before you make any decisions.

**CANCER (June 21 to July 22)** It's a good idea to be careful about expenses until you've worked out that pesky financial problem. You might find it advisable to get some solid advice on how to proceed.

**LEO (July 23 to August 22)** Romance looms large over the Leonine aspect. Single Lions looking for love should find Cupid very cooperative. Paired Cats can expect a renewed closeness in their relationships.

**VIRGO (August 23 to September 22)** Making contact with a former colleague might not be high on your list of priorities. But it could pay off personally as well as professionally. Avoid bringing up any negatives about the past. LIBRA (September 23 to October 22) A personal relationship could face added stress because of a situation involving someone close to both of you. Be supportive and, above all, try to avoid playing the blame game.

**SCORPIO (October 23 to November 21)** You might well find some lingering uncertainties about a decision. If so, take that as a warning that you might not be ready to make that move yet. More study would be in order.

**SAGITTARIUS (November 22 to December 21)** Music is a dominant theme for Sagittarians right now, and it should remind you to make a greater effort to restore some much-needed harmony in that very special relationship.

**CAPRICORN (December 22 to January 19)** Although family matters might demand much of the Sea Goat's attention this week, you'll want to try to make time to handle those all-important workplace situations as well.

**AQUARIUS (January 20 to February 18)** A recurring unresolved issue might need to be revisited before you can move forward. Consider asking someone familiar with the situation to act as an impartial counselor.

**PISCES (February 19 to March 20)** Ignore pressure to make a decision. Keeping your options open is still the wisest course, at least until you're sure you've learned all you need to know about the matter at hand.

**BORN THIS WEEK: You're capable of** great loyalty to those around you, which is one reason you can count on devotion from friends and family.

# Expert: CBD Oil Could Damage Pets' Eyes

**DEAR PAW'S CORNER:** Your recent article about giving CBD oil to pets omitted an important fac-

tor: its effect on the eyes. Past research has shown that CBD causes eye pressure to spike in humans, and the same issue was noted in a study with rodents. Popular media has not noted this. CBD oil should be given to pets only



a temporary rise in intraocular pressure. (A lower dose, 20 mg, did not cause the same problem.) And a more

> recent study at Indiana University found that mice given CBD oil experienced a similar rise in interocular

## Just Like Cats & Dogs by Dave T. Phipps





"That's why mommy wants you to be a banker."

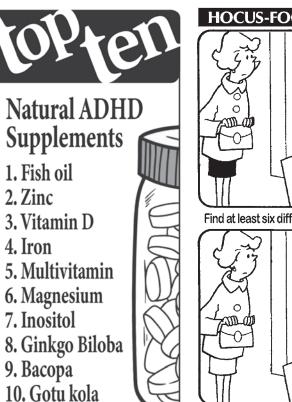


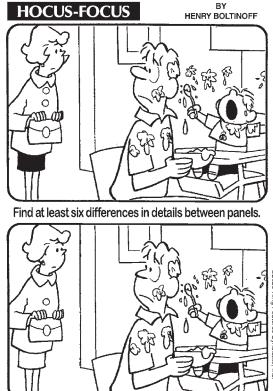




Out on a Limb HERES TO PUTTING YOUR HOLIDAY CIFTS TO GOOD USE ...







with appropriate oversight from an animal specialist able to measure eye pressure. -- Dr. Denise Valenti

**DEAR DR. VALENTI:** Thank you for the update. I had not seen the research on this, and it is important for pet owners to know about this possible side effect of CBD (cannabidiol).

A 2006 study at the University of Aberdeen of human glaucoma patients found that a fairly high dose, 40 mg of CBD oil, administered sublingually (under the tongue) caused Sam Mazzotta pressure. The study found that when THC and CBD were given together, the THC blocked CBD's effects on eye pressure -- but because THC also IS the component

of marijuana that makes a person (or pet) high, it opens a whole other kettle of fish.

If you're currently giving your pet CBD oil, contact your veterinarian to ask about checking and monitoring your pet's eye pressure. High interocular pressure can cause serious damage to the eyes. If your dog or cat has glaucoma, avoid administering CBD oil until you've talked to the vet about all possible side effects.

Send your questions or comments to ask@pawscorner.com.

Source: ADDitude magazine

Differences: 1, Button is missing, 2, Skirt is different, 3, Food splat is missing, 4, Chair back is lower, 5, Nose is smaller, 6, Hair is different.

# roon Gon Growing Mg black pepper

These plants do best in fertile soil that retains a little moisture. Good drainage is always essential whether growing black pepper in a pot or in the ground. Look for a location with filtered sunlight; too much direct sunlight can damage this plant. Keep the soil slightly moist, and mist the plant often. – *B. Weaver* 

Source: balconygardenweb.com

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