

# CHATFIELD FARMS and Beyond

Winter 2025



**Happy New Year. Looking to fill your 2025 calendar with places to visit? Go to pages 5 and 6 of this newsletter and review the monthly suggestions for exploring Connecticut. Also, read Paul Hensler's latest book review - Times Square Remade - on pages 3 and 4. Remember to visit the websites [ctvisit.com](http://ctvisit.com) and [visitconnecticut.com](http://visitconnecticut.com) to give you current information on calendar events in Connecticut.**

**As always, if you have a topic of interest that you would like to share with the community in the newsletter, please contact Nancy Carroll at [ncarroll51@gmail.com](mailto:ncarroll51@gmail.com) or join us at our monthly Social Activities Committee meeting. Watch your emails for the Schedule of our Meetings and the Agendas. Minutes of all Meetings are posted for your information.**

## HEALTHY HABITS TO TRY IN 2025



## CONTINUED

As we begin 2025, it's a perfect time to focus on maintaining a healthy, vibrant lifestyle. This requires adopting habits that promote physical, mental, and emotional well-being. By incorporating simple but effective routines into daily life, we can enhance our quality of life. Here are some healthy habits to consider:

**Stay Active with Regular Exercise** - Regular exercise helps improve cardiovascular health, strength, flexibility, and balance, all of which can reduce the risk of falls and injuries. Try Walking, Yoga or Tai Chi, Strength Training or Swimming.

**Eat a Nutrient-Dense Diet** - A healthy diet is crucial to maintain energy and vitality. Try focusing on whole, nutrient-rich foods, such as: Fruits and Vegetables, Whole Grains, Lean Proteins and Healthy Fats.

**Prioritize Mental Health** - Mental health is just as important as physical health. Make time for activities that reduce stress and enhance cognitive function, such as: Mindfulness and Meditation, Brain Games, Social Engagement and Lifelong Learning.

**Ensure Adequate Sleep** - Sleep is crucial for physical and mental restoration. Stick to a Sleep Schedule, Create a Restful Environment and Limit Screen Time.

**Stay Hydrated** - Staying hydrated is vital for overall health. Aim to consume: Water, Herbal Teas and Fruits and Vegetables with High Water Content.

**Regular Health Check-Ups** - Preventative care is crucial for all of us. Regular check-ups allow for early detection of health issues and help manage chronic conditions. Make sure to: Visit the Doctor Regularly, Manage Chronic Conditions and Get Vaccinated.

**Practice Good Posture and Ergonomics** - Maintaining good posture can alleviate strain on the muscles and joints, and reduce the risk of falls. We should be mindful of our posture while sitting, standing, and walking. Adjust Chairs and Workspaces, Stay Active and Stretch.

**Cultivate Positive Relationships** - Strong relationships are essential for emotional and mental well-being. Make an effort to: Stay Connected, Join Community Groups and Foster New Friendships.

By incorporating these healthy habits into your daily routine, you can enhance your quality of life, boost your well-being, and enjoy a fulfilling 2025 and beyond. Remember, it's never too late to start adopting new habits that support a healthier and happier lifestyle.

As you move forward in 2025, take the time to prioritize your health and well-being. With regular exercise, a balanced diet, mental engagement, and meaningful social connections, you can thrive.



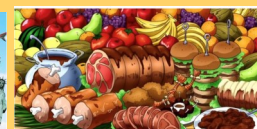
## CONNECT WITH YOUR NEIGHBORS ON CHATFIELD FARMS FACEBOOK PAGES



Chatfield Farms Facebook Page >



Chatfield Travels >



Chatfield Eats >

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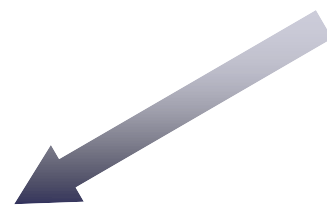
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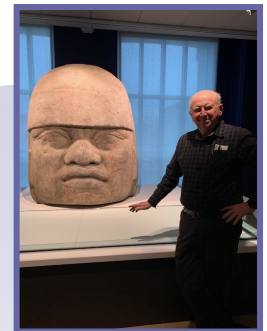
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## Recap of Activities and events in January....

**Sunday Bingo is back.** Our January 12th winners were Norman Shulder, Cynthia King, Debbie Pattyson, Anna-Maria Schuebler, Renita Covino, Vicki Caracciolo, Denise McGrath and Judy Correnty. **Thank you Leona Schwartz for organizing the activity.**



**Thirty residents** gathered at the **Yale Peabody Museum in New Haven on Saturday, January 18th** for a tour of the recently renovated museum. All agreed it was interesting and enjoyed the visit and the lunch that followed at Chef Jiang Chinese Restaurant. **Thank you to Bob Sherman for organizing this event.**



The **Loaded Baked Potato Party on Sunday, January 26th** was a great success. Thanks go out to **Karina Danvers (and her husband Larry)** for bringing **forty-eight residents** together to enjoy the potato of their choice.



### **FUTURE EVENTS: Mark Your Calendar**

- Feb 3 5 Crowns
- Feb 6 SAC Meeting at 10:00 AM
- Feb 11 Trivia
- Feb 15 The Not So Newlywed Game
- Feb 16 Bingo
  
- Mar 3 5 Crowns
- Mar 10 → SAC Meeting at 7:00 PM ←
- Mar 9 Bingo
- Mar 18 Trivia

**Looking for volunteers to host an event.** If you are thinking it's too hard or too much trouble, our Social Committee will give you all the tools and guidance and even a member of the Social Committee to help. **Bowling, Garden Tour, Museum Tour, Brewery or Winery.** If any of these events interest you or you have your own idea, please reach out to Barb Schulze at [sch52481@aol.com](mailto:sch52481@aol.com) or 203-581-4011.

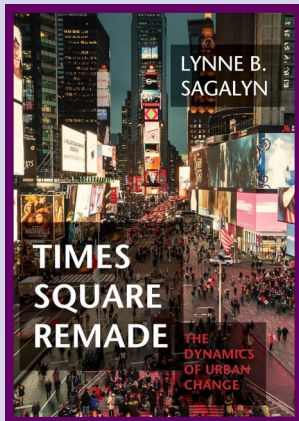
### BOOK REVIEW

by Paul Hensler

#### *Times Square Remade: The Dynamics of Urban Change*

by Lynne B. Sagalyn

Cambridge, MA: The MIT Press, 2023



If we can place a degree of trust in Google Maps, about eighty miles separates Chatfield Farms from Times Square in Manhattan, and this distance can be easily overcome by a trip via Metro-North to Grand Central Terminal and a healthy four-block walk west along 42nd Street. You can't really get lost traversing this route; indeed, the brightness and bustle of the Great White Way may well draw you closer as if by magic. Once having arrived at this staggering, outsized milieu, you will be immersed in a kaleidoscope of blazing electronic signage as well as streams of vehicular traffic and a crush of fellow pedestrians. It is this place and its surrounding blocks that are the subject of Lynne B. Sagalyn's latest book, *Times Square Remade*, and she takes readers on an interesting journey of how an area of once pastoral land evolved over the past one hundred-forty (or so) years.

As an author, Sagalyn comes well-qualified: she is a native New Yorker and created Columbia University's MBA program in real estate. *Times Square Remade* is a follow-up to her 2003 book on Times Square, and I found her newest work to be consistent in terms

of writing quality and research capabilities with *Power at Ground Zero*, her 2016 book on the rebuilding of the World Trade Center that was destroyed on 9/11. Through the use of interviews with noteworthy figures such as former mayor Ed Koch, important data and information garnered from municipal sources, and, not least, her experienced, city-savvy eye, she delivers a narrative that covers the good, the bad, and the ugly of Times Square and its modern development.

The evolution of Times Square can be thought to begin with its development as a burgeoning theater district whose upswing was fueled by the invention of the light bulb and ran through the Roaring Twenties, only to fall on hard times in the Great Depression. As legitimate theater gave way to the tawdriness of pornography and prostitution, Times Square further became a haven for drug addicts and transients, rendering the area even more unsavory. Various clean-up efforts failed to accomplish their goals, until a solution – of sorts – emerged in the 1980s in which rezoning started to chip away at the sex businesses and a small clutch of new office towers was proposed to be built as a commercial anchor in an (adult) entertainment area. As Sagalyn observes, years would pass, along with several mayoral administrations, before the political, commercial, and cultural climates would enable change for the better.

Carl Weisbrod, one of the author's valuable interviewees, headed up the Mayor's Office of Midtown Enforcement that was crucial to "virtually banning massage parlors – so-called 'adult physical culture establishments'" (p. 109). The head of a project called New 42, Rebecca Robertson, was instrumental in the return of live theater to the area, and over nearly the past forty years, a favorable momentum has taken shape. As untold sums of money were poured into revitalizing decrepit properties, Times Square not only became palatable again but also family-friendly. Sagalyn demonstrates that there is far more to the story than defaulting to the lore that Disney-fication alone rescued the area.

Yet even this new-found wholesomeness came at a price: longtime residents of nearby Hell's Kitchen felt encroached upon, workers in new office buildings resented the influx of tourists now flooding into the area, and costumed characters like Spiderman and Mickey Mouse demonstrated unseemly behavior when their aggressive photo-oping with visitors didn't elicit tips they believed commensurate with the "service" they provided. "Times Square's pedestrian plazas quickly became an economic battleground," Sagalyn writes of the competition among the horde of mascots vying for limited tourist dollars (p. 239).

*Review continued on next page*

### BOOK REVIEW *continued*

#### *Times Square Remade: The Dynamics of Urban Change*

This was uncharted territory for city officials who now had to navigate the unintended consequences of the new dynamic of Times Square, to say nothing of First Amendment rights that had to be carefully taken into account. With appropriate adjustments, however, the renaissance of Times Square has more than made its mark on New York's cityscape and continues as a huge cog in the city's economic wheel.

I can offer a personal experience – albeit a bit pre-Covid – that would have been unthinkable in the late 1980s. My wife and I were in the city for a few days one summer, and arriving at our hotel room next to Grand Central Terminal about 11:00 after a Saturday-night jazz show, we somehow caught a second wind. Feeling like doing a “New York thing,” I proposed, “Let’s go for a slice!”

And out we went, landing at a pizza joint, probably a Ray’s Original, in the heart of Times Square. With slices of sausage-and-peppers and pepperoni in hand, we stood at the window’s counter and watched the world go by, after a fashion. Grey Line tour buses packed with gawkers, sidewalks jammed with people, the streets likewise with cars and cabs, and the brilliance of all manner of lighting impressed as bright enough to convey an ambience of midday rather than midnight. Our pre-bedtime snack hit the spot, and our safe return to Grand Central was as uneventful as when we first ventured from our room an hour earlier. It seemed the only thing we had to fear was fear itself.

In *Times Square Remade*, Lynne Sagalyn has deftly given an account of how one of the most important cultural areas of Manhattan, if not the country, transmogrified from its nadir of the 1970s to recapture a much-modernized glory of a century ago. “New York City is well practiced in the mission of renewal,” she notes (p. 384), and her latest book serves as a reminder that, after much work and investment by private and public parties, the rekindling of Times Square appears to be a gift that keeps giving in both a corporate sense and from a cultural perspective.



### WINTER DRIVING TIPS

**Although we may prefer to stay in during the winter months, we eventually will need to go out. Here are some safety reminders from AAA:**

#### Cold Weather Driving:

Make certain your *tires are properly inflated and have plenty of tread.*

Keep at least *half a tank of fuel in your vehicle* at all times.

*Never warm up a vehicle in an enclosed area*, such as a garage.

*Do not use cruise control when driving on any slippery surface*, such as on ice and snow.

#### Driving in the Snow:

*Drive slowly.* Always adjust your speed down to account for lower traction when driving on snow or ice.

*Accelerate and decelerate slowly.* Apply the gas slowly to regain traction and avoid skids. Don't try to get moving in a hurry and take time to slow down for a stoplight. Remember: It takes longer to slow down on icy roads.

*Increase your following distance to five to six seconds.* This increased margin of safety will provide the longer distance needed if you have to stop.

*Know your brakes.* Whether you have antilock brakes or not, keep the heel of your foot on the floor and use the ball of your foot to apply firm, steady pressure on the brake pedal.

*Don't stop if you can avoid it.* There's a big difference in the amount of inertia it takes to start moving from a full stop versus how much it takes to get moving while still rolling. If you can slow down enough to keep rolling until a traffic light changes, do it.

*Don't power up hills.* Applying extra gas on snow-covered roads will just make your wheels spin. Try to get a little inertia going before you reach the hill and let that inertia carry you to the top. As you reach the crest of the hill, reduce your speed and proceed downhill slowly.

*Don't stop going up a hill.* There's nothing worse than trying to get moving up a hill on an icy road. Get some inertia going on a flat roadway before you take on the hill.

### VISIT THESE 12 CHARMING SMALL TOWNS IN CONNECTICUT, ONE FOR EACH MONTH OF THE YEAR

Is your New Year's resolution to get out and explore Connecticut? There's nothing like visiting our State's wonderful small towns. Whether you're visiting our waterfront villages, the northeast Quiet Corner, or the stunning Litchfield Hills, there are tons of places for a small-town day trip or an overnight getaway.

#### January - Washington

Tucked away in the beautiful Litchfield Hills region, you'll find plenty of historic architecture and beautiful natural scenery here. It looks like something from a fairy tale when this quintessential New England town is all covered in snow, so January is the perfect time for a visit.

#### February - Ridgefield

By February, we're often starting to feel the winter blues. The holidays are long gone and it's simply too cold. One place with plenty of indoor attractions to enjoy when the weather's frightful is Ridgefield. This one's a little bigger than some of the other towns on this list, but it's got such a great vibe to it that makes it the "artsiest" town in Connecticut. The Main Street area has plenty of shops to warm up in, and there's no shortage of artsy attractions like the Aldrich Contemporary Art Museum or the Ridgefield Playhouse.

#### March - Putnam

If you're visiting Putnam, hope you're hungry! This place is one of the best foodie towns in Connecticut. You'll find a diverse array of culinary attractions here, plus lots of great antique stores. It's located in the state's Quiet Corner, where the scenery is quite lovely if you'd just like to drive around and admire the area's beauty.

#### April - Columbia

April brings in beautiful weather, so it's a wonderful time to explore some of the great state parks in the Nutmeg State! One of the most interesting is Camp Columbia State Park in the town of Columbia. The park has some historic structures and a few quick and easy hikes. Once you're done exploring, retire for the evening at a gorgeous villa.

#### May - Chester

Chester is an ideal spot for a late spring getaway. Whether you're looking to explore for a weekend or simply an afternoon, you'll find a variety of local shops and restaurants to check out, plus history and natural beauty. You may even want to book a stay at the unique Village Loft located above The Village Bistro on Main Street.

#### June - Cornwall

Another town filled with history that has its own state park is Cornwall. For a small town, there's a lot to do here! Mohawk Mountain State Park is perfect for exploring nature on a sunny June day, and you can book an overnight stay at the West Cornwall Cabin located close to the park.

#### July - Colebrook

One of the top attractions in the little town of Colebrook, one of the best towns to visit in Connecticut, is the Colebrook Store. It's one of the oldest general stores in the entire country, having been built around 1800! You'll also find some great little restaurants and other shops in this Litchfield Hills town, not to mention stunning views as you drive through the countryside.

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## SMALL TOWNS IN CONNECTICUT CONTINUED

### August - Niantic

Niantic is small, but it's one of the best summer towns in Connecticut. The boardwalk is wonderful, it's got the largest bookstore in the state (The Book Barn), excellent museums, restaurants, and so much more to explore.



### September - Essex

Essex, one of the most historic towns in Connecticut, was officially declared The Coolest Small Town In America, so you know it had to be put on this list! It's got a fascinating history, amazing scenery, a distinct local vibe, and plenty of fun places to check out.

### October - Kent

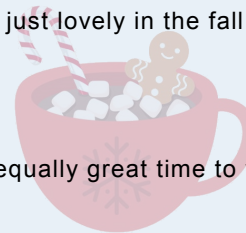
Come October, the leaves in New England look pretty fantastic. Kent is one of the best places to check out fall foliage in Connecticut. This town is best known for Kent Falls State Park, which is considered one of the most beautiful places in the state at any time of year. It's especially magical in early October.

### November - East Haddam

Most people associate castles with medieval Europe, but we've got several castles in Connecticut! Among the most famous is on display at East Haddam's Gillette Castle State Park. This is another spot that's just lovely in the fall. You can also check out Machimodus State Park.

### December - Mystic

As a seaport town, Mystic is often associated with the summer, but December is an equally great time to visit. There are some wonderful holiday celebrations here, and plenty of family attractions to enjoy.



**OTHER HIDDEN GEMS** Discover 12 under-appreciated places in CT, each perfect for a monthly visit this year!

#### Jan - Wadsworth Atheneum (Hartford)

Oldest-running public art museum in U.S.

#### Feb - Mew Haven Cat Cafe (New Haven)

Beverages/snacks and a separate area where visitors can interact with adoptable cats.

#### Mar - Submarine Force Museum (Groton)

Tour the USS Nautilus, the world's first nuclear-powered ship.

#### Apr - Glass House (New Canaan)

Located in a 200-acre park, the house was designed by famed architect Philip Johnson and is made almost entirely out of glass.

#### May - Weir Farm National Historic Site (Wilton)

This 60-acre historic site features an old farmhouse and tons of gardens to explore, plus a pond.

#### June - Lavender Pond Farm (Killingworth)

Lavender typically starts blooming in early summer, so June is a great time to visit.

#### July - Hawk Ridge Winery (Watertown)

Stroll through the beautiful grapevines or enjoy the wine and cheese that are available for sampling.

#### Aug - Buttonwood Farm (Griswold)

The farm's 14 acres of sunflowers are typically in bloom. Pair that with freshly-made ice cream and you're in for a real treat.

#### Sept - Yantic Falls (near Norwich)

Go to a nearby pedestrian bridge that provides a perfect vantage point for capturing this 40-foot cascade.

#### Oct - Connecticut's Old State House (Hartford)

Constructed in 1796, it is now home to a CT history museum on the lower floors, but the third floor is probably the most interesting.

#### Nov - Abbey of Regina Laudis (Bethlehem)

This 450-acre farm operated by a group of nuns sells raw milk and also produces delicious artisanal cheeses.

#### Dec - Barker Character/Comic/ Cartoon Museum (Cheshire)

This place has over 80,000 vintage toys, with plenty of memorabilia from Disney and old TV shows.

Stay warm!