

April 1, 2020



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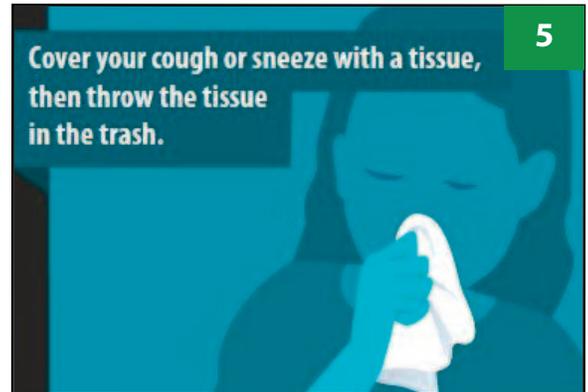
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The cover photo, titled "First Signs of Spring," was taken by Clare Bell from Leeds, England and downloaded from the website <https://commons.wikimedia.org>. The Villager welcomes submissions for cover consideration. Photos must be emailed as high-resolution jpeg images to cking@oronoquevillage.com.

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President's Message March 17, 2020

Corona Virus: In the interest of our residents, best practices are being followed. Clubhouses will remain temporarily closed while the Business Office and Maintenance Department will be operational. Please continue to be diligent and adhere to the national, state, local government and Village guidelines as we all pray and work our way through this challenging pandemic crisis.

OV New Portal/Website: At this point a test team led by resident David Bingham has been providing valuable and much-appreciated feedback to the Business Office. The next step will be having one district access the site and provide feedback to us. We want all of the "bugs" fixed before the portal/website is opened up to all residents.

New Resident Phone Book: Resident phone books will

be available in early April. Each unit is eligible for one free book as part of our budget. Subsequent copies may be purchased at \$5 each. Please note that the phone book will be accessible on our OV website. Ultimately it will be downloadable onto your mobile phone.

SCB Sound System Upgrade: New side speakers were installed in January. The tower stage speakers for on-stage entertainment were recently installed. Our executive director is awaiting a proposal for new microphones for both buildings that will improve sound systems' overall experience.

SCB Entrance Landscaping: House and Garden Club has provided funds for sod to be installed in early spring.

New Resident Meeting: This month, the entire OVCA executive board, executive director and maintenance director held and presented a "new resident" meeting. The purpose of the meeting was to share important information regarding how OVCA works, to discuss architectural change requests, maintenance and snow/leaf removal procedures. A Maintenance Responsibility Chart was given to each new resident. The OVTD president shared the structure of how OVTD works.

What made this event so special was the generous partnership of Oronoque Country Club (OCC). Tommy Miller, the new general manager, offered to host the meeting at the club. He provided the venue, appetizers and libations as a gift to the new residents. Tommy also spoke of his vision for OCC. He discussed the strong partnership which has been established with Oronoque Village. We thank him for hosting the generous event.

New residents were most appreciative of the experience and opportunity to meet some of the Village's leadership. The evening was a resounding success!

2020/2021 Budget: The executive director has been developing a proposed OV budget. It will be reviewed by the Finance Committees, both boards and residents. A significant portion of the budget is fixed. About 90 percent of the budget goes to labor and benefits, insurance, program maintenance siding, cable, property taxes, loan payments, utilities and funding reserves.

Insurance is a significant part of the budget and requests for quotes from three insurance brokers have been issued. We have implemented improvements that our insurance carrier suggested and have had excellent results over the past 20 months. However, on Feb. 12, 2020, the Wall Street Journal reported "U.S. companies are paying more for insurance, a reversal after years of flat or declining rates for property and liability insurance."

Town Updates: Stratford town officials will have their annual meeting with Oronoque Village, scheduled for late May, shortly after the approval of the town budget. Stay tuned for updates.

Good, Better and Awesome News: With above-average temperatures this winter, we have been able to continue leaf removal in our Village.



THE VILLAGER

A PUBLICATION OF ORONOQUE VILLAGE
STRATFORD, CT

WWW.ORONOQUEVILLAGE.COM

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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.

Led by Mark Rhatigan's leadership and employee initiation, the following projects were undertaken:

- * Employee restroom was redone
- * Mini-farm area was rearranged and fence was repaired
- * Cleanup of leaves, brush, tree limbs and branches at Freeman Brook took place. This will allow water to flow more freely and help mitigate water backups.
- * Community buildings have been maintained with the

help of the maintenance team and the House Committee.

We are so fortunate to have such a dedicated hard-working maintenance team doing such a good job, with a "can-do teamwork attitude" and a sense of pride!

One quote from Aristotle comes to mind: "The whole is greater than the sum of its parts."

On behalf of the entire Village, thank you!

Happy spring! It's just around the corner!

OV

Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



For more information: www.cdc.gov/COVID19

ANNOUNCEMENTS

UPCOMING DISTRICT MEETINGS*

District 1 will meet at 6 p.m. on Wednesday, May 13, at SCB.

District 7 will meet on May 13 at NCB.

District 10 will meet on April 23 at 5:30 p.m. at NCB.

District 11 will hold a dinner meeting on Wednesday, April 22, at 6 p.m. at NCB.

* Flyers with full details will be distributed to residents via the black boxes.

ARE YOU INTERESTED IN A WWII DISCUSSION GROUP?

OV resident Kees Adema would like to form a monthly (or bimonthly) discussion group on the topic of World War II. Creating such a group will depend on feedback from the community.

Discussion considerations may include the following: Did your father or an uncle fight in Europe or the Far East? Do you have pictures or correspondence you want to share? Are there aspects you would like others to shed light on? Did your family escape Nazi Germany?

If you interested in joining the proposed group, please email kees13adema@gmail.com or call 203-255-0506.

MONTHLY JEWELRY-MAKING CLASSES NOW OFFERED

On the second Monday of each month, OV resident Ivy Tencer will teach two separate jewelry-making classes at SCB.

From 10 a.m. to noon, in the back card room, there will be "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 entirely different. If beads are lost, not to worry, there are plenty to add and if you have all the beads, embellish them with additional beads or spacers. If you prefer, you may also make a brand new necklace from scratch. Coffee and cookies will be served.

From 7 p.m. to 9 p.m. in the arts and crafts room, learn the essentials of jewelry-making with memory wire or basic



WHEN SPILLS HAPPEN... IF YOU SEE SOMETHING, SAY SOMETHING!

Residents are encouraged to enjoy our beautiful clubhouses and to take part in the many social opportunities that occur there.

However, accidents do happen. If food or drinks are spilled at the clubhouses, it is important that the attendants on duty are notified immediately.

Our attendants are at-the-ready to clean up problem areas and prevent permanent stains from marring our floors and carpets. In addition, by cleaning up spills, the attendants help to keep us safe by eliminating the potential for a dangerous "slip and fall."

Please help us maintain the cleanliness and safety of our clubhouses by reporting any spillage of food or drink to our staff members.

Thank you.

stringing. Have fun and learn something new while creating one-of-a-kind pieces for yourself or as a gift. The memory wire pieces are easy to wear as there is no clasp required to close them.

Upcoming sessions will take place April 13, May 11 and June 15. Each session costs \$25 and includes all supplies. Fees are payable by check or credit card. Questions? Call 732-995-2840 or email poizonivysaur@gmail.com.

Please remember to thank our advertisers and tell them that you saw their ad in The Villager!

SOUTH CLUBHOUSE MONITOR WANTED

Day: Tuesday

Time: 3-5 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 guests 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.

For information, please call Kathy Lukens at 203-612-6685.

QUICK CONTACT LIST

- Police, Fire, Medical Emergency911
- Routine Police Call.....203-385-4100
- OV Security.....203-377-5502
- Maintenance Emergency.....203-377-5502
- Gas Leak (So.Ct.GasCo.).....800-513-8898
- Elec. Emergency (U.I.).....800-722-5584
- Business Office203-377-5313
- Maintenance Dept.....203-375-8853
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PEACE OF MIND ...

REFILLING MEDICATIONS AT YOUR OWN EXPENSE

By Harriet Liss

Would you like to get an extra refill of your medications to have "just in case?" Whether you get your prescriptions via mail-order or in-person at a local pharmacy, with Medicare Part D there are strict rules regarding the time allowed before you can get a refill. (Medicare D will not permit refills to be filled until the patient is more than 60 days into the current supply.)

However, if you are willing to pay out-of-pocket, there is a way to get around the restrictions. If you ask your doctor to send a prescription to an alternate pharmacy and to stress that the payment bypass your Medicare Part D insurance, all you need to do is pay for the medication via cash, check or credit card. This does not end the prescription and fulfillment agreement with the original partner ... however, it will offer you the security of having a few extra pills "just in case." This will work with both generic and name-brand drugs.

Of course, you may now be thinking: "How much will this cost me?" This is an easy question to answer: Before going to the pharmacy, do a lookup on the free website, www.GoodRX.com. It is excellent! Simply type in the drug name and this user-friendly site will allow you to enter how many milligrams your prescription calls for and the number of tablets you want to buy (the maximum is 90).



Then, immediately, a list of several drugstores and supermarkets will come up with details on what each business will charge. For a 90-day supply of one of my medications, the range was \$11-plus at five places and then slowly rose in price to more than \$100 at others! Once you have checked out all your prescription costs, you can fill the prescription at the location (or locations) of your choice. The next step is to print the free coupon (provided by www.GoodRX.com) to bring with you when you purchase your meds.

It is important that call you doctor's office and explain that you are going out-of-network and want your prescription sent to the pharmacy of your choice. Emphasize that you do not want it to go through your usual insurance.

Not too long ago, I ordered five prescriptions at a nearby pharmacy. (Normally I get my drugs via mail-order.) When I went to pick them up, the pharmacist said that three prescriptions were on hold because it was not yet time for their renewals. However, when I stated that I did not want it to go through my insurance but would pay directly, the prescriptions were filled immediately!

I now have peace of mind knowing I have 90 extra pills for each of my prescriptions. During this uncertain time, I have one less concern. I hope it will do the same for you. OV

BEYOND THE VILLAGE *

The Stratford Library, 2203 Main St., has scheduled a talk, titled "The One Immediate Vital Need of the Entire Republic," on April 5 at 2 p.m.

Speaker Hamish Lutris will discuss the transcontinental railroad, which was considered the greatest engineering, financial feat in the world at the time of its completion. Yet thousands of bodies marked its route, hundreds went bankrupt on the railroads, and many decried their power and influence.

Lutris is an associate professor of history and political science at Capital Community College in Hartford.

For information, visit <http://stratfordlibrary.org> or call 203-385-4164.

On Sunday, April 5, at 4 p.m., First Congregational Church of Stratford (FCC), 2301 Main St., will present a concert

led by Dr. Joe Utterback, music director at FCC. Besides featuring Haydn's "Te Deum" and Mozart's "Kyrie in F Major," music will include the world premiere of Utterback's "May the Road Rise to Meet You."

The Concert Choir is made up of the members of the FCC Chancel Choir, joined by other choristers from surrounding communities. There is no admission fee but free will donations will be accepted.

Allison Fay, soprano, will also serve as conductor. Organist Galen Tate will be joined by trumpeter Bill Pond, drummer Brian Coralian and flutist Joshua Toman. Soloists will include Cheryl D'Onofrio, contralto; Michael Jackson, tenor; Johnny Mack, baritone; Carol Woodman, soprano; Tom Woodman, baritone and Michael Jovovich, tenor. For additional information, call FCC at 203-378-2644. OV

** It is advisable to call ahead to check on the status of the events listed.*

ACTIVITIES

EDITOR'S NOTE: *To ensure accuracy, information must be submitted, via email, to Carol King at cking@oronoquevilage.com. (Submissions must be typed, in upper and lower case.) The deadline to be included in the next issue of April 15 is April 2 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 April 1 and 15, May 6 and 20, and June 3 and 17.

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. We will be studying the Book of Genesis. Questions? Call Angie McKelvey (227-3222) or Tina Vermette (375-0291). There is no class on Good Friday, April 10.

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. Upcoming meetings will take place April 28, May 26 and June 30. For information, call Lucy Clifford, 203-644-7710.

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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CALENDAR

The events listed in the Calendar (and other sections) of this magazine are subject to change. For the latest on OV news and events, go to www.oroquevillage.com or OVTV. OVTV is Channel 591 for those with a cable box and Channel 121-591 for those without a box. O=Open / C=Closed

WEDNESDAY, APRIL 1

- 8:30 a.m. – Communications Committee, NCB (O)
- 9:30 a.m. – Line Dancing, beginners, NCB (O)
- 9:30 a.m. – Women’s Bowling, Bowlero Lanes, Milford (O)
- 10:00 a.m. – Line Dancing, NCB (O)
- 10:00 a.m. – Sculpture Class, SCB, A/C Rm (O)
- 10:00 a.m. – Current Events, SCB, C/R
- 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, APRIL 2

- 10:00 a.m. – Cornhole, SCB (O)
- 10:00 a.m. – Beginner Oil Painting, SCB, A/C Rm (C)
- 10:00 a.m. – Zumba, NCB (O)
- 10:00 a.m. – Quilting Group, NCB, C/R (O)
- 10:00 a.m. – House Committee, NCB, B/R (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, APRIL 3

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

SATURDAY, APRIL 4: No events scheduled

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SUNDAY, APRIL 5

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

MONDAY, APRIL 6

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

TUESDAY, APRIL 7

- 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)
- 5:00 p.m. – Poker, NCB, C/R (O)
- 7:00 p.m. – Kundalini Yoga, NCB, Library (O)

WEDNESDAY, APRIL 8

- 9:30 a.m. – Line Dancing, beginners, NCB (O)
- 9:30 a.m. – Women’s Bowling, Bowlero Lanes, Milford (O)
- 10:00 a.m. – Line Dancing, NCB (O)
- 10:00 a.m. – 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)

THURSDAY, APRIL 9

- 10:00 a.m. – Cornhole, SCB (O)
- 10:00 a.m. – Beginner Oil Painting, SCB, A/C Rm (C)
- 10:00 a.m. – Zumba, NCB (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. – Writer’s Group, SCB, C/R (O)
- 4:00 p.m. – Pool Social Group, SCB, C/R2 (O)
- 6:00 p.m. – Jerry’s Poker, SCB, C/R1 (O)

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CALENDAR

FRIDAY, APRIL 10

Business & Maintenance Offices Closed

- 9:00 a.m. – Low-Impact Exercise (Bring Weights), NCB (O)
- 10:00 a.m. – Table Tennis, SCB (O)
- 7:00 p.m. – Movie: *Judy*, NCB (O)

SATURDAY, APRIL 11

- 4:00 p.m. – Private Party, SCB (C)

SUNDAY, APRIL 12: Clubhouses are closed

MONDAY, APRIL 13

- 9:00 a.m. – Low-Impact Exercise (Bring Weights), NCB (O)
- 10:00 a.m. – Jewelry Making, SCB, C/R 2 (O)
- 11:00 a.m. – Chair Yoga, NCB, Aud (O)
- 4:00 p.m. – Maintenance Committee, NCB, B/R (O)
- 6:45 p.m. – Open Bridge, NCB, Lounge (O)
- 7:00 p.m. – Jewelry Making, SCB, A/C Rm (O)

TUESDAY, APRIL 14

- 9:00 a.m. – Yoga for Seniors, SCB, C/R2 (O)
- 9:30 a.m. – Architectural Committee, NCB, B/R (O)
- 10:00 a.m. – Dollcrafters, NCB, Library (O)
- 10:00 a.m. – Zumba, NCB (O)
- 5:00 p.m. – Poker, NCB, C/R (O)
- 7:00 p.m. – Kundalini Yoga, NCB, Library (O)

WEDNESDAY, APRIL 15

- 9:30 a.m. – Line Dancing, beginners, NCB (O)
- 9:30 a.m. – Women's Bowling, Bowlero Lanes, Milford (O)
- 10:00 a.m. – Line Dancing, NCB (O)
- 10:00 a.m. – Sculpture Class, SCB, A/C Rm (O)
- 10:00 a.m. – Current Events, SCB, C/R

- 10:00 a.m. – Free Blood Pressure Screening, NCB, C/R (O)
- 2:00 p.m. – Movie: *Judy*, 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)

CANCELLATIONS

April 13 ... House & Garden Club meeting

April 14 ... Funseekers general meeting

April 18...Weekenders event

April 24 ... Wine Club event

April 25 ... Funseekers trip to Edgerton Center, Sacred Heart University, to see "Chess"

June 6 ... BRAVO production

Tai Chi classes will not be held until further notice.

~

SAVE THE DATES

May 13 ... Hadassah will hold its semi-annual luncheon/card party at Mill River Country Club. All are welcome. The cost is \$30 per person.

May 16 ... A free introductory tennis clinic for all OV residents who want to improve their strokes and for players who want to improve their games. Pro Kimm Fisher will be at the OV tennis courts at 9 a.m. Questions? Email OVTennisClub@gmail.com or call Mary W. von Ziegesar at 203-767-9760.

June 15 ... The OV Arts Guild will welcome James Sullivan, an urban historian, at 7 p.m. at SCB. He will take his audience on a unique tour of important arts-related landmarks in New York City.

June 20 ... Funseekers presents "Salute to Summer with Joey Vincent," featuring patriotic songs, surfing songs, and more. This is an afternoon picnic event.

Yale Podiatry Group
4 Corporate Drive, Suite 384
Shelton, CT 06484
(203) 734-4806

Dr. Mithun Sivadasan
Board Certified Podiatrist

WORKS BY THE OV WRITER'S GROUP

RISK

By Elisabeth Breslav

About a year after the death of my husband at age fifty-five, I made a startling discovery. I had filled my days dealing with matters of Probate and the IRS, discussed unfinished business with an attorney. I had slowly disposed of a closetful of the now-useless clothes and shoes and spent countless hours acknowledging a stack of condolence letters while crying my heart out. In the meantime, the world outside had moved on without me.

I had been totally oblivious to this until I happened to take a good look at myself in the mirror one morning and it suddenly dawned on me. I had literally been left behind. The realization left me shaken. How was I going to catch up all by myself after 28 years of being part of a couple? Of course there still were our married friends who had been more than kind, especially at first. But my instinct warned me against settling for being the proverbial fifth wheel on the wagon. I knew, somehow, I had to take charge of my life and set a new course.

I need to get away for a while from this isolated spot in the middle of the woods, I decided. I must have some open space, a wide sky, be with a few new people. I began to scan newspapers and magazines for ideas. They all sounded too intimidating until I discovered an ad for a six-day windjammer cruise out of Camden, Maine. It sounded just right. I would be one of 30 shipmates and I thought I might be able to handle that. Besides, I always love to be on the water. Afraid I might lose my nerve I immediately made a

reservation and put down the deposit.

The day of "my re-entry into the world" arrived all too soon and, while driving up, I was beset by emotions that ranged from castigating myself for an obviously stupid impulse to feeling I just was not ready, or to thinking I might as well get it over and done with because it was going to be more difficult the longer I waited. I arrived before checking-in time and parked as far away as possible, but within view of the magnificent schooner, Heritage. Soon my fellow passengers began to arrive, and as I saw them come in my heart sank. These were all happy carefree people. I did not belong with them.

Nobody knows I am here, I told myself. I can just turn around, drive off and go home where I'll be safe. I put the key in the ignition. But then it occurred to me that I had driven six hours to get this far, I would lose the \$400 deposit, and have another six hour-drive back.

More importantly, how would I tell my children? Wait a week, then call them and lie about all the fun I'd had? The death of their father at their young age had hurt them deeply. Both of them had tried so hard to be strong, for themselves, but also very much to support me. What kind of a role model would I be if I told them I gave up?

I took a deep breath to stop the rollercoaster of thoughts and emotions. Then I turned off the engine. I got out of my car. I gathered my gear and I crossed the gangplank.

OV

Works by the OV Writer's Group continues on page 18



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THE EXERCISE HABIT, PART 1

By Ed Genga, MA, CSCS



Forming healthy habits is easier said than done. The truth is most people know the things they should do to be healthy but don't commit to doing the work it takes to sustain a healthy change.

Experts have many different methods for creating good health habits. Some say doing an activity for 21 days in a row will make it a habit. Others recommend setting clearly defined fitness goals.

We all have different personalities and what works for one will not work for all. If you want to commit to exercising than schedule it as part of your daily routine. Try to do it the same time every day and eventually it will become a habit, as long as you don't give up!

Ask about exercise: Before beginning an exercise routine talk to your family doctor. This is especially important if you haven't been active, if you have any health problems, or if you're an older adult.

Ask your doctor about how much exercise is right for you. A good goal is to work up to five times a week for 30 to 60 minutes a session. If 30 to 60 minutes sounds difficult to fit into your schedule, split up your physical activity into shorter sessions. Exercise has so many health benefits that any amount is better than none.

Try exercising for 10 minutes at a time throughout your day. Here are a few examples:

- Take the stairs instead of the elevator.
- Go for a daily 30-minute walk after lunch.
- Do housework at a brisk pace.

Path to improved health: What motivates you when it comes to your health? Are you goal-oriented? Are you inspired by a challenge? The better you know yourself the easier it is to find an exercise program that fits you.

How can I stick with an exercise program?

- Choose an activity you like. Make sure it suits you physically. For example, if you have arthritic joints, swimming might be a good option.
- Get a partner. Exercising with a partner can make it more fun. An exercise partner can offer support and encouragement and you will be less likely to skip a day of exercise if someone else is counting on you.
- Vary your routine. You are less likely to get bored or injured if you have some variety in your exercise routine. Walk one day and ride a bicycle the next. Consider activities like dancing and pickleball, and even chores like vacuuming the house.
- Choose a comfortable time of day. Don't work out too soon after eating or when it's very hot or cold outside. If you're too stiff to exercise in the morning, wait until later in the day.

- Don't get discouraged. It may take weeks or months before you notice the benefits of exercise such as weight loss. If you miss a few days, don't quit and plan to start again next week or next month. Start today.
- Forget "no pain, no gain." While a little soreness is normal after you first start exercising, pain isn't. Take a break if you are getting sore or if you are tired.
- Make exercise fun. Read, listen to music, or watch TV while you ride a stationary bicycle, for example. Find fun activities, like walking through the park. Go dancing or learn how to play a sport you enjoy.
- Track your activity. Keep track of your exercise to stay motivated. Use a fitness app on your phone or wear an activity tracker. You can just mark a calendar each day you exercise.

How can I make exercise a habit?

- Ask your doctor to write a "prescription" for your exercise program that describes what type of exercise, how often to exercise, and for how long.
- Stick to a regular time every day.
- Make a pledge committing to exercise.
- Put exercise days on your calendar.
- Keep a log or diary of your exercise activities.
- Check your progress. Can you walk a certain distance faster? Are you at your target heart rate?
- Consider joining a health club or gym. The cost might be your incentive to exercise on a regular basis. Sign up for classes or meet with a trainer to keep you accountable.
- Think of the benefits of regular exercise. Write down the benefits, set goals, and keep them posted where you can see them.

What are the benefits of regular exercise?

- Reduces your risk of heart disease, high blood pressure, osteoporosis, diabetes, and obesity.
- Keeps joints, tendons, and ligaments flexible, making it easier to move.
- Reduces some effects of aging, especially the discomfort of osteoarthritis.
- Contributes to mental well-being.
- Helps relieve depression, stress, and anxiety.
- Increases your energy and endurance.
- Helps you sleep better.
- Helps you maintain a normal weight by increasing your metabolism.

Is there anything I should do before and after I exercise? Start every workout with a warm-up. This will make your muscles and joints more flexible. Spend 5 to 10 minutes doing some light stretching exercises and brisk walking. Do the same thing when you're done exercising until your heart rate returns to normal.

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.

WHISPER

By Mitchell Fink

Like "The Butterfly Effect," which suggests that a hurricane in China may be the end result of a butterfly flapping its wings in New Jersey, so too can a whisper disrupt world order.

I know what you're saying. What does a wonderfully whispered sweet nothing or the whispered "I love you" in an intimate setting have to do with disrupting world order? Okay, I'll give you that. But it's the other kinds of whispers that trouble me the most.

I remember talking one time to a group of people about how gossip, if left unchecked and unverified, could have disastrous effects on whomever or whatever is being gossiped about. To illustrate the point, I engaged people in "The Telephone Game" by whispering something relatively banal to a person seated in front of me at a table for ten. She in turn whispered what I had told her to the next person at the table, and so on until the tenth person received the final whisper.

Not surprisingly, when the last person stood up and recounted what had been whispered to him, it bore little resemblance to what I had initially whispered to the first woman.

So right off the bat this kind of whisper can give way to entirely incorrect and possibly hurtful information.

Whisper campaigns are a regular occurrence in Hollywood. Recent history is rife with examples of how a simple whisper or gesture could make life difficult for others. Take Kermit the Frog from "Sesame Street." He once tried it in a movie by going to Sardi's, the famous theater district restaurant, and removing Liza Minnelli's photo from the wall and replacing it with a picture of himself, all for him to come off

as a big-time producer. Then he has his friends in the movie, who happen to be rats, scurry under tables to whisper how terrific Kermit's show is doing on Broadway. The ploy didn't work. Kermit, after all, may be a bit of a scoundrel, but his audience will never accept that he's a bad frog.

Newspaper magnate William Randolph Hearst was so upset that all of Hollywood believed "Citizen Kane" was about him that he waged a whisper campaign aimed at discrediting the movie. That didn't work either. The Orson Welles classic is considered one of the greatest movies ever made.

And Harvey Weinstein, the same Harvey Weinstein who now faces 29 years in prison after being convicted on two of five sexual assault charges, quietly convinced many military veterans to say how they felt slighted by the Stephen Spielberg movie "Saving Private Ryan." It was a clear attempt by Weinstein to boost the fortunes of his studio's big movie that year, "Shakespeare in Love." In this case, the whisper campaign may have worked. "Shakespeare in Love" won the Oscar for Best Picture that year, and "Saving Private Ryan" did not.

In the world of TV, "Survivor" producer Mark Burnett was said to have whispered to contestants about whom they should vote off the island.

And don't forget last year when far right conservatives mounted a whisper campaign to smear the murdered Washington Post journalist Jamal Khashoggi. And also let's not forget the "swift boating" of John Kerry, or the scurrilous whispers about John McCain fathering a black child when in fact he and his wife Cindy had adopted a dark-skinned girl from Bangladesh who was born with a cleft palate.

In a perfect world whispers like these will die on the vine, and truth will prevail. Unfortunately, we don't live in a perfect world. Too often today whispers eventually turn into screams, forcing us to either scream out in protest, or duck for cover and hope the hurricane blows over. **OV**

ELEVATOR

By Kees Adema

I hadn't paid attention to the old couple before
When they entered the elevator on the 82nd floor
In the corner they shrunk as small as one can
He seemed like a quiet, unobtrusive man

Both avoided eye contact with others
But in a descent of minutes who bothers?
The old man spoke to his wife in soft voice
We were all forced to listen, we had no choice

My blood was curdling I tell you, murder, 'twas clear
His throat had been severed from ear to ear
Now all leaned towards the old man, anxious for more
Wanting to hear every detail of murder and gore

The cops had three suspects, all friends of the dead
As they stood in the kitchen, hands over the head
The sergeant grimly smiled, he knew who dunnit
Analyzed the crime, had solid proof, outsmarted the culprit

We leaned over further, wanting to catch every word
The old couple oblivious as no one stirred
We breathlessly waited for how this would go
Who committed the murder, what the old man could know
As the elevator reached the ground level floor
All of us hesitated, stayed away from the door
Then, as it opened the old man could be heard
The murderer was... and the two disappeared

We never heard more, 'twas patently unfair
The old man had kept all of us hanging there
We looked at each other in utter confusion
As none of us would ever know the conclusion. **OV**



Giant TAG & BAKE Sale

Saturday, April 25th 9-2 pm at SCB

For Oronoque residents only (\$20 per table) Reserve tables early-cut off date is April 23



We Need Your Donations!

 All our proceeds go towards beautifying the village.

If you don't have enough items* to reserve a table, PLEASE consider donating your goods to the HOUSE & GARDEN CLUB tag sale area by the stage. Your items may be dropped off at the SCB Stage on Thursday or Friday April 23 and 24, between 4 and 6 pm.

*Silver, pottery, china, crystal, boutique accessories: (jewelry, purses, scarves, perfume, etc) housewares, small appliances, small furniture, paintings, lamps etc.



➔ **NO computers, clothing, odds and ends glassware, chipped or damaged items, books, CDs, DVD's or videos.**

Make sure any kitchen items donated are Fully **CLEANED**- i.e toaster oven, etc

BAKE SALE:

 Donations of baked goods are needed. Please drop off on April 23th and 24th.

Doors Open At 7:30 A.M On April 25th To Set Up Your Table. ALL Unsold Items Must Be Taken With You When You Leave!



Fill out form and drop in House & Garden Box

Reservations and Questions:
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203-378-8753

Name: _____

Phone: _____

Tables (\$20 per table) _____ \$ Amount _____

Please make check out to House & Garden Club





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 April 1 is *My Name Is Red* by Orhan Pamuk.

The book for May 6 is *Eleanor Oliphant Is Completely Fine: A Novel* by Gale Honeyman. This is a beautifully written and incredibly funny tale about the importance of friendship and human connection. Eleanor is an eccentric and regimented loner whose life beautifully unfolds after a chance encounter with a stranger.

OV Karaoke Club

No fees or dues - No commitments
Just fun!

Join us for our next event on Friday, April 10, at SCB 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 APRIL 3

**IT'S 5 O'CLOCK SOMEWHERE"
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FRIDAY OF THE MONTH
AT NCB at 5 P.M.**

BYOB * Relax and Mingle

*Drop By With An
Appetizer to Share*

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The Movie Club Presents: *Judy*

Friday, April 10, 7 p.m. at NCB
Wednesday, April 15, at 2 p.m. at SCB
\$1 admission includes popcorn

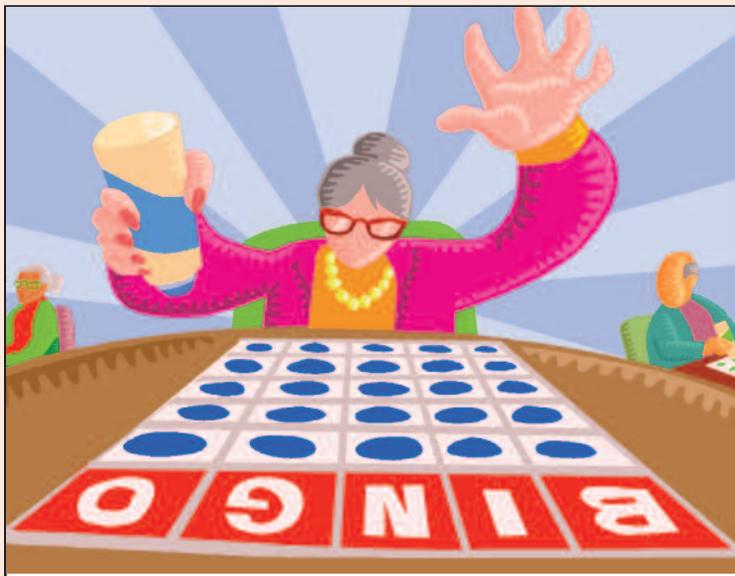


Thirty years after starring in "The Wizard of Oz," beloved actress and singer Judy Garland arrives in London to perform sold-out shows at the Talk of the Town nightclub. While there, she reminisces with friends and fans and begins a whirlwind romance with musician Mickey Deans, her soon-to-be fifth husband. Rene Zellweger stars in this Oscar-winning role.

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

Refreshments
will be served

Open to all



Questions?
Call Sandy Lunt
203-377-5833.

Bingo: Presented by the Men's Club
Thursday, April 16, at 7:00 pm at SCB
Come and bring your friends. Cost: \$2.50/card



The Pletman Spring Concert Series
Presents
THE YALE WOMEN'S SLAVIC CHORUS
On Sunday, April 26, at NCB, at 3 p.m.



We are looking forward to the return of the Yale Women's Slavic Chorus. Dressed in colorful costumes, the "Slavs" pride themselves on striving to maintain the distinctive vocal techniques, rhythms and harmonies that make Slavic music unique.

They previously charmed our audience in 2009 and 2012.

Admission is \$5. Refreshments will be served following the program.



Call-In Program Is Available To Oronoque Residents

If you live alone, you might want to consider signing up for the ***Call-In Program***. To participate, you need to call the South Clubhouse (203-377-5435) every morning between 9 a.m. and 10 a.m.

A Volunteer Monitor on duty will check on you. That's all there is to it!

If you are interested in learning more about this program, please call Kathy Lukens at 203-612-6685.



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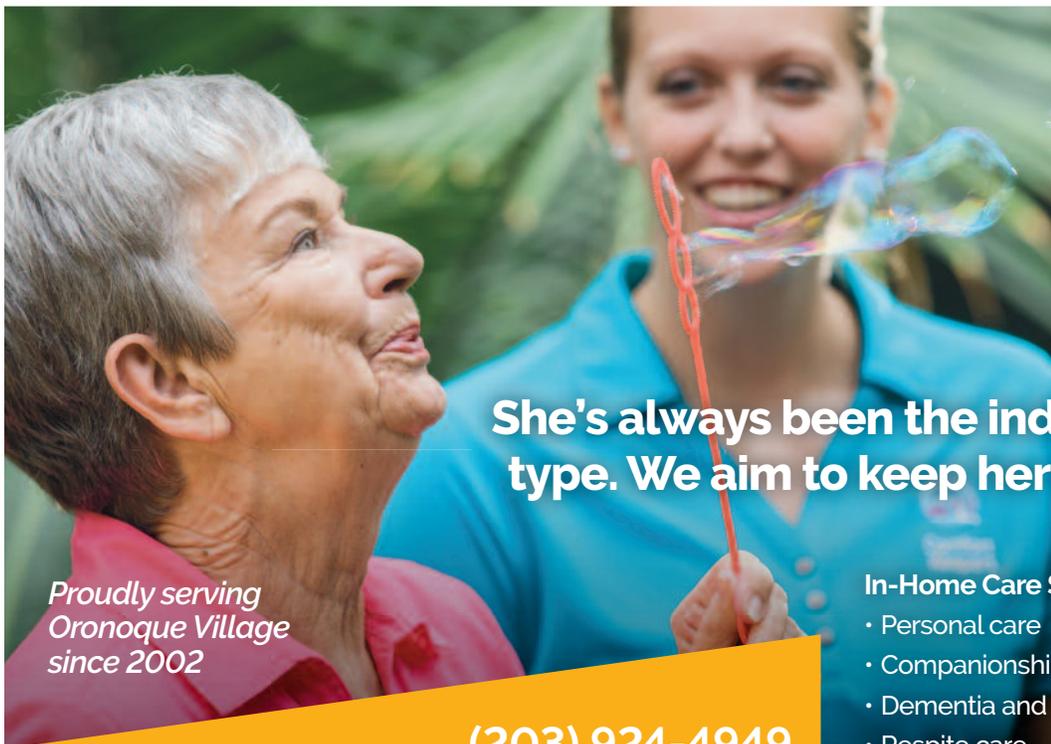
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