



By Bettina Thiel Woodbridge Town News Correspondent

Alexander Korallos-Shapiro, Harvey Shapiro and Joe Amico – aka Arbor Haven – have been making the rounds to many of the town's boards and commissions, introducing their idea for a mixed housing development on the grounds of the former Country Club of Woodbridge property. They presented their plan to the selectmen, followed by a virtual public information session (September 29), the Conservation Commission, the Housing Opportunity Study Commission (October 6) and Economic Development Commission (October 14).

The rough plan for the 150-acre property is to build 145 homes, about 35 of them on the standard 1.5 acre lots typical for Woodbridge, though with shared driveways along Johnson and Ansonia roads; some 55 medium-sized homes for families in the center of the property; and 60 age-restricted homes on 1/3 acre lots closer to Woodfield Road.

In making his pitch to the different committees, Joe Amico, a former investment banker-turned-real estate developer, said their intent was to balance different concerns and needs – such as open space with housing; large and small homes, homes for families and for the elderly, affordable and market-rate homes.

A big pitch is also for publicly accessible amenities, such as bike and walking paths, a playground; a refurbished outdoor pool with a pool house; tennis and volleyball courts, and possibly a basketball court. The existing clubhouse would be demolished, he said. Of the 110 smaller homes, 22 would be affordable homes, split evenly between the age-restricted and family homes. Some members of the Housing Opportunity Study Committee advo-



Town Leaders Want Greatest Bang for The Federal Buck

BY BETTINA THIEL Woodbridge Town News Correspondent

The Town of Woodbridge will receive a total of \$2.5 million from the American Rescue Plan (ARP), to be paid in two installments, according to Finance Director Anthony Genovese. Half of that amount – close to \$1.3 million – was received last June; the other half will be paid out in June 2022.

The money was passed by Congress in March to help the nation recover from the Covid pandemic and the economic stressors it has caused. The funds will need to be earmarked by December 2024, and spent by December Building. The newer system would bring fresh air into the building and improve efficiency, Genovese said. As it stands, the large gymnasium cannot be used for town functions, because there is no fresh air flow.

Genovese cautioned however, that although ARPA funds will pay for construction projects, they may not pay for the design of them. He also said other improvements may have to be done to accommodate the new heating system, improvements which might not be covered by ARPA funds. For example, they might have to replace the roof on the Center Building before

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2026, Genovese said.

Selectmen, at their October 13 meeting, considered several potential projects that would help the town move into the new normal. One of the major projects they are considering is a new HVAC system for the Center placing new air handlers.

Other projects under consideration include a gazebo in the so-called Grove, the open space bordered by the library, the old firehouse and the library park-

See "Town Projects" On Page 2



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ing lot. The Grove has been used for myriad outdoor programming since the pandemic. A gazebo would create additional outdoor programming space, which could be used by the library as well as the Center and the Recreation Department. A heating unit in the proposed gazebo may extend the season for spring and fall programs.

Assistant Administrative Officer Betsy Yagla said an outdoor space may also be helpful for community organizations that normally use rooms in the Center Building, rooms that are currently not accessible to them. They meet outdoors, but when the weather is bad, the program gets canceled, she said.

Selectman David Vogel suggested looking into getting a new canvass for the party tent that was left over from the Country Club of Woodbridge, and which the Recreation Department was hoping to use for its programs. The tarp was found to be damaged, but the frame seems to be in good shape, he said. Genovese said he would look into it.

If the Center Building HVAC system is funded, it may free up some funds for the Senior Center improvements which are in this year's Capital plan. To bring the HVAC project forward will require more research and planning. "If [the Center Building] continues to be a high priority item we need to do more legwork," Genovese told the selectmen. Other projects under consideration

include assistance to the business district, and upgrades to playgrounds and parks. Genovese said the town also has been approached by a number of agencies such as the Quinnipiack Valley Health District and the water company to consider emergency relief support.

Bigger projects and capital items will have to go through the regular budget approval process, Genovese said. That involves the Board of Selectmen, the Board of Finance and ultimately, a town vote.

The American Rescue Plan Act was passed to combat the COVID-19 pandemic, including its public health and economic impacts. According to the US Treasury's website, it was intended to provide:

*direct economic impact payments to individuals;

*expanded child tax credit;

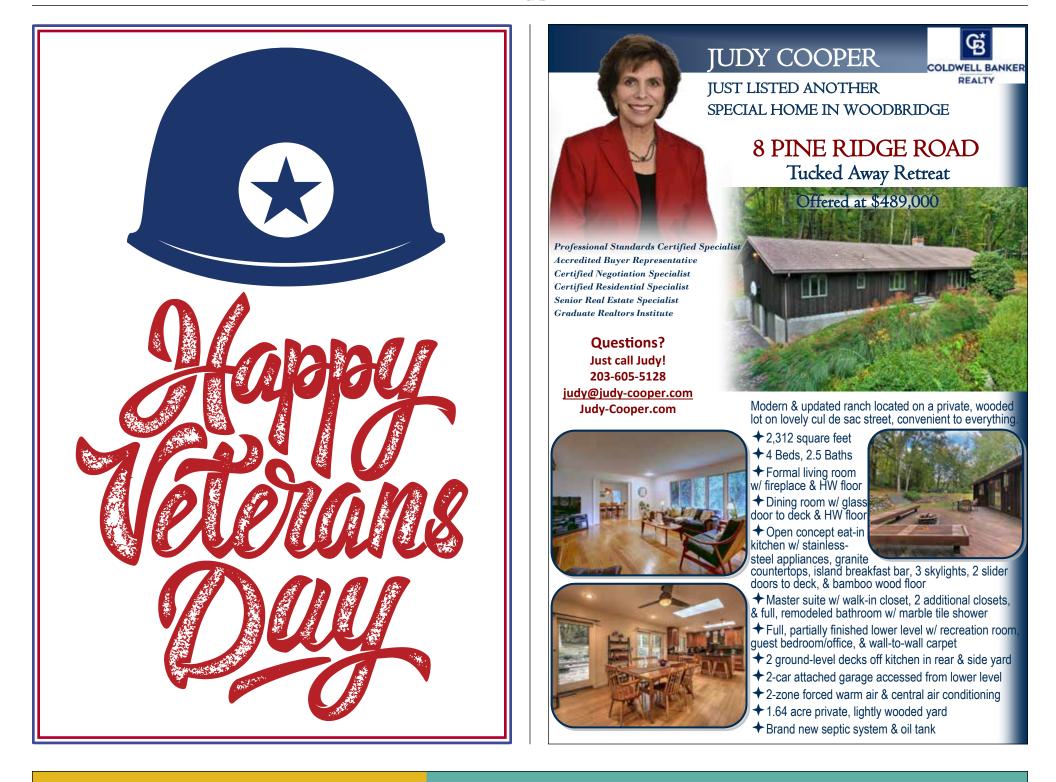
*emergency funding to state and local governments to remedy the mismatch between rising costs and falling revenues;

*In addition to addressing the revenue losses, the program seeks to help local governments recover the costs incurred due to the public health emergency and provide support for a recovery – including assistance to households, small businesses and nonprofits; aid to impacted industries; and support for essential workers. It will also provide resources for state and local governments to invest in infrastructure, including water and sewer improvements and broadband services.





Page 3



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From the Democratic Town Committee



'Vive la difference!'

This time-honored French expression was first used to celebrate gender-based uniqueness; cultural trends toward inclusion have by now expanded its definition to honor all qualities that make each of us unique.

The town we share celebrated its own diversity at this month's Woodbridge Like Me event, held immediately following the 39th annual Woodbridge Road Race on October 2. Town-based organizations were invited to participate in Woodbridge Like Me, a sister event to the library's One Book, One Town reading selection, American Like Me: Reflections on Life Between Cultures.

Tabletop displays, activities, demonstrations, and performances underscored the creative energy and diverse interests of residents involved in scouting, Tai Chi and Taekwondo schools, the garden club, Friends of the Library, the Butterfly Chinese Dance Troupe, and a long list of other pursuits.

Woodbridge Like Me memorialized how the town is better, stronger, and more interesting for the variety of residents who live, work, study, and play here. Members of the Town's ad hoc Diversity, Equity & Inclusion Committee - chaired by former First Selectman Ellen Scalettar - deserve high praise for planning the event. First Selectman Beth Heller also deserves high praise for encouraging a receptive environment and marshalling staff support for it.

This week, Woodbridge voters will once again sit idle while more than 90 percent of the rest of Connecticut - and voters across the country - prepare for a traditional Election Day on November 2. There's no voting in Woodbridge because it has remained beholden to obsolete agrarian priorities that long ago set municipal elections for a Monday in May.

Now, with initiative from state leaders, a unified legislative delegation, and affirmative votes in both the state House and Senate, this will be the town's last 'no vote November.' Standardized Tuesday elections each fall are expected to increase voter participation and will limit time spent teaching and reminding people about Monday elections in the spring. with increased awareness and knowledge of candidates and issues, so too will volunteers, enthusiasm, and press coverage increase with anticipation of what has undeniably become an expected American tradition.

The Town Clerk's office and registrars of voters will be the first to describe difficulties accessing from the state all required calendar information and assistance while only a handful of jurisdictions vote in the spring, and how resulting delays unnecessarily compound existing stressors. The change will stabilize the Town budget too, with predictable costs for one general election each fiscal year instead of two in one budget cycle and none the next, as it has been.

Many local Republicans oppose this effort to increase participation in the election process. Their resistance mirrors overt Republican efforts nationwide to restrict ballot access and keep elections from being a genuinely democratic process. Fully 19 Republican-dominated state legislatures enacted laws this year, "that voting rights experts say will essentially allow Republicans to declare their own outcomes for elections," according to Boston College history professor Heather Cox Richardson.

In Congress, efforts to fortify the federal government's responsibility to protect voting rights in this year's Freedom to Vote Act were stymied last week by 41 Senate Republicans, representing just 21 percent of the American population. Many Republicans seem intent on perpetuating this type of minority rule; Senate Republicans prevented even a discussion of the bill that would, among other things, provide more accessible voter registration, allow early voting and voting-by-mail, prohibit partisan gerrymandered redistricting, protect election officials from post-election second-guessing and partisan attacks, and ensure a paper trail for all ballots. It's worrisome that many local and state Republicans seem willing to cosign deliberate attempts to limit ballot access and potentially skew election results. Thank goodness Woodbridge can rely upon local and state leaders who instead encourage greater civic participation through widely expected, readily accessible, free and fair November elections.

Other Side of the Aisle WRTC CHAIRMAN



To put it mildly, the approach our Town leaders are taking with respect to the future of the Country Club of Woodbridge (CCW) property is not in our best interests as a town. Since the CCW's acquisition, our leaders have forgotten, or ignored, the reason for the purchase to begin with – to prevent wholesale development of what is arguably our most valuable remaining unprotected tract of land.

New residents may not be aware the town bought the CCW more than ten years ago when the Club was going bankrupt. While many voters came out to protect the land from development, subsequent town leaders have reflexively pushed for housing development on some or all of the property. In the face of strong opposition to these proposals, there have been some amateurish attempts to find the "pulse" of town residents regarding what to do with the property. Unsurprisingly, conversations with residents who lacked the facts about the property's feasible options, and the potential costs of housing development on the town's budget, school system, traffic, etc. ended in no clear consensus. How could they end any other way? Nonetheless, in the most recent survey two-thirds of responders wanted the CCW to remain a golf course or become permanent open space. Only one third wanted housing.

Ignoring that survey, there are now two development proposals before us. Were they solicited? No. And therein lies the problem with the town's leadership on the CCW issue. Our leaders have failed to identify the best, highest use of the property, then go after that use in earnest. Instead, they have passively waited for the next suitor, and then assess that proposal's merits with no way to measure how it stacks up with what the Town wants to do with the property.

Over the years, nearly every proposal receiving attention has called for dramatic development of the property for housing. The type, quality, quantity and density have varied, but it's been all about housing. Are our Town leaders focused on housing, or is it just that those are the only proposals that are coming through the door? In the absence of a well-thought-out RFP, my guess is the latter. Past Republican Selectmen have advocated for a professional consultant to assess the most beneficial options for the property and then seek proposals that align with the top choice. That has never happened, even though \$28,000 was budgeted for a CCW consultant for that very purpose. Budgeting the consultation money may have been nothing more than a political move to quiet criticism –nothing more. Maybe that money could be spent now on a professional survey to discern the pulse of our residents today – through a survey grounded in facts and devoid of an agenda. That would be a good start.

It is obvious from the developer's sole public presentation and Q & A that the Arbor Haven plan is conceptual only and far from fully thought out. So why did our town leaders proceed to give the developer access to multiple Town Boards and Commissions to present its plans? It appears that our leaders are attempting to "sell" this plan to these groups to build support. That's also no way to go about this. If they are committed to selling the land for housing, they ought to solicit multiple offers, just as you would selling a house. At a minimum, where is our counteroffer? Do we even have an appraisal of the property to compare to this offer? Apparently not.

The \$9M offer seems to have visions of sugarplums running through some leader's heads. Yes, a large cash influx could pay for the next big capital expenditure on the current Town leadership's radar: a new police station. But at what cost? The proposed plan ignores the permanent yearly costs of residential development which will burden future budgets. Selling an asset is often-time an act of fiscal desperation. And the CCW property is quite an asset in its current form as open space. Are we really so fiscally desperate that we should sell the property for one-time cash infusion and ignore the permanent, yearly costs of residential development? I would say no.

We would be wise to step back and ask what we are trying to accomplish. From a fiscal perspective, the fact is that adding more residents to a town, any town, is never a money-maker. It adds ongoing costs for education, police, fire, public works, etc., which translate to ever-higher taxes. The one-option only approach to the CCW does not serve the town well. Let's find out what the residents want to do with the property after being fully informed of the various options and their pros and cons. And only then, let's go after it wisely.

Just as voters will more readily gravitate toward a November election cycle,

> "True heroism is remarkably sober, very undramatic. It is not the urge to surpass all others at whatever cost, but the urge to serve others at whatever cost." — ARTHUR ASHE



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

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<u>Upcoming Issue Date</u>	I <u>ssue Deadline</u>
November 19 Thanksgiving Issue	November 12
December 17 Holiday Issue	December 10
January 14 New Year's Issue	January 7
Note: Copy due by 4:00p m. Thank you	



At Least Two Flaws in Arbor Haven Plan

Proponents of the Arbor Haven plan justify their support based upon the expected receipt by the town of tax revenues (Town Tax Revenues) that will substantially exceed all costs that may be incurred by the town as a result of the development (Town Costs). There are at least two fundamental flaws in their reasoning.

First, it is likely that the Town Costs projected by the developer upon the build-out of the planned development are substantially understated; indeed, it is very possible that the actual Town Costs will exceed not only the developer's Town Costs projections, thus reducing the claimed Town Tax Revenues benefits, but would actually exceed the developer's projected Town Tax Revenues, so that the development would result in net losses to the town.

Even more troubling than any misstatement of the Town Costs is the unwillingness of the developer to stand behind his Town Tax Revenue projections. When asked directly what portion of those claimed Town Tax Revenues he would guarantee that the town would receive, he responded "None whatsoever!" So, the town may be in the position of selling the extraordinary asset that is its largest tract of undeveloped property, and receiving not a penny of Town Tax Revenues in exchange.

The good citizens of Woodbridge cannot be so clueless as to enter into such a one-sided and unprofitable deal that would guarantee that the unique WCC property would be lost forever without any certainty of the receipt of Woodbridge?

What parcels are going to be developed and which are going to be deeded back to the town?

Where is the cell tower located and where does the revenue go?

What time frame (dates) are we looking at from start to finish of this project?

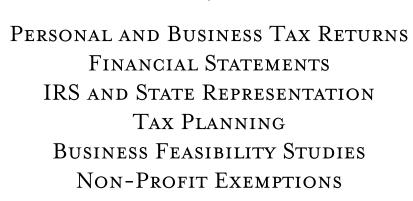
Has there been any traffic studies done on Ansonia, Dogburn and Johnson Roads?

What is the impacts on our school system and what will be the proposed cost to handle the increase in students? *Richard Bryk*

Value Your Freedom to Choose What's Best for Your Children

Several Orange and Woodbridge residents met with State Sen. (D-14) James Maroney and State Rep. (D-114) Mary Welander and voiced their concerns about the vaccine mandates being forced upon us and our children or face the prospect of being excluded from work, sports, and school functions and submit to weekly testing. We reminded our good representatives that in America there used to be freedom of choice and if the vaccines work so well why do you care if others choose not to and why is there such a push by the Biden regime and His Excellency Lamont and minion Mohammad, Orange health director, to coerce everyone into getting the shot or else!!

Well, Mary Welander schooled us again that "we do have a choice, get the shot or be excluded." She also repeated the mantra several times that it's "for the greater good!" Now where have I heard that slogan before? It is a socialist idea and doctrine by those who believe in the greater good and feel compelled to impose their ideas and standards on those who disagree with them. The collectivist mind-set is foundational to communism, fascism and socialism. The common good before the individual good. I'm not buying what they're selling and neither should you if you value your freedom to choose what's best for you and your children. Bonnie Pelaccia





174 CHERRY STREET · MILFORD, CT 06460 PHONE 203-876-0445 · FAX 203-874-7498 mpaolinicpa.com any Town Tax Revenues in exchange - much less the amount of Town Tax Revenues projected by the developer! *Thomas E Weil*

Reader Has Many Questions Regarding WCC Development

I would like to pose the following questions relative to the development of the Country Club of Woodbridge. The questions apply to both proposed developments.

Is there a site plan that shows the entire property owned by the Town of

WTN LETTERS POLICY

Submit your letters for our **"From Our Readers"** section to: Woodbridge Town News, P.O. Box 1126, Orange, CT 06477 or email: letters@woodbridgetownnews.com. Please limit letters to 500 words and include a daytime phone number in case we have any questions. Letters must be exclusive to the Woodbridge Town News for publication. We reserve the right to reject any letter. The Town of Woodbridge has received two proposals from developers interested in purchasing land at the former Country Club of Woodbridge property. One is on hold, per the developer, and the other, from Arbor Haven, was presented to the public at an informational forum in September. The Arbor Haven team is now in the process of presenting its proposal to Town Boards and Commissions for discussion and suggestions.

The Arbor Haven proposal offers a \$9 million purchase price for 100 acres of the former Country Club of Woodbridge and leaves the remaining 50 acres in Town ownership. They propose to build and sell approximately 140 homes on the 100 acres. Various home styles and sizes will be offered, including large single-family homes along Johnson and Ansonia Roads, moderate sized homes, affordable homes and age-restricted (over 55 senior) homes. Arbor Haven also offered to demolish the deteriorating clubhouse, create a Town pool, a park, walk/bike paths, rehabilitate the tennis and volleyball courts for town use, while saving as many trees as possible as they build.

I think this proposal is an important step toward two housing goals of mine: moving forward to begin to provide state-mandated affordable housing in town, and creating much-desired senior housing. The purchase price would eliminate our remaining debt on the property of around \$3.5 million, and also provide funds the town could use for other projects and operating expenses. As the new homes are built, the Town will receive additional income from the property taxes we collect. Our grand list will grow, which will stabilize our mill rate, and potentially lower taxes.

One legitimate concern that has been raised during these presentations is what effect this project might have on our schools. It's not as simple as saying the school budget is \$X so if you divide X by the number of kids it costs Y to add another student. Some items in the schools' budgets are not directly impacted by the number of students, electricity rates and the number of support staff, for example. The number of teaching staff may or may not

From the First Selectman BY BETH HELLER

school system. Beecher Road School is not at capacity but is close, while Amity Regional District 5 has more flexibility. This is something that the Board of Selectmen is taking seriously, and we will continue to explore. We are planning to do an independent study of how this project might impact our schools.

The Board of Selectmen also continues to discuss the federal American Rescue Plan Act funding. The Town is scheduled to receive a total of \$2.6 million. The funding must respond to a negative impact of the COVID-19 pandemic. My priority is to install an air conditioning and ventilation (HVAC) system in the Center Building. This building houses our Emergency Shelter, our Senior Center, a daycare center, Town offices, the fitness center, and the Police Department. Our Center Building Gymnasium, is used for elections, our Town meetings, and many recreational activities, including basketball and pickleball. Providing adequate ventilation to this building will offer important resident services, including many health and vaccination clinics. We are also interested in improving the Grove area (the outdoor space between the Old Firehouse, the Library and the Center Building) with a covered pavilion to provide a sheltered outdoor programming space. We also hope to improve and update playgrounds and ballfields to encourage continued use of outdoor recreational opportunities. Most importantly we plan to look to marketing our business district and holding events there to bring in more visitors to our wonderful Town. Before the Board makes any decision on how to use these funds, we need to gather more information on how to most efficiently add ventilation to the Center Building since that will most likely be the most expensive project on our list. As we learn more, we will keep you informed.

Because of the pandemic and lack of ventilation in the Center Gym we will not hold our annual Veterans' Day



we can hold an outdoor Memorial Day Ceremony next spring.

I am pleased to announce that the Board of Selectmen followed the recommendation of the Human Services Commission to create a new "Residents Assistance Fund" to expand the uses of the current Food & Fuel Fund, which will help the department respond more effectively to Woodbridge residents in need. The fund may be used for categories such as food and fuel but also may assist residents in need with emergency miscellaneous services that are necessary but are not typically funded by outside agencies. The program is funded entirely by local donations.

Another important fund the Town relies on is "One Big Dog," a nonprofit, named in memory of Bridget Albert, a long-time friend and supporter of our Animal Shelter. All donations are 100% tax deductible and go directly to animal care. Please consider donating a gift this holiday season in honor or memory of someone. Animal Control Officer Karen Lombardi has also asked me to remind everyone that it is a dog owner's responsibility to pick up after their dog.

We are about to enter our Town's budget season again. I urge all interested members of the public to attend budget meetings, in addition to individual board and commission meetings, where town department budgets are developed and then submitted to the Boards of Selectmen and Finance. These meetings are a good opportunity to learn more about how the Town's budget is created. Our municipal budget reflects our Town's priorities, which I believe are to provide excellent schools, ensure public safety, and offer essential programs and services to our taxpayers. The budget process is always challenging. I am confident that we will make decisions on a budget that achieves a balance between the support of valued services and tax levels that are fair and reasonable.

At this point in the process, res-

ments about any department's budget should attend any or all board and commission meetings. Departments submit budgets in December. The best place for budget input is at the commission or department level. Residents may also attend meetings in which departments present their requests to the Boards of Selectmen and Finance in December and January. According to our Town Charter, each April, the Town holds a Preliminary Budget Hearing where the public is invited to ask questions and make comments or suggestions to the Boards, and then in May, we convene the Annual Town Meeting, where a vote occurs on the budget.

Throughout this horrific COVID pandemic over the past year and a half, I have continued to balance staff and resident safety with the ability to effectively conduct business. Earlier in October the Town of Woodbridge instituted a vaccination policy, which covers all AFSCME bargaining unit employees and non-union employees. We continue to negotiate with the Police Union for a vaccination policy. Additionally, I have decided that boards and commissions may choose to return to in-person meetings, once the Town is in the "yellow" category for three straight weeks. As a reminder, the State Department of Public Health has maintained a color-coded map of all Connecticut towns, based on that town's COVID-19 positivity rate. The map is updated weekly. State law currently allows all boards and commissions to conduct meetings remotely through April 2022.

One final note ... please remember to turn your clocks back one hour when Daylight Saving Time ends on Sunday, November 7, 2021, at 2:00 a.m. As you set the new time, I would also remind you that this is the perfect time to check and change the batteries in smoke and carbon monoxide (CO) alarms. This simple task can save you and your family, as these devices are crucial to getting out of a house fire alive, and also for surviving CO poisoning.

Please do not hesitate to contact me with questions or concerns. I can be reached at 203-389-3401 or bheller@

Ceremony this year. I am hopeful that

idents who have questions or com- woodbr

woodbridgect.org.



Achievements Lehigh University

Bethlehem, PA - Lehigh University is proud to welcome the Class of 2025! The members of the Class of 2025 represent 43 U.S. states and territories, including Puerto Rico and the District of Columbia, and 29 countries, and is also one of the most diverse and competitive classes ever admitted to Lehigh. Lehigh is thrilled to count Ethan Lavi of Woodbridge among the 80,000+ members of the Lehigh family.

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Woodbridge Town News

TOWN DEPARTMENTS & AGENCIES

Youth Services

by Nancy Pfund



Call 203-389-3429 or email npfund@woodbridgect. org for information or to sign up for programs.



Sarah Pearson joins Woodbridge Youth Services

Sarah Pearson – New Youth Program Coordinator

Youth Services welcomes Sarah Pearson to the staff to plan programming for youth and families. Sarah's education includes a master's degree in Social Work, and a bachelor's degree in Sociology. She may be a familiar face to some through her recent work as a teacher assistant at Beecher Road School. Please join us in welcoming her and call to offer comments or ideas for youth and families.

Job Bank

Raking season is upon us. Woodbridge teens who want paid, outdoor work should contact Youth Services to schedule an interview. The Job Bank is a referral service for residents who offer odd jobs to members. Residents may call to request student workers. Schedule helpers now for snow shoveling later.

Toys 4 Kids

those in need through TEAM, Inc. Due to COVID restrictions, online giving is encouraged. Financial support is desperately needed to purchase toys for children and gift cards for those 8 – 12. To donate, please visit TEAM's website at https://teaminc.org/toys-4kids-2021/. Collection boxes for new, boxed toys for ages 0 - 8 will be available in the town library and in Youth Services until November 30. To apply for toys, see TEAM's website for online application and requirements to be posted on 11/16/21.

Youth Advisory Board

Youth Services is looking for a few Woodbridge parents to join our board. We meet every other month during the school year at 3:45 pm on the third Thursday to work with community members to advise Youth Services and bring ideas for programming. Contact Nancy Pfund at 203-389-3429 for information.

BOWDAAC-Mention Prevention

Bethany-Orange-Woodbridge Drug/Alcohol Action Committee, our local prevention group, is seeking a few new members to meet monthly to plan programs which help to prevent substance abuse within our community. If you are interested, please contact us for more information.

Home Alone

Youth Services Director Nancy Pfund recently presented a Home Alone Class to students ages 9-11. Special thanks to Officer Lynch for his assistance. Topics included house rules, answering the door and phone, nutritious snacks, emergencies, calling 911, and internet safety. Participants received an information pack to share and discuss with parents.

Town of Woodbridge Meetings for the Month of November 2021



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

11/1	Darling House Committee	MEETING	CANCELLED
	Town Plan & Zoning Commission	6:30 PM	Town Hall
	EMS Commission	7:00 PM	
	Human Services Commission	7:00 PM	
11/3	Housing Opportunity Study Cmte	7:00 PM	Town Hall
11/4	Community Council	9:30 AM	
			_
11/8	Library Commission		Library
	Zoning Board of Appeals	7:30 PM	Town Hall
		5 00 D1 (
11/10) Board of Selectmen	5:00 PM	
11/11		C 00 DM	
11/1:	Fire Commission		
	Police Commission	6:15 PM	
11/10	5 2030 Task Force	6.00 DM	
11/10	2030 Task Torce	0:00 P14	
11/15	Diversity & Inclusion Committee	6.30 PM	
	Inland/Wetlands Agency		Town Hall
			10,011 11411
11/18	Investment Committee	5:30 PM	
,	Board of Finance		Town Hall
	Conservation Commission		Town Hall
11/22	2 CUPOP	5:30 PM	Town Hall
11/23	3 Gov't Access TV Commission	7:30 PM	Town Hall



This program supports Woodbridge and Bethany families and surrounding towns to provide holiday toys to



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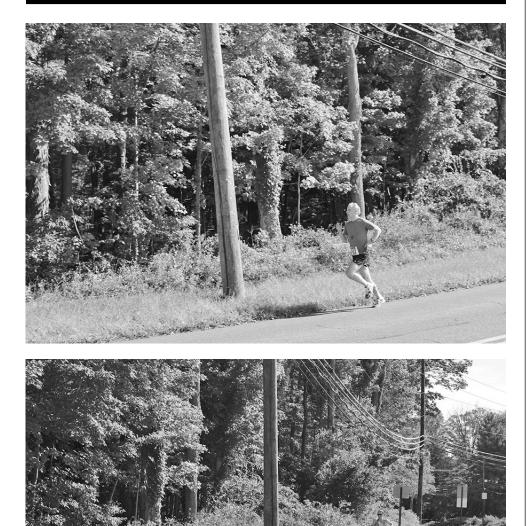
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Recreation News





The 39th annual Woodbridge Road Race was held on Saturday, October 2, 2021. After a year absence the annual Fun Run and 5K race was back. Overall Winner was Jeffrey Townsend (pictured above, bottom) at a time of 17:43. Laura Pierce (pictured above, top) was the overall female winner at 18:32. The top three male residents to finish were: Jeffrey Townsend 17:43, Brad Taylor 19:39, Daniel Manning 20:05. The top three Woodbridge Resident female winners were: Laura Pierce

The top three girls were: Kate Vincent 7:08, Ava Ruszkowski 7:25, and Carrisa Parker 8:04.

The Fitness Center is now open Monday and Thursday mornings 9am to 12 noon. This is in addition to its Tuesday and Thursday evenings 6:00 to 8:45 pm and Saturday and Sunday 8 am to 12 noon. No appointment necessary. Masks required.

Registration for winter programs will begin on November 8. Check our website for a complete listing. Visit our office 8 am to 4 pm Monday through Friday or register online at woodbridgect.org.

WILEY ETTER DOYON ATTORNEYS

Named to the 2021 CT Super Lawyers and Rising Stars Lists



We are pleased to announce that our partners, Attorney Allison DePaola Drozd (left), Attorney Nicole Camporale (center), and Attorney Trevor Doyon (right), have been selected to the 2021 Connecticut Super Lawyers and Rising Stars lists.

Attorney Allison DePaola Drozd was named to the Super Lawyers list for her work in Estate Planning and Probate. Allison has previously been named to the Super Lawyers Rising Stars list from 2015-2018.

Attorney Nicole Camporeale was named to the Super Lawyers Rising Stars list for her work in Elder Law. This is the 5th year that Nicole has been named to theSuper Lawyers Rising Stars list since her first recognition in 2017.

Attorney Trevor Doyon was named to the Super Lawyers Rising Stars list for his work in Plaintiff's Civil Litigation. This is the 5th year that Trevor has been named to theSuper Lawyers Rising Stars list since his first recognition in 2017.

Super Lawyers is an exclusive list, recognizing no more than 5% of attorneys in Connecticut. Super Lawyers Rising Stars is also exclusive, recognizing no more than 2.5% of attorneys in Connecticut.

Super Lawyers, part of Thomson Reuters, is a research-driven, peer-influenced rating service of outstanding lawyers who have attained a high degree of peer recognition and professional achievement. Attorneys are selected from more than 70 practice areas and all firm sizes, assuring a credible and relevant annual list. The annual selections are made using a patented multiphase process that includes: peer nomination; independent research by Super Lawyers; evaluations from a highly credentialed panel of attorneys.

The objective of Super Lawyers is to create a credible, comprehensive, and diverse listing of exceptional attorneys to be used as a resource for both referring attorneys and consumers seeking legal counsel. The Super Lawyers lists are published nationwide in Super Lawyers Magazines and in leading city and regional magazines and newspapers across the country, as well as the Connecticut Super Lawyers Digital Magazine. Please join us in congratulating Trevor, Nicole, and Allison on their selections.

Attorney Steven Floman and Attorney Allison DePaola Drozd are responsible for this

18:32, Kathy Jackson 20:33, and Ann-Marie Merril 24:12.

The Fun Run top three boys were: Sam Vincent 6:49, Truman Kaczmarczyk 7:22, and Seamus Oliver 8:20.

New Adult Tai Chi program Thursday evenings 6 pm. Ongoing registration.



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Woodbridge Town News

AT THE WOODBRIDGE CHNTER



Left: Two flu vaccine clinics in October provided more than 150 appointments for Woodbridge residents, employees, and volunteer fire fighters. Woodbridge resident Celeste Asis receives her vaccine as her friend Elaine D'Andrea gives her a hug at the October 14 clinic in the Center Building Gymnasium sponsored by Orange VNA. **Right:** Woodbridge resident Ellie Sheehy receives her vaccine during the second flu clinic in Woodbridge. This clinic, on October 21, was sponsored by VNA Healthcare and Hospice of Guilford and Hamden.

The Resident Assistance Fund (RAF)

To better assist Woodbridge residents in need, the Human Services Department has updated the Food and Fuel Fund with a new policy and a new name. The new guidelines were developed to improve the description of the fund's use. The fund may be used for categories such as food and fuel but also may assist residents in need with miscellaneous services that are necessary but are not typically funded by outside agencies. The RAF, funded entirely by local donations, is not an entitlement; it is an emergency program only. As always, the Department is grateful for local support of this fund and the important work it accomplishes.

COVID Booster Vaccine access

Residents 65+ who would like to access a COVID vaccine booster may contact Woodbridge Human Services for appointments available on Thursday, November 4 and Saturday, November 13 in the Center Gymnasium from 10 am to 2 pm. Call 203-389-3429 to be put on the list for an appointment. Appointments are limited, those 75+ will be prioritized. Appointments are also available daily through CVS and Walgreens websites.

Scouting for Food

Many thanks to Woodbridge Boy Scout Troops 63 and 907 for their collection of non-perishable food for donation on October 30 to the Woodbridge Food Pantry. Each year volunteer coordinators facilitate this generous contribution from many residents in town. Human Services is grateful to the volunteers, the scouts and the households who donate for making this a successful annual program.

Thanksgiving Holiday Distribution

Thank you to Human Services' community partners Bailey, Moore,

Schaefer, Glazer and Proto, LLC and the Woodbridge Rotary Club for their efforts to support and assist with the distribution of pies and gift cards ahead of the Thanksgiving holidays. Thanks also to Peter Lerner for his coordination efforts. The Woodbridge Human Services Thanksgiving holiday distribution is an annual tradition that provides support to Woodbridge neighbors in need.

Holiday Basket Program

If you would like to donate to the Holiday Basket Program, please contact Human Services with donations of gift cards no later than December 2.

Medicare Open Enrollment

The Medicare program can be challenging to navigate. If you have questions or need information, please call Human Services to speak with certified CHOICES counselor Judi Young. Open enrollment continues until Dec. 7. CHOICES is Connecticut's program for health insurance assistance, outreach, information and referral, counseling, and eligibility screening. Counselors provide Medicare recipients with non-biased, free health insurance counseling. Changes take effect on Jan. 1, 2022.

Energy Assistance Program

Human Services will accept appointments for residents to apply for the 2021-2022 CT Energy Assistance Program administered by TEAM, INC. Income eligibility requirements must be met. For information, or to schedule an appointment, call Judi Young at 203-389-3429.

Emergency Preparedness

In the event of a weather emergency or power outage, elderly residents and those with disabilities are encouraged to register for the Emergency Call List by calling the Human Services Department.

Characteristics of Effective Mentors

There are many ways for people to give back to their communities. Some people may volunteer with a local nonprofit organization, while others may donate to a favorite charity. Established professionals who want to lend a hand can consider becoming a mentor.

Mentors play invaluable roles in the lives of millions of young people across the globe. The most successful mentors tend to have certain characteristics that lend themselves to this significant yet rewarding challenge.

Enthusiasm: Enthusiasm is essential when mentoring young people. Young people will quickly realize if a mentor is enthusiastic or simply going through the motions. In the latter instance, mentors can quickly alienate the people they're trying to help if they appear disinterested or give the impression that they're there because they have to be and not because they want to be. No one has to become a mentor, so professionals who lack the enthusiasm necessary to be a successful mentor can look for other ways to lend a hand.

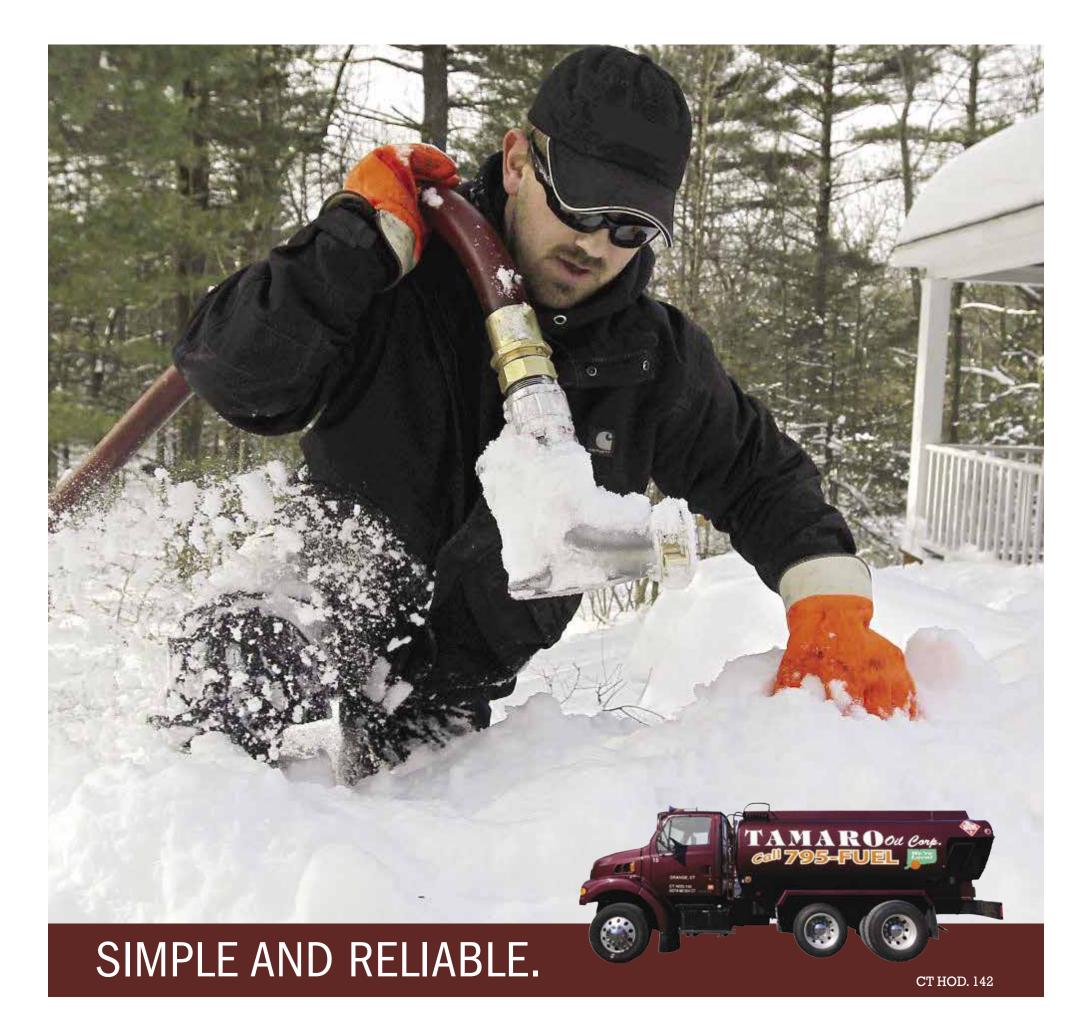
Listening skills: Though it's not uncommon for mentors to give advice, it's also imperative that mentors learn to listen to the people they're trying to help. The American Speech-Language-Hearing Association notes that a willingness to serve as a sounding board is one of the many characteristics displayed by excellent mentors. Though mentors can share their own perspective, it's important that they also listen to what their mentees have to say.

Availability/accessibility: A successful mentor has enough time to make the mentor-mentee relationship worthwhile for both parties. Professionals with especially hectic schedules may not be as available or accessible as they need to be to become successful mentors. Professionals who are flexible and able to routinely meet with their mentees can utilize that accessibility to build strong relationships.

Nonjudgmental: The AHSA notes that an ability to listen without judging is also a characteristic of an excellent mentor. Mentees may be reluctant to open up if they think their mentor is judging, and that reluctance could make it difficult for the relationship to be successful.

Diversity of experience: Successful mentors tend to have a diversity of experiences or a recognition of the value of such diversity. A diversity of experience increases the likelihood that mentors can relate to whatever situations their mentees are in. That can be a useful attribute that mentors use to build strong bonds with their mentees.

Mentoring is a great way to give back. Though no two mentors are the same, successful mentors often share the same qualities.



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Page 11



"Scouting for Food" Drive -Boy Scout Troops 63 & 907

Boy Scouts in Troop 63, with the assistance from Troop 907, are joining Boy Scouts across the nation in their Annual "Scouting for Food" Drive. Each year, our Scouts, leaders, and parents collect non-perishable food and hygiene items for Woodbridge Human Services. The Food Drive consists of the Scouts distributing over 4,000 flyers to businesses and residents in Woodbridge on October 23rd. On October 30th, the Scouts retrace their assigned routes to collect donations left in bags or boxes by residents' mailboxes. Between 9am-12pm, residents may also drop off donations to the collection center at the Center School Gym across from the Woodbridge Library. Scouts will be at the entrance to the collection center sorting donations and assisting with unloading vehicles. All sorted donations are given to Woodbridge Human Services to benefit any local residents in need.

Boy Scout Troop 63, founded in 1963, is one of the oldest Troops in the Connecticut Yankee Council. Our objective is to bring scouting to boys in the Woodbridge, Bethany, New Haven, Orange and surrounding communities. Known as the "outdoor troop", we are active all year. Our outings include all types of camping, hiking, backpacking, skiing, canoe trips, white water rafting, as well as cultural events such as visits to historical parks, monuments, and much more. The Troop also actively participates in community service projects throughout the year.

Join the adventure. Join the fun and see what scouting is all about. This year, meetings are outside at Camp Whiting under the Alfredo Canepari pavilion at 1910 Litchfield Turnpike (Rt. 69) in Woodbridge on Monday nights from 7:00 – 8:30pm. All boys, ages 10 and up or who have completed 5th grade, along with their parents, are welcome to join.



Left to right: Bill Derosa, Chris Lovejoy and Neelima Kaushal

American Flags for Woodbridge, Bethany

The Rotary Club of Woodbridge is selling American flags for local homeowners and businesses. Recently, American flags honoring 9/11 were lining Center Road in Woodbridge and Amity Road in Bethany and looked great. Let's honor America all year long and have American flags on poles and trees everywhere in our towns.

Woodbridge Rotary is making flags available to mount on your property. Flags come with poles and brackets. There are two types, the \$25 is printed and the \$40 is embroidered. Both are $3' \times 5'$.

You can order your flag by calling Bill DeRosa at 203-605-0304 or email woodbridgerotary@yahoo.com. Please leave your phone number and email address when ordering.

Flags will be delivered or can be picked up at a local area. Order your flag today and make Woodbridge America Proud.

Garden Club of Woodbridge

The 2021-2022 season of the Garden Club of Woodbridge commenced, via Zoom, with guest speaker Renee Marsh. Renee Marsh is a garden designer, advanced master gardener, horticulturist and flower farmer. She is the owner of A Simpler Place (garden design). She was the head gardener for the Town of Monroe where she designed and managed public gardens. She teaches gardening classes at the New York Botanical Gardens, and local adult education.

On September 14, Renee gave members an informative presenta-

opened her presentation with signs of landscaping bad design (bad proportion, house hugging beds or plants, meatball shrubs, matching flowers, too much of the same thing, mismatched styles), discussed design style (formal/ structured, informal), design layers (structural layers, companion plant layers, groundcover layers), design form (combining plant forms for visual pleasure, analogous colors/contrasting colors) and design space (garden rooms, bubble diagrams, elements of space) in order to give the audience a landscape plan based on a desired

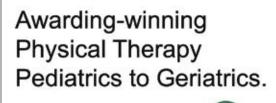
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Try Positivity When Addressing Pets' Behavioral Issues

What can pet owners do when their pets exhibit unwanted behaviors, such as damaging furniture or jumping up on people? The first instinct may be to yell or punish the pet by being cross with him or her. However, many animal behaviorists believe that positive reinforcement training is the most effective way to address pets' behavioral issues.

Positive reinforcement training, according to The Humane Society of the United States, utilizes rewards for desired behaviors. The reward, whether it is a treat, praise, toys, or anything the pet finds rewarding, will eventually get the pet to repeat the behavior that earned him or her that reward. Rather than punishing a bad behavior, pet owners who utilize positive reinforcement reward good behaviors.

Positive reinforcement also is known as operant conditioning. It is a similar concept studied by famed Russian physiologist Ivan Pavlov. When the dinner bell rang, Pavlov's dogs salivated. The American Kennel Club says that was classical conditioning because the dogs salivated involuntarily. However, operant training conditioning is when dogs learn to associate their behavior with certain results, all the while learning there are good and bad outcomes. The goal is to increase behaviors with pleasant consequences, such as receiving a reward. Experts say that by focusing on the positive, pet owners will see fewer side effects than negative punishment training, such as aggression, fear, anxiety, and avoidance.

Timing is the key to positive reinforcement training. The reward must occur immediately after the desired behavior or the pet may not associate it with the proper action. So if the dog sits, then the reward has to come as soon as it gets on the floor. If the reward comes when he has stood back up, then the pooch may think the reward is for standing.

When practicing positive reinforcement, keep commands short and training sessions brief so that dogs can understand before they get restless. Dogs don't understand sentences, says HSUS, and they will lose interest if sessions are too long. Consistency also is essential. Each person interacting with the pet should use the same commands and cues to achieve the desired result, which is a well-behaved pet.

It may take time for a pet to acclimate to commands and training. But with patience, positive reinforcement can be effective.



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Wine and Spirits of Woodbridge Opens

Wine and Spirits of Woodbridge recently opened in the plaza at 245 Amity Road. The store, located between The Red Barn and The Write Approach, is a "boutique, high-end" wine and liquor store, says co-owner Steve Shapiro.

Shapiro wanted to locate the store in Woodbridge because of the town's demographics and the fact that it had no package store. The store has an extensive wine and bourbon selection, in addition to local craft beer.

Store manager Ally Taccogna said that they toured their neighboring stores to see what customers expect of the plaza and took inspiration from them. The store is bright with light wood shiplap walls and custom shelving. "We're all here together so we want to blend in and be part of the community," she said.

Another way they're working with neighbors is a wine dinner on November 17 at neighboring restaurant, Solun Tapas Bar. Taccogna said that Solun his wines are hard to find at stores. Taccogna plans to start "Carlos's corner" where she will stock the wines sold at Solun. "A lot of people like what he carries but they can't find it anywhere," she said.

And that seems to be the store's philosophy – to provide boutique wines not widely available elsewhere along with more mainstream wines. Taccogna said she is focusing on dealing with small distributors to bring in wines that customers may have heard of but are hard to find.

Customers are also able to leave their contact information with their drink preferences so that when products that appeals to them comes in, the store can alert them. Soon Taccogna said there will also be an iPad available for customers to use to search inventory and make requests. "It will be a very personalized experience," she said.

The store is open Monday through Saturday 10 am to 7 pm. Contact them



Home Care Business Moves to Woodbridge

Sandra Salmon, the owner of Opal Stork Home Care, is passionate about nursing and taking care of others. She attributes that to her Jamaican heritage and its culture of nursing and helping her grandmother back in Jamaica delivering babies and embalming the dead. "My grandmother was a Doctress/ midwife, (no formal training) so we had a lot of babies born at our house, including me," Salmon says. "I was born into this work," she says, only half joking.

Salmon recently moved Opal Stork Home Care from West Haven to Woodbridge. She originally planned on opening a second office in Woodbridge but liked the larger space on June Street so much that she moved all the business operations here.

Opal Stork Home Care provides non-medical in-home care to clients in New Haven, Litchfield and Fairfield counties. They provide meals, light housekeeping, laundry, shopping and more. All of Opal Stork staff are vaccinated and there is a short wait-list for in-home care. Salmon takes pride in matching the caregiver with the family and client. "There's a lot of staff turnover in homecare, so we try to get it right the first time and provide continuous service for our client."

Although Opal Stork Home Care provides non-medical care, it has two Registered Nurses and one Advanced Practice Registered Nurse on staff. The nurses supervise and educate the homecare staff about how to properly care for clients with medical issues. For example, says Salmon, if a client has diabetes the staff will be trained to remind the client to take their medications, to check blood sugar levels and the staff will keep an eye on warning signs, like if the client is too sleepy or drooling.

In addition to in-home care, Opal Stork Home Care also provides transportation in wheelchair-accessible vehicles. Aides may accompany patients in the transportation service. Another unique feature of Opal Stork is that it has hospice aides that are medication certified and are supervised by the RNs in administering medication. To learn more about Opal Stork Home care, visit www.opalstork.com or call 203-745-4080.

owner Carlos Hernandez works with a small wine distributor and, therefore,

at 203-298-9769 and learn more at www.wineandspiritsofwoodbridge.com.

Woodbridge Business Happy Hour is November 2

The Woodbridge Economic Development Commission invites Woodbridge-based businesses to a November 2 happy hour. The event will start with a tour of the new showroom at Crest Lincoln Woodbridge (185 Amity Road) at 5 pm followed by a happy hour under New England Brewing's outdoor tent (175 Amity Road) at 5:30 pm.

The Economic Development Commission plans to share resident survey result information with local businesses at the happy hour. The Commission will also ask for business' feedback and solicit ideas for winter and other future events to attract customers to the business district.

At the brewery, drinks will be for sale and Los Mariachis taco truck will have food available for purchase.

RSVP to Betsy Yagla at 203-389-3403 or byagla@woodbridgect.org. Woodbridge Town News

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ARTS & LEISURE





Fall CSA, Youth Programming and Final Concert of the Season

Try Out our Fall CSA

The farm's fall vegetable subscription is on sale now. Sign up to receive 6 weeks of fresh fall produce and/or eggs (3 weeks in November and 3 weeks in December). This six-week vegetable subscription (\$180) and egg subscription (\$36) can be ordered through our new platform, GrownBy. Produce available in the fall includes bok choy, kale, kohlrabi, carrots, sweet potatoes, beets, radishes and lettuce. Subscription pickup will be at the farm on Friday afternoons; there is a New Haven culty with one particular crop during the growing season.

Hubinger St. – Final Concert of the Season

Our final outdoor concert of the season will take place on Saturday, November 7 from 2-4:30pm. If you purchased tickets for the original performance date of October 16, no action is necessary (though we will honor refund requests). Come out and enjoy the fall colors, pack a picnic, BYOB, and enjoy the show! The bluesy rock sounds of Hubinger St. have graced such stages as Soupstock, Spaceland Ballroom and Porky's. All seating is general admission on the farm lawn; scaled pricing is intended to make tickets accessible for everyone. \$10-\$20/ pp. www.Eventbrite.com.



Fall Planting from the Pros at Bethany Farm & Nursery

Autumn is here, and the smell of pumpkin spice is in the air! For everyone who isn't ready to go into hibernation, the Team at Bethany Farm and Nursery has some great news. Fall is a great season for planting! We typically get more rain in the Fall, and with more moderate air and soil temperatures the plants are in the perfect ecosystem to establish themselves into your property. When Fall ends, these rooted plants then become dormant over the Winter and when Spring comes, they are well established and ready to grow once the Sun hits them. The Team at Bethany Farm and Nursery has put together a list of popular plants to think about implementing into your property this season. For customers without a sophisticated irrigation system, the cooler temperatures make days of full

- 4. Heuchera, commonly known as Coral Bells;
- 5. Rudbeckia, commonly known as Black Eyed Susan;
- 6. Sedum, commonly known as Stonecrop.

Something else to think about when Fall planting, is making sure you have winter appeal. This means, when plants go dormant in the winter, what do you have that will stay green and give you color when everything else is brown? When planting trees also pay attention to bark color and texture, adding more diverse colors will make your yard brighter in the winter. Some of our favorite Winter appeal plants are Azaela's, Emerald Green Arborvitae's, Holly's, Red Twig Dogwoods, Gold Mops, Norway Spruce's, Andromeda's and much more! Check out our blog on our website bethanyfarmandnursery. com to read more about the best plants to plant this fall, and see photos! We have Mums, Pumpkins, cornstalks, hay, gourds, and much more!

pickup option for an additional \$20.

The farm is now accepting EBT payments for purchases of produce, CSA shares, eggs and jarred products! Payments can be made in person during the business hours of 9:00am-5:00pm.

Why might you occasionally receive produce from other farms in your share? Even among small local farms like ours, farmers might specialize in growing one particular crop and have extra available. For instance, Massaro had a bounty of tomatoes earlier this season. We provided extra tomatoes to Cloverleigh Farm in Middletown in exchange for a later crop – in this instance, carrots. This kind of bartering is not uncommon among farmers who know each other and follow similar growing practices. It can also alleviate pressure if a farmer experiences diffi-

School Vacation Days

The farm is offering school vacation day programming on major holidays. The next session will take place on Tuesday, November 2, Election Day. Sign up your child (ages 5-11) to come to the farm from 8:30am-3pm to spend the day exploring the fields and forest. These small-group sessions keep kids outside and fully engaged all day, whether finding mushrooms,

See "Massaro Farm" On Page 15

sun survivable for these plants. There are also less bugs and parasites due to the cooler temperatures.

- 1. Mums & Pansies;
- 2. Echinacea, commonly known as Cone Flower;
- Buddleia, commonly known as Butterfly Bush;

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"Massaro Farm" From Page 14

identifying trees or building shelters. Students must bring their own bag lunch and dress for fall weather. The entire program takes place outside, rain or shine (we'll only come inside in the event of steady rain). \$50/pp. www.Eventbrite.com. Additional dates include January 17 and February 21, 2022.

Celebrating World Food Day – October 16

In honor of World Food Day on October 16, the farm hosted local chef Nadine Nelson of Global Local Gourmet who helped us to build a Harvest Mandala. A Harvest Mandala is an art project, think tank, cafe, wellness lab, and interactive experience that turns food waste into a work of art and encourages visitors to contemplate health, wellness, and sustainability. We created a beautiful mandala from produce which was then added to our weekly food donation.

Massaro Community Farm is a nonprofit, 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 or contact Executive Director Caty Poole at 203-736-8618 or at caty@ massarofarm.org.

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Kristallnacht Commemoration Honors Archbishop Damaskinos

All are invited to a community-wide Kristallnacht Commemoration to be held 9 a.m. – 11 a.m. on Sunday, November 14th via "ZOOM." This year's Commemoration, presented by Congregation Or Shalom in Orange in partnership with the Jewish Federation of Greater New Haven, and with support by the American Society for Yad Vashem, will honor the heroism of Archbishop Damaskinos of Athens. The program is free of charge. Kindly register for the ZOOM link at www. jewishnewhaven.org/kristallnacht.

What was Kristallnacht? The horrific event known as Kristallnacht. which took place on November 9th and 10th, 1938, is regarded by historians as the prelude to the Holocaust. In the course of 48 hours, mobs rampaged across Nazi Germany, Austria, and German-occupied Czechoslovakia, murdering and maiming Jews. During those two days, hundreds of synagogues were destroyed and thousands of Jewish-owned businesses were plundered. The violence of those days would be infamously called "The Nights of Broken Glass" -"Kristallnacht"- referring to the shattered windowpanes that littered the streets in the aftermath of the nightmare. Tragically, in the face of all this, the world was largely silent; almost no countries reached out to the Jews living under Nazism. "That widespread inaction in the face of evil," according to Rabbi Wainhaus of Congregation Or Shalom, "is all the more reason to highlight the moral courage shown by a few. At our community's Kristallnacht Commemoration, we focus on the unsung heroes whose life-saving acts were beacons that defied the darkness of the Holocaust."

Archbishop Damaskinos of Athens: Our annual gathering takes place during the 80th anniversary year of Nazi Germany's occupation of Greece. After Greece fell to the Nazis, Archbishop Damaskinos, spiritual leader of Athens and all of Greece, worked hard to protect Greek citizens from the German authorities, and comforted those awaiting execution for resisting Nazism. When the Nazi regime began deporting and killing Greek Jews in 1943, Damaskinos openly protested. He published public letters denouncing the Nazis' actions, writing, "the Greek people must be willing to vouch for their Jewish brothers and sisters without hesitation." When the Nazi authorities threatened him with execution by firing squad, Archbishop Damaskinos responded defiantly, "According to the traditions of the Greek Orthodox Church, our leaders are hanged, not shot; respect our traditions!

Notably, the churches under Archbishop Damaskinos' authority were ordered to issue Christian baptismal certificates to Jews, and he advised priests to do their best to hide those to whom they could not issue certificates. In addition, the Archbishop convinced Athens' Chief of Police to issue a false identification card to any Jew who asked for one.

The Special Commemoration on Sunday, November 14th at 9 a.m. on **Zoom:** The event will begin with the lighting of a yellow Holocaust Memorial candle and brief remarks on the significance of Kristallnacht by Rabbi Alvin Wainhaus. His Eminence Archbishop Elpidophoros of America will offer a prayer, followed by comments from Father Peter Orfanakos of St. Barbara Greek Orthodox Church in Orange, CT. A United States Senate Citation will be presented by Sen. Richard Blumenthal to the family of Archbishop Damaskinos. Comments by Dr. Marlene W. Yahalom, Director of Education of the American Society for Yad Vashem and by Lea Micha of the International School for Holocaust Studies at Yad Vashem, Jerusalem, will follow. Holocaust survivors who were rescued, directly or indirectly, by Archbishop Damaskinos will share their unique perspectives as well. Finally, a Q&A session led by Judy Alperin, CEO of the Jewish Federation of Greater New Haven will take place. The program is free of charge. Kindly register at www. jewishnewhaven.org/kristallnacht.

Congregation Or Shalom Happenings

Open Minds, Open Hearts, Open Doors – Staying Connected While We Keep Our Distance

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 & in person
- Saturday 9:30 AM Zoomed & in person

(Please call the synagogue office at 203-799-2341 for more information).

Virtual Learning This Month: ZOOM & LEARN! 15th Annual Kristallnacht

Commemoration November 14 @ 9am- 11am on Zoom

ALL WELCOME! Please join us for our 15th Annual Community-Wide Kristallnacht Commemoration. This year, we will honor the heroism of Archbishop Damaskinos of Greece, who openly defied the Nazi regime by ordering the churches under his authority to distribute baptismal certificates to Jews, thus saving thousands from certain death. For his courageous, life-saving deeds, Archbishop Damaskinos was named "Righteous Among the Nations" by Israel's Yad Vashem Holocaust Remembrance Center. You can register online at jewishnewhaven.org/RSVP.

The Rabbi's Wednesday Morning "Coffee &.. Learn" Class



Congregation Or Shalom

JOIN A NEW BOOK GROUP IN 2021!

Thursday November 18th at 7:00 pm The Night She Disappeared Led by Rachel Ranis

Led by Rachel Ranis

"Absorbing, delightful, hilarious, breathtaking and the best and most relevant novel I've read in what feels like forever." —Taffy Brodesser-Akner, The New York Times Book Review

Corbin College, not quite upstate New York, winter 1959–1960: Ruben Blum, a Jewish historian—but not an historian of the Jews—is co-opted onto a hiring committee to review the application of an exiled Israeli scholar specializing in the Spanish Inquisition. When Benzion Netanyahu shows up for an interview, family unexpectedly in tow, Blum plays the reluctant host to guests who proceed to lay waste to his American complacencies. Mixing fiction with nonfiction, the campus novel with the lecture, The Netanyahus is a wildly inventive, genre-bending comedy of blending, identity, and politics that finds Joshua Cohen at the height of his powers.

To receive the link to register in advance for the Book Discussion, please email the synagogue at coshalom@sbcglobal.net.



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

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

IN-PERSON & VIA ZOOM Will begin on December 1, 11am-Noon TOPIC: THE BIBLE'S TOP TEN MOST IMPORTANT VERSES

In this course, Rabbi Wainhaus will explore Judaism's most important ideological contributions to human civilization. The course is based on the idea that the essence of the Bible's message can be discovered in 10 key verses. All Welcome! Current masking and social distancing will be in place if you attend in person. Email coshalom@sbcglobal. net or call the synagogue office at 203-799-2341 to receive the ZOOM link.

Social Action MITZVAH OF THE MONTH

Our monthly mitzvah for November 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 of these items off at the Synagogue.

Congregation Or Shalom is located at 205 Old Grassy Hill Road in Orange. For more information call 203.799.2341 or visit www.orshalomct.org.

www.WoodbridgeTownNews.com



Congregation B'nai Jacob Adult Ed Book Group Discussion

Join us Saturday, November 6 at 12:30 pm for our next Congregation B'nai Jacob Adult Education Book Group Discussion led by author Roya Hakakian.

At a time when America seems more divided than ever, Roya Hakakian, a naturalized immigrant shares her American experience, and tells others what it took to fall in love with America, despite its flaws. This is a stirring, witty, and poignant glimpse into the bewildering American immigrant experience from someone who has lived it. Her tenderly perceptive and surprisingly humorous account invites us to see ourselves as we appear to others, making it possible for us to rediscover our many American gifts through the perspective of the outsider. In shattering myths and embracing painful contradictions that are unique to this place, "A Beginner's Guide to America" is Hakakian's candid love letter to America.

"A Beginner's Guide to America' is a striking and beautiful work; both a genuinely practical primer for newcomers to America, and a deeply personal account of Arrival—an event that underlies nearly every American life. Roya Hakakian provides a timely, entertaining, historically rich reminder of the hope and opportunity this country has offered to so many, for so long, and the rewards it has reaped in return."—Jennifer Egan, author, Manhattan Beach.

For more information contact Congregation B'nai Jacob at 203-389-2111



"A Beginner's Guide to America: For the Immigrant and the Curious" by Roya Hakakian

or info@bnaijacob.org; BnaiJacob.org.

Writer and journalist, Roya Hakakian, works in film and print. Her opinions and essays appear in the New York Times and NPR's weekend Edition, and the Washington Post among others. Her poetry in Persian has been included in many anthologies, including the PEN anthology of contemporary Iranian literature. She is the recipient of a Guggenheim Fellowship in nonfiction and a founding member of Iran Human Rights Documentation Center. Her most recent book, A Beginner's Guide to America for the Immigrant and the Curious, was The Wall Street Journal's best books of March 2021. Born and raised in a Jewish family in Tehran, Roya came to the United States in May 1985 on political asylum.

Join the Archbishop for All Souls Mass

Congregation Beth El - Keser Israel Events

Ethan Tucker Saturday

On Saturday, October 30 at 1 pm, Rabbi Ethan Tucker will speak in the



BEKI sanctuary as part of the Elm City Kallah. Known for his ability to transcend the affiliation boundaries of Judaism, Rabbi Tucker is President and

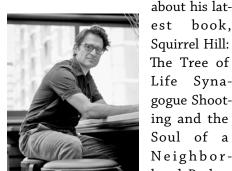
Rosh Yeshiva at Hadar, an observant egalitarian yeshiva. He will speak about "Navigating Relationships in a World of Difference." The event is free of charge. Reservations are not required, but masks are.

Book and Gift Fair

The BEKI lobby will become a pre-Hanukkah shopping fair on Sunday, November 21 from 10:00 am to 12:30 pm. A wide array of books for adults and children will be available as well as jewelry, toys, games, ritual items, and novelty items from the gift shop. "Our gift shop has more Jewish children's books than any other bookstore in CT, and the most interesting and affordable Judaica around," says Karen Kassap, one of the shop's managers.

Mark Oppenheimer

On Sunday, November 21 at 11:00 am, Mark Oppenheimer will speak



est book, Squirrel Hill: The Tree of Life Synagogue Shooting and the Soul of a Neighborhood. Rather

Thanksgivukkah

Hanukkah arrives on Thanksgiving weekend this year, specifically Sunday evening, November 28. The community is welcome to join the lighting of the Hanukkah menorah in the BEKI lobby every evening (except Shabbat) at 5:30 pm.

Hanukkah Parties

A Hanukkah celebration for children will be held on December 1 and for pre-teens and teens on December 5. For more information, email Youth and Family Programming Director Annie Norman-Schiff at anormanschiff@beki.org.

Contemporary Antisemitism

On Wednesday, November 3 at 7:30 pm, the Zoom Schmooze will



feature Professor Corinne Blackmer, a professor of English and Judaic Studies at Southern Connecticut State University, to discuss her new book, Poi-

soning the Wells: Antisemitism in Contemporary America. To request the Zoom link, email office@beki.org.

Christian Kabbalists

The Schmooze on Wednesday, November 10 at 7:30 pm is about Chris-



tian Kabbalists of 17^{th} Century Europe, presented by Max DuBoff, a PhD student in Classics and

Please Join Archbishop Blair for a Memorial Mass offered for our dearly Departed loved ones on All Souls Day, Tuesday, November 2, 2021 at 10:00 AM in the Mausoleum located at All Saints Cemetery in North Haven at 700 Middletown Avenue.

For info, contact our Outreach Coordinator, Barbara Gode at (203) 780-8418 or email her at bgode@ccacem.org.



Woodbridge Town News an

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than focusing

on the shooting itself, his book instead explores the struggles and triumphs of the Squirrel Hill neighborhood. Oppenheimer is the author of five books, the director of the Yale Journalism Initiative, and a host of the podcast Unorthodox. Autographed copies of books by BEKI authors like Oppenheimer will be available for purchase that day.

Kosher Pareve Pies

The youth group is baking its annual Kosher Pareve apple and pumpkin pies. If you are interested in purchasing Thanksgiving pies, orders are due by Friday, November 5.

Proceeds benefit the group's tzedakah projects. Call 203.389.2108 x114 for details.



Philosophy at Yale University. To request the Zoom link, email office@beki.org.

Exhibit Extended

Because of popular demand, BEKI's Ancestors exhibit has been extended until November 28. Visitors have found that the accompanying text for every image—written by the donor of the image--makes every photo come alive with emotion and draws the viewer into that time and place. The galleries are open to the public by appointment; email office@beki.org or call 203.389.2108 x114.

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

HOUSES OF WORSHIP

The First Church of Christ - Woodbridge

The First Church of Christ welcomes you to our Worship Service every Sunday morning at 10:00 a.m. in the Meetinghouse

Zoom Option

The option to attend Sunday Service via Zoom is available for the time being. To receive an invite, please email the office or log on to our website and add your name to our church email list. All people in the community are welcome in person or via Zoom.

Live Stream

Sunday Service can be viewed 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, visit our YouTube channel, 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 gaining access to Sunday Services, please call us by Friday morning at 203-389-2119 or email us at office@uccw.org.

Office Hours

The Church office in the Parish House is open from 9:00 a.m. to 2:00 p.m. Mondays through Fridays.

Events Update: FCCW Trimming Bee, Tree Lighting and Carol Sing

Saturday December 4^{th} , 2021 -Time: 2pm-6pm

Help us "deck the halls" by joining us at the Parish House to craft seasonal wreaths from freshly gathered evergreen branches. If you would like to donate greens, please contact Jesse Hubbard: jwinhubb@gmail.com.

No Hemlock please! Greens Needed: Yew, Spruce, Ju-



TheFirst Church of Christ

Sanctuary Décor Restoration

The fine decorative arts company, John Canning, Cheshire, CT has begun its work to repair the plasterwork and to repaint the grisaille/trompe l'oeil design on the ceiling of our historic sanctuary. Go to www.uccw.org for all the details. Donations from the wider community to the FCCW Sanctuary Fund are welcomed.

Pre-School Space Available

Three rooms (1,200 sf) and a fenced playground are available. Please contact the office for more information.

For More Information

Visit our website at www.uccw.org for resources such as our calendar of events, monthly parish newsletter, ministry and volunteer opportunities, photo galleries, scout info, and much more! Feel free to email us or call the office with all your questions. We are happy to hear from you!

First Church of Christ 5 Meetinghouse Lane Woodbridge, CT 06525 Phone: 203-389-2119 *Email: office@uccw.org Website: www.uccw.org Facebook: www.facebook.com/uccwoodbridge

*For online or media related questions, please email JoAnna Rubino at growfirstchurch@gmail.com.



CHRISTMAS BAZAAR & CRAFT FAIR

At Our Lady of Assumption Church 81 Center Rd., Woodbridge sponsored by our Parish Ladies Guild Saturday, November 13, 2021 9:00am - 3:00pm. Free Admission

Come join us for a fun, relaxing shopping experience! Over 40 tables of Unique Vendors Fabulous Homemade Bake Sale Children's crafts Santa available for picture taking (11:00 - 2:00) White Elephant Sale Cookie Contest Children's Choir program at noon Many Generous Raffle Baskets Christmas Trains Adult Choir program at 2pm Breakfast & Lunch selections for purchase; served by the Knights of Columbus Proceeds fund the Service Award Scholarships, the School Supply Drive, the Easter Egg Hunt, Sacramental Receptions, and other charities of the ministry.

niper (red cedar), Holly, pine and fir.

Coffee, snacks and refreshments will be provided.

Once the wreaths have been made, we will gather outside to sing Christmas Carols as we light the tree on the Woodbridge Town Green.

Weekly Bible Study

Our Bible Study Group meets at the Parish House each Wednesday, 10:30 a.m. to 11:15 a.m. All are invited!

Boy Scout Troop #907:

Regular scout meetings are held every Thursday, at 7:00 p.m. in the Parish House. Stop by with the young man in your family (ages 11-17 years old) and meet our great scouts! New members are always welcome. For more information, go to www.troop907.org.

FCCW Sunday		
Service Schedule		
Oct. 31 st	Rev. Walter Pitman	
Nov. 7^{th}	Rev. Hiram Brett *	
Nov. 14^{th}	Rev. Walter Pitman	
Nov. 21 st	Rev. Karl Duetzmann	
Nov. 28^{th}	Rev. Raquel Irizarry	
Dec. 5^{th}	Rev. Hiram Brett *	
Dec. 12^{th}	Rev. Karl Duetzmann	
Dec. 19^{th}	Rev. Janice Touloukian	
Christmas Eve Service		
Dec. 24 th at 5:00 p.m.		
Lessons and Carols, Rev. Walter Pitman		
Dec. 26 th	Rev. Raquel Irizarry	
Jan. 2 nd	TBA	
Jan. 9 th	TBA	
Jan. 16 th	TBA	
Jan. 23 rd	Rev. Janice Touloukian	
Jan. 30 th	Rev. Raquel Irizarry	
(* indicates a Communion Service)		







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.

Library Announcements

We have extended our hours, including Saturdays! We've enjoyed welcoming you back and hope to see more of you soon. Our new schedule is: Monday, 1-7 pm; Tuesday/Wednesday/ Friday, 10 am-5 pm; Thursday, 10 am-7 pm; Saturday 10 am-5 pm. The library will be closed Thursday, November 11 in observance of Veterans Day.

REMINDER from the Circulation Department: Changes to Park & Pickup

On September 13, Park & Pickup became request-only and automatic email holds notices returned. Do not reply to the automated email notification as it comes from an account that is not checked. You will receive automated emails when your holds are ready, and then you will have approximately one week to pick them up from inside the library. (If you normally receive phone calls from the library about your holds, you will still receive a call from us when your request is ready.)

All items that are ready for pick up will be put on the self-service holds shelf next to the Circulation Desk, as they were prior to June 2020. Please come inside, pick up your items, then go to the Circulation Desk to check them out. We also have a self-checkout machine for your convenience.

If your email address has changed,

WOODBRIDGE TOWN LIBRARY

Library Information

Visit the Library website 24/7 to access digital resources - woodbridgetownlibrary.org. What's available:

- In-person browsing: come see all of the new books, audiobooks, and DVDs!;
- Computers: one hour per user; no appointment needed;
- Printing, copying, faxing, and scanning;
- Periodicals: recent newspapers, plus catch up on the past year's magazines!;
- •Reference help: including getting started/troubleshooting our digital library services (hoopla, Kanopy, Libby).

At this time, the Woodbridge Room is closed, however staff can retrieve items shelved there (magazines, poetry, plays, etc.). The study room is available for one-hour reservations; please call the reference desk to book your time. The meeting room cannot be used for any events

or programs. Seating throughout the Library is extremely limited and no puzzles or children's toys are in use.

Not ready to come inside? Call or email to place holds, ask questions, find out information, and more. Due to current staffing levels, you may need to leave a message if calling. Please leave a message, we WILL call you back!

Department Phones and Emails

Adult Services/Reference: 203-389-3434; reference@woodbridgetownlibrary.org

 Children's Department: 203-389-3439; childrens@woodbridgener (Kabali), as she shares fashions and dances from her homeland, along with her experiences living in two very different cultures. Co-sponsored with The Woodbridge Center. Please register by phone or online: https://woodbridge.lioninc.org/events/african-cultural-immersion-program/.

From Adult Services

If you're browsing near Adult Fiction, you might notice that we've added a new section: Adult Graphic Novels. No, graphic novels are not just for kids! Everyone can enjoy the artwork and fast-paced plot that graphic novels have to offer. The library likes

> to support different reading styles, plus graphic novels have started becoming increasingly popular among adults over the years. We have a variety of genres and topics, including biographies, nonfiction, fiction, and classic literature. There's something for everyone!

Some Current Staff Favorites.. Parable of the Sower by Octavia

E. Butler - An adaptation of Butler's dystopian novel, where the characters come to life on the page. The year is 2024 and environmental and economic disaster has struck America. Follow Lauren Olamina as she travels outside the walls of her community and experiences the horrors of poverty and violence. Having grown up a preacher's daughter, Lauren starts to explore her own belief system through her journals, and gathers followers along her journey to freedom and safety.

The Secret to Superhuman



From The Children's Department

Wednesday outdoor story time & Thursday outdoor drop-in crafts will continue as long as the weather stays fair, hopefully into early November. Please join us when you can!

Outdoor Storytime: Every Wednesday, 10:30 - 11 am. Meet at the picnic tables in the grove; no registration required. Feel free to bring chairs or a blanket. Suitable for babies through Pre-K. We'll meet until it is too cold (below 50*); rain cancels.

Fall Drop-In Crafts: Thursdays between 3 and 4 pm. Outside in front of the library. Now through mid-tolate October. Ages 3 and up. No registration required! Rain cancels.

New Books: Stop by and check out the latest additions to our Native American and Indigenous picture book collection. Come see us any time for book recommendations and to see what's new in picture books, juvenile fiction, nonfiction, and graphic novels. Boris the dragon will be glad to help! Follow us on Instagram @woodbridgetownlib to see what Boris recommends! Recently recommended: A Song of Frutas by Margarita Engle; illustrated by Sara Palacios. This vibrant picture book tells the story of a young girl visiting her abuelo in Cuba, helping him sell frutas, singing the name of each fruit as they walk.

Attention adults: Keep an eye out for the return of special take and make craft kits for kids ages 3+! Something to do at home to keep your young ones busy.



or you'd like to get emails instead of phone calls (or vice versa), please let us know.

Every time you get a notification email and you would like to continue to use our Park & Pickup service to obtain your items, you will have to specifically request this by calling the Circulation Desk at 203-389-3433. After letting us know that you would like to get your items via Park & Pickup, they will be checked out to you and brought to the Meeting Room within 15 minutes.

Thank you for all of your support and feedback over the last year and a half, regarding Park & Pickup and other library matters. We are happy to be slowly returning to our usual library services and we look forward to seeing you back inside the building! townlibrary.org

- Circulation/General info: 203-389-3433; circulation@woodbridgetownlibrary.org
- Not sure who you need? Email askus@woodbridgetownlibrary.org

Socialize with us!

- > Facebook: @woodbridge. town.library
- Instagram: @woodbridgetownlibrary
- > TikTok: @woodbridge_ town_library

Library Events African Cultural Immersion Program Friday, November 12 at 11:30 am Woodbridge Center Gym Join Ugandan native, Rita Wage**Strength by Alison Bechdel** - In this graphic memoir, Alison Bechdel (Fun Home) recounts her journey with exercise through the lens of fitness fads. As she approaches 60, she sees herself still putting in the work of working out, but getting slower. Why? Hilarious, witty, and contains an introspective look at what the actual secret to superhuman strength is.

Sweet Tooth by Jeff Lemire - A cross between Bambi and Cormac McCarthy's The Road, Sweet Tooth follows the innocent journey of a young boy with deer features who is suddenly thrust out into a postapocalyptic world. No one can explain these human-animal hybrids; the young boy sets out to find a sanctuary for people like him with the help of a stranger. Now a Netflix TV series!

News From The Friends Of The Library

The Friends of the Library thank the community for all of their donations over the last few months. They ask that you please hold off on future donations as they prepare to clean and organize the items for upcoming sale events. Donation days will be announced when they are ready to accept them again.

You can shop the Friends Bookstore Alley anytime the library is open—inventory and displays are constantly changing. You can also lend support by shopping on Amazon via Amazon Smile, and selecting Friends of the Woodbridge Library as your designated charity. The Friends also accept donations via PayPal.

The Link Between Volunteering And Academic Performance

There are many reasons for parents to encourage children who express an interest in volunteering. Volunteerthey not been exposed to people from benefit them in the classroom, helping

them more readily identify with cultures and societies they're studying. College applicants with volunteering experience also may set themselves apart in the increasingly competitive application process. Though a 2019 Pew Research study reported that most schools admit more than twothirds of their applicants, that figure is significantly lower at many of the more highly rated institutions in the United States. For example, Stanford University (4.3 percent) and Harvard University (4.9 percent) recently reported acceptance rates below 5 percent. Though volunteering alone won't help applicants gain acceptance to such competitive institutions, it can serve as a strong résumé builder and be even more effective if it also produces the previously noted improvements in academic performance.



Eric C. Lindskog

Eric C. Lindskog was born on December 27, 1965 in Hamden, CT, the third child of Annemarie Margenau Lindskog and Carl W. Lindskog. In 1968, the family moved to Woodbridge, CT where Eric attended Beecher Road School, Amity Middle School and Amity Regional High School. At Amity, he was elected Captain of the Varsity Football Team. He attended Clemson University and graduated with a degree in Accounting. After a stint with Levitsky and Birney Accounting in Woodbridge, Eric enrolled in the MBA program at Jones School of Business, Rice University, where he earned a degree in Finance.

After service with Anderson Consulting in Boston and Charles Schwab in San Francisco, Eric joined in 2003

with Alan Flaumenhaft, a dear childhood friend, at Social Service Coordinators in Miami Lakes, FL as Executive Vice President of Finance. In 2018 he was a founding visionary of BeneLynk, again with Al, serving as Chief Financial Officer, a successful collaboration that lasted until Eric's unexpected death on October 12, 2021 from complications due to a cardiac infection.

Eric loved his family; Iris, his devoted, loving wife of 15 years and 5 days; his pet dogs Baxter, Deacon, Cookie and cat Petey; Clemson football; Dan Marino and the Miami Dolphins. He was eternally grateful to Dr. John Elefteriades, whose cardiac surgical skills gave Eric a hugely successful, productive 15 years of life. Eric's energy, knowledge and devotion to his family and a huge group of friends were extraordinary.

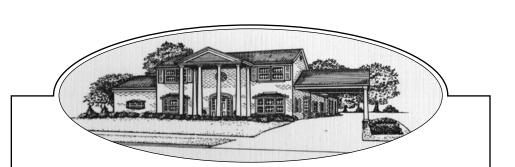
He will be dearly missed by his parents, his siblings Laura, Tina and Dr. Dieter Lindskog, their spouses, his nieces, nephews and by the many to whom he was simply "Uncle E".

A Memorial Gathering was held on October 16, at Valerie Panciera's Landmark Funeral Home. In lieu of flowers, gifts in Eric's memory should be made to: The Aortic Institute Yale School of Medicine, Office of Development, Box 7611 New Haven, CT 06519 or to the American Heart Association.

Woodbridge Town News an

DEATH NOTICES

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



ing is a social activity that can help children develop their social and networking skills, and many parents credit volunteering with instilling a sense of perspective in their children that they might not have gained had different backgrounds. Volunteering also has been linked to stronger academic performance. The Corporation for National and Community Service reports that students who indicate they're doing better in school are more likely to be volunteers than students who report doing less well. The broadened exposure to people and places that students may otherwise not encounter without volunteering also can

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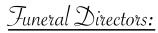
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Celia Pinzi, Michael Dion & James Stricker

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"The reward of one duty is the power to fulfill another." - GEORGE ELIOT

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Beware the Pitfalls of Fall and Winter Activities

By Kyle Branday, MSPT, CDN

When the falling snowflakes tell you to grab a shovel, consider how easy it is to make the wrong moves and hurt yourself. Snow shoveling requires upper body strength and endurance. Warm up to any yard work by exercising your primary muscles that include biceps, deltoids, rotator cuff, forearm and parascapular muscles. Do it before and after shoveling.

Simple exercises like arm circles, pendulums, forearm and upper trap stretching will help loosen these muscle groups. Proper posture while shoveling is a must. Stay upright, head up, shoulders back and don't hunch forward. Good postural habits will prevent rotator cuff impingement, strain on neck and upper back and puts the upper body in position for the greatest mechanical advantage to create force and leverage. You'll also use less energy.

Once you've got that snow shoveled off the porch, now comes the real trial: moving the heavy snow from the driveway or walkway. The body's trunk and core are being tested, requiring the lumbar spine and hips to generate force to move piles of

snow. The strain is on your obliques, glutes, and hip rotators along with the lumbar extensor muscles. What that means is there's a lot of muscle groups interacting to get that snow off the ground.

Never bend from the waist when shoveling. It is vital to squat and bend your knees with each shovel of snow you pick up. Keep a flat back while you lift. This takes the stress off the lower lumbar spine eliminating the possibility of strains and sprains or worse injuries such as herniated discs and sciatica. Helpful, also, are warm up and cool down exercises such as hamstring, knee to chest, and trunk rotation stretches.

Winterize your body. For you anxious snowbirds with skis already racked up on the roof, prepare yourself with proper exercise. Knees, hamstrings, calves, back, shoulders, biceps and triceps all come into play on the slopes. Many of the exercises used in preparation for yard work, apply to winter sports. Trunk rotation stretches, hamstring stretches, light weight workouts with dumbbells for biceps, triceps and deltoids are important in preventing serious injury. Squats with

light barbells for your quads, hamstrings, and glutes strengthen these important stress absorbing muscles.

The spine and lower back also take a heavy shock, absorbing a beating during both skiing and snowboarding. Prepare yourself with warm-up knee to chest exercises, trunk rotations and quad and hamstrings stretches.

The physical torque on the hips is another skier's stress moment. Whether you're maneuvering moguls or into competitive downhill events, hips can take a beating in twists and turns. One of the most overlooked muscle groups which play a dramatic role in performance is your hip rotators. The same potential injuries pertain to snowboarders who perform more like gymnasts than skiers. Torso twists, hip movement, high impact landing all combine to test even a professional's performance. So, warm up on the carpet, floor, or exercise pad before you take on the powder. Proper exercise techniques, either at home or with a professional physical therapist or trainer, can keep you fit and in action throughout the winter.

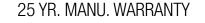
Kyle Branday, MSPT/CDN is a licensed



Kyle Branday, MSPT, CDN

physical therapist and partner at Amity Physical Therapy, founded seventeen years ago by Michel Dow MSPT and CEO/Director. The practice has offices in Woodbridge, Hamden, Branford and Milford. Branday is a graduate of Quinnipiac University with his Masters in Physical Therapy. He works with patients of all ages and ability levels, treating high level athletes with fractures and sprains to gait and balance dysfunction in the elderly. He can be reached at 203-389-4593, or visit www.amitypt.com.





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"Country Club" From Page 1

cated for more affordable homes and rental properties.

"There is a need for housing opportunities, but I don't see the need for acre-and-a-half lots," said its chairman, Attorney Dominick Thomas. He expressed concern that the town was using a sizable piece of land to build more large houses, while that puts the town at risk for failing to offer a variety of housing opportunities.

"What's missing in Woodbridge is housing for younger people who want to stay in town," he said, noting that there is no rental capacity in this proposal, whereas rentals are becoming very popular.

Committee member Kathy Hunter agreed with Thomas. "Most committee members feel this is a golden opportunity to give us some breathing room in terms of opportunity housing," she said, pointing out that large houses in particular have dropped significantly in value in the last few years.

The proposed sales price could be \$9 million for the 150-acre property, with \$2.6 million in tax revenue, the developer presented. The internal roads and bike paths would be maintained by the Homeowners Association, not the town.

They would deed about 50 acres back to the town for open space. Those 50 acres consist largely of the wooded area that buffers Woodfield Road from the Wilbur Cross Parkway. In addition, there would be some 12 or so acres of open space, for the bike paths and the other amenities.

At the Board of Selectmen meeting, Selectman David Lober questioned the tax income the town might expect from a proposal such as this, in particular since it includes housing for families with children, which may require school construction. He also disputed a per pupil expenditure of \$12,000 which the developer plugged in for this district.

Dominick Thomas did not agree with that approach; if the number of students goes up, the cost per student goes down, he said.

Joe Amico understood where Lober was coming from. "David Lober is not anti-family," he said. "He is just conthe rainwater runoff. In addition, they would use permeable materials for the roads and bike paths.

Amey Marrella asked about the public amenities and what becomes the town's responsibility. "The town has a history of private roads being turned over to the town," she said. Amico said the bike paths were situated on private property, although there would be an easement for public use. Road maintenance would be the responsibility of the Homeowners Association.

Several residents asked about sustainable building materials, such as solar or geothermal heating. Alexander Shapiro said he was open to checking it out, but was concerned that the cost of these systems may be prohibitive. Because it is a whole development, it may be possible, he said.

Resident Robert Hill asked about the financing of the project. "I can finance the whole thing tomorrow," Amico said.

Neighbors expressed concern about potential blasting, but the developer said the property had not been surveyed, so he could not give a definitive answer.

For resident Nancy Clark, she does not want to see any development on that property, let alone a high-density one. She reminded the presenters that the last time a development was put to the voters, it was voted down 2:1. She said bobcats, red fox, and coyotes live there now. It's a crucial piece of open space for migrating birds and monarch butterflies, she said. The tax impact of maintaining the open space is \$45 per capita, she said.

Woodbridge School District Supt. Dr. Jonathan Budd was invited by the developer to speak regarding the potential influx of families. Dr. Budd said he was asked to answer two questions, namely the cost per student and the space needs for additional students. He said the average per pupil cost in Woodbridge is \$18,700 per year for the elementary district. With state and federal grants, the cost to the taxpayer may be closer to \$17,500 per year.

As for accommodating new students, he said it depends on whether there is room in an existing classroom, on an existing bus route; and whether the child requires special services. "The more students are added, the more likely they will need to add additional classrooms, teachers, etc.," he said. As it is, the school is "using every existing nook and cranny," Dr. Budd said, "and that includes repurposing rooms like the rotunda." He said enrollment is currently at 830 students. "By 850 we would be stretched in ways that we would be converting art and music rooms to general classrooms," he said. He also noted that the district has formed an ad-hoc capital plan committee to examine space needs going forward.

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cerned about what impact it has on the budget."

Amico said Arbor Haven could re-balance the number of age-restricted homes vs. family homes to ensure that the town gets tax revenue, but fewer school-age children.

At a public information session on Sepember. 29, which was conducted via Webex, some 20 residents spoke, most of them in opposition to the proposal. Kathleen Mills, who lives on Johnson Road, said the area floods regularly, and expressed concern about increased water runoff from the development.

Amico said their plan is to improve

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