



TownAppeal.com

August 2020



Image of Happy Landings by Eric Maloney  
Smell the sea, and feel the sky. Let your soul and spirit fly," Van Morrison

This month TownAppeal welcomes **JJ Stacks** and **Nail Lounge** to Brookfield!

Do you have a spouse, relatives, or friends that don't use Facebook? Do they have a hard time keeping up with what's going on in town? How do they find business recommendations?

TownAppeal is the perfect website for them! We list all local events in and around town. We also offer a blog and monthly newsletter featuring businesses new and old, as well as articles on what's happening in our town. Best of all, they can view business recommendations from their neighbors on our comprehensive business directory and recommend their favorites.

***Please Share with A Friend! Thanks - Tara and Monica***



Sign up for our new Blog and receive an email when we post a new article or our weekly **"What's Happening in Our Area"** post. Visit

<https://townappeal.com/brookfield/blog/>



**Triple the Bun,  
Triple the Fun**



### **You'll love what's on the menu!**

That is the motto that you will find on the website for Brookfield's new burger restaurant, **JJ Stacks**. Located at 537 Federal Road, the owners, Joe Antonito and Joe Aocella (the "JJ"s in the name), envision a family-oriented restaurant where they will serve the best burgers and triple decker ( hence, the "Stacks") sandwiches.

Katharine Brodski (Katie), the General Manager, said that both Joes were interested in opening a restaurant in the area, "and were looking for a small town with a big family vibe". Katie, being a Brookfield resident, told them she knew of the perfect location.

Joe and Joe liked the location and brought Katie on as General Manager and the person responsible for marketing. "I have a background in marketing and have worked in various restaurants in the area for over 12 years," Katie explained. Her mother remembered fondly visiting the restaurant, which at the time was known as Sprindy's . "She said it was a summertime staple and we want to continue the tradition. We want JJ Stacks to be a fun family place so we plan to set up lawn games in the back as well as revive the existing miniature golf course." Katie said.

In addition to burgers and sandwiches, the restaurant has partnered with Brookfield's Rich Farm Ice Cream shop. "We want to be a contributing part of the community and to support other local businesses" Katie stated. In addition to carrying Rich's standard flavors, Mark DePaolis, from Rich Farm, is working on a special ice cream flavor called "Bobcat Bash" which will be unique to JJ Stacks' customers.

One of the biggest challenges the new eatery faces is making the restaurant more than just a summertime destination. To that end, Katie is planning on Halloween-themed walkthroughs and perhaps hosting a Breakfast with Santa during the winter holiday season. Katie remarked "We will also be offering catering services and Birthday Party packages. We also plan on partnering with area organizations and host fund-raising nights where part of the profit goes back to the parties involved"

JJ Stacks will be opening in the beginning of August, initially for lunch and dinner, adding breakfast the following week.

TownAppeal would like to welcome JJ Stacks into the Brookfield Community!

**JJ Stacks**

**537 Federal Rd.**

<https://jjstacks.com/>

# BROOKFIELD NEWS

There will be a presidential primary on August 11th. Due to the pandemic, the Secretary of State has sent every registered Republican and Democrat in the State the form to request an absentee ballot from the Town Clerk. The form includes giving the COVID-19 pandemic as the reason for requesting an absentee ballot. Every voter is eligible to check that box and request an absentee ballot. The polling locations at the High School and Huckleberry School will be open for normal walk-in voting for those who prefer to vote in person on the 11th.

Absentee Ballots may be obtained [here](#).

For more information, including a voter look up tool, follow this [link](#)

<http://brookfieldlionsclub.org>

**Brookfield CT Lions  
Charity Golf Outing  
Friday, August 28, 2020**

Join us for our 38th annual outing supporting initiatives for the visually impaired and more...



Tell Your Friends and Mark Your Calendars!

**The Fairview Farm Golf Course**  
300 Hill Road • Harwinton, CT 06791 • 860.698.1000  
Registration: \$100.00 Includes golf fees, cart and lunch

**For More Information**  
Contact Karl Noivadhana at 203.451.3082  
or email knoivadhana@att.net

The Brookfield Lions are back with our first fundraising event of the year -- our annual golf outing! And we now have an online payment source, not only for registration of our golf outing, but for general donations. For more information, go to [BrookfieldLionsclub.org](http://BrookfieldLionsclub.org)

And the event you have all been waiting for:



**BROOKFIELD LIONS CLUB  
COMMUNITY SHRED DAY  
SATURDAY, AUGUST 29, 2020  
9:00 A.M. - 1:00 P.M.  
BROOKFIELD TOWN HALL  
100 POCONO ROAD  
BROOKFIELD, CT 06804**

**\*\* CONTACT-LESS SERVICE \*\*  
\$10.00 PER STANDARD BOX**



Brookfield Parks & Recreation Presents:



# CONCERTS IN THE PARK 2020

July 3  
**80's Satisfaction**  
60's  
Costco Wholesale

July 10  
**Jamnesia**  
Classic Rock  
Dr. Claire A. Frae, MD,  
LLC

July 17  
**Scratch**  
Dance Party  
A to Z Property  
Maintenance, LLC

July 24  
**Old Rush**  
Bluegrass  
Sippin Energy Products  
Brookfield Vision Care

July 31  
**Rock & Blu**  
Pontoon Rock Radio  
Clayton's Mercantile  
Supply Inc.

August 7  
**Mighty Ploughboys**  
Modern Irish Rock  
Kumon Math & Reading  
Center of Brookfield, CT  
Megibow Family Dental

August 14  
**Top Deal Center**  
70's & 80's  
Representative  
Stephen Harding

August 21  
**Older Than Dirt**  
Classic Rock  
Hegarty Real Estate

August 28  
**Dan's Garage**  
Classic Rock  
Matson Financial  
Advisors, Inc.  
Jim Eagan, Nationwide  
Insurance

#### Social distancing requirement:

- Households must sit 15' away, blanket to blanket, from other households.
- Masks should be worn when entering/exiting the event and when using restrooms.
- Masks are not required when seated with your household.
- Audience must remain at least 25' from Bandstand and performers at all times.

Concerts will be livestreamed for your enjoyment from home. Visit [www.brookfieldct.gov/rec](http://www.brookfieldct.gov/rec) for the link each Friday.

Concerts are scheduled Friday evenings from 6:30 to 8:00 PM at the Bandstand Town Hall, 100 Pocono Road.  
Family fun! Bring a chair or blanket and picnic in the park!

## "Brookfield Creates" ...

### Rock Painting at Home!

*Sponsored by the Brookfield Arts Commission*

The Brookfield Arts Commission was all set to have Brookfield residents paint their own "Brookfield Rocks" at the Annual Block Party. Unfortunately, the event was cancelled but we want to still give residents the opportunity to paint a rock and hide it for someone else to find. So, paint a rock, and spread some cheer! Please email [brookfieldartscommissionct@gmail.com](mailto:brookfieldartscommissionct@gmail.com) to order your paint colors. You can choose six colors and we will provide you with a rock, your paints and a couple paintbrushes. Materials pick-up will be at Town Hall.



Please place your order by **Monday, August 10**. Please include the artist's name and the six color choices. The Arts Commission will need about a week to fill cups with paint. Details for pick-up day and time will be emailed to you. This is a free event. First emailed, first served! We will fill orders until we run out of supplies. Let's get painting and spreading some cheer! *Thank you for supporting the Arts in Brookfield!*

Paint a rock, and spread some cheer by joining Brookfield Creates...Painted Rocks! We have supplies that we would have used at the annual Brookfield Block Party where we sponsor Brookfield Rocks painting.

We will supply you with a rock, paint brushes, and your choice of 6 different colors of paint.

Place your order to [brookfieldartscommissionct@gmail.com](mailto:brookfieldartscommissionct@gmail.com) by Monday, August 10. We will fill orders until we run out of supplies.

## 4<sup>th</sup> Annual - Brookfield Creates... Sidewalk Chalk Art Open to All Brookfield Residents

When: Friday, August 7<sup>th</sup> (Raindate: August 14<sup>th</sup>)

Where: Brookfield Town Hall Sidewalk

Time: 4:00 p.m. – 6:00 p.m.

Why: To have fun, show your creativity, and make some beautiful artwork for all to admire!

We will social distance. No materials will be shared.

Sidewalk space is limited. We would appreciate reservations.

To reserve a block, email: [brookfieldartscommissionct@gmail.com](mailto:brookfieldartscommissionct@gmail.com)

You can bring your own chalk, but we have plenty of chalk available for you to use and keep.

*This is a free event, but any donations are welcome!  
All funds raised will go toward future Brookfield public art projects.*

**Sponsored by the Brookfield Arts Commission**

Open to All Brookfield Residents. We will social distance. No materials will be shared. This is a free event, but any donations are welcome!

For more information, click [here](#) or contact [brookfieldartscommissionct@gmail.com](mailto:brookfieldartscommissionct@gmail.com)



## The Brookfield Library

### Need some help with technology?

Starting August 5th and continuing the rest of the month, the library will have half-hour appointments for help with your personal devices or to ask technology-related questions you may have. This includes (but is not limited to!):

- iPad/tablet/Kindle
- Smartphone
- Microsoft Word, Excel, PowerPoint
- Our downloadable media (eBooks, audiobooks, movies, etc.)
- Gmail
- Google Drive
- Google Photos

You will be emailed the Zoom link after registering, so please double check that you enter the correct address.

On August 19th from 2:30 to 3:30

Mark Danaher, Careers by Design LLC, will present via Zoom. You have probably been thinking: am I in the right job or career? Should I pivot internally or externally to find something better? Is there more opportunity waiting for me? Is my career safe? Learn 8 strategies to build your resilience to adjust to a career change and to evolving market demands. By the end of the presentation, you will learn 8 ways to grow as a professional. [Registration](#) is required so we can send you a Zoom invite.

Visit the Library's website for information on these activities and so much more by clicking [here](#).

The  
**BROOKFIELD  
THEATRE**  
for the Arts

Brookfield Theatre is offering "Virtual Thursdays" - a series of virtual theatre experiences livestreamed every Thursday at 7:30pm on our web site <https://brookfieldtheatre.org>. The series includes pre-recorded and live staged readings, and Studio B open stage via Zoom. Studio B is open to anyone who would like to participate.

**COMING UP**

**Thurs. 8/6**—Studio B—**Mostly Monologues**—send video clips or sign-up by 8/2.  
The stage is yours!  
mailto:[press@brookfieldtheatre.org](mailto:press@brookfieldtheatre.org)

Date TBD — "**The Monroe Doctrine**" by **Mark Scharf**

**Saturday 8/29**—Subscribers Only Special Event  
(no Virtual Thursday on 8/27)

More projects are in the works including a "Curbside Cabaret"! Please watch for emails or Facebook announcements.

Did you miss any of the previous Virtual Thursday shows?  
Watch them on Brookfield Theatre's YouTube channel: [HERE](#)

We can't wait to see you again at the theatre,  
but until then, stay safe & well and visit us online:

[www.BrookfieldTheatre.org](http://www.BrookfieldTheatre.org)

Facebook: <https://www.facebook.com/brookfieldtheatre/>

State of CT & Danbury Health Department

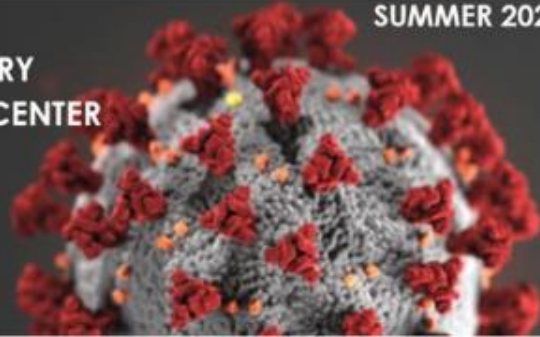


**CIFC GREATER DANBURY  
COMMUNITY HEALTH CENTER**

SUMMER 2020

COLLABORATE FOR

**COVID-19  
TESTING**



**FREE OF COST – OPEN TO ALL – DR. ORDER NOT REQUIRED**

Photo ID recommended but not required. Insurance not required, but please bring card if you have one.

**APPOINTMENTS STRONGLY ENCOURAGED**

**CALL: 203-456-1413**

**5 DAYS PER WEEK**

**120 Main Street, Danbury & VARIOUS COMMUNITY LOCATIONS**

**NOTE: CARS ARE NOT NEEDED FOR TESTING, BUT PATIENTS WALKING TO SITE MUST MAKE APPOINTMENTS.**

We are here for you during this stressful time! Our team at The Youth Mental Health Project has worked tirelessly to do all we can to continue supporting parents who are concerned about their children's mental health.

The Parent Support Network of Brookfield will be meeting **IN PERSON OUTSIDE on August 5th, at 6:30pm.** We will be meeting at The Brookfield Library's back parking lot. The address is in the RSVP. Please bring a chair and a mask. We hope we can connect with many of you who haven't been able to join our Zoom meetings in addition to those who have. If you would like to join us please [RSVP here](#).

Please note the earlier time to avoid the bugs. If it rains we will send out a Zoom link that day.

Please pass along this information to anyone you think might be interested.



**PARENTS HELPING PARENTS**  
in Brookfield, CT

Join us for free, confidential, and informal monthly meetings

*For parents\* concerned about their kids who struggle with anxiety, depression and/or emotional dysregulation.\*\**

UPCOMING MEETING DATES SUMMER 2020:  
Wednesday, June 3rd  
Monday, July 6th  
Wednesday, August 5th  
TIME: 7:00 - 8:30pm  
Please feel free to share meeting information

For more info: [brookfieldpsn@ymhproject.org](mailto:brookfieldpsn@ymhproject.org)  
Zoom link provided upon RSVP

**NEW MEMBERS ALWAYS WELCOME!**

\*The term "parents" is used to describe any adult caregiver, including guardians, parents, grandparents, foster or step-parents, of a young person between ages of 0 and 24.  
\*\*ANY CHILD CAN STRUGGLE WITH EMOTIONAL, MENTAL OR BEHAVIORAL HEALTH AT ANY TIME; YOUR CHILD DOES NOT NEED TO HAVE A DIAGNOSIS IN ORDER FOR YOU TO BENEFIT FROM THE NETWORK.



For more information, contact [mmarici@candlewoodvalley.com](mailto:mmarici@candlewoodvalley.com) or visit our events calendar at <https://townappeal.com/brookfield/town-events/>



**LET'S ZOOM!**  
Programs Added Regularly



**Cardiac Health & Rehab, 7/15, 1:30**

- 1. Cooking Lesson-Summer Salads**  
Thur, 7/21, 1:30, The First Bite Catering
- 2. Compelling Vision Workshop**  
Thur, 8/6, 1:30, Reignite your life passion!
- 3. Alzheimer's & Dementia Talk**  
Tues, 8/25, 1:30, Cindy LaCour, Social Service
- 4. Hospice Discussion**  
Thur, 9/17, 1:00, Seasons Hospice
- 5. Home Care Seminar**  
Wed, 9/23, 1:30, Synergy HomeCare
- 6. Benefits of Acupuncture**  
Wed, 10/1, 1:30, Dr. Woomer, Naturopathic
- 7. Don't Be Scammed**  
Local Detective will Present -TBD



**SIGN-UP: MMARICI@CANDLEWOODVALLEY.COM**



## *Advice for Living*

*Kerri Colombo*

July/August 2020

### **School's out for Summer!**

Now that school is out and camps are limited, parents of kids who will be home most days are racking their brains trying to figure out how to keep them busy.

Consider having a family meeting to talk about and negotiate what the daily schedule will be. If more than one adult are in the home and will be overseeing the rules daily, you may want to have a discussion about this prior to including the kids.

My family knows I love making charts and checklists. Sometimes I make one, and no one seems to look at it. Sometimes we do. What the chart does provide, even in the act of discussing and creating it, is a framework to refer to when we are in need of some structure.

If your children need a lot of structure, maybe you create a scheduling chart that lists activities in 30-minute intervals throughout the day. For less structure, perhaps you break the day into activities to accomplish within sections of the day such as before lunch, before dinner and before bed.

Or making a list may work well for your kids. It might include tasks and activities, such as expected household contributions aka: chores, or activities to engage in when someone claims they have nothing to do.

In addition to household contributions, examples of activities you may have on your list are spending time outside, physical activities, reading, creating, writing, math, problem solving, taking apart broken old electronics, practicing musical instruments or singing.

Alternatively, perhaps you set an expectation that certain things must be accomplished before other activities can take place, such as screen time.

For our family, screen time is highly prized and often seems to be the desired go-to activity for the kids. To avoid endless hours in front of a screen, we've asked them how much screen time a day they think seems reasonable. You might be surprised at the answer. I was shocked when my kids thought we should avoid TV time until evening, when their dad can join us for a movie or favorite TV shows.

Adjust your approach to suit your family needs. Set realistic expectations for your kids and yourself.

Remember: Flexibility is Fun!

Enjoy your summer!!

Do you have a question about how to simplify your life? Are you unsure how to start downsizing for a move, or organizing part of your home? Email your question to: [AskKerri@gmail.com](mailto:AskKerri@gmail.com). Perhaps you will see your question answered here in this column!

Kerri Colombo, Motivator, Speaker, Simplifier, Organizer, Author

*Kerri Colombo is passionate about motivating people to simplify life by reducing clutter and creating streamlined organization systems that support your lifestyle & free up time & energy to do what you love. Kerri works Virtually with private organizing clients, is a speaker, author and educator. She became the Expert Organizer on the national TV series, TLC's Hoarding: Buried Alive and has appeared on Better Connecticut and FOX Connecticut News. She is also the recommended Organizer by Hartford Hospital's esteemed Institute of Living: Anxiety Disorders Center. For more information, to schedule a private Virtual Organizing appointment or future public speaking engagement, please visit [www.CornerstoneOrganizing.org](http://www.CornerstoneOrganizing.org).*





# On the Calendar

## **Yoga at the Beach**

August 13 - August 28

Join Allison DiPinto for **Yoga at the Beach** on Fridays from 8:30 – 9:30am. The fee is \$33 and the event is held at the Town Park Beach at 460 Candlewood Lake Rd.

## **Marvel and Frozen**

### **Edmond Town Hall Pop-Up Drive-In Theater**

July 31 - August 6 (Captain Marvel)

August 7 - August 13 (Frozen)

Pile into the car and join us at the drive-in for family fun. PJs and teddy welcome! Tickets must be purchased ahead of time!

**Looking for more details about the above events or more local events? Check out our Events Calendar at**

<https://townappeal.com/brookfield/town-events/>

Did you know that 87% of people looking for a service or a product search on-line? Advertise your business and get found on Townappeal.com

We have over 7,000 monthly page views on our website and Facebook page. Our advertising rates are very affordable. Please contact us at [admin@townappeal.com](mailto:admin@townappeal.com) for more information.