

June 1, 2020



# THE VILLAGER



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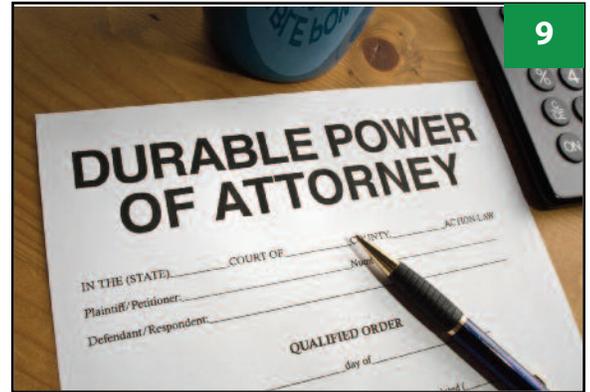
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On the cover: a few shots of our Maintenance team members, who have been hard at work -- indoors and outdoors -- throughout the COVID-19 pandemic. Please see the next issue of The Villager for more information about our maintenance heroes and the work they are performing. Photos taken by John Gierula and Carol King. The Villager welcomes the submissions of photographs for cover consideration. Photos must be emailed as high-resolution jpeg images to [cking@oronoquevillage.com](mailto:cking@oronoquevillage.com).

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# A MESSAGE FROM THE OVCA PRESIDENT

May 19, 2020



*This column originally was distributed to residents as an Eblast on Friday, May 22.*



My warmest wishes to you, your families and friends as we celebrate our nation's military, all of whom are heroes, on this Memorial Day weekend.

We are eternally grateful for their grit, determination and sacrifice for our beloved country. We pray for peace and say, "thank you" to our veterans while we pay somber tribute to our fallen heroes.

Recently, some states began to phase-in their openings while we watch and wait to see the results and subsequent adjustments. Meanwhile we are very thankful and grateful for all of those "essential" workers performing their respective jobs on the front lines of this terrible pandemic. They are truly today's heroes and we are grateful for their dedication and service to humanity.



We have been experiencing various forms of a "new normal" as a result of this pandemic. This "new normal" is dramatically impactful to our lives with no immediate resolution. We all await a vaccine from our medical and scientific experts as we continue to socially distance ourselves and adhere to the CDC guidelines.

So, what do we do? We live in a beautiful 55+ community, a very vulnerable demographic. As of May 19, the statistics are as follows:

- Our small state of Connecticut is ranked seventh in the nation for total deaths and third in deaths per 100,000.
- If Fairfield County was a state, it would rank 19th in the country for total deaths.
- Stratford has had a total of 65 deaths.



## THE VILLAGER

A PUBLICATION OF ORONOQUE VILLAGE  
STRATFORD, CT  
[WWW.OROQUEVILLAGE.COM](http://WWW.OROQUEVILLAGE.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.

Our insurance broker and attorney offered the following comments:

**People’s Insurance:**

“During these very difficult and unprecedented times, it is best that we continue to follow both the State of Connecticut and CDC directives, which include continuing the social distancing and keeping all facilities and recreational areas closed.”

**Cohen & Wolf:**

“The health and safety of Oronoque’s residents and employees are of paramount importance. Oronoque’s decision to keep its recreational facilities closed furthers that objective and is consistent with state and federal guidelines designed to maintain social distancing, limit gatherings, and eliminate common touchpoints that can be a source of transmission.”

Based on these harrowing statistics and advice from our insurance broker and legal counsel, we published the following earlier this month:

*“Unfortunately, our clubhouses and other facilities remain closed. Adjustments have been made in the personnel area to address the reduction of hours. We are all cognizant of the fact that our demographics place the Village in a very high-risk category. Our legal counsel and insurance broker are adamantly recommending that -- because of our high-risk nature and possible liability from contamination -- our clubhouses, pools and tennis and pickleball courts, as well as other facilities, remain closed until Labor Day. **We will closely monitor this situation and will advise the Village accordingly as circumstances change and/or develop.**”*

Our overwhelming concern is for the safety and well-being of our residents.

Stay safe and be well.

-- Bob



# OV SNAPSHOT



Thank you to Joan Pite for submitting this colorful photo of a tree located at the corner of upper Agawam and South Trail. More photos of our scenic community appear on page 15.



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# ANNOUNCEMENTS

## WANTED: POETRY AND PROSE FOR PANDEMIC-RELATED PUBLICATION

The OV Writer's Group invites you to join in the creation of a notebook of writings – poetry, prose essays, lists .... about life during COVID-19; a time-capsule!

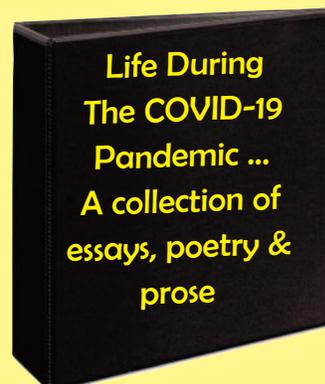
The collection of works will be placed in the OV Library.

All OV residents are encouraged to participate.

We invite up to two works per person that are up to 250 words per submission.

Please email your work as a word document to Mary W. von Ziegesar at MvonZ@optonline.net.

For questions or comments, please email Mary or call her at 203-767-9760.



## CURBSIDE PICKUP ON MONDAYS

Now that warmer weather is headed our way, more Villagers will be working outside in their yards.

Please remember that curbside pickup occurs every Monday. Residents may put bags out for pickup beginning Sunday evening, but no later than 7 a.m. on Monday.

Those residents who prune trees or shrubs, or work in their garden by weeding, cutting back spent perennials or pulling up old annuals, are asked to place the debris in paper bags only.

Plastic bags will not be accepted as the use of plastic bags raises the cost of disposal.

## DOLLCRAFTER DOLLS ARE AVAILABLE TO OV RESIDENTS



For a limited period of time, The Dollcrafters Club is offering handmade dolls to residents who would like to make a donation of \$20 or more to the organization. Money raised will go towards the purchase of materials to construct the dolls, including fabric and yarn.

This is the first time the dolls have been offered for purchase. Typically, the dolls are donated to charitable organizations that aid children in crisis.

Dollcrafters donates about 200 dolls each year to such agencies as The Center for Family Justice, Bridgeport Hospital, Shriner's Hospital, St. Vincent de Paul and Sister Theresa of Bridgeport. For information, contact Merrilees Leemhuis at merrileesl@aol.com or 203-378-8753.

## MAINTENANCE & BUSINESS OFFICES REMAIN CLOSED TO RESIDENTS ... FARMERS MARKET CANCELED

During this COVID-19 pandemic, we are asking all Villagers to refrain from entering the Maintenance Building, Business Office or South Clubhouse to engage or contact staff.

We are following regulatory guidelines of social distancing and contact and expect that residents will also adhere to these CDC protocols, for your own protection and the protection of OV employees.

As a result of the pandemic, the OV Farmers Market will not take place this year.

## FOOD DELIVERY SERVICES ARE OFFERED TO THOSE IN NEED

Services are available for those who are in need of meal deliveries. Meals on Wheels (203-332-3264) provides two meals per day for persons who are homebound, elderly or recuperating from an illness. Weekend meals are also available. Sterling House Mobile Food Pantry Delivery is available to Stratford residents age 60 and older. For a referral or more information, call Stratford Senior Services at 203-385-4055. Those under the age of 60 -- or those who need to be put in contact with a food pantry -- should call Stratford Community Services at 203-385-4095.

## CALL FOR VOLUNTEERS AT OV AND THE TOWN OF STRATFORD

If you are available to run errands for your OV neighbors during the pandemic, please email cking@orono

quevillage.com with your name, phone number and email address. Your name will be added to a list that can be found on OVTV (Channel 591 for those with a cable box and Channel 121-591 for those without a cable box).

Also, the Town of Stratford is one of seven Medical Reserve Corps units in the area looking for medical and nonmedical volunteers, including retirees and students, to help support COVID-19 activities in the area.

To register, visit [www.ctresponds.ct.gov](http://www.ctresponds.ct.gov).

## RESTAURANTS OFFERING DINE-IN, CURBSIDE AND DELIVERY SERVICES

The Town of Stratford has compiled a comprehensive list of the services offered by local restaurants during the pandemic.

As of May 20, some restaurants began serving outdoors only, in limited capacities. Others continue to offer curbside and delivery services.

For more details, visit <http://www.townofstratford.com/restaurantweek>.

## WHAT'S HAPPENING AT ORONOQUE COUNTRY CLUB

By Mim Schreck

As you can see out your windows or as you walk around the Village, golf is back at Oronoque Country Club. It is a different version of golf – one person in a cart, no rakes in bunkers, gadgets in the cups to retrieve holed balls, and no food and beverage served inside the clubhouse.

All outside events have been canceled for the balance of 2020 at all of the CIBIGG clubs around the country. This will certainly be a different summer than we have all been used to. I will continue to update the Village as more information becomes available.

An issue that has come to my attention is the number of Villagers who walk on the golf course as a form of exercise. I have discussed this with Tommy (general manager) and he is all for being a good neighbor, but his concern is someone being seriously hurt if they are hit by a golf ball.

As of June 1, tee times will begin at 7:30 a.m. and the golf shop will close at 6 p.m. Villagers may walk the golf course property early in the morning (be off the course prior to 7:30 a.m.) and after 7 p.m.

Please adhere to these guidelines so we can all stay safe and enjoy the beautiful surroundings.



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## GROWING A GARDEN FROM KITCHEN SCRAPS

**D**id you know you can replant many vegetable scraps that you would normally throw away or compost? There are also several that can be grown as house plants.

**Celery:** One of the easiest vegetables to grow yourself is celery. Simply cut off the bottom portion or base of your celery and place in a small bowl or cup with warm water. Water should cover just the bottom of the celery, do not submerge it. Place in a sunny location and within a couple days you will see new growth coming up from the middle. In about a week the new growth should be thicker and greener and it will be time to plant in soil.

You can grow it in a pot either indoors or outdoors or plant directly in your mini-farm plot. Celery likes cooler temperatures and regular watering.

**Romaine lettuce:** Romaine lettuce can be grown the exact same way as celery. By cutting off the bottom portion and placing in water for about a week until new leaves form. Then you can plant in soil or leave it in the water indoors, this can be done year-round. You will need to change the water every couple days but you should have large enough leaves to eat within 10-12 days. Planting in soil will provide more nutrients for the lettuce and should result in more leaves being formed. This method will work for most red and green leaf lettuce.

**Cabbage:** Cabbage can be grown from leftover leaves. Place cabbage leaves in a bowl with a small amount of water and place in a sunny location. Replace the water every couple days, when you notice roots forming you can plant in soil or you can continue to grow in water the same as with the lettuce.

**Garlic:** Garlic is really easy to grow, but choose organic or nonsprayed bulbs as treated bulbs will probably not grow. Break your garlic bulb apart into separate cloves leaving the skin on. For a summer crop you will want to plant your garlic in the fall and cover with straw or mulch to protect it through the winter. Plant 1-3 inches deep with the flat bottom of garlic down and pointed end up. Plant each clove 3-4 inches apart. Water thoroughly. Harvest garlic in the summer after the foliage dies.

**Green onions:** Green onions are grown similarly to celery and lettuce. After using the green portion of green onions you can take the root portion of the green onion and place in a cup of water roots down, change the water out daily and within a week or two you will have new green tops that you can cut off and use continuously.

**Potatoes:** How many times have you found your potatoes have sprouted? Don't throw them out, plant them. Potatoes should be planted outdoors in early spring a few weeks before the last average frost in your area. If the po-



Celery sprouts.

tatoes are large and have several eyes then you should cut them into 2-inch pieces leaving at least one eye per piece. Let dry for a couple days before planting outside.

Smaller potatoes can be planted whole. Dig a trench 6-8 inches deep, plant potato pieces cut side down, eyes up, 12 inches apart. Cover with 3-4 inches of dirt. In a couple weeks when sprouts appear cover with 3-4 more inches of dirt. Repeat every couple of weeks mounding the soil up over the potatoes creating a hill to protect the potatoes from turning green in sunlight.

For the best potatoes harvest after the plant's foliage has died back. Cut brown foliage to the ground and wait 10-14 days to dig potatoes. Make sure to do so on a dry day. These are some of the easiest vegetable scraps to grow on your own but almost any vegetable or fruit can be grown from the leftovers.

OV

Source: [www.thefrugaler.com](http://www.thefrugaler.com)

# LEGAL ADVICE FROM RAYMOND B. DRAKE

## BE PREPARED

Benjamin Franklin's quote, "Nothing is certain except death and taxes," is commonly expressed, but no one wants to think or talk about dying.

In today's circumstances, however, death is a factor to be considered by every adult ... whether young, middle-aged or old. Advances in technology and access to computers and online resources make it much easier to get answers to questions involving the handling and settlement of the estate of a decedent.

The politically correct procedure dictates that we all prepare for the eventual settlement of our estates. It is interesting to note that many people are reluctant to admit that someday they will die ... until they have been advised by a doctor to "get their affairs in order."

Young people presume that death is in the far-distant future and there are some seniors who believe a lawyer will come to their deathbed and draw up a will. (This only happens in the movies and, realistically, only rich people have wealth to bestow.)

The best advice is to "be prepared" for an orderly disposition of your estate, including the appointment of a guardian for minors and the manner of distribution of assets (perhaps involving trusts or addressing the impact of inheritance or federal estate taxes). Not only does the Last Will and Testament direct the wishes of the decedent as to who gets what and in what way, it should avoid the bickering among the beneficiaries and the unnecessary expenses of litigation to resolve an estate.

The complete package of planning should include a durable power of attorney, an advance medical directive

(which was mentioned in my May 15 Villager article) and a Last Will and Testament. The legal services of an attorney who practices estate, trust and probate law is the preferred professional for the purposes of planning and the preparation of the necessary documents under the existing statutes of the state where the decedent lived.

An attorney, sometimes working with an accountant, may offer alternatives and provisions as to the physical division of certain assets during a client's lifetime or they may recommend establishing a private, charitable or life insurance trust to accomplish particular purposes. In many instances, the recommendation may be a simple, straightforward plan that requires little paperwork and minimal expense to implement.

In my capacity as the attorney for the New Jersey Board of Social Services (more commonly referred to as the Welfare Board), there were many instances where people of very modest means required a Last Will and Testament mainly for the purpose of the appointment of a guardian for their children.

To paraphrase Charles Dickens, "Never do tomorrow what you can do today. Procrastination is the thief of time." Be wise, be smart, be prepared and make a plan that suits your needs.

OV

*OV resident Raymond B. Drake received a juris doctor degree from Rutgers School of Law in 1957. He was admitted to practice law before the Courts of New Jersey and the United States Supreme Court. He practiced in Hunterdon County, N.J., for 47 years specializing in municipal law, land use planning, real estate and estate planning and probate. Has was legal counsel to the Hunterdon County Board of Social Services for 33 years.*



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# RESIDENT RECIPES

## RUGGELACH PASTRY

Preheat oven to 375 degrees

Mix dough ingredients: 1 c. vanilla ice-cream (room temperature), 1/2 lb. sweet butter (room temperature) and 2 c. white flour

Shape dough into four balls. Place in bowl and cover with plastic wrap. Refrigerate, if possible, removing one ball at a time.

Use floured rolling pin and floured surface to flatten and shape one ball at a time, into thin, rectangular shaped form.

Spread the surface of each rectangular layer with apricot, seedless raspberry or strawberry preserves.

Sprinkle with chopped nuts, shredded coconut, chopped cherries and cinnamon.

Hand-roll out each rectangular layer into a log-shape.

Baste with egg yolk mixed with 1 tsp. water

Sprinkle lightly with cinnamon and sugar.

Cut rolled-up dough into 1-inch lengths and place on an oiled shallow baking pan, allowing space for expansion. (Or, place uncut log onto an oiled baking sheet.)

Bake: 35 to 45 minutes, until golden brown. Once cool, place in air-tight container. Refrigerate or freeze until ready to serve.

-- Submitted by Pearl Spodick

## SEA FOAM CANDY

Ingredients:

2 c. white sugar

1/2 c. light corn syrup

1/2 c. water

1 c. walnut meats, chopped fine

2 egg whites, well beaten

1/4 tsp. cream of tartar powder

1 tsp. vanilla extract

Directions: Boil sugar, syrup and water to hard ball stage (265 degrees F. -- test syrup by placing a drop in 1/2 cup of cold water until it holds together.)

Pour into mixture of egg whites and cream of tartar, beating constantly until thick. (Note: 1/8 tsp. cream of tartar per egg white is optional. I've always used it to stabilize and increase both the fluff and size of the egg whites mixture.)

Add vanilla extract and finely chopped walnut meats.

Working quickly, drop by teaspoon-sized mounds to form individual peaks on waxed paper.

Cool. Place in airtight container to keep creamy fresh and store in the refrigerator.

Serve in a decorative paper cupcake holder.

-- Submitted by Pearl Spodick



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## STRAWBERRY CHIA JAM

Ingredients:

1 1/2 cups strawberries, fresh or frozen (you also can make with frozen wild blueberries)

1/2 cup frozen raspberries

3 tbsp chia seeds

6 tbsp water

3 tbsp maple syrup or 1 tsp maple syrup + Stevia or powdered monk fruit for sweet power

1 tbsp lemon juice, freshly squeezed (optional lemon zest)

1/2 tsp vanilla extract

pinch of sea salt + 1/4 tsp turmeric/cumin or a 1/4 finely diced Jalapeno (optional)

Mix all ingredients well using a hand-mixer on low speed.

Note: You can enjoy immediately, but I like to set the jam in the fridge for a few hours to thicken. Store in an airtight jar in the fridge for up to 7-10 days.

-- Submitted by Constance Greene

PLEASE VISIT OUR FACEBOOK PAGE:  
OV CONNECTIONS



**NOTE: A FACEBOOK  
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# WORKS BY THE OV WRITER'S GROUP

## HIBERNATION

By Kees Adema

I realize with consternation  
That we've become some sort of nation  
that landed in a situation  
Of involuntary hibernation

We have already laid the blame  
On bats from wuhan whence it came  
In winter tho they hibernate, for shame  
To give these creatures a bad name

Bats hang from ceilings in a cave  
Like OV residents now behave  
Staying at home to make sure they're safe  
Yet climbing the ceiling while they chafe

Yet as i'm sequestered in my conda  
I can't help but sometimes wonda  
Why by the day i'm growing fonda  
Of clear blue skies now over yonda

We now notice what we didn't before  
Tho the virus has shaken us to our core  
It also may slightly have opened a door  
To show what really counts and more

Such as bonds with family and a friend  
Cause we now realize that it all could end  
In a flash on the horizon, around the bends  
That may be the message the virus portends. **OV**

## BROADWAY WIZARDRY

By Elisabeth Breslav

My husband and I took raising a family seriously, including planning yearly vacations and many weekend social activities. As a stay-at-home mom, this was one of my multiple responsibilities. Of course I included summer trips to Epcot and the Everglades, the Grand Canyon and Niagara Falls. As for the weekends, I scheduled "enrichment" excursions to nature preserves, concerts, the theatre and museum exhibits.

Our first-born went happily along with these family outings, but the same could not be said of his little sister. Over time her "Are we there yet?" whine turned into veritable temper tantrums in her tweens, and culminated in a full-fledged public meltdown during a well-attended opening art show at the Met guided by Philippe de Monte Bello.

I needed to do something, but WHAT? I called a family meeting. I announced that I was tired of having to plan our weekends. From now on we would take turns in choosing an activity and, providing it was not too outrageous, the rest of us would go along. "And who would get to pick first?" my daughter asked in a voice that betrayed suspicion and a challenge at the same time.

"Well, since you're the youngest, why don't you go first," I said.

A surprised look; a moment of silence, then "I bet you wouldn't accept my choice."

"Try me."

"I want to see 'The Wiz' on Broadway."



"I'll call the box office tomorrow and see if I can get tickets."

Later that evening, when we were alone, my husband wanted to know if I was out of my mind. Did I realize I had condemned us to being tortured for two hours by eardrum-busting noise? "I am dreading it too," I told him. "But I had no choice if I want to hold on to her. I'll bring ear plugs." I will never forget the physical impact of the music – not just on my ears, but on my solar plexus from where it radiated throughout my body. I nestled deeper into my seat and let the sound engulf me, stunned by the creativity of the settings, the beauty of some of the songs and the dancing.

At dinner that night I thanked my daughter for suggesting an event I would never have chosen myself. I told her I had not looked forward to going, but once I decided to give myself over to it, I had been very surprised to find I was actually enjoying this new experience. I also told her I hoped she might enjoy a similar surprise reaction the next time we planned something that did not seem appealing to her at first. "Give it a try" became our mantra for all weekend activities and it worked.

That once-so-headstrong child is now Director of Development at a major Art and Design school in New York City. She often tells me how much her exposure to the arts as a youngster helps in her career, and honestly wonders how I managed "to put up with her."

"It's 'The Wiz' on Broadway who got to both of us," I tell her as we start planning our next annual vacation together. No doubt it will include a museum or two, as well as a musical performance. And we will so much cherish building memories together. **OV**

## 10 STAGGERINGLY BEAUTIFUL PLACES IN CONNECTICUT

**1. Silver Sands State Park, Milford:** With 297 acres of peaceful beaches, marshes and woods, Silver Sands State Park is one of the most breathtaking places in Connecticut. On a clear day, nothing beats the scenic boardwalk trail.

**2. Kent Falls State Park, Kent:** The rushing cascades at Kent Falls State Park are nothing short of magnificent. The biggest waterfall stands at an impressive 70 feet tall.

**3. Seaside Park, Bridgeport:** This 2.5-mile park sits near the glistening waters of Long Island Sound. In addition to the breezy hiking trails, this park has exciting baseball fields, scenic picnic areas and a lovely pier.

**4. Elizabeth Park, Hartford:** During spring, Elizabeth Park bursts with vibrant color. Visitors can walk underneath a colorful tunnel of flowers and smell their sweet fragrance.

**5. Hollister House Garden, Washington:** This perfectly manicured garden astounds visitors year after year. Hollister House Garden is known for its tall green hedges, brightly colored blooms and 18th-century architecture.

**6. Wickham Park, Manchester:** This park is one of the most soothing places in Connecticut. Here, you can immerse yourself in 280 acres of gardens, woodlands and open fields. It's an excellent picnic destination, too.

**7. Wadsworth Falls State Park, Middletown:** Walk among the trees and soak up the peaceful surroundings. You can stare at Wadsworth Big Falls's powerful cascade. Just the sound of the rushing waters will make you feel brand new.

**8. Saville Dam, Barkhamsted:** Nothing is quite as magical as watching a sunset by Saville Dam. As colorful clouds reflect into the water, you'll feel yourself fall in love with Connecticut all over again. It's easy to see why this destination is so cherished.

**9. Five Mile Point Lighthouse, New Haven:** This historic building stands tall along the coastline and overlooks the peaceful waters of Long Island Sound. The Five Mile Point Lighthouse has impressed visitors since 1805, and it will forever remain a symbol of New England beauty.

**10. West Cornwall Covered Bridge:** Built in 1841, the West Cornwall Covered Bridge crosses the gorgeous Housatonic River. This remarkable bridge is a lovely reminder of the past. 



Top: Silver Sands State Park. Above: Seaside Park

Source: [www.onlyinyourstate.com/connecticut](http://www.onlyinyourstate.com/connecticut)

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Dear Friends of Oronoque:

Happy Spring! It seems the firm grip of winter has finally let go. The staff of the Adzima Funeral Home is always looking for ways to better serve the needs of our families and community. We recently became aware of a Veterans improved pension benefit option. The benefits of this program are substantial. Up to 24,600.00 a year; TAX-FREE. We feel it is important for veterans and their spouses to be informed of potential entitlements.

The military qualifications for the veteran require only 90 days of service, one day of wartime service and an honorable discharge.

We have a director on staff that is has been trained to identify veterans and their widows who might be entitled to this benefit. For further information, contact ADZIMA FUNERAL HOME at 203-375-2200.



# FEATURE: STRATFORD HISTORY

## STRATFORD HISTORY - FORGOTTEN PLACE NAMES

By David Wright

Following the arrival of the trolley in Stratford in 1893, there was an extended period of rapid growth and development throughout Stratford. Several neighborhoods sprang up almost overnight: Avon Park, Floral Park and Knowlton Park to name a few.

When I first learned of Knowlton Park, I was confused. I knew of Knowlton Park in Bridgeport on the Pequonnock River, but I didn't know there'd been a Knowlton Park in Stratford. The area known as Knowlton Park in the 1890s through the 1920s I'd always thought of as Clapboard Hill or Weatogue. As it turns out, however, Knowlton Park was first named in the 1890s for its then-owner, Miner Knowlton. Miner bought the property in 1886 from William A. Booth. Knowlton Park was also home to the Weatogue Country Club, which was the forerunner of the Mill River Country Club. Weatogue Country Club moved to Main Street in the 1920s.



The Bridgeport Evening Farmer  
July 24, 1914

### ONE OF THE PRIZE HISTORICAL LETTERS ON KNOWLTON PARK

By Mrs. R. E. Curly

There are many people living in the crowded and thickly populated streets of Bridgeport, who perhaps are well-acquainted with the names of many of the suburban places, yet these people never heard of "Knowlton Park" in

Stratford. They have heard of Stratford and have visited it only to go back to Bridgeport and in a few weeks to forget its existence, but I am quite sure that if they could have visited "Knowlton Park," they would have retained a beautiful and lasting memory of it.



Former Weatogue Country Club at  
1639 West Broad Street

"Knowlton Park" is situated on a heighth [sic], which is dry and a healthy place for residence all the year, being near the Barnum Avenue car line on West Broad Street, and near the center of the town which makes it a very convenient place for residence.

The impression that one gets upon viewing it for the first time is a lasting one, but may affect us all differently. As I looked at the rolling hills and the immense expanse of the land, I thought of the vastness of the place and realized its beauty and value to the owner.

Mr. Knowlton, who owns the place now, has had it in his possession since 1886. Prior to this time it belonged to a William A. Booth, and was at one time a part of small farms. Its history is very old and historic, and an old Indian Tribe had its wigams [sic] where the "Weatogue Country club" now stands, it being named after a tribe of Indians called the "Weatogues."

The golf grounds of the "Weatogue Country club" are beautifully kept up and it is part of "Knowlton Park"... **OV**

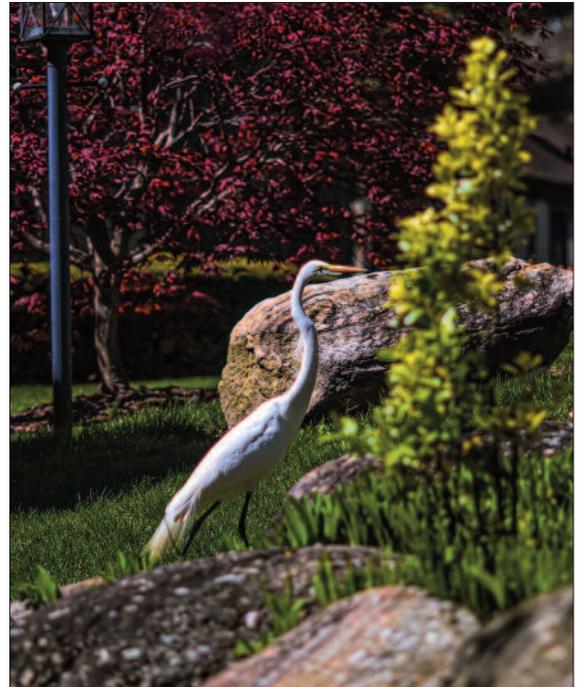
**Editor's Note:** David Wright, editor of the Stratford Historical Society's "The Cupheag Corner," has agreed to contribute articles on Stratford history for Villager readers to enjoy.

## DEADLINE DATES FOR UPCOMING VILLAGERS

Deadline for June 15 is June 2 at noon.  
Deadline for July 1 is June 18 at noon.  
Deadline for July 15 is July 2 at noon.  
Deadline for Aug. 3 is July 21 at noon.  
Deadline for Aug. 17 is August 4 at noon.  
Deadline for Sept. 1 is Aug. 19 at noon.  
Deadline for Sept. 15 is Sept. 2 at noon.

Deadline for Oct. 1 is Sept. 18 at noon  
Deadline for Oct. 15 is Oct. 2 at noon.  
Deadline for Nov. 2 is Oct. 13 at noon.  
Deadline for Nov. 16 is Nov. 3 at noon.  
Deadline for Dec. 1 is Nov. 18 at noon.  
Deadline for Dec. 15 is Dec. 2 at noon.

# OV SNAPSHOTS



*Thank you to our contributing photographers for sharing these scenic photos taken in our community.*

*Top left: Jeffrey Sells*

*Top right: Virginia Brown*

*Above left: Patricia Buchina*

*Above right: Maria Ferrante*

*Left: Bob Grosso*

## 5 BODYWEIGHT MOVES THAT WORK EVERY MUSCLE IN YOUR BODY



By Ed Genga, MA, CSCS

If you want to build functional strength and stability, bodyweight exercises are hard to beat. That's true for all levels of exercisers, but especially if you're new to strength training.

Bodyweight exercises also work multiple muscle groups, making them an efficient option for building functional strength—meaning the strength you need to perform everyday movements. Plus, bodyweight exercises are convenient. All you need is your body, a little floor space, and maybe a chair, wall, or table. The five bodyweight exercises below are some of my favorites for challenging every major muscle group.

I suggest two options:

1. Pick two or three exercises to string together into a quick, do-anywhere bodyweight workout. This approach works best if you're short on time or want to supplement your existing routine with extra strength work.

2. Do all five exercises, in order, for a longer, full-body strength session.

Whichever approach you choose, start by doing two sets of the suggested number of reps for each exercise, resting 30 to 60 seconds between sets (longer if needed). Gradually work up to three sets of each exercise as your strength improves.

Here's how to perform each movement. As always, safety is key. The exercises may be different or more advanced than those you have experienced. If you have a chronic condition, balance issues, or injuries, talk to your doctor about how you can exercise safely.

**Bodyweight Exercise # 1, Squat:** Hip-hinging or squatting movements are a staple of daily life: getting into and out of chairs, bending to pick something up, using the toilet. That's why this is one exercise all older adults should learn and continue doing as long as they can.

**How to do it:** Stand tall with your feet shoulder- to hip-width apart. Hold your arms straight out in front of you at shoulder level, and brace your core. This is your starting position.

Push your hips back, and bend your knees to slowly lower your body into a squat, not letting your knees cave in as you do so. Push through your heels to slowly return to starting position. That's one rep. Perform two to three sets of 8 to 12 reps, resting 30 to 60 seconds between sets.

**Bodyweight Exercise # 2, hip bridge:** The hip bridge is a great exercise for strengthening the all-important muscles in your glutes, hips, and hamstrings. This exercise also requires

you to activate the muscles in your abdominals and lower back to keep your body stable so it doubles as a great core exercise.

Keeping these muscles activated will help you walk and climb stairs, maintain balance, and ease hip or back pain.

**How to do it:** Lie on your back with knees bent, feet flat on the floor about hip-width apart, and heels a few inches away from your buttocks. Press your arms into the floor for support, and brace your core to minimize the arch in your lower back.

Push through your heels and squeeze your glutes to lift your hips up until your body forms a straight line from your knees to shoulders. Slowly lower your hips to return to starting position. That's one rep. Perform two to three sets of eight to 12 reps, rest for 30 to 60 seconds between sets.

**Bodyweight Exercise #3, modified pushup:** The pushup is often credited as an upper-body exercise, but in addition to working your chest, shoulders, arms, and back, it also strengthens your core, quads, and glutes.

Perfecting your pushup will help you with a wide range of everyday tasks, including pushing grocery carts, lifting grandchildren, and even maintaining great posture.

**How to do it:** Stand facing a table, dresser, or wall. The taller the object or the more upright you are, the easier the move. Place your hands on the edge, slightly wider than shoulder-width apart. Move your feet back until you are at a comfortable angle, keeping arms straight and perpendicular to your body.

Bend your elbows to slowly lower your chest toward the object, pause, and then press back up to straighten your arms. Keep your body straight throughout the entire movement, making sure to engage your abs and squeeze your rear. That's one rep. Perform two to three sets of eight to 12 reps, rest 30 to 60 seconds between

**Bodyweight Exercise #4, Step-up:** Step-ups are an essential part of a well-rounded strength routine. These exercises train each leg to be strong and stable independently of the other, which helps iron out any imbalances. While step-ups primarily target the muscles in your lower body, your entire core has to engage to help maintain your balance.

**How to do it:** Stand in front of a step. Start with a low step, increasing the height for a challenge. If you like, perform the move next to a wall for support.

Set your left foot on the step, push down through your heel, and lift yourself up until your leg is straight. Step down. That's one rep. Perform six to eight reps or as many as you

*Continued on page 19*

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# Don't Fall Victim to the Grandparent Scam



According to the Federal Trade Commission, between 2012 and 2014, consumers reported more than \$42 million in losses from scams involving the impersonation of family members and friends. This scam, commonly known as the “grandparent scam,” is a form of financial abuse that deliberately targets older Americans.

To commit this crime, fraudsters call claiming to be a family member in serious trouble and in need of money immediately. The scammer might say he’s stranded or has been mugged, and call in the middle of the night to add to the urgency and confusion. Once the money is wired, the victim later finds out that it wasn’t their grandchild they were helping, it was a criminal.

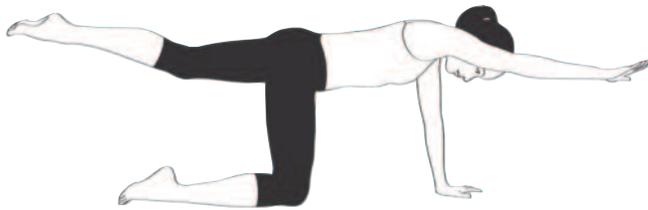
- **Confirm the caller.** Fraudsters are using social networking sites to gain the personal information of friends and relatives to carry out their crimes. Verify the caller by calling them back on a known number or consult a trusted family member before acting on any request.
- **Don’t be afraid to ask questions.** Fraudsters want to execute their crimes quickly. In this type of scam, they count on fear and your concern for your loved one to make you act before you think. The more questions you ask the more inclined they will be to ditch the scam if they suspect you’re on to them.
- **Never give personal information to anyone over the phone** unless you initiated the call and the other party is trusted.
- **Never rush into a financial decision and trust your instincts.** Don’t be fooled—if something doesn’t feel right, it may not be right. Feel free to say no and get more information before you send money to someone.

For more information, visit [aba.com/Seniors](https://www.aba.com/Seniors)



## FITNESS FOR OLDER ADULTS, CONTINUED FROM PAGE 16

Bird dog



comfortably can, then repeat on the opposite side. That's one set. Do two to three sets, resting 30 to 60 seconds between sets.

**Bodyweight Exercise #5, bird dog** Do 2 to 3 sets of 6 to 8 reps)

The bird dog is a great multitasking strengthener with an emphasis on your core which includes the glutes, hips, abdominals, and deep core muscles that support your spine. They play a key role in just about everything you do, including walking, standing, sitting down, and rolling over in bed. During this movement, you must control your arms and legs while they're moving. That requires engaging your muscles from head to toe to keep your body stable and avoid toppling over.

**How to do it:** Start on all fours with your hands below shoulders and knees below hips. Engage your abs, keep your

Hip bridge



spine neutral, and gaze down or slightly forward. Lift your left arm and extend your right leg until they are in line with the rest of your body. Pause, then lower back down, and repeat on the opposite side with right arm and left leg extended. That's one rep. Perform two to three sets of six to eight reps total, rest 30 to 60 seconds between sets. **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](mailto:eegenga@gmail.com).*



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*(OVTV is on Channel 591 for those with a cable box or Channel 121-591 for those without a cable box.)*

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## STRATFORD EMS NEEDS YOUR HELP WITH COVID-19 DONATION REQUESTS

Due to the national shortage of personal protective equipment (PPE), the following donations are needed (NEW-not used):

- **N95 masks, surgical masks, medical face shields or goggles, isolation gowns, rubber gloves**
  - **Temporal thermometers**
  - **Purell hand sanitizer or equivalent**
  - **Brown paper lunch bags and ziploc bags**
    - **Labels**

Please leave the items in their original packaging, when possible, and place items in bag. Place bag in the cardboard box next to the side door of the Stratford EMS, 2712 Main St., anytime Monday-Friday, 9am-5pm. Call Stratford EMS at 203-385-4060 to let them know you have dropped off the bag.