Oronoque Country Club

The Grille Room Hours

Tue 11:00 AM – 9:00 PM
Wed 11:00 AM – 8:00 PM
Thurs 11:00 AM -9:00 PM
Fri 11:00 AM-9:00 PM
Sat 6:30AM - 9:00 PM
Sun 6:30 AM - 9:00 PM

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The cover photo, titled Captain’s Cove” and taken by Mike Lucas, was a People’s Choice Award winner for the winter art show at Galerie OV. The photo is on exhibit at SCB through June 29. *The Villager* welcomes photo submissions for cover consideration. Images must be emailed as high-resolution jpegs to cking@oronoquevillage.com

**PLEASE REMEMBER TO THANK OUR ADVERTISERS AND TELL THEM YOU SAW THEIR ADS IN THE VILLAGER!**
HELPING THE COMMUNITY
By Judy Waldeyer

The Oronoque Golf Tournament, scheduled for Aug. 14 at Oronoque Country Club, is on its way to becoming another successful event. Residents are reminded to sign up soon, before they miss the opportunity to become a part of this worthwhile event. Spaces fill up quickly. The sign-in sheet is on page 17 of this issue of The Villager. Don’t golf? Guests are welcome to join in for the Awards Dinner only and will have an opportunity to win some of the many prizes presently being collected by the committee.

The 13th annual tournament has once again earmarked the proceeds of the event for the beautification of our Village and two local charities:

Some of the proceeds will go to The Center for Family Justice. This facility provides help and a safe haven for women and children who are suffering from the trauma of domestic violence.

This year, the second recipient of proceeds from the Golf Tournament is Boothe Memorial Park, which provides educational programs for children in our community.

The Golf Tournament Committee is chaired by Judy Waldeyer with committee members Marcia Klein, Bob Koritko, Camille Manzolli, Dee Tuozzoli and Dee Varholak. The many volunteers from Orooque Village, make this event successful every year.

We urge OV residents to join us and pledge their support for this wonderful opportunity to help these charities. Please contact Liz in the Business Office at 203-377-5313 for more information.

OV FACEBOOK PAGE LAUNCHES TODAY!

Our community Facebook Page, “OV Connections,” launches today, June 15. Facebook Administrators are Carol King and Bill Tanski.

OV Connections is a quick and interactive method of communicating among neighbors and friends. The Facebook page can cover an array of topics, such as: OV club announcements, event scheduling and rescheduling, new resident inquiries, local retail and eatery suggestions, gardening and wildlife questions, etc. Think of the OV FB page as a virtual “back fence” with neighbors chatting with neighbors.

While this social Facebook page is being administered under the umbrella of the Communications Committee and the OVCA Board, it is to be used purely for social interactions. The site will not allow any Oronoque Village, local, state or national political and/or religious views to be posted. It will not allow critical comments toward anyone or any group, club or organization within Oronoque Village.

OV Connections (which is a closed Facebook page) is meant to be a place where residents can share friendly tips and offer neighborly assistance.

You must have a Facebook account to sign on to OV Connections. Search for the name on the Facebook website and request to become a member. Once you’re "in," you will be able to post. However, your other FB "friends" will not be able to see your comments, unless they’re also members of OV Connections.
PLETMAN SPRING SERIES
ENDS WITH FIESTA!

By Elisabeth Breslav ~ Photo by Jeanette Caron

obody was sitting still in the recital hall on Sunday, May 21. In fact, many Villagers were seen actually dancing in their chairs to the irresistible Spanish and Latin American rhythms produced by Judy Handler and her husband, Mark Levesque, on a variety of instruments that included different types of guitars and mandolins.

The festive mood was created right from the start with Entre Dos Aguas (Between Two Waters) by the great Spanish flamenco guitarist Paco de Lucia. It was an example of “nouveau flamenco,” a mixture of traditional and more modern rhythms.

On to Peru with Alma, Corazon y Vida (Soul, Heart and Life), a tender love song by the composer Adrian Flores Alban. It was followed by two pieces from the Brazilian composer Waldir Azevedo, both in a style called “choro music,” which originated in the late 1800s in Brazil and melded some classical European traditions with popular Brazilian music. Using their own arrangements, the two musicians created variety by trading the melody between the two instruments.

Mexico was represented by the popular Besame Mucho, and from Argentina we heard Made in the USA by Astor Piazzolla, who was largely responsible for the development of the tango in the 20th century from a simpler musical form to a more complex style.

Next we enjoyed two pieces in the Sephardic tradition, music of the Jewish people in Spain prior to 1492. First Los Bilbilicos (The Nightingales) and then a Middle Eastern sounding piece called Meron Nign. Judy did some percussive work on the guitar to back up Mark’s melody on mandolin.

Paraguay was next, with Danza Paraguaya by Augustin Barrios Mangore. It was written for classical guitar, but arranged by our musicians for guitar and mandolin. Mark took out his Puerto Rican “Cuatro” for the next two pieces, Obsesión and Maria Cervantes. The cuatro has five pairs of strings but at one time had only four pairs, hence its name.

Three pieces from Spain concluded the program. The audience was asked to participate in Guajirita by clapping along with the unusual rhythm of 123 456, 1 2 3. and did so enthusiastically! Then followed one of the most beloved pieces in the classical guitar repertoire, Recuerdos de la Alhambra. Written for the solo guitar, here again we were treated to the couple’s own arrangement that included the mandolin. This piece, by Spanish composer Francisco Tárrega, is a musical memory of the impressive Moorish palace in Granada, the Alhambra. Tárrega used a technique on the guitar called a tremolo that has a fluttering sound to imitate the sound of water that is heard flowing throughout the palace. The third piece was a very popular Spanish dance, Malagueña, and, as an encore, we heard the duo’s own version of the bouncy Brazilian tune, Tico Tico.

During a very lively reception, many residents eagerly availed themselves of an opportunity to purchase Judy and Mark’s CDs and they were unanimous in suggesting a repeat performance by the couple in the near future.

ANNOUNCEMENT: Pletman Fall Concerts - Sept. 24: “A History of the American Musical” with Carol and Tom Woodman; Oct. 29: The Yale Russian Chorus; Nov. 19: To be announced.

OVTD ANNUAL MEETING RESULTS

The annual OVTD meeting was held on May 30 at NCB. At the meeting, the 2017-2018 budget of $1,882,971 was approved as well as the proposed mill rate of 13.10 mills.

Also, the OVTD executive board members were elected to serve one-year terms. The officers are President Steve Brieger, Vice President Marguerite Dunigan, Treasurer Jim Irwin and Secretary Bill Tanski. Ray Vermette was elected to serve a 3-year term as a director.

The OVTD board meets quarterly at 7 p.m. at NCB. The next meeting will take place on July 25.

BUSINESS OFFICE NOW HAS SUMMER HOURS

The OV Business Office is operating under a summer hours schedule. The office is open from 8 a.m. to noon and 1 p.m. to 4 p.m. Monday-Thursday. On Friday, the office hours are 8 a.m. to noon and 1 p.m. to 3:30 p.m.
CALL FOR QUILT WORK AT SCB

Quilters: It’s your turn to shine at Galerie OV summer show. Please bring one or two pieces of quilt work to SCB on June 30 at 10 a.m. Due to space restrictions, the largest size we can accommodate is 36 x 48 inches.

We suggest the following: Lap quilts, wall hangings, comfort quilts, wearable fabrics, portraits or landscapes.

Each piece should either be framed or have the standard 2-inch sleeve or hidden loops suitable for a rod.

Questions? Call Barbara Stewart at 203-612-1373 or Marilyn Cocking at 203-375-2835.

BEGINNER BRIDGE GAMES

Effective Monday, June 19, through Monday, Sept. 11, from 7 to 9 p.m. in the NCB library, there will be weekly shuffle and deal bridge games. It is open to all and will provide a forum for newer players to practice and play with others of similar ability. It is not teacher directed. Please, bring a deck of cards and any reference materials you wish and join a table.

Questions? Contact Joan Jalbert at joangjalbert@gmail.com or Wendy Swain at wendysw105@gmail.com

SAVE THE DATE: A "ROADSHOW" IS COMING TO ORONOQUE ON JULY 20

On July 20 at 2 p.m. at SCB, the Oronoque Arts Guild will bring Shannon’s Fine Art Auctioneers to the Village. There will be an informative talk with time to answer your questions, after which Shannon’s will give you an appraisal on one painting or one sculpture you bring with you and have been wondering about. Don’t miss this unique opportunity. Arts Guild members receive free admission, all others pay $5 at the door. Appraisals cost $5.

WATERCOLOR PAINTING CLASS

A weekly beginners watercolor class with Jill Nichols will launch on Wednesday, July 5, from 2-4 p.m. at SCB. Enrollment is limited to 10 people. The cost is $8 per class; students must commit to a 10-class series. Questions? Contact Claire Carew at 203-540-5125 or Bonnie Usinger at 203-380-2181.

WATER AEROBICS STARTS JUNE 26

A 10-week water aerobics program will run June 26 through Sept. 1. Sign-up begins at 9 a.m. Classes take place at 10 a.m. on Mondays, Wednesdays and Fridays at the heated pool at SCB.

The cost for the season is $7. Payments must be made in cash. (Reminder: Oronoque Village ID badges are required to enter the pool areas at both clubhouses.) Questions? Call Merrilee at 203-378-8753.

TRASH & RECYCLING PICKUP WILL BE DELAYED BY JULY 4 HOLIDAY

The Business and Maintenance Offices will be closed on July 4. The Independence Day holiday will cause trash and recycling to be picked up one day late. Pickup will occur on Thursday, July 6.
JUNE UPDATES FROM OCC
By Nancy Blagys, OV Representative on the OCC Board

Do you know that OCC serves breakfast on Saturdays and Sundays from 8 a.m. to 11:45 a.m.? The pancakes are delicious as well as an assortment of eggs. Try it out some weekend. And remember that Traditions Grill, located on the lower level of the clubhouse, serves lunch and dinner Tuesday through Sunday 11 a.m. to 8 p.m.

The following OV residents won prizes in the OCC Opening Day Scramble: Sheldon Guary, Joe Serino, Nancy Blagys, Mary Crooks, Jerry Crooks, Cal Blagys, Bill Parisi, Joan Jalbert and Angela Alvisi.

And for the Memorial Day OCC Tournament the winners from OV were Ken Bird, Bruce Blanchard, Karen Kiely, Bob Logan and Kathy Rapaport.

On hole 17 there is an area on the golf course which doesn't belong to OCC. The area has been fenced in so golfers cannot use it. OCC is in the process of negotiating with the owner and may be able to exchange parcels. This has been ongoing for several years.

Please remember cart paths are closed from 7 a.m. to 8 p.m., daily, for your safety.

We are lucky to have OCC as our neighbor and hope you will use the OCC facility for your entertainment needs.

EDITOR’S NOTE: To ensure accuracy, information must be submitted, via email, to Carol King at cking@oronoquevillage.com. (Submissions must be typed, in upper and lower case.) The deadline to be included in the next issue of The Villager, on July 3, is June 20 at noon.

ACTIVITIES

ADULT COLORING
• Adult Coloring takes place on Fridays from 2-4 p.m. at SCB.

BOCCE
• Weekly games are played on Thursdays at 10 a.m. on the bocce court at the North Clubhouse. Everyone is welcome. Questions? Call Sue or Ralph Trapasso at 916-7156.

CURRENT EVENTS
• The Current Events Discussion Group will meet in SCB Card Room 1 at 10 a.m. on Wednesdays June 21, July 5 and July 19. Please bring a news article to the meeting.

DOLLCRAFTERS
• Dollcrafters meets at 10 a.m. on Tuesdays at NCB.

LADIES BIBLE STUDY
• All resident women are welcome to attend a Bible study group on the second and fourth Fridays of each month from 10:30 a.m. to noon in the card room at NCB. The next meeting is June 23. Call Tina (375-0291) or Helen (355-0007).

PICKLEBALL CLUB
• On Mondays and Wednesdays, weather permitting, Round Robins are held from 4 to 6 p.m. On Saturdays, Round Robins are held from 9:30 a.m. to 11:30 a.m. For information, contact Gery at cleeker@optonline.net.

WALKING GROUP
• The Walking Group meets in the NCB parking lot on Thursdays at 8:30 a.m. Walks can range from 1 to 2 miles. For information, call Bill or Dorothy Tanski at 609-876-3520 or email cwtans@gmail.com

WRITERS GROUP
• The Writers Group meets on alternate Fridays in the NCB Card Room at 2 p.m. The next meetings are June 16 and June 30. All residents — of all levels of skill — are welcome. Poems, short stories and mini-memoirs have already been created and enhanced by feedback from fellow reviewers. We’re looking forward to whatever surprises these meetings generate. Questions? Call Len at 203-377-7250.

PLEASE REMEMBER TO THANK OUR ADVERTISERS AND TELL THEM THAT YOU SAW THEIR ADS IN THE VILLAGER!
For the latest on OV news and events, go to www.oronoquevillage.com or OVTV. OVTV is Channel 591 for those with a cable box and Channel 121-591 for those without a box. O=Open / C=Closed / RSF=Racquet Sports Facility

THURSDAY, JUNE 15
- 8:30 a.m. – Walking Group, NCB Parking Lot (O)
- 10:00 a.m. – Zumba, NCB (O)
- 10:00 a.m. – Bocce, NCB (O)
- 1:00 p.m. – Dominoes, SCB, C/R2 (C)
- 1:30 p.m. – Bridge, NCB, Aud (C)
- 2:00 p.m. – Rummikub, SCB, Lounge (C)
- 6:00 p.m. – Jerry’s Poker, SCB, C/R1 (O)
- 7:00 p.m. – Men’s Club Bingo, SCB (O)

FRIDAY, JUNE 16
- 9:00 a.m. – Low-Impact Exercise (Bring Weights), NCB (O)
- 10:00 a.m. – Table Tennis, SCB (O)
- 2:00 p.m. – Adult Coloring, SCB, C/R (O)
- 2:00 p.m. – Writer’s Group, NCB, C/R (O)

SATURDAY, JUNE 17
- 8:00 a.m. – Tennis Club Round Robin, RSF (C)
- 9:30 a.m. – Pickleball, RSF (O)

SUNDAY, JUNE 18: No events scheduled

MONDAY, JUNE 19
- 9:00 a.m. – Low-Impact Exercise (Bring Weights), NCB (O)
- 4:00 p.m. – Pickleball, RSF (O)
- 7:00 p.m. – Bridge, NCB, C/R (O)
- 7:00 p.m. – Beginner Bridge Group, NCB, Library (O)

TUESDAY, JUNE 20
- 9:00 a.m. – Yoga for Seniors, SCB, C/R2 (O)
- 10:00 a.m. – Zumba Gold, NCB, Aud (O)
- 10:00 a.m. – Dollcrafters, NCB, Library (O)
- 2:00 p.m. – Rummikub, SCB, Lounge (C)
- 7:00 p.m. – OVCA Board Meeting, NCB (O)

WEDNESDAY, JUNE 21
- 10:00 a.m. – Current Events, SCB (O)
- 10:00 a.m. – Free Blood Pressure Screening, NCB, C/R (O)
- 4:00 p.m. – Pickleball, RSF (O)
- 5:00 p.m. – Poker, NCB, C/R (C)
- 6:00 p.m. – Jerry’s Poker, SCB, C/R1 (O)

THURSDAY, JUNE 22
- 8:30 a.m. – Walking Group, NCB Parking Lot (O)
- 10:00 a.m. – Zumba, NCB (O)
- 10:00 a.m. – Bocce, NCB (O)
- 1:00 p.m. – Dominoes, SCB, C/R2 (C)
- 1:30 p.m. – Bridge, NCB, Aud (C)
- 2:00 p.m. – Rummikub, SCB, Lounge (C)
- 5:30 p.m. – District 10 Meeting, NCB (C)
- 6:00 p.m. – Jerry’s Poker, SCB, C/R1 (O)
- 6:00 p.m. – District 4 Meeting, SCB (C)

FRIDAY, JUNE 23
- 9:00 a.m. – Low-Impact Exercise (Bring Weights), NCB (O)
- 10:00 a.m. – Table Tennis, SCB (O)
CALENDAR, CONTINUED

- 10:30 a.m. – Ladies Bible Study, NCB, C/R (O)
- 2:00 p.m. – Adult Coloring, SCB, C/R (O)
- 7:00 p.m. – Wine Club, NCB (O)

SATURDAY, JUNE 24
- 9:30 a.m. – Pickleball, RSF (O)
- 6:00 p.m. – Tennis Club Party, NCB (C)

SUNDAY, JUNE 25: No events scheduled

MONDAY, JUNE 26
- 9:00 a.m. – Low-Impact Exercise (Bring Weights), NCB (O)
- 4:00 p.m. – Pickleball, RSF (O)
- 7:00 p.m. – Bridge, NCB, C/R (O)
- 7:00 p.m. – Beginner Bridge Group, NCB, Library (O)

TUESDAY, JUNE 27
- 9:00 a.m. – Yoga for Seniors, SCB, C/R2 (O)
- 10:00 a.m. – Zumba Gold, NCB, Aud (O)
- 10:00 a.m. – Dollcrafters, NCB, Library (O)
- 2:00 p.m. – Rummikub, SCB, Lounge (C)

WEDNESDAY, JUNE 28
- 4:00 p.m. – Pickleball, RSF (O)
- 5:00 p.m. – Poker, NCB, C/R (C)
- 6:00 p.m. – Jerry’s Poker, SCB, C/R1 (O)
- 6:00 p.m. – District 9 Meeting at OCC

THURSDAY, JUNE 29
- 8:30 a.m. – Walking Group, NCB Parking Lot (O)
- 10:00 a.m. – Zumba, NCB (O)
- 10:00 a.m. – Bocce, NCB (O)
- 1:00 p.m. – Dominoes, SCB, C/R2 (C)
- 1:30 p.m. – Bridge, NCB, Aud (C)
- 2:00 p.m. – Rummikub, SCB, Lounge (C)
- 6:00 p.m. – Jerry’s Poker, SCB, C/R1 (O)

FRIDAY, JUNE 30
- 9:00 a.m. – Low-Impact Exercise (Bring Weights), NCB (O)
- 10:00 a.m. – Table Tennis, SCB (O)
- 2:00 p.m. – Adult Coloring, SCB, C/R (O)
- 2:00 p.m. – Writers Group, NCB, C/R (O)

SATURDAY, JULY 1
- 9:30 a.m. – Pickleball, RSF (O)
- 6:00 p.m. – Weekenders Event, NCB (O)

SUNDAY, JULY 2: No events scheduled

MONDAY, JULY 3
- 9:00 a.m. – Low-Impact Exercise (Bring Weights), NCB (O)
- 4:00 p.m. – Pickleball, RSF (O)
- 7:00 p.m. – Bridge, NCB, C/R (O)
- 7:00 p.m. – Beginner Bridge Group, NCB, Library (O)
- 7:00 p.m. – Funseekers Board Mtg, SCB (C)
- 7:00 p.m. – Bulls & Bears, SCB (C)
- 7:30 p.m. – SAC Meeting, NCB, B/R (O)

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June 15, 2017 • THE VILLAGER 9
The ladies celebrated the end of this year's bowling season with a luncheon at Dante's Restaurant. The hostesses were members of Team Four: Bobbie Bartolatta, Ann Chapell, Jane Jordan and Cindy Torregiani. Centerpieces for each table, bags with items including lollipops that were bowling pins and balls, were put together by Peggy Rascoll. They were so creative!

Highlights of the awards presentations were:
- First-place team standing: Anita Carredu, Bridget Matthews, Rosemary Lacurci, captain Mary Ann Baudouin.
- High Game Scratch: Lori Hedman, Lyda Julian, Kathy Wells, captain Dot Stoeppel.
- High Individual Standings in various categories: Bobbie Bartolatta, Mary Ann Baudouin, Dottie Stoeppel, Peggy Rascoll, Anita Carredu, Sue Pfannkuch, Cindy Torregiani, Lori Hedman, Kathy Wells, Connie Murawski and Mary Haynes.
- Two Hundred Games: Dottie Stoeppel and Mary Ann Baudouin.
- Splits by Class: Peggy Rascoll, Agnes Lavin, Joanna D’Onofrio, Connie Murawski.
- Turkeys by Class: Bobbie Bartolatta, Fran Hulley, Agnes Lavin, Kathy Wells, Sue Pfannkuch.
- Four Baggers: Lyda Julian, Mary Ann Baudouin.
- Most Improved: Kathy Wells.

The team that comes in last place always wins a special "gag" award. This award consisted this year of a key ring for success, vitamins (M & M’s) for aching bodies, a good luck wine glass to soothe away stress and bath salts to soak in if the above were not helpful. Mary Ann Baudouin provided this also with a poem for comfort. The recipients were Agnes Lavin, Marina Verrilli, Joanna D’Onofrio and Captain Dee Tuozzoli.

The ladies are looking forward to the new season which begins on Sept. 6, the Wednesday after Labor Day, preceded by an organizational meeting at the South Clubhouse at 9:30 a.m. on Wednesday, Aug. 30.

Summer bowling has already begun on Wednesdays at 9:30 at AMF Lanes (across from Costco). All ladies are invited to join this informal group. There are no teams and no pressure, just fun and fellowship. Try it. You may like it!
ANTHONY J. MEMOLI EXHIBIT AT SACRED HEART UNIVERSITY

Story by Janet Memoli ~ Photos by Joe Giacobbe

Anthony (Tony) Memoli, a 15-year resident of Oronoque Village and member of the OV Arts Guild, has had a series of acrylic paintings accepted as a permanent exhibit at Sacred Heart University in Fairfield.

How Tony was inspired to create this opus may always remain a mystery; over a period of nearly two years he painted a series of 15 30- x 40-inch paintings that depict scenes from the Old and New Testaments. With this subject matter, the project was infinite.

After completion, much research and consideration was devoted to finding an appropriate venue to display the art. Sacred Heart University, which has experienced phenomenal growth and expansion and is a religious institution, appeared to be the perfect site. With the intervention of Tony’s parish deacon, a meeting was arranged with officials at SHU and, as the saying goes, the rest is history.

In November of 2016, Sacred Heart University installed the entire series as a permanent exhibit, gracing the walls of an indoor walkway leading to the two sanctuaries within the Chapel of the Holy Spirit.

The spectacular mosaics in each chapel were executed by Father Marko Rubnik, the world-famous Jesuit priest and artist who is the director of Centro Aletti, a center for scholars and artists in Rome.

One may or may not believe in coincidences, but it is uncanny how Memoli’s paintings complement -- in subject matter, style and color -- the dazzling mosaics of Fr. Rubnik. (Though Tony had not seen these works prior to executing his paintings.)

In his golden years, Tony feels blessed to see his work in such a revered setting earning admiration from and providing inspiration to so many.

“We are delighted that Tony decided to donate his artwork to Sacred Heart University,” states Larry Carroll, executive director of pastoral services at Sacred Heart University. “The art is an inspirational representation of many different biblical stories. Tony has used his gift and talent as an artist, to express his faith as written in The Word of God. We will be ever grateful for his generosity and kindness.”
On Saturday, May 20, Oronoque Village Cleanup Day was held, during which residents were able to throw away bulk items via dumpsters at SCB provided by the Town of Stratford. Also, a paper shredding truck -- sponsored by Bouvier Insurance -- was parked at NCB for the disposal of sensitive documents. Simultaneously, the House & Garden Club held its annual plant sale at NCB. The funds raised through the Plant Sale will go toward beautification projects at Oronoque Village.
ARTIST OF THE MONTH: SHARON SELLS

The colorful and unique tapestries of Sharon Sells are on view at NCB through the end of this month. Sharon’s passion for tapestry began during her teenage years when her sister taught her how to create the art form. Although she does not think of herself as an “artist,” Sharon sketches her own canvases (often inspired by photographs) and stitches without pre-painting so that color and stitch choices are made as the pieces emerge.

Many of Sharon’s pieces hang in private homes throughout the country. Her work has been honored with a second-place prize in the Guilford Arts and Crafts Festival.

Sharon notes that her interest in art comes to her genetically and through marriage! “My parents both studied art,” she says. “My father was trained as a sculptor and my mother in graphic design. My husband is an architect.”

While attending Emerson College, Sharon pursued interests in drama, art and music and graduated with a B.A. in speech and drama. She then earned a master’s degree in special education from The College of New Rochelle, where she was also an adjunct faculty member. Initially, Sharon’s career path was devoted to education. She taught for several years in West Philadelphia High School and then at public elementary schools in both Westchester and Connecticut. However, in 1980 she pursued a new interest and became a marketing manager with an IBM partner in Westport. She held this position until 2000.

Sharon has been married to her husband, Jeff, since 1966. Jeff has practiced as an architect for over four decades and many of his award-winning buildings dot the Connecticut landscape. Now retired, he enthusiastically pursues music and painting. Jeff was the first recipient of the Oronoque Village Art Guild’s People’s Choice Award. Jeff and Sharon have two adult married children and a six-year-old grandson.

The Sellses moved to Oronoque a little over a year ago and became active in the art community soon after. Testing the waters to see what other forms might speak to her, Sharon has recently taken, and enjoyed, a sculpture class with Wendy Swain here in the Village. She is also an active member of the Art Guild Program Committee.

“Art is a reflection of our culture. It can be a disparate view of common elements, a stimulus for the human conversation.

Left, artist of the month Sharon Sells with her grandson, Jeremy. Above, a tapestry created by Sharon.

It removes us from the chaotic or challenges it,” Sharon says. “Whatever it is to the observer, it enhances our environment. I’m so glad it is such an integral part of Oronoque Village.”

REMINDER:
OVTV CAN BE FOUND ON CHANNEL 591 FOR THOSE WITH A CABLE BOX
Downtown Cabaret Theatre in Bridgeport has announced performances for its series of cover band concerts:

Upcoming shows are:
- **The Piano Man from Billy Joel’s Broadway Hit Movin’ Out** - Wade Preston, Sept. 9, 2017
- **Stars in Concert: Madonna, Tina Turner, Whitney Houston, Diana Ross, Marilyn Monroe and Elvis**, Sept 15-17, 2017
- **Carole King by Tapestry**, Oct. 21, 2017
- **Fleetwood Mac by TUSK**, Nov. 4, 2017
- **The Eagles by Desert Highway**, Jan. 12-13, 2018
- **Paul McCartney by McCartney Years**, April 14, 2018
- **Everly Brothers by Everything Everyly**, June 16, 2018
- **Rat Pack with Marilyn Monroe**, June 22-24, 2018
- **Rock Around The Clock - Jerry Lee Lewis, Buddy Holly, Johnny Cash, Bill Haley & Elvis**, July 13 - 15, 2018
- **All You Need is Love - The Beatles**, July 20 - 22, 2018
- **QUEEN by Almost Queen**, Aug. 11, 2018

For information, call 203-576-1636 or visit [www.dtcab.org](http://www.dtcab.org)

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From July 11 to Aug. 1, the Westport Country Playhouse will present 2016 Lucille Lortel Award winner, **Grounded**. Grounded by an unexpected pregnancy, an ace fighter pilot finds her world flipped from top gun to top mom. Reassigned to the “chair force” as a drone pilot near Las Vegas, the realities of war and suburban comfort collide. This tale offers a glimpse into one soldier’s struggle to define herself in the modern world.

For information, call 888-927-7529 or 203-227-4177 or visit [www.westportplayhouse.org](http://www.westportplayhouse.org)

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On Saturday, July 1, at 7:30 p.m., The Milford Center for the Arts presents New Orleans jazz saxophone player Charles Neville and his son, pianist Khalif Neville. The pair will throw a new twist on some classics as well as highlight their compositional skills with the originals, such as “Cubano” and “Kiko.” Tickets are $35 and $30 for MAC Members. To purchase tickets, visit [http://milfordarts.org](http://milfordarts.org) or call 203-878-6647.

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Tuesday night outdoor concerts will be offered by the Town of Stratford Recreation Department through Sept. 5 at Paradise Green. Concerts generally begin at 7 p.m. but some may start a bit later. Bring your lawn chair, something to eat and your favorite beverage to enjoy an evening at the Green. The line-up of performances can be found at [www.townofstratford.com](http://www.townofstratford.com)
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There's good and important news about effective ways to deal with arthritis, and it boils down to the essential benefits of exercise. In fact, the American College of Rheumatology says people with arthritis who exercise have less pain, more energy, improved sleep and better day-to-day function – at any age.

One form of arthritis, osteoarthritis, is the most common form of joint disease and is a leading cause of disability among seniors. Osteoarthritis – or OA -- is a slowly progressive joint disease typically seen in middle-age to elderly people. It occurs when the joint cartilage breaks down, causing the underlying bone to fail. OA symptoms include joint pain, stiffness, knobby swelling, cracking noises with joint movements and decreased function. It typically affects the joints of the hands and spine and weight-bearing joints such as the hips and knees.

People who are physically active are healthier, happier and live longer than those who are inactive and not fit, and this is especially true for people with arthritis. Yet, arthritis is one of the most common reasons people give for limiting physical activity and recreational pursuits as they age.

“People with arthritis avoid exercise for a number of reasons,” explains Donna Everix, MPA, BS, and physical therapist in the San Francisco Bay Area. “Some avoid it due to fear of pain or injury, and others avoid it for the same reason many people without arthritis do – not wanting to make a lifestyle change.”

Inactivity, in addition to arthritis-related problems, can result in a variety of health risks, including type 2 diabetes and cardiovascular disease. In addition, decreased pain tolerance, weak muscles, stiff joints and poor balance common to many forms of arthritis can be made worse by inactivity.

Arthritis sufferers are encouraged to increase physical activity by trying one or more of the major types of exercise. Each of these routines can have a positive effect on reducing pain related to arthritis and other rheumatic diseases, according to the American College of Rheumatology:

1. **Flexibility:** Flexibility exercises help maintain or improve the flexibility in affected joints and surrounding muscles. Benefits include better posture, reduced risk of injuries and improved function.

   When focusing on flexibility exercises, range of motion exercises should be performed five to 10 times on a daily basis while stretching exercises can be performed at least three days a week with each stretch being held for 30 seconds.

2. **Strengthening:** Strengthening exercises are designed to work muscles. Strong muscles improve function and help to reduce bone loss related to inactivity.

   For people with arthritis, one set of eight to 10 exercises for the major muscle groups of the body two to three times a week is recommended. However, older individuals may find that 10-15 repetitions with less resistance are more effective. The resistance or weight should challenge the muscles without increasing joint pain.

3. **Aerobic:** Aerobic exercises include activities that use the large muscles of the body in a repetitive and rhythmic manner. Aerobic exercise improves heart, lung and muscle function. For people with arthritis, this type of exercise has benefits for weight control, mood, sleep and general health.

   Safe forms of aerobic exercise include walking, aerobic dance, aquatic exercise, bicycling or exercising on equipment such as stationary bikes, treadmills or elliptical trainers, including those in the Oronoque Village gym. Current recommendations for aerobic activity are 150 minutes of moderate intensity exercise a week, preferably spread out over several days.

4. **Body awareness:** Body awareness exercises include activities to improve posture, balance, joint position sense, coordination and relaxation. Tai chi and yoga are examples of recreational exercises that incorporate elements of body awareness and can be a very useful part of an arthritis exercise plan.

   “For people with arthritis, exercising is an important part of a treatment plan as it – along with maintaining a healthy weight – can help ease arthritis pain,” explains Dr. Stanley B. Cohen, a past president of the American College of Rheumatology. “You don’t need to train for a triathlon to experience the benefits of exercise. Starting slowly at any age, with low intensity, will allow you to ease into a successful exercise plan that will benefit your arthritis and your overall health.”

   Arthritis sufferers should discuss their exercise programs and any concerns they have with their health professionals on a regular basis. With the support and guidance of a rheumatology health-care team, people with arthritis are able to build regular physical activity and exercise into their daily routines and reap the benefits of an active and healthy lifestyle, Cohen said.

This article was contributed by Chris Pederson, an Oronoque resident and owner of Caregiver’s Home Solutions, a Stratford-based nonmedical in-home care agency.
13th Annual Oronoque Village Golf Tournament
Monday, August 14th
9:00 a.m.
At Oronoque Country Club
Supporting: Center for Family Justice & Boothe Memorial Park

Register at 9:00 a.m. for a full breakfast. Driving range practice and putting contest with cash prizes, included in your entry fee. Tee off time is 11 a.m. with a shotgun scramble.

This event is always fully subscribed, so please sign up now to reserve a place. Registration is open to all residents of Oronoque Village and their guests.

An array of prizes will be awarded throughout the 18 holes of play, including: a prize on every par 3 (including a car for a Hole in One on the 12th hole!), longest drives, closest to the line and closest to the pin.

The tournament concludes with an Awards Dinner (beer, wine, soda and coffee are included) and many raffle prizes.

The all-inclusive cost is $100 per player and includes all meals, carts, greens fees, prizes and beverages (beer, wine, soda and coffee are included.) Non-playing guests may attend the Awards Banquet for $40.

THIS IS AN EXCEPTIONAL VALUE! FIRST-COME, FIRST-SERVED BASIS

Oronoque Village residents are responsible for payment of their players and guests. Your check is your reservation, made payable to OVCA. Place check, with form below, in NCB Activities Box. The cost is $100 per player and $40 per non-playing dinner guest(s).

Oronoque Village Resident: __________________________

Address/Unit #: ________________________________________

Contact Phone: __________________________ Email: __________________________

Players’ Names: _______________________________________

Dinner-Only Guest(s): __________________________

PLAYING SLOTS FILL QUICKLY — DON’T DELAY, SIGN UP TODAY
BACK BY POPULAR DEMAND!
WEEKENDERS PRESENTS
GORDON MICHAELS ON JULY 1ST

Get your checks in ASAP to enjoy another fabulous event brought to you by WEEK-ENDERS on JULY 1ST at 6PM in the NCB when Gordon Michaels and his powerful baritone voice performs accompanied by Michael Larsen on the piano. They appeared last year and received a standing ovation with requests to return. Delicious grinders and salads will be served; dinner and show $18. Please put reservation (checks made out to Weekenders) and any table requests in by June 25th.

OV Wine Club: Grape Expectations!

Join us for a wine tasting journey to South America. Once again Len Gulino, “The Wine Tutor” will be our wine-tasting tour guide. South America has been making wine since the 1500s when Franciscan monks introduced grapes for sacramental wine. But it wasn’t until the 1800s – with the plantings of grapes such as Malbec, Cabernet Sauvignon, and Carmenere – that exceptional vino began to emerge from Chile and Argentina. Argentina is now the world’s 5th largest wine producer and Chile is 9th. Come tour with us as we sample their fine wines.

The event will include:
- Entrance wine
- Informative commentary by Len
- Tasting 6 wines (3 white and 3 red)
- Cheese, crackers, grapes
- Dessert wine
- Post tasting cookies by Dorothy Tanski

When: Friday June 23rd, 7-9 PM. @ NCB. Attendees limited to first 40 respondents. Cost: $25pp
Your check to OV Wine Club is your reservation. Deposit checks in OV Wine Club “Grape Expectations” mailbox @NCB. RSVP no later than June 18th.
Contacts: Charlie DiGiovanni 203-375-0054 or Bill Tanski 203-540-5389.
The Movie Club Presents

Fences

Friday, July 14, at 7 p.m. NCB
Wednesday, July 19, at 2 p.m. at SCB
$1 admission includes popcorn

Fences is the story of Troy Maxson, a mid-century Pittsburgh sanitation worker who once dreamed of a baseball career, but was too old when the major leagues began admitting black players. He tries to be a good husband and father, but his lost dream of glory eats at him and causes him to make a decision that threatens to tear his family apart.

Fences was written by August Wilson, based on his Pulitzer Prize-winning play of the same name. Denzel Washington and Viola Davis (in an Oscar-winning performance) star.

The Movie Club is sponsored by Len Learner, Marcia Klein, Dee Tuozzoli, and innumerable volunteers.
OV Men's Club is sponsoring an outreach program with the Stratford Senior Services to provide FREE information to Oronoque residents about:

- Homecare
- Transportation
- Adult Day Care
- Benefit Programs

WHEN: Wednesday, July 12, 2017  2 pm to 4 pm
Wednesday, August 9, 2017  2 pm to 4 pm

WHERE: Front meeting room in South Clubhouse
Mary Bolag, Outreach Coordinator, will be available to speak to you
45-minute open forum followed by five 15-minute private consultations.
Call Mary at 203 385-4050 for appointments (can leave message)
All information is kept highly confidential

SEDGWICK SISTERS - FABULOUS ’50s SONGS

Come join Funseekers at 7 p.m. on Tuesday, July 11th, at SCB for a Fabulous Fifties throwback of music you will love and bring back memories. Our entertainment is a group called Sedgwick Sisters. Jonelle & Shalynn Sedgwick & Jeff Daniel will be singing songs by Doris Day, Bobby Darin, Elvis Presley, Sam Cooke, Dean Martin and many more. Sing along to "That'll Be the Day," "Love Me Tender," “Splish Splash I was Taking a Bath," "That's Amore" ... just to name a few. We may even have a cameo appearance from Dad Sedgwick, who sings 1920s - 1960s songs.

"Shake, Rattle & Roll" through the decade of the 1950s with us. The shows are lively & fun to watch as well as hear. Look forward to seeing all of you for our "Fun Filled" evening.

Admission $2 Members, $5 Guests, BYOB/Food/Snacks if you wish. Desserts and beverages following the event. Questions? Contact: Bob Krakovich 203-752-6105.
Oronoque Village
Farmers’ Market
Opens Friday, June 16\textsuperscript{th}
10:00 to 1 PM
South Community Building Parking Lot

Fresh vegetables, fruit, honey, greens, jams and preserves, plants, freshly baked breads, pastries, flowers, Oronoque Farms pies, soaps and more!

YOU’RE INVITED ...

To the opening reception for the Summer Galerie OV show - “QUILTS”

\textbf{DATE:} SUNDAY, JULY 9
\textbf{TIME:} 4-5PM
\textbf{PLACE:} SOUTH CLUBHOUSE

Come and enjoy appetizers with the quilters and find out who won the People’s Choice Award for the Spring show!

\textbf{SPONSORED BY SAC AND THE O.V. ARTS GUILD}
Bingo: Presented by the Men’s Club
Thursdays, June 15 & July 20, at 7:00 pm at SCB
Come and bring your friends. Cost: $2.50/card

MEN’S CLUB TRIP TO MOHEGAN SUN
MONDAY, JULY 17
DEPARTING REAR OF SCB AT 1 P.M.
LEAVING CASINO AT 8:30 P.M.
COST PER PERSON: $25

A check made out to Oronoque Village Men's Club is your reservation. Please place check in the Men's Club box in the North Clubhouse. Questions? Call Sandy Lunt: 203-377-5833 or Jerry Brown: 203-378-7781
The Oronoque Village Book Club meets at 7 p.m. on the first Wednesday of every month at NCB. All Villagers are welcome.

Need a ride or information? Call Barbara at 203-612-1373

For July 5: *Hillbilly Elegy* by J.D. Vance.

“You will not read a more important book about America this year.”— *The Economist.*

*Hillbilly Elegy* is a passionate and personal analysis of a culture in crisis - that of white working-class Americans. The decline of this group, a demographic of our country that has been slowly disintegrating over forty years, has been reported on with growing frequency and alarm, but has never before been written about as searingly from the inside. J.D. Vance tells the true story of what a social, regional, and class decline feels like when you were born with it hung around your neck.

*A deeply moving memoir with its share of humor and vividly colorful figures,* *Hillbilly Elegy* is the story of how upward mobility really feels. *And it is an urgent and troubling meditation on the loss of the American dream for a large segment of this country.* ... J.D. Vance website.

The book for August 2 is *1984* by George Orwell.
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Dear Caregiver's Home Solutions,

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Thanks for your patience, understanding and professionalism. Your loving nature put me at ease.

Sincerely, Donna
(A Village Resident's Daughter)

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