

# Country Village News



December 2024

**250 Theodore Drive, Coram, NY 11727**

## Happy Birthday



04 Debra Dougherty  
05 Teri Flynn  
12 Maria Baccari  
17 Betty Lehman

20 Carol Cook  
21 Sal Milazzo  
24 Marianne Abruzzo  
28 Sally Hogeman



## Happy Anniversary



04 John & Adell Hewlett  
26 Nancy & Otto Schmidtmann



December ushers in winter holidays such as Christmas and Chanukah both starting the 25<sup>th</sup> this year. It is also a time when families gather in the warmth of their homes. Throughout the month, our thoughts and actions turn toward charity and peace. During the twelfth and final month of the year, December inspires a flurry of activity both in the business world and our personal lives. Sales, shopping, family gatherings, school holidays, baking, and seasonal changes remind us of the past while we look to our futures.

But December is not so somber, peaceful, and busy as to have no fun at all. Holidays like Ugly Sweater Day, Answer the Phone Like Buddy the Elf Day, and National Ding-A-Ling Day add a bit of whimsy.

The winter solstice tips the Northern hemisphere its furthest distance from the sun. Through most of the month, its inhabitants lose about 2 minutes of sunlight per day until the winter

solstice. The winter solstice marks the start of winter and the shortest day on the calendar. However, from that day forward, the days will slowly lengthen. They may not be warmer, but the Earth is tilting on its axis back toward the sun.

In the United States, families, churches, schools, and organizations bake cookies to exchange. They are often part of the gift-giving and ugly sweater parties that occur right before or during the holidays.

Winter sports are in high gear throughout December. Whether indoor or outdoor, fans tune in or fill arenas. While hockey, football, and basketball seasons bring thrills each year, skiing and snowmobiling keep the outdoors busy.

Beyond sports, the December holidays also offer lots of ways to celebrate our free time. National Crossword Puzzle Day is just one way to spend some quiet time. Plenty of baking and food days bring celebrations to the kitchen, too. In fact, there are 29 food-related days in December in addition to the popular beverage holidays. We can even celebrate our laundry with National Sock Day.

- **Dec. 02:** National Mutt Day
- **Dec. 11:** International Mountain Day
- **Dec. 13:** National Violin Day
- **Dec. 13:** National Day of the Horse
- **Dec. 16:** Underdog Day
- **Dec. 26:** National Candy Cane Day

### Monthly Observances

- Bingo Month
- Learning a Foreign Language Month
- National Cat Lovers' Month
- National Fruitcake Month
- National Pear Month
- National Tie Month
- Safe Toys and Gifts Awareness Month
- Write a Friend Month
- Universal Human Rights Month





# **HOLIDAY PARTY TREE & MENORAH LIGHTING**

**Saturday, December 14, 2024, at 6:00pm**

**\*\*Event has reached capacity if you would like to be put on waitlist contact Jackie Bromberg (631) 320-3086\*\***

**Enjoy free wine and cheese, hero sandwiches, soda & water**

**50/50 raffle**

**Bring a new unwrapped toy**

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## **PMI Gold Coast Properties**

Dawn DePasquale, President ([Dawn@PMIGoldCoast.com](mailto:Dawn@PMIGoldCoast.com))  
Michele Perrone, Office Manager

Phone: 631-621-2150 Fax: 631-406-4941  
409 Lake Avenue, Saint James, NY 11780  
Website: [www.pmigoldcoast.com](http://www.pmigoldcoast.com)

### **Country Village Website**

Website: <https://country-village.net>

**Password:** TheoDrive250

Webmaster: Roland Diehl (631)433-2198

### **Country Village Board Members**

President:	Phyllis Benanti	(631) 790-3238
Vice-President:	Greg Williams	(631) 220-8862
Finances	Ellen Forestieri	(631) 226-0714
Secretary	Linda Bily	(631)721-5280
Director	Carl Schroder	(570)955-9999

### **Country Village Newsletter Committee**

Editor:	Doreen McCrystal	(917) 270-0426
Co-Editor:	Sandy Bakofen	(631) 745-6152
	Debbie Buscaglia	(631) 559-9480
	Marie Palagonia	(516) 301-6780
Treasurer:	Francine Leiboff	(631) 846-1070

### **Country Village Entertainment Committee**

Jackie Bromberg	(631) 320-3086
Francine Davino	(631) 696-4750
Sandy Bakofen	(631) 745-6152
Betsy Burbige	(631)987-9507
Carol Fox	(631)790-3239

### **Finance Review Committee**

Gene Flynn Chairperson	(631) 921-2417
Charlie Buscaglia	(516) 805-2074
Mike Ellis	(347) 386-8802
Greg Gasiewski	(631) 526-2027
Ed Tomaiuoli	(516) 233-5473

# COUNTRY VILLAGE NEWS

## Enjoy Our Community

Times of events are located on the back calendar page of the newsletter.

- Monday – Mexican Train Domino's, Woman Cards, Exercise "Wall Away the Pounds", and Bunco 2<sup>nd</sup> Monday of each month.
- Tuesday -
- Wednesday –Knitting Group, Ladies Game Day, Bingo
- Thursday – Men's Club, Chair Yoga and Mahjongg
- Friday - 3<sup>rd</sup> Friday of the month Left Right Center (unless there is an event on Saturday)

## NEWS HIGHLIGHTS:

- CHANGE OF NAME: Singles Club is now called CVE Senior Shenanigans
- Ugly Sweater at Rudis Dec 21<sup>st</sup> – Debra Dougherty
- Veterans Day Pics
- Bunco Pics
- Friendsgiving Pics
- Anne Silvestro 92 Birthday Pics
- **CARDS ANYONE!!! John Gurnick, 631-827-6449**, is interested in starting a men's card game, if interested please call him. Type of game, day and time will be determined by interested parties.

## The CVE Boards Corner

Board members will be in the clubhouse on the **first Saturday** of each month from **9am-10am**, for any homeowner who would like to express an issue.

## Entertainment Committee Future Events:

- |            |                  |        |
|------------|------------------|--------|
| • February | Horse Racing     | TBD    |
| • March    | Breakfast        | TBD    |
| • April    | Chinese Luncheon | TBD    |
| • May      | Tea Party        | TBD    |
| • June     | Italian Night    | June 7 |

## WHEN YOUR DOG URINATES:

**WHEN YOU WALK AROUND THE CIRCLE YOU CAN SEE ON THE STRIP OF GRASS WHERE THE DOGS ARE UNINATING, THE UNSIGHTLY BROWN SPOTS.**

**IT IS REQUIRED FOR EVERY DOG OWNER IN THIS COMMUNITY AND THEIR GUEST TO POUR WATER AFTER YOUR DOG URINATES, FEMALE & MALE DOGS.**

# COUNTRY VILLAGE NEWS

## HEALTH And WELLNESS

This month we will read about Better Sleep for Older Adults.

## BINGO

Bingo is every Wednesday at 7:00 pm.

We would love more people to join in the fun, the more people the bigger the pot. So, if you do not have anything to do on Wednesday come down to Bingo, we would enjoy seeing you.

## BUNCO

2<sup>nd</sup> Monday (July 8th) of the month at 7:00pm, please arrive at 6:50. We need twelve people to have a game, but we always would love more. It's open to men and women, we did have a few men join the game last month and they loved it.

If you are interested call Linda Bily (631) 721-5280. The regulars if you cannot make the game, PLEASE call Linda Bily.

## Mahjongg:

Mahjongg starts 7:00p at the clubhouse. We have a fun time; we are not at a professional level so no need to hesitate to join in. If interested in learning how to play, please reach out to Doreen McCrystal, 917-270-0426 or Sandy Bakofen (631) 745-6152.

## Donations

Please help our local community, we are still in need of your support, which is always appreciated, nonperishables can be left at the club house in the lobby.

## Supporting Our Advertisers

The newsletter would not be possible without our advertisers. **When you do patronize our advertisers, please remember to tell them you are from Country Village Estates.** They have been loyal to us so let us reciprocate our patronage. If anyone has information regarding someone who is interested in advertising with us, please reach out to me, Doreen McCrystal, [cvenews@yahoo.com](mailto:cvenews@yahoo.com)



# CVE BOARDS CORNER

## November 2024

This Boards corner is to keep you updated on all the things that are being done in Country Village on a monthly basis.

- Just a reminder that Meet the Board continues the first Saturday of each month between 9am - 10 am. Our next meet is December 7th when 2 Board members will be present to answer any questions or concerns.
- We are continuing with our drainage project this month in Country Village. These French drains have been installed with some catch basins to eliminate and improve the drainage around Country Village.
- The solar lighting project is beginning shortly in the two darkest courtyards and walkways. Once we know these are successful, we will extend it to other courtyards.
- We have a new contract with National Waste who removes garbage twice each week and recyclables on Wednesdays. Beginning January 1st, if you have a bulk item to be picked up, you will call National Waste to schedule this pick up. There will be NO CHARGE. When we are ready to sign a new contract with our Waste Management Company, we always interview at least 3 companies to make sure we are getting the most for our dollar.
- We appreciate all of those who came out to celebrate our servicemen and women on Veterans Day. It is always a good time for community to gather and remember.
- We are having a new fiberglass pool door installed by the handicap bathroom. An electronic keypad will be installed so there is easy access from the pool area to the bathroom.
- Recently some homeowners received a certified letter regarding a new 55+ residential project that they are developing adjacent and north of Country Village on Middle Country Rd. They are planning on connecting their sewerage waste to the Selden Suffolk County STP north of Middle Country Rd. This will not affect us. They are planning on having 74 units, 2 story garden apartments. There will be a town meeting regarding this in early December if anyone wishes to voice their opinion. We will notify you of the date, via Robocall.
- Please keep in mind that you should not put out food for Ferrel cats as it can attract raccoons and other types of rodents. It was also advised by pest control that bird feeders should be away from your homes and not in your patio areas.



**TBD**

**IF YOU ARE INTERESTED, PLEASE SIGNUP  
IN CLUBHOUSE.**

**\* We need to know how many people are interested before we can arrange a date & time. \***

**The Boy Scouts will be able to help you with your cell phone or tablet.**

**Amaze your kids and grandkids when you can text, send photos, add emojis and turn yourself into a creature on FaceTime.**

**They will help you with whatever you want to learn.**

## **VETERANS DAY Monday November 11, 2024**

What a beautiful day!!!



## **BUNCO Monday November 11, 2024**

We seem to always have fun!



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## **NEW GROUP NAME “CVE SENIOR SHENANIGANS”**

### **“Friendsgiving” November 22, 2024**

Debra Dougherty gathered a group of residents at Texas Roadhouse for some good food and great company to start off Thanksgiving week.



# CONGTULATIONS!!

LOOK WHO TURNED 92, ANNE SILVESTRO!!!!







## CVE SENIOR SHENANIGANS

Hosted by Debra Dougherty  
(631) 834-3661



### UGLY CHRISTMAS SWEATER

**Saturday December 21<sup>st</sup>  
4:00pm**

**Call Debra Dougherty if interested.**

Looking for a fun night out?! Come share your ugly sweater or not.

**Join us at Rudi's.**

**RUDI'S  
554 RT 112  
Patchogue, NY**



# **COMMUNITY KINDNESS KORNER**

## **Our Joke of The Day** 😂 😅 🎶

Three women, two younger, and one senior citizen were sitting in a sauna only covered by a towel.

Suddenly there was a beeping sound. The young woman pressed her forearm, and the beep stopped. The others looked at her questioningly. 'That was my pager,' she said. 'I have a microchip under the skin of my arm.'

A few minutes later, a phone rang. The second young woman lifted her palm to her ear. When she finished, she explained, 'That was my mobile phone. I have a microchip in my hand.'

The older woman felt very low-tech. Not to be outdone, she decided she had to do something just as impressive. She stepped out of the sauna and went to the bathroom.

She returned with a piece of toilet paper hanging from her rear end. The others raised their eyebrows and stared at her. The older woman finally said... 'Well, will you look at that...'

I'm getting a fax!!!'

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**November 30, 2024**

**PERSPECTIVE**

**OF THE DAY**

**Embrace the beauty of grace and humility in your journey.** Through these virtues, you radiate a sense of inner strength and kindness that uplifts those around you. Your ability to stay humble in the face of success and gracious in times of challenge is a true testament to your character. Remember, it's not about seeking recognition or praise, but about living authentically and with a compassionate heart. Your grace and humility are a gift to the world, shining a light of positivity and warmth wherever you go. Keep embodying these qualities, for they make you truly remarkable.

 HIGHER PERSPECTIVE

# REFLECTIONS

## OH, WHAT A NIGHT!

There are many wonderful, heartwarming stories about Italian families gathering around the table for Sunday dinner. Those who recall such days, when three or more generations came together for a multi-hour, multi-course feast, are forever filled with cherished memories. God bless all those Nonnas and Papas who prepared those amazing meals which nourished our bodies and enriched our spirits. To this day it remains a mystery as to how they could create such an abundance/abbondanza of dishes in those small Brooklyn kitchens.

Before moving this story to the Long Island landscape, we later embraced, I would be remiss if I didn't first pay homage to the 'old neighborhood', our beloved Crescent Street. To those of us who are Brooklyn born and bred, the block is in our blood and holds an indelible place in our collective hearts. We fondly remember every neighbor, store, church and school as not only special, but as sacred retrospections that are savored to this very day.

For our family, the local stores included George's grocery, Gus and Carl's butcher shop, Krutick's pharmacy, Paul's fruit and vegetable store, Izzy and Ida's magical candy castle (oh those egg creams were divine), and the shoemaker whose name is unfortunately forgotten. All were located on the corner of our street.

To secure bigger buys, our routine included the frequent Saturday Walk (who needed a car) across Conduit Blvd. which led to the shopping mecca of Liberty Avenue, fondly referred to as City Line. It offered everything from millinery supplies to Charlotte Russe desserts, and everything in between.

For those who could afford a quarter, an afternoon at the Earl Theatre beckoned offering two feature films, cartoons, coming attractions, newsreels, and to top it off, races with prizes. Often stopping at the nearby pizzeria for a slice and a coke, also 25 cents, capped off a perfect day of shopping, movies, and late lunch.

And then there was our parish, St. Fortunata, Sicilian like us, reigning on the corner of Crescent Street and Linden Blvd, a treasured center of spirituality and socialization, where every milestone occasion was celebrated, while also serving as a haven for generations of immigrants/new Americans. The parish was famous for its fabulous Feast and free Friday night dances which drew people of every faith, and neighborhoods near and far, to ours.

It was difficult to leave our beloved Brooklyn, the borough of Kings, but things change, and new traditions were about to be formed.

Once we left 'the neighborhood' in the late 1960's, joining the growing migration to Long Island's suburbs, our family added another cherished tradition. Saturday nights became our go-to gathering, or 'therapy session' as my Mother Stephanie fondly referred to these evenings. She and her siblings Uncle Lou, Aunt Judy, Aunt Norma and Aunt Anne, their

# REFLECTIONS

assorted spouses, children, and even grandchildren in later years, arrived after dinner to enjoy Mom's one of a kind Jello dish, then coffee and assorted cakes, followed by bagels and cream cheese to top off an evening of lively discussions covering local and global issues, and the latest family gossip. Advice was freely offered. No problem was without several solutions. You don't mess with perfection, so the routine remained the same for decades.

When Grandma Lillie was still with us, an animated poker game, pennies only, which were contained in a plastic yellow margarine container that traveled with her wherever she went, culminated in that week's session.

The men moved to the next room to enjoy a prized pinochle game into the wee hours. Stakes were higher there.

Naturally, all the festivities took place in the finished basement, always cool in summer heat, and toasty warm in the winter months. We were safe, sated and sheltered, at least for those precious hours on Saturday evenings at Aunt Faye's house, where food and family were in plentiful supply.

Once again, we were sustained for whatever would happen in the week ahead, already looking forward to next Saturday's 'therapy session".

*Submitted by Marie Palagonia*



# HEALTH & WELLNESS

## Better Sleep for Older Adults

by Michael Ettinger,  
Attorney at Law

While sleep is essential for mental and physical health, aging presents some sleep challenges. About half of all older adults report a sleep problem such as taking longer to fall asleep, shorter sleep, waking up often and napping more and longer. As we age, our body clock deteriorates, and melatonin (a sleep inducing chemical) levels decline. To increase the amount and quality of sleep, the three main factors are (1) routine, (2) sleeping environment, and (3) diet and exercise.

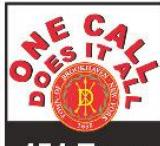
**Routine:** A consistent evening routine works best for sleeping. Going to bed at the same time and “winding down” makes a considerable difference. Avoid uses of electronic devices such as smartphones and television as they emit “blue light” which inhibits melatonin production and can upset body rhythms. Blue light blocking lenses may avoid this problem.

**Sleeping Environment:** Cooling down the bedroom can lead to better sleep. If the thermostat is out of your control, a fan will help. Light should be just enough to allow you not to trip and fall should you need to get out of bed. Darkness options are blackout blinds or curtains and covering any electronics that emit light. An eye mask can work wonders too. Outside noises or partners who snore can disturb sleep.

Consider “white noise” machines or spa-like recordings to help you sleep. Like the eye mask for light, consider ear plugs for noise. While a firm, comfortable mattress and quality pillows with breathable fabrics are essential, there are other high-tech options that may assist, such as mattress and pillows that adjust their temperature as yours changes. Many people report a weighted blanket works wonders.

**Diet and Exercise:** Caffeine and sugar are stimulants that prevent sleep. While alcohol can help you fall asleep, the sleep quality suffers. Eating earlier and drinking less will both help your body get to sleep and stay asleep. Moving around more, either by doing chores, taking a few trips up and down the stairs or simply sitting down and getting up a few times avoids the sedentary lifestyle that causes insomnia. Few things promote sleep better than a walk outside in the fresh air.

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**451-Town**Supervisor  
Daniel J. Panico**Dual Stream  
Recycling  
Schedule**

Town Council  
Jonathan Komreich CD1  
Jane Bonner CD2  
Neil A. Manzella CD3  
Michael Loguercio CD4  
Neil Foley CD5  
Karen Dunne Kesnig CD6

**December 2024**

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**January 2025**

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**February 2025**

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**April 2025**

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**May 2025**

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**June 2025**

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**July 2025**

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**August 2025**

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**September 2025**

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**October 2025**

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Yard Waste Pick-up Week - LEAVES/WEEDS/BRUSH will be picked up in same week. Must be out Sunday night - will be picked up on one day between Monday and Saturday. Must be bagged or bundled. **NO GRASS!**

Holiday - No collection - Landfill Closed

Christmas Tree Pick-up/Yard Waste Pick-up Week

**Pails can be no larger than 32 gallons for recycling, garbage, and yard waste**

**PAPER/CARDBOARD RECYCLING DAY:****PAPER**

- Newspapers
- Office paper
- Paper bags
- Envelopes
- Magazines
- Junk mail
- **NO** shredded paper
- **NO** soiled papers/tissues

**CARDBOARD**

- Corrugated (i.e. shipping boxes)
- Non-Corrugated (cereal & frozen food boxes)
- **NO** milk/juice cartons
- **NO** packaging material (i.e. bubble wrap)
- **NO** wet or soiled cardboard

**PLASTIC/METAL RECYCLING DAY:****RIGID PLASTICS #1, #2, & #5 (Emptied/Rinsed)**

- #1: Water/soda bottles
- #2: Milk jugs, detergent bottles
- #5: Tubs of yogurt, margarine
- Look for symbol:**



- **NO** glass\*
- **NO** film plastics
- **NO** Styrofoam
- **NO** oversized plastics (chairs, toys, bins, etc.)

**METAL CANS & FOIL (Emptied/Clean)**

- Tin, aluminum, and bimetallic cans
- Aluminum foil and tins (balled up)
- **NO** cans contaminated with toxic chemicals

**Thank you for recycling!**

\*Please visit [www.brookhavenny.gov/recycle](http://www.brookhavenny.gov/recycle) for more information including drop-off sites for glass, batteries, & paint.