



ASSOCIATION OF RETIREES OF EVERSOURCE AND NORTHEAST UTILITIES

October 23, 2023 Newsletter

Sent on behalf of Karoll Wiater

Happy Fall, ARENU Members!



Baby chick born at the Berlin Fair held by Kursten Mulrooney on September 15, 2023

We hope that everyone had a wonderful summer and you are looking forward to enjoying the cooler weather that fall with bring us. I have been particularly enjoying the flowers, fruits and vegetables that have been available for the past few months and all the activities that got me out of the house. I hope you are making plans to do all your favorite fall trips and activities. But,

where does that time go because then the holidays will be here and we will be planning on getting together with our families and friends and celebrating the holidays.



Emmie, two and 1/2 year-old ARENU Chairperson's granddaughter, intent on watching the Equestrian show at the 2023 Big E.

ARENU MEETINGS

We are in the process of getting our ARENU fall meetings planned. Note that the meeting in the Berlin complex will be in a different conference room. The meetings will be:

October 18, 2023. Eversource Berlin Auditorium. 10:30 a.m. Financial Speaker

December 6, 2023 Aqua Turf, Southington 11:00 a.m. T.B.A.

We are looking for speakers for the Winter/Spring timeframe and would appreciate your suggestions.

HOLIDAY LUNCHEON

The Holiday Luncheon, December 6, will be following the same tradition as our past

luncheons. However, we need to replace some of our volunteers that are no longer able to help us. Tasks are fairly easy, such as registering and handing out name tags to attendees, selling raffle tickets for 50/50 raffle, etc.

We will send out a separate email with the registration application for the Christmas Luncheon in early October.



Please be sure to Save the date on your calendar for the Holiday Luncheon.



Health Information

Osteoporosis is a silent disease, but there are subtle signs that mean you may need a bone check, says, Andrea Singer, M.D., Bone & Health Osteoporosis Foundation .

1. **You're getting shorter**...losing height is one of the most common signs that your spine might be shrinking. Measure yourself annually to spot this early.
2. **Unexplained back and neck pain**...back pain could have many causes, including a compression fracture or collapsed vertebra in your spine.
3. **Shortness of Breath**...if your spine is starting to compress because of bone loss or fracture, your lung capacity may be reduced. Shortness of breath can be a symptom of several other serious issues too; always get it checked.
4. **Poor posture**...if you feel uncomfortable when standing straight or notice a hunch in your upper back, it could be a sign of spinal bone loss or fracture.
5. **GI issues**...bone loss is connected to several gastrointestinal conditions, such as celiac disease, both of which can inhibit nutrition absorption, in addition, some GI issues require treatment with steroids, which also lower one density.
6. **Dental Issues**...Tooth loss can be a sign of bone loss in the jaw area, and may additionally indicate bone loss and decreased bone density in other areas of the body. Pay close attention to this sign if you're losing teeth too easily.

Osteoporosis is not entirely silent. Watch these signals and others in case you need a bone check.

Keep active. Keep moving... even do chair exercises to help your body stay strong!

2023 ARENU GOLF TOURNAMENT RESULTS

The ARENU Golf Tournament was on Thursday, July 27th, and fielded 80 golfers. The winners were:

<u>Team Score</u>	<u>Team</u>
60.	Chris Runde, Bill, Controvillas, Tim Pretty, Mark Sumoski
67.	Bob Tacchi, Jim Motyka, Felipe Castro. Steve Motyka
67.	Jeff Turano, Steve Hussein, Mike Mancini, Ken Malina
68.	Nick Rinaldi, John Chenkus, Dave Benoit, Chuck Goodwin
68.	Mile Woishnis, Gerry Carbone's, Mike Duncan, Gary Davis

Closest To The Pin

Women Debbie Tobin — 12'1"

MenHole 4 - Jim Calabrese — 9'3"
Hole 8 - Bill Freeman — 9'0"
Hole 14 - John Flament — 6'0"
Hole 16 - Bob Stafstrom — 5'7"



Please be sure to Save the date for the 2024 ARENU Golf Tournament on July 25, 2024, on your calendar. We'd like more women to join Debbie in our golfing contingent in the tournament. .It's a day for everyone!!



Up from Florida, retiree, Linda Deluca, visits friends and family in July. Linda took advantage of the Connecticut shoreline and went kayaking in Long Island Sound on A beautiful summer day.

***Remember to send pictures of retirees doing things together.

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>Name</u>	<u>Date of Death</u>	<u>Company</u>	<u>Retirement Date</u>
William Sears	1/23/2022	CL&P	10/1/1984
Lonny Block	1/24/2022	CL&P	10/1/1989
Antonio Rotundo	1/25/2022	CL&P	12/1/1991
Ralph Leavenworth	1/26/2022	CL&P	9/1/1995
Leo Roberge	1/27/2022	CL&P	4/1/2000
Norman Chabot	1/28/2022	YG	5/1/2000
David Seager	1/29/2022	PSNH	3/1/2004
Dennis Doran	1/30/2022	PSNH	8/1/2008
Geraldine Cyr	1/31/2022	CL&P	8/1/2010
Renate Pelton	2/1/2022	NU	8/1/2013
Glenn Favaro	2/2/2022	CL&P	11/1/2014
Heinz Hippauf	2/3/2022	WMECO	11/1/1993
David Creamer	2/3/2022	CL&P	8/1/2021
William Smith	2/4/2022	WMECO	11/1/2021
Marie Douthwright	2/5/2022	NU	2/1/1983
Clarence Hinckley	2/6/2022	CL&P	2/1/1985
Peter Kalmakis	2/7/2022	NU	9/1/1986
John Harding	2/8/2022	CL&P	9/1/1991
Clyde Simpson	2/9/2022	WMECO	11/1/1993
Walter Fessenden	2/10/2022	PSNH	11/1/1993
Charles Stuart	2/11/2022	WMECO	11/1/1993
Edmond Keane	2/12/2022	CL&P	11/1/1994
John Catlin	2/13/2022	NU	6/1/1995
Laurence Hayes	2/14/2022	YG	2/1/1996
Joseph Lombardo	2/15/2022	CL&P	8/1/1998
Antonio Buonopane	2/16/2022	CL&P	5/1/2004
Domenico Arico	2/17/2022	CL&P	2/1/2006
Joseph Lorusso	2/18/2022	CL&P	2/1/2006
Dennis Moore	2/19/2022	PSNH	2/1/2016
L Tardif	2/20/2022	NU	2/1/1988
Charles Messana	2/21/2022	WMECO	12/31/1991
Allen Hale	2/22/2022	PSNH	1/2/1992
Thomas Bridges	2/23/2022	PSNH	1/2/1992
John Hayward	2/24/2022	PSNH	1/2/1992
Michael Muggeo	2/25/2022	NU	8/1/1992
Joseph Morrison	2/26/2022	NU	11/1/1993
Lillie Cain	2/27/2022	NU	12/1/1995
Richard Brennan	2/28/2022	CL&P	2/1/2000
Robert Bergeron	3/1/2022	CL&P	7/1/2000
Tamara Noble	3/2/2022	NU	3/1/2002
Boyd Tuttle	3/3/2022	CL&P	3/1/2002
Richard Muisener	3/4/2022	CL&P	7/1/2006
Mark Wethered	3/5/2022	NU	6/1/2010
Clinton Canning	3/6/2022	CL&P	6/1/2015
Robert Schoolcraft	3/7/2022	WMECO	9/1/1987

<u>Name</u>	<u>Date of Death</u>	<u>Company</u>	<u>Retirement Date</u>
Raymond Taylor	3/8/2022	NU	5/1/1988
Robert Allan	3/9/2022	NU	12/31/1991
Leslie Ernhout	3/10/2022	CL&P	11/1/1992
Richard Benson	3/11/2022	PSNH	6/1/1993
Victor Fulco	3/12/2022	CL&P	2/1/1995
Anthony Fasolo	3/13/2022	CL&P	2/1/1997
William Young	3/14/2022	CL&P	2/1/1998
Bruce Bradshaw	3/15/2022	CL&P	3/1/2001
Donald Forrest	3/16/2022	CL&P	9/1/2001
James Bross	3/17/2022	CL&P	6/1/2003
Gaston Coderre	3/18/2022	PSNH	3/1/2004
Bruce Blakey	3/19/2022	NU	5/1/2006
Louis Nordle	3/20/2022	PSNH	9/1/2011
Allan Hodgkins	3/28/2022	PSNH	2/2/1987
Richard Hansen	11/25/2022	CL&P	4/1/2012
Charles Diorio	12/20/2022	CL&P	2/1/2010
Richard King	1/10/2023	CL&P	3/1/2001
Curtis Dowling	1/27/2023	CL&P	5/1/2015
Miles Blodgett	1/27/2023	CL&P	3/1/1988
Vincent Rosati	1/29/2023	CL&P	8/1/1985
Welmon Dennison	1/30/2023	CL&P	5/1/2010
Robert Evans	2/2/2023	PSNH	5/1/2006
Walter Ela	2/9/2023	CL&P	2/1/1986
Kenneth Fisher	2/9/2023	PSNH	1/2/1992
Leon Maglathlin	2/10/2023	NU	1/1/1989
David Patterson	2/14/2023	WMECO	4/1/2004
Robert Davis	2/17/2023	CL&P	11/1/1993
Pamela Lynch	2/19/2023	NU	7/1/2005
Joseph Kellar	2/20/2023	WMECO	6/1/2010
Lawrence Fraser	2/22/2023	NU	4/1/1995
Roy Barbour	2/23/2023	PSNH	4/2/1988
Haydn Long	2/25/2023	WMECO	9/1/2007
Roland Deslippe	2/28/2023	NU	8/1/2000
Philip Gervais	3/8/2023	CL&P	11/1/1992
Ronald Reck	3/8/2023	NU	2/1/2000
Raymond Cobb	3/11/2023	NU	11/1/1993
August Blasig	3/12/2023	CL&P	10/1/1991
Robert Traggio	3/17/2023	NU	9/1/1999
James Thompson	3/22/2023	PSNH	9/17/1987
Robert Maturevich	3/23/2023	WMECO	5/1/2013
David Wellspeak	3/27/2023	WMECO	3/1/2003
Larrye Debear	4/2/2023	NU	4/1/1996
James Giknis	4/12/2023	NU	11/1/2006
Marshall Morris	4/12/2023	NU	5/1/1984
Syeeda Wilkins	4/15/2023	CL&P	4/1/1995
Benford Hilliker	4/15/2023	CL&P	10/1/1996
Donald Holmes	4/15/2023	CL&P	7/1/2020
George Frisina	4/22/2023	YG	8/1/2007

