

January 2, 2019



# THE VILLAGER



## FEATURE

5 Meet the Dollcrafters



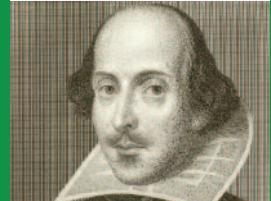
## FEATURE

12 Artist of the Month



## FEATURE

12 Nights With Shakespeare



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The cover photo, taken by Ray Vermette, captures dancers from The Connecticut Ballet performance that took place at SCB on Nov. 29. Please see story on page 10. *The Villager* welcomes submissions for cover consideration. Submissions must be emailed as high-resolution jpeg images to [cking@oronoquevillage.com](mailto:cking@oronoquevillage.com)

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# A MESSAGE FROM THE OVCA PRESIDENT



## WARM HOLIDAY WISHES



By Bob Grosso

I would like to extend my sincere thanks to the OVCA Board, the OVTD Board, committee members and all of the volunteers and residents who have contributed to make OV the "community" that it is today.

We are all grateful to our dedicated and loyal staff for all of their efforts throughout the year. I wish you a safe, joyous, loving and festive holiday season. I pray that the New Year will bring a more peaceful world, blessings and prosperity to all.

Let us honor and treasure our religious beliefs, family and friends as well as be thankful for our wonderful community!

We are truly blessed and immeasurably grateful for all that we have!

OV



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Please direct all questions regarding *The Villager* publication, to Carol King. Unsolicited manuscripts, which we invite from all residents, should be discussed first with Carol King. We also welcome unsolicited photographs of Oronoque scenes and events, which should be submitted to Marcia Klein.

*The Villager* is published by the Communications Committee of The Oronoque Village Condominium Association. Disclaimer: All advertisers are paid submissions and *The Villager* makes no representation of their credibility. Neither OVCA nor OVTD discriminate in the use of facilities by resident groups.

## A REPORT FROM THE EXECUTIVE DIRECTOR

The start of the year typically begins with a degree of optimism, promise and renewal. Our "New Year" reset button provides many of us with the opportunity for introspective self-reflection and the anticipation that the page in front of us -- metaphorically -- is blank, awaiting our respective ink.



The month of January is unique inasmuch as the concept of change -- regardless of whether it's minimal or iconoclastic -- is given a high degree of consideration with the least amount of resistance.

In that vein we have several operational announcements to share at the start of the year.

In an attempt to further increase efficiencies, decrease redundancy and enhance resident customer service, Linda Arvers has been training Marilyn Williams as a new member of the administrative team. Marilyn recently was a member of the building attendants team and, although she was proficient in that role, our administrative staff unanimously welcomes her as a valuable member.

Linda will be providing the facilities management team (Maintenance) with administrative support in addi-

## 'THANK YOU' TO OUR RESIDENTS FROM THE OV STAFF



The OV Maintenance crews and the staff members in the Business and Maintenance offices extend a heartfelt "thank you" to the residents who generously donated to the annual Employee Giving Fund.

Checks were distributed to staff members during a celebratory breakfast on Dec. 14 at NCB.

The employees are extremely grateful for the generosity, kindness and recognition.



tion to her responsibilities overseeing the Business Office.

Also, we will set up a satellite office for Maintenance. Once this office is established, residents will not be permitted in the Maintenance facility. This effort will put us in compliance with the loss prevention protocols mandated by our insurance underwriter's requirements.

As of the end of the December we appear to be on target with the leaf removal schedule; please note that the schedule for the respective districts is on display in the two clubhouses.

You can also reach out to your District Maintenance Representatives if you have any questions with regard to the schedule as the reps have also been provided with this information. In addition, we can report that since 2014 a total of 450 residences have undergone the loss prevention inspection; we now have a team of three individuals on the facilities team who have been tasked with the goal of completing an additional 150 units this year.

Further, we have addressed 40 of the 55 walkways throughout the Village that were problematic.

Our insurance underwriter has augmented the program by including thermographic imaging of the electrical distribution systems for our residences as of December 2018.

On the technology front, kindly note that our "new" website will be activated later on this month (we will be sending e-blast notifications). However, we will be scheduling a "soft rollout" and will be notifying three to four districts at a time in order to provide training on the procedures and capabilities. Our goal is to have full integration completed by the spring of 2019. The existing site will remain active until full integration and will undoubtedly be repurposed as a public site once the resident portal is fully active and operational.

Further, for those who would like to use the Internet, we have purchased electronic tablets, which will be available for resident use in the respective clubhouses later on this month; two for the North and two for the South. The monitors and building attendants will have the devices available at their respective stations.

Our final item of noteworthiness relates to Altice (formerly Optimum) and we should extend our thanks to Bob Macaluso for his assistance in negotiating enhanced services for Oronoque. As of Jan. 28, Altice will be increasing the Internet speed from 25Mbs to 100Mbs at no additional cost for the remaining three-year term. (This service retails typically for a monthly fee of \$9.99 per household.)

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# FEATURE: MEET THE DOLLCRAFTERS

Story by Bill Tanski ~ Photos by Carol King

Imagine a child in a homeless shelter without a toy. Imagine a child in a hospital, with the anxiety of facing medical treatment. Imagine a child anywhere without something to hold onto in a time of crisis. It is difficult to imagine and painful to comprehend.

But we have some "angels" in the Village who address this pain. They are our Dollcrafters. Their mission is to make dolls for the children who are in need of comfort. I cannot think of a more noble mission. Let me tell you about their history and what they're doing today.

About a quarter century ago, the "OV Social Director," Mary Ann Yeoman, took the initiative to form a "Dollcrafters Club" within Oronoque Village. The purpose of forming Dollcrafters seemed uncomplicated: it was to make dolls for children in need. The new club required only materials, along with volunteers having good hearts and kind minds. Nimble fingers were optional. No profit was to be made because all dolls were to be donations. The rewards would be in the smiles and laughter from children in crisis. This original mission holds true to this day.

Among those answering that call in those early days were Rose DeSalvo and Bernice Robinson, followed by Georgette Hamel. They are still active today. On an October morning, I had the opportunity to visit the Dollcrafters at their weekly working session. They meet year-round on Tuesdays at 10 a.m. in the library in the North Clubhouse.

Please note: you do not need any special skill to be a Dollcrafter! Even I helped out by adding a bit of stuffing into a doll. Talent is always welcomed, but it is by no means needed for the "job." Desire conquers all.

During my visit, I met the "angels" of our Village who craft and assemble the dolls. This journey starts with a single piece of cloth and eventually becomes a doll, one that a child in need might grasp.

It begins with a pen, cloth and a wooden doll pattern. Once it is cut and sewn, stuffing is added to give the doll form and body. In the interim, the Dollcrafters are painting



Clockwise from left, Merrilees Leemhumis, Mary Scully, Virginia Ware, Irene Sanzone, Georgette Hamel, Tina Vermette and Bernice Robinson (seated).

faces plus making wigs, blankets, sweaters and other clothing for these precious creations. Our OV library is transformed into a room of friends working in rhythm, balance and harmony as they create dolls for children. Over the course of a year, about 175 dolls are created and distributed in the region. This is quite an accomplishment for a relatively small group of dedicated volunteers.

They also crochet play balls for children to throw and toss to their hearts delights. These are small objects, but easier for little hands to hold. They complement the dolls as an added toy for the children.

By the way, the Dollcrafters make dolls for boys and girls. The boys wear overalls and the girls wear dresses. And, the dolls "wardrobe" includes: sweaters, blankets and reversible dresses.

But, nothing begets nothing. One of the founding principals of the Dollcrafters is: "Never sell our dolls." All dolls are donated to nonprofit organizations, such as hospitals and homeless shelters. But the Dollcrafters need donations to purchase the materials: fabric, yarn, ribbon, stuffing, etc. They've been fortunate to get donations from the OV Men's Club, the local Rotary Club and the OV House & Garden Club, along with generous individuals. During 2018, the club distributed just over 200 dolls.

Donations are always welcomed as more dolls mean more childhood happiness for the recipients. And, if you want to help make the dolls, please show up on Tuesdays. An extra set of hands is always welcome.

But, you don't need to come each Tuesday, as much of

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the work is done at home. Some members show up just to pick up supplies to complete their tasks at their convenience. Attendance is not taken.

In addition to the volunteers mentioned previously, additional Dollcrafters include: Virginia Ware, Lore Ehrmann, Shirely Kahan, Joanna D'Onofrio, Merrilees Leemhuis, Dot Stoepel, Irene Sanzone, Dorothy Tanski, Tina Vermette, Mary Scully and Marina Verrilli.

So with joy in every task and whimsy in their hearts, these are the Dollcrafters ... it is who they are. Their little "factory" manufactures an output of warmth and kindness. But these are not just dolls, they are life jackets for children in the midst of a storm.

If you are interested in the Dollcrafters, please contact Merrilees Leemhuis at 203-378-8753.

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## SOUTH CLUBHOUSE MONITOR WANTED

**Day:** Thursday

**Time:** 11 a.m. to 1 p.m.

Volunteers help cover SCB Mondays through Fridays from 9 a.m. to 5 p.m.

This is a great way to help out while working with a wonderful team of resident volunteers.

There are substitute monitors for any time that you cannot make it in on your scheduled day.

### Basic tasks include:

- Greeting guest and visitors while in the reception office.
- Taking a brief walk through the building to ensure that all is secure.
- Monitoring camera displays of the building.

If you would like to help keep our community costs down by volunteering once a week, please contact Dave Schoennagel at 203-814-8351/Schoennagel@optonline.net.

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# ANNOUNCEMENTS

## CONSCIOUS AGING CLASS

For the last month or so many of us have experienced the peace, joy and love associated with the holidays. Yet -- during this season -- we sometimes get worn down by tension and anxiety, perhaps even more so as we age and are reminded of loss or past holidays.

With January, though, comes a new year and a time for reflection. This is an ideal opportunity to ask ourselves big questions, such as "What is most important to me right now?" and "Where would I like to be in the near future?"

With this in mind, Oronoque Village will, once again, offer an eight-week mindfully based Conscious Aging course at NCB. The class will be held on consecutive Mondays from 10:30 a.m. to noon beginning Jan. 21. The cost is \$75 for the entire period plus \$20 for an accompanying book.

Meeting in small groups of three to four students, we will examine such concepts as self-compassion, forgiveness and the importance of sometimes having to "let go." We will focus on ways to maintain purpose and meaning in our lives as we together explore new visions of aging.

The course will be facilitated by OV resident Peter Ulisse, a fellow elder, retired professor and fully certified to teach this nationally based course. For more information or to register, please email peterulisse@yahoo.com or call 475-422-9630.

## FREE TRIAL YOGA CLASS

Residents are invited to start the new year by taking a free trial yoga class. Classes are offered at 9 a.m. Tuesdays in the SCB auditorium. Please bring a yoga mat.

This yoga class is geared for gentle strengthening and stretching for all ages and abilities. Participants begin sitting on a chair (also known as chair yoga) to settle themselves, followed by standing poses to build strength and balance skills. Students then move to the floor (or sit in a chair, if preferred) to continue gentle strengthening and stretching poses. The final part of the class is a restorative relaxation pose followed by a short meditation.

Throughout the class there is a focus on the healing elements of breath awareness.

The teacher, Roberta Solimene, is an occupational therapist with many years of yoga practice and teaching experience in the occupational therapy department at Quinnipiac University. Following the trial, the cost to attend is \$6 per class.

If you have questions or need to borrow a yoga mat for your first class, call Barbara Stewart at 203-612-1373.

## FUNSEEKERS PRESENTS 'MATINEE'

Funseekers first event of 2019 will feature Matinee, a four-part a cappella women's barbershop octet, who will entertain Villagers and guests ... with songs and jest ... at its very best.

Mark your calendars for Tuesday, Feb. 12, at 7 p.m. at SCB. We will start off the year with a group that is known for its witty repartee and talent for weaving songs and stories together. Matinee will provide a wonderful evening of a cappella harmonies for our audience.

**Reminder:** There is no meeting in January 2019.

## PLAN FOR TAI CHI AT OV

The House Committee has approved a proposal for tai chi to be taught at OV by Jonathan Davis, who has continuously studied tai chi for over 21 years. He has been teaching the foundation principles and movements of tai chi to a wide range of students -- from youths to seniors at all levels of health and fitness -- for 10 years. Some of his classes take place at the Stratford and Fairfield senior centers.

Tai chi is a noncompetitive, self-paced system of gentle exercise and stretching. It can help to improve and maintain strength, flexibility and balance. Each posture flows like water into the next without pause, ensuring that your body is in constant motion. Tai chi differs from other types of exercise in several aspects: the movements are usually circular and never forced, the muscles are relaxed rather than tensed, the joints are not fully extended nor bent, and connective tissues are not stretched.

To make this program affordable, there must be a minimum of 15 residents per class. This translates to a \$5 fee per session, which will begin in April 2019.

Jonathan is willing to provide a demonstration session for interested residents. Please call/text Lucy Clifford at 203-644-7710, or email at lmclifford@yahoo.com if you are interested in participating in tai chi classes at OV.

### Search for Village History Is Underway

In preparation for Oronoque Village's 50th anniversary celebration in 2021, Sandy Lunt is searching for historical information regarding OV clubs, groups, committees, etc.

If you would like to discuss this with him, please call 203-377-5833.

# ACTIVITIES

**EDITOR'S NOTE:** To ensure accuracy, information must be submitted, via email, to Carol King at [coking@oronoquevillage.com](mailto:coking@oronoquevillage.com). (Submissions must be typed, in upper and lower case.) The deadline to be included in the next issue of The Villager, on Jan. 15, is Jan. 2 at noon.

## CORNHOLE

- Cornhole, a bean bag toss game, is played on Thursdays at 10 a.m. at SCB. Everyone is welcome. Questions? Call Sue or Ralph Trapasso at 203-916-7156.

## CURRENT EVENTS

- The Current Events Discussion Group meets in SCB Card Room 1 at 10 a.m. on Wednesdays, Jan. 9 and Jan. 23. Please bring a news article to the meeting.

## DOLLCRAFTERS

- Dollcrafters meets in the NCB library at 10 a.m. on Tuesdays.

## LADIES BIBLE STUDY

- The Ladies Bible study group meets at 10:30 a.m. on the second and fourth Fridays of each month in the NCB Library. All ladies are welcome. The next meetings take place Jan. 11 and Jan. 25. We will be studying the Gospel of Luke. Questions? Call Angie McKelvey (203-227-3222) or Tina Vermette (203-375-0291).

## LINE DANCING

- Line dancing takes place Wednesdays at NCB. A beginner class is held at 9:30 a.m. followed by a class for all levels at 10 a.m.

## MAINTAINING A HEALTHY LIFESTYLE

- Healthy Lifestyle Discussion Group meets in the SCB Back Card Room at 10 a.m. on Tuesdays, Jan. 29, Feb. 26, March 26 and April 30. Please bring information and be prepared to participate in discussions.

## POOL SOCIAL GROUP

- Anyone who enjoys summer socializing in and around the pools is invited to attend a get-together from 4-6 p.m. at SCB on the second Thursday of each month. Come with your favorite appetizer and/or beverage (or nothing) for reunions and conversations. Call Sonya at 203-375-1515.

## TEA, TALK & CRAFTS

- Tea, Talk, and Crafts meets at 1:30 p.m. on Thursday afternoons next to the kitchen at SCB. Annual dues are \$10. Questions? Call Cynthia Harms at 203-402-9083.

## OV WRITERS GROUP

- The OV Writers Group meets alternate Thursdays at 2 p.m. in the Card Room at NCB. All are welcome. The group encourages its members to write, to expand their writing and publishing horizons and to find support in a trusting, respectful and professional environment. For information, contact Mary at [MvonZ@optonline.net](mailto:MvonZ@optonline.net)/203-767-9760.



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## DREAMING OF SUGAR PLUM FAIRIES IN ORONOQUE VILLAGE ...

**Story by Sharon Sells ~ Photos by Ray Vermette**

Christmas Eve ... 1830. The soaring music of Tchaikovsky. A magnificently costumed dancing "toy soldier." Lithe, elegant ballerinas in pink tutus in an en pointe performance. A visual parfait! It all happened live, here ... in a special presentation of excerpts from "The Nutcracker Ballet" at the South Clubhouse.

On Nov. 29, the Oronoque Arts Guild proudly presented The Connecticut Ballet Company, under the direction of Brett Raphael, in their very first visit to Oronoque Village. They danced for a "packed house" and ended with a standing ovation. After the performance there was a question-and-answer opportunity and the dancers fielded inquiries about their age, their diet, their backgrounds, their workday and what it felt like to live the dream and be ballet dancers.

Then we adjourned, joined by the full ballet company, for a very non-ballet diet of wonderful desserts, appetizers, beverages and engaging conversations. Heard around the room were excited remarks about this incredibly unique event and how thrilling it was to have them here.

Ballet Master Raphael responded by saying they look forward to a return engagement.

Ray Vermette, president of the OV Arts Guild, spoke briefly about all the wonderful upcoming events including a new art show and reception open to all residents on Jan. 6 and a performance by professional guitarist (and resident) Michael Coppola on March 14. Vice President Barbara Stewart introduced Brett Raphael, who is a protege of George Balanchine and the artistic director and founder of The Connecticut Ballet.

A grateful "thank you" to members of the OV Arts Guild and to Nancy Gloh Rosenthal, Ray and Tina Vermette, Barbara Stewart, Maria Szalontay, Pearl Spodick, Claire Carew, Barry Wilensky, Mary Haynes, Bonnie Usinger, Wally Sloves, Sharon Sells and Judith Lessler, who helped produce the event from setting up the "house," to baking, to serving, to ticket taking and for spreading the word!

Thank you also to Jim Ruddy for making certain the audio was crisp and crystal clear. And a big shout out to Carol King for her initial referral of the ballet information.

All Oronoque Arts Guild events are open to all residents. Please consider joining. All events are free with your membership of only \$15.

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# ARTIST OF THE MONTH: CHERYL COMEN

**Story and photo by Carol King**

**C**heryl Comen is multi-talented. Her home is a showcase for her skills in watercolor painting, restoring antiques (including full-size carousel horses), weaving Nantucket baskets, calligraphy design and textile work (bargello and triangle-point needlework). She also has knitted, crocheted and created cross-stitch pieces.

Cheryl, who hails from Long Island, has a master's degree in art education and taught art to middle school students for two years before she married her husband, Al, and moved to Stratford. Once in Connecticut, her career path took her to Hartford where for 39 years she underwrote Fidelity bonds for commercial and financial risks and supported the contract and commercial surety line of business in the corporate home office of The Hartford Insurance Company. However, she continued to pursue her interests in creating art.

Now retired, she is taking watercolor painting classes at the senior center in Stratford. "I like painting in watercolor," she says. "It is an unforgiving medium and something I would like to master."

She is a member of the Bridgeport Art League, The Connecticut Classic Arts Guild and, of course, the OV Arts Guild.

The Comens have a love of art (especially etchings and lithographs), antiques and auctions and are avid clock collectors. "I look at the clock case and if I like it esthetically, Al will look at the movement to make sure it is correct", says Cheryl.

The Comens are members of the National Association of Watch and Clock Collectors (NAWCC); Cheryl is the treasurer



for the Connecticut Chapter of the NAWCC. Al is a director of the American Clock and Watch Museum in Bristol.

The Comens, who have lived in this community since 1982, also are avid gardeners and during warmer months they have a colorful display that passersby enjoy on South Trail near Montauk Lane.

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## FEATURE

### FUNSEEKERS HOLIDAY CONCERT

**Story by Marie Orlowe – Photo by Bob Krakovich**

**T**he Funseekers happily engaged Krista Adams Santilli to entertain at its December 2018 holiday meeting. Krista, a world-renowned soprano, first performed for OV residents during Oronoque Village's 40th anniversary celebration in 2011.

She had had several return engagements at OV, most recently performing a holiday show for Funseekers in 2015. Since then, she has had a fourth child and, during the December 2018 show, she announced her upcoming move out of state.

Her opening number, "It's Beginning to Look a Lot Like Christmas," instantly put us in the holiday spirit.

Krista offered three Hanukkah numbers and impressed us with her excellent Yiddish interpretations. She per-

formed an "operatic" version of "Oh, Holy Night," singing in several languages. The program ended with a duet as Bob Krakovich and Krista harmonized on the seasonal favorite, "I'm Dreaming of a White Christmas."

Chris Albino (host of Oronoque's karaoke evenings) was Miss Santilli's musical accompanist. Great job!

Following the performance, delicious desserts and liquid refreshments were enjoyed, while attendees socialized.

We appreciate and thank the outgoing Funseekers board for their service during the past two years and congratulate the incoming board.



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# CALENDAR

For the latest on OV news and events, go to [www.oronoquevillage.com](http://www.oronoquevillage.com) or OVT. OVT is Channel 591 for those with a cable box and Channel 121-591 for those without a box. O=Open / C=Closed

## WEDNESDAY, JANUARY 2

- 9:30 a.m. – Line Dancing, beginners, NCB (O)
- 10:00 a.m. – Line Dancing, NCB (O)
- 10:00 a.m. – Drop-In Sculpture Class, SCB, A/C Rm (O)
- 2:00 p.m. – Men's Club Billiards, NCB (C)
- 5:00 p.m. – Poker, NCB, C/R (O)
- 6:00 p.m. – Jerry's Poker, SCB, C/R1 (O)
- 6:30 p.m. – Men's Poker, SCB, C/R (O)
- 7:00 p.m. – Book Club, NCB, Library (O)

## THURSDAY, JANUARY 3

- 10:00 a.m. – Cornhole, SCB (O)
- 10:00 a.m. – Quilters, NCB, C/R (O)
- 10:00 a.m. – Zumba Gold, NCB, Aud (O)
- 10:30 a.m. – House Committee, NCB (O)
- 1:00 p.m. – Dominoes, SCB, C/R2 (C)
- 1:30 p.m. – Bridge, NCB, Aud (C)
- 1:30 p.m. – Tea, Talk & Crafts, SCB, C/R (O)
- 2:00 p.m. – Rummikub, SCB, Lounge (C)
- 2:00 p.m. – Writers Group, NCB, C/R (O)
- 6:00 p.m. – Jerry's Poker, SCB, C/R1 (O)

## FRIDAY, JANUARY 4

- 9:00 a.m. – Low-Impact Exercise (Bring Weights), NCB (O)
- 10:00 a.m. – Table Tennis, SCB (O)
- 5:00 p.m. – It's 5 O'Clock Somewhere, NCB (O)

## SATURDAY, JANUARY 5: No events scheduled

## SUNDAY, JANUARY 6

- 4:00 p.m. – OV Arts Guild Gallery Reception, SCB (O)

## MONDAY, JANUARY 7

- 9:00 a.m. – Low-Impact Exercise (Bring Weights), NCB (O)
- 11:30 a.m. – Chair Yoga, NCB, Aud (O)
- 3:30 p.m. – Arts Guild Planning Committee, NCB (C)
- 6:45 p.m. – Bridge, NCB, C/R (O)
- 7:00 p.m. – Beginner Bridge Group, NCB, Library (O)
- 7:00 p.m. – Carp Poker Game, SCB (C)
- 7:00 p.m. – Bulls & Bears, SCB (O)
- 7:30 p.m. – SAC Mtg, NCB, B/R (O)

## TUESDAY, JANUARY 8

- 9:00 a.m. – Yoga for Seniors, SCB, C/R2 (O)
- 10:00 a.m. – Dollcrafters, NCB, Library (O)
- 10:00 a.m. – Zumba, NCB (O)
- 2:00 p.m. – Men's Club Cards, SCB, C/R (C)
- 2:00 p.m. – Rummikub, SCB, Lounge (C)
- 7:00 p.m. – Funseekers Board Mtg, SCB (C)

## ELLA GRASSO POOL IS OPEN TO ALL STRATFORD ADULTS

The Town of Stratford Recreation Department has announced that the Ella Grasso Pool at 300 Armory Road is open to all adults. The 15-yard pool is:

- Handicap accessible with a walk-down ramp into the pool
- Two feet in the shallow end to five feet at its deepest
- Great for water walking, exercise or relaxation.

The pool schedule is Wednesday, Thursday and Friday, 9:30-10:25 a.m., 10:30-11:25 a.m. and 11:30 a.m.-12:30 p.m.

A swim pass can be obtained online at [www.townofstratford.com/recreation](http://www.townofstratford.com/recreation) or at the Recreation Office located at 468 Birdseye St. The pass is \$10. Bathing suits must be worn by those using the pool.

In case of inclement weather, the pool may close. Please call the cancellation line at 203-385-4129.

When school is delayed or closed, the pool is closed. During school vacations and holidays the pool will close.

For further information, call the Town of Stratford Recreation Department at 203-385-4052. **OV**



## **WEDNESDAY, JANUARY 9**

- 8:30 a.m. – Communications Committee Mtg, NCB (O)
- 9:30 a.m. – Line Dancing, beginners, NCB (O)
- 10:00 a.m. – Line Dancing, NCB (O)
- 10:00 a.m. – Drop-In Sculpture Class, SCB, A/C Rm (O)
- 10:00 a.m. – Current Events Discussion, SCB (O)
- 2:00 p.m. – Men’s Club Billiards, NCB (C)
- 5:00 p.m. – Poker, NCB, C/R (O)
- 6:00 p.m. – Jerry’s Poker, SCB, C/R1 (O)
- 6:30 p.m. – Men’s Poker, SCB, C/R (O)

## **THURSDAY, JANUARY 10**

### **South Clubhouse closed 10 a.m. to 3 p.m.**

- 10:00 a.m. – Zumba Gold, NCB, Aud (O)
- 1:00 p.m. – Dominoes, NCB (C)
- 1:00 p.m. – Ladies Mahjongg & Cards, NCB, C/R (C)
- 1:30 p.m. – Bridge, NCB, Aud (C)
- 1:30 p.m. – Tea, Talk & Crafts, NCB (O)
- 2:00 p.m. – Rummikub, NCB, Lounge (C)
- 4:00 p.m. – Winter Pool Social Group, SCB C/R (O)
- 6:00 p.m. – Jerry’s Poker, SCB, C/R1 (O)

## **FRIDAY, JANUARY 11**

- 9:00 a.m. – Low-Impact Exercise (Bring Weights), NCB (O)
- 10:00 a.m. – Table Tennis, SCB (O)
- 10:30 a.m. – Ladies Bible Study, NCB, Library (O)
- 7:00 p.m. – Movie: *Crazy Rich Asians*, NCB (O)

## **WELCOME TO OUR NEWEST MONITOR**

Welcome to John Stadtmuller as the newest SCB monitor.

He joins monitors Celeste Jardim, Ralph Trappasso, Kathy Wells, Michael Minoff, Carl Stahnke, Anne Hart, Cynthia Harms, Betty Hugus, Susan Monk, Joe Donia, Kevin Walsh, Patricia Leadem, Veda Barrett, Kathryn Lukens, Lee Shlafer, Dick Knopf, Nancy Wilson, Vangie Wales, Connie Murrayski and Dee Tuozzoli

We all appreciate the help of our resident volunteers, who provide assistance at SCB for a few hours each week.

-- *Dave Schoennagel*  
*Monitor Program Coordinator*

## **SATURDAY, JANUARY 12: No events scheduled**

## **SUNDAY, JANUARY 13: No events scheduled**

## **MONDAY, JANUARY 14**

- 9:00 a.m. – Low-Impact Exercise (Bring Weights), NCB (O)
- 9:30 a.m. – Architectural Committee Mtg, NCB, B/R (O)
- 11:30 a.m. – Chair Yoga, NCB, Aud (O)
- 4:00 p.m. – Maintenance Committee Mtg, NCB, B/R (O)
- 6:45 p.m. – Bridge, NCB, C/R (O)
- 7:00 p.m. – Beginner Bridge Group, NCB, Library (O)
- 7:00 p.m. – Carp Poker Game, SCB C/R (C)

## **TUESDAY, JANUARY 15**

- 9:00 a.m. – Yoga for Seniors, SCB, C/R2 (O)
- 10:00 a.m. – Dollcrafters, NCB, Library (O)
- 10:00 a.m. – Zumba, NCB (O)
- 2:00 p.m. – Men’s Club Cards, SCB, C/R (C)
- 2:00 p.m. – Rummikub, SCB, Lounge (C)
- 7:00 p.m. – OVCA Board Meeting, NCB (O)

## **WEDNESDAY, JANUARY 16**

- 9:30 a.m. – Line Dancing, beginners, NCB (O)
- 10:00 a.m. – Line Dancing, NCB (O)
- 10:00 a.m. – Drop-In Sculpture Class, SCB, A/C Rm (O)
- 2:00 p.m. – Men’s Club Billiards, NCB (C)
- 2:00 p.m. – Movie Club: *Crazy Rich Asians*, SCB (O)
- 5:00 p.m. – Poker, NCB, C/R (O)
- 6:00 p.m. – Jerry’s Poker, SCB, C/R1 (O)
- 6:30 p.m. – Men’s Poker, SCB, C/R (O)

## **FUNSEEKERS' SAVE THE DATE**

**Tuesday, March 12:** Funseekers St. Patrick’s Day celebration features The Damien Connolly Family performing traditional Irish songs, along with demonstrations of Irish step dancing.



# FITNESS FOR OLDER ADULTS

## IMPROVING STRENGTH & BALANCE: PART 2

By Ed Genga, MA, CSCS

As a follow-up to the Dec. 3, 2018, issue of The Villager, I am providing an additional seven exercises in Part 2 of a strength program to improve balance. The following exercises are not substitutions for those provided in Part 1, but are in addition to the original seven.

**Exercise 8: Balancing Wand** - This balance exercise for seniors may be performed while seated. You will need a cane or some kind of stick. A broomstick works well for this – just remove the broom's head before you start.

Hold the bottom of the stick so that it is flat on the palm of your hand. The goal of this exercise is to keep the stick upright for as long as possible. Change hands so that you work on your balance skills on both sides of your body.

**Exercise 9: Wall Push-ups** - As long as you have a wall, you can do this strength-training exercise for seniors.

Stand an arm's length in front of a wall that does not have any paintings, decorations, windows or doors. Lean forward slightly and put your palms flat on the wall at the height and width of your shoulders. Keep your feet planted as you slowly bring your body towards the wall. Gently push yourself back so that your arms are straight. Do 20 of these.

**Exercise 10: Marching in Place** - Marching is a great balance exercise for seniors. If you need to hold onto something, do this exercise in front of a counter.



While standing straight, lift your right knee as high as you can. Lower it, and then lift the left leg. Lift and lower your legs 20 times.

**Exercise 11: Toe Lifts** - This strength-training exercise for seniors also improves balance. You will need a chair or a counter.

Stand straight and put your arms in front of you. Raise yourself up on your toes as high as you can go, then gently lower yourself. Do not lean too far forward on the chair or counter. Lift and lower yourself 20 times.

**Exercise 12: Shoulder Rolls** - This is a simple exercise for seniors. You can do it seated or standing.

Rotate your shoulders gently up to the ceiling, then back and down. Next, do the same thing, but roll them forwards and then down.

**Exercise 13: Hand and Finger Exercises** - The following are exercises to improve flexibility. You do not need to stand for these.

In the first exercise, pretend there is a wall in front of you. Your fingers will climb the wall until they are above your head. While holding your arms above your head, wiggle your fingers for ten seconds. Then, walk them back down.

During the second exercise, touch your hands while they are behind your back. Reach for your left hand while your right hand is behind your back. Hold that position for 10 seconds, and then try with your other arm.

**Exercise 14: Calf Stretches** - These strength-training exercises for seniors can be performed sitting or standing.

To do calf stretches while standing, find a wall with nothing on it. Stand facing the wall with your hands at eye level. Place your left leg behind your right leg. Keep your left heel on the floor and bend your right knee. Hold the stretch for 15 to 30 seconds. Repeat two to four times per leg.

If you want to stretch your calves while sitting, you will need a towel. Sit on the floor with your legs straight. Put the towel around the soles of your right foot and hold both ends. Pull the towel towards you while keeping your knee straight and hold it for 15 to 30 seconds. Repeat the exercise two to four times per leg.

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*Ed Genga is an Oronoque Village resident and a fitness professional with more than 35 years of experience in a wide variety of industry disciplines including club management, corporate wellness, group fitness, college-level athletic coaching, personal training, phase 3 cardiac rehabilitation and exercise for cancer patients. You may submit questions about exercise to Ed at [eegenga@gmail.com](mailto:eegenga@gmail.com).*

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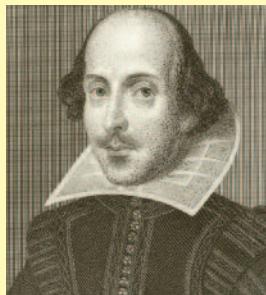


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## NIGHTS WITH SHAKESPEARE

By Steve Brieger

On Tuesday evenings there's an outstanding opportunity to enjoy and understand Shakespeare in a way that you heretofore might not have believed possible. Shakespeare's brilliance can come alive and be totally engrossing!



Thanks to the generosity of Bob Scinto -- a commercial real estate developer and chairman of the board of R. D. Scinto, Inc. -- this weekly event has been going on for several years ... first at the Stratford Library and now in a beautiful, tiered auditorium at R.D. Scinto's corporate park, located at 3 Corporate Drive in nearby Shelton. When you arrive, pick up a printed script of the play being read, then find a seat to your liking. Come early if you want a choice seat, and don't be surprised when you notice many of your OV neighbors in the audience.

At 7 p.m. Leo Schoff takes the podium and, for the next one hour plus, totally holds your attention as he immerses you in the beauty of Shakespeare's language and his insights into the human condition. Leo is a professional actor and a dedicated teacher, and was recruited by Bob Scinto, who saw him teaching these classes at the 92nd Street Y in Manhattan. Leo comes prepared with notes and annotations of other experts, as well as his own wealth of knowledge and an ability to put you in the audience at a 16th/17th century Elizabethan staging of a Shakespeare play.

In reading the play he actually acts all the parts ... i.e., using different voices for different characters and genders, and emphasizing each character's feelings and emotions, all the while explaining how the plays would have been staged in an Elizabethan theater. Often, after reading through a scene, he'll go back to its beginning to clarify the meaning of the action that just took place. It's an experience like none other I've ever had.

Completing a play will take several weeks. Yet not only do I look forward to each week's session, but sorely miss them when in Florida for the winter. Perhaps you'll feel the same after giving it a try. 

# WORKS BY THE OV WRITERS GROUP

## A CHRISTMAS EVE

By Elisabeth Breslav

**I**t was the night before Christmas. The house was festively decorated inside and out and an open fire radiated a warm welcome. In the corner of the living room piles of presents were scattered under a tinsel-decked tree, and from the kitchen came the tantalizing smell of roasting ducks.

'Tis the season to be jolly I reminded myself as I greeted my hosts, but my thoughts were with a very sick friend I had visited on the way to this gathering. I had hardly recognized him. Ravaged by cancer and chemotherapy, he no longer resembled the big man I once knew and a wave of nausea had washed over me as I suddenly realized that this was his last Christmas.

The eyes of his wife held that same silent recognition as she smilingly thanked me for the homemade fruit bread. She and I had known each other since our first pregnancies over fifty years ago. Our husbands had been co-leaders of our small sons' Indian Guides troop. We had shared each other's joys and sorrows, counseled each other's children when a trusted adult other than a parent was needed, and when I was suddenly widowed they helped pull me through. How could I celebrate the holiday?

I did my best to rise to the occasion. An enormous amount of effort had gone into preparing what was truly a banquet. I tried all the delicious dishes, drank the good wine, laughed and even told some stories, but inside I seemed to be split in two, with one part of me looking over the shoulder of the other and commenting critically on the goings on. "Look at all that food," it said – "it's far too much. Nobody needs to eat like that. It's not even healthy. Remember how Mother used to make us celebrate even while we were so hungry during the Occupation?"

"Don't you go bringing that up again," my other voice countered. "That was long ago and far behind us. Why not forget about the past and enjoy the present?"

"But what about all the homeless, and the poor people all over the world who do not have enough to eat tonight?" my first voice persisted.

No matter how hard I tried, the inner dialogue was not to be silenced this evening and continued as we returned to the living room where we literally "attacked" the mountain of beautifully wrapped packages. The colorful paper was ruthlessly crumpled and shiny ribbons tossed aside as

boxes were forced open amid a chorus of "oohs" and "aahs."

"This place already looks like a curio shop," my little voice whispered as more trinkets were lovingly offered to a hostess who, even in the bathroom, has a collection of delft blue but no space for a guest's toilet kit. There were more clothes for people whose closets are already bulging, and more gadgets than anyone could possibly use.

Among my gifts was a plastic contraption that was called a Money Factory. "A motorized coin bank that sorts, stacks and counts coins" it said on the box in huge letters and then, in smaller print, "Toss in a handful of coins and watch the Money Factory come to life."

"It's the thought that counts" I reminded my other self, ignoring the little voice that said "Whoopee, now you can finally begin to live."

I was glad that no one else could hear my inner conversation, but Santa came in for some audible criticism as well.

One recipient of yet another sweater was most indignant that it was the wrong size. Another, who had asked for a double boiler, stared in dismay at the shiny, extra-heavy-weight aluminum utensil with its three-year guaranteed Silvertone non-stick interior and complained that she preferred stainless steel. That caused my little voice to start ticking off some of the headlines of recent days. "Spreading forest fires in southern California threaten entire communities with many lives feared lost; Russia fires on Ukrainian vessels; U.S. agents use tear gas as migrants rush toward border." Silent Night, Holy Night...was it?

Back home the next day, while putting away my presents, I come across the Money Factory and decide to try it out. The instructions caution against clogging the mechanism and suggest inserting between five and fifteen coins. I get out my purse and find two quarters, a dime, a nickel and three pennies which I drop in the slot while asking myself what there is to be sorted out. The factory apparently has no answer to the question because nothing happens, and my coins are trapped somewhere inside.

I search the lining of my handbag and find another penny, which the machine ingests. I check the battery; it looks alright but the little copper contact plate inside the compartment is slightly corroded. With an emery board that fell out of my purse during the hunt for coins I try to remove the greenish coating and reinsert the battery.

The factory refuses to release my coins. "Hello again," my little voice suddenly pipes up. "Why are you wasting your time? "Don't you realize its brain is dead and there is no soul?"

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# THE HOLIDAYS

By Mitchell Fink

I'm a sentimental sap, I admit it. Every year at Christmas "It's A Wonderful Life" comes on, and every year I watch it. I've seen it so many times I know practically every word of dialogue. I even cry at the same spot in the story every time.

Originally released in 1946, the movie was nominated for five Academy Awards, including Best Picture, Best Director (Frank Capra), and Best Actor (James Stewart). That it lost all three to "The Best Years of Our Lives" - Best Picture, William Wyler for Best Director, and Frederick March for Best Actor – is something I will never understand. And while early reviews were mixed, appreciation for "Wonderful Life" has grown substantially over time.

Stewart's character of George Bailey is today a Christmas staple. As everyone who's seen the movie knows, George's seeming failure to save the Bailey Building and Loan leads him to contemplate suicide. He is ultimately rescued, of course, by a guardian angel named Clarence who proves to George that his life is worth living by showing him what Bedford Falls and its inhabitants would have looked like had he never been born. The emotional ride of these few scenes is what has kept TV viewers coming back to the movie again and again for decades.

Back when I was a reporter in Los Angeles, I got this idea to interview Stewart about "It's A Wonderful Life," and hopefully run it in the newspaper on Christmas Day. To my delight he agreed to do it, and he invited me to his home in Beverly Hills.

Tall, easy-going, this perfect gentleman with a halting speech pattern that made him a favorite of celebrity impersonators everywhere, Stewart methodically went through his recollections of the production, some of which I had never before heard. For example, it was Capra's decision to shoot the film in sequence as a way of getting the actors to be more emotionally invested in the story. While other directors have done this expecting similar results – most notably Stephen Spielberg with "E.T. the Extra-Terrestrial" and George Lucas with "American Graffiti" – shooting in sequence is usually shunned by the studios because it can be so much more expensive.

The interview appeared that Christmas Day, not the best day for a big readership, but I liked the way it turned out, and so did James Stewart, who sent me a lovely letter thanking me for coming out to the house and reminding him what an extraordinary experience it had been for him to be in that movie. A couple of years later I had another idea: Maybe Stewart would let me come back to the house,

this time with a film crew, so he and I could watch "It's A Wonderful Life" together, and we could record his thoughts as we went along.

The answer came back no. As his representative confided, "He doesn't want to have to put on his hair."

"What about an audio crew?" I asked, thinking on my feet but suspecting I'd probably strike out there too. But incredibly, the rep said yes.

So along with an audio technician, and a VHS copy of "It's A Wonderful Life," there I was once again, in James Stewart's living room, this time popping a tape into his VCR, and pressing "Play."

He was excited to be seeing the film again, and while he was certainly aware that TV aired it regularly over the holidays, he confessed that he hadn't actually seen it in years. Folks from the upstate New York town of Seneca Falls had been claiming for some time that Capra's fictional Bedford Falls was constructed to look just like their town. But what Stewart remembered most about the Bedford Falls set was that it was in Encino, Calif., far away from Seneca Falls, and the great pains the production crew had to go through to give Capra exactly what he wanted – like the consistency of the fake snow, and the thickness of the ice that George's younger brother Harry falls through as a boy, forcing his big brother to jump in and save him.

Mostly, Stewart marveled at the ability of his fellow actors, among them Donna Reed (Mary Bailey), Thomas Mitchell (Uncle Billy), Lionel Barrymore (Mr. Potter) and Henry Travers (Clarence).

The scene that gripped Stewart the most was of George sitting alone on a bar stool at Martini's, "at the end of my rope," as he whispers in prayer, his hands clasped in front of his mouth, asking God to "show me the way."

George Bailey delivered his lines with tears in his eyes, and the man who played him was sitting next to me crying.

Suddenly he was no longer James Stewart, one of the great American actors of the 20th century. He was just a man watching a movie, viscerally caught up in a story, feeling another man's anguish, and reacting in real time as the best of movies cause us to do.

He didn't cry again during the rest of the film. But I did. Right near the end when Harry shows up, having just flown through a snowstorm to be there for his older brother, and George goes, "Harry, Harry," I lost it. Like I do every time, and no doubt will again this Christmas.

But when I think back to that extraordinary day, and the amazing opportunity I was given to watch "It's A Wonderful Life" with the star of the movie, the last thing I do is cry, mostly because I'm too busy smiling.

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# THE SOUND OF SILENCE

By Kees Adema

## PART 1

**M**y friend Ron's parents lived in Amsterdam when the country was ruthlessly attacked and invaded from the east without warning on May 10, 1940. Holland would be occupied by the Nazis for the next five years. The Jewish couple had been keeping a low profile but by 1942 the net was being pulled tighter and tighter as roundups, so-called razzias, became a fact of life. The word is thought to have been a bastardization of rattissage, literally the catching of rats. Except that these were humans not rats. Those caught were promptly sent to Westerbork, a transit point for transport to the camps in Poland.

In the early summer of 1942 they were warned by a friend in the police force that Amsterdam-South, the Jewish section where they lived, was next on the list to be raided. Within one hour they had stuffed a few clothes and some photos into a small suitcase, left their home and walked to the center of town hiding the stars of David on their clothes as they went. Not knowing where to go or what to do next they went in one street and out the next, ever more desperate.

Suddenly a man, tall and heavy, a manual laborer judging by his clothes and callused hands, walked up to them. "Are you trying to stay out of the hands of the Krauts?" he asked and when they told him they were Jewish he said "follow me." There was no other option. They followed the man.

For the next three years the couple would share a small apartment with Henk, the man they called "Oompje," a term of endearment meaning "little uncle." It was located on the third floor of a building located on the Leidseplein, one of the busiest squares in Amsterdam. It was, and still is, home to the National Theater and a dozen restaurants with large terraces that are packed when the fickle Dutch weather permits. It also looked out on a police station where not only Dutch police but also Germans including members of the SS and SD walked in and out.

The couple had lived in a beautiful home and from one day to the next their world was now a tiny apartment,

a kitchen sink to wash in, a toilet and one of the two small rooms that served as their bedroom. It looked out over the square. The walls were paper thin and each day after Henk left for his longshoreman's job on the docks, his houseguests could not make a sound for fear it would tip off their presence to the neighbors. That could mean a death sentence because on August 9, 1942 the Germans announced that Jews who were discovered in hiding would be sent directly to the Mauthausen Concentration Camp. Not only the Jews were in peril. Those hiding them were subject to severe punishment and often suffered the same fate as their roof mates.

Thus coughs were stifled, socks obscured the sound of careful footsteps, the toilet could not be flushed, the water could not be run. Nothing but silence. Day in day out, silence.

## PART 2

**C**onflict and tension among those in hiding was commonplace. Being forced to live indoors in close quarters without privacy, not being able to walk outside and enjoy the sunlight for years on end often resulted in severe mental problems. Unlike many landlords in similar positions, Henk the longshoreman never tried to exploit the situation. He never asked for money although the couple had actually managed to take some cash along.

Food was rationed but there was no way a Jewish couple could obtain the coupons necessary to buy provisions. During a war that was dehumanizing beyond explanation their host shared his meager rations, which were sometimes supplemented by food he could steal on the docks. Anything to survive.

During one razzia some Jewish boys escaped to the Amsterdam Zoo, Artis, where a worker enabled them to hide in the "Monkey Rock" located in the middle of a pond via a plank that was then quickly pulled out and stored out of sight. They even shared food with their temporary landlords. Anything to survive.

The story is told of one Jewish woman who walked around freely in Amsterdam during the daytime while spending her nights in the zoo's wolf cage. She managed to do this for three years and survived to see the liberation. Anything to survive.

The liberation was almost anti-climactic. Like many



*The Amsterdam Zoo during WWII.*

others, the couple was rather traumatized after having been caged for three years. All family members had perished in the east except for an aunt who shared the sadness. Yet there was also a desire to regain some sense of normalcy and two sons were born in quick succession, the oldest of whom became one of my closest friends. The couple was able to rebuild their business and soon prospered. Also part of the family was Oompje, Henk the longshoreman. During family gatherings they would all sing popular Dutch songs at the top of their lungs no longer dreading the silence.

Henk continued to live in his simple apartment and steadfastly refused any financial help although his former tenants were now certainly in a position to provide it. Ten years after the war's end Henk retired from his longshoreman's job.

Then, to everyone's surprise, he began accepting

money. No longer able to work he took a little at first, then increasingly larger sums. The couple gave him the money, no questions asked. Finally the decades of working on the frigid windswept docks had caught up with him. The large frame was bent over now, the once powerful hands wrecked by arthritis, his gait a shuffle.

When Henk died, his attorney told the couple that there was a will and that he had left them some mementos. The money he had accepted had not been spent. It was to be used to build him a large mausoleum in Amsterdam's Jewish Cemetery, so he would be remembered for all to see.

And on that mausoleum his name is printed in gold letters, bold and loud. A tribute to the simple longshoreman who for so many years had been forced to live with the sound of silence.

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## TUNEDOUT

By Kees Adema

LinkedIn is a nonprofit international social networking website for people in professional occupations. It was founded in 2002 and that, coincidentally, was also the year I retired for good. I have no idea what made me sign up because performing an honest day's work was the last thing in the world I was interested in. I wanted to write and although I have seen much of my work in print that activity has only cost money. Thus, ascribe my interest in LinkedIn to curiosity as well as a potential last ditch opportunity to avoid a pauper's grave.

The people who run the website regularly send me accounts of the considerable number of people who have investigated my background and breathlessly concluded that I am the most suitable person to fill the position. This would seem to be indicative of an extremely tight labor market.

Yet my lack of response to any of these tempting opportunities has not dampened their enthusiasm although I have basically TunedOut to LinkedIn. Surprisingly, the positions for which I am apparently qualified vary greatly. The proposers must be among the most flexible and certainly most persistent around. I am often tempted to ask on what they base their assessment of my qualities, honored as I am to place so high in their professional esteem.

Job opportunities in the greater New York area abound. Hardly a day goes by without me receiving another mouthwatering entrée based on my background. I have no idea where people obtain my unpublicized résumé because I have not had the need to write one in well over 40 years. The job requirements do not have the remotest connection to me.

The latest referral concerned an opening for which yours truly, writer of this piece, was thought to be eminently suitable. A unique opportunity had opened up in a small village in northern New Jersey, a hamlet really, for a licensed dermatologist. My professional credentials in that field are somewhat less than stellar as they are limited to annual check-ups and a Moh's procedure carried out a dozen or so years ago to have a suspect barnacle removed from my proboscis. Do I blame the good people of LinkedIn? No skin off my nose.

The best lead however came from the New York City Parks Department. This one was really tempting: blacksmith in Manhattan. Further investigation determined that this in all likelihood would entail shodding the horses of the New York Police Department in Central Park and elsewhere. I like to think that I would have been a shoo-in because of my background: at one point in the distant past I had nailed a horse shoe over our barn entrance. But I digress, just an irrepressible urge to horse around I guess.

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**The next OVCA Board meeting will take place  
Tuesday, Jan. 15, at 7 p.m. at NCB.**

# HELLO.

Part one of a two-part playlette by Jeanette Caron

Phone ringing ... "Hello? Hello? Anyone there? Helloo. Who is it?" (Click. Sigh). That's the second time tonight. The phone rings, I know someone's there, but they're not talking. I wonder who it is.

I guess some people would get angry or annoyed or even frightened with a call like that, but not me. I think someone wants to talk to me but can't for some reason.

I've lost track of so many people over the years. I've moved, they've moved, our lives went in different directions. I remember swearing to "keep in touch," as they say. I remember thinking that this one or that one would always be around or somewhere close by.

There were some incredible times, special loving moments, travel to exotic lands, sharing adventures like no other, and bonds that I thought would never break.

But, life has a way of getting in the way. Job changes, marriage, birth, death, divorce, more marriage, children, family ... you know what I mean?

But I can't help thinking that all those people, and the special person that I had been so close to, are still out there,

alive and thinking of me.

That might sound a bit self-centered, but don't they have those memories too? And where am I now? Where is the 15-year-old girl who bounded down the stairs, out the door without looking back? Where is the young bride who dreamed of the perfect union, until death do us part?

Ring! Ring! There it is again.

"Hello? hello?"

(Softly) Hi."

"Hi! Is that you?"

"Yeah."

"Wow. I was wondering who was trying to call me. It's been so long."

"Yeah."

"How are you?"

"OK."

"This is great! Want to meet and talk?"

"Yeah."

"Is that place still there?"

"Yeah."

"OK. Same place, same time, tomorrow?"

"Yeah, tomorrow."

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## CHANGE

By Bill Tanski

Talk talk talk about change change change  
All change is relative; it suits us when it may  
To a forgotten lover, it is lingering heartaches  
To the old and lonely, it is the agony of living  
To the sick and dying it is the pain of "Why me?"  
To a child in a new school, it is lunchtime  
What will change ever bring me?

But if we resist change are we enslaved to the past?  
Where's the line between being stoic or heroic?  
Where's the allure in being obscure?  
Where's the attraction in being in traction?  
Stuck in a rut with no place to strut?  
Where's the fun in all of this?  
Where is the true bliss?

But if the caterpillar can change, so can we  
We adapt and not look back  
We acclimate and accommodate  
We conform to the norms  
You might as well row with flow  
Now where do we go from here?

Grab the rudder and sail into the storm  
Attack the change like a mountain range  
Climb past your fears without any tears  
Scale your anxieties no matter their varieties  
Plant your flag on the summit and brag of it

Change: You are constant in my life  
Change: I resist... but you persist  
Change: I detest...but you protest  
Change: I can't escape your pace  
Change: I embrace you with attempted grace

ov

**The next OVTD Board Meeting will be held on  
Tuesday, Jan. 22, at 7 p.m. at NCB.**

# ★SUPER BOWL★

**Open to all Villagers  
(Men and Women)  
Reservations a MUST!!  
(Your check is your reservation.)  
NO admittance at the door!**

## OV MEN'S CLUB SUPER BOWL PARTY

**Date: Sunday, February 3, 2019  
Place: North Clubhouse  
Time: 5:00 pm  
Cost: \$15 per person**

**Food: Variety of sandwiches, beverages and dessert.**

**Join your friends and enjoy a great game!**

**???? Call Sandy Lunt (203) 377-5833 or Jerry Brown (203) 378-7781**

**PLEASE RETURN WITH CHECK PAYABLE TO OVMC (NOTE SUPER BOWL)**

**NAME \_\_\_\_\_**

**NUMBER ATTENDING \_\_\_\_\_ / PHONE NUMBER \_\_\_\_\_**

**The OV ARTS GUILD  
INVITES YOU  
To the Reception for the  
Galerie OV winter show,  
“Scapes”**

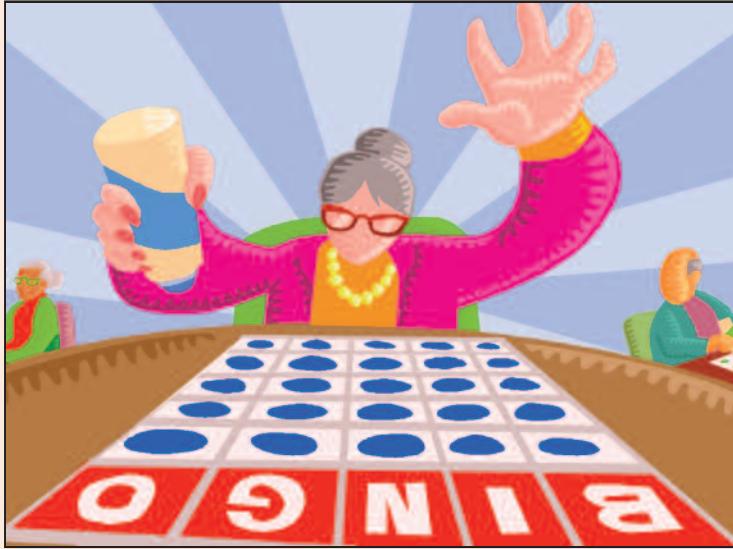
**DATE: Sunday, January 6  
TIME: 4PM  
PLACE: SOUTH CLUBHOUSE**



**Come and meet the artists while you enjoy refreshments and view the new show. The People's Choice Awards will be presented for our current show, “The Way We Were,” and the artists will speak about their artwork during a brief presentation in the gallery.**

Refreshments  
will be served

Open to all



Questions?  
Call Sandy Lunt  
203-377-5833.

## Bingo: Presented by the Men's Club

Thursday, January 17

at 7:00 pm at SCB

Come and bring your friends. Cost: \$2.50/card

The Oronoque Village Book Club meets at 7 p.m.

on the first Wednesday of the month at NCB.

All Villagers are welcome.

Need a ride or information? Call Hinda at 203-385-3855.

The book for **January 2** is *Men We Reaped* by Jesmyn Ward.



The book for **February 6** is *Beartown* by Fredrick Backman.

Seemingly straightforward story about a small town's hope for its youth hockey team evolves into something much more complex in "Beartown," the engrossing new novel by Swedish writer Fredrik Backman, whose equally moving 2014 novel, *A Man Called Ove*, gripped readers with its story of a quirky man who tries to kill himself.

Within the guise of a sports novel, *Beartown* quickly turns dark as Backman exposes the one-track hearts and minds of some of Beartown's residents. The isolated community in the novel is in Sweden, but *Beartown* is a universal story of homophobia, sexism and politics that could take place anywhere. This novel feels so relevant with its ugly locker room banter, bullying, disrespect of immigrants, dismissal of due process and the town's blame-the-victim attitudes.



**MEN'S CLUB TRIP TO MOHEGAN SUN  
MONDAY, JANUARY 21  
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**

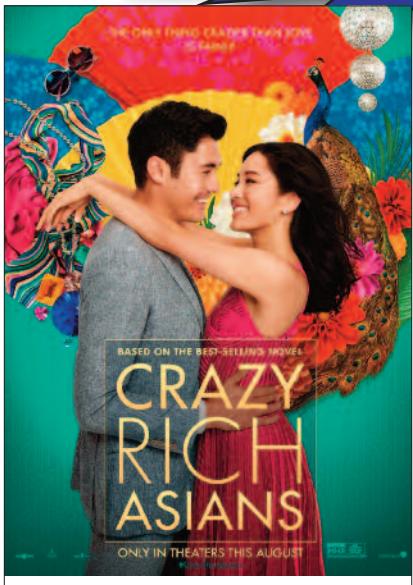
**JOIN US FOR  
“IT'S 5 O'CLOCK SOMEWHERE”  
ON THE FIRST FRIDAY  
OF THE MONTH  
AT NCB at 5 P.M.**

**BYOB \* Relax and Mingle \*  
Drop By With An  
Appetizer to Share**

***Hosted by SAC*  
We hope to see you on January 4**



## The Movie Club Presents *Crazy Rich Asians*



**Friday, Jan. 11, at 7 p.m. at NCB  
Wednesday, Jan. 16, at 2 p.m. at SCB  
\$1 admission includes popcorn**

Rachel Chu is happy to accompany her longtime boyfriend, Nick, to his best friend's wedding in Singapore. She's also surprised to learn that Nick's family is extremely wealthy and he's considered one of the country's most eligible bachelors.

Thrust into the spotlight, Rachel must now contend with jealous socialites, quirky relatives and something far, far worse -- Nick's disapproving mother.

*The Movie Club was founded by Len Learner and is sponsored by Marcia Klein, Dee Tuozzoli and innumerable volunteers.*

## OV Karaoke Club



No fees or dues

No commitments  
Just fun!

Join us for our January event on **Friday, January 25**, in the South Clubhouse Auditorium from 7-9pm.

Come sing or just listen to your friends and neighbors showing off their talents. No need to RSVP...just come on over, grab a seat, and either watch or join the fun by putting in a song or two!

**BYOB, food, and refreshments!**



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Oronoque Village  
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