

Country Village News

January 2024

250 Theodore Drive, Coram, NY 11727

Happy Birthday



02 Jackie Bromberg
13 Joan McGuckin
19 Carol Fox

Bea Di Marino
Patricia Ferrere
Nancy Fritz

Joseph Marmo
Tony Mattioli
Rose Perconti



Happy Anniversary



Marie & Pete LaCorte



Civilizations around the world have been celebrating the start of each new year for at least four millennia. Today, most New Year's festivities begin on December 31 (New Year's Eve), the last day of the Gregorian calendar, and continue into the early hours of January 1 (New Year's Day). Common traditions include attending parties, eating special New Year's foods, making resolutions for the new year, and watching fireworks displays.

Ancient New Year's Celebrations

The earliest recorded festivities in honor of a new year's arrival date back some 4,000 years to ancient Babylon. For the Babylonians, the first new moon following the vernal equinox—the day in late March with an equal amount of sunlight and darkness—heralded the start of a new year. They marked the occasion with a massive religious festival called Akitu (derived from the Sumerian word for barley, which was cut in the spring) that involved a different ritual on each of its 11 days.

In addition to the new year, Akitu celebrated the mythical victory of the Babylonian sky god Marduk over the evil sea goddess Tiamat and served an important political purpose: It was during this time that a new king was crowned or that the current ruler's divine mandate was symbolically renewed.

Did you know? To realign the Roman calendar with the sun, Julius Caesar had to add 90 extra days to the year 46 B.C. when he introduced his new Julian calendar.

Throughout antiquity, civilizations around the world developed increasingly sophisticated calendars, typically pinning the first day of the year to an agricultural or astronomical event. In Egypt, for instance, the year began with the annual flooding of the Nile, which coincided with the rising of the star Sirius. The first day of the Lunar New Year, meanwhile, occurred with the second new moon after the winter solstice.

January 1 Becomes New Year's Day

The early Roman calendar consisted of 10 months and 304 days, with each new year beginning at the vernal equinox; according to tradition, it was created by Romulus, the founder of Rome, in the eighth century B.C. A later king, Numa Pompilius, is credited with adding the months of Januarius and Februarius.

Over the centuries, the calendar fell out of sync with the sun, and in 46 B.C. Julius Caesar decided to solve the problem by consulting with the most prominent astronomers and mathematicians of his time. He introduced the Julian calendar, which closely resembles the more modern Gregorian calendar that most countries around the world use today.

As part of his reform, Caesar instituted January 1 as the first day of the year, partly to honor the month's namesake: Janus, the Roman god of beginnings, whose two faces allowed him to look back into the past and forward into the future. Romans celebrated by offering sacrifices to Janus, exchanging gifts with one another, decorating their homes with laurel branches and attending raucous parties.

In medieval Europe, Christian leaders temporarily replaced January 1 as the first of the year with days carrying more religious significance, such as December 25 (the anniversary of Jesus' birth) and March 25 (the Feast of the Annunciation); Pope Gregory XIII reestablished January 1 as New Year's Day in 1582.

New Year's Traditions and Celebrations Around the World

In many countries, New Year's celebrations begin on the evening of December 31—New Year's Eve—and continue into the early hours of January 1. Revelers often enjoy meals and snacks thought to bestow good luck for the coming year. In Spain and several other Spanish-speaking countries,

people bolt down a dozen grapes-symbolizing their hopes for the months ahead-right before midnight.

In many parts of the world, traditional New Year's dishes feature legumes, which are thought to resemble coins and herald future financial success; examples include lentils in Italy and black-eyed peas in the southern United States. Because pigs represent progress and prosperity in some cultures, pork appears on the New Year's Eve table in Cuba, Austria, Hungary, Portugal, and other countries. Ring-shaped cakes and pastries, a sign that the year has come full circle, round out the feast in the Netherlands, Mexico, Greece and elsewhere. In Sweden and Norway, meanwhile, rice pudding with an almond hidden inside is served on New Year's Eve; it is said that whoever finds the nut can expect 12 months of good fortune.

Other customs that are common worldwide include watching fireworks and singing songs to welcome the new year, including the ever-popular "Auld Lang Syne" in many English-speaking countries. The practice of making resolutions for the new year is thought to have first caught on among the ancient Babylonians, who made promises in order to earn the favor of the gods and start the year off on the right foot. (They would reportedly vow to pay off debts and return borrowed farm equipment.)

In the United States, the most iconic New Year's tradition is the dropping of a giant ball in New York City's Times Square at the stroke of midnight. Millions of people around the world watch the event, which has taken place almost every year since 1907. Over time, the ball itself has ballooned from a 700-pound iron-and-wood orb to a brightly patterned sphere 12 feet in diameter and weighing in at nearly 12,000 pounds. Various towns and cities across America have developed their own versions of the Times Square ritual, organizing public drops of items ranging from pickles (Dillsburg, Pennsylvania) to possums (Tallapoosa, Georgia) at midnight on New Year's Eve.



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Country Village News

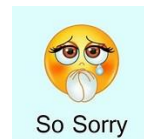
Enjoy Our Community

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

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

BIRTHDAY'S & ANNIVERSARY'S:

I must apologize to the person who told me their birthday was the 14th of this month. As much as I kept repeating it to myself, by the time I went to write it down I forgot. Please do let me know who you are.



There is a signup sheet in the club house if you would like me to put your birthday and/or anniversary in the CVE Newsletter. It's by month just state if it's a birthday or anniversary, you don't have to give the date.

HEALTH And WELLNESS

We are going to dive into the ***Brain.***

The CVE Board's Corner

No meeting in December

Up Coming events:

- **January 6th** Community meeting in club house at 11:00am
- **January 16th at 1:00pm**, signup sheet in club house, Cancer Screening and blood pressure checks.

****BINGO****

**** The bingo group is looking for someone who is interested in calling the numbers once a month. If you are interested, please reach out to Charlotte Worthington, 631-880-3628**

BUNCO

2nd Monday (January 8th) of the month at 7:00pm, please arrive at 6:45. We need 12 people to have a game, but we always would love more. If you cannot make the game, PLEASE call Linda Bily (631)721-5280 and Barbara Limberg 631-334-8654

Country Village News Con't

MahJongg:

Starting this New Year, a couple of our members are going to be working from home this winter, so we are going to start playing in the afternoon. It will remain on Thursdays, start time either 4 or 4:30p till about 7 or 7:30p. We'll let you know via Robo call what date and time we'll start this month.

If you are interested in learning or know how to play, please reach out to Doreen McCrystal, 917-270-0426.

Get to Know Your Neighbors Section

This month we are featuring Carol Fox, she is a sweet and spiritual soul.

(If you would like to be featured in the newsletter, send me an email, cvenews@yahoo.com, or write it up and drop it off in my bin by my garage door. I know we would love to hear about you, it's so interesting.)

Donations

The holidays are coming up fast and the families in our area are in need of food. Let's make their Thanksgiving a special one, please donate today. If you could provide canned potatoes, green beans, corn, carottes, sweet potatoes and boxes of stuffing mix it would be fabulous. I'm not sure how we can donate turkeys for these people or even if they take them.

Please leave it up at the club house on the table 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's 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.



Holiday Party

Happy Hanukkah and Merry Christmas to ALL!!! This party was the one to be at, we all had so much fun. Lighting the Christmas Tree, everyone mingling and enjoying everyone's company. There was singing, food and a lot of dancing. The entertainment committee did a fabulous job putting this night together.





GET TO KNOW YOUR NEIGHBORS

Contributor Debbie Buscaglia

Stoop ball, marbles, hit the stick, and punch ball are some games Carol played growing up with her Brooklyn neighborhood friends.

Carol was born Carol Ann Bocek on January 27 in a Jamaica hospital in Queens, NY. Carol lived in Cypress Hills, Brooklyn, with her family of five: mom, dad, an older sister, and a younger brother. She attended St. Sylvester's Grade School and St. Michael's High School in Brooklyn. She loved school and spending time with the sisters who taught there. Carol knew the sisters well. She would meet the sisters at the train station and would walk home with them carrying their book bags. Carol assisted the sisters when it was time to prepare for the upcoming school year. She covered many books with book covers made from brown grocery bags. Carol recalls ironing handkerchiefs for the sisters and spending many hours just talking. It is not surprising that Spirituality tugged at Carol early in her life.

At a young age, Carol fell in love with music. Her parents were passionate about music, so the radio was always playing in the house, encouraging happy family dancing. Carol began teaching herself how to play the guitar at 12. Music seemed to rise and pour out of her.

Carol met and married Thomas Fox on October 27, 1974. During her 20-year marriage, Carol had four children: Tara, Tommy, Kevin, and Brian. Carol was a stay-at-home mom, and the family moved to Holbrook in 1978. Holbrook remained her home until she moved here to Country Village.

Spirituality and music continued to be a source of direction for Carol. In 1991, she went to work at St. Joseph's Catholic Church in Ronkonkoma, directing the children's choir. In 2004, Carol was employed by St. Elizabeth Ann Seton Catholic Church in Holbrook, singing and playing the guitar, and enjoyed 30 years in the music ministry. Carol met Phyllis, who was also employed in that ministry at St. Elizabeth's. Through Spirituality and music, they formed a quick and lasting friendship. Carol and Phyllis played together at masses, funerals, and weddings.

Carol's third love, besides her family, was her love of nature. As a young girl, she was fascinated by nature and animals. A favorite place for Carol to visit, reflect, and enjoy was New Hampshire. Carol describes it as a place with so much newness, space, and freedom to explore and enjoy. Closer to home, Carol would delight in visiting the Cenacle in Ronkonkoma. It, too, was a place of nature, and it reminded her so much of New Hampshire.

Nature, music, and Spirituality. With Spirituality always being in the forefront, Carol in 1986 was inspired to write the song "Come to The Meadow." Anyone who attended Phyllis and Carol's community mediation and prayer at our clubhouse may have heard her song. Perhaps the community could persuade them to do it again. In 1988, Carol received her associate degree in Recreational Therapy. Carol is an Interfaith minister and is nationally certified in hypnotherapy. She has advanced certification in the emotional freedom technique (EFT). She had counseled people on spiritual and holistic healing from 2008 up until 2020 when the pandemic interrupted life as we knew it. Carol has also written a book titled, "Poems, Prayers, and Reflections" A Journey Through Awareness. A copy of her book pictured here is available.

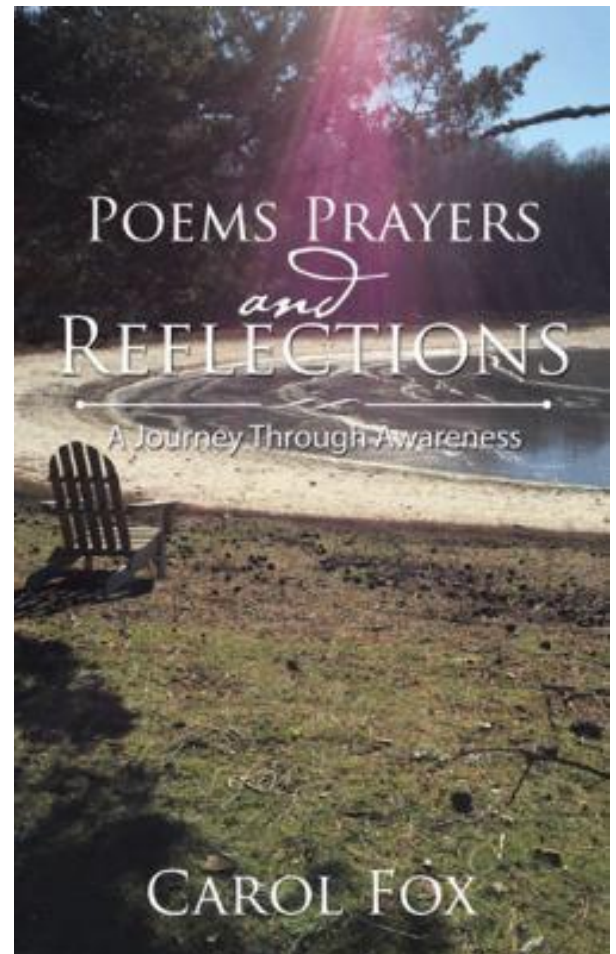
Carol moved to Country Village in 2018. She was drawn here because it reminded her of her favorite places, the Cenacle and New Hampshire.

Carol continues to love and enjoy nature, animals, and Spirituality here in Country Village and loves being part of a caring community.

GET TO KNOW YOUR NEIGHBORS cont.



Within these pages, you will journey along the many emotional paths of life. This book is a collection of poems that will touch the hearts of anyone thirsting to know God within. Our challenges are indeed the catalysts that keep us moving toward the sudden indescribable rainbows that so often accompany storms. You are on a journey, whether known or unknown, and that journey begins deep within you. May you stop, wonder, and allow yourself to unfold.



HEALTH & WELLNESS

THE BRAIN

What Makes Up Your Mind

The curious structure of the brain—the organ that makes you, well, *you*.

Have you ever wondered what's actually going on inside your head? The intricate and awe-inspiring organ that is your brain is responsible for everything you do, think, and feel. But how does it work: Prepare for a fascinating deep dive into the structure of the three-pund buzzing bundle of energy that determines who you are.

The Cerebrum: Where Thoughts Happen

The cerebrum is the most sophisticated, most recently evolved part of your brain, right there just behind your forehead. It's the largest part by far, making up around 85% of your brain's overall weight. Think of it as the CEO of your body, responsible for complex thinking, problem solving, and decision making. It's in both brain hemispheres, divided into four lobes: the frontal lobe, parietal lobe, temporal lobe, and occipital lobe.

Frontal Lobe: This is your brain's control center for personality, reasoning, and planning. It also oversees your ability to move, like when you raise your hand or tap your foot to beat of your favorite song.

Parietal Lobe: If you've ever felt the joy of solving a puzzle, thank your parietal lobe. It processes sensory information, such as touch and taste, and helps you understand spatial awareness.

Temporal Lobe: Memories are made here. The temporal lobe is all about storing and retrieving memories, processing emotions, and understanding language.

Occipital Lobe: Ever wonder how eyes let you see? That's the occipital lobe at work: it handles visual processing and allows you to recognize faces, colors, and everything around you.

The cerebral cortex is like the icing on the cake of the cerebrum. It's the thin outer layer on the surface of the wrinkled, walnut like lobes themselves. And its function is that of a master conductor, blending inputs from different parts of the brain into a harmonious symphony. It receives signals from your sensory inputs and other parts of the brain, processes them, and orchestrates appropriate (hopefully!) responses.

The Reptilian Brain: Your Primitive Side

Some brain functions exist outside our conscious decision making, like controlling breathing and heart rate. These automatic, instinctual behaviors emanate from a much older, less sophisticated part of our brains—the so-called reptilian* brain. “We’ve got the same wiring as in a lizard—as in any ancient creature,” explains neuroendocrinology researcher Robert Sapolsky on the educational platform Big Think. Located just above your spinal cord, this region is responsible for essential survival instincts like hunger, heart rate, and fight or flight response.

HEALTH & WELLNESS cont.

(*Human brains diverged long ago from those of reptiles like a blue gecko, but we retain some similar instinctual brain patterns.)

White and Gray Matter: Food for Thoughts

Gray matter, most densely packed at the outside surface of the brain (the cerebral cortex) like a wrinkly blanket, is where thought happens. This surface is densely packed with neurons and their short dendrite branches, and it operates like a computer's central processing unit: analyzing inputs, making decisions, and yielding outputs that combine to control your mind's thoughts and your body's functions. If this gray matter dense cerebral cortex is the frosting, white matter is the cake itself: a thick mass of long fibers (axons) that connect all those gray matter nerve cells to one another, insulated with a fatty substance called myelin*, they're packed densely together, enabling rapid transmission of electrical signals across all parts of the brain.

(*Myelin is a fatty layer that surrounds nerve fibers like the rubber surrounding electrical wires, so electrical impulses aren't lost in transit.)

The Corpus Callosum: Bringing Your Brain's Hemispheres Together

Speaking of connection signals across the brain, what happens when a neuron in one hemisphere needs to talk to a neuron in the other one? Enter the corpus callosum: your brain's very own high speed transatlantic cable, connecting your hemispheres together with densely packed (but well insulated) axons that deliver electrochemical messages. "The corpus callosum is the largest collection of white matter within the brain," notes health and wellness resource Healthline. Imagine the left and right hemispheres of your brain as a pair of really good friends. Each one is pretty amazing on their own, but when they collaborate, they can really set the world on fire—and the corpus callosum makes that possible, allowing them to share information and coordinate their efforts.

The Brain-Spine Duo: Your Nervous System's Dream Team

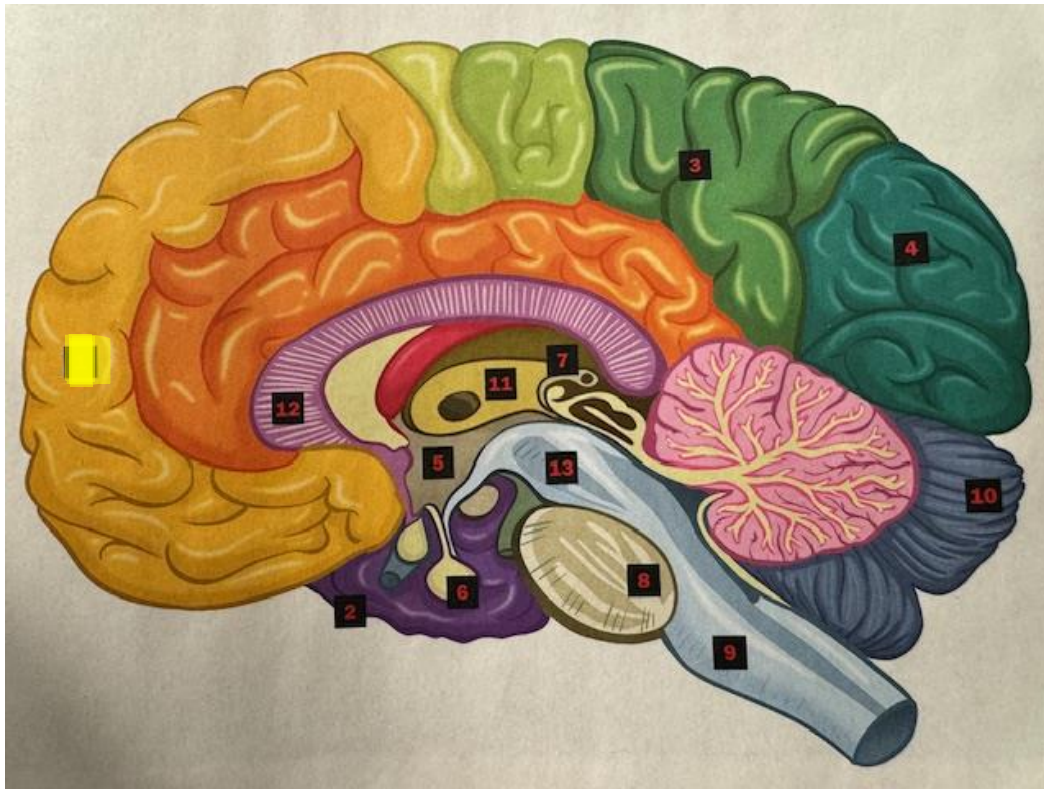
Let's not forget about your spine and nervous system—the dynamic duo that keeps everything in sync. Your brain and spine are a match made in heaven, working together to send messages back and forth to every part of your body. The spinal cord serves as a messenger, relaying signals between your brain and the rest of your body, ensuring you can feel sensations like heat and pressure, coordinate movements in response to these inputs, and otherwise react in real time to the world around you. Picture this: You're walking in the park, enjoying the warm sunshine, when suddenly, a playful puppy dashes towards you. Your brain quickly processes the sight and recognizes it as a friendly encounter. Almost instantly, your spine takes action, sending signals to your leg muscles, dropping you gently to your knees in a playful stance as you extend your arm for a friendly pat. All of this happens in a split second, thanks to the consistent partnership and effortless communication between your brain and spinal cord.

1-4 Cerebrum: The largest part of the brain, responsible for higher functions such as thinking, learning, and memory.

- **1. Frontal lobe:** Involved in the decision making, problem solving, and controlling voluntary movement.
- **2. Temporal lobe:** Associated with hearing, speech processing, and long-term memory.

HEALTH & WELLNESS cont.

- **3. Parietal lobe:** Responsible for processing sensory information related to touch, taste, temperature, and spatial awareness.
- **4. Occipital lobe:** Responsible for vision related activities like processing visual information and object recognition.



MEET YOUR BRAIN

5 Hypothalamus: Regulates body temperature, hunger, thirst, and other basic biological needs

6 Pituitary gland: The master gland that releases hormones to control growth, metabolism, and stress responses

7 Pineal gland: Secretes melatonin to regulate sleep patterns

8 Pons: Relays signals between different areas of the brain and helps regulate sleep and breathing

9 Medulla oblongata: Controls essential bodily functions such as your breathing, blood pressure, and heart rate

10 Cerebellum: Coordinates muscle movement and motor skills, and maintains balance

11 Thalamus: Processes and relays sensory information to appropriate regions of the brain

12 Corpus callosum: A bundle of nerve fibers that connects the two hemispheres of the brain and allows communication between them

13 Midbrain: Involved in many key functions such as hearing, sight, eye movement, and regulation of body movements