

Woodbridge Town News



Woodbridge's Exclusive Newspaper

Mailed Free To Every Home in Woodbridge
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VOL. 12 – ISSUE 10 CIRCULATION 3654 FRIDAY, NOVEMBER 17, 2023



First Selectman-Elect Mica Cardozo and his wife Patricia are all smiles after hearing the municipal election results

Municipal Election Nets High Voter Turnout

BETTINA THIEL

WOODBRIDGE TOWN NEWS CORRESPONDENT

More than half of the town's 6,079 registered voters turned out on November 7 to vote in the most recent municipal election, with a strong showing for local Democrats. "I was so impressed with our community and the overall turnout," said First Selectman-elect Mica Cadozo in a conversation after the election. "It was so refreshing and exciting."

This year was the first time that the town conducted its municipal election on Election Day in November, along with most other municipalities across the nation. Up until last year, the town voted on the first Monday in May. The voter turnout of some 54.9 % is indeed

much higher than the 37.6% who voted in May 2021, but whether that is attributable to the November date is an open question. Clearly, the electorate was motivated.

Total votes cast was 3,338, a number that includes 267 absentee ballots and 17 new registrations the day of the vote. Bethany, which also switched from a May to a November election, also saw an unusually high voter turnout, increasing from 49% two years ago to more than 55% this year. In Orange on the other hand, which has been voting in November all along, the turnout of close to 46% has been slightly lower than two years ago.

See "Election" On Page 4



Local Author Turns Memories into Children's Story

BETTINA THIEL

WOODBRIDGE TOWN NEWS CORRESPONDENT

Some people turn to memoir writing to leave a legacy for their children and grandchildren, to tell them about how things once were when they were young. But Woodbridge resident Penny Perloff, 89, weaves her memories growing up on a northern Connecticut farm into stories for her grandchildren and great-grandchildren, and most recently, she published those on Amazon. "It's not even a story, it's my life," Perloff said when we met one afternoon at her house. "I just throw in a little adventure."

The kids love to hear the stories, said her daughter, Sheri Steinmetz. They love visiting Baba Perloff. "When they walk in, first thing they ask for is a story, before they even ask for a

treat." Perloff specifically loves to talk about her favorite cow, Betsy, and other animals on the cattle farm she grew up on in Portland back in the 1930s.

With the help of her daughter, Perloff published "Betsy's Big Adventure," a picture book using her own illustrations. It features not only Betsy the Cow as the protagonist, but includes her great-grandchildren in the adventure, with their photos sprinkled throughout the illustrations.

"Betsy's Adventure" is about getting lost while playing outside and not finding your way home – well, except with the help of other animals who point them in the right direction.

Perloff was the youngest of eight. When she was a little girl, her father

See "Story" On Page 3

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“Story” From Page 1

gave her a calf as a pet, and she named it Betsy. Since they lived in a very rural area, there were not many other kids nearby to play with, so Betsy became her side-kick. “Betsy walked along with me everywhere,” she said. “One time she came right into the house.”

Her brothers, by the way, also were gifted calves – but steers, which eventually were used for the heavy-lifting, those jobs today’s farmers use tractors for.

Her father owned a dairy farm of some 100 heads of cattle. Since then, the farm has been sold off and the land developed, and now exists only in her

memories and in the illustrations that go along with the stories.

Another book is titled “Baba and Betsy and the Mystery of the Missing Key,” and a third one is in the works. Perloff recently donated several copies to the Woodbridge Town Library for those who would like to hear and see more about Betsy’s adventures.

“The books are a creative outlet that keeps her busy,” said Steinmetz. “I have helped her with formatting them into a book format, but she came up with the story and did all the illustrations herself. I think it’s a wonderful activity for an older person to share their life experiences as well as stay productive with a purpose.”



HAPPY Thanksgiving



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From the First Selectman

BY BETH HELLER



It is November, a month for reflection and expressions of gratitude. As President John F. Kennedy once said, “We must find the time to stop and thank the people who make a difference in our lives.”

On November 7th, the Town of Woodbridge participated in a very important, and consequential election. Thank you to all who put their names forward to run for election. It is not an easy path, as I know. Congratulations to those who were successful candidates this year.

Voting is one important way we can participate in our democracy. Thank you to all the voters who were patient in line, respectful of the process, and courteous to our election officials and other voters. Thanks also go out to our Town Clerks, Registrars of Voters, poll workers, absentee ballot counters, police officers, building maintenance staff, and fire department volunteers. All these folks worked very hard to make sure our municipal election was conducted efficiently, smoothly, safely, and most importantly, according to the law. I look forward to transitioning our town government and extend special congratulations to our new First Selectman-elect Mica Cardozo.

This is also the time of year when appointments will be made to fill vacancies on Town Boards and Commissions. If you are interested in serving, please contact the town committee chair who most closely aligns with your political affiliation to express your interest.

Thank you to the Human Services Department, which coordinated five vaccine clinics this season, providing over 475 vaccines to Woodbridge residents and Town employees.

I offer my thanks to the Woodbridge Volunteer Fire Association who hosted the Truck or Treat event on Halloween at the Firehouse. It was a terrific and safe way for families to enjoy this festive holiday.

Thank you to the Woodbridge Police Department which orchestrated the bi-annual DEA Drug Take-Back Day at end of October. The Police Department accepted close to 100 pounds of medication. For those of you who missed this event, please note that the Woodbridge Police Department does offer 24-hour access to safe drug disposal year-round.

Many thanks to Dr. Barry Josephs for hosting the annual Veterans Day commemoration. It was a lovely, well-attended event. The Town of

Woodbridge offers veterans and their families who have questions or need help accessing veteran services assistance through the Human Services Department.

I am proud to announce that the Connecticut Department of Public Health and the American Heart Association has once again awarded the Town of Woodbridge a designated HEARTSafe Community certificate. Thank you to Assistant Administrative Officer, Karen Crosby, who prepared the successful renewal application. This is an achievement which recognizes Woodbridge’s continued commitment to provide cardiac response care to the residents of the community utilizing the “Chain of Survival” of early 9-1-1 access, cardiopulmonary resuscitation, defibrillation, and advanced care. The criteria are also met by providing resources to the community for health and wellness programming. Congratulations to The Woodbridge Center and the Recreation Department for consistently providing opportunities for residents to get and stay active.

We are now heading into budget season as the capital budgets and operating budgets from each department are currently in process and will be scrutinized by their respective boards and commissions in December and January. Please remember that all residents have a voice throughout the budget process, and I encourage everyone to be a part of the process. Operating and Capital Budget presentations to the Boards of Finance and Selectmen begin in late January. Residents are encouraged to ask any budget questions, or make suggestions to boards and commissions, or department heads throughout the four-month process. Budget meetings can also be viewed on Channel 79 and the WGATV YouTube page.

Finally, at this time of Thanksgiving, I send my deepest appreciation to all of you in our wonderful Town of Woodbridge. Our community is amazing! Working with all the Town employees, and meeting with so many residents over the past years, has been a great opportunity for me. I am truly thankful and profoundly privileged to be your First Selectman. As always, do not hesitate to reach out to me if you have any questions or comments. You may reach me by email at bheller@woodbridgect.org or by phone at 203-389-3401. Wishing you and your friends and family a safe happy Thanksgiving holiday.

Election” From Page 1

Cardozo prevailed with 58 % of the votes cast over Marty Halprin, a political Unaffiliated who was endorsed by the Republican Party. The result gives Cardozo considerable political leverage at the onset of an administration that will face intractable challenges – such as keeping taxes in check while solving Beecher Road School’s short-term and long-term needs, and figuring out the future for the Country Club of Woodbridge – all while the town is being sued for its allegedly discriminatory zoning rules.

Board of Selectmen: Democrats also retained their majority on the Board of Selectmen (BOS), although the number of newcomers among the six selectmen is bound to create a new dynamic. Republican incumbent David Vogel (1,421) will continue to serve on the board, along with Unaffiliated Andrea Urbano (1,483), who is currently serving on the Agricultural Commission. Another member on the Agricultural Commission, Massaro Farm Director Steve Munno, also was elected to the Board of Selectmen (1,791). Incumbent Democratic Selectwoman Sheila McCreven was re-elected (1,788) to the board. Maria Madonick, a Democrat (1,811), will move from her spot as Board of Education vice chair to join the Selectmen. Javier Aviles, a Republican, received 1,370 votes, which was not enough to be seated.

Cardozo embraced him in a warm gesture of friendship when leaving the polling place in the Center gym, expressing regret that they wouldn’t be serving together. Similarly, Cardozo and his challenger, Halprin, shook hands.

“I wished him well,” Halprin said later, adding that a successful administration will be beneficial for all. “If he succeeds, I succeed,” Halprin said. Even so, the election left him with mixed emotions. “There is a lot of emotion around politics,” he said.

In reflecting on the campaign, Halprin said he enjoyed connecting with townspeople, and the conversations that ensued. But some homeowners were not very welcoming, an experience that was discouraging, he said. “We need to start treating each other

more kindly,” he said.

Other results: As for the Woodbridge Board of Education, all four of the incumbents will be seated, namely Republican Board Chairman Lynn Piascyk (1,576), Democrat Steven Lawrence (1,777), Democrat Erin Williamson (1,761), and Republican Jeff Hughes (1,343).

Democrat Jeffrey Ginzberg retained his seat on the Board of Assessment Appeals with a high vote of 1,917.

Democrats Shawn Flynn and Kalman Watsky will join the Zoning Board of Appeals; Lauren Francese and Republican Christopher Dickerson will be serving as alternates.

As for the Amity Board of Education, both Woodbridge incumbents, Democrats Patrick Reed and Sudir Karunakaran, retained their seats with 1,885 and 1,846 votes, respectively. However, in Bethany Democrat Jennifer Turner lost to her Republican challenger, Donna Schlank, which will turn the regional board to a Republican majority.

Next steps: The terms for the newly elected officials will start on January 1, 2024. It is unclear when the new Board of Selectmen will convene to appoint members to all the other boards and committees, such as the Board of Finance and members of the Town Plan and Zoning Commission. Candidates will be brought forward by the two town committees, and voted on by the Selectmen. The swearing-in ceremony is expected to take place before the start of the new year.

In the meantime Cardozo will be busy preparing for the issues that the town leaders will be facing right away, such as developing a capital plan and a 2024-25 budget. One of the immediate challenges for the new board will be to determine options for the Country Club and “making sure we move forward with a plan,” he said.

Cardozo also is hoping to leverage the work of the 2030 Task Force that has been working with a planner to suggest improvements to the Village District in an effort to make it a more attractive and accessible business location. “It is a great team under the leadership of Chris Dickerson and Susan Jacobs,” he said. The work of this group “demonstrates what we can do when we work together,” Cardozo said.

THE WOODBRIDGE TOWN NEWS

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“Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings.” — WILLIAM ARTHUR WARD

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Woodbridge Town News

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

Upcoming Issue Date	Issue Deadline
December 15 Holiday Issue.....	December 8
February 9 Valentine's Day Issue.....	February 2

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

FROM OUR READERS

Dear Incoming Amity Board of Education (ABOE) Members

Congratulations and welcome! You are now part of the largest Regional School Board in the State of Connecticut made up of thirteen elected officials that will begin meeting together monthly for multiple hours over the next four years. In addition to this meeting time, you will receive input from the Administration, teachers, the public, two student members of the board, outside experts, and three town financial representatives from Bethany, Orange, and Woodbridge. These meetings will be transparent and open to the public, run according to Robert's Rules of Order, and digitally broadcast and recorded.

Your commitment to this civic service is admirable, and I write to offer some insights gleaned from my 12 years of enjoyable service. While political parties definitely have a role to play in the electoral process, that partisan role ends with your election to the board. It is now your individual job to - Digest information, ask questions, and review hundreds of pages monthly for the purpose of doing what is best for all children, especially the most vulnerable among them; - Function much like a jury, where only you and your fellow board members will be in a position to hear all the facts and details to make the best decisions. As one of thirteen, you will need to focus on - Building a consensus when it comes to shaping policy and building budgets - Listening to one another and keeping an open mind, as you all come from different towns and backgrounds. This approach will best serve all the Amity students - Speaking up, trying to understand the ideas of your fellow board members, and expanding what you thought you knew about Amity and its needs.

Remember, transparency grows trust. Therefore, once those decisions

are made take your new knowledge of issues and decisions back to inform and educate the public. This will enhance your credibility as future issues arise and will steer you on your new responsibility of guiding our beloved school system.

Once again, congratulations and good luck. Please don't hesitate to reach out for support or with any questions.

Christopher Browe – Former ABOE Chairman and Amity Finance Committee Chairman

Transparency Builds Trust

Democracy is Fortified Through Accessible, Reliable Information. I am writing to commend the election coverage provided by the WTN and underscore the crucial role played by voter guides in empowering voters with essential information about candidates and their positions on key issues. Voters were able to read first-hand what candidates believed and what they stood for, not only through this newspaper, but also from the questionnaires provided by Amity Allies, The League of Women Voters, and the local Connecticut Education Association chapter. A well-educated and informed electorate is essential in a democracy. These voter guides provided an opportunity for voters to hear from the candidates in their own voices and enabled voters to make informed decisions aligned with their values. Transparency builds trust between candidates and voters, reinforcing the concept of accountability in elected representatives. Looking forward, ongoing efforts to enhance the accessibility of voter guides are crucial. Embracing technology and innovative presentation methods can further empower voters, ensuring that our democracy remains vibrant, informed, and responsive to the needs of all citizens.

Alison Valsamis – Vice Chair, WDTC

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.

OPINION

From the Democratic
Town Committee

BY ELLEN SCALETTAR
WDTC CHAIRMAN



Giving Thanks and Getting to Work

The Thanksgiving holiday is a time to come together to acknowledge and celebrate all that is good in our lives. I had that feeling of gratitude as I and so many others said hello to our friends and neighbors on both sides of the aisle who came out to vote in our first-ever November municipal election this year. That feeling of thankfulness was magnified when I learned that our Town was among a handful of communities in Connecticut reporting voter turnout above 50%, and for Woodbridge, the highest turnout for a municipal election in recent memory.

As the Chair of the Woodbridge Democratic Town Committee, I am especially grateful for the overwhelming support that our community expressed at the ballot box for our next First Selectman, Mica Cardozo, and for the entire slate of Democratic candidates. I also congratulate the Republican candidates who will be continuing in their current roles or taking on new roles this January, and I thank all candidates who gave of their time and energy to run for office this year. Woodbridge has functioned best when we all work together, and we look forward to sharing ideas on how to ensure the best possible future for our community.

There will be a lot to do. During the campaign, Mica outlined an ambitious agenda for supporting educational excellence, addressing the tax burden on homeowners, supporting our seniors, and implementing a sensible, consensus approach to “solving” the country club. We can count on Mica to explore every idea and opportunity, and he can count on the Democratic Town Committee to support him in every way we can.

Mica will come on board with a strong team already in place in Town Hall and across our community. The Woodbridge Democratic Town Committee is grateful for everyone in

Woodbridge—the educators, police and firefighters, registrars and clerks, recreation, human services and facilities staff, and many others—who work each and every day to ensure that our Town continues to be the special place it is for everyone who lives here.

I also want to express our gratitude to our outgoing First Selectman, and my friend, Beth Heller. For the past six years, Beth has led Woodbridge through a once-in-a-century pandemic and the day-to-day operations of a dynamic community full of engaged people who care a lot about our town. Under Beth’s watch, Woodbridge Like Me Day was launched, bringing us together to appreciate and celebrate what makes Woodbridge unique.

In the time that Beth has served as First Selectman, school enrollment has increased, homebuilding has accelerated, and our Town has become more diverse across all measures. All of these indicators point to Woodbridge’s potential to continue to grow and thrive in ways that benefit everyone, while preserving the distinctive character of our community.

There is much we can do to support Mica and his team, and I invite all of you interested in becoming more engaged in our community to please contact the Woodbridge Democratic Town Committee. There are numerous ways to become involved that include: staying informed with updated information, joining in our monthly meetings, exploring opportunities for serving on local Boards and Commissions, and more. I am grateful for your support and interest, and I know that together, with Mica’s leadership, we will ensure a strong future for Woodbridge!

If you are interested in learning more about the Woodbridge Democratic Town Committee, please be in touch with us by email at: communications@woodbridgedems.org or visit our website: <http://www.woodbridgedems.org>.

From Across the Aisle

BY MARTY HALPRIN



A Time To Give Thanks

Woodbridge voters came out in large numbers on Election Day and I, together with my fellow Row B candidates, want to thank the Registrars of Voters and support staff who conducted the day so seamlessly. We would also like to congratulate everyone who was elected to serve Woodbridge and we wish them much success in addressing the challenges – current and future – facing our town.

Over the course of my campaign, I had the pleasure of speaking with many, many residents. To each of you, thank you for giving me the opportunity to share my ideas and hear your priorities. It was terrific to meet so many people for the first time and to re-connect with those whom I have known over the years.

To everyone who supported my campaign, a very big thank you. So many people helped in a myriad of ways – volunteering, donating funds, displaying lawn signs, and offering ideas and words of encouragement. Running (and scooting around) for political office can be exhausting and it helped so much to have your help.

Moving onwards, I find it significant

that our town’s next big event is the annual ecumenical service celebrating Thanksgiving. It will be held at Congregation B’nai Jacob on Monday, November 20th at 7:00 p.m. This heartwarming event brings together the members of our town’s various houses of worship and is open to all residents, regardless of religious or spiritual affiliation. It is an evening of fellowship and solidarity and focuses on what I have always found most important - our commonalities. I hope to see many of you there.

It was clear in this campaign that Democrat, Republican, or Unaffiliated, we ALL care about our community, want to offer our children an excellent education, and want to solve Woodbridge’s various challenges. It is my sincere hope that going forward the new Board of Selectmen will adopt the same spirit as our annual Thanksgiving celebration. May they embrace collaboration over partisanship, and engage in open, respectful discussion with all our residents instead of closed-door caucusing.

I wish you and your loved ones a very happy Thanksgiving and comforting holiday season.

Woodbridge Town News

ATTENTION WOODBRIDGE RESIDENTS!

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

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

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WOODBRIDGE LIBRARY

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

FROM ADULT SERVICES Arts & Craft Supply Swap

Come to the information desk with any unwanted craft supplies and browse other supplies brought by community members. Accepting supplies from now until the end of November.

Blue River Jazz Band

Monday, November 20 from
6:00 pm – 7:00 pm

The Blue River Jazz Band play America’s traditional, classic, “hot” jazz and swing music from the early 20th century. This concert was made possible by the Gerry Hellman Eckhardt Fund for the Woodbridge Library. Please register online, by phone, or in person at the Reference Desk.

“After Here” Book Talk

Monday, November 27 from
3:30 pm – 5:00 pm

Join us for a discussion of “After Here,” a story written by Dave Wolffe. A small segment of “After Here” will be read, followed by a discussion of the afterlife, offering audience participation of their own experiences. Please register online, by phone, or in person at the Reference Desk.

Holiday Card Making Class

Saturday, December 2 from
1:00 pm – 2:00 pm

Instructor and Woodbridge resident Cathy Collins returns to the library for a class where you’ll learn to craft one-of-a-kind holiday cards. Please register.

Adults Art & Craft Club

Wednesday, December 6 at 5:30 PM

Want to learn knitting? Working on a needlepoint? Have a project you want to show off? Join us to unleash your creativity! Bring in your art and craft project, or use library-provided acrylic painting supplies, and enjoy the company of community members and refreshments. December’s library-sponsored project is paint a pet. More details and registration on our website. For questions or registration, email Donna, dfaryna@woodbridgetownlibrary.org.

RECURRING ADULT PROGRAMS

Woodbridge

Writers Workshop

Every first and third Tuesday of
the month, from 3 to 5 pm.

Gather with area writers as we read and critique our works in a friendly atmosphere. Register online or at the library. More information on our website or call the reference desk.



WOODBRIDGE
TOWN LIBRARY

Woodbridge Scrabble Group

Wednesdays at 11 AM

Meet with friends and neighbors for friendly games of Scrabble every week in the Meeting Room. No registration required.

Film Screenings

Thursdays at 7 PM in November

**STARTING IN DECEMBER:
FILMS WILL BEGIN AT 6 pm!**

Join us on Thursday evenings for a movie screening in our Meeting Room. No registration is required to attend, but seating is first come, first serve.

Upcoming Titles:

Past Lives

November 30, Rated PG-13 |
Drama, Romance | 1h 46m

Nora and Hae Sung, two deeply connected childhood friends, are wrested apart after Nora’s family emigrates from South Korea. Twenty years later, they are reunited for one fateful week as they confront notions of love and destiny.

Please visit our website or stop by the library to see our film screening lineup for December.

Saturday Morning Meditation

Every Saturday at 10:15 am

One hour of silent Vipassana (mindfulness) meditation is hosted by Dr. Aruna Pawashe, a retired lecturer and scientist from Yale University. She has been practicing Vipassana (which translates as: seeing things as they really are) meditation for over 15 years. She is a volunteer and a trustee member for the Vipassana Meditation Center in Shelburne, Massachusetts. Aruna has hosted many Vipassana meditation programs over the years throughout the greater New Haven area. When she is not available, Mrs. Nita Lathia, her colleague and fellow Vipassana meditation practitioner, will host the group meditation event. Registration suggested, but walk-ins welcome too! Zoom option is available, <https://woodbridgetownlibrary.org/events/meditation/>.

FROM THE CHILDREN’S DEPARTMENT

Graphic Novel Club: Miles Morales Stranger Tides

Tuesday, November 28 at 6:30 pm

Ages 8 and up, online registration required. Chat about the book, share ideas, and have fun! A craft, game, or snack will be incorporated. If you need a copy of the book, please ask a librarian.

Poetry Craft

Registration for this at-home pro-

gram begins Monday, December 4. More information and registration details on our website.

RECURRING CHILDREN’S PROGRAMS

Baby Group: Mondays at 10:30
am (Newborn to 18 months)

Storytime: Wednesdays at 10:30
am (Ages 2 and up)

Craft Time: Thursdays at 4 pm
(Ages 3 and up)

Story Craft: Fridays at 11 am
(Ages 3 to 5 years)

Lots of great programs for kids! Please visit our events page for more information, <https://woodbridgetownlibrary.org/events/>.

FROM THE FRIENDS OF THE LIBRARY

Check out our page on the library’s website to see all of the great things we’ve been doing! Thank you as always for all of the community support. Your contributions and book donations allow us to make updates to the building and bring fantastic programs (among other things) to the library which benefits YOU.

LIBRARY ANNOUNCEMENTS

Thanksgiving

Weekend Hours

- › Wednesday, November 22: 10 am to 4:30 pm;
- › Thursday, November 23: CLOSED;
- › Friday, November 24: CLOSED;
- › Saturday, November 25: 10 am to 5 pm.

Now Open Saturdays Year-Round

The Woodbridge Town Library is open on Saturdays year-round

- › Monday—Thursday: 10 am to 8 pm
- › Friday & Saturday: 10 am to 5 pm

Our wifi works on the library grounds, even when the library is closed. Picnic tables are available. Enjoy!

Art Exhibits at the Library

November’s artists: students from Amity High School and Amity Middle School Bethany.

December’s artist: Woodbridge resident Chris McLaughlin. A reception for his oil paintings will be held on Saturday, December 2 from 3 to 5 pm in the library’s meeting room. All welcome, no registration required.

If you are interested in exhibiting your art work in the library, please contact Donna Faryna, Adult Services Librarian (dfaryna@woodbridgetownlibrary.org) or visit our art exhibits page for more information.

library.org) or visit our art exhibits page for more information.

Online Card Registration Available

Are you a Woodbridge resident? You can sign up for a library card online! Visit our website, woodbridgetownlibrary.org. After registering, you will immediately be able to use your new account to place holds on items for pick up at the library. We will then contact you via email within 2 business days with your new library card number. At this time, you will get full access to our electronic resources, including downloadable books and magazines. Please note that this is a temporary registration that will expire in 30 days. Before the 30 days is up, please visit the Woodbridge Town Library in person to verify your name and address. At that time, you will receive a permanent library card.

Do we have your email address?

Sign up for our email newsletters to receive notifications about events, new offerings, and library hours/closings. We typically only send one email a week. Join our mailing list by visiting our website and entering your email address in the form provided. That’s it! (You can also give us your email address while in the building.)

Need a Notary?

Notary Services are now available at the Library by appointment or by chance! Please contact the Reference Desk for more information desk (stop by or call 203-389-3434) or email Bill (warmstrong@woodbridgetownlibrary.org).

LIBRARY INFORMATION

Visit the Library website 24/7 to access digital resources - woodbridgetownlibrary.org. We are fine-free and have automatic renewals on most items. Call or email to place holds, ask questions, find out information, and more.

Department phones and emails

- › Adult Services/Reference: 203-389-3434; reference@woodbridgetownlibrary.org
 - › Children’s Department: 203-389-3439; childrens@woodbridgetownlibrary.org
 - › Circulation/General info: 203-389-3433; circulation@woodbridgetownlibrary.org
- Not sure who you need? Email askus@woodbridgetownlibrary.org

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FESTIVAL OF LIGHTS & TREES

TUESDAY, DECEMBER 5TH | 4:00 PM - 6:30 PM

Location: Maplewood at Orange, 245 Indian River Road, Orange

Join us for a heartwarming gathering at our 16th Annual Silent Auction & Celebration! Save the date and be part of this special event where we come together to spread holiday cheer and give back to our community. Enjoy hors d'oeuvres and seasonal cocktails. Don't miss the chance to win beautifully decorated trees in our silent raffle. All proceeds from this event will benefit The Orange Community Services Food Pantry. We can't wait to celebrate the season of giving with you!

RSVP

By December 1st by scanning the QR code.

If any questions, contact to Caroline MacKinnel at
cmackinnel@maplewoodsl.com or call 203.513.1311.



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AT THE WOODBRIDGE CENTER



The Holli Shanbrom Team, Coldwell Banker Realty, is one of seventeen vendors at the Spooky Sponsor Social who have supported The Center over the past year. Vendors dressed in costumes and decorated their tables to help make the Spooky Sponsor Social a success on October 26.



Whitney Rehabilitation and Health Care Center and Coachman Square at Woodbridge engage with participants of the Spooky Sponsor Social. Whitney Rehab and Coachman Square sponsored the lunch provided at the event.

Contact The Woodbridge Center:
More information on available programs and services can be found on The Center’s page of the Town Website. Call 203-389-3430 or email kmoriarty@woodbridgect.org with questions or to register for programming. Follow us on Facebook (The Woodbridge Center, Woodbridge CT) for current updates, local information, and fun programming photos.

The Center will be closed on November 23 and 24 for the Thanksgiving holiday.

Sponsored Coffee Bar
The Center Café, no charge
Stop by The Center between the hours of 9 am – 4 pm and enjoy a hot cup of coffee or tea at no charge. Sponsorship for the months of November and December are provided by Woodbridge residents Barry and Hyla Vine.

Art Wall
The Center Café
The artwork display for the month of November is provided by local photographer and Center member Phyllis Gamm.

UPCOMING PROGRAMS
In-person Lunch
For everyone 55 and older
Tuesdays and Thursdays, 12-1 pm
The Center Café
Lunch includes a choice of hot entrée with roll and sides or a sandwich, along with dessert, coffee/tea and water. The price for all lunches is \$5.00 for residents, \$6.00 for non-residents, with a \$1.00 additional fee for take-out (waived for sandwich choice). Please RSVP with The Center 203-389-3430 by noon the day before.

- Choices for November/December include:
- › 11/21 Chicken Marsala or roast beef/cheese on a wrap;
 - › 11/23 Closed – Thanksgiving;
 - › 11/28 Vegetable and cheese frittata or chicken salad on a croissant;

- › 11/30 Tuna salad or turkey/cheese on a wrap;
- › 12/5 Ziti with meat sauce or egg salad on a roll;
- › 12/7 BBQ meatloaf or chicken Caesar wrap;
- › 12/12 Turkey pot pie or roast beef and Swiss cheese on a roll;
- › 12/14 Rotary sponsored Holiday Luncheon – see details below;
- › 12/19 Stuffed peppers or seafood salad on a croissant;
- › 12/21 Baked manicotti or chicken salad with apples and cranberries on a roll;
- › 12/26 and 12/28 No lunch service.

Popcorn and a Movie
Tuesdays at 1 pm
The Center Lounge
View a variety of movie genres with freshly popped popcorn at The Center:

- › 11/21 The Greatest Showman (2017 – Hugh Jackman);
- › 11/28 You’ve got Mail (1998 – Tom Hanks & Meg Ryan);
- › 12/5 The Mountain Between Us (2017 – Kate Winslet & Idris Elba);
- › 12/12 Fiddler on the Roof (1971);
- › 12/19 Polar Express (2004 – Tom Hanks).

Snow Globe Vase Craft
Thursday, November 30, 12:45-1:30 pm
The Center Café, no charge
All supplies and instructions to make a seasonal Snow Globe Vase will be provided by Hamden Rehabilitation and Health Care Center. Please call to pre-register.

Lunch Bunch to Stonebridge Restaurant
Monday, December 11
Van leaves The Center at 11:30 am or meet at Stonebridge at 12 pm
Meet at The Center then continue on a social outing to Stonebridge Restaurant in Milford. Self-pay for your meal at the restaurant. \$3.00 per person for transportation (or meet at the restaurant). Call The Center to

RSVP by December 7. Space is limited.
Ask the Nurse & Ask a Cardiology PA Programs
December 12 and 21, 11 am – 12 pm
Center Consultation Office
See details below.

Annual Holiday Luncheon
Thursday, December 14, 12-1 pm
The Center Café, no charge
The Annual Holiday Luncheon, catered by Lasse’s Restaurant & Caterers, will include stuffed chicken, mashed potatoes, green beans, and dessert. This event is sponsored by the Woodbridge Rotary Club. Space is limited. Please call The Center 203-389-3430 to register.

December Birthdays Celebration
Thursday, December 21, 12-1 pm
The Center Café
December birthdays will be celebrated during the regular lunch from 12-1 pm. Cupcakes or cake will be provided by Hamden Rehabilitation and Health Care Center. Future birthdays will be celebrated on the third Thursday of each month.

Tech Assistance
2:45-4:15 pm
Need help navigating your computer, laptop, tablet, or smart phone? Call to sign-up for a 1:1 session in The Center’s computer lab with patient, knowledgeable, Amity High School student volunteers. No charge.

REGULAR PROGRAMS EXERCISE
Not sure if a class is right for you? Try a complimentary class first!
Aerobics Class with Laura Richling
Tuesdays and Thursdays, 10-11 am
The Center café
Fee: \$3.00 payable at the start of each class
Come enjoy a complete cardio and

strength training workout to music. Bring your own 1- or 2-pound hand weights, if you have them, to use during the class.

Indoor Pickleball
Monday through Friday, 12:30-3:30 pm
Center Building Gymnasium
Annual fee: \$20 for residents, \$25 for non-residents
All levels are welcome. The annual fee includes seasonal outdoor play as well. Call for more information.

HOBBIES/SOCIAL Bridge
Wednesdays, 1-4 pm
The Center Café
Seasoned bridge players are welcome to play bridge every Wednesday in The Center Café. Please call The Center prior to first attendance.
Mahjongg
Mondays 12:30 – 2:30 pm
The Center Lounge
Seasoned Mahjongg players are invited to participate. Please call The Center prior to first attendance.

Painting for Pleasure Art Class with local artist Carole Abbate
Mondays, 10 am – 12 pm
The Center Cafe
Create paintings of your choice as Carole helps inspire beginners to intermediates to paint with acrylics or watercolors. Bring in a picture or a photo for inspiration. No experience is necessary. Call to sign-up for this 6-week, \$36 class. Sessions run concurrently with classes prorated if applicable. Join anytime. Please call to register.

Pinochle
Thursdays, 1:30-4 pm
The Center Lounge
Anyone interested in playing pinochle, or learning to play pinochle,
See “Woodbridge Center” On Page 16

2023 WOODBRIDGE MUNICIPAL ELECTION RESULTS

First Selectman	VOTES	VOTES %
Mica Cardozo	1,926	58.03%
Marty Halprin	1,393	41.97%

BOARD OF SELECTMEN	VOTES	VOTES %
Steve Munno	1,791	18.53%
Sheila McCreven	1,788	18.50%
Maria Madonick	1,811	18.74%
Javier Aviles	1,370	14.18%
Andrea Urbano	1,483	15.35%
David Vogel	1,421	14.70%

BOARD OF EDUCATION	VOTES	VOTES %
Steven Lawrence	1,777	27.52%
Erin Williamson	1,761	27.27%
Lynn Piascyk	1,576	24.41%
Jeff Hughes	1,343	20.80%

BOARD OF ASSESSMENT APPEALS	VOTES	VOTES %
Jeffrey Ginzberg	1,917	59.20%
Annitta L. Ingraham	1,321	40.80%

ZONING BOARD OF APPEALS	VOTES	VOTES %
Shawn Flynn	1,831	28.64%
Kalman Watsky	1,802	28.18%
Cynthia Gibbons	1,388	21.71%
Clifford Lynch Jr.	1,373	21.47%

ZONING BOARD OF APPEALS ALTERNATE	VOTES	VOTES %
Lauren Francese	1,927	38.73%
Jaime Nichol	1,369	27.52%
Christopher Dickerson	1,679	33.75%

REGIONAL BOARD OF EDUCATION	VOTES	VOTES %
Patrick Reed	1,885	29.23%
Sudir Karunakaran	1,846	28.63%
Bruce A. Marien	1,381	21.42%
Daniel Del Prete	1,336	20.72%



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EDUCATION



(Left to right): Lorena Garay, Smith Mowry, Chase Hughes, Benjamin Kandil, Gavin Bergeron, Aiden Caselli, Samy Zaka, Matthew Walther, and Mason Washington

Hispanic Heritage Month Celevbrated

With the generous support of the Jamie A. Hulley Arts Foundation (jamiehulleyartsfund.org), 7th grade students at AMSB participated in an interactive musical demonstration by Lorena Garay (lorenagaray.com), on Friday, October 6, 2023. Lorena, an accomplished musician and Spanish guitarist from Puerto Rico shared her musical talents with the students while educating them on the different musical genres and regional instruments from Central & South America, the Spanish Caribbean, the Andres, Mexico, and Spain. Students were invited to play along with Lorena and wear tra-

ditional hats from each of the twelve regions/countries she teaches about! This interactive experience was a part of the school's recognition of Hispanic Heritage Month, an annual month-long celebration from September 15 to October 15. This celebration honors the contributions and influences of Hispanic Americans to the history, culture, and achievements of the United States. Teresa Garrity and Jennifer Blais, 7th grade Spanish teachers at AMSB, shared this experience with their students during their Spanish classes. It was a fun and immersive day!

STUDENT NEWS

Achievements
Francis Origanti Initiated Into The Honor Society of Phi Kappa Phi
Baton Rouge, LA - Francis Origanti, of Woodbridge, CT, was recently initiated into The Honor Society of Phi Kappa Phi, the nation's oldest and most selective all-discipline collegiate honor society. Origanti was initiated at Sacred Heart University.

Membership is by invitation only and requires nomination and approval by a chapter. Only the top 10 percent of seniors and 7.5 percent of juniors are eligible for membership. Graduate students in the top 10 percent of the number of candidates for graduate degrees may also qualify, as do faculty, professional staff and alumni who have achieved scholarly distinction.

CLUBS & ORGANIZATIONS

Dog Park to Host Yale Canine Cognition Center Presentation

Directors of the Woodbridge Dog Park Cooperative (WDPC) announced the plan for a presentation by the Yale Canine Cognition Center at the WDPC Annual Meeting, scheduled for December 6. The presentation will be made by the Yale Canine Cognition Center's lab manager, Madeleine Meade; the center hosts research projects that aim to determine how pet dogs make decisions, solve problems, and perceive their environment, guardians, and strangers. A question-and-answer session will follow Meade's presentation. The WDPC Annual Meeting will be held December 6 at 7:00 p.m. in the Woodbridge Center, on the lower level of the Center Building at 4 Meeting-house Lane – across the driveway from the Woodbridge Library. The business portion of the agenda will follow the canine cognition presentation. All WDPC members and friends are encouraged to attend. "It has quickly become something of a tradition for the dog park annual

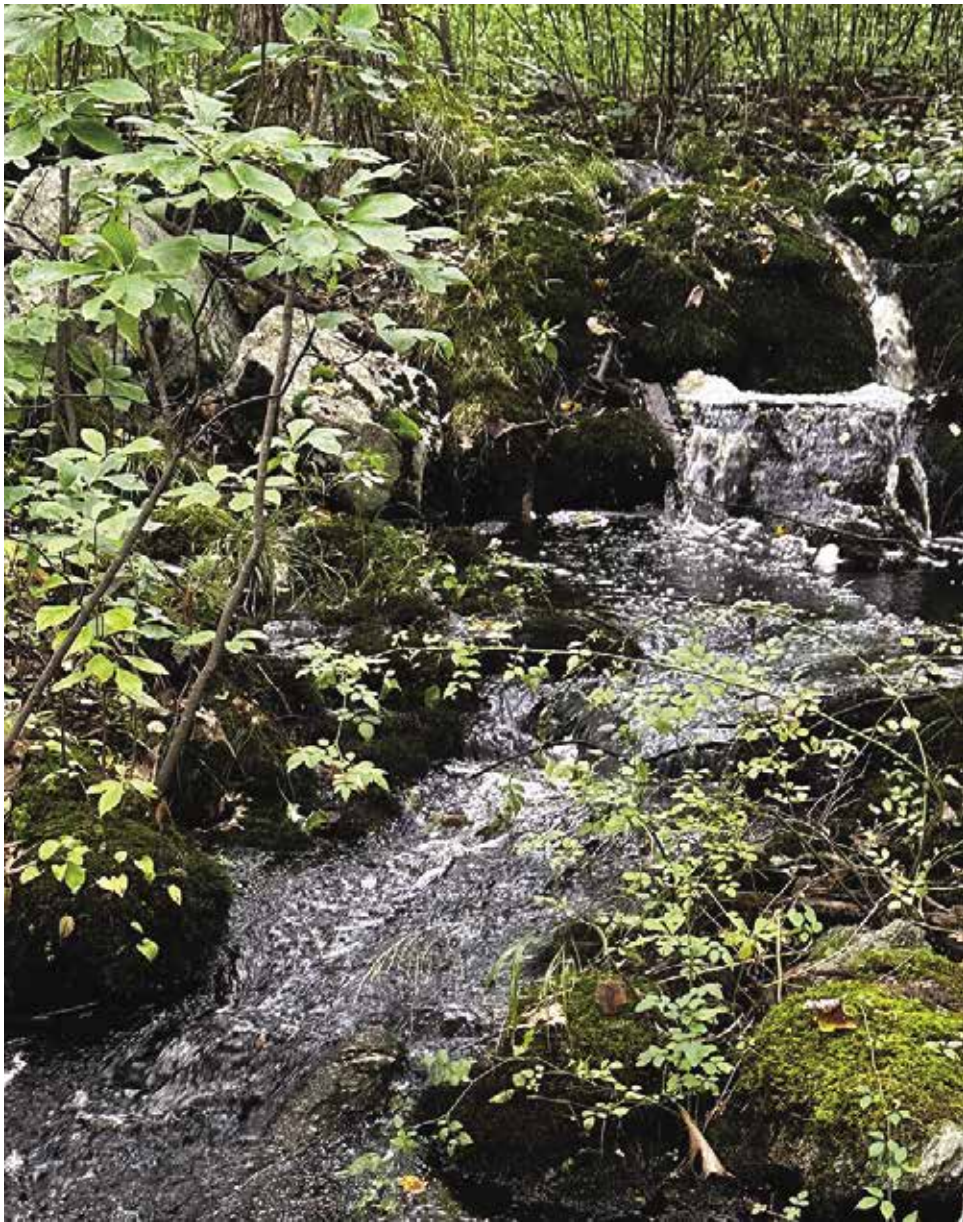
meeting to feature a presentation we think will be of special interest to dog owners and dog lovers, and this year's expert description of current canine cognition research is meant to be consistent with that custom," said Mary Beth Womer, WDPC board president. "We hope WDPC members and other friends of the dog park will attend the December 6 presentation and then stay to participate in the annual meeting." The WDPC is completing its fourth year of operations on the Fitzgerald Property near the center of town – on what's commonly referred to as 'the cornfield.' The WDPC has close to 100 member families and an active board of directors. It is a registered 501c3 entity; it has no opinion and takes no position whatsoever on political issues or candidates. Those who seek additional information about the WDPC are encouraged to visit its website at www.woodbridgedogpark.org or send an inquiry to woodbridgedogpark@gmail.com.

Boy Scout Troop 63 Annual Christmas Tree Sale

Boy Scout Troop 63 will be holding its annual Christmas Tree Sale. For over 50 years, Troop 63 has been selling trees, wreaths, kissing balls and other fresh holiday decorations. The sale will be located behind the Public Library in Woodbridge on Center Road. The troop will sell fresh balsam pine trees beginning Friday, November 24. The sales will start on the 24th from 9AM until 8PM and then will be open on the following schedule though Christmas Eve, while supplies last: Wednesday through Friday from 4-8PM; Saturday and Sunday from 9AM-8PM; and closed on Monday and Tuesday. Free delivery will be available on Friday, Saturday, and Sunday during the sales. Various size trees, ranging from 5' to 13', and prices are available to meet your needs and include limited free local delivery. 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 the

boys in Woodbridge, Bethany, Orange and surrounding communities. Known as an "outdoor troop," we are active all year. Our outings include camping, hiking, backpacking, skiing, canoeing, and whitewater rafting, as well as cultural events such as visits to historical parks and monuments. We also plan and participate in many community events and service projects throughout the year, like the annual Scouting for Food drive that provides critical assistance to the Woodbridge Food Pantry. Join our adventure and see what scouting is all about. Weekly meetings are held in Woodbridge on Monday nights from 7-8:30 PM. We welcome boys who have completed the fifth grade, up to age 18. Prospective members and their parents are welcome to visit our meetings. For more information about the tree sales or questions about joining, please contact Troop 63 at troop63CT@gmail.com.





Bethany Land Trust Recipient of Land Acquisition Grant

The Bethany Land Trust has received a land acquisition grant of \$60,000 from the John T. and Jane A. Wiederhold Foundation to help acquire 89 Russell Road in Bethany. The 38.5-acre property includes woodland, rocky outcrops, and a rich woody marsh that protects songbirds, wildflowers, and other wildlife. It borders the Town of Bethany's Carrington Preserve and the Land Trust's Whispering Pines Preserve.

The Land Trust plans to construct hiking trails on the Russell Road property and connect them to adjacent open space parcels. The acquisition will further Bethany's open space goals and values, including scenic landscapes, wildlife habitat, recreation, and water quality.

The Land Trust is in the midst of raising an additional \$35,000 to complete the acquisition. With the grant funds and a sizeable pledge from a private donor, the Land Trust is close to being able to acquire 89 Russell Road.

The Bethany Land Trust has been engaged in a series of land preserva-

tion activities in recent years. In 2016, the 36.4-acre Woodward Nature Preserve was received as a subdivision set aside, followed by the purchases of the 25.2-acre Grobe Preserve in 2018 and the 6.9-acre Van Epps Preserve in 2020. In late 2022, the Land Trust received a donation of 47 acres of woodlands, streams, and historic features called Whispering Pines. In August 2023, the Land Trust acquired 20 acres from Connecticut Water, and in September 2023, it acquired another 16 acres from Cathy and Dan Van Epps.

In addition to its recent property acquisition activities, the Land Trust is dedicated to maintaining its preserves and easements. The exploits of its trail crew, "The Wild Bunch", were recognized in a short piece published in the July 2023 issue of Connecticut Magazine.

The Bethany Land Trust is a private, charitable, non-profit corporation dedicated to preserving natural lands. It now owns 30 properties totaling 437 acres and is steward to some 200 additional acres of easements.

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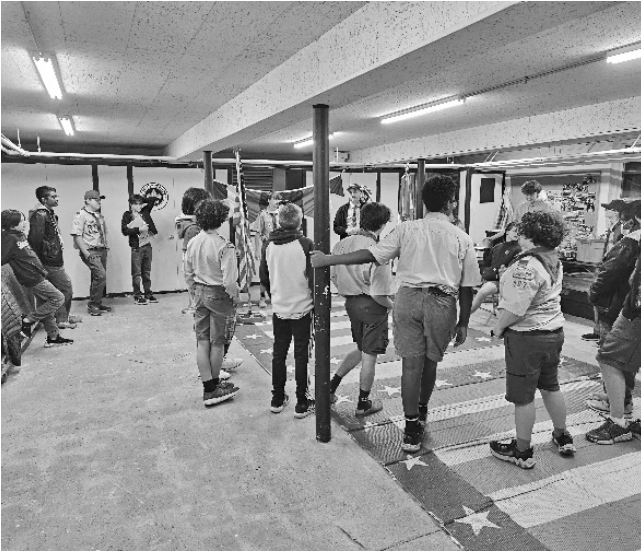
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HOUSES OF WORSHIP EVENTS



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. Kid's Church every Sunday morning at 10:10

Interim Minister

The Rev. Susan Murtha is the Interim Minister at FCCW and has made quite an impact. Plan a visit to see what is "happening." You can also read about her on our website. We are honored to have such an extraordinary individual here with us at First Church!

Kid's Church at First Church!

Families meet at the church at 10:00 and at 10:10 the children are walked over to the Parish House for Kid's Church by Forest Vandeflor, our project leader for children's ministries, along with an adult volunteer. This is a great time for the children while their parents are at the worship service! We've also added a fabulous new program: Picture the Bible that has already been a great success here at First Church!

Weekly Bible Study

Bible Study meets at the Parish House each Wednesday, 10:30 am. All are invited!

Boy Scout Troop 907

Woodbridge Scout Troop 907 is focused on having the younger scouts work on rank advancements, service projects, and having fun at camp. The older scouts had a blast at Camp Sikorsky in Stratford the weekend of September 22-24 learning and completing aviation related merit badge requirements. The troop's October adventure was hiking on the Appalachian Trail in Connecticut.

The troop also welcomed the addi-

tion of two new scouts from Florida. "This Troop is amazing!" said one of the new scouts. "The transition was smooth between the troops, and they welcomed us in easily." "We're having lots of fun, and we think that anyone who wants to join Boy Scouts will like this troop as much as we do."

The Troop has recently hiked through the upper portion of the treacherous Appalachian Trail of Connecticut into Massachusetts. Scouts climbed the highest peak in Connecticut through the pouring rain. Scouts then helped with the local food drive. They will have more amazing adventures ahead, but for now are looking forward to their Court of Honor.

Troop 907 scouts held their annual Thanksgiving Feast at Camp Whiting in Woodbridge on Saturday, November 11th. At this annual event the scouts cooked an entire Thanksgiving meal outdoors for families and friends and camped out afterwards. On the morning of November 11th, the troop assisted at the Our Lady of the Assumption Church's annual holiday bazaar. On Sunday afternoon, November 12, Troop 907 attended the annual Bobcat ceremony, also at Camp Whiting, for Pack 902 to welcome new scouts into the Pack.

In December, the Troop will be hosting a first of its kind pancake breakfast open to the community. It will be held the morning of December 9 from 9:00 to 11:00 AM in the First Church of Christ Parish Hall. Scouts will be serving pancakes, bacon, and sausage and will have orange juice and coffee available. All are welcome and this is a great time to meet the scouts over breakfast. Cost for adults is \$10 and children are \$5. After the breakfast, the troop will hold its Court of Honor at which Merit Badges and Rank Advancements will be awarded.

Troop 907 is a diverse youth-led troop with scouts from Woodbridge and area towns. It is chartered by the First Church and is active and vibrant. Always welcoming new scouts, feel free to stop by the usual troop meetings at the First Church Parish House, rear entrance, on Thursday evenings at 7:00 PM. Meet scoutmaster Tom Luciani, assistant scoutmasters, and youth leadership and learn about upcoming adventures. More at troop907.org.
Rich Forselius – Troop 907 Committee Chair/Chartered Organization Representative

Upcoming Events Valerie Tutson

Sunday November 19th @ Parish Hall, 5 Meetinghouse Lane, Woodbridge 1:30-3:00PM
Award-winning Storyteller Valerie Tutson is coming to Woodbridge. Join us in the Parish Hall for refreshments and an hour of spirited stories by Valerie Tutson.

Pancake Breakfast by Troop 907

December 9th 9:00-11:00AM @ Parish Hall, 5 Meetinghouse Lane
Troop 907 is hosting a pancake breakfast for the community. \$10 for adults \$5 for children.

Holiday Family Fun

December 16th 10:00- 11:30AM @ Parish Hall, 5 Meetinghouse Lane
Cookie decorating, ornament making, all family sing-along with Christina. Check around the Parish House for more updates closer to the date!

Drive Through Home Goods Drive

December 16th 10:00-11:30AM @ Parish Hall, 5 Meetinghouse Lane
Bring soap, detergent, toiletries.

Things that food banks need but aren't often donated. Drive through our area for drop off with a volunteer.

IRIS Furniture Collection

IRIS is collecting furniture to help furnish 40 apartments in the metropolitan area. If you have: Tall Dressers, Sofa, Rugs, Full dish Sets, Dining Room Tables+ Chairs, End Tables, Pots, Pans or glasses to donate contact the Office.

Zoom Option

The option to attend Sunday Service via Zoom continues to be available. 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.

**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 8:30 a.m. to 3:00 p.m. Monday, Wednesday and Friday.

Join the FCCW Choir!

New members are always welcome. Join us for rehearsals each Tuesday at 6:30 p.m.

For More Information

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

“I love Thanksgiving because it’s a holiday that is centered around food and family, two things that are of utmost importance to me.” — MARCUS SAMUELSSON

HOUSES OF WORSHIP EVENTS

Congregation Beth El – Keser Israel Events

Fair Trade Hanukkah Gelt

As part of the congregation’s continued commitment to ethically-sourced products, all chocolate served at BEKI carries certification that it has been screened against child slavery. For the 5th year, BEKI is bulk ordering fair trade chocolate Hanukkah candy coins, either milk or dark chocolate. Orders are due by November 19. For more information, email office@beki.org or call 203.389.2108 x 114.

Book & Gift Sale

On Sunday, December 3, the Sisterhood Giftshop will host its annual Hanukkah book and gift sale. Also that day, artist Joel Silverstein will talk about his book, *The Brighton Beach Bible*, an autobiographical narrative based on the Exodus story, and will sign copies. Refreshments will be served. Details at beki.org.

Menorah Lighting

The community is welcome to help light the BEKI Hanukkah menorah each evening before the quick maariv service, starting Thursday, December 7. Details at beki.org.

Hanukkah Learning

The Shabbat Schmooze on Saturday, December 9 is “Judith and Hanukkah.” Max DuBoff, a member of BEKI’s ritual committee and a PhD candidate in Classics and Philosophy at Yale University, will lead a study of excerpts from the Book of Judith, plus Judith’s reception by medieval commentators and Jewish feminists.

Designer Selected

Amy Reichert, an award-winning Judaica designer, architect, and exhibition designer, has been selected to design the new Torah ark for BEKI’s sanctuary.



A graduate of Yale University with both a B.A. and M.Arch, Reichert has designed visual elements for numerous synagogues. Her work has been displayed at the Jewish Museum in New York City, the Yale University Art Gallery, the Jewish Museum in Vienna, and the San Francisco Contemporary Jewish Museum. The new Torah ark is part of BEKI’s sanctuary redesign by architect Michael Goldblum of Building Studio Architects.

Children’s Programs

Children’s Havura, K-2 Kehila, and Junior Congregation, all led by parent or grandparent volunteers, meet each Saturday. For more information, consult Education Director Annie Norman-Schiff at anormanschiff@beki.org.

Youth Groups

The USY group for students in grades 7 through 12, led by co-presidents Miranda Hurwitz, Miles Katz, and Daniel Manning, all seniors at Amity High School, will hold a Hanukkah gathering December 2.

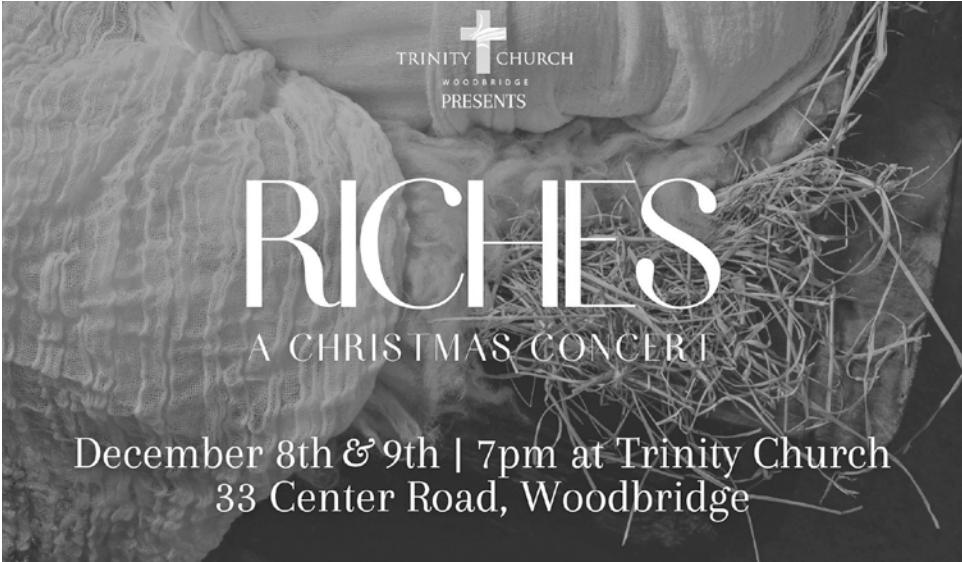
BEKI’s Kadima youth group, for students in grades 4 through 8, will have a Hanukkah Party on December 9. Contact anormanschiff@beki.org for information about time and location.

Teen Keshet, a learning program for 7th to 12th graders on alternating Wednesday evenings, offers another chance for teens to connect. They explore Jewish texts and ideas that respond to their own questions and interests. A favorite topic last year was demons and the supernatural in Judaism. This group is led by Education Director Annie Norman-Schiff and Rabbi Eric Woodward.

Study with the Rabbi

Rabbi Eric Woodward leads a discussion of the weekly Torah portion on Thursdays. Talmud class meets Sunday, November 19 and other select Sundays. Details at beki.org.

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



Trinity Church Choir Presents “Riches”

Trinity Church invites you to experience “Riches,” a concert by the Trinity Church Choir and Worship Band, with an orchestra and soloists, sharing a message that focuses on the birth of Jesus. Also join us for a dessert reception afterwards.

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Woodbridge Town News

ATTENTION CHURCHES, SYNAGOGUES, AND HOUSES OF WORSHIP!

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

Woodbridge Town News – P.O. Box 1126, Orange, CT 06477
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“Woodbridge Center” From Page 10

is invited to join the pinochle group on Thursdays from 1:30-4 pm in the Center Lounge. Please call The Center prior to first attendance.

Stitch Craft

Tuesdays and Thursdays,
10 am - 12 pm

The Center Lounge

Bring your current knitting, crocheting, needlepoint, or other craft project to work on while having an enjoyable time socializing.

SERVICES OFFERED

Ask the Nurse Program with OVNA

Second Tuesday of the month, 11 am - 12 pm

The Center Consultation Office in The Center Café

A registered nurse from Orange Visiting Nurse Association (OVNA) will be available to monitor your blood pressure, check your weight, and answer questions to help guide your health and wellness during the second Tuesday of each month.

Ask a Cardiology PA (Physician’s Assistant) Program with Becket Greten-Harrison

Fourth Thursday of the month, 11 am - 12 pm

The Center Consultation Office in The Center Café

Becket Greten-Harrison, PA and founder of Hearts at Home, will be available during the 4th Thursday of each month to help answer questions and concerns about your health, check vital signs, including blood pressure, and perform a brief exam upon request. EKG monitoring is also available. Consultations are private, informal, and strictly confidential. No notes or other personal information will be saved.

Computer Lab

Computers and laptops are located in room 11 of the Center Building Human Services corridor, which is open Monday through Friday, 10 am - 2 pm.

Printing is available (first 5 pages free).

Transportation

(Woodbridge residents only)

Those 60 years of age and older, or who are temporarily or permanently disabled, may call to arrange car or wheelchair accessible van transportation to medical appointments to 17 surrounding towns, local grocery shopping, banking, pharmacy pick-up, and social engagements. This service is provided Monday - Friday from 9:00 am - 4:00 pm based on availability. Appointments may be made up to three months in advance. Vehicles are cleaned between each use.

Delivered Meals

(Woodbridge residents only)

Healthy, well balanced, flash frozen meals for \$5.25/meal are available for delivery. Order by noon on Monday for delivery to your home during the same week. Choose from a wide variety of options including lasagna, vegetable and cheese frittata, crab stuffed tilapia, and turkey pot pie. Meals include a roll, fresh fruit, and dessert. Two meal minimum order with a ten-meal limit. See The Center’s page on the Town website for a complete list of offerings. A wide variety of frozen soups are also available for \$1.50 per 10 oz. container.

Friendly Visitor Program

(Woodbridge residents only)

Call the Human Services Social Worker at 203-389-3429 to arrange for a friendly visitor.

Medical Loan Closet

(Woodbridge residents only)

Durable medical equipment, including walkers, wheelchairs, knee rollers, shower chairs, and more, is available for lending. Donations of transport chairs are needed. Call for details.

Job Bank

(Woodbridge residents only)

Residents may call Nancy Pfund, Youth Services Director, at 203-389-3429, to hire a student worker. Schedule now for fall clean-up, party assistance, baby-sitting, and more.

HEALTH & FITNESS

Am I Tripping, Losing Balance, Getting Older or Just Clumsy?

By MICHAEL DOW
MSPT AND CEO/CLINICAL DIRECTOR

Balance issues can be a tricky thing to self-assess, until there is a fall that causes injury, or unfortunately more serious conditions such as fractures of ankle or hips. Balance issues can affect all ages, and often gets ignored in the elderly or just attributed to getting older. There are several different systems that play significant roles, and knowing which one is the culprit (or culprits) will directly lead to the appropriate intervention.

Balance and coordination are complex and often involve the intertwining of several systems. The three major ones are vision, vestibular, and proprioception. For the purposes of this article, I'd like to discuss the two systems that we often see in physical therapy and are most likely to affect balance, even in the healthy individual.

The first system is called the vestibular system, and is comprised of three small bones in the inner ear named ossicles. These bones, like most in our body, can become degenerative or get out of alignment. The resulting interruption in feedback loops from the ossicles can lead to vertigo, loss of balance, dizziness, loss of neck rotation and headache. Oftentimes these symptoms may require evaluation from an ear nose and throat specialist. In the case of vertigo from ossicle alignment, our physical therapists administer an advanced technique called the Epley’s maneuver in the office to help realign the ossicles to stop the vertigo symptoms. Usually, this technique is followed with other manual therapy to restore the likely precipitated loss of neck rotation. There are studies that have directly linked patients who suffer with vertigo with a loss of neck rotation, suggesting that the loss of rotation may actually increase likelihood of developing vertigo.

The other system that affects balance is the most common one addressed in physical therapy, called proprioception. There are receptor cells in our joints and muscles that tell our brain instinctively where our body is in space. This feedback loop is developed by our general movements. In instances where movement is impaired (acute swelling, immobilization from a cast, pain, spinal tightness, postural changes from aging), this information is fragmented and can alter balance. In the elderly, postural changes in the spine cause a flexed position with a loss of rotation, along with hip and lower extremity tightness. The lack of flexibility does not feed the system the appropriate feedback so when the person rotates too far, they can be at



Michael Dow

ta much higher risk of fall. Generally, restoring rotation in the neck, spine, and hips can greatly help increase stability and reduce risk of fall.

Proprioception problems are not limited to the elderly. When athletes get hurt and have a period of immobilization (like a surgical recovery or use of a cast and crutches), the affective area does not move throughout the normal range of motion. Thus, the receptors become inhibited from providing the same proprioceptive feedback to the brain to interpret. Physical therapists spend much of the treatment sessions performing joint mobilization techniques, flexibility and balance-oriented exercises that not only increase range of motion, but directly increase proprioception. Restoration of movement is also necessary to increase muscular strength. You have to have motion available to use it. The further a muscle is elongated, the more potential force it can produce.

It is important to recognize that balance issues are not exclusive to just getting older and should not be overlooked. Recognizing which systems are compromised is the first step in helping reduce balance issues. Should you experience any balance related symptoms, it is advisable to seek the opinion of your primary care physician, ENT specialist, or local physical therapist.

Michael Dow MSPT, and CEO/Clinical Director of Amity Physical Therapy, founded the practice 18 years ago, and now has five offices in Woodbridge, Hamden, Branford, Milford and Wallingford. He received his degree from Sacred Heart University and is recognized by the U.S. Dep’t. of Health and Human Services for his work with the national Multiple Sclerosis Society. He works with patients of all ages, pediatrics to geriatrics, as well as local high school and college athletes. Michael can be reached at 203-389-4593 or visit amitypt.com.

Woodbridge Ad-Hoc Sustainability Committee

We have been appointed by the Board of Selectmen to bring more GREEN initiatives to the town. Join us on November 29 in the town hall to find out what’s cooking! GREEN TIP: Got leftover pumpkins?? Donate pumpkins to a neighbor raising chickens or find a neighbor on Woodbridge Buy Nothing Facebook page. Got leftover candy?? Donate them to Beecher

Road School or the local dentists who ship the candy to overseas military. If you’re feeling ambitious, freeze them to use in holiday cooking. Done with your costumes? Bring them to Beecher Road School to be donated to the Green Team. They collect costumes year-round and resell them for \$5 each to raise money for green efforts around the school.

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A Guide to Dining Out as a Family

Families enjoy meals out at restaurants in celebration of various milestones, including birthdays, retirements, holidays, and other special occasions. Sometimes families choose to dine out for no specific reason other than to enjoy a change of pace and scenery.

Restaurant dining has increased in recent years and in some areas has reached or even eclipsed pre-pandemic levels. According to Statistics Canada, in the first quarter of 2023, Canadians spent 39 percent of their food budgets at restaurants. A report from Nielsen indicated the total amount of money spent on food away from home in the United States has risen 94 percent since 2003.

When planning meals out with family members, these guidelines can make the process go smoothly and make for an enjoyable night.

Prioritize Proximity

When looking for a restaurant for a family dinner, take convenience into consideration. Try to choose a restaurant that is close to everyone's home. If that is not possible, solicit recommen-

dations from all who plan to attend.

Keep Cost in Consideration

While some family members will not bat an eye at menu prices, others may have to be more discretionary with their spending. Putting out feelers to see what everyone feels comfortable spending might be a good idea. Then select a restaurant that fits those needs. Some restaurants will work with larger parties and put together a limited price-fixed menu, which can ensure no one is surprised when the bill arrives.

Check for Food Allergies/Restrictions

Nowadays it is essential to be mindful of people's diets, including foods that they may have to avoid. Individuals will want to alert the restaurant staff of any special needs well in advance to ensure their needs are accommodated.

Bring Cash Along

If one person in the family is covering the tab, then payment method may



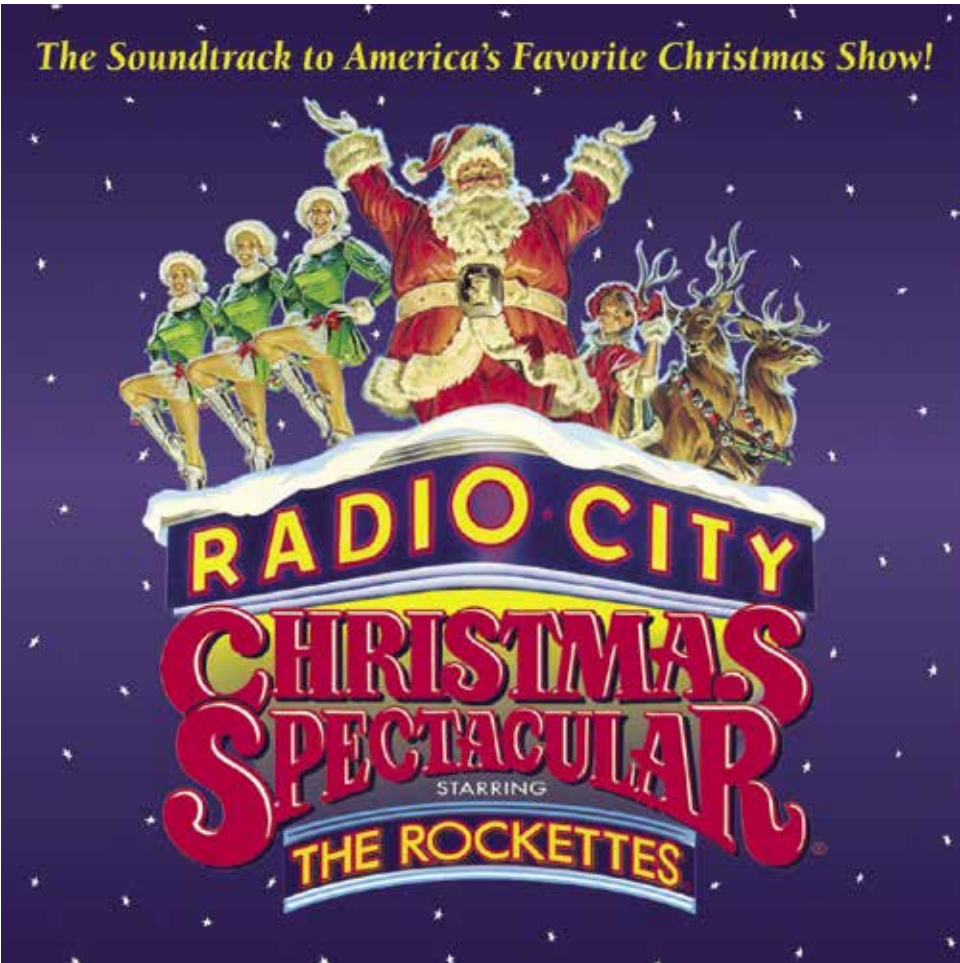
not matter. However, if a few different people are contributing to the bill, it may be easiest to have everyone bring cash so that the money can be divided easily. However, money sharing apps like Zelle, Paypal or Venmo may enable those who do not want to use cash to simply send funds to another person so that this individual will pay the bill.

Avoid Peak Hours

Book a reservation before peak hours so everyone can relax and take their time. Also, choosing a day of the week other than Friday, Saturday or Sunday also may mean smaller crowds and less wait time to receive food.

Dining out with family can be an enjoyable way to spend time together.

Recreation News



Radio City Christmas Spectacular Bus Trip

Join the Woodbridge Recreation Department on Sunday, November 19 for a fun filled day in New York City!

- › Bus leaves at 8:00 am at 11 Meetinghouse Lane in Woodbridge;
- › Arrives in New York at 9:30 am (Shop/Lunch on your own);
- › Show is 2:00pm (Start lining up at 1:30pm);
- › Leave New York From Radio City directly after the show at 4:00pm;
- › Arrive in Woodbridge at approximately 5:30pm;
- › \$150 per person, Includes ticket to the show and transportation;
- › Gratuity not included;

For information on how to register, please call the Recreation Office at 203-389-3446 or visit <https://secure.rec1.com/CT/woodbridge-ct/catalog>.

Winter Youth Programs

Registration for winter programs is currently in progress. Most winter programs begin on December 11. Programs include Bowling, Indoor Tennis, Taekwondo, Kumon, Cooking, Basketball, Little Scientists, Indoor Soccer, Chess, & Gymnastics. Check our registration website for a complete listing <https://secure.rec1.com/CT/>

[woodbridge-ct/catalog](https://secure.rec1.com/CT/woodbridge-ct/catalog) or register in person at our office location in the lower level of Town Hall 8:30 am to 4:30 pm Monday through Friday.

Youth Basketball Leagues

There is still time to register for youth winter basketball night leagues! Tuesday Night Classic League begins on November 28, Thursday Night Junior High League begins on November 30 and Friday Night Girls Clinic begins on December 1. Limited spots remain. Register online at <https://secure.rec1.com/CT/woodbridge-ct/catalog> or call the Rec Office for more details.

Summer Concert Performers Wanted

Summer Concert Performers—Musical acts interested in performing for the 2024 concert series, please contact the Recreation Department Office in December and January. New acts interested please send a website link to the Woodbridge Recreation Department at recreation@woodbridgect.org. Previous applied acts can just send an email to reactivate your application. If anyone would like to recommend an act for the summer concert series, please contact the Recreation Dept. at 203-389-3446, or email us.



Youth Services

BY NANCY PFUND



Teens compete in Donut Eating Contest at Halloween Spooktacular [Photo Credit: Melanie Rish]

Halloween Spooktacular

Eighty local seventh and eighth graders had a blast at the Youth Services Halloween Spooktacular last month. Teens enjoyed a mummy wrap, donut-eating contests, music by our DJ, games, pizza, a costume contest, and a raffle. Youth Services wishes to thank all our students, staff, volunteers, students who made this such a success.

Holiday Cookie Decorating and Craft

For Amity Middle School Students: Winter is approaching, so join us to get into the spirit on Friday, December 9, from 2:30 to 4:00 in the AMSB West Cafeteria. Use your creative flow as you decorate yummy cookies, listen to music, and make a fun winter craft. Fee is \$5.00 and includes donuts and hot chocolate. Call now to sign up. 203-389-3429. Permission form and advance payment required.

Home Alone Class – New Dates

A two-day class for youth, ages 9-12, will be held on Thursdays, December 14 & Friday, December 15 from 4:00-5:00 pm in Room 16 in the Woodbridge Center Building at 4 Meetinghouse Lane. Students learn about answering the door and phone, emergencies, calling 911, healthy snacks, and internet safety. Snacks and materials are provided. Advance payment of \$15 for residents (\$20 for non-residents) and permission form will reserve your spot. Sibling discount offered. Call to sign up early as space is limited.

Toys 4 Kids

Collection boxes for the Toys 4 Kids program, which serves local families, will be located in the Woodbridge Library and in the Woodbridge Center Building beside the gym at 4 Meetinghouse Lane. Please be generous to allow all children to enjoy the spirit of the holiday season. Toys due by December 7.

Families in need may apply through TEAM's website: <https://teaminc.org/toys4kids/>. The deadline for applications is December 8.

Helping the Homeless

Families may participate by making individual "We Care" Bags for New

Reach Foundation in New Haven. Fill 1-Gallon resealable bags with items for the homeless which may include new socks, gloves, hats, underwear, protein bars, fruit cups, small toiletries, hygiene items, and \$5 gift cards for Dunkin, Starbucks, Subway, etc. A note or card with a positive message may be included. Larger items like new pillows, blankets, and family size toiletries and cleaners will also be accepted for the shelters. Drop off day is Wednesday, December 6th from 2:15 to 4:15 or call Youth Services for other available times. Community Service hours will be approved for the hours worked. Call 203-389-3464 for information.

Job Bank Seeks Woodbridge and Bethany Teens Who Want Work

The Job Bank guides teens ages 13-18 as they apply, interview, and earn money doing odd jobs for Woodbridge residents. Teens are needed now, especially for raking and yard work. Contact the Job Bank to schedule your interview. Other jobs include babysitting, housework, animal care, tutoring and tech assistance.

Teens Need Jobs

Woodbridge residents who wish to hire someone for odd jobs like raking, babysitting, yard cleanup, snow shoveling, moving boxes, etc. Save your energy and keep teens working to gain experience. Call 203-389-3429 for more information.

Woodbridge Youth Advisory Board

Woodbridge Youth Services seeks Woodbridge parents to join its Advisory Board which meets five times per year (September through May). Representation from our diverse population is encouraged. Contact Nancy Pfund at 203-389-3429 for more information.

Call 203-389-3429 or email npfund@woodbridgect.org for information or to sign up for programs. Sign up for Youth Services Notifications: <https://www.woodbridgect.org/list.aspx>. See Youth Services' Website: <https://www.woodbridgect.org/160/Youth-Services>. Follow us on Facebook: <https://www.facebook.com/WoodbridgeYouthServices.CT>

HUMAN SERVICES



Top Left: Pharmacist Will Zaleha, owner of Valley Pharmacy in Derby, looks up insurance information during the October 30th vaccine clinic hosted by Woodbridge Human Services. **Top Right:** Many thanks to Bailey, Moore, Glazer, Schaefer, and Proto, LLP of Woodbridge for their generous annual donation to assist the Woodbridge Rotary Club and Woodbridge Human Services coordination of the Thanksgiving pie and gift card program. From left Frank Proto and Vincent DeRobertis, principals with the Certified Public Accountant firm, help show the donation. **Bottom:** Boy Scouts of America Troops 63, 907, and 410 of Woodbridge stand in front of some of the 3,500 pounds of food they collected around the town for the Woodbridge Human Services Food Bank.

Medicare Open Enrollment and CHOICES counseling available

CHOICES (Connecticut's program for Health insurance assistance, Outreach, Information and referral, Counseling, Eligibility Screening) open enrollment runs now through December 7th. Medicare health plans and prescription drug plans can make changes each year to cost, coverage providers, and pharmacies. During open enrollment you can review and make changes to your plan. Don't get caught with late enrollment penalties. Take time to review your current coverage and compare your options. Before making decisions learn as much as you can about the types of coverage available to you. You can make an appointment with a certified CHOICES counselor at Woodbridge Human Services. Call 203-389-3429 to make an appointment.

Food Pantry

Residents in need may call for access to non-perishable food each month. If other families are interested in donating, the food pantry needs

dish soap, cleaning products, laundry soap, peanut butter and jams/jellies, coffee (both ground and instant), shelf stable milk, canola and olive oil, condiments-especially ketchup, canned chicken, oatmeal, pasta sauce, snack foods, canned fruit, and personal hygiene products such as deodorant, toothpaste, razors, and shampoo.

Energy Assistance Program

Qualifying residents may schedule an appointment to apply for the 2023 - 2024 CT Energy Assistance Program administered by TEAM, INC. For more information regarding this program, please call Judi Young at 203-389-3429.

Bloomin' For Good, a Stop & Shop Program

The Human Services Adopt-A-Family program has been selected by the Store Leadership Team at Stop & Shop to benefit from the Bloomin' 4 Good Program. The Resident Assistance Fund will receive \$1 from every specially marked \$10.99 Bloomin' 4 Good bouquet sold during the month

of November from the Stop \$ Shop in Seymour. It's a great time to buy flowers and benefit a great cause too!

Adopt-A-Family and Resident Assistance Fund

There's still time to adopt a local family for the Holiday Basket Program. This program provides food baskets for the December holidays to Woodbridge families in need. Distribution of the baskets will take place in early December. Please contact Human Services to participate in the adopt-a-family program or, if you would like to contribute to the Resident Assistance Fund (RAF), please call Human Services to donate gift cards or monetary contributions. Year-round donations to the RAF are welcome at any time.

Vaccines

Through five vaccine clinics in partnership with Orange VNA, Griffin Health, and Valley Pharmacy, Woodbridge Human Services delivered close to 500 vaccines this fall. These included both regular and high dose flu, COVID-19 boosters (both Moderna and Pfizer), RSV, Prevnar-20 (for

pneumonia), and Shingrix (for Shingles). Human Services will hold one more vaccine clinic on January 19 to assist those who received their first shingles vaccine with their necessary secondary vaccine.

Scouting For Food

Recently, Boy Scouts of America Troops 63, 907, and 410 of Woodbridge successfully completed their annual Scouting for Food drive to benefit the Woodbridge Food Pantry. Thanks for all their efforts to plan and execute a remarkable food drive. Special thanks go out to Scout Master Bill Nardini and Aron and Ben Smith for their wonderful organizing of this event. We have VERY generous Woodbridge residents who donated over 3,500 pounds of food to help their neighbors this winter.

Massaro Farm

The Human Services Department would like to extend gratitude to The Massaro Farm for its efforts to provide farm shares to 17 Woodbridge families/seniors who might otherwise not have access to fresh vegetables.



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