

# The A-RE-NEWS

Newsletter of the Association of  
Retirees of Eversource and  
Northeast Utilities (ARENU)  
PO Box 270 Hartford CT 06141-0270

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Volume 32 No. 1

## From the CT Chapter President

**Dear Fellow ARENU Members:**

**A note from Karoll Wiater, ARENU CT Chapter President**

*“There is always a light if we are  
brave enough to see it,*

*There is always a light if we are  
brave enough to be it.”*

By Youth Poet Laureate,  
Amanda Gorman

Whatever is beautiful.  
Whatever is  
meaningful. Whatever  
is bright. Whatever  
brings you happiness.  
May it be yours  
throughout the coming  
year.

(Berlin Congregational  
Church with  
luminaries taken on  
Christmas Eve.)



This coming year will be an interesting year for us all. I imagine that most of you are getting anxious to get back to the lifestyle that you typically enjoy. Getting together with families and friends, traveling with/or without friends, participating in or watching sports, and enjoying cultural and music events—to name a few of the things I cannot wait to get back to doing. Our ARENU meetings are also social events that we look

forward to seeing our fellow retirees. I believe we can see that it is expected to happen later this year due to the rollout of the vaccine.

Meanwhile, when we go anywhere we need to be aware of our changing world to stay safe. If you are traveling to another state or country, check the web sites that provide you with the information on their status (Travel.State.gov). Besides the things that normally impact us, keep in mind the pandemic and the social and political environment. I encourage and implore you to use extreme caution. Follow the CDC Pandemic guidelines when you have to go in any facilities with several people. Once the vaccine is administered so that there is “herd immunity”, we will hopefully be able to reduce our concern over being considered included in the “high risk” group due to our age and move about more freely.

A key guideline is wearing our masks. The guidelines for wearing masks during the pandemic make it important toward helping keep you and your family safe. The CDC has issued guidelines for how to remove and to wash face masks thus providing good mask hygiene. The following links take you to informative websites for mask hygiene:

### CDC

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-wear-cloth-face-coverings.html>

### Mask Hygiene

<https://www.signs.com/mask-hygiene/>

### Study Reveals the Face Mask Mistakes People Make Without Realizing It

[https://www.huffpost.com/entry/face-mask-mistakes-covid-19\\_1\\_5ff35c27c5b65a92291089df](https://www.huffpost.com/entry/face-mask-mistakes-covid-19_1_5ff35c27c5b65a92291089df)

These websites will provide you with valuable information about your mask hygiene.

(President’s letter continued on Page 2)



**WHAT'S  
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A Message from the CT Chapter

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## ARENU CHAPTER NEWS

(President's letter continued from Page 1)

### Stock Status

Eversource Stock: \$87.80 -\$0.48 (2/7/21)

### ARENU Golf Tournament

Plans for the ARENU Larry Ryan Memorial Golf Tournament have not yet been made. Charles Epp, the Tournament Chairman, will provide the information when it is confirmed if the Tournament will be held this year. Below is a picture of Larry without his cigar, but maybe George tried to make up for Larry not having the cigar by holding the hot dog?



### ARENU Member Contact Information

#### Send email changes to:

Karoll Wiater at Karollw@yahoo.com

Below is a photo submitted by Helen Wong of a sunrise over Short Beach in Branford, CT. Helen said it was breathtaking and amazingly colorful with all seven rainbow colors -- God's fine art work! Thank you, Helen!



*Everyone take care and stay safe.*

Sincerely,

*Karoll Wiater*

### UPCOMING MEETINGS

The ARENU meetings we hold in the first half of this year will continue to be on Zoom. We are hoping that the Pandemic will be under control by the fall and the fall meetings will be held at our Berlin Offices.

*A meeting notice will be sent out with Zoom information for each meeting.*

*(continued on page 3)*

### UPCOMING MEETINGS - continued

#### Wednesday, April 21, 2021 -- Zoom Presentation

*Kyla Shea, Ph.D.*

#### **“Eat Your Vitamins: Finding Them in Food and Supplements”**



With COVID-19 ravaging the planet, it is now more important than ever to eat a balanced diet to ward off disease. Kyla, the former NU/Eversource Fitness Center Manager, will provide an **overview of the functions and sources of the common vitamins and the importance of food and supplements** in meeting our dietary needs. Kyla is a scientist at the USDA Human Nutrition Research Center on Aging at Tufts University. She is also an Associate Professor at the Friedman School of Nutrition and Policy at Tufts.

#### Wednesday, May 19, 2021 -- Zoom Presentation

*John A. Magaldi, MD, FACR, FACP*  
**Chief, Rheumatology, Hartford HealthCare Bone & Joint Institute**

Dr. Magaldi will present and answer questions on **“Arthritis and Treatments”**. One of his areas of interest is Rheumatoid Arthritis.



#### Wednesday, September 15 -- In-Person Presentation

*John White*

#### **“Why It Is Right to Pledge Allegiance to America”**

John is an Eversource/NU retiree. He worked in Corporate Communications as editor of the *NU News* and the quarterly shareholder newsletter and was also the speech writer for NU executives.

As a professional writer, John has published 20 books. His writing has appeared in *The Wall Street Journal*, *The New York Times*, *Esquire*, *Reader’s Digest*, *Woman’s Day*, and many other national publications.

**His talk for ARENU will be drawn from his latest book, “The Pledge of Allegiance & The Star Spangled Banner: A Patriot’s Primer on the American Spirit and a Citizen’s Guide to Restoring the Republic.”**



#### Wednesday, October 20, 2021 -- In-Person presentation

**NU/Eversource retirees Felix Giordano and Myrtie Terry** will discuss their books. Felix has now written four Jim Buchanan novels including “Montana Harvest,” “Mystery at Little Bittersweet,” “The Killing Zone,” and “Missing in Montana.” Terry has published one, “The O’Brien’s: Sean,” with more in a series on the way. They are available on Amazon and Kindle.



#### Wednesday, December 1, 2021 -- Holiday Luncheon at The Aqua Turf

The Aqua Turf is scheduling for the fall and winter seasons, expecting that the majority of the vaccines will be administered. **Please be sure to Save the Date on your calendar.**

We are trying to reschedule **Leonard Boyle**, our speaker scheduled for last year before everything had to be cancelled. Len serves as the **First Assistant to the United States Attorney for Connecticut**. Among other assignments **he was director of the FBI’s Terrorist Screening Center in Washington, D.C.** and was also responsible for trying the mob cases in Boston including **Whitey Bulger**.



The following two articles provide health tips to consider while we are restricted in our activities.



### **MEN: GO FISH!**

Eating fish one to three times a month can reduce the risk of stroke by 43 percent, according to a recent study that followed more than 43,000 men for 12 years. About 80 percent of strokes in America are ischemic, caused by blood clots that prevent sufficient blood flow to the brain. Eating fish can protect against such strokes because the omega-3 polyunsaturated fatty acids in fish prevent clots from forming, says study lead author Ka He, M.D., Sc.D., of the Harvard School of Public Health. Any type of fish will do, as long as you obtain sufficient omega-3s, he adds. Even more reason to try the Salmon and Edamame Pasta Salad on page 138. —Robin Street

## Potassium Power

**P**otassium may keep strokes at bay. A new study conducted by Deborah Green, M.D., of the Queen's Medical Center in Honolulu, tracked the potassium intake of 5,600 people age 65 or older during the course of four to eight years. None of the subjects had previously suffered a stroke when they entered the study. Green found that people who ate less than 2.4 grams of potassium daily were 1.5 times more likely to suffer a stroke than people whose daily diet contained 4 grams of potassium or more. That sounds like a lot, but plenty of everyday foods are rich in potassium.

—Alex Salkever

### **POTASSIUM-RICH FOODS**

**Potatoes** (4 ounces): .51 grams  
**Orange juice** (8 ounces): .47 grams  
**Banana** (medium): .47 grams  
**Sweet potatoes** (4 ounces): .46 grams  
**Pinto beans** (1/2 cup, cooked): .40 grams  
**Low-fat milk** (8 ounces): .38 grams  
**Spinach** (2 cups, raw): .34 grams

### **Book by CL&P and Yankee Retiree Norman VanCor**

**Retired from CL&P and Yankee 27 years ago, Norman VanCor** has just released a book he wrote about his experiences in Viet Nam. He was a USMC Recon Marine and was awarded the Navy Cross and other medals as a result of his actions. A poster including details of the book appears on the next page.

If you would like to purchase a copy of the book, they can be purchased from Norman directly with an author's discount, including shipping, for \$30. You can contact him via his email -- [nvancor@gmail.com](mailto:nvancor@gmail.com).

# NEW BOOK BY NORMAN VANCOR



In November 1968, 20-year-old Norman W. VanCor, a Recon Marine, would step off a Continental Airlines plane onto the tarmac in Da Nang, South Viet Nam and travel to Quang Tri on the bed of a 6-by truck, through mud and torrential rain. Quang Tri, the base camp and headquarters of Third Marine Division, Third Reconnaissance Battalion, Charlie Company, Team 2, would be his new home ...



Norman VanCor spent his younger life in Ashfield, Massachusetts, finishing high school and living much of his adult life in Southington, Connecticut.

A successful career in the utility industry has led Norm to a retirement life in Chesterfield, New Hampshire where he lives with his wife, Elaine Rork Dall.



**AVAILABLE NOW:**  
**Hardcover with a dust jacket**  
**and historical color photographs**  
**\$35.00**

**HOW TO GET IT:**  
**Ask for it at your local bookstore**  
**or order it online from Amazon,**  
**Bookshop.org and Barnes & Noble.**

**CONTACT THE AUTHOR:**  
**[nvancor@gmail.com](mailto:nvancor@gmail.com)**



### **ARENU COORDINATED TRIPS**

**(Anne Kaiser)**

I hope that this travel update finds everyone well and looking forward to traveling when things improve.

Tours of Distinction is offering a \$200 per person discount on any trip for ARENU members **through March 31, 2021.**

In addition Tours of Distinction has extended the Book with Happiness program for ARENU members **through March 31, 2021.** With this program you can secure your space for \$100.

*Current ARENU trips currently planned for 2021 are noted below.*

- **Cruising the Seine to Normandy - July 15, 2021 - July 23, 2021**
- **The 1000 Islands - August 21, 2021 - August 26, 2021**
- **Canadian Rockies - September 8, 2021 - September 14, 2021**
- **Lancaster in Style / Queen Elizabeth - September 14, 2021 - September 16, 2021**
- **Sounds of the '60's - October 6, 2021**
- **Duoro River Cruise - October 31, 2021 - November 9, 2021**



For additional information, visit [www.arenu.org](http://www.arenu.org). or contact ARENU Travel Coordinator, Anne Kaiser at [annemkaiser@yahoo.com](mailto:annemkaiser@yahoo.com).



## OBITUARIES

*Our sympathy to the family and friends of those listed below.*

*(For your information, we are now providing the company subsidiary associated with the retiree when it is available.)*

| <u>Retiree Name</u>        | <u>Date Retired</u> | <u>Date Deceased</u> | <u>Company Worked</u> | <u>Location</u> | <u>Age</u> |
|----------------------------|---------------------|----------------------|-----------------------|-----------------|------------|
| Merlyn J. Jones            | 2/1/1986            | 1/7/2021             | CL&P                  | Berlin          |            |
| Paul A. Trepanier          | 5/1/2001            | 1/11/2021            | Eversource            | Hartford        |            |
| William R. Falconer III    | 11/1/1993           | 1/4/2021             | Eversource            | Berlin          |            |
| Helen B. Lachance          | 2/1/1990            | 12/20/2020           | Eversource            | Berlin          |            |
| Joseph Tiberio             | 4/1/2001            | 12/13/2020           | CL&P                  | Berlin          |            |
| <b>Florence J. Appel *</b> | <b>2/1/1979</b>     | <b>12/16/2020</b>    | <b>CL&amp;P</b>       | <b>Berlin</b>   |            |
| Mildred M. Romagna         | 2/1/1986            | 12/24/2020           | CL&P                  | Berlin          |            |
| Raymond G. Boisvert        | 11/1/1993           | 1/1/2021             | PSN&H                 | Manchester      |            |
| Charles A. Ferguson        | 2/2/1988            | 12/30/2020           | CL&P                  | Berlin          |            |
| Cornelio G. Cayode         | 1/1/2002            | 1/4/2021             | Eversource            | Berlin          |            |
| John A. Demers             | 9/17/1987           | 12/6/2020            | PSNH                  | Manchester      |            |
| Allan E. Bessette          | 12/31/1991          | 12/11/2020           | Eversource            | Berlin          |            |
| Joan Trzcinka              | 12/31/1991          | 10/13/2020           | WMECO                 | Berlin          |            |
| John R. Coleman            | 2/1/1991            | 12/15/2020           | CY                    | Berlin          |            |
| Marilouise Bruens          | 3/1/2018            | 11/30/2020           | CL&P                  | Newtown-CT      |            |
| Marie A. Lenart            | 11/1/1993           | 11/19/2020           | CL&P                  | Berlin          |            |
| Albert F. LeTendre Jr.     | 4/1/2010            | 11/16/2020           | CL&P                  | Berlin          |            |
| John C. Kilmer             | 5/1/1991            | 12/5/2020            | WMECO                 | Berlin          |            |
| Robert W. Knowles          | 11/2/1987           | 1/12/2021            | PSNH                  | Berlin          |            |
| Irving J. Arrowsmith       | 8/1/1985            | 10/2/2020            | CL&P                  | Berlin          |            |
| Rhoda E. Russak            | 11/3/2003           | 11/22/2020           | CL&P                  | Berlin          |            |
| Gilbert P. Mauriello       | 2/1/2005            | 11/30/2020           | CL&P                  | Berlin          |            |
| Lawrence M. Gleason        | 2/1/1987            | 10/13/2020           | CL&P                  | Berlin          |            |
| Richard G. Dardia          | 3/1/2007            | 11/8/2020            | CL&P                  | Berlin          |            |
| William J. Holmes          | 10/1/1983           | 11/14/2020           | CL&P                  | Berlin          |            |
| Arthur H. Mason III        | 5/1/2009            | 11/2/2020            | PSNH                  | Berlin          |            |
| Roland F. Chase            | 3/1/1998            | 10/16/2020           | PSNH                  | Berlin          |            |
| Richard F. Brown           | 12/1/1991           | 11/5/2020            | CL&P                  | Berlin          |            |
| Marilyn Grande             | 4/1/1993            | 11/6/2020            | PSNH                  | Berlin          |            |
| Michael R. Chamis          | 10/1/2014           | 11/13/2020           | Eversource            | Berlin          |            |
| John D. Reeve              | 10/1/1992           | 11/15/2020           | CL&P                  | Berlin          |            |
| Richard M. Plucas          | 12/31/1991          | 11/14/2020           | CL&P                  | Hartford        |            |

\* retired for 41 years

*(continued on Page 8)*

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| <u>Retiree Name</u>  | <u>Date Retired</u> | <u>Date Deceased</u> | <u>Company Worked</u> | <u>Location</u> | <u>Age</u> |
|----------------------|---------------------|----------------------|-----------------------|-----------------|------------|
| Bobby Beasley        | 6/1/1998            | 11/12/2020           | Eversource            | Berlin          |            |
| Edwin T. Reynolds    | 9/1/1990            | 11/6/2020            | Eversource            | Berlin          |            |
| Terrence C. Clemens  | 2/1/2000            | 11/9/2020            | CL&P                  | Berlin          |            |
| Pamela M. Grassetti  | 5/1/2000            | 10/20/2020           | WMECO                 | Berlin          |            |
| Marie L. Spedero     | 11/2/1992           | 11/10/2020           | WMECO                 | Berlin          |            |
| Ray V. Dickens       | 11/1/2005           | 11/12/2020           | CL&P                  | Berlin          |            |
| Lawrence A. Perkins  | 6/1/2013            | 10/28/2020           | WMECO                 | Berlin          |            |
| Clinton Andrews, Jr. | 2/1/2005            | 10/12/2020           | CL&P                  | Berlin          |            |
| David A. Berry       | 8/1/2000            | 11/7/2020            | PSNH                  | Berlin          |            |
| Frank B. Leary       | 1/2/1992            | 8/21/2020            | PSNH                  | Berlin          |            |
| Charles Carrozza     | 7/1/2001            | 10/15/2020           | CL&P                  | Berlin          |            |
| Dian A. AuDoin       | 11/1/1995           | 8/30/2020            | NNECo                 | Berlin          |            |
| David M. Bernier     | 10/1/1992           | 12/14/2020           | CL&P                  | Berlin          |            |
| Marie N. Gagliardi   | 8/1/1987            | 12/18/2020           | Eversource            | Berlin          |            |
| James L. Newman      | 7/1/2000            | 12/29/2020           | Eversource            | Berlin          |            |
| James C. Leach       | 2/1/1988            | 1/11/2021            | WMECO                 | Berlin          |            |
| John Lawless         | 12/1/1991           | 1/1/2021             | CL&P                  | Berlin          |            |
| James McInerney      | 1/1/2000            | 1/9/2021             | "CL&P                 | Berlin          |            |
| Kathlyn K. Veronesi  | 5/1/2000            | 1/11/2021            | Eversource            | Berlin          |            |
| John P. Rauschenbach | 6/1/2004            | 1/14/2021            | CL&P                  | Berlin          |            |

