

# Woodbridge Town News



St. Patrick's Day  
march 17

## Woodbridge's Exclusive Newspaper

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

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FRIDAY, MARCH 12, 2021



*Tina Burland, a junior at Amity High School, is organizing a ceremony to mark the anniversary of the pandemic on March 13. Proceeds from the sale of luminarias will benefit the Rotary Covid Relief Fund.*

## Luminaria Light Up the Town To Mark Pandemic Anniversary

BY BETTINA THIEL

WOODBRIDGE TOWN NEWS CORRESPONDENT

When Tina Burland, a Woodbridge resident and junior at Amity High School, saw the walkways and front yards in Cheshire lit up with luminarias last fall, she wanted to see something similar in Woodbridge as well. "It shows that we are here for each other," she said.

The longing for community has never been more pronounced than since the pandemic kept people isolated in their houses. That's why Tina decided luminaria — candles set up in paper bags — were a good way to mark March 13, the anniversary of the day when the schools shut down and the Town Hall

closed, the day, as she puts it, when "Woodbridge stopped."

"I wanted to change the anniversary into something hopeful," she said. She envisions the luminaria to light up the town center with its public buildings, and she has been busy selling luminarias over the internet and dropping them off at people's houses and at businesses.

Tomorrow, Saturday, March 13, there will be a short ceremony at 6 p.m. on the town green by the gazebo, with First Selectman Beth Heller speaking. It will be live-streamed on the Woodbridge Together Facebook page. Tina

See "Luminaria" On Page 22



## Selectmen Move Forward with Bond Package

BY BETTINA THIEL

WOODBRIDGE TOWN NEWS CORRESPONDENT

Town leaders are in the process of planning for a number of infrastructure improvements which could be financed through bonding at a time of historically low interest rates.

The projects so far include the conversion of the old firehouse into a community center, construction of a storage facility in the back of the current firehouse; improvements to the senior center; and a refurbishment of parts of the Beecher Road School roof.

The cost — estimated so far to total \$2.85 million, plus another half million in "soft costs" such as contingency, insurance, bonding costs, etc.—would be put to a referendum, which could potentially take the form of a special town meeting or a ballot vote.

Town Finance Director Anthony Genovese said the selectmen agreed "in concept" to the proposals, but at the same time asked the finance department to investigate the cost of potential other needed projects, including the demolition of the Country Club clubhouse, which is boarded up in many places and is not considered safe. In addition, the first selectman asked him to investigate pricing for adding sidewalks from Amity High School to the town center.

**Old firehouse and storage shed:**

The main project is to turn the former firehouse into a community center, with meeting rooms and a fitness center. The building has been nearly empty since a fire occurred there in

See "Bond Package" On Page 8



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# Green Rivers are St. Patrick’s Day Traditions

Even though the first color associated with St. Patrick, the patron saint of Ireland, was blue, eventually green became the hue of choice to commemorate his work and the holiday established in his honor. Because Ireland is dominated by green, rolling hills, the country is affectionately known as the Emerald Isle. And green clothing and decorations have become the standard each March during St. Patrick’s Day festivities.

It is one thing to drink a green beer or paint a green shamrock on your cheek, but dyeing an entire river green is an immense and awe-inspiring homage to St. Patrick’s Day. Since 1962, the vast undertaking of dyeing a river a bright shade of green has been a St. Patrick’s Day tradition in Chicago. Tom Rowan, a 76-year-old retired police officer, handles the task, and his methods are top secret. The Chicago River has been transformed into a verdigris waterway every year, with the exception of 2020,

when COVID-19 halted holiday plans. However, someone other than Rowan managed to dye portions of the river green in 2020.

While the Chicago River is the most prominent green river on St. Patrick’s Day, others currently emulate the same effects or have done so in the past. The Irish Marching Society decided to bring the tradition to Rockford, Ill., and dye Rock River last year. San Antonio, TX; Savannah, GA; Indianapolis, IN; Charlotte, NC; Tampa, FL; and Washington, D.C. all have dyed various rivers green. In 2020, city officials in Dublin, Ireland, intended to dye the River Liffey green as well.

Nontoxic dyes and environmentally safe products are used to produce the green hues. Some stick around for a few hours, while others may last for days until they dissipate. While they last, green rivers can produce dramatic effects that are fun to behold.



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# From the Democratic Town Committee

BY LAURENCE GROTHEER



Democrats can justifiably be proud about progress on a couple of vitally important policy initiatives these past few weeks – policies to help all Americans. The Biden administration made it a priority to address the coronavirus pandemic and there are undeniable results to show for it nationwide.

President Biden said last week he expects enough vaccine to be available for all adults in the nation by the end of May. Here in Connecticut, well over one million vaccine doses have already been administered.

And in Congress, Democrats are making headway toward passage of a comprehensive relief package to help individuals, businesses, and state and local governments overcome pandemic-related economic hardships.

Closer to home, Democrats in Woodbridge unanimously nominated a full slate of well-qualified, fully vetted, relevantly experienced candidates for the town election, now less than eight weeks away, on Monday, May 3.

First Selectman Beth Heller, R.N., running for re-election, has served on the Board of Selectmen since 2008. She was Deputy First Selectman from 2009 until the start of her first term as First Selectman in 2017.

Prior to that she was Registrar of Voters, chairman of the Fire Commission, secretary of the Library Commission, and co-founder of the summertime Concert on the Green series. Beth's community service began in the 1990s with the Beecher Road School PTO and continues still.

As First Selectman, Beth has been skillfully steering the town through unprecedented pandemic circumstances, managing the town's local response, and working with state and federal officials to ensure those resources are brought to bear to benefit the town and its residents.

Selectman Joe Crisco, an active town resident since 1977, also running for re-election, has been in public service 35 years. He served on the Woodbridge Board of Education and the Town Plan and Zoning Commission, and then represented Woodbridge in the State Senate for 24 years.

As senator, Joe was co-chair of the Appropriations Committee and the Insurance and Real Estate Committee, and held a host of other leadership positions, including Chief Deputy President Pro Tempore.

Joe established the CT Biomedical Research Fund to underwrite advanced research on eight major illnesses, and

he wrote breakthrough breast cancer screening legislation, which became a model for other states nationwide.

Amity Board of Education member Sheila McCreven seeks a first term on the Board of Selectmen, after distinguishing herself in public education policy development. Sheila has been on the Amity Board of Education since 2014, serving as Board Secretary, and was an elected member of the Woodbridge Board of Education from 2005-2013, serving as Chairman from 2007-2011.

For several years Sheila was the town's Communications Director and Grant Writer, where she also managed special projects including Sustainable CT Certification and pursuit of related grants, a Fiscal Health Analysis of contracted work by the CT Economic Resource Center, promotion of the town's Hazard Mitigation planning, and other initiatives.

Unanimously nominated as a candidate for the Amity Board of Education, Donna Schuster, M.B.A., seeks to supplement complementary roles as current mother of three and former court advocate for abused and neglected children.

A Connecticut resident since 2006, Donna and her husband have three children enrolled in the Woodbridge and Amity school districts. She and her husband were drawn to Woodbridge by the reputation of both excellent school systems; she is pledged to build upon that standard of excellence as a member of the Amity Board of Education.

Donna is also an active volunteer with local food donation programs and environmental groups. With a record of admirable priorities and a demonstrated commitment to public education in Woodbridge, Donna is a strong, sensible candidate for the Amity Board of Education.

Other Democratic nominees for local elected positions will be profiled in the weeks ahead, both in the Woodbridge Town News and in direct mailings to Woodbridge homes. Town residents are encouraged to be familiar with all candidates for local office, and all eligible voters are encouraged to participate in the town's municipal election on Monday, May 3.

*Residents who would like to be involved in local government are encouraged to reach out and contact the Woodbridge Democratic Town Committee, which can be reached by e-mail at woodbridgedtdems@gmail.com.*

# Other Side of the Aisle

BY CHUCK PYNE  
WRTC CHAIRMAN



The current application by Open Communities Trust requesting the elimination of much of our single-family-housing zoning has brought into focus some things of which Woodbridge voters should take note.

First, the Town Plan and Zoning Commission (TPZ) has provided ample time for public comment, and those comments have been overwhelmingly opposed to the application. A review of the written comments shows this is not a partisan issue. In fact, the commenters come from a representative mix of Democrats, Republicans, Independents, and unaffiliated voters. More Democrats have spoken up to oppose the plan than any other group. It is encouraging to see that when presented with the facts, people with different political views can agree on an important issue. Let's hope our elected Town leaders are paying attention to what their constituents are saying.

Second, a key element of the applicant's position is the one-size-fits-all state law that puts affordable housing quotas on all 169 towns and cities in the state. The idea that this law is cast in stone and we must simply obey it is flawed. If a nation can repeal a Constitutional Amendment, then a state can certainly repeal or modify a law so that it no longer conflicts with on-the-ground reality and other state policies. This is where we Woodbridge constituents can and should be communicating with our elected officials: Sen. Jorge Cabrera (SD-17), Sen. James Maroney (SD-14) and Rep. Mary Welander (LD-114). Links to these representatives can be found on our website, woodbridgегop.com. We must urge our legislators to fix state law because it fails to take into account real and serious conditions such as the drinking water and sewer/septic issues here. If every concerned Woodbridge resident communicated with these representatives, one would expect some positive action.

Now, about how our local government is handling the situation. At the February 17<sup>th</sup> Board of Selectmen Special meeting, the Board voted to establish a new 'Woodbridge Housing Opportunity Study Committee' "[t]o guide the Town of Woodbridge (a) in formulating a long-term plan for the Town to comply with Federal and State housing laws, including Fair Housing laws and (b) in promoting a mix of housing opportunities, including the development of an Affordable Housing Plan, as required by State law." This action raises several questions. First, how does this special committee fit in with the Town Plan and Zoning

Commission and its responsibilities under the law? Second, the committee is supposed to be assisted by "staff" including both town employees and "a qualified consultant with expertise in a broad range of housing opportunities." What is town leadership's definition of a "qualified consultant?" How is the consultant going to be selected and what qualifications is the town looking for? Several Woodbridge residents, in an honest effort to help the situation, have recommended the non-profit – and potentially free – Local Initiatives Support Corporation. If that group has the expertise, there is no reason to spend money needlessly, especially if we are bracing for a costly lawsuit if the applicant does not get its way. Third, the consultant's expertise is focused on "housing opportunities." What expertise will the committee draw on to understand the significant environmental issues regarding wells, septic systems, and our town's role as a regional public water supply watershed? And what about community input? The charge says the committee "is being asked to...engage the community in the discussion of key issues." Shouldn't community engagement be required, and shouldn't the Selectmen set minimum requirements to assure the committee keeps residents informed about all the information that the committee receives, and provides ample opportunity to residents to voice their questions and ideas?

That said, recognition of the need for a "qualified consultant" to help the town address this important issue is reassuring. This approach sounds nearly identical to the recommendations that Republican Selectmen made in 2013 with respect to options for the Country Club of Woodbridge. Those recommendations were summarily ignored – and the fate of the CCW is still adrift. It's good to see town leadership may not be making the same mistake twice.

Last but not least, it is vitally important that the new committee's membership reflects the town as a whole. Specifically, the committee membership should be representative of the people in town with respect to the zoning issue. Measuring the For/Against written submissions to the TPZ on the application that started all this furor, it's about a 10:1 ratio against. They would be the "toughest customers" and if they were accepting of a proposed plan, that would be a good signal that the majority's interests have been protected as much as possible. And it's the kind of balance we need back in our local government.

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All articles, photographs and letters must include your name, address and daytime telephone number for confirmation. The Woodbridge Town News reserves the right to reject any advertisement, article, photograph or letter. Letters to the Editor must be unique to the Woodbridge Town News.

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Woodbridge Town News

Below are the next three issue dates & deadlines of the Woodbridge Town News.  
Thank you for your submissions to Your Home Town Newspaper.

Upcoming Issue Date

Issue Deadline

April 2 | Easter and Passover Issue..... March 26

April 30 | Mother's Day/Election Issue ..... April 23

May 28 | Memorial Day Issue ..... May 21

Note: Copy due by 4:00p.m. Thank you.

FROM OUR READERS

Have A Safe and Happy St. Patrick's Day

St. Patrick's Day is quickly approaching, and although the usual outings to pubs and parades might not be in the cards this year, Americans will still find ways to safely celebrate by donning their shamrock green and cracking open a cold one. If your March 17<sup>th</sup> plans involve a beer or two, make sure to hydrate between Buds and plan ahead for safe rides home.  
For more than 35 years, Anheuser-Busch and its wholesaler partners have invested more than \$1 billion in responsible drinking marketing efforts. As a local beer distributor, Dichello Distributors Inc. is working alongside

Anheuser-Busch to foster a culture of safe and responsible drinking.  
If you're venturing out of your home in search of that pot of gold, don't just count on luck to stay safe this year. Plan ahead and designate a driver, use a ride-share service, or take public transportation. Binge drinking and drunk driving are 100 percent preventable, and we invite you to join us in prioritizing safety and remembering to enjoy responsibly.  
From all of us at Dichello Distributors, wishing you a happy and safe St. Patrick's Day!  
Cheers,  
Tony Lota  
Alcohol Awareness Coordinator  
Dichello Distributors, Inc.

Woodbridge Town News

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](mailto: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.

From the First Selectman

BY BETH HELLER



This month marks the one-year anniversary since COVID-19 changed our world and our Town. These are difficult and lonely times, but they are also hopeful. Woodbridge is among the municipalities with the most residents having received a first vaccine shot. As of this writing, we are in fact the third highest in the State of Connecticut.  
Our Human Services Department is doing a yeoman's job of helping residents get vaccinated. They were able to hold an on-site clinic here in Woodbridge working with our partner, Quinipiac Valley Health District (QVHD), to vaccinate 70 of our town's most vulnerable seniors. They have driven residents without transportation access to vaccine appointments out of town and have helped dozens of residents get appointments at QVHD's North Haven vaccine clinic. As of March 1, residents age 55 and up and educators are eligible; on March 22 eligibility will expand to residents age 45 and up. If you need help making an appointment, please visit the Town website and fill out our vaccination form. You may also

call the Human Services Department at 203-389-3430 for further assistance.  
To mark the one-year anniversary of the COVID-19 shutdown, Woodbridge Together, a new organization created by Amity Regional High School student Tina Burland, is selling luminaria kits and all the profits will go to the Woodbridge Rotary Club's Covid-19 Relief Fund. Luminaria will be set up in front of people's homes and on the Town Green on March 13. To donate please visit [www.woodbridge-together.com](http://www.woodbridge-together.com).  
A major goal of mine over the past few years has been to create community through events and improving our public spaces. As more residents get vaccinated and as the weather warms up, we are looking to plan more outdoor events. It is difficult to make plans in this ever-changing pandemic environment, but I'm hopeful that we may still be able to hold some safe and meaningful events and programs.  
On April 1 at 9:30 am, the Commu-

See "First Selectman" On Page 13

WOODBRIDGE EDUCATION ROUNDUP

# Salazar Earns SMA Award

Students and faculty from the Western Connecticut State University Department of Theatre Arts have once again collected a multitude of awards at this year's Region 1 Kennedy Center American College Theater Festival (KCACTF) competition. The regional festival, usually held in Hyan-nis, Massachusetts, was conducted virtually this year as a result of the COVID-19 pandemic.

WCSU collected a number of awards across a variety of areas including act-ing, design expo, stage tech and stage management.

Isabel Salazar, of Woodbridge, earned the Stage Managers Associa-tion (SMA) Award.

KCACTF is a national theater pro-gram involving 18,000 students an-nually from colleges and universities around the country. Since its inception, KCACTF has given more than 400,000 college theater students the opportu-nity to have their work critiqued, im-

prove their dramatic skills, and receive national recognition for excellence. More than 16 million theatergoers have attended approximately 10,000 festival productions nationwide. The festival is split up into eight regions across the United States. WCSU be-longs to Region 1, comprised of schools from Connecticut, Maine, Massachu-setts, New Hampshire, northeastern New York, Vermont and Rhode Is-land. For more information, contact the Office of University Relations at [pr@wcsu.edu](mailto:pr@wcsu.edu).

Western Connecticut State Uni-versity changes lives by providing all students with a high-quality education that fosters their growth as individu-als, scholars, professionals and leaders in a global society. Our vision: To be widely recognized as a premier public university with outstanding teachers and scholars who prepare students to contribute to the world in a mean-ingful way.

# Amity Students Excel at CT-STEM Fair

The Connecticut Science, Technol-ogy, and Engineering Fair is held an-nually in February. Students from all over CT compete. This year over 260 projects were judged in five catego-ries. We are proud to announce that Amity Regional High School students from the Science Research Program took 21 out of 27 places awarded, in-cluding winning first place in all five categories! Our Amity students also

swept the "Teams" category winning all four places. Each year CT-STEM fair sponsors five projects to move on to the CT Science and Engineering Fair. All five sponsorships were awarded to Amity students. Congratulations to our winners!

The complete list of winners can be found here at [https://ctstemfounda-tion.org/2021/02/23/2021-ct-stem-fair-results/](https://ctstemfoundation.org/2021/02/23/2021-ct-stem-fair-results/).

# CAC Area 2 Howard Jacobson Scholarship Award

Cable Advisory Council (CAC) Area 2 will bestow a scholarship in mem-ory of former longtime Chairperson Howard Jacobson. One high school or college student studying film, mass communications, and television or me-dia studies will receive \$500 to help further their studies.

The Cable Advisory Council of Area 2, which serves the towns of Fairfield, Bridgeport, Stratford, Milford, Orange and Woodbridge promotes quality Community Access Television. The Council is an ongoing asset for Ca-ble Area 2 with the support of Altice/Cablevision.

Scholarship Qualifications & Crite-ria - Applicants must be able to prove: They currently reside, and/or are students attending high school, com-munity college, college, or university in one of the six CAC area towns: Fairfield, Bridgeport, Stratford, Milford, Orange or Woodbridge.

They have a declared major in the mass communications, or media stud-ies. Along with pursuing a career in this field, they are taking classes or engaged in independent studies.

They are in good standing with their academic institution.

They must submit a short essay un-der 500 words describing their creative coursework, portfolio or project and how it relates to this scholarship award. Supplemental links to media projects are welcome.

The winner will be selected on the basis of their overall academic perfor-mance, portfolio and their personal statement.

Deadline to apply is June 30, 2021. To apply, please email: [info@cacarea2.com](mailto:info@cacarea2.com).

# Holy Infant Women's Guild Scholarship

The Holy Infant Women's Guild scholarship applications are now avail-able online at the Holy Infant Church website ([holyyinfantorangect.org](http://holyyinfantorangect.org)) or at the Guidance Offices of Amity HS, Sacred Heart Academy, Luralton Hall and St. Joseph HS. This scholarship is for female seniors from the parish who will attend a four-year college or university next year. There will be two \$1,000.00 scholarships awarded. The completed application must be returned to the Holy Infant Church Office no later than 1:00 PM on Friday, April 23, 2021. If you need any addi-tional information you may call Susan D'Orso, Scholarship Chairperson, at 203-874-1739.

# Amity Journalism Student Wins "Best Sports Article Award"

This past weekend, the Yale Daily News, held its Journalism Symposium. Several of the Amity Regional School District No. 5, High School Trident Editors attended this virtual event. The Trident's Sports section was rec-ognized with the "Best Sports Article Award" and it went to senior Justin Roche, of Woodbridge, CT. His arti-cle, "Student Athlete Profile: Swimmer Arsenio Bustos" was in the Trident February issue. There were hundreds of students from all over the world in attendance and Justin's piece stood out among all the Sports submissions. The winning article can be found on the school site at <https://www.amityregion5.org/arhs>, in the News and Video section. Congratulations Justin, we are proud of the Trident editors and writers and the hard work they do each month covering the news at Amity.

# STUDENT NEWS

**Dean's/President's List Purchase College**

Purchase, NY - Daniel Kuriakose of Woodbridge has been named to Pur-chase College's Dean's List for the fall 2020 semester. Kuriakose is studying Philosophy, Literature. To be eligible for the Dean's List, students must car-ry a semester GPA of 3.5 for Bachelor of Arts and Bachelor of Science pro-grams and 3.75 for Bachelor of Fine Arts and Bachelor of Music Perfor-mance programs. They must take a minimum of 12 credits.

**Rochester Institute of Technology**

Rochester, NY - The following Woodbridge residents made the Dean's List at Rochester Institute of Technol-ogy for the 2020 Fall Semester: Jess Edwards, who is in the illustration program; and Aaron Reiner, who is in the applied arts and sciences program. Undergraduate students are eligible for Dean's List if their GPA is greater than or equal to 3.40 for nine credit hours of traditionally graded course-work; they do not have any grades of "Incomplete," NE, D, or F; and they have registered for, and completed, at least 12 credit hours.

**University of Rhode Island**

Kingston, RI - The University of Rhode Island is pleased to announce the Fall 2020 Dean's List. The following Woodbridge students were named to Dean's List: Sophie O'Brien and Anna Schlegel. To be included on the Dean's

See "Student News" On Page 12

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EDUCATION



# Amity Steps Up In-Person Learning

BY BETTINA THIEL  
WOODBRIDGE TOWN NEWS CORRESPONDENT

During the last week in March students at Amity High School will start attending school five days a week instead of the current two days, School Supt. Dr Jennifer Byars informed parents in a letter dated March 1. Even so, she warned that things can change at any time, given public health indicators.

Serving lunch in a socially distanced manner has been a challenge for administrators since they started discussing the different instructional models last summer, and as a result the school days at the high school will still end at 12:47 pm. There will be no lunch served during the school day, but a free grab-and-go meal is available to all students, she wrote.

At the smaller middle schools, the district will move to a full day of instruction four days per week, (Monday, Tuesday, Thursday, Friday). By increasing lunch waves, the schools will be able to offer a lunch period during the school day. School will begin at 7:34 am and the day will end at 2:18 pm. On Wednesdays, students will still attend school in-person, but will

be dismissed at 12:12 pm to permit teachers time to plan for and work with fully remote learners.

As of March 5, about 20% of middle school students were learning voluntarily from home, and about 28% of high school students. This will still be a choice parents can make going forward, Dr. Byars wrote in an email. Families can either follow the school instructional model or be voluntarily remote.

The Friday Metrix tab on the Amity district website on March 4 showed three positive cases at the Orange Middle School, with 32 in quarantine; and six positive cases at the high school, with 68 people in quarantine.

As for after-school activities, the schools will continue to have both virtual and in-person after-school activities, Dr. Byars wrote. Students who are following the school instructional model can participate in all activities. Students who are fully remote may participate in virtual activities. "For in-person activities, we still expect all students to go home at dismissal time and return to school changed and prepared for the start of their in-person activities," she wrote.

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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

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## DID YOU KNOW? Durable Power of Attorney Instrument: Customized Financial Decision Making

- A Durable Power of Attorney Instrument allows others to make financial decisions for you if you can't do so on your own. If you are incapacitated and don't have a Durable Power of Attorney Instrument your family will need to ask the Probate Court to have someone appointed as your conservator.
- The person you appoint to act for you is called your agent. Your agent can engage in routine transactions such as writing checks to pay your bills, endorsing checks for deposit to your accounts, and signing contracts on your behalf.
- In most cases, your agent also can engage in more substantial transactions such as opening and closing financial institution accounts, selling stocks or bonds, selling real property, and borrowing money if needed to keep you afloat.
- In many cases, your agent also has the authority to make gifts to family members, including the agent. This gift giving authority is important if long-term care planning becomes necessary.
- The scope of the authority you grant your agent is an important decision you need to discuss with your attorney. Although your agent is someone you trust completely, limitations and protections sometimes need to be included.
- If you are legally competent, you can revoke your Durable Power of Attorney or you can revoke the authority of your agent.
- If you or your family believe the agent is acting improperly, an application for a review and an accounting also can be filed with the Probate Court.
- As with all legal documents, there are pros and cons. On balance, our experience is that in most cases having a carefully prepared Durable Power of Attorney Instrument is in your best interests and the best interests of your family.

If you are interested in learning more about Durable Power of Attorney Instruments please visit our website and read our blog for recent 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.



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# Lesser Known Irish Foods

Chances are many people have heard of Irish soda bread and corned beef and cabbage, both of which are especially popular on St. Patrick’s Day (although the latter isn’t entirely authentic Irish cuisine). But there are many different traditional Irish dishes that may not be as well-known and enjoyed outside of Ireland. Irish cuisine is loaded with rich meat and potatoes dishes, and there are some delicious delicacies to be discovered along the way.

## Boxty

Many different cultures have boxty-like dishes in their culinary repertoires. Boxty is similar to latkes or German kartoffelpuffer. It is made from both grated raw potatoes and mashed potatoes. Historians believe it originated during the potato famine of the mid-19<sup>th</sup> century.

## Coddle

Being frugal with leftovers means finding delicious ways to reimagine ingredients into new meals. Coddle is a byproduct of that line of thinking. A coddle is a one-pot meal made from leftover sausage, potatoes, onions, and even bacon. The name comes from “coddling” or simmering the stew.

## Champ

Fans of mashed potatoes are likely to take to champ, a very similar dish. It is made with potatoes, milk, butter, and scallions. It is customary to make a well of melted butter in the center of a serving.

## Shellfish

Individuals outside of Ireland may not immediately associate shellfish

with the Emerald Isle, but shellfish are plentiful in the waters around Ireland. Dublin Bay prawns, cockles, mussels, and clams all can be scooped out of the waters. Galway even has an Oyster festival each year in September.

## Irish Stew

Irish stew is a dish made with potatoes, onions and mutton. Mutton is meat from a sheep that is more than 1-year-old and ideally 3-years-old, according to The Spruce: Eats. The flavor is very strong and it contains a considerable amount of fat. Mutton is more popular in Europe and the Middle East due to its gamey flavor. It is best for slow-cooking methods, which is why it is the perfect addition in a stew that should be simmered for hours.

## Colcannon

Mashed potatoes shine once again in this dish that also includes cabbage. Colcannon is typically served with boiled ham in Ireland.

## Pudding

Irish pudding is not a dessert but a savory sausage dish. The “black” variety includes pork, fat and blood and is mixed with barley, oatmeal and suet. White pudding is similar, but it doesn’t include the pork blood. A slice of both black and white pudding is traditionally served in a complete Irish breakfast

## Barmbrack

Usually shortened to “brack,” this dish is an Irish fruitcake that features fruit, raisins and spices. Most people soak it in tea and whiskey overnight. Traditional Irish cooking will include one of the delicious foods mentioned above.

## “Bond Package” From Page 1

2006, and the volunteer fire department eventually moved into the newly built firehouse in 2009. However, the new fire house was smaller than what the 2004 Building Committee had recommended, and the department used the old building to store equipment in Bays 1 and 2. In order for the town to have the use of the former firehouse, it will need to provide for adequate storage space near the fire station. An existing slab of 45x45 feet will need to be extended to build a storage facility. Architect David Stein estimated the cost for the storage facility to be about \$500,000 to which the Volunteer Fire Association has pledged to contribute \$100,000. Turning the historic firehouse into a community center will cost about \$1.4 million, or \$1.7 million with soft costs.

**Senior Center:** Some 750 Woodbridge seniors over the age of 75 are currently living independently in their homes, according to First Selectman Beth Heller. The senior center, which helps create a healthy, active forum for them, is located in the basement of the Center Building, which served as the town’s elementary school from 1929 to 1977. The Senior Center was left in its original condition for over 40 years, Heller said in her remarks at the February 23 special meeting. “It has long been in need of a facelift.”

The administration is looking to replace the lighting and replace the “institutional floor tile” in what used to be the school cafeteria. In addition, they are hoping to create a proper reception area, and provide a private space for the visiting nurse to meet with people. They are also looking to install storage for sports equipment for their classes.

“It is meant to make it a warmer and more welcoming space,” said Finance Director Anthony Genovese. The town has already been awarded a

STEAP grant of \$128,000 toward the project, but to finish it, would need another \$250,000.

**Beecher School roof:** The roof over the D wing, the Kindergarten wing and the Library Media Center are nearly 25 years old, and continue to have intermittent leaks. The cost for refurbishment would be \$573,000, according to Genovese.

Selectmen had some discussion about whether these projects should be presented as one bonding package that townspeople can vote up or down or if they should be presented as four separate projects. Selectman Joe Dey in particular said he was in favor of separating the questions to allow townspeople a vote on each one. “We all might say it’s needed (the school roof) but maybe the rest of them may not say it’s needed,” he said. “If you don’t get all four, maybe you get none,” he said.

That approach, however, will increase the cost of the whole package, said Genovese.

Selectman Dwight Rowland said bundling the first three projects in one contract can save the town as much as 5-8% of overall cost; but the roof project would be separated from that due to the nature of the work. In the end selectmen voted unanimously to authorize Tony Genovese “to begin discussions with Bond Counsel for preparation of documents and resolutions in order to call a special town meeting. “As for Dey, his understanding of the vote was for Genovese to do additional research and get back to the board.

Genovese was hesitant as far as the timing is concerned. Not only will the selectmen need to agree on whether or not to include other potential projects; the details will pass to bond counsel and back to the boards of Selectmen and Finance before the question can be presented to the townspeople, a process that may take two months or more.





# AT THE WOODBRIDGE CENTER



Woodbridge residents wait in the observation room following receiving their COVID vaccination at The Woodbridge Center. 70 Woodbridge residents received the second dose of vaccine recently.



A volunteer nurse draws up vaccine during the recent clinic at the Woodbridge Center. The clinic was staffed by a combination of local volunteers, QVHD employees and Human Services staff.

**Facebook:** With change being the only constant, follow us on Facebook (The Woodbridge Center, Woodbridge CT) for current updates and local information.

**Drive-Thru St. Patrick's Day Luncheon:** "May the road rise up to meet you" as you drive-thru the Center's St. Patrick's Day celebration. Enjoy a delicious, traditional meal of corned beef and cabbage with sides. This no-cost event is generously co-sponsored by Visiting Angels of Woodbridge. Treat bags featuring a beautifully decorated, freshly baked cupcake will be provided by Hamden Health and Rehab. Pick-up your meal on March 17 between 12-1pm. Woodbridge seniors only, RSVP is required. Donations are welcome.

**Get to the Point of Health Lecture Series:** This free Zoom lecture series offers informative facts focused on various current health topics. In the next lecture, Kyle Brandy, from Amity Physical Therapy, presents "Fall-Proof Yourself While at Home" on March 19 from 11:30am - 12:30pm. This lecture will cover how our body stabilizes itself and the dynamic issues which can lead to loss of balance and falls. Also included is information about why someone may be at a higher risk for falls as well as important insight into how balance dysfunction is evaluated and ways you can help strengthen your body to increase stability and restore confidence in your balance. An opportunity to ask questions will follow. Call to sign up and obtain the Zoom link.

**Mindfulness Class:** This 6-week Zoom class offered on Wednesdays from 5-6pm will be taught by Dr. Jennifer Botwick of the New Haven Naturopathic Center. Mindfulness can help relieve stress, lower blood pressure, reduce chronic pain and improve sleep and health. Classes will begin on March 24. The fee for the 6-week program is \$30.00. Please call

The Center to register.

**Tai Ji Quan:** Moving for Better Balance: The Connecticut Healthy Living Collective in partnership with the CT Department of Aging and Disability Services awarded the Woodbridge Center \$2,880 to fund a 26-week Tai Ji Quan: Moving for Better Balance (TJQMBB) Zoom program. This program will meet 1 hour per day, 2 days per week, for 26 weeks. TJQMBB is an evidence-based therapeutic movement program to help participants improve balance, mobility for daily functioning, and prevent falls. The course will be led by Bill Banick. Stay tuned for more details.

**Targeted Strength Training:** All fitness levels are welcome to join the weekly Targeted Strength Training Zoom class with Michele Tenney. Offered on Mondays from 9-10am, try a free trial class or join the current 8-week session for a fee of \$40.00 prorated to accommodate as needed. Each week you will be provided with an email link for access to the next class. Call to register.

**Exercise with Laurie** continues to run on WGATV channel-79 on Tuesday and Thursday mornings at 10am. Enjoy a great workout in the comfort of your home!

**Transportation** for medical appointments is available for those 60+ or disabled Monday - Friday from 9:00am - 2:30pm. Transportation for grocery shopping and pharmacy pick-up is also available. Call to arrange transportation via car or wheelchair accessible van. For safety reasons, masks are required, and temperatures will be taken. Please know the vehicle is cleaned between each use.

**Meals:** Seniors may reserve flash frozen meals (\$5/meal) by noon on Monday for delivery to your home on Tuesday. Choose from a wide variety of options including Tortellini Alfredo, stuffed chicken breast with broccoli and cheese, beef stew, and cranberry,

ginger salmon. Meals include a vegetable, roll and dessert. Minimum order of two meals please.

**AAA Defensive Driving Course** is offered virtually March 16 and 23, and April 6, 13, 20 and 27. This free, four-hour class, taken from the comfort of your own home, may qualify you for an auto insurance discount upon completion. Call for more information.

**Boredom Busters:** Puzzles and brain games (word searches/crossword puzzles) are available. Call The Center to arrange for pick-up.

**Woodbridge Human Services:** Call 203-389-3429 or 203-389-3430 for information. The Human Services Department social worker, Judi Young, is available to those in need of assistance due to isolation and other issues associated with long-term quarantine and social distancing.

**COVID vaccination distribution:** Woodbridge residents have been fortunate to have multiple opportunities for vaccine appointments at clinics in North Haven hosted by the Quinnipiac Valley Health District (QVHD). There have been two vaccination clinics at The Woodbridge Center for Woodbridge's oldest residents as well. According to the CT Department of Public Health, the statewide percentage of those who have received at least one vaccine is 20.7% while Woodbridge has 27.49% vaccination rate (3/3/21). To put that into perspective, Woodbridge has the 3<sup>rd</sup> highest rate of residents vaccinated in the state. For residents who may be having difficulty accessing appointments, and are eligible to receive vaccines, please call or email [jglicksman@woodbridgect.org](mailto:jglicksman@woodbridgect.org) or go to the Town's website and submit a form to be added to the distribution spreadsheet. Contact the department to receive updated links and phone numbers for arranging appointments at other locations. If you are unable to drive, or find a ride to a vaccination clinic, please contact The

Woodbridge Center for information about the Transportation program.

**File 2020 taxes with VITA for free from home:** In partnership with the IRS and the Connecticut Association for Human Services (CAHS), the Woodbridge Human Services VITA (Volunteer Income Tax Assistance) program is still available to prepare income tax returns at no cost for qualifying residents. Like everything else in a pandemic, the program looks a little different this year. If you have a camera phone and an email address, you can begin the process at [GetYourRefund.org/WBSC-CT](http://GetYourRefund.org/WBSC-CT).

This new and secure national VITA website was created to serve the virtual needs of the program during the pandemic. To use this website, you will be directed to fill out the intake questionnaire and upload specific documents. Your secure file will be conveyed to our local group of volunteer tax preparers based on your indicated preference. One tax preparer will contact you for a phone interview during which your taxes will be prepared. A second will call to review your return for accuracy, and finally you will receive a copy of your Federal and State returns via email to be electronically signed before they are e-filed. Estimated turnaround time from start to finish is one week. Taxpayers who are unable to access a camera phone or email are encouraged to call Woodbridge Human Services at (203) 389-3429. Following a telephone intake interview, a VITA volunteer will schedule a drive-through appointment for document scanning.

**Food Pantry:** Woodbridge Human Services is available to assist seniors and families in need with non-perishable food items from the food pantry as well as gift cards to Stop & Shop for perishable items for qualifying families. Items needed for the Food Pantry include: coffee and tea, spaghetti sauce, shampoo and conditioner, body wash, and deodorant.



# TOWN DEPARTMENTS & AGENCIES

## Temporary Trail Closure

The section of the blue trail in the Park Lane/Old Indian Trail area east of Park Lane is temporarily closed. Part of the trail had been on privately owned property which is now being converted into a solar farm. Volunteer Trailmaster Andy Danzig, working with the Woodbridge Conservation Commission and the Woodbridge Land Trust, has been in communication with the solar developer regarding reconnecting the trail

once construction has finished later this summer or fall.

Please view the maps on the Town website ([www.woodbridgect.org](http://www.woodbridgect.org) under "Community") for alternative trails to use in the interim.

Anyone interested in volunteering to help maintain Woodbridge trails should contact the Trailmaster at [trailmaster@woodbridgect.org](mailto:trailmaster@woodbridgect.org). A spring trail clean-up event is tentatively planned for April.

## Recreation News


It's time to register for outdoor Spring Programs with Woodbridge Recreation. Programs include basketball, Hip Hop Dance, Little Scientists, Mimes in Motion, Running Club, stickball, tennis, and Ultimate Team Sport. Most programs begin the week of April 19. Call 203-389-3446 or use the registration link on the Town website [www.woodbridgect.org](http://www.woodbridgect.org).

Registration has begun for the Spring session of Yoga with Bill, March 1 through May 28.

Reminder, the Scavenger Hunt has begun! You and your family may search for special medallions hidden in Woodbridge. Look under benches, on the side of hiking trail bridges, on trail markers, in playgrounds, and other public areas for a prize. Bring the prize back to the Woodbridge Recreation Department for a special gift for your family. Once a medallion is found, call the Recreation Office at 203-389-3446, to arrange a pick-up time during normal office hours, Monday through Friday, 8 am to 4pm.

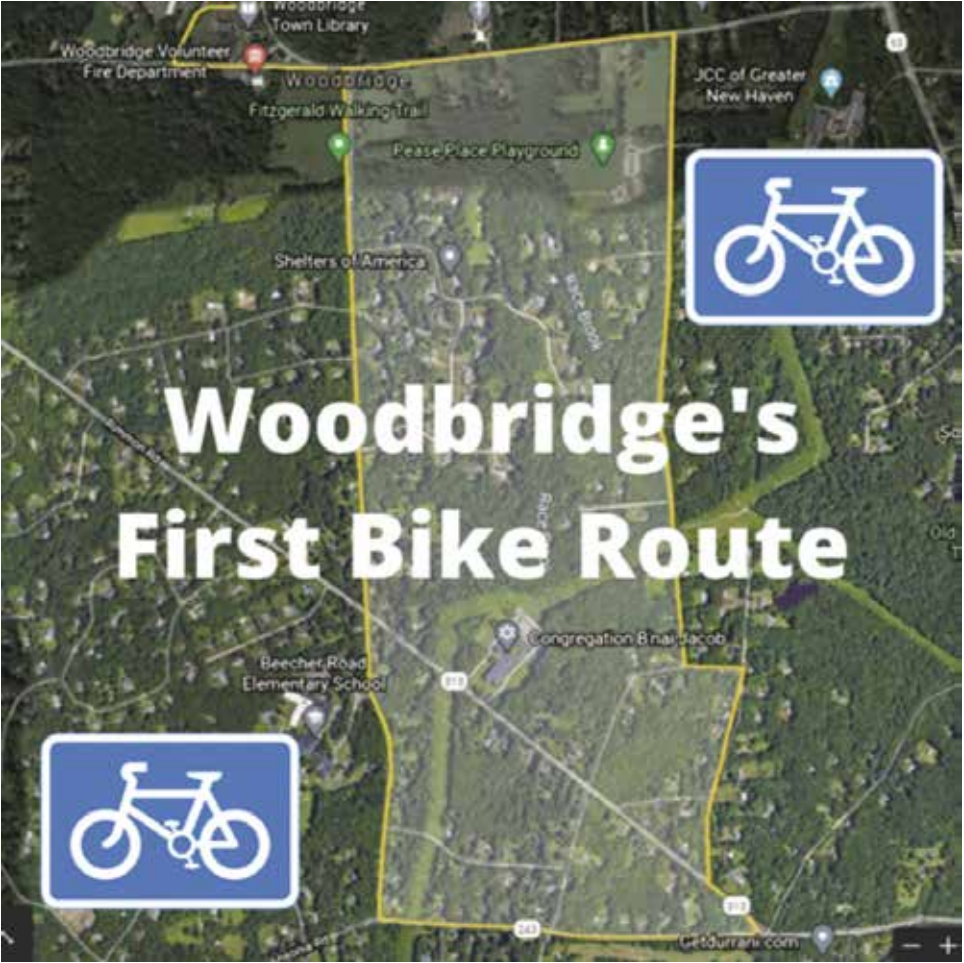
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### Town of Woodbridge Meetings for the Month of March 2021



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

3/15	Fire Commission .....	6:00 PM	Fire Station
	Police Commission .....	6:15 PM	Police Station
3/17	Diversity & Inclusion Committee .....	6:30 PM	
	Inland/Wetlands Agency .....	7:30 PM	Town Hall
3/18	Board of Finance .....	6:00 PM	Town Hall
	Conservation Commission .....	7:30 PM	Town Hall
3/22	CUPOP .....	5:30 PM	Town Hall
	Recreation Commission .....	7:00 PM	Beecher Rd School So
3/23	Gov't Access TV Commission .....	7:30 PM	Town Hall



## ‘Woodbridge Bike Route’ Crowdfunding Campaign

The Town of Woodbridge is working to create a bike route and bike/pedestrian safety amenities in and around the center of town. The bike route – a five mile route linking several destinations, including Amity Regional High School, the Town Center Campus, Fitzgerald Tract, Beecher Road School, former Country Club of Woodbridge and Pease Place Playground – will be marked by signage and enhanced with bike racks and solar-powered speed awareness signs to help slow down traffic.

The community is encouraged to join this initiative by donating to a crowdfunding campaign or volunteering in the effort. If the campaign reaches its \$7500 goal by its fundraising deadline of April 25, the project will receive a matching grant of \$7500 from Sustainable CT's Community Match Fund, which is an innovative funding resource for public, community-led sustainability projects. For project details and to donate, please visit: [Patronicity.com/WoodbridgeBikeRoute](http://Patronicity.com/WoodbridgeBikeRoute).

This project follows a survey about walking and biking in Woodbridge in which many residents responded that they would like to walk or bike more but don't feel safe doing so. The survey showed support for features such as bike lanes, sidewalks in limited areas, additional signage and safety enhancements.

"More and more residents are using

our streets and walking paths during the pandemic and I hope this campaign will allow us to be responsive to this," said First Selectman Beth Heller. "Bike amenities will make it safer and easier for people to get around town without a car and the signs will encourage drivers to be more mindful of others on the roads."

Sustainable CT is an initiative of Eastern Connecticut State University's Institute for Sustainable Energy that inspires, supports, and recognizes sustainability action by towns and cities statewide. The Community Match Fund – supported by the Smart Seed Fund, Emily Hall Tremaine Foundation and the Connecticut Green Bank – provides a dollar-for-dollar match to donations raised from the community, doubling local investment in projects. Anyone can lead a project and ideas can be proposed at any time.

"Through the Community Match Fund, we aim to put residents at the forefront of creating positive, impactful change," said Abe Hilding-Salorio, community outreach manager for Sustainable CT. "Match Fund projects are community led and community funded, demonstrating the power of people working together to make change in their communities."

Have a great idea for a public project in your community? Contact Sustainable CT at [hildingsalorioa@easternct.edu](mailto:hildingsalorioa@easternct.edu).

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# TOWN DEPARTMENTS

## Youth Services

BY NANCY PFUND



Teens deliver Gratitude Baskets for School Personnel/Health Care Workers



Snow Art Competition [Photo submitted by the D'Andrea Family]

### Red Cross Babysitter Training

Two-day training for ages 12-18 will take place 9 am - 1pm on Tuesday, April 13 and Wednesday, April 14 at the Center Building at 4 Meetinghouse Lane. Students must attend both days to earn certificate. Social distancing measures will be in place and masks are required. Snacks will be provided. The fee is \$60 for residents, \$65 for non-residents. Space is limited. Call Nancy Pfund at 203-389-3429 for information or to register or e-mail npfund@woodbridgetown.org.

### Woodbridge First Selectman's Youth Award Nominations Sought

Woodbridge Youth Services, in collaboration with First Selectman Beth Heller, is accepting nominations for the First Selectman's Youth Award. The annual award, now in its twenty-second year, will be presented to a deserving young Woodbridge resident at a time to be determined. People's United Bank in Woodbridge will sponsor the \$200 award. Call 203-389-3429 for more information or you may find the nomination form on the Town's website at <https://www.woodbridgetown.org/160/Youth-Services>. Please submit nominations to Woodbridge Youth Services at 11 Meetinghouse Lane, Woodbridge, CT 06525, by Monday, April 12, 2021.

### Team Gratitude Baskets Community Service Event to Thank Teachers/School Staff/Health Care Workers

Youth Services received 24 baskets

donated by small teams of teens who gathered gifts and treats for dedicated school personnel or health care providers. Youth Services delivered baskets which were much deserved and appreciated. Community service hours were approved for students who were so generous and thoughtful with their contributions.

### Snow Art Competition-Family Fun

Bethany and Woodbridge families took advantage of all the recent snow to build some awesome snow sculptures. Prizes are being awarded based on creativity and skill. Check the Town of Woodbridge website at <https://www.woodbridgetown.org/160/Youth-Services> to view the photos.

### Woodbridge Job Bank Seeks Teens Who Want Work

The Job Bank in Woodbridge offers occasional jobs to teen residents (ages 13 - 18) who would like to work to earn some extra cash. The application process provides an opportunity to learn about the interview process, safety on the job, and how to negotiate pay.

Due to COVID-19, most jobs are currently outdoors with masks and social distancing as required. Teens can do yard work, dog walking, shoveling, etc. Responsible teens who wish to join the Job Bank should call for an interview at 203-389-3464 or e-mail npfund@woodbridgetown.org.

### Time for Spring Yard Clean-up? Woodbridge Job Bank Can Help

Woodbridge Job Bank teens will work for Woodbridge residents who wish to hire someone to assist for odd jobs like yard cleanup, weeding, moving boxes, etc. Call 203-389-3464 for more information.

# Many St. Patrick's Day Traditions Are Not From Ireland

St. Patrick's Day is made special by various traditions. Everything from dyeing major cities' rivers green to parades to enjoying green foods has become part of the pageantry of St. Patrick's Day.

The next time you raise a green beer to your lips, you may wonder which traditions are authentically Irish and which ones were created by regions with an abundance of Irish emigrants. Surprisingly, many seemingly Irish traditions likely began elsewhere.

## First Parade

It would be accurate to assume that various elements associated with St. Patrick's Day began where St. Patrick, the patron saint of Ireland, once resided, including the first St. Patrick's Day parade. However, some of the first parades held in St. Patrick's honor took place in two North American cities, New York and Boston, that had high numbers of Irish immigrants. But historians say the first ever St. Patrick's Day parade was actually held in St. Augustine, Florida in 1601, a year after gunfire blasts were used to honor the saint. The parade may have been at the request of an Irish priest living there at the time.

## Corned Beef and Cabbage

What would St. Patrick's Day be without an authentic meal of corned beef and cabbage? This dish is not so authentic after all, and actually is an American innovation. Ham and cabbage was widely eaten in Ireland, but corned beef was a cheaper alternative found in America by immigrants. Therefore, corned beef became a staple

of poor Irish immigrants living in lower Manhattan. The salted meat was boiled three times to remove some of the brine and make it palatable.

## Green Beer

Green beer is not an Irish custom, but an American one. The most common beer consumed in Ireland is Guinness, which is dark brown to black in color, making green dye useless in Irish pubs since it would be largely invisible in the stout.

## Golf Tournaments

One would not associate golf with St. Patrick's Day unless they reside in Nome, Alaska. Golf is a popular Irish pastime, and each year the Bering Sea Ice Classic Golf Tournament takes place right around St. Patrick's Day. Bright green golf balls are used, and breaks are factored in between holes to warm up at local bars.



## Wearing Green

According to The Christian Science Monitor, individuals in the United States started wearing green to celebrate St. Patrick's Day in the early 1700s. They believed it "made one invisible to leprechauns." The official color for the holiday used to be a sky blue known as "St. Patrick's Day Blue," established during the reign of King George III. In addition to these traditions, specialty items, such as coffees and shakes, also are very popular. However, most of these do not have origins on the Emerald Isle, either. Yet, no matter where traditions began, there's no denying St. Patrick's Day has long inspired celebration.

# You're so lucky: Summer Camp is back!



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**“Student News” From Page 6**

List, full-time students must have completed 12 or more credits for letter grades during a semester and achieved at least a 3.30 quality point average. Part-time students qualify with the accumulation of 12 or more credits for letter grades earning at least a 3.30 quality point average.

**University of Tampa**  
Tampa, FL - Mayel Hubbard, of Woodbridge, earned dean's list honors at The University of Tampa for the Fall 2020 semester. Hubbard is a Sophomore majoring in Nursing. Students must maintain a GPA of 3.75 or higher to be eligible for the dean's list.

**Western New England University**  
Springfield, MA - Alex Wyner, of Woodbridge, CT, is among more than 500 students named to the Western New England University Fall 2020 President's List. To qualify, students must earn a GPA of 3.80 or higher. Wyner is working toward a BS in Computer Science.

**Worcester Polytechnic**  
Worcester, MA - Worcester Polytechnic Institute (WPI) has announced that Frederick Miller of Woodbridge, CT, a member of the class of 23 majoring in Mathematical Sciences, was named to the university's Dean's List for academic excellence for the fall 2020 semester. The criteria for the WPI Dean's List differs from that of most other universities as WPI does not compute a grade point average (GPA). Instead, WPI defines the Dean's List by the amount of work completed at the A level in courses and projects.



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“First Selectman” From Page 5

nity Council will hold another Virtual Welcome Coffee for new residents. The members plan to hold these “coffee and” events quarterly. At the first coffee, new residents moved from as far away as California and as close as New Haven. If you have a new neighbor on your block, please reach out and welcome them and encourage them to review the “Welcome Guide” on the Town’s website under the Community section. Event details will soon be on the Town’s Facebook page and Town website.

On April 19 the Town will hold a virtual Preliminary Budget Hearing. Keep an eye on your mailbox for details about this meeting. This will be followed by the Annual Town Meeting in May.

On April 24 we will safely join together outside for an Earth Day event. We plan to offer electronic recycling, mattress recycling and more. You may also pick up a compost bin and/or rain barrel. We are selling these products at a discounted rate through a partnership with the South Central Regional Council of Governments. A link to purchase these items is on our Town website ([www.woodbridgect.org](http://www.woodbridgect.org)). Stay tuned for more details as we get closer to the date!

We are working with the Town Library to organize an outdoor series of small concerts. If you are a musician looking for exposure and an audience, please visit the Town or the Library’s website to sign up for a chance to participate. Its vision is to hold acoustic concerts on the Library lawn on Thursday evenings this spring and summer. Residents are encouraged to picnic (socially distanced, of course).

In addition to events to bring people together, we continue to work on improving our physical assets. In December 2018, the Board of Selectmen adopted the Woodbridge Town Center Campus Beautification Plan that outlines many goals and objectives. This plan may be viewed on the Board of Selectmen page on the Town website.

A problem that is somewhat unique to Woodbridge, is that our commercial center is separate from our municipal center and both are set apart from most residences. This, combined with our semi-rural nature, means that we are often physically isolated from public gathering spaces, and from each other (even when it is safe!). My goal is to make the Town Center Campus an inviting, easy-to-navigate, attractive

public gathering space that encourages residents to linger and interact. This, I believe, will create a stronger sense of community.

Currently the Board of Selectmen is exploring how to accomplish some of the major goals in the plan, specifically finishing renovations at the Old Firehouse, and creating a beautiful, multi-purpose Community Center, which could be used by everyone, completing renovations at the Senior Center and then creating a sidewalk connecting the high school with the Library. Other projects in the Beautification Plan are relatively inexpensive, such as additional seating and signage.

Many aspects of the Beautification Plan have already been achieved – the garden and benches on the Town Green were created through a donation from Robin Gordon Schaffer and her family, in memory of her mother, Arden Gordon. A dedicated group of residents created the very popular, lovely dog park at Fitzgerald Tract. The Town purchased and installed a shuffleboard court in the Grove. Despite last year’s interruption due to COVID-19, the Recreation Department and the Library are tentatively planning to hold concerts and movies outside on the Green this summer. Other improvements have been made to Town buildings. We will continue to investigate cost effective ways to do so much more.

We are exploring grants and donations to install benches and other seating for our municipal grounds (you can see the bench donation form on the Recreation Department website, [woodbridgect.org](http://woodbridgect.org)). We are working on a project to create the Town’s first bike route and install a few bike racks through a crowdfunding campaign with a matching grant (learn more and get the link to donate on the Town’s website). If that campaign is successful, we may use the same process to fund signage to direct people to amenities in Town and to create signs and maps for our many trailheads. We are also seeking input from residents on how to make The Grove (the space between the Old Firehouse and the Library) more user friendly. You can share your opinion in a short survey on the Town’s website.

I hope that you are as excited as I am about the possibilities and opportunities the future holds for us, both in terms of TOGETHER, seeing the end of the pandemic and making our Town Center an active and attractive place. Please feel free as always to reach out to me at 203-389-3401 or [bheller@woodbridgect.org](mailto:bheller@woodbridgect.org). Please stay safe!

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## Happy St Patrick’s Day!



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ALL AGE GROUPS!



# ARTS & LEISURE



## Keep the Arts Blooming & Win Prizes!

The pandemic cannot stop the arts... the Jamie Hulley Arts Foundation is working to KEEP THE ARTS BLOOMING with a virtual raffle campaign. 100% of the proceeds will be dedicated to local educational programs, scholarships, and community projects particularly focused on artistic recovery, rebuilding & renewal after the devastating effects of the pandemic.

Give big, win big. The raffle prizes are valued at \$2,000, \$1,000, \$500, \$200, and \$100 in the form of Visa or Amazon gift cards (winner's choice!). Tickets are \$20 each, buy as many as you can, and you can purchase online on the foundation's website: [www.jamiehulleyartsfund.org](http://www.jamiehulleyartsfund.org).

The Jamie Hulley Arts Foundation provides life-changing educational opportunities in the arts to hundreds of youth and adults each year.

Through its scholarship and educational programs, the Jamie Hulley Arts Foundation provides unique enrichment opportunities to Amity schools as well as schools in the greater New Haven, Bridgeport, and Valley areas. The Foundation also provides financial support for area youth, middle school through college, to develop their talents in the visual and performing arts.

Currently, the Foundation is hyper-focused on supporting young artists through the pandemic. It has granted scholarships to middle & high school-age youth whose families were financially hurt by the pandemic, making it possible for them to continue their training in the arts. The Foundation also provided special project support to unemployed early career visual and performing artists.

## Musicians Sought for Woodbridge Unplugged Series

The Woodbridge Town Library and Town of Woodbridge are organizing outdoor acoustic concerts this spring and summer. The Woodbridge Unplugged concert series will be a fun, free and safe way for residents to come together, enjoy each other's company and listen to local talent.

Local musicians willing to play for a modest fee are encouraged to fill out a short survey on either the Library's or the Town's website. Concerts will be held on the Library lawn from 6-7 pm on Thursdays in May and June. Residents will be encouraged to attend



and to picnic at a safe distance from one another.

If you're a musician looking for an audience and want to play for your family, friends and neighbors in a safe and informal setting, please sign up to express an interest.



From top, left to right: Olivia Russo (Gold Key in Drawing & Illustration), Jenny Liu (Gold Key in Painting), Sydney Cohen (HM in Mixed Media), Olivia Tashlein (Gold Key, CAAA Best in Photography), Antonia Tzepos (Silver Key in Photography).

## Amity Art Students Receive State Recognition

In early December, the art student art community submits their work to the Connecticut Scholastic Art Competition. This is considered the premier state competition for visual arts students.

Once judging was complete, students from the Amity School District came through with 3 gold keys, 1 silver key, and 2 honorable mentions. Among those receiving recognition were: Jenny Liu, Grade 12, of Woodbridge, received the Gold Key in Painting; Olivia Russo, Grade 12, of Orange, received the Gold Key in Drawing and Illustration; and Sydney Cohen, Grade 12, of Woodbridge, received an Honorable Mention for Mixed Media. These 3 artists are currently under the tutelage of Elizabeth Smolinski, Jackie Valenzuela and Christina Ruenhorst.

The 2 photography awards went to Olivia Tashlein, Grade 12, of Orange, who received a Gold Key and Antonia Tzepos, Grade 12, of Bethany, who received a Silver Key. Emily Sun, Grade 8, of Woodbridge, who attends Amity Middle School-Bethany, also received an Honorable Mention for her painting, "Five".

A first in the history of Amity's Pho-



Emily Sun's "Five"

to Program was that Oliva Tashlein's Gold Key was also named the CAAA Best in Photography. This competition consisted of 416 photographs and Olivia came out of nowhere and won her very own "Kentucky Derby" with Molly.

This year the awards ceremony will be virtual due to the pandemic. It will be held on Friday, February 26, at 5:30 pm, there will be a link on the CT Scholastics Regional Art Awards Website. We would like to wish our Gold Key Winners the best of luck as they move on to the National Competition with those winners being announced on March 17<sup>th</sup>.

Congratulations to the above-mentioned students, their exceptional work, and the manner in which they represent Amity.



ARTS & LEISURE

MASSARO  
COMMUNITY FARM

Massaro Farm Takes Food  
Solutions New England Pledge

This month, Massaro Community Farm took the Food Solutions New England (FSNE) pledge, a commitment to creating a sustainable, just and resilient food system for all across our region. Individuals and businesses are invited to take this pledge to demonstrate a commitment to these values that will strengthen our regional food system. FSNE has a New England Food Vision “50 by 60,” which calls for our region to “build the capacity to produce at least 50% of our food by 2060 while supporting healthy food for all, sustainable farming and fishing, and thriving communities.” In addition to taking the pledge, the farm will participate in the 21-Day Racial Equity Habit-Building Challenge next month; we invite all our supporters to join us in doing so. (See [www.Foodsolutionsne.org/take-action](http://www.Foodsolutionsne.org/take-action).)

As consumers, we may overlook the people, communities and entities involved in a healthy food system. They include growers and producers, processors and manufacturers, retailers and wholesalers, and community support agencies. Last year, we witnessed firsthand the breakdown in this network during the pandemic as businesses closed, jobs were lost, and marginalized communities struggled to put healthy food on the table. In taking the pledge, you can add your voice to the network working to transform New England’s food system.

**What the pledge means for Massaro:** First and foremost, as a certified organic farm, we use regenerative and sustainable practices to ensure the well-being of the farmland ecology we steward, the farmers who work the land, and the surrounding community, including those who visit the farm for programs and events. Our farming methods improve the soil rather than deplete it, while also creating habitat and providing resources for native bees, pollinators and wildlife. In doing so, we take small steps to improve the health and resilience of our local and regional food system.

We partner with agencies and businesses that provide healthy working conditions and livable wages for employees. We seek out and support organizations owned by black, indigenous, and people of color and make

farm-based education accessible to all. We remain committed to donating fresh produce to hunger relief in our community and encourage others to spend more of their food budget on local/regional products whenever possible.

Finally, we continue to learn and to share our knowledge. When you attend a workshop at the farm or your children participate in a farm enrichment program, you become a member of this network working toward a bold vision. In 2021, we’ll take this knowledge into the surrounding neighborhoods at the Grow Your Own community gardens across the Lower Naugatuck Valley. If you have a skill you wish to share or would like to be part of the garden community, call our farm office at (203) 736-8618.

**How the program is administered:** Food Solutions New England consists of a small team of staff based at the University of New Hampshire Sustainability Institute. Their actions are guided by a Steering Committee that meets monthly, and a broader Network Team drawn from network participants. Farm manager Steve Munno served as a farmer representative from Connecticut for several of the early FSNE summits and has continued to follow the growth of their efforts and activities.

We invite you to follow along – or take the 21-day challenge yourself – as we embark on this shared journey of learning, expanding our knowledge, and charting a course to build a more just food system.

**Registration open for Summer Camp and other farm programs:** The farm is pleased to announce that registration is now open for a full-day summer camp program for the weeks of July 12-August 9. The program will accept campers ages 4-11. Spaces are limited to observe current health practices so register early! The farm is also accepting Care4Kids in 2021 and will supply free lunch to qualifying families, thanks to a partnership with Ansonia School District. Registration can be done online or by download a form from our website:[www.MassaroFarm.org](http://www.MassaroFarm.org).

See “Massaro” On Page 20

CLUBS & ORGANIZATIONS



Photo Contributed by: Marie Pedenski



Photo contributed by: Jhunathyn Ellis

Troop 41 Eagle Scout Ben Martin  
Cares About the Veterans

BY BEN MARTIN AND ETHAN LAVI

Last month, Troop 41 Eagle Scout Ben Martin made 150 thank you bags for the veterans at the VA hospital in West Haven. The goal of the project was to show veterans that they are still appreciated, despite people not being able to visit hospitals given the current pandemic. Ben felt it was really important to help veterans who are isolated. Speaking from personal experience, Martin organized the project upon experience with his grandmother being hospitalized during the lockdown, it was hard to arrange visits.

Martin could not have completed this project without the help of the scouts from Troop 41 and Amity High School volunteers. Together, they assembled bags containing hand-written thank you cards, stickers, custom American flag pens, and a variety of snacks for the veterans to enjoy. These items would not have been included without the help of various donors from around the community. “I was excited to donate when I heard about

your project. The idea of a thank you to someone who served our country in the military made me want to be a tiny part of your project” said donor and Woodbridge resident Margaret Hamilton. “There is no way to truly thank our veterans, and knowing that I could help...made me more than happy to donate.”

Despite the difficulties involved because of the COVID-19 pandemic, Troop 41 pushed through and completed the project with a group of scouts arriving masked up to B’nai Jacob to complete the task of making 150 bags. “It was a great idea especially with COVID going around,” said Troop 41 scout Anthony Cassapulla. “It must get boring and lonely in the hospital. It is really nice to give them something to cheer them up and make them happy.”

If anyone is interested in writing thank you cards for the VA hospital, this project is ongoing and will be writing more cards in the future; please email [benlmartin9@hotmail.com](mailto:benlmartin9@hotmail.com).



# HOUSES OF WORSHIP EVENTS

## Congregation Or Shalom Events

OPEN MINDS, OPEN HEARTS, OPEN DOORS

To register for a Zoom event, please see the event information below.

### Join Us For Weekly Services

#### Morning Minyan

- › Sunday 9:00 AM – Zoomed
- › Monday 8:30 AM – Zoomed
- › Thursday 8:30 AM – Zoomed

#### Shabbat Services

- › Friday 7:30 PM – Zoomed
- › Saturday 9:30 AM – Zoomed

Only the first Saturday of the month will offer an in-person service with very limited attendance. It will also be available via Zoom (please call the synagogue office at 203-799-2341 for more information).

#### Passover Seder 2<sup>nd</sup> Night – Zoomed

- › Sun. evening, March 28, 6:00 PM-7:00 PM - 2<sup>nd</sup> Seder w/ Rabbi Wainhaus.

To receive the link to register in advance for this event, please email the synagogue at coshalom@sbcglobal.net by Friday, March 26, at 2 pm.

### Virtual Learning This Month

#### ZOOM &..LEARN!

#### “IMAGES OF ELIJAH”

Wednesdays, March 23 and 30, 11-12 Noon.

Through the ages, the powerful stories of the Bible have been illuminated in legend and on canvas. In this class, Rabbi Alvin Wainhaus will discuss dramatically different artistic and folkloristic takes on the prophet Elijah. All Are Welcome!

Email coshalom@sbcglobal.net or call the synagogue office at 203-799-2341 to register.

### JOIN A NEW BOOK GROUP IN 2021!

#### “Such A Fun Age” by Kiley Reid

Thursday, March 18<sup>th</sup> @ 7pm.

Led by Toby Zabinski

A Best Book of the Year - The Washington Post • Chicago Tribune • NPR • Vogue • Elle • Real Simple • Instyle • Good Housekeeping • Parade • Slate • Vox • Kirkus Reviews • Library Journal • Book Page

A striking and surprising debut novel from an exhilarating new voice,

Such a Fun Age is a page-turning and big-hearted story about race and privilege, set around a young babysit-



Congregation Or Shalom

ter, her well-intentioned employer, and a surprising connection that threatens to undo them both. To receive the link to register in advance for the Book Discussion, please email the synagogue at coshalom@sbcglobal.net

### Social Action MITZVAH OF THE MONTH

Our monthly mitzvah for February is collecting non-perishable food items. Some suggestions: dried black beans, rice, Canola or olive oil, garlic, potatoes, sweet potatoes, onions, pasta, whole grains, oatmeal, low sodium soup or broth. You can drop off these items off at the Synagogue or call Joe Shapiro (203-799-2108) for pick it up. Please call the synagogue office at 203-799-2341 for further information.

### Activities ZUMBA GOLD AT OR SHALOM – Zoomed

Congregation Or Shalom announces the continuation of ZUMBA GOLD. 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. It's perfect for active older adults who are looking to dance and have a good workout while increasing balance, range of motion, and coordination.

Tuesday nights at 7 PM. Contact Robin at zumbarobin@gmail.com or call 203-314-8176 or the synagogue office at 203-799-2341. No experience needed and classes are on a drop-in basis.

Tuesdays and Fridays at 10:15 AM with Danielle Pettit. 10 class punch card: \$70, drop-in class: \$8.

Email daniellepettit@yahoo.com or call 203-509-3683 (cell).

205 Old Grassy Hill Road • Orange, CT 06477 • 203-799-2341 • www.orshalomct.org

## The First Church of Christ Woodbridge

The First Church of Christ Woodbridge continues to host Sunday 10:00 a.m. Zoom worship services. If you would like an invite to join the Zoom Meeting, please email the office or log on to our website and add your name to our church email list. We invite all people in the community to join us.

If you prefer to watch Sunday Service without Zoom, you can watch the live stream on our website every Sunday at 10:00 a.m. A video recording of the live stream is featured for the entire week following the service.

To view previous Sunday Services, including our Special Musical Valentine's Day Service, visit us on YouTube using the link provided on all pages of our website. (Links, contact info, and a schedule of upcoming Services are listed at the bottom of this article.)

\*If you would like assistance in gaining access to Sunday Service, please call us by Friday morning, at 203-3892119, or email us at office@uccw.org.

**Church School and Youth Programs** are under way for the spring season. Our most recent “Valentine's Day Flower” fundraiser was a great success! Now is the perfect time to join our Sunday School and Youth Group programs. In-person meetings and exciting events are just ahead of us! Please contact JoAnna Rubino at growfirstchurch@gmail.com or visit the Sunday School page of our website at www.uccw.org/sunday-school for more information.

**The Church office** is open by appointment only, from 10 a.m. to 12 p.m., Tuesdays through Fridays. Please call or email to schedule a visit.

**Weekly Bible Study** sessions are now being held in-person at the Parish House. Join us for meetings each



First Church of Christ

Wednesday, 11:30 a.m. to 12:15 p.m.

**Boy Scout Troop #907** continues to meet weekly at 7:00 p.m. New members are invited to attend. For information, visit its website at www.troop907.org.

For more information regarding First Church activities and/or events, please contact us. We are eager to hear from you!

Phone: 203-389-2119

Email us at office@uccw.org


Website: www.uccw.org

Facebook: www.facebook.com/uccwoodbridge

### FCCW Sunday Service Schedule

- › March 7<sup>th</sup> – Rev. Anya Powers
- › March 14<sup>th</sup> – Rev. Karl Duetzmann, from the Devon UCC Church
- › March 21<sup>st</sup> – Rev. Anya Powers
- › March 28<sup>th</sup> (Palm Sunday) – Rev. Janice Touloukian
- › April 4<sup>th</sup> (Easter Sunday) – A special musical service put together by the Music Committee. More details to follow!!

Please Note: For any and all meetings and events being attended at First Church - A facemask must be worn upon entering the building(s) and all Covid-19 safely protocols and standards followed.



### THE ILLUSTRATED BIBLE

*Let us know, let us pursue the knowledge of the Lord.  
His going forth is established as the morning;  
He will come to us like the rain,  
Like the latter and former rain to the earth.*

HOSEA 6:3



# HOUSES OF WORSHIP EVENTS

## Upcoming Virtual Events at Temple Emanuel

Stay connected with our community. Keep your physical distance while maintaining your spiritual and social connections. Check out the online options at Temple Emanuel.

### Regular Weekly Services

6:30 pm on the first Friday of the month, Family Shabbat service;  
7:30 pm on all other Fridays, Kabbalat Shabbat Service;

10:00-11:30 am on the first Saturday morning of the month, Shabbat Morning Minyan;

10:00-11:30 am on all other Saturday mornings, Weekly Torah Study.

Please contact the TE office for links to Zoom and YouTube. All services and events listed here are free and open to both members and non-members.

### Special Events in March

Friday, March 12 at 7:30 pm - Annual Refugee Shabbat - songs and stories honoring refugees will be woven into our regular Kabbalat Shabbat Service

Tuesday, March 16 at 7:00 pm - Jewish Short Story Discussion Group



Temple Emanuel

- a monthly event led by Bennett Graff  
Saturday, March 20 at 7:30 pm - Havdalah and a Talk - after a Havdalah Service led by Rabbi Michael Farbman, Rabbi Larry Englander will discuss his novel "The Prince of Healers"

Sunday, March 28 at 6:30 pm - Second Night Passover Seder 5781 - once again we will come together as a virtual community to celebrate the second night of Passover. Registration information is on the TE website.

For more information about services and celebrations at Temple Emanuel, and to register for special events, please go to the TE website, [www.teg-nh.org](http://www.teg-nh.org) or call the office at 203-397-3000. Temple Emanuel is located at 150 Derby Avenue in Orange.



## Congregation Beth El - Keser Israel Events

### Indoor Services

› Fridays 6:00 pm inside the main sanctuary

### Outdoor Services (weather permitting)

› Saturdays 9:30 am  
› Sundays 9:00 am\*\*  
› Mondays 5:45 pm\*\*

\*\*also available via Zoom, like other daily services

In April, BEKI hopes to offer in-person services on more weekdays. For updates, email [bekitefilla@gmail.com](mailto:bekitefilla@gmail.com).

### Children's Services

Children's outdoor services are held on Saturday mornings, weather permitting. To receive the weekly newsletter, email Youth and Family Programming Director Annie Norman-Schiff at [anormanschiff@beki.org](mailto:anormanschiff@beki.org).

### Passover Services

Thursday, March 25 on Zoom, 9:00 am Siyum Bekhorot (study session for fast of the first born), following 8:15 am morning service.

Sunday, March 28 in person for First Day Passover, 9:30 am.

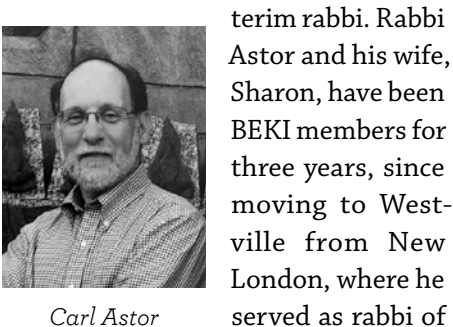
Monday, March 29 in person for Second Day Passover, 9:30 am.

Friday, April 2 Yizkor memorial prayers in person and Zoom, 9:30am, following 8:45 am morning service and followed by Shir ha Shirim and Musaf.

Sunday, April 4 in person for Final Day Passover, 9:30 am.

### Rabbi Carl Astor

Since Rabbi Tilsen is on sabbatical until completing his term of service in August, Rabbi Carl Astor is BEKI's interim rabbi. Rabbi Astor and his wife, Sharon, have been BEKI members for three years, since moving to Westville from New London, where he served as rabbi of Congregation Beth El from 1981 to 2013, retiring after 32 years as Rabbi Emeritus.



Carl Astor

Ordained at the Jewish Theological Seminary, Rabbi Astor also earned his

PhD in Rabbinic Literature (Midrash) in 1996. He is the author of Who Makes People Different: Jewish Perspectives on the Disabled, published in both English and Hebrew. Rabbi Astor enjoys bicycling, running, hiking, swimming, and kayaking; he also plays the violin with the Nu Haven Kapelye.

### Passover Inspiration

On Wednesday, March 17 Ethnomusicologist Rachel Adelstein will present "Singing Around the Seder Table: The Music and Memories of Passover" as the 8 pm weekly Schmooze. A favorite BEKI speaker, Dr. Adelstein has produced



Rachel Adelstein

podcasts about music in Jewish life around the world.

A week later, on March 24 at 8 pm, Annie Norman-Schiff, BEKI's Youth and Family Programming Director, will

lead "New Ideas for Pesach with Children," a conversation about how to make the Passover Seder meaningful and fun for kids and grandkids. She will also discuss ideas



Annie Norman-Schiff

for "virtual" Pesach fun to link extended families who are apart for this holiday.

From 8 to 9 pm on Zoom, BEKI Schmoozes include a presentation and time for questions. To request the link for any event, email [office@beki.org](mailto:office@beki.org)

### Social Justice Films

The third film in the series, to be discussed on Wednesday, March 31, is the 1-hour documentary At the River I Stand. The film reconstructs the two eventful months in 1968 that led to the death of Dr. Martin Luther King, Jr. Email [office@beki.org](mailto:office@beki.org) to request the Zoom link.

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

Woodbridge Town News

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](mailto:edit@woodbridgetownnews.com)

[www.WoodbridgeTownNews.com](http://www.WoodbridgeTownNews.com)

Stations of the Cross: Every Thursday evening during Lent at 7:00pm

Sunday Mass: 5:00pm

Contact us: 203-795-5076

[ourladyofsorrowsct@yahoo.com](mailto:ourladyofsorrowsct@yahoo.com)

Facebook: @OurLadyOfSorrowsTraditional

378 Spring St., Orange (off of Racebrook Rd)



HOUSES OF WORSHIP

B'NAI JACOB

B'nai Jacob  
Upcoming Events

Shabbat  
Friday

- › 6:30 PM Kabbalat Shabbat - on zoom and live stream

Saturday

- › 9:00 AM Bread and Torah
- › 10:00 AM Shabbat service - on zoom and live stream

Upcoming Events  
Havdalah Harmonics

Saturday, March 13 at 7pm on Zoom

Melaveh Malka, A Broadway

Sing-A-Long!

Please send your musical requests to Cantor Barb

Professor Steven Smith

Sunday, March 21, 2021

at 10am on Zoom

Patriotism, Our Most  
Contested Virtue

Prof. Smith, Alfred Cowles Professor of Political Science at Yale has written about Spinoza, Lincoln, Leo Strauss and Isaiah Berlin. His new book about patriotism came out in February.

The concept of patriotism has fallen on hard times. What was once a value that united Americans has become so polarizing that it threatens to rip apart the social fabric. On the right, patriotism has become synonymous with nationalism, while on the left it is seen

as an impediment to cosmopolitan globalism. My purpose is to reclaim patriotism from both of these extremes by showing how it can be an ennobling virtue that democratic societies cannot afford to do without. Books are available for purchase in the B'nai Jacob office.

Dr. Siegfried Kra

Thursday, March 25, 2021

at 7pm on Zoom

An Interview on his Books,  
Inspired by his Exceptional Life

Dr. Siegfried Kra, long-time member of B'nai Jacob, is the author of many books, including "Twilight in Danzig", "Dancer in the Garden", and his new release, "Nine Lives". This event will address how this young

Jewish refugee from Hitler's Europe overcame challenges to have a rich and meaningful life as a Yale physician, as reflected in his gripping autobiographical stories.

CBJ Winter Coat Collection

It's Spring cleaning time! Check your closets for unused coats - CBJ Winter Coat Collection for DESK Will End Soon

- › All sizes welcome. Coats should be in good, clean condition
- › A collection box is located between the doors, outside the synagogue office, for contactless drop-off during CBJ office hours
- › If you would like to donate other winter gear, please check the DESK website for guidelines
- › THANK YOU for your generosity and compassion!

Beckerman Jewish  
Film Series

We are pleased to be partnering with the JCC to promote their annual Beckerman Jewish Film Series, which is going virtual this year.

Five diverse categories of films will be streamed for you to watch from home, followed by zoom discussions for each category. The series will run through May and there is something for everyone. Tickets may be purchased per movie, category, or the whole series.

Next week category is Family & Relationships, streaming Asia.

ZOOM SCHEDULE  
of weekly services  
and classes:

Morning Minyan at 7:45am

Evening Minyan at 6:00pm  
(Sun-Thur)

Shabbat Shmooze at 6:00pm Friday

Kaballat Shabbat at 6:30pm Friday

Bread & Torah at 9:00am Saturday

Shabbat Morning at  
10:00am Saturday

Congregation B'nai Jacob | 75 Rimmon Rd,  
Woodbridge, CT 06525 • 203-389-2111 •  
info@bnaijacob.org BnaiJacob.org

HEALTH & FITNESS

It's All in The Hips

By KYLE BRANDAY, MSPT

On a daily basis, I see it all. Knee pain. Ankle and foot pain. Back pain. General difficulty moving. You know what all those issues have in common... your hips. If you walk into my office, I guarantee you, any lower body or core issues you complain of will require us to take a look at your hips. "But it's not my hips that hurt it's my knee!!" I hear constantly. How could dysfunction of your hips cause that nagging knee pain that just won't quit during your 5k's, marathon training, or simply that dreaded 1 mile run on the treadmill at the gym after a long day sitting behind your desk at the office?

The answer is simpler than you think. When we run, walk, or even stand, our hips are engaging constantly in order to stabilize our entire leg. The pressure of our heel and foot hitting the ground is known as a ground reaction force. That force translates up through our foot, to the ankle, through the calf, up to the knee, into the thigh and then ending at the hip. When that force comes up the leg it forces our entire leg to stabilize itself, in particular from rotating the leg. Most of our legs muscles only propel us forward to back. But our foot and ankle muscles can only control minimal rotation. Our calves generally only push off the ground or clear our feet so our toes don't drag. Our quadriceps and hamstrings only have the ability to flex or extend our leg and can't control that rotation. So that leaves us with one last resort...our hips.

The force through our leg at heel strike forces rotation that translates all the way up to our over neglected hips. Our hip internal and external rotators are left to fend for ultimate control of the leg. They stabilize our femur, the long bone of the thigh, and prevent excessive rotation from overloading our knee and creating dreaded conditions like patellofemoral syndrome or quad tendon or patellar tendinitis. Too much rotation of femur can also put athletes and weekend warriors at a far greater risk of ACL and meniscal tears, as well as hamstring and quadriceps strains.

What about our ankle and foot? With that same excessive rotation of the femur and knee comes an increased load through structures like our gastroc and soleus (the 2 main calf muscles) and the Achilles tendon. Forced



Kyle Branday, MSPT

to change the way we push off and propel ourselves, our muscles strain and work much harder to try and prevent excessive movement. In addition, the dreaded plantar fasciitis can be a crippling result of weak hips when our foot and ankle are dragged into poor mechanical faults.

With our runners in particular, repetitive movements in a forward to back manner lead to lack of proper strength of our hip rotators and glutes. And without proper cross training to strengthen these muscles, all of the injuries can be ticking time bombs ready to rear their ugly heads at any point. Problem is, even for the people who run consistently and head to the gym often overlook these muscles. Find me one...just one machine at the gym that directly performs hip rotator strengthening. If you find one, let me know. As a physical therapist and a geek in body mechanics, I teach people the proper way to dynamically strengthen these muscles on a daily basis. It's of the utmost importance that people of all ages and athletic abilities learn these basic and dynamic exercises to help keep a strong core and lower body. Whether you are a 15-year old soccer player, a 30 runner, or a 70-year old just trying to stay healthy and in good shape...it's all in the hips.

Kyle Branday, MSPT, is a Physical Therapist and partner at Amity Physical Therapy with locations in Woodbridge, Hamden, and Branford. He has 16 years of experience treating a broad spectrum of orthopedic and neurological conditions. To reach Kyle for a consultation, call (203) 389-4593. www.amitypt.com



# WOODBRIDGE LIBRARY

All information accurate at press time. Be sure to check our website or call us before your visit for any changes to our hours or events.

**A Message from Our Director Regarding the Decision to Keep the Library Closed:** Since the start of the COVID-19 pandemic, we have been working hard to provide as many of our resources and services to patrons as is safely possible given the circumstances. We have generally taken a cautious and measured approach to this in order to ensure the safety of the public and of our staff. With the region still facing significant coronavirus transmission risks and with limited resources available to us, we are remaining closed to the public at this time. We continue to monitor the status of COVID-19 in our community, and we hope to be able to expand our services soon. Thanks for your patience during this unprecedented time.

—Eric Werthmann, Library Director

**Recycle Your Books – Especially Children’s Books! Friends of The Library Donation Day Coming!**

The Friends of the Woodbridge Library will be accepting book donations on Saturday, April 24 from 9:00 a.m. to 11:00 a.m. This donation day coincides with the Earth Day Celebration by the Town of Woodbridge. We greatly need good quality children’s books, but we will accept adult books as well. Please, only bring books in excellent condition. Books that are dusty, musty, yellowed or smoke damaged, or that have been stored in a basement or garage, will have to be discarded in order to prevent harmful conditions from spreading through the collection.

In addition, we can only accept up to four boxes per household because of storage issues. Books may be dropped off at the ramp on the side of the Library, near the small parking lot off Newton Road. Masks must be worn. Thank you for complying with all these guidelines, and thank you for your support of our Library!

**Save the Date for a Very Special Friends of the Library Event**

Library programming is coming back! Join us for a program dedicated to the memory of Barbara Rader, longtime member and a past president of the Friends of the Library. Dr. Mark Schenker of Yale University will lecture.



## WOODBRIDGE TOWN LIBRARY

The program will be held outside, on Sunday, June 6 at 3:00 p.m. A rain date of Sunday, June 13 is set. More details will follow, including a suggested reading list.

**From The Adult Services Department Creativebug Subscription Offers Video Instruction for Crafting and More!**

Keep your hands active and your mind engaged with Creativebug—our crafting video database. Find the link on our website, or visit <https://www.creativebug.com/lib/woodbridgetown> to get started. You will need your library card, but after that, the possibilities are endless!

**Update on Digital Magazines**

The Library’s collection of 3,000 digital magazines has moved from RBDigital to OverDrive. Up to three years of back issues are available, and all magazines are available for unlimited simultaneous access (a.k.a. NO HOLDS LISTS!).

You can search and check out the titles in our catalog, then download to a device or read in your browser. If you have the Libby or the OverDrive apps, you’ll notice the new additions under “format.” Don’t have the apps? You can get them for Apple and Android devices; search your platform’s store for Libby, download the app, and set up an account with your Woodbridge Town Library card. Need a library card? Email [askus@woodbridgetown-library.org](mailto:askus@woodbridgetown-library.org).

You may have come to the library in the past for tax information and forms. Please read the following for changes at the library and with government agencies. Visit our website for more information and links to tax forms: <https://woodbridge.lioninc.org/taxes>.

**Federal Taxes:** Federal 1040/1040-SR forms and instruction booklets are available (self-service) in the meeting room, with Park & Pickup. The Adult Services department can print off any additional forms you might need—call us at 203-389-3434 or email us at [wbrstaff@lioninc.org](mailto:wbrstaff@lioninc.org). We will leave them in the meeting room under your name.

Woodbridge Human Services VITA

(Volunteer Income Tax Assistance) program is still available to prepare income tax returns at no cost for qualifying residents. Please call Human Services at 203-389-3429 for more information.

**State Taxes:** Unfortunately, the State of Connecticut is not providing libraries with state tax forms or booklets this year. All state tax forms and instructions can be found on the Connecticut Department of Revenue Services (DRS) website: <https://portal.ct.gov/DRS>.

To request paper forms and instructions, call the DRS at 860-297-5962.

Free assistance in completing Connecticut returns is available from DRS by telephone or videoconference. Normal business hours: Monday through Friday, 8:30 a.m. to 4:30 p.m. Use the numbers below to ask general questions or request paper forms by mail: 860-297-5962 (from anywhere); 800-382-9463 (Connecticut calls outside the Greater Hartford calling area only); 860-297-4911 (TTY, TDD, and Text Telephone users only).

Taxpayers may also call 711 for relay services. A taxpayer must tell the 711 operator the number they wish to call. The relay operator will dial it and then communicate using a TTY with the taxpayer.

**From the Children’s Department**

PoetryCraft pickups for those registered are March 18 and April 1, 15, and 29.

When you come to Park & Pickup, check the children’s cart and tables for crafts, book lists, and activities for St. Patrick’s Day and Women’s History Month.

Diversity quilt continues through mid-March, supplies available on the tables in Park & Pickup. Please drop off completed quilt squares during the week of March 15.

**SAVE THE DATE!** Join us for an OUTDOOR owl program with Horizon Wings Raptor and Rehabilitation Center on Wednesday, April 14 at 1 pm (during spring break). More information will be posted on our website; be sure to check there for more details!

**Reminders On Library Services**

Library staff is in the building to answer your questions and provide EXTENDED Park & Pickup service. The book drop is also open! Park & Pickup hours are Monday & Thursday, 10 am to 7 pm, and Tuesday/Wednesday/Friday, 10 am to 5 pm.

Park & Pickup remains in the Friends’ Meeting Room. Please use the doors on the right side of the library. Passage from the meeting room to the library is not permitted. Remember to wait until you hear from the Library before coming to pick up your order. Your online account may not always be accurate!

If you are returning items, please use the NEW book drop inside the meeting room, or the outdoor book drop, located to the left of the front doors.

**Can’t Make It In? Remote Library Service Available**

Phones and emails are answered by staff Monday – Friday, 10 am to 5 pm. Place holds, ask questions, find out information, and more. If calling, you may need to leave a message—calls will be returned as soon as possible!

**Department phones and emails:**

- › **Adult Services/Reference:** 203-389-3434 [wbrstaff@lioninc.org](mailto:wbrstaff@lioninc.org);
- › **Children’s Department:** 203-389-3439 [childrensprogram@lioninc.org](mailto:childrensprogram@lioninc.org);
- › **Circulation/General info:** 203-389-3433 [askus@woodbridgetownlibrary.org](mailto:askus@woodbridgetownlibrary.org).

**Long Overdue Items:** Please return outstanding items as soon as possible, even if they are BILLED on your library account. No replacement costs will be charged, but the items need to come back. The book drop is open 24/7; items will be quarantined for 96 hours, in accordance with new guidelines. No fines will be charged for late items. Fines or bills on your account will be waived— simply call us to remove charges.

**Are you on our email list?** Sign up to get alerts about our events, new offerings, and any updates about reopening. Go to our website: [woodbridgetownlibrary.org](http://woodbridgetownlibrary.org) and scroll to the very bottom. Enter your email address and you’ll start receiving our emails! We typically only send one email per week.

“May you have all the happiness and luck that life can hold—and at the end of your rainbows ay you find a pot of gold.” — IRISH BLESSING



“Massaro” From Page 15

Registration is also open for a number of other upcoming activities including workshops in backyard beekeeping, gardening and more. Please visit our page for a calendar of upcoming events including workshops, outdoor movies and concerts; sign up for our newsletter to receive early registration and purchase details.

Massaro Community Farm is a non-profit, certified organic community farm

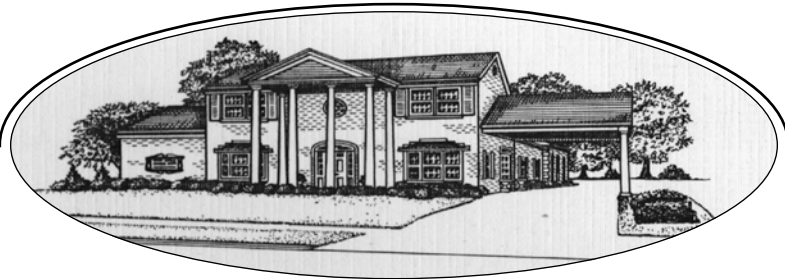
on 57 acres of land whose mission is to keep farming, feed people, and build community. In addition to growing vegetables for seasonal subscribers, the farm donates thousands of pounds each year to hunger relief. The farm serves as a hub of education for all ages and shares its space with the community. The farm’s nature trail is open to the public 365 days a year. For more information, visit our website at [www.Massarofarm.org](http://www.Massarofarm.org) or contact Executive Director Caty Poole at 203-736-8618 or at [caty@massarofarm.org](mailto:caty@massarofarm.org).

DEATH NOTICES

Woodbridge Town News

DEATH NOTICES

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



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The Significance of Croagh Patrick

Croagh Patrick is a steep mountain in County Mayo in Ireland. It is situated five miles from the town of Westport. The mountain’s summit soars above the surrounding countryside and enables those who manage to reach the top a magnificent view of Clew Bay.

The mountain is significant in Irish history because it was both a place of worship predating the arrival of Christianity in the country, but also the place St. Patrick was purported to have completed a 40-day Lenten ritual in the 5<sup>th</sup> century. Croagh Patrick is considered the holiest mountain in Ireland.

Each year on the last Sunday of July, which coincides with the pagan festival of Lughnasadh, thousands of people climb Croagh Patrick, also called The Reek or Patrick’s Sacred Mountain, to reach the summit. The Irish heritage resource YourIrish.com estimates that between 30,000 and 40,000 people make the pilgrimage each year, most of them barefoot. Most consider it an important spiritual milestone.

Weather may prevent individuals from scaling the mountain during the

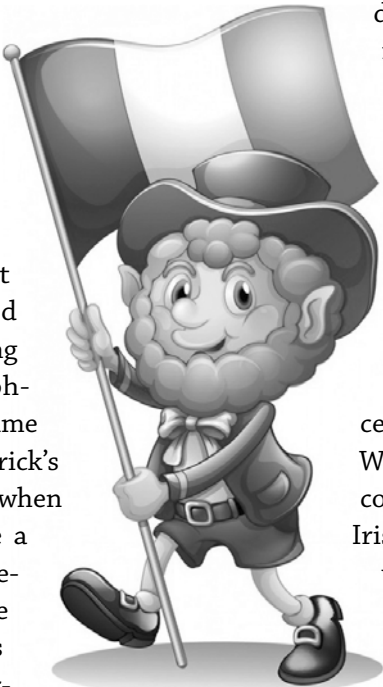
month of March, but visiting the site is something that many tourists and native Irish alike aspire to do at some point in their lives. According to the Croagh Patrick Visitor Centre, the first stop is the Saint Patrick’s statue, which was erected in 1928 by Reverend Father Patterson. In addition to viewing the statue and taking in some amazing views, visitors can stop in the Visitor Centre, known as “Teach na Miasa,” which means “house of the dishes.” It is believed the monks of nearby Murrisk Abbey washed their utensils in the stream that runs alongside the road to the center, called “Bóthar na Miasa (road of the dishes),” hence the name. A restaurant and craft shop are housed in Teach na Miasa.

There are many sights to see and rich history to learn along the trek. An archaeological excavation performed during the 1990s at the mountain discovered the remains of a small chapel dating to the time of St. Patrick, helping to solidify the authenticity of his Lenten pilgrimage so long ago. Croagh Patrick is a symbolic place that heralds Ireland’s Christian roots.

Invisibility, Leprechauns and National Pride

Part of what makes celebrating St. Patrick’s Day so enjoyable is the scores of traditions surrounding the holiday. The month of March ushers in parades, festive foods, lively music, and as much green attire as a person can handle.

As ubiquitous as it is each March, green attire has not always been symbolic of St. Patrick’s Day or Ireland. In fact, earlier depictions of St. Patrick had him royally clothed in a rich shade of blue. Some ancient Irish flags even sported the color blue. According to National Geographic, the color green became associated with St. Patrick’s Day in the 18<sup>th</sup> century, when the shamrock became a national symbol of Ireland. The color of the shamrock and Ireland’s natural landscape forever linked green to St. Patrick’s Day celebrations and the Emerald Isle.



There are reasons for donning green clothing on St. Patrick’s Day. If a person isn’t in green, he or she just may get pinched. According to Irish folklore, leprechauns wore green, and if anyone else wore the color that individual would be invisible to leprechauns. Lep-


rechauns are ornery sorts who like to pinch anyone they can see. Therefore, by wearing green clothing, a person is sure to avoid a painful tweak. It’s not only the leprechauns who might do the pinching. Celebrants are inclined to pinch people who don’t wear green as a reminder that leprechauns might sneak up on them at any time.

Beyond shamrocks and leprechauns, other people are inclined to wear green on St. Patrick’s Day as a symbol of good luck and to honor their Irish ancestry. According to Brian Witt, the cultural exhibits coordinator for Milwaukee Irish fest, Irish Americans would wear green as a reminder that they are nationalists first and foremost. The Irish flag colors are green, white and orange. The green symbolizes Irish nationalism, the orange represents the “Orangemen” of Northern Ireland, which is an Irish Protestant political society, and the white symbolizes peace.

Green is an integral color during St. Patrick’s Day celebrations and it is tied to many different traditions.




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Why Do People Kiss the Blarney Stone?

International tourism is big business. While much of the world was forced to stay home during the global COVID-19 pandemic, prior to the outbreak of the coronavirus international tourism was thriving.

A report from the World Tourism Organization in January 2020 found that 1.5 billion international tourist arrivals were recorded across the globe in 2019. That marked a 4 percent increase over the previous year.

Ireland is a popular tourist destination for people across the globe. A country with a rich history that is steeped in tradition, Ireland annually welcomes people from all over the globe.

Tourist attractions abound throughout the Emerald Isle, and few are as popular as the famed Blarney Stone. When visiting the Blarney Stone, which is located on the grounds of Blarney Castle, visitors are urged to kiss the stone. But why?



The exact origins of the tradition of kissing the Blarney Stone are unknown, but History.com notes the practice dates back several centuries. Legend suggests kissing the stone

helps people become more eloquent and persuasive, and indeed numerous accomplished orators, including former British prime minister Winston Churchill, are among the millions of

people who have kissed the stone over the centuries.

Kissing the stone is no small feat, though it has become easier to do so in recent years. Prior to 2000, visitors to Blarney Castle who wanted to kiss the stone had to pull off an acrobatic feat without much support, leaning over backwards while lying down on their backs as the upper part of their bodies hung over the parapet's edge. However, guardrails were installed in 2000 to give visitors something to grab onto as they lean over the edge and kiss the stone.

Visitors to Ireland who want to kiss the Blarney Stone can expect to wait to do so. While the Blarney Castle gardens remained open to visitors during the pandemic, the tradition of kissing the stone was closed. And when that tradition is allowed once again, visitors should expect a line, as an estimated 400,000 people kiss the stone each year.

“May the best day of your past be the worst day of your future.” — IRISH BLESSING





Luminaria will light up the town on Saturday, March 13, at dusk to remember the pandemic lockdown. A brief ceremony will be held at the gazebo at 6 p.m. and live streamed on the Woodbridge Together Facebook page. In case of rain the event will take place on Sunday at 7 p.m.

“Luminaria” From Page 1

is also planning to post pictures and videos of all the different locations where luminarias have been set up. People can send in their own photos to woodbridgetogether@gmail.com. In case of inclement weather, the event will be postponed to Sunday at 7 p.m. – to account for the change in Daylight Savings Time.

Those who would like to get a set of luminarias last minute will have the chance to do so during the day Saturday at the library. Luminarias are being sold either as kits of 18 (\$20) or kits of 8 (\$10). You will receive paper bags, and battery-operated tea lights. To set them up outdoors, you need to weigh the paper bags down by filling the bottom with sand or pebbles before placing the tea light in it.

People can personalize the luminaria by writing the names of those who are sick or have been lost or people could write words like “Woodbridge

Together” on the bags. “We would love if the luminaria could be displayed at people’s homes to create that sense of community and support for one another,” she wrote on the website.

Proceeds of the sale will be donated to the Rotary’s Club’s Covid relief fund. Those who would like to donate, but not purchase luminarias, can make a donation through the Woodbridge Together GoFundMe page.

Tina started Woodbridge Together, with the mission to help bring the community together. Its first project last year was to write 112 holiday cards for the residents of the Willows. Once spring comes, she wants to help plant flowers in the public spaces for people to enjoy. “Our goal is to have the residents of Woodbridge invested in each other and invested in Woodbridge,” she wrote on Facebook.

For more information, go to <https://www.woodbridgetogether.com/programs>, or visit its Facebook page and Instagram page.

# What is “craic”?

Visitors to the Emerald Isle or even patrons of Irish pubs located outside Ireland may recognize the term “craic.” The word can be confusing to people unfamiliar with Ireland, but upon learning its meaning people tend to embrace it. According to IrishCentral.com, “craic” is an Irish term that refers to the atmosphere and fun on a night out. When someone asks, “How was the craic?”, they’re essentially inquiring if a night out on the town was a good time, and just how good it was. Craic also may be a term for news, gossip, fun, entertainment, and enjoyable conversation. Even social butterflies familiar with craic may be surprised to learn that, according to IrishCentral.com, there are varying degrees of craic.

**Good craic:** This refers to a fun night out but not one that was especially memorable.

**Mighty craic:** Someone might

have done something extraordinary, but this is by no means the most outrageous level of craic.

**Savage craic:** A night of savage craic might have been dominated by flowing pints, funny jokes and an overall great night out for all involved.

**Deadly craic:** Turn savage craic up a notch and you have deadly craic.

**The craic was ninety:** A perfect, fun and amazing night was had by all. Everyone involved will almost certainly remember the night “the craic was ninety” forever. Oddly enough, IrishCentral.com notes that no one remembers just how “ninety” made its way into the phrase, thought it might have had something to do with a Christy Moore song.

Of course, as any reveler knows, not all nights out go as planned. When a night out doesn’t go well, it’s safe to say it was “minus craic.”



## Irish Beers to Try When Visiting the Emerald Isle

St. Patrick’s Day celebrations are steeped in tradition. From parades to green clothing to corned beef and cabbage dinners, St. Patrick’s Day is not short on tradition.

A pint of Guinness is another tradition many celebrants can simply not go without on St. Patrick’s Day. Many fans of the beloved stout may insist that Guinness is among Ireland’s greatest exports, but visitors to the Emerald Isle may want to expand their horizons and try a local beer or stop in for a pint at any of the many breweries and brew pubs on the tiny island in western Europe.

**Dungarvan Brewery:** Located in southeastern Ireland, Dungarvan Brewery opened in 2010. All Dungarvan beers are brewed in small batches, and each beer is guaranteed to be produced on-site in the Dungarvan Brewery, County Waterford.

**Black’s Brewery:** Located along the idyllic Wild Atlantic Way, Black’s Brewery in Kinsale has something for both beer lovers and whiskey drinkers. The brewery was opened by a husband-and-wife team in 2013 and the distillery, which produces gin and rum in addition to whiskey, followed two years later.

**Wicklow Wolf Brewing Company:** Established in 2014, Wicklow Wolf Brewing Company has an on-site brewhouse situated just south of Dublin

in Newtownmountkennedy, County Wicklow. Beer lovers interested in the brewing process may be interested to learn that Wicklow Wolf has its very own 10-acre hop farm in Roundwood, County Wicklow.

**Franciscan Well Brewery:** Franciscan Well is among the oldest craft breweries in Ireland, having been established in 1998 in Cork City, County Cork. A covered and heated beer garden in the Brew Pub of Franciscan Well, which is based on the site of an ancient Franciscan monastery, makes for an ideal place to sample some beers.

**The White Hag Irish Brewing Company:** Located in County Sligo along the Wild Atlantic Way, the White Hag Irish Brewing Company offers a range of beers that should appeal to beer lovers regardless of what their favorite style is. Visitors to Ireland may also be interested in the White Hag’s Hagstravaganza, an annual international brewery festival that features beer brewed all over the globe. Though the event was canceled in 2020 due to the COVID-19 pandemic, tourists may want to take note of the event for future reference.

Ireland is home to many tourist attractions, not the least of which are its many craft breweries that are guaranteed to make any trip to the Emerald Isle that much more enjoyable.



LOCAL BUSINESS



How to Save And Promote Your Business Safely

**BY RUSS MADISON**  
LONE WOLF ADVERTISING, WOODBRIDGE

When our masks finally become history, will your market even remember what you did, where you are, or even worse, who you are?

**Suggestions:**

1. Write yourself a short Strategic Action Plan. Don't spend your life on it, a couple of hours should do it. Outline your short- and long-range goals, sales potentials, new market possibilities, strategies to retain past customers and attract new ones, and (even though it hurts) a realistic way to finance your "re-emergence".
2. List all possible media contacts for publicity and dream up ways to promote your products and talents as a proprietor. Offer some pro bono socially responsible marketing tactics if you can afford the time. (People appreciate and remember good deeds and will patronize those who offered the time.) Ironically, Covid-19 has introduced a phenomenal human "togetherness" that may remain with us forever and creates its own springboard for future marketing and the continuance of your own brand, but this time with built in human compassion. Moral: stick with what got you here, but amplify it so your brand exudes compassion.
3. Keep your webpage tuned up. Create a blog campaign for your favorite social media platform. Look into "Nextdoor Woodbridge" the popular email site where neighbors discuss everything from lost pets to black bear sightings and beyond. It keeps the neighborhood socially tight.
4. Give guerilla marketing a shot. It's an inexpensive way to raise instant awareness. "Signage" is the key. Posters, lawn signs, a curbside guitarist outside your door, an "event" to draw in traffic, it's as endless as your imagination.
5. Study your competition. How are they reacting? Be different from them. Create some small space ads. Place them now. Be bold about it, but frugal. Get your publicity up and running often. As the classic Nike positioning slogan says, "Just Do It!"

*Russ Madison is the founder of three advertising agencies, and has won numerous regional and national awards for his creative campaigns. Lone Wolf offers a free creative strategy plan for small to midsize business specializing in retail, food, banking, automotive, B-to-B, real estate, municipalities, medical/health among other business disciplines. Contact: russ@lonewolfadvertising.com or 203-393-0494.*

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