BLUE HILLS FIRE DEPARTMENT ANNOUNCES PROMOTIONS

By Ariel Marzouca-Jaunai
Fire Commission Chair

On behalf of the Board of Fire Commissioners, Chief Willie Jones and Fire Marshal Jim Simone, we are delighted to announce the promotion of our firefighters, in addition to the certification of those firefighters who have succeeded in passing their Firefighting courses from the Blue Hills Fire Department.

CONGRATULATIONS! JOB WELL DONE! WE ARE PROUD!
- Acting Captain Vinnie Serignese promoted to Captain.
- Acting Lieutenant Kevin Harrell promoted to Lieutenant.
- Assistant Fire Marshal Rapheal Lawrence promoted to Deputy Fire Marshal

We are confident that they will continue to excel in their new role, and we look forward to their continuous support and their impact on the Blue Hills Fire District.

An official promotional ceremony will be coming soon!

Firefighters who have succeeded in passing their firefighting course.
Jason Bent – Firefighter 2

Rapheal Lawrence
Deputy Fire Marshal

Robert Shuler
Assistant Chief

Vincent Jaunai
Deputy Chief

Ted McGhie
Captain

Bryana Wilson
Joshua Hall II

The Richard 'Dik' Days Scholarship Committee is announcing that Bryana Wilson and Joshua Hall are the winners of the 2024 Richard 'Dik' Days Scholarship. Both students are highly motivated and have strong ties within our community. They each will receive a $2,000 scholarship.

Bryana Wilson is a Bloomfield native and graduating senior from Hartford Magnet Trinity College Academy. She is actively involved in numerous school and community activities. She is an AP Scholar and Wesleyan

See WARHAWKS page 7

See SCHOLARSHIP page 7

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- Frances G.
want your investments to be working hard for you, so you’ll need to check on their performance periodically — but be careful about how you evaluate results. Don’t compare your portfolio’s results against those of a market index, such as the S&P 500, which tracks the stock performance of 500 large U.S. companies listed on American stock exchanges. This comparison may not be particularly valid because your own portfolio ideally should include a range of investments, including U.S. and foreign stocks, corporate and government bonds, certificates of deposit (CDs) and other securities. So, instead of checking your progress against a market index, use benchmarks meaningful to your individual situation, such as whether your portfolio is showing enough growth potential based on a compounding rate of return to keep you moving toward a comfortable retirement and other long-term goals.

Invest with a purpose. When you work intensely at something, it’s usually because you have a definite result in mind. And this sense of purpose applies to investing, too. If you buy a stock here, and another one there, based on “hot” tips you might have seen on television or the internet, you may end up with a jumbled sort of portfolio that doesn’t really reflect your needs. Instead, try to follow a long-term investment strategy based on your financial goals, risk tolerance, asset accumulation needs, liquidity and time horizon, always with an eye toward where you want to go in life.

Be strategic with your investments. Over the years, you will likely have a variety of competing financial goals — and you’ll want your investment portfolio working to help achieve all of them. That means, though, that you’ll likely need to match certain investments with specific goals. For example, when you contribute to an IRA and a 401(k) or similar plan, you’re putting away money for retirement. But if you want to help your children go to college or receive some other type of post-secondary education or training, you might want to save in a 529 education savings plan, which allows tax-free withdrawals for qualified education expenses. Or, if you want to save for a short-term goal, such as a wedding or a long vacation, you might choose an investment that offers significant protection of principal, so the money will be available when you need it.

So, be diligent about your investment strategy, monitor it regularly and make those moves appropriate for your situation. By doing so, you can’t necessarily guarantee a long day at the beach, but you’ll have a good chance of enjoying a sunny outlook.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Edward Jones, Member SIPC.
Windsor Federal Bank announces promotions

In this meeting, Luke Kettles proudly announced the promotions of seven individuals:

• Lauren Murphy has been promoted to Senior Executive Vice President, Chief Financial Officer & Credit Risk Officer

Windsor Federal Bank, headquartered in Windsor, announced this week the promotions of team members across the organization at a recent all-employee meeting.

“It was an honor and a joy to gather together in celebration of the many accomplishments of our team members,” said President Luke Kettles. “Windsor Federal Bank has made great strides in its evolution and that is due to the collective efforts of our dedicated community bankers. I am looking forward to the exciting things to come for our Bank and our communities over the next year.”

In this meeting, Luke Kettles proudly announced the promotions of seven individuals:

• Lauren Murphy has been promoted to Senior Executive Vice President, Chief Financial Officer & Credit Risk Officer
• David DiPierro has been promoted to First Vice President, Compliance Officer
• Anthony Hernandez has been promoted to Assistant Vice President, Portfolio Manager
• Zach Ramalho has been promoted to Assistant Vice President, Branch Officer
• Hannah Muska has been promoted to Assistant Branch Manager, Officer
• Tricia Goodwin has been promoted to Credit Admin Specialist
• Sergio Salvador Viveros has been promoted to Credit Analyst II

Additionally, Mr. Kettles presented the first President’s Award to Joanna Gould, Assistant Vice President, Systems Officer, in recognition of her career achievements as well as her dedication to serving our community through volunteerism and leadership.

Mr. Kettles also honored Mary-Lynn Kinney, Senior Executive Vice President and Chief Operating Officer, with a Lifetime Achievement Award. The Bank’s longest-tenured executive, Ms. Kinney has had an illustrious career. Her valuable contributions over the years have transcended the Bank and have made a lasting impact on the Banking industry as well as the organizations and communities which she has served.

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Experience Juneteenth at Windsor Historical Society!
Celebrate Juneteenth this year like never before. Gather around the fire on grounds once walked by Windsor’s enslaved people to share in the dramatic reading of James Mars’ personal account of his life in 19th-century Connecticut. Join us on Wednesday, June 19, from 7:30 to 9:30 PM outdoors at Windsor Historical Society for Written By Himself: The Life of James Mars, A Slave Born and Sold in Connecticut.

Firelight, the place of storytelling in traditional African communities, is the setting for this powerful experience. James Mars, a Black man born into slavery in 1790, gained his freedom and went on to become an activist and publish a narrative account of his life. Read the words or just listen to this audience-led reading of his personal narrative and share in an understanding of Juneteenth’s meaning to those enslaved in early Connecticut. Admission is free; however, registration is encouraged at 860-688-3813 or info@windsorhistoricalsociety.org. Rain date: June 20.

Visit WHS on the web at windsorhistoricalsociety.org
Adresse: 96 Palisado Avenue, Windsor, Connecticut 06095
Phone: (860) 688-3813, E-mail: info@windsorhistoricalsociety.org

THURSDAY, JUNE 13, 2024
6 - 9 PM - Watch the movie “Till”
Town Hall Council Chambers - 275 Broad Street, Windsor

FRIDAY, JUNE 14, 2024
5 - 7 PM - Performing Arts Open Mic Evening
Featured Guest - Repetor MC - Versatile Poetiq
Windsor Art Center - 40 Mechanic Street, Windsor

SATURDAY, JUNE 15, 2024
2 - 5 PM - Juneteenth Celebration
Featured Guest - Matthew Rivera MC - Versatile Poetiq
Windsor Town Green

WEDNESDAY, JUNE 19, 2024
5 - 7 PM - Conversation: Juneteenth Then & Now
Zoom
GREEN LIFE

TRAPROCK RIDGE LAND CONSERVANCY SPOTLIGHTS NATURE ON TRAILS DAY

By Kevin Gough

On June 2nd Traprock Ridge Land Conservancy (TRLC) led a hike in East Granby as part of 2024 CT Trails Day weekend. Twelve participants, representing five towns, hiked the portion of the Farmington Canal Heritage Trail that runs along TRLC’s Great Marsh property. They then followed a wooded trail in Newgate Wildlife Management Area that ended at Newgate Pond.

In addition to a nice 3-mile stretch of the legs on a beautiful Sunday, hikers got to see some unusual plants and animals: poison sumac, pink lady slippers, and a baby ring-necked snake.

Photos: (top, left) Hikers for TRLC’s Trails Day hike. Photo by Paula Jones (top, right) Lady Slipper in bloom. Photo by Jennifer Frank. (second row) Baby Ring-Necked Snake. Photo by Paula Jones

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Bryana Wilson

Book Award Recipient, president of the local Chapter of the National Honor Society, senior class secretary, and captain of the Volleyball Team. She volunteers at the Bethesda Medical Mission, a humanitarian organization in Hartford, where she has planned and participated in mission trips, health fairs and community education. In addition, Bryana was a communication and marketing intern at the Blue Hills Civic Association where she documented life in Hartford through photographs and interviews. In her free time, she is an avid pianist focusing on music composition with plans to release an album of her favorite compositions. Bryana will be attending Yale University majoring in the history of science, medicine, and public health.

Joshua Hall

Joshua Hall II is a graduating senior with honors at the University High School of Science & Engineering in Hartford, CT. He participates in school activities serving on the Black Student Union’s executive board as Programming Chair, a member of the Model UN club, and a member of the Yearbook Committee. He is also actively involved in sports including Basketball, Cross Country, Track & Field, and Golf. His community activities include the Legacy Foundation of Hartford, the Stanley Black & Decker RISE program, the Boys & Girls Club of Hartford, and UConn Explore Engineering Camp. He has been a leader and has demonstrated his leadership skills at Brantwood Camp, most recently as a counselor. He also does volunteer work in Hartford helping programs like Covenant Prep, Heads Up! Hartford, and at Hartford Homeless shelters. Joshua plans to attend Hampton University majoring in Chemical Engineering.

The RAD Scholarship Committee salutes the Richard ‘Dik’ Days 2024 Scholarship awardees and wishes them the best of luck in achieving their career goals.

Girls Championship with an impressive victory scoring 90 points to easily outdistance both second place Windsor, who finished with 48 points and third place Hillhouse, who finished with 40 points.

The Warhawks girls received a standout performance from Jahniya Barclay, who won both the Girls 200m and Girls 400m dashes, and she was a member of the Bloomfield winning Girls 4X400 relay team.

Barclay’s winning time in the 200m was 24.52 and her winning time in the 400m was 55.30.

Bloomfield also received an important first place victory from its Girls 4x400 relay team, who posted a winning time of 3:48.20 to set a meet record. Members of the winning Warhawks Girls 4X400 relay team were; D’Asia Duncan, Kiylah Williams, Soleigh Dixon and Jahniya Barclay.

A major key to Bloomfield’s victory was the fact the team had multiple athletes in various track and field events contributing valuable points.

An example of this occurred with the girls 200m event. In addition to Barclay winning the event picking up 10 points, three other teammates in that event picked up a total of 16 points for finishing in positions, two, three and seven giving the Warhawks an additional 16 points to the 10

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CHAMPIONS!

Bloomfield Boys place fourth at State Open

The Bloomfield boys outdoor track team finished fourth at the State Open with a total of 26 points.

Delante Senior placed fourth in the Boys 110m Hurdles with a time of 14.39. While Ja’Mari Manson finished second in the Boys High Jump with a jump measured at 6’08.

Also placing and scoring points for the Warhawks were; Jessie Singleton, Jr., who placed second in the Boys Triple Jump, with a jump measured at 46-03.50 and Ryan Pryce placed fifth in the same event with a jump of 44-00. Khile Francis placed eighth in the Boys Shot Put with a toss measured at 50-10.
DEMOCRATS, I NEED YOUR HELP TO BE RE-ELECTED

Hello my Democratic Friends,
I need your help. I believe individuals on the Bloomfield Democratic Town Committee are trying to prevent me from running for re-election.

The Bloomfield Democratic Register of Voters is my opponent, and it’s my understanding that she is counting the signatures that I am submitting. I do not think it is ethical for her to continue in this role and she should recuse herself.

I have to get approximately 500 signatures from registered Bloomfield Democrats by June 10th to appear on the ballot for the August 13th primary. I will be at Bloomfield Village Pizza, 34 Tunxis Ave. on this Friday from 5:00 P.M. - 8:00 P.M. and 11:00 A.M. - 2:00 P.M. on Saturday to collect signatures. My goal is to show I have the support of Bloomfield and West Hartford. Please help me get on the ballot so I can work to become re-elected. I would like to continue the work I have done like the Black/Latino History Curriculum, the Age in Place Program, the Community Investment Fund, and many more bills I have passed into law. Together we can help me continue the work! Experience matters!

Suzette DeBeatham-Brown Accepted to Prestigious The Campaign School at Yale Summer Session June 10-14

Suzette DeBeatham-Brown, The first Black, female, Caribbean Mayor of Bloomfield CT, has been accepted to the prestigious The Campaign School at Yale’s annual 5-day Summer Session campaign training boot camp June 10 to 14 in New Haven, Conn. Just 68 people nationwide and beyond have been accepted into this intensive, non-partisan, issue neutral campaign training program.

Suzette will learn the tools and insights necessary to navigate the complexities of modern political campaigns from experts from both major political parties. Lessons will emphasize the unique challenges women face in running for office, including asking for contributions (often a special challenge for women), security on the campaign trail, the economics of campaigning, and more.

Women are underrepresented in politics. Just 28.2 percent of the U.S. Congress and 32.9 percent of state legislators identify as women. The Campaign School at Yale’s mission is to train women – and the men helping them – win elected office.

“Suzette represents a wave of women who know they can lead in a less ego-driven and more collaborative way,” said Patricia (Patti) Russo, executive director of The Campaign School at Yale. “Women lead differently, and we need strong, enthusiastic women like Suzette in office to help bridge the bipartisan gap that is plaguing our government.”

“I am attending this program because I am passionate about serving, and I want to add more tools in my tool box to be prepared for my “next” on this journey of intentional leadership.”

Among the teachers at the Summer Session are Betsy Ankney, campaign manager for Nikki Haley’s presidential run, Earnestine Dawson, Director of Strategic Planning & Special Projects for U.S. Representative Hakeem Jeffries, Emmy Ruiz, Director of Political Strategy and Outreach at The White House, and experts from the most prominent campaign consultants.

Alums of the Summer Session include Senator Kirsten Gillibrand, former U.S. Representative Gabby Giffords, and many more working as campaign managers nationally and internationally.
The entire iCare Health Network team was excited to celebrate National Skilled Nursing Care Week (NSNCW), also known as Nursing Home Week on May 12-18, 2024. The week is an annual observance dedicated to honoring the contributions of nursing home employees and recognizing the strength of nursing home residents.

Nursing Home Week 2024 embraced the theme Radiant Memories - A Tribute to the Golden Age of Radio. The theme celebrated a time when the airwaves resonated with captivating stories and melodies. More than nostalgia, “Radiant Memories” is a call to honor the enduring legacy of skilled nursing care centers. In these centers, residents and staff contribute to the creation of radiant memories, akin to the cherished moments shared through music and stories over the radio waves.

Radio broadcasts have played a pivotal role in American life, from presidential fireside chats and war updates to old-time radio dramas and American Top 40 hits. Families and friends gathered around the radio to hear the latest music and tune into their favorite shows.

Chelsea Place Recreation Department invited for the occasion John Ellsworth, the Founder and Director of the Vintage Radio and Communications Museum. John wowed the audience with stories of the early days of radio, and the long odyssey to create in Connecticut a museum celebrating the industry.

Residents and staff took enthusiastically part in the celebration. Staff held a colorful and very joyful “radio” parade (middle). One of the residents (left, top) created a large replica of an old radio, and painted pictures of moments of radio history. Others wore colorful masks. And residents and staff did a skit about the days of old, when all the family would gather around the radio (top, right).

Photos provided by iCARE

Life at Home – With a little more help and some memory stimulation.

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Finding the appropriate care for a loved one is a challenge, and finding availability is often just as difficult.

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hosted by Clare McCarthy

Register at bplct.org Event Calendar

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WEDNESDAY, JUNE 12 AT 6:30PM

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BPL Gail's Corner

Make a Character
Join us and learn how to make your own unique Dungeons and Dragons character that will be an adventure ready!

Battle in an Area
Choose from one of the 12 Classes D&D offers, and one of the many storyline scenarios. Craft your Level 1 character and battle in an arena. We will level characters up to Level 6.

For any Player adventurers of all experience levels are welcome. Free and open to all Tweens and Teens.

Registration required, but encouraged.

BLOOMFIELD PUBLIC LIBRARY

BPL Gail's Corner

Lotus Lantern Craft Workshop
Monday June 10, 2024 at 7PM

House of Books and Games has a great selection of Pride inspired RPGs, dice, books etc. They will be available for purchase through the month of June. At the end of the month we will be making a donation to GenQ a group that helps queer youth in need.

1073 Palisado Ave, Windsor
OPEN: Saturday 11am-5pm
Sunday 11am-5pm
Curb-side pick up
By Howard Steven Frydman
aka “The Howard”

Production: BEETLEJUICE
Theater: Bushnell Center for the Performing Arts
Music & Lyrics: Eddie Perfect
Book: Scott Brown and Anthony King
Director: Alex Timbers
Choreographer: Connor Gallagher
Music Supervision & Orchestration: Kris Kukul

Ding dong the witch is dead – But not for long! Nope- no falling houses from Kansas this time around - for death does not become you my friends!

After shades of WICKED witches here at the Bushnell, up from the netherworld comes this “FUN HOUSE” presided by a death defying glorious ghostie BEETLEJUICE – WOW! ain’t that a mouthful? Trying saying “Betelgeuse Betelgeuse,” (note the spelling) while accompa-
nying arrow points downward as beckoning billowing smoke leaks outward. The nether-world here we come! As mentioned, the musical is a bit dif-
ferent in some respects from the film that it is derived from. As in the film we are intro-
duced to those two lovebirds, Adam (Will Burton) and Barbara Maitland (Megan McGinnis) in their affirmed hal-
lowed home, soon to be owners of fast swerving dialogue, romantic interludes, ghostly special effects, amazing chore-
ography and the opportunity to become part of the vast mem-
bership of Beetlejuicers. Folks, Justin Collette as the super- hyper and in your face, Beetlejuice is superb in show-
casing this incredible ghostly manifestation. Justin, The Howard rightly states you are a jolt of effervescent mad-cap energy! We rightly provide Miss Isabella Esler the coveted “Howard Noticed You Award” aka The HNY’s for not only your stellar stage presence but that absolutely remarkable singing voice. Kudos to both Megan McGinnis and Will Burton as the ghostly Maitlands, and we so fell in love with the comedic energy of Sarah Litzsinger as “Delia”. A fantastic world-wide of fantasy, music, dance and effervescent comedy galore. Enjoy so says The Howard.

Tickets are on sale now for the North American Tour of BEETLEJUICE, the edgy and irreverent Broadway smash hit musical comedy heading to Hartford's Bushnell this month. Tickets for BEETLEJUICE are available online at bushnell.org, by calling (860) 987-5900 or by visiting the Bushnell Box Office at 166 Capitol Avenue (Mon-Fri from 10 a.m. to 5 p.m.). The Bushnell's Broadway Series is sponsored by Travelers with support from Webster Bank.

Howard Steven Frydman is General Manager and Executive Director of BATV – Channels 5, 95 & 16, and a member of the CCC. Please feel free to contact Mr. Frydman with your thoughts and ideas at TheHoward24@gmail.com
Hello all,

My name is Kimarley Henry and I am the creator and author of the Chad comic series, first published in the Bloomfield Messenger five years ago today on June 7, 2019. The series features a young artist and his daily life with friends and family as he attends a performing arts high school in the fictional city of Brooksford.

Working on this comic strip for the last five years has been a journey. At the time, I was in my final days of my junior year of high-school, with a few years of material already created in my personal journals. I created the character while drawing in my seventh-grade science class and continued fleshing out the world afterwards. What seemed like a silly little idea turned out to be so much more.

I had shown my comics to friends and family, who always urged me to get these stories published. I was hesitant to do so at first because of my lack of experience. In 2019, I decided that I was too comfortable and I had to do something to shake up the status quo. I approached John Karas and asked him if the paper was in need of a cartoonist. We decided to try running the strip one fateful Friday and see how it goes. The rest is history. From that day on, a new issue of Chad was published every week, akin to some of my biggest inspirations such as Peanuts and Calvin and Hobbes.

What is the point of Chad?
The series is ultimately a slice-of-life story that has seen the main protagonist grow and evolve as the years go on. Just a few weeks ago, I graduated from college and found that I am a completely different person than I was when I first started this strip. This has been an interesting experience because in a way, both me and Chad have grown as people and will only continue to do so for years to come. If there is one takeaway from this comic strip that I hope readers have, it is to never lose that spark that keeps our youthfulness.

The first three volumes of the series, Against the World, The Nerve of Some People, and Keepin’ It Real, along with the coloring book, Scribble Your Destiny, are available to purchase. The animated film adaptation, Chad’s Night Out, is also available to watch on YouTube.

It can all be found right here: https://linktr.ee/marleyentertainment

[Ed. Note: When Kimarley showed me Chad for the first time, I was intrigued - but did not expect much, to tell the truth. He was not the first cartoonist who has approached me over the years, and invariably these efforts fizzle out a few issues down the road. Five years and 409 Chad strips later, I stand corrected. Not only Chad has matured technically and philosophically as a character, Kimarley has shown maturity and wisdom beyond his years. He is now an accomplished artist our newspapers are proud to host.

Congratulations Kimarley!]
Congestive Heart Failure Rehabilitation Program

The Congestive Heart Failure Rehabilitation Program

Following a hospitalization for heart failure, patients may benefit from receiving care and rehabilitation in a post-acute, skilled nursing care center. Such a stay helps to regain strength, manage the challenges of the disease and avoid readmission to the hospital.

At Touchpoints Rehab, our partnerships with area hospitals and their heart failure clinics ensure that their patients receive rehabilitation services in close collaboration with the hospital's multidisciplinary team and heart failure specialists.

Through Touchpoints Rehab’s comprehensive heart failure program, patients receive personalized care from our own multidisciplinary team, with attention to optimizing medication therapy, enhancing knowledge of chronic disease and increasing exercise tolerance.

Touchpoints Rehab offers both inpatient and outpatient programs designed to optimize therapy, promote recovery, and provide ongoing quality of life for patients experiencing congestive heart failure.

Program Benefits and Personalized Care

- Skilled delivery of IV treatment modalities including Lasix, Bumex, Dobutamine and Milrinone therapies.
- Frequent lab value monitoring.
- Continuous clinical assessment and monitoring by heart failure specialists.
- Disease management education for patient and family including diet, symptoms, Zones and fluid restriction modules.
- Heart healthy menu.
- Fluid intake monitoring.
- Daily weight tracking and trending.
- Physical, occupational and speech therapies.
- Customized care, home support and discharge planning.

Unique Approach Of The Touchpoints Rehab Team

- Deploys a Care Transitions Team lead by RN level Director and includes Care Transitions Nurses and Respiratory Therapists. This team follows patients through the course of their care, from hospital to skilled nursing to home, and provides additional, continuous clinical oversight and support.
- Care Transitions Team is trained by the acute care hospitals heart failure team and follows established treatment protocols in coordination with experienced physicians, Physician’s Assistants and APRNs.
- Continuous communication with consulting physicians and hospital staff, working together to ensure a smooth transition, continuity of care and optimal treatment decisions. Hospital and specialty clinic staff remain informed of the progress of patients’ post-acute stay on a daily basis and continuing through discharge home.
- Careful oversight of progress and supplemental, personalized care that is highly conducive to rapid and sustained improvement.
- Individually paced rehab programming enables faster recovery, stabilization and restoration of strength.
- Patients are reconnected with their primary care physician and cardiologist upon discharge. The Care Transitions team ensures a smooth hand-off to Touchpoints at Home or another home care provider.

Find out why Touchpoints Rehab is known as ‘The Place I Trust with Mom’s Care.’

For more information on our congestive heart failure rehabilitation program or Touchpoints Rehab care centers, please call (860) 812-0788 or visit Touchpointsrehab.com