



February 3, 2020



THE VILLAGER



FEATURE

9 Artist of the Month



FEATURE

10 Meet Mary Ann Doonan



FEATURE

14 Arts Guild Reception





An Evening of Fine Wine & Food

*Presented by Executive Chef Thomas Kelly
Friday, February 21st ~ 6:00—10:00PM*

4 course dinner with wine pairings

First course

Baby greens and Belgian endive salad with tricolor heirloom tomatoes, boursin cheese with a pomegranate vinaigrette

Second course

Stuffed mushroom with escargot, fresh herbs, and prosciutto butter
Served on a bed of truffle risotto

Third course

Rosemary braised short ribs with whipped potatoes and roasted pearl onions

Fourth course

White chocolate and raspberry brulee cheese cake with vanilla and chambord sauce.

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Thank you to Susan Schettini for contributing the cover photo. The Villager welcomes submissions for cover consideration. Photos must be emailed as high-resolution jpeg images to cking@oronoquevillage.com.

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MESSAGE FROM THE OVCA PRESIDENT

This column originally was distributed to residents as an Eblast on Friday, Jan. 24.



President's Message January 21, 2020

To all residents: I sincerely hope that you, your families and friends had a joyful, loving holiday season!

Employee Appreciation Fund: On Friday, Dec. 20, Fred and Mark hosted a staff buffet breakfast in the NCB. The staff departed happily with their holiday checks in hand which were distributed by Fred and Mark. Thank you to all of the residents who supported the annual employee fund.

Ad Hoc Golf Tournament Committee Volunteers: The golf tournament is months away on Monday, Aug. 10.

This is a great opportunity, especially for new residents, to volunteer. This has been a very successful fundraiser for our Village and charitable organizations that receive a significant portion of the proceeds. The committee volunteers begin organizing in the spring. If you would like to volunteer, please contact the ad hoc chair, Judy Waldeyer, Fred or me.

Insurance: OV's insurance loss experience from July 2018 to December 2019 has been very encouraging with negligible losses.

Some resident observations that I have received include:

"I am noticing a lot of safety-focused activity by the Maintenance crews, especially during and after inclement weather such as the recent ice storm. I've personally observed the many efforts to keep high-traffic blacktop areas and walkways where black ice can form from becoming bigger hazards. These crews are out working during some very nasty weather conditions and often during darkness and on weekends."

We have all been contributors in this process. Our staff has been diligently working with our insurance carriers, conducting inspections and implementing recommendations.

The Maintenance management and team have done an outstanding job in helping us achieve the turnaround that we are seeing and helping to create a culture of safety in the Village.

Finally, a big shout-out to you, the residents, for raising your level of awareness by developing a safety mind-set and coming forward, pointing out areas of concern and providing valuable suggestions. These efforts are now translating into measurable results and a standard to be maintained especially during these upcoming winter months!

Thank you to everyone and remember this is an ongoing process that really never ends. It requires our collective diligence and intestinal fortitude to attain, maintain and achieve a standard of excellence.

An update from the September 2019 Annual Meeting of our vision and expectation on projects to be completed and implemented in the coming year led by our Executive Director:

- **Launch of the OV new portal / website:** There are a few financial logistics that are being worked out on the portal that should be resolved in the next week or so.

In parallel, Dave Bingham has agreed to take the role of Beta tester team lead and he will be putting together a

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Please direct all questions regarding *The Villager* to Editor Carol King. Resident submissions of 500 words or less are welcome and will be considered for publication. Articles will be published as space allows. Submissions pertaining to OVCA-, OVTD- and resident-related matters are given priority. Villager articles are edited to conform to the standards of the Associated Press Stylebook.

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.

small cross-section of residents to test the portal during early February and providing feedback to Fred. Once this process is completed, a Village-wide launch date will be published with portal description, instructions and help contact information.

- **Issuance of an updated phone book:** Awaiting response for printing quotes so that once the portal is launched, we will be able to provide the printer with the latest updated resident file.
- **Upgrading the SCB sound system:** New side speakers installed and operational in early January. Tower stage speakers to be installed in the next couple of weeks.
- **Opening of the Business Office during lunch:** Fully operational as of Jan. 13.
- **Complete the SCB entrance landscaping:** H&G has provided funds for sod to be installed in early spring.
- **Committee updates:** Racquet Sports Committee - Ben Snaider and Abbie Kanner.
- **OCC Liaison:** Mim Schreck. A special "thank you" goes to Nancy Blagys for her many years of service as the OCC liaison.
- **Oronoque Country Club:** Since our November board meeting, Oronoque Country Club has hosted a number of OV events. The most recent being a very successful New Year's party with over 100 residents in attendance, including many new residents enjoying the night's festivities.

One longtime participant told me that "the 2020 party was the best one in all of the years we have been attending." Then, on Jan. 3, the club effectively launched OCC "Uber-lunch -eats" every Thursday through Sunday from 11 a.m. to 3 p.m. Give it a try! Have lunch delivered to your home! GM Tommy Miller has been working hard since coming on board in October 2019, implementing a vision to improve the club's operation and offerings, as well as enhancing the partnership with the Village.

It is my pleasure to announce that Tommy Miller is the new general manager at Oronoque Country Club. He has been in the golf business for 20 years and a general manager for 14 years. He currently is enrolled in CMAA program,

a Certified PGA member, a certified Golf Fitness Instructor and a certified First Tee Coach. His professional strengths include leadership, management and sales. His career goals include high-level management in the hospitality industry while maintaining a strong family life.

Tommy was scheduled to attend our board meeting, but was unexpectedly called out of town. His able assistant manager, Nick, gave an update on the country club's vision. He presented some exciting new events being planned. His humor was enjoyed by all including his comment of "being better looking than his boss!"

OV

SNOW SCENE



Thanks to Dave Bingham for submitting this photo of Doug and Linda Finocchi and their grandson, Jack, enjoying a recent snow day.



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ANNOUNCEMENTS

VILLAGER CONTRIBUTORS WANTED!

Would you like to share your expertise with Village residents? The Villager welcomes articles submitted by residents who have knowledge of respective fields. Perhaps you are an interior decorator. Would you care to share with residents what colors and patterns are best suited for an OV unit? Or, are you a healthcare professional who can guide residents on the best way to avoid colds and flus during the winter months? Are you a travel professional? Residents may very well like to read about economical tours or hidden gems to visit and how to get there. Do you have an outstanding garden? Readers may be interested in learning about the flowers and houseplants that bloom best in this area and when and how to best plant them. Do you dine out often? Tell us about your favorite restaurant and why you enjoy eating there.

If you have an idea for an article, we'd love to hear about it. Please contact Carol King, Villager editor, at 203-377-5313, ext. 3, or email cking@oronoquevillage.com.

FUNSEEKERS' WEARIN' O' THE GREEN

As March approaches so does Funseekers annual St. Paddy's Week musical event. Mark your calendars with a big green circle on Tuesday, March 10, at 7 p.m. at SCB as The Raggle Taggle Gypsy O's Trio from Brooklyn, N.Y., perform. Jordan (vocalist on guitar and accordion) will be accompanied by a female vocalist on fiddle, along with a vocalist on banjo.

The Raggle Taggle Gypsy O's Trio will provide a mix of traditional Irish fiddle tunes, along with Celtic ballads, pub songs, folk songs and popular Irish music from back in your Mamo' (grandma's) and Daideo (grandpa's) days through today. You'll be "green with envy" if you miss out on this event.

BRAVO PLAYERS MEETING

Oronoque Village has its own theater group: The BRAVO Players. This acronym stands for the "Best Readers-Actors in the Village of Oronoque." Following a one-year hiatus, The BRAVO Players will hold a planning meeting at SCB on Feb. 12 at 4:30 p.m. to discuss its June 6 production.

The players will return to a song- and skit-based production. All residents who sing or would like to perform in a skit are encouraged to attend this meeting. Rehearsals will be held weekly from mid-March through the end of May.

Contact Bob Krakovich at 203-752-6105 with questions.

PRESIDENTS' DAY SCHEDULE

The Business and Maintenance Offices will be closed on Monday, Feb. 17, in honor of Presidents' Day. The clubhouses will be open. The trash and recycling pickup schedule will not be affected by the holiday.

OIL PAINTING WITH ANITA KARASU

The OV Arts Guild is now sponsoring the oil painting classes offered by Anita Karasu on Thursdays from 10 a.m. to noon in the SCB arts and crafts room.

The cost is \$50 for a five-week session. The classes are ongoing. Make your check out to Anita Karasu and bring it to the first class that you attend. Questions? Call Anita at 744-238-2233. (Beginners should contact Anita for a suggested supply list.)

Anita has been teaching oil painting classes at Oronoque for four years. Students of all levels are invited to attend these classes. All students bring their own materials. Anita has a fine arts degree from Cornell University and taught art in the public schools for 20 years.

NEW DEADLINE FOR NEXT VILLAGER

Due to the Presidents' Day holiday, the next issue of The Villager will be distributed to residents on Friday, Feb. 14. The deadline to be included in that issue is Monday, Feb. 3, at noon. Please email Carol King at cking@oronoquevillage.com with questions.

OV ARTS GUILD PRESENTS MICHAEL COPPOLA & MARIA TISCIA

Residents are invited to enjoy a return performance by guitarist Michael Coppola and songstress Maria Tiscia on Tuesday, March 24, at 7 p.m. at NCB. It was just a year ago that this talented duo wowed the audience during their first performance at OV.

Michael, who is our OV neighbor, plays a unique instrument that he invented: a nine-string guitar known as The Hydra. He has studied guitar since he was 11 years old and is both internationally and nationally acclaimed for his "inventive" and "magical" musical style.

Maria is as comfortable singing from the Great American Songbook as she is singing Brazilian jazz. She has a very busy schedule performing at many venues throughout Connecticut.

This performance will be a cabaret-style setting, so feel free to bring beverages and snacks. Soft drinks will be provided. During a post-show reception, residents will have the opportunity to meet the performers and enjoy desserts and coffee/tea.

Admission for Art Guild members is free, all others pay \$5.

LAMPSHADE-MAKING CLASS

On Monday, Feb. 24, at 3 p.m. in the arts and crafts room at SCB, Ulla Adema will give a free presentation on how to make a lampshade from scratch. Using a pattern design to cut, paint and decorate art-quality paper, Ulla demonstrates the process in easy-to-follow steps. She will bring some of her creations to show the end result. The presentation is sponsored by the OV Arts Guild. All are welcome.

Depending on interest, a workshop on creating an attention-drawing art piece will be scheduled at a later date.

TWO JEWELRY-MAKING CLASSES

On Feb. 10, OV resident Ivy Tencer will teach two separate jewelry-making classes, sponsored by the OV Arts Guild.

From 10 a.m.-noon, in the back cardroom at SCB, she will present "Everything Old Is New Again." Bring your old or broken beaded jewelry and learn how to restring it or take the beads and make something new and different. If beads are lost, not to worry, there are plenty to add. Students also may make new jewelry from scratch.

From 7-9 p.m. in the arts and crafts room at SCB, jewelry-making will be taught. Have fun while creating one-of-a-kind pieces of jewelry for yourself or as a gift. Wine and snacks will be served while students learn the essentials of memory-wire bracelets or necklaces.

Each session costs \$25 and includes supplies. Checks should be made payable to Ivy Tencer and placed in the OV Arts Guild mailbox at NCB. Questions? Call Ivy at 732-995-2840.

ELECTRONIC FILING OF WORK ORDERS IS ENCOURAGED

The Maintenance Dept. would very much appreciate – when possible – receiving work orders electronically rather than on paper. Electronic work orders can be accessed on the OV website (www.oroquevillage.com) by clicking on the Maintenance tab at the top of the page.

When work orders are filed electronically, you will receive an emailed acknowledgment within 24 hours that confirms receipt of your work order.

If you have questions about how to submit an electronic work order, please contact the Maintenance Dept. (203-375-8853) or website coordinator Carol King (203-377-5313, ext. 3) and they will walk you through the process. You may find this procedure is both simple and efficient.



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ACTIVITIES

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 Feb. 14, 2020, is Feb. 3 at noon.*

CORNHOLE

- Cornhole is played weekly on Thursdays at 10 a.m. at SCB. All are welcome. Questions? Call Sue or Ralph at 203-916-7156.

CURRENT EVENTS

- The Current Events Discussion Group meets in SCB Card Room 1 at 10 a.m. on Wednesdays Feb. 5 and Feb. 22.

DOLLCRAFTERS

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

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 will take place Feb. 14 and Feb. 28. We will be studying the Book of Genesis. Questions? Call Angie McKelvey (227-3222) or Tina Vermette (375-0291).

LINE DANCING

- Classes take 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. Call Sonya at 203-377-1515 for more information.

MAINTAINING A HEALTHY LIFESTYLE

- Healthy Lifestyle Discussion Group meets in the SCB Back Card Room at 10 a.m. on the last Tuesday of each month. Up-

coming meetings will take place Feb. 25 and March 31. For information, call Lucy Clifford, 203-644-7710.

MEN'S BOWLING CLUB

- Games are played at 10:30 a.m. on Wednesdays at Nutmeg Bowling Center in Fairfield. Questions? Call Paul at 203-339-1111.

POOL SOCIAL GROUP

- Anyone who enjoys socializing in and around the pools during the summer 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 203-377-1515 for more information.

TEA, TALK & CRAFTS

- Tea, Talk, and Crafts meets Thursdays at 1:30 p.m. next to the kitchen at SCB. Questions? Call Cynthia Harms at 203-402-9083.

WOMEN'S BOWLING CLUB

- Games are played at 9:30 a.m. on Wednesdays at Bowlero Bowling, 1717 Boston Post Road, Milford. Everyone is welcome ... bowlers or nonbowlers, permanent or substitutes. Questions? Call Kathy at 203-371-7543.

WRITERS GROUP

- The Oronoque Village Writer's Group (OVWG) is a group of writers who enjoy the challenges of writing and of sharing their work in a trusted environment. Members include published authors and hobbyists committed to attending workshops twice a month in a respectful, supportive and professional environment. If interested, please email or call Mary von Ziegesar (MvonZ@optonline.net – 203-767-9760) or Elisabeth Breslav (tulpenbol@att.net – 203-385-8505).

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FEATURE

ARTIST OF THE MONTH: ANTHONY (TONY) MEMOLI

February 2020 marks the third time the paintings of Anthony (Tony) Memoli have graced the foyer of NCB as part of the Artist of the Month program. Visitors to the North Clubhouse will be privy to the welcoming sight of his vibrant, colorful acrylic paintings.

A Bridgeport native, Tony enjoyed drawing and music during his youth and had a longtime career in graphic design. However, he did not pursue painting in earnest until his retirement 20-plus years ago. Once he picked up a brush, though, his works were well-received.

"I enjoyed painting portraits, landscapes and nudes," he says. "But, in 2014, I found that painting nonobjective art is much more fun. I was inspired to paint a series of large-size angels as well as images from the Old Testament and the New Testament. The subject matter was infinite."

By 2016, he had created a series of 15 30-x 40-inch biblical scenes. These paintings were donated to Sacred Heart University in Fairfield and are now installed as a permanent exhibit, gracing the walls of an indoor walkway leading to the two sanctuaries within the Chapel of the Holy Spirit.

The university was thrilled to be the recipient of Tony's vibrant paintings. "We are delighted that Tony decided to donate his artwork to us," states Larry Carroll, executive director for mission and Catholic identity. "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 forever grateful for his generosity and kindness."

Tony says he "feels blessed" to see his work in such a revered setting earning admiration and inspiration from so many.

His path to the creative field began following a three-year stint in the Army Air Corps. "I joined the service after graduating from Harding High School," he reports, "When I left the service, I attended Syracuse University on the GI Bill, graduating with a bachelor of fine arts degree."

After earning his diploma, he spent six years working in New York City with a variety of ad agencies and studios.



"I had a very successful career as a graphic designer," he says. "I was appointed as the art director of the General Electric Housewares Division. I left 19 years later as the creative director, where I managed photos, packaging and domestic advertising."

Among his benchmark projects at GE was the creation of in-store displays for the company's electric knife. "We had to create very unique packaging for this project, which required using diamond-shaped plastic," he recalls. "I also worked with Peter Max on a clock promotion display."

After leaving GE, Tony hung out his own shingle as a freelancer and became an integral part of Nabisco Brands. "I designed their corporate image program and created the company's corporate logo," he said.

Once he retired, he pursued painting with a passion. His unit at Oronoque Village allows him a well-lit studio from which to work. "My wife, Janet, and I moved to Oronoque Village 17 years ago, when we decided to scale down. We love our unit, which allows me to have my own studio," he reports. "Also, I really like the scenery here. We appreciate the architecture and the landscapes in this community. It's a beautiful, well-managed place to live." **OV**

THEATER DIRECTORY ON OV WEBSITE

A directory of local theaters has been added to the OV website. Visit www.oroquoquevillage.com and scroll down on the "Activities" heading on the home page to find the names, phone numbers and websites of area theaters.

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FEATURE: YOU MEET SUCH INTERESTING PEOPLE

ST. PATRICK'S DAY PARADE GRAND MARSHALL: MARY ANN DOONAN

Story by Elisabeth Breslav ~ Photo by Marcia Klein

She was just 16, the second eldest of 14 children, when she came to America in 1956. On Tuesday, March 17, Mary Ann Doonan will proudly lead the Greater Bridgeport St. Patrick's Day Parade as its grand marshal. Two milestone events, spanning a lifetime of devotion to family, church, community service and Irish culture.

An OV resident for the past four years, Mary Ann was born in Lixnaw, County Kerry, Ireland, where she attended Presentation Convent High School. An uncle accompanied her to the U.S. where an aunt awaited her with a job as a nanny all lined up. Over time, she worked as a nurses' aide at Carlton House in Fairfield for 12 years and the last 21 years of her professional life were spent in the operations department of People's Bank.

Home away from home for the young immigrant was the Gaelic American Club where she met Peter Doonan. They were married in 1965 and have three sons and one daughter. After decades of volunteering, Mary Ann was elected the club's first female president in 1997 and continued as president in 1998. In addition, she held many positions in the St. Patrick's Day Parade Committee and in 1987 established the Miss Shamrock scholarship. Since 1993 the committee also awards a Mr. Shamrock annual scholarship.

Other Bridgeport-based organizations that have benefitted from Mary Ann's community spirit are the Mercy Learning Center, Merton House, Under the Bridge Program and the local chapter of the Ancient Order of Hibernians. In her spare time she joins a group of knitters at St. James Church making hats, scarves and baby blankets. No wonder, therefore, that the June 2019 vote for her election

as the 2020 parade marshal was unanimous, and her social life has been pretty full since then, including participation in the Half Way to St. Patrick's Day Party last September and a golf tournament at the Mill River Country Club in October, both initial fundraisers.

Mary Ann modeled her official green blazer and silk sash at the Grand Marshall's Ball on Jan. 24. This event starts the fundraising season in earnest, and will be followed by her official appearances at the Puerto Rican Parade, the Barnum Festival and the Columbus Day Parade, among others. It takes about \$75,000 annually to fund the parade and the two scholarships, and many people are looking to Mary Ann to help reach that goal.

The original parade committee was formed at the suggestion of Bridgeport's mayor, Leonard Paoletta, in 1982, and the first parade was held the following year. It has been part of the city's downtown tradition ever since and has withstood all kinds of Mother Nature's unpredictable March weather. The March 17 parade will begin with a mass at St. Augustine, followed by a flag-raising ceremony at City Hall. Both events are free and open to the public. Tickets are on sale for the breakfast after the flag ceremony and for lunch after the parade at the Holiday Inn.



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CALENDAR

MONDAY, FEBRUARY 3

- 9:00 a.m. – Low-Impact Exercise (Bring Weights), NCB (O)
- 11:00 a.m. – Chair Yoga, NCB, Aud (O)
- 5:15 p.m. – Tai Chi With Jonathan, NCB, Aud (O)
- 6:45 p.m. – Open Bridge, NCB, Lounge (O)
- 7:00 p.m. –Bulls & Bears, SCB, C/R (O)
- 7:00 p.m. –SAC Meeting, NCB, B/R (O)

TUESDAY, FEBRUARY 4

- 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)
- 7:00 p.m. – Kundalini Yoga, NCB, Library (O)

WEDNESDAY, FEBRUARY 5

- 8:30 a.m. – Communications Committee, NCB (O)
- 9:30 a.m. – Line Dancing, beginners, NCB (O)
- 10:00 a.m. – Line Dancing, NCB (O)
- 10:00 a.m. – Men’s Bowling, Fairfield Lanes (O)
- 10:00 a.m. – Current Events, SCB, C/R 2 (O)
- 10:00 a.m. – Drop-In Sculpture Class, SCB, A/C Rm (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)
- 7:00 p.m. – Book Club, NCB, Library (O)

THURSDAY, FEBRUARY 6

- 10:00 a.m. – Zumba, NCB (O)
- 10:00 a.m. – Cornhole, SCB (O)
- 10:00 a.m. – Oil Painting, SCB, A/C Rm (O)

- 10:00 a.m. – Quilting Group, NCB, C/R (O)
- 11:15 a.m. – Tai Chi with Jonathan, NCB, Aud (O)
- 12:00 p.m. – Informal Artists Group, SCB, A/C Rm (O)
- 1:30 p.m. – Tea, Talk & Crafts, SCB (O)
- 6:00 p.m. – Jerry’s Poker, SCB, C/R1 (O)

FRIDAY, FEBRUARY 7

- 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, FEBRUARY 8 - No events scheduled

SUNDAY, FEBRUARY 9

- 1:00 p.m. – Private Party , SCB (C)

MONDAY, FEBRUARY 10

- 9:00 a.m. – Low-Impact Exercise (Bring Weights), NCB (O)
- 11:00 a.m. – Chair Yoga, NCB, Aud (O)
- 4:00 p.m. –Maintenance Committee Mtg, NCB, B/R (O)
- 5:15 p.m. – Tai Chi with Jonathan, NCB, Aud (O)
- 6:45 p.m. – Open Bridge, NCB, Lounge (O)

TUESDAY, FEBRUARY 11

- 9:00 a.m. – Yoga for Seniors, SCB, C/R2 (O)
- 9:30 a.m. – Architectural Committee Mtg, NCB, B/R (O)
- 10:00 a.m. – Dollcrafters, NCB, Library (O)
- 10:00 a.m. – Zumba, NCB (O)
- 7:00 p.m. – Kundalini Yoga, NCB, Library (O)
- 7:00 p.m. – Funseekers Mtg, SCB (O)

SAVE THE DATES

March 13 & 18 ... The Movie Club will present *Judy*, starring Academy Award-winner Renee Zellweger, at 7 p.m. at NCB on March 13 and at 2 p.m. at SCB on March 18. Admission of \$1 incudes popcorn.

April 5 ... The OV Arts Guild spring art reception will be held from 4-6 p.m. at SCB for the “Water, Water Everywhere” show.

April 14 ... Stratford’s own Shalynn Sedgwick (mother of Sedgwick Sisters fame) and her British sidekick, Jeff, will entertain Funseekers with a performance of top hits from the 1920s-1960s.

CALENDAR

WEDNESDAY, FEBRUARY 12

- 9:30 a.m. – Line Dancing, beginners, NCB (O)
- 10:00 a.m. – Line Dancing, NCB (O)
- 10:00 a.m. – Men’s Bowling, Fairfield Lanes (O)
- 10:00 a.m. – Drop-In Sculpture Class, SCB, A/C Rm (O)
- 4:30 p.m. – Bravo Mtg, SCB, Aud (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)

THURSDAY, FEBRUARY 13

- 10:00 a.m. – Zumba, NCB (O)
- 10:00 a.m. – Cornhole, SCB (O)
- 10:00 a.m. – Oil Painting, SCB, A/C Rm (O)
- 11:15 a.m. – Tai Chi with Jonathan, NCB, Aud (O)
- 12:00 p.m. – Informal Artists Group, SCB, A/C Rm (O)
- 1:30 p.m. – Tea, Talk & Crafts, SCB (O)
- 2:00 p.m. – Writers Group, NCB, C/R (O)
- 4:00 p.m. – Pool Social Group, SCB (O)
- 6:00 p.m. – Jerry’s Poker, SCB, C/R1 (O)

Upcoming Off-Site Event:

Feb. 5: SAC Casino Trip (Snow date is Feb. 19.)

FRIDAY, FEBRUARY 14

- 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 (O)
- 7:00 p.m. – Movie: *Downton Abbey*, NCB (O)

SATURDAY, FEBRUARY 15 - No events scheduled

SUNDAY, FEBRUARY 16

- 12:00 p.m. – Private Party, NCB (C)

MONDAY, FEBRUARY 17

Business & Maintenance Offices Closed

- 9:00 a.m. – Low-Impact Exercise (Bring Weights), NCB (O)
- 11:00 a.m. – Chair Yoga, NCB, Aud (O)
- 5:15 p.m. – Tai Chi with Jonathan, NCB, Aud (O)
- 6:45 p.m. – Open Bridge, NCB, Lounge (O)

BEYOND THE VILLAGE

TOWN OF STRATFORD HONORS 19TH AMENDMENT CENTENNIAL

Join the Stratford Town Council throughout 2020 as it honors Stratford women who helped change the course of history. Programs take place at the Stratford Town Hall Council Chambers on the second Monday of each month at 8 p.m.

Additionally, the Stratford Library is partnering with the Baldwin Center and Stratford Lifelong Learners to host “Votes for Women,” a presentation showcasing Connecticut women who fought on a local, state and national level for women’s right to vote. This is being presented by the Connecticut Women’s Hall of Fame on Feb. 25 from 1:30 to 2:30 p.m. at the Baldwin Center.

The library plans to celebrate Women’s History Month throughout March. The conclusion of this program will examine the book, “Olive, Again” by Elizabeth Strout, a Pulitzer Prize-winning author, on March 25 at noon.

For more details, visit www.TownofStratford.com/19thAmendment.

MODEL TRAINS ON VIEW AT BOOTHE MEMORIAL PARK

The Boothe Memorial Railway Society will have an open house on Saturday, Feb. 15, 1-4 p.m. Admission is free.

There are five operating train layouts from “N,” “HO,” “O,” “S” and “G” scale, all of which will be on display. This event is designed to be great fun for engineers of all ages.

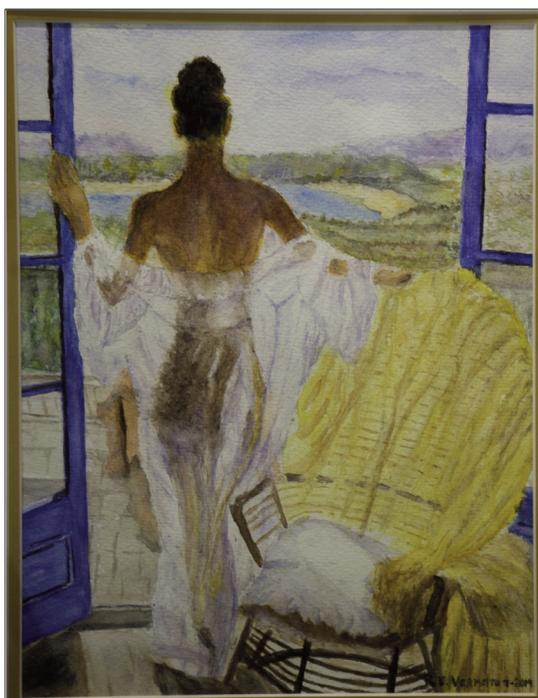
The train layouts allow for visitor interaction. One of the train layouts is specifically themed for children of all ages.

The Boothe Memorial Railway Society is located in its own building at the Boothe Memorial Park & Museum, 5800 Main Street, Putney, in Stratford. The society was featured in an issue of Connecticut magazine as well as highlighted in an issue of Classic Toy Trains magazine.

The organization announced that it is constructing Connecticut’s largest outdoor garden train layout. Also, the society offers workshops on the second and fourth Wednesdays of each month from about 6:30-8:30 p.m. All are welcome.

For more details, visit <http://bmrailways.com>.

FEATURE



Ray Vermette's painting, left, and Gail Bushell's sculpture, right, tied for first place in the fall exhibit at Galerie OV.

OV ARTS GUILD WINTER ART SHOW RECEPTION

Story by Lee Shlafer ~ Photos by Peter Feick

The Arts Guild Winter Art Show opened on Sunday, Jan. 13, and can be described in one short word: fun! This show reflects the creativity of the Arts Guild Planning Committee, which came up with a clever event that every Oronoque resident can enjoy.

The walls of the Galerie OV at SCB are covered with 27 photos of residents from their youth, either as toddlers, teens or in between. No names identify the pictures, simply a short title and a number.

On one wall, pictures of these residents as we know them today, identified by name, appear on a large poster board. Ballots have been prepared and are available on the table in the foyer, and the fun is trying to match the resident to the picture from their youth. Be advised, it is a challenge. Whoever submits a ballot with the most matches will win a prize to be awarded at the Arts Guild's spring reception.

As the photos from the OV Galerie appeared on the TV screen in the SCB lounge, the audience was treated to brief glimpses of nostalgia from many of the show's participants. Sharing their favorite TV or radio show, a remembered movie or game, or a family tradition had many of the audience members recalling the same or similar memories. Adding to the enjoyment of the afternoon was a wonderful assortment of appetizers and sweets, wine and soft drinks that were



People's Choice Award winners, from left, Gail Bushell, Ray Vermette and Liz Moretti.

served before, during and after the reception.

Awards were presented to the winners of the Arts Guild's fall art show. Ray Vermette and Gail Bushell tied for first place; Ray, for his watercolor painting, titled, "Is This Just a Dream?" and Gail, for her sculpture, titled, "Dream BIG." Both of these pieces will be on display throughout the winter art show. Third place was awarded to Liz Moretti for "Dream Retreat."

This show will run until March 27, after which the spring show, titled, "Water, Water, Everywhere," will begin. This exhibit will be open to all mediums and styles. The water can be in any form: rain, snow, ice, fog, teardrops or a body of water. Use your imagination!

OV

VETERANS HONORED

Last month at Webster Arena in Bridgeport, Military Appreciation Weekend concluded with a tribute during the Sound Tigers hockey game against the Laval Rockets, an affiliate of the National Hockey League's Montreal Canadiens.

The Bridgeport Sound Tigers, an American Hockey League affiliate of the New York Islanders, recognized members of the United States Armed Forces, both past and present, with free tickets to games held on Jan. 11 and Jan. 12.

Military Appreciation Weekend was presented by the Better Business Bureau (BBB) serving Connecticut and other community partners.

On the ice, the Sound Tigers wore newly designed, camouflage-themed jerseys both days, which were auctioned to benefit the BBB Foundation. **OV**



From left, U.S. Marine veterans and Stratford residents Bob Belmonte and Dick Steele (who resides at Oronoque Village) and Don Pavia, of Bridgeport. The trio were among the veterans who were honored with front-row seats to a Sound Tigers hockey game on Jan. 12.

Photo credit: Brian A. Pounds, Hearst Connecticut Media. (This photo was originally published in the Connecticut Post issue of Monday, Jan. 13, 2020.)

Thank you to Karen Hahn for the article suggestion



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FITNESS FOR OLDER ADULTS

GETTING FIT FOR LIFE

By Ed Genga, MA, CSCS



Exercise and physical activity are good for you, no matter how old you are. In fact, staying active can help you:

- Improve and maintain your strength so you can stay independent

- Have more energy to do the things you want to do
- Improve your balance
- Prevent or delay diseases like heart disease, diabetes and osteoporosis
- Perk up your mood and reduce depression

You don't need to buy special clothes or belong to a gym to become more active. Physical activity can, and should, be part of your everyday life. Find things you like to do. Go for brisk walks, ride a bike, dance, work around the house, garden, climb stairs, swim or rake leaves.

Try different activities that keep you moving. Look for new ways to build physical activity into your daily routine.

Four Ways to Be Active

To get all the benefits of physical activity, try all four types of exercise: (1) endurance, (2) strength, (3) balance and (4) flexibility.

1. Try to build up to at least 30 minutes of activity that makes you breathe hard on most days of the week. However, every day is best. That's called an endurance activity because it builds your energy or "staying power." You don't have to be active for 30 minutes all at once. Ten minutes at a time is fine. How hard do you need to push yourself? If you can talk without any trouble at all, you are not working hard enough. If you can't talk at all, it's too hard.

2. Keep using your muscles. Strength exercises build muscles. When you have strong muscles, you can get up from a chair by yourself, you can lift your grandchildren and you can walk through the park.

Keeping your muscles in shape helps prevent falls that cause problems like broken hips. You are less likely to fall when your leg and hip muscles are strong.

3. Do things to help your balance. Try standing on one foot, then the other. If you can, don't hold on to anything for support. Get up from a chair without using your hands or arms. Every now and then walk heel-to-toe. As you walk, put the heel of one foot just in front of the toes of your other foot. Your heel and toes should touch or almost touch.

4. Stretching can improve your flexibility. Moving more freely makes it easier for you to reach down to tie your shoes or look over your shoulder when you back the car out of your driveway.

Stretch when your muscles are warmed up. Don't stretch so far that it hurts.

Who Should Exercise?

Almost anyone, at any age, can do some type of physical activity. You can still exercise even if you have a health condition like heart disease or diabetes. In fact, physical activity may help. For older adults, brisk walking, riding a bike, swimming, weight lifting and gardening are safe, especially if you build up slowly. But, check with your doctor if you are over 50 and you aren't used to energetic activity.

Other reasons to check with your doctor before you exercise include:

- Dizziness or shortness of breath
- Chest pain or pressure or the feeling that your heart is skipping, racing or fluttering
- Blood clots
- An infection or fever with muscle aches
- Unplanned weight loss
- Foot or ankle sores that won't heal
- Joint swelling
- A bleeding or detached retina, eye surgery or laser treatment
- A hernia
- Recent hip or back surgery
- Any new symptom you haven't discussed with your doctor

Safety Tips

Here are some things you can do to make sure you are exercising safely:

- Start slowly, especially if you haven't been active for a long time. Little by little, build up your activities and how hard you work at them.

- Don't hold your breath during strength exercises. That could cause changes in your blood pressure. It may seem strange at first, but you should breathe out as you lift something and breathe in as you relax.

- Use safety equipment. For example, wear a helmet for bike riding or the right shoes for walking or jogging.

- Unless your doctor has asked you to limit fluids, be sure to drink plenty of fluids when you are doing activities. Many older adults don't feel thirsty even if their body needs fluids.

- Always bend forward from the hips, not the waist. If you keep your back straight, you're probably ending the right way. If your back "humps," that's probably wrong.

- Warm up your muscles before you stretch. Try walking and light arm pumping first.

Exercise should not hurt or make you feel really tired. You might feel some soreness, a little discomfort or a bit weary, but you should not feel pain. In fact, in many ways, being active will probably make you feel better. **OV**

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.

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WORKS BY THE OV WRITERS GROUP

2020 HAS ARRIVED

By Peter Geltner

I have been waiting most of my life for 20/20. I am really excited that it finally arrived. The big surprise is that it appeared in 2019. How could this possibly happen? The answer is that it occurred because we moved to Connecticut. Uh, maybe.

I do not think that I had any problems with eyesight when I was living in the jungles of Tanganyika. I mostly remember being serenaded by hyenas at night and listening to planes landing during the day at the airport where we lived. The airport was on the edge of a jungle, so many wild animals passed through our area. Mostly I was bothered by the sight of scorpions, mosquitoes and snakes.

When I was six years old, we moved away from the jungle and ended up in the desert in Blythe, California. I think that it was in the fifth grade that my teacher noticed that I had trouble reading the writing on the blackboard and said that I needed glasses. I wore glasses with normal lenses for years and then transitioned to bifocal lenses.

I started umpiring tennis as a hobby in 1983 and umpired at the Olympics in Los Angeles in 1984 and at the U.S. Open in New York from 1987 through 1999. Needless to say, I needed excellent vision to watch the ball hit the line or miss

the line. At some point during this experience, I decided to wear contact lenses so that the rims of glasses would not interfere with my side vision. (Another reason is that I did not want the players to think that I could not see properly because I was a person who was wearing glasses.)

I learned to live with mono-vision lenses, which meant that my left eye could see at a distance and my right eye could see well closely. My brain was able to adjust to this, so the concept did not bother me. However, when I was umpiring, I used distance lenses for both eyes.

After all the years of good vision from glasses and contact lenses, my eyesight began to get fuzzy. I was getting cataracts that decreased the ability of an ophthalmologist to fully correct my eyesight. I was now living in Connecticut, and most of my medical experiences were at Yale.

I was a little nervous about having cataract surgery, but my wife, Sharon, had hers done first. Having seen her successful results, I decided to have my eyes done. My left eye was done with normal surgery two weeks before my right eye. My right eye was more complicated, as I had astigmatism problems. I needed laser surgery and a special lens.

These surgeries occurred in August of 2019, so after all those years of wearing glasses, I finally achieved 20/20 vision for normal activities, although I still need glasses for reading. I am extremely happy that 20/20 finally arrived. **OV**

2020

By Jeanette Caron

It's 2020, top of a new decade and I'm struck with the thought that I could never imagine: living to this age. Growing up as a teenager in the fifties, it was unthinkable to consider even being thirty. Now THAT was old. I had a friend who used to muse about how we would spend "our golden years." Ugh, I never joined in that conversation! And never stayed around folks who loved to discuss their latest aches and pains. It's bad enough to actually have them without making conversation about the inevitable.

So, please forgive me if I bend your ears a little with my own bout with death. My apologies for indulging on the ache- and-pain trail. I believe I'm living on borrowed time anyway, so I can share one of my life's episodes without too much drama.

Out of the blue, without warning I was diagnosed with a serious blood disease. Of course, it was upsetting, but I didn't want to hear that I needed treatment. I knew it would be harsh, debilitating and, who knows, not even work. I wasn't interested. The doctor sensing my attitude, didn't waste his time, but gave me a warning. "Well, you can either start the

treatments soon or go home and die."

I considered my choices. Life had been pretty good and I was in my 70th year. Did I need to live longer? There had been adventures, accomplishments and some great memories in the past and my children turned out ok. Besides, did I really want to join the ranks of the complainers I usually avoided?

Then, something changed my mind. People close to me were expressing deep sorrow at the news of my illness. My grown son, my older brother and my best friend wept quietly when they thought I couldn't see them. Maybe there was a reason to keep going. Could I be useful to others and make a difference in someone's life? Maybe I was meant to live longer.

The treatments started. They were harsh and painful. They were humiliating and debilitating and went on for almost a year. At the end, a dedicated doctor and fabulous hospital saved my life. So, here I am, many years later, surrounded by people I love and cherish. I've lived long enough to see three grandchildren born. I may have even passed on some wisdom and useful advice. And I've had many more adventures and wonderful memories. It's 2020. Sorry for the cliché but, IT'S A WONDERFUL LIFE. **OV**



FEATURE

MEET THE ORONOQUE COUNTRY CLUB MANAGER

By Lee Schlafer

Tommy Miller, the new manager of the Oronoque Country Club, has a pop in his step and a markedly noticeable enthusiasm for his job. He is eager and engaged, which -- once learning about his background -- comes as no surprise. Tommy began working in the "club" industry when he was 17 as a part-time job while he was in high school.

His plans for college were quite different. He had hopes of finding a career in major league baseball, having been a star athlete during his teen years. It took him very little time to conclude that such opportunities were quite limited; what had been star quality in high school didn't measure up at the college level and beyond. Being both pragmatic and upbeat, he explored other possibilities and turned to golf, a sport he also loved and had played extensively. He recognized that golf, when combined with the field of hospitality, was a perfect career fit for him.

Tommy's course of study was, and continues to be, very interesting. His major in college was business, but he was able to add to that a specialty as a Pro Golfers Association (PGA) professional, not as a tour golfer but as a club manager.

The PGA offers three levels of expertise as a club manager, Tommy explains. There is a Class A professional known as a CCM, a certified club manager. In 2020, Tommy expects to have achieved the necessary credits and experience to qualify for this title. Following that, with further experience and additional courses, the PGA recognizes a Certified Chief

Executive (CCE), which will be the next level Tommy hopes to acquire. Finally, beyond an honor society to which the PGA elects experienced professional club managers, there is the Master Level Club Manager, the most distinguished of all the titles that can be earned. Currently, only 22 people have been granted that distinction.

After graduation, Tommy worked at different clubs including the Woodbridge Country Club here in Connecticut. Most recently, he was manager at the Pine Ridge Golf Club in Coram, N.Y.

Tommy lives in the Oronoque area with his wife and three young daughters whom he hopes will develop his love of golf. Before he was married, Tommy admits to playing as many as 120 rounds of golf in a year. He has even succeeded in playing 60 of the top 100 courses in the country. Now that he has a family and a demanding job, his golf playing time is significantly changed.

Being creative and goal-oriented, Tommy is working daily with the Oronoque Country Club staff to bring forward the best product that will serve the best interests of the club and, he feels, therefore be in the best interests of the Oronoque Village community.

With his training, can-do attitude, open mind and willingness to think outside the box, the future appears very promising. If you meet Tommy, you will find yourself rooting for him and OCC.



Tommy Miller

OV

RECAP OF 'MASTERING THE MASTERS' WORKSHOP

Story by Barbara Stewart

On Jan. 17, 11 artists gathered in the SCB lounge to learn about the life and style of Paul Cezanne. This was the second "Mastering the Masters" workshop at OV led by Christine Goldbach. We watched short videos about Cezanne's life and art, and Christine gave us some pointers about his style of painting.

Then we were off to the Arts and Crafts Room to apply what we had learned, trying to draw and paint in the style of Cezanne. Artists worked in the medium of their choice, while Chris helped each artist as they worked, focusing on the colors, composition and techniques that Cezanne used.

At the end of the session, we showed the pieces of



art we had created. It was amazing to see everyone's work, which was done in just a couple of hours!

The Arts Guild plans to have another workshop featuring a different master artist, so watch for it in the future. It is an afternoon of lighthearted fun, learning and camaraderie.

OV





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Bingo:

Presented by the Men's Club
Thursday, February 20
at 7:00 pm at SCB

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

Refreshments will be served.
Open to all.



The 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 Feb. 5 is *The Only Woman in the Room* by Marie Benedict.

The book for March 4 is *Chocolat* by Joanne Harris. In tiny village in France, where nothing much has changed in 100 years, a beautiful newcomer and her exquisite chocolate shop arrive and instantly begin to play havoc with residents. Each box of luscious bonbons comes with a free gift: Vianne's uncanny perception of its buyer's private discontents and a clever, caring cure for them. Is she a witch? Soon the parish no longer cares, as it abandons itself to temptation, happiness, and a drama.

SAC TRIVIA NIGHT

Put on Your Thinking Cap for A Night of Fun and Friendly Competition!

Saturday, February 22nd - Doors Open at 6:15 pm – Games Start at 7:00 pm NCB



PRIZES FOR WINNING TEAMS

Admission \$8.00

Soft Drinks, Coffee and Dessert

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Reserve a Team Table of up to 8 People or Join a Table with Others

Include all team member names with checks made out to SAC. Drop your check and this form in SAC mailbox at NCB before Tuesday 2/18. Questions Contact Mary Ann 203-530-9962 or Kathy 540-729-1789

"Matinee" ... Songs & Jest...at its best!

Funseekers kickoff event for 2020 will feature "Matinee," a 4-part female Barbershop octet. This will be held on Tuesday, Feb. 11th, 7 PM, at SCB. Doors will open at 6:15 PM.



These eight entertaining ladies came together 21 years ago and they haven't stopped singing (or talking, for that matter) since. Known for their witty repartee and talent of weaving songs and stories together, you are sure to have an enjoyable evening. Songs range from old standards to parody to pop.

Admission is \$4 members (\$15 annual dues), \$7 guests. BYOB/wine/food with snacks provided. Coffee/tea/beverages and desserts will follow the event. No reservations required.

Call John Fratarcangeli at (203) 503-4364 with questions.



**The Movie Club Presents:
*Downton Abbey***

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



Excitement is high at Downton Abbey when the Crawley family learns that King George V and Queen Mary are coming to visit. But trouble soon arises when Mrs. Patmore, Daisy and the rest of the servants learn that the king and queen travel with their own chefs and attendants -- setting the stage for an impromptu scheme and other shenanigans.

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 next event on Friday, Feb. 21, in the South Clubhouse Auditorium from 6:30-9 p.m. (We usually go a bit longer than 9 p.m. for your singing and dancing pleasure.)

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!





JOIN US FOR "IT'S 5 O'CLOCK SOMEWHERE!" ON FEBRUARY 7

"IT'S 5 O'CLOCK SOMEWHERE" TAKES PLACE ON THE FIRST FRIDAY OF THE MONTH AT NCB at 5 P.M.

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Drop By With An Appetizer to Share

Hosted by SAC



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