

March 15, 2021



THE VILLAGER





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WRITTEN BY AN

ORONOQUE VILLAGE RESIDENT...

DEEP IN THE HEART OF OR'NOQUE

Sung to the tune of "Deep in the Heart of Texas"

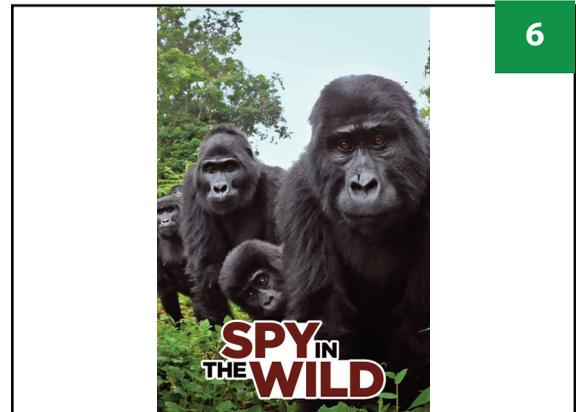
The third green light, turn left not right
You're on your way to Or'noque
Go up the hill right on until
You're in the heart of Or'noque
The Village scene is so serene
Deep in the heart of Or'noque
The joggers jog, put on the dog
Deep in the heart of Or'noque
The walkers walk and stop to talk
Deep in the heart of Or'noque

The Garden Club tends plant and shrub
Deep in the heart of Or'noque
The Men's Club meets, not just for eats
Deep in the heart of Or'noque
The women sew, but not for dough
Deep in the heart of Or'noque
The bridge clubs play both night and day
Deep in the heart of Or'noque
The North end pool is plenty cool
Deep in the heart of Or'noque
Down South, it's not, it's almost hot
Deep in the heart of Or'noque

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On the cover: Thanks to Linda Soper-Kolton for sharing the photo of a bobcat, which was taken near her Navajo Lane unit, on the 5th hole of the Oronoque Country Club Golf Course.

The Villager welcomes photo contributions for cover consideration. Submissions must be emailed as high-resolution jpeg images to cking@oronoquevillage.com



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ANNOUNCEMENTS

KEES ADEMA SELECTED AS 'ARTIST OF THE MONTH' FOR APRIL

Beginning April 1, 10 photographs taken by Kees Adema during a South African safari will be shown on OVTV, Channel 591, as part of the Artist of the Month exhibit.



An article about Kees and his trip will be included in the next issue of The Villager, which will be distributed on April 1.

The exhibit of Kees' works will run continuously, daily, through April 30.

MINI FARMER MEETING

There will be a meeting for the OV Mini Farmers on Monday, May 3, at 6:30 p.m. in the NCB library.

Please make checks for \$20 payable to OV Mini Farms by April 30 and place in the outside dropbox at NCB. If you have an email address, please print it on the envelope.

For those who are not going to renew their gardens for 2021, it is important that you contact Debbie Grosso immediately at 203-380-2468.

Questions about the mini-farms also should be directed to Debbie.

DISTRICT 4 VIRTUAL GATHERING

District 4 will hold its Spring Neighborhood Gathering on Wednesday, March 31, at 7 p.m. via a Zoom meeting.

District Rep Bob Krakovich will open the meeting, followed by reports from Board members. A short, fun-filled lecture on laughter as therapy will be given by world-renowned humorist Joyce Saltman.

Further details will follow via emails and as an OVCA box flyer.

MILFORD PHOTO SEEKS SUBMISSIONS FOR EXHIBIT

Milford Photo has announced its second juried group photo exhibition. The exhibit is open to all themes, styles and images of any genre. This is an opportunity for both emerging and established photographers to get your work viewed, promoted and the chance to receive an award or prize.

Submissions could include, but are not limited to: digital or film photographs, environmental portraiture, landscapes, photos of architecture or cityscapes, portraits, documentary photography, abstract photography, conceptual work, narrative work, still lives, street photographs, color photos, black-and-white photos, images of nature, long exposure photography, etc.

For an idea of the jurors' taste--look to the work of William Eggleston, Stephen Shore, Larry Sultan, Alec Soth, Diane Arbus, Walker Evans, Joel Meyerowitz and Vivian Maier, etc.

All selected images will be displayed on Milford Photo's website, social media and in a virtual gallery walk-through.

There is a fee of \$10 per photo submitted, 1-3 photos per submission. The submission deadline is March 22 at midnight. The announcement of selected photographers will take place by April 5. The exhibition dates are April 12 to April 30. For information, visit <https://milfordphoto.com/event/2021-juried-photo-exhibition>



THE VILLAGER

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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.

ENJOY THE CT BALLET WITH THE OV ARTS GUILD

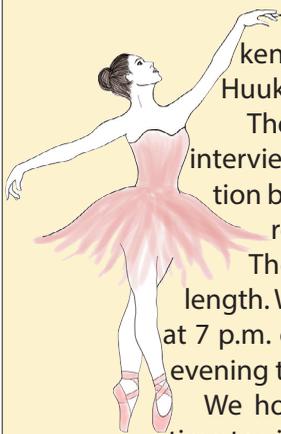
By Barbara Stewart

The Arts Guild is excited to offer residents a chance to go to the ballet, virtually, via your TV or other devices.

In order to employ their artists during the pandemic, the Connecticut Ballet has commissioned a series of new dance works and the Arts Guild has purchased one of these works for you to enjoy. It will be presented digitally, in a YouTube format, which we can view on OVTV, Channel 591, in April.



This presentation is a world premier of Eve Chan's ballet, "The Open Road," filmed on location at Oddfellows Playhouse in Middletown. This contemporary one-act ballet includes music by Ludwig von Beethoven and Russian contemporary composer Kai Engel, and the words of Walt Whitman spoken by voice-over actor Dave Huukkonen.



The program includes background interviews, rehearsal footage and narration by Connecticut Ballet's artistic director, Brett Raphael.

The production is 30 minutes in length. We will begin showing this ballet at 7 p.m. on April 6 and, thereafter, each evening through April 12

We hope you will find a convenient time to view this new ballet.

Please let us know how you liked it.



APPLICANTS SOUGHT FOR OVTD BOARD POSITIONS

The Oronoque Village Tax District (OVT) is scheduled to hold its annual election May 25 for open Board positions. Each year the terms of three Directors and four Officers expire. This is a public notice asking residents to submit a resume if they are interested in running for any of these positions.

Please note that an Officer also must be an elected Director. A Director is elected to serve three years. The Officer positions are President, Vice President, Treasurer and Clerk; each serves a one-year term.

Qualifications for being on the Tax District Board may include familiarity with the activities and services overseen by the Board, community service, prior municipal experience and, for Officer candidates, appropriate communication, financial or management background.

Please email your resume to Linda Arvers at larvers@oronoquevillage.com or place it in the outside dropbox at the North Clubhouse. All applications must be received no later than Thursday, March 25.

The OVT Nominating Committee will interview candidates, and the slate will be announced at the April 27 OVT Board Meeting.

Linda Libertino
Oronoque Village Tax District President



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FROM THE COMMUNITY

Compiled by Bruce Pollock

Recently, we asked our Oronoque neighbors to submit reviews of what they're watching, listening to or reading to pass the time in our second winter of hibernation.

During the following weeks, we hope to present an array of thoughtful and entertaining articles under a new banner: "From the Community."

We'd especially like to welcome the noted lecturer and humorist in our midst, Joyce Saltman, who has agreed to submit

her musings on a regular basis, titled "Re-Joyce with Joyce Saltman."

Finally, we invite you to enjoy the Humor submissions. In future issues, we will include humorous lines, stories and contests

If you would like to contribute articles to this section, please contact Bruce Pollock, Communications Committee, at BAP203@yahoo.com or 203-520-3896, or Villager Editor Carol King at 203-377-5313, ext. 3, or cking@oronoquevillage.com

MOVIE REVIEW

"Grumpy Old Men" (1993)

By Jeanette Caron

"Grumpy Old Men" is a romantic comedy starring Jack Lemmon as John Gustafson and Walter Matthau as Max Goldman, and the voluptuous Ann-Margret as Ariel, the new "hottie" in town. The movie is set in the small town of Wabash, Minn., population 2,521, and it's the dead of winter.

The two curmudgeons -- John and Max -- live next door to each other and have had a running feud since grammar school. They play pranks on each other, such as icing steps and putting a dead fish in each other's car.

Ice fishing is a favorite pastime that becomes a blood sport with John and Max and their nasty tricks until Ariel arrives. She's from California and brings an eye-popping

lifestyle with her, including a Swedish sauna. She revels in running in and out of it screaming with delight and rolling half naked in the snow. Ariel also startles the neighborhood by zooming around in her snowmobile after midnight.

Max and John spend time peeking out of their windows to check on her every move while longing for romance. That path is paved with bumps, roadblocks and disappointments, but the men come a long way as true love and lasting friendship prevail.

I rented the movie for \$2.99 from Amazon Prime. It has many hilarious moments, some smutty language and is totally worth the price.



OV

TV SHOW REVIEW

"Spy In the Wild"

By Lee Schlafer

There are a lot of reasons to be grateful to a best friend and one of the best is when they exclaim to you, "Have you watched _____? It's terrific."

I am forever indebted to my BFF when, as a result of her recommendation, I tuned into a PBS show that had completely eluded me. It is part of the network's Nature series, titled "Spy in the Wild," and I was hooked in the first five minutes.

The creators of the show brilliantly produce realistic-looking wildlife of all types, which are outfitted with a camera. The fake creature is placed among its living counterparts and the camera rolls, capturing hilarious, tense, interesting, sad and very real experiences of the animals being filmed.

There is an amazing diversity among these critters ... dolphins, meerkats, chimpanzees, polar bears, penguins and, my personal favorite, the episode about the monarch

butterflies. Just imagine a robotic hummingbird hovering like a winged Steven Spielberg filming a scene rarely viewed by human eyes.

Watching this show gives the viewer an entirely new appreciation for the wonders of drone technology.

This series, which came to PBS from the BBC, was created in 2017. A second season was offered in 2020. PBS broadcasts began in 2020 covering both seasons. There are a total of 14 episodes. These shows are, of course, commercial-free, which in itself is a gift, and are just under an hour in length.

While nothing is being broadcast currently, all the content is available on YouTube. Just Google "Spy in the Wild" and you will have a choice of which animal/emotion you wish to view. I have not been able to learn whether another season is planned. No doubt the pandemic has played havoc with the travel involved in doing this production.

If it would encourage the creators to continue their work, I would start a fan club here in OV and send email pleas for more shows. My wish is that you enjoy it as much as I have.

OV

WHAT I'M WATCHING

By Bruce Pollock

I refuse to watch TV during the day. Except on Sunday, when I watch TV all day. But only during the football season.

My wife and I have a very limited TV palette, mostly consisting of reruns from years ago, like "I Love Lucy," "The Dick Van Dyke Show," "The Odd Couple," "Everybody Loves Raymond" and "Cold Case" (great soundtrack). At dinner, it's always "Frazier." At night, it's usually "The Big Bang Theory" and/or "Modern Family." Mostly, I agree with the person who said, "I don't watch television to be entertained or informed or emotionally moved. I watch TV to be sedated."

Many times, with the latter two shows, we watch with the sound off, since we already know the lines. An exception that proves the rule, however, is my wife's new favorite show, "Finding Your Roots" on PBS, which is entertaining, informative and emotionally moving.

We did recently watch a new movie on Netflix together, "Hillbilly Elegy," since we had both read and enjoyed the book. My wife enjoyed the movie very much. I enjoyed it, too, until I read the largely negative reviews and decided I didn't like it after all. I'm often swayed by reviews.

For instance, I wasn't sure I liked "Birdman" until I read the laudatory reviews. Then I pronounced it one of my favorite movies of all time. On the other hand, one movie my

daughter and I loved that all the critics hated was "Ace Ventura: Pet Detective." Then again, I haven't watched it since it came out in 1994.

Sorry to say, I have not yet seen "The Crown," "The Queen's Gambit" or any of the other must-watch series on Netflix. I'm too busy paging through my DVR, where I have the top 77 episodes of "Two and a Half Men" saved. My favorite episode is "A Kosher Slaughterhouse Out in Fontana."

The show's creator, Chuck Lorre, often comes under fire for his monopoly of the sitcom franchise in recent years, including "Mike and Molly," "Mom," "The Big Bang Theory," "Bob Hearts Abishola," going all the way back to "Dharma and Greg." Anyone familiar with Chuck's work, then, would never expect him to be the auteur behind one of my favorite (relatively) new series on Netflix, "The Kominsky Method," starring Alan Arkin and Michael Douglas, both stellar as the grizzly Hollywood agent and the aging actor and acting teacher, respectively. I haven't enjoyed either of them as much since "America's Sweethearts" (Arkin) and "The Wonder Boys" (Douglas). This is a very personal dramedy that deals with growing old(er) and facing the challenges of age in a profound, yet hilarious, way. It's a delicate balance, but they manage to pull it off. The first two seasons are complete and it's been approved for a third, but filming has been delayed since both lead actors are on the endangered species list for COVID-19.

Talk about the problems of getting older.

OV

RE-JOYCE WITH JOYCE: ON FEELING PRETTY



Dr. Joyce Saltman

I have never been beautiful. Looking back at my pictures as a kid, skinny with long brown braids and bangs, which my mother trimmed regularly, I guess I was cute, particularly since I was most often smiling, and had bright, sparkly, hazel eyes. As I got older, and especially after 15, I had gotten heavy, my nose had grown

and I was still not beautiful.

The most that could be said was that I was always clean and neat, and wore coordinated outfits, most often with bright floral prints. My students at Southern Connecticut State University often commented on my outfits and matching "bling" as I never repeated an outfit in a semester, thus requiring at least 45 different kinds of apparel each term. I figured that I would at least keep them interested with the variety of my colorful "costumes!"

As a single woman, at best I was "reasonably attractive," which was the description I brought into my profiles on the Singles Dating sites. Apparently, neither my weight nor the absence of glamour were enough to keep me from finding

nice single men, and I always attributed my success to my intelligence or personality.

On Nov. 8, I had my lids "lifted" and "bags" removed, by an ophthalmologist who specializes in plastic surgery. It took more than two months to stop the itching and eliminate most of the swelling around my lids, but it was definitely worth it.

This morning, I looked in the mirror and saw a very pretty 76-year-old looking back at me! I am uncertain as to whether the transformation is due to the eye surgery, longer hair in a softer style or a general sense of well-being, believing that, for the moment, my life is where it is supposed to be.

Whatever it is, I feel extremely blessed to suddenly experience feeling pretty, after all these years!

OV

Dr. Joyce Saltman, Southern Connecticut State University professor emeritus of special education, is a 2015 recipient of the Doug Fletcher Lifetime Achievement Award from the Association for the Applied and Therapeutic Humor (AATH). She holds four graduate degrees in the fields of special education and counseling.

For information on a March 18 presentation by Dr. Joyce Saltman, hosted by SAC, please see page 17.

HUMOR

Submitted by Ray Drake

I really don't mind getting older, but my body is taking it badly.

I miss the '90s when bread was still good for you and no one knew what kale was.

Do you ever get up in the morning, look in the mirror and think "That can't be accurate."

I thought getting old would take longer.

I told my wife I wanted to be cremated. She made an appointment for Tuesday.

As I watch this generation try to rewrite our history, one thing I'm sure of ... it will be misspelled and have no punctuation.

Next time at your doctor office, confuse your doctor by putting on latex gloves at the same time he does.

Last Saturday, my wife asked me to take her to one of those restaurants where they make food right in front of you. I drove to the nearest SUBWAY. That's when the fight began.

I was sobbing my heart out and said "I can't see you anymore ... I'm not going to let you hurt me again." The trainer looked at me and said, "It was only one sit-up. You only did one sit-up."

You heard me. I'm on two diets. I wasn't getting enough food on one.

Apparently RSVPing to a wedding invitation with "Maybe next time" isn't the correct response.

A cold seat in a public restroom is unpleasant. A warm seat is worse.

Don't irritate old people. The older we get, the less "life in prison" is a deterrent.

I asked my wife if I was the only one she had been with. She put her hand to her forehead and said, "Yes, all of the others were nines and tens!"

I wish that I could be 14 years old again. I would ruin my life differently. I have new ideas.

OV



WHATEVER BECAME OF EDITORS?

Submitted by Bob Macaluso

Editors, where were you? Some of the headlines listed below contain unfortunate errors. Others just could have been worded better. Either way, you'll be amused.

- Rangers Get Whiff of Colon
- Homicide Victims Rarely Talk to Police
- Barbershop Singers Bring Joy to School for Deaf
- Miracle Cure Kills Fifth Patient
- Bridge Helps People Cross Rivers
- City Unsure Why the Sewer Smells
- 17 Remain Dead in Morgue Shooting Spree
- Starvation Can Lead to Health Hazards
- Man Accused of Killing Lawyer Receives a New Attorney

- Parents Keep Kids Home to Protest School Closure
- Hospitals Resort to Hiring Doctors: Physician Shortage Prompting Move, Administrators Say
- Federal Agents Raid Gun Shop, Find Weapons
- Total Lunar Eclipse Will Be Broadcast Live on Northwoods Public Radio
- Diana Was Still Alive Hours Before She Died
- Meeting on Open Meetings Is Closed
- New Sick Policy Requires 2-Day Notice
- Statistics Show That Teen Pregnancy Drops Off Significantly After Age 25
- Bugs Flying Around With Wings are Flying Bugs
- Study Shows Frequent Sex Enhances Pregnancy Chances
- Marijuana Issue Sent to a Joint Committee
- Worker Suffers Leg Pain After Crane Drops 800-pound Ball on His Head.

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HEALTHY FOODS THAT DON'T BREAK THE BANK

Lentils. Serving size: ½ cup, cooked.

Cost per serving: Around 20 cents. Calories: 115

They're little, but they pack in protein -- 9 grams per serving. They're also low in fat, so they can be a healthy, less expensive substitute for meat. Plus, they're a good source of folate, iron and potassium. And they have plenty of fiber, so they'll keep you feeling full longer. Try brown, green or red lentils as a side dish, in a salad, in stews or over rice.

Eggs. Serving size: 1 egg.

Cost per serving: About 25 cents. Calories: 71

With 6 grams of protein each, egg is another cheap sub for meat. They're full of nutrients, like vitamins D and A, and choline -- essential for pregnant and breastfeeding women. Experts say one egg per day won't throw off your cholesterol numbers. So, crack one for breakfast, try one hard-boiled on grain bowls and salads or scramble some as a base for veggies or in tacos.

Oats. Serving size: ½ cup (dry).

Cost per serving: About 22 cents. Calories: 153.5

A hot bowl of oatmeal makes a great breakfast. Or use oats as a healthy filler in meatloaf, burgers, casseroles and fruit cobblers. Their fiber will keep your stomach satisfied and can lower cholesterol and boost your immune system. They also have antioxidants that may help protect your cells from damage.

Potatoes. Serving Size: 1 medium potato.

Cost per serving size: About 15 cents. Calories: 164

Sure, they're not so healthy as french fries or slathered in butter and sour cream. But spuds have vitamin C, fiber and potassium, and may help lower your blood pressure and cholesterol. Slice one and roast it in the oven with a drizzle of olive oil or top a baked potato with veggies or lean turkey chili for a cheap, easy meal.

Sweet Potatoes. Serving size: 1 medium sweet potato.

Cost per serving size: About 30 cents.

Calories per serving: 103

In just one, you get 400 percent of your daily vitamin A needs, and more than a third of your vitamin C. Sweet potatoes do have more sugar than white ones, but they have fewer calories and carbs and more fiber. Baked or sliced and roasted, they make a great side dish. Or try mixing shredded ones into muffin batter for added nutrition.

Sardines. Serving size: About 4 ounces.

Cost: About \$1.70. Calories: About 155

These little fish are good sources of protein, calcium, vitamin D and omega-3 fatty acids (EPA and DHA), which help prevent heart disease. For fewer calories, look for those packed in water, not oil. Try them on some whole-grain bread with lettuce and tomato, or chop them with lemon juice and onions to make a fish spread.

Beans. Serving size: ½ cup cooked.

Cost per serving size: 10 cents. Calories: About 112

With about 7 grams of protein per serving, you can substitute beans for meat in many recipes. And they've got plenty of fiber, folate, potassium and magnesium. To cook dry beans, soak them overnight or boil them for a couple of minutes and let them sit off the heat for an hour before cooking. If you use canned ones, drain and rinse them first to cut down on salt.

Popcorn. Serving size: 2 tablespoons of kernels (3-4 cups popped). Cost per serving: About 18 cents.

Calories: 140

Along with the crunch, popcorn packs fiber, which will satisfy you longer than a lot of snack foods. And it's a tasty way to get one of the three servings of whole grains you need every day. A cup has less than a quarter of the calories of the same serving of potato chips. Skip the butter and salt, and add flavor with dried herbs.

Whole-Grain Pasta. Serving size: 2 ounces (uncooked).

Cost per serving: 17 cents. Calories: 200

Pasta gets a bad rap, but in a reasonable portion, it can be part of an affordable, healthy meal. Plain noodles are low in fat and salt. Whole-grain versions have twice the fiber as white pasta and will raise your blood sugar less. Try spaghetti, penne or macaroni with a homemade tomato sauce or tossed with olive oil and sauteed veggies.

Chickpeas. Serving size: ½ cup.

Cost per serving: 50 cents. Calories: 134

They give you a solid 10 grams of protein, a shot of iron and plenty of fiber. You can put them in salads, cook them in a curry sauce for a spicy entree or put them in your food processor to make hummus. 

Source: WebMD.com

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WORKS BY THE OV WRITER'S GROUP

CHASING MY DREAMS

By Peter Geltner

One of my favorite half-marathons that I have run in the past occurred in 2011 in Fairfield, Conn. Although I lived in Virginia at the time, my wife and I enjoyed traveling to many states to acquaint ourselves with different aspects of the East Coast and to experience the enjoyment of running. I ran nine other half-marathons that year, but this chase to the finish line is the only one that often crosses my mind.

I was excited to learn that among the many runners who signed up for this race, there were some elite Kenyans who were going to participate. So, in addition to the beauty of the course, which started at Jennings Beach, I would have the opportunity to attempt to finish the race in front of these incredibly fast human beings.

Having been born in Tanganyika, a county adjacent to Kenya, I wanted to show these runners that people from other African countries could also run quickly and, of course, now that I am American, I wanted to represent the USA in the best way that I could. Let the race begin!

So, there I am, at the start line of the race, waiting for

the signal to start running. The race director says, "Three, two, one" and the horn goes off! I dart forward like a snail leaving its shell. I am totally enjoying this experience. To help me endure the 13.1 miles of the race without getting too exhausted, I have learned to use the interval method of running, also called a Galloway run-walk. This means that I run for a few minutes, and then walk a short distance before running again. I maintain my energy by using this method.

After running for a while, I am happy to see that the Kenyans have not caught up with me yet. I am still chasing my dream of finishing the race before they do. Here comes mile one, then mile two, then mile three, and the Kenyans are still behind me. At miles four and five I still have not seen them pass me. As mile six approaches, I begin to hear that fast pitter-patter of footsteps, and much to my chagrin the Kenyans pass me.

I have learned from past experiences that winning a race is not often possible, but that finishing a race is mentally rewarding. So even though the Kenyans finished the race before me, I still enjoyed the run.

Oh, did I forget to mention that I was in the group of slow runners who had a thirty-minute early start? **OV**

A 10-SECOND PEAK AT OUR GAME

By Mary W. von Ziegesar

During COVID, my sanity has been saved by playing tennis twice a week. I play with a jolly, seasoned group — all of whom have been playing for years and each of whom has a variety of well-honed skills. Some scramble well from the baseline to the net, others slice the ball so it drops just over the net. Some hit low, flat, fast balls. Others hit lobs impossible to reach, before or after a bounce. And some, especially one gentleman, can hit a ball directly to you, with a spin to its bounce and a 90-degree turn the other way.

We encourage each other, complement and compliment each other, do our best to keep the ball in play instead of score the point (well, most times) and we typically leave after 90 minutes feeling physically tired but totally energized. Last week, we all left with the giggles after a volley that lasted 10 seconds. I've changed names to protect identities.

My friend Martina hit the ball to me — hard and low. She is known for her net play. I managed to return her ball, with a sharp angle, just kissing the line then skidding off the court. Roger, opposing me, ran from the baseline and literally dove into the hanging net curtain separating our court from the neighboring one. Amazingly, he stayed up-

right and hit the ball back across the court. None of us could believe it.

Roger looked like Spiderman with his racquet tangled in the curtain, but he kept the ball in play. Just as Martina turned away from the net and called to a staggering Roger, "BE CAREFUL!!!" my partner, Novak, received and adeptly returned Roger's ball. The ball proceeded at its own good pace directly over the net and directly into Martina's derriere! Not only had each of us worked hard to make our returns and were consequently breathing heavily, but we all bent over with laughter, even tears of laughter. It took us quite a few more than 10 seconds to get back to the game.

Later in the day, the laughs continued. I sent an email thanking our four-some for the game, which triggered Martina to inquire about the identity of Novak's insurance company "in case of any permanent backside damage."

Novak promptly complied: "For the record, my insurance agent is Pantz, Bumble and Bottomley — if you wish to contact them their address is World's End, 1, Neverpay St., Patagonia, ARG 000."

I've had bouts of spontaneous giggles just thinking about that 10 seconds on the court. What can be better than good exercise with good mates all enjoying the best part of the game: camaraderie. **OV**

MASK ETIQUETTE 101

How to sneeze when wearing a mask and other face mask hacks from an ER doc

By Patricia Scanlon, Writer

On a recent stroll down my supermarket’s cereal aisle, I felt a familiar twitch in my nose—a sneeze was coming. I stopped, paralyzed with fear. Should I keep my mask on and just let the sneeze loose? Should I pull my mask down and sneeze into my elbow? Should I try to hold it in and pray it away? While I navigated the situation with minimal incident (no one was around so I pulled it down, sneezed into a tissue I had in my jacket pocket, then masked back up as fast as I could), it made me think: What else don’t I know about proper mask etiquette while living in real life?

Though it’s been several months since we started wearing masks to help stop the spread of COVID-19, it doesn’t mean we’re all experts. But it’s never too late to learn! So I enlisted the help of Robert Glatter, MD, emergency room physician at Lenox Hill Hospital in New York City, to go over the finer points of mask-wearing etiquette.

How should you sneeze when you have a mask on? According to Glatter, if you are going to sneeze and you have an extra mask handy, it’s best to sneeze into the mask, remove it, wash your hands, and switch to your secondary mask. The mask will help to catch the particles and reduce airborne transmission at the same time. Sneezing into the crook of your elbow may even help to further reduce the potential for transmission.

If you happen to be alone outside and well away from others, it’s better to remove the mask since the air will help to dilute and disperse any particles or viruses that could potentially infect others. When a mask gets wet or soiled with mucus or saliva, it’s not only less effective, but may potentially serve as a source of infection if you continue to wear it and are indoors or within 6 feet of other people.

Is there a “right” way to wear a mask? Yes. Your mask should always cover your nose and mouth completely. Leaving your nostrils uncovered, with the mask only covering your mouth, defeats the purpose of wearing a mask in the first place. “This places others, but also yourself, at increased risk of exposure to the virus,” says Glatter. You should always ensure a snug fit around your face to reduce the potential for any airborne particles to make their way into, or out of, your mask. “If you have problems with your

mask staying put across the bridge of your nose, consider options with moldable plastic or metal pieces to help keep the mask in its place.”

How often should you wash a face mask? “You should wash your cloth face mask daily,” explains Glatter, “either by hand or in a washing machine.” You can wash it together with your other laundry in the warmest water possible. Cloth facemasks retain their function and work effectively after being washed. Just make sure they are thoroughly dry before using them.

Are surgical masks more effective than cloth masks and can they be reused? Surgical masks that are composed of three layers are most effective at trapping larger and medium-sized droplets from coughs and sneezes compared with a simple cloth mask. Cloth masks also tend to retain more moisture and are not as effective in filtering smaller droplets and certainly not aerosols.

Ideally, a surgical face mask should be used only one time, making it a “single-use item.” But, says Glatter, in the face of personal protective equipment (PPE) shortages,

many people do reuse surgical face masks. “The stability of a face mask depends on factors such as frequency of use, tightness of seal against your face, contamination, moisture, degree of soilage, and extremes of temperature that the mask is exposed to.” He explains that these can lead to breakdown of the barrier, allowing smaller droplets and aerosols to more easily permeate the mask.

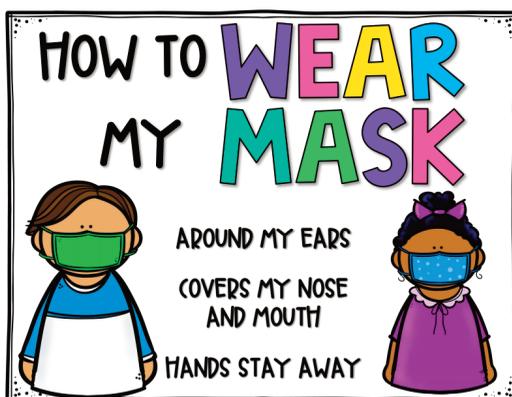
How long does a face mask work

for? The face mask retains its function throughout a “session” of use, whether it’s for one hour, six hours or 12 hours, assuming it’s not wet, contaminated or soiled, says Glatter. Ideally, you should wear a new—or freshly cleaned—face mask every day.

How can you keep your glasses from fogging up when you’re wearing a mask? “When your breath meets the cooler surface of your glasses, condensation or ‘fogging’ occurs,” he explains. Glatter suggests one way to prevent this is to wash your glasses with soap and water, which forms a protective layer that prevents fogging. Other approaches include special adhesive tapes or metal devices installed on cloth or surgical masks to form a tighter seal, thus reducing the potential for fogging. Anti-fogging lenses along with special cloths embedded with anti-fogging compounds may also help to reduce this phenomenon.

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Source: thewell.northwell.edu





Protect Yourself

AVOID COVID-19 Vaccine Scams

As COVID-19 vaccine distribution begins, here are signs of potential scams:

- You are asked to pay out of pocket to get the vaccine.
- You are asked to pay to put your name on a vaccine waiting list or to get early access.
- Advertisements for vaccines through social media platforms, email, telephone calls, online, or from unsolicited/unknown sources.
- Marketers offering to sell or ship doses of the vaccine for payment.
- ✓ **Protect Yourself. Do not give out your personal information to unknown sources.**

! If you believe you have been the victim of COVID-19 fraud, immediately report it to:

- HHS-OIG Hotline: **1-800-HHS-TIPS** | tips.hhs.gov
- FBI Hotline: **1-800-CALL-FBI** | ic3.gov
- CMS/Medicare Hotline: **1-800-MEDICARE**



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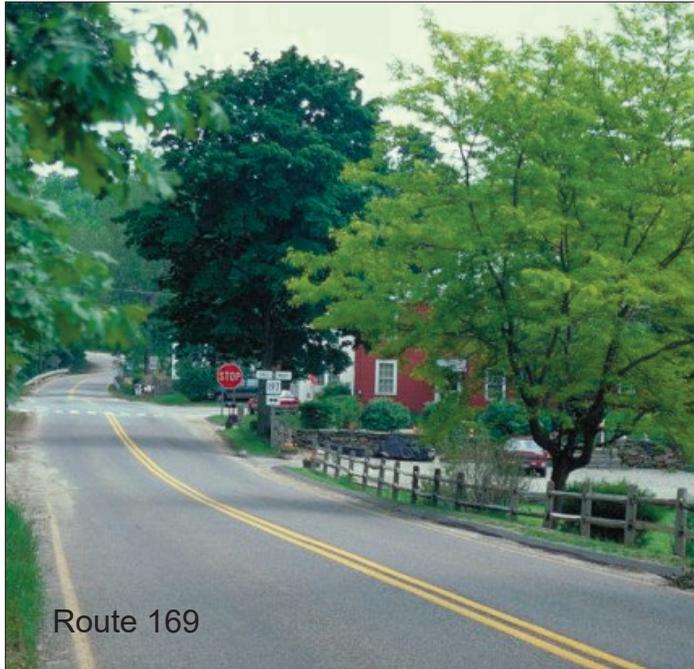
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BEYOND THE VILLAGE



TAKE THESE 10 COUNTRY ROADS FOR AN UNFORGETTABLE SCENIC DRIVE

Even a state as scenic as Connecticut can get lost behind all the buildings and bustling cities. But these roads will let you return to the Connecticut you know and love. With spring coming in, these would be perfect for a scenic day trip with the windows down.

We're aware that these uncertain times are limiting many aspects of life. While we continue to feature destinations that make our state wonderful, please take proper precautions or add them to your bucket list to see at a later date. If you know of a local business that could use some extra support during these times, please nominate them here: onlyinyourstate.com/nominate

Route 27: Start in Mystic and head north to Route 184. You'll pass through a vineyard in Stonington and are free to take the detour to Barn Island Wildlife Management Area. Take in all the trees and historic homes this area has to offer on the 30-mile roundtrip drive.

Route 146: These 13 miles between Branford and Guilford are more than just a scenic alternative to the US 1. They're a scenic dream, taking you by Youngs Pond and over the Branford River.

Route 8: Start at Route 8 in Torrington, also known as James H Darcey Memorial Highway, and head north to Route 44. Passing the Saville Dam and Barkhamsted Reservoir will move you to snap photographs. This drive is fantastic at night as well.

US-7: Take the US-7 in to the CT-41 from Brookfield to Sharon and enjoy 35 miles of greatness as you pass the Housatonic River and the heavily wooded two-lane spaces.

Merritt Parkway: This historic road in Fairfield County is a 37-mile stretch of National Scenic Byway. It's known for the architecture of its overpasses. One of the greatest drives on a winter's day.

Route 169: You'll be glad you know about this road come autumn! The foliage along this peaceful strip is to die for. You will pass through quaint towns with colonial structures and lots of rolling farmland.

Connecticut 63: Start on the 63 in Goshen and then catch the 128 in to Cornwall for a look at the Litchfield area. These towns are known for being picturesque, and this two-lane drive will be devoid of noise or trucks.

Route 149: Follow the Salmon River to the beloved Connecticut River as you drive from Colchester to East Haddam. This vineyard-filled road is also heavily wooded, culminating at the famed Goodspeed Opera House.

Route 94: Jump from the 94 to the 85 to the 16 as you travel from Glastonbury to East Hampton. You'll pass Blackledge Falls and get to pay a visit to the covered Comstock Bridge.

Route 154: Follow the Connecticut coast from Old Saybrook to Haddam as you pass the renowned Harvey's Beach and Fenwick, where celebrities come to feel the breeze.

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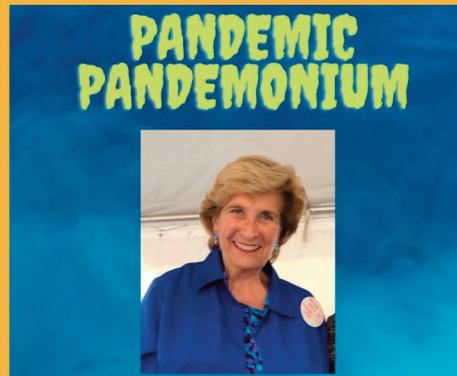
Source: www.onlyinyourstate.com/connecticut

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Corona Virus Pandemic.*

*Lots of crazy jokes that have been
produced by the creative minds of some
obviously desperate individuals....*

MEN'S CLUB PRESENTS ZOOM BINGO ON MARCH 18 AT 7 PM SIGN-UP ENDS MARCH 15 AT 4 P.M.



Reservations are required. To register, please call the Business Office at 203-377-5313 (extension 1) or email office@oronoquevillage.com.

Provide your name, address, phone number and email address. A book of three Bingo cards will be delivered to players' black boxes the evening before Bingo Night. On Thursday, March 18, an email will be sent to you with your Zoom invitation to join the Bingo game. You must sign in by 7 p.m. to play.

There will be a Bingo board visible on your computer or iPad screens. When a number is called, a red dot will be placed on the number. Three Bingo games will be played: two regular Bingo games and one full card game.

When Bingo is called, the player will hold up a "Bingo" card (which will be included with the three cards left in the black boxes). That winning Bingo card must be placed in the black box by noontime the next day.

The winning cards will be verified by the Men's Club and prizes left in the black boxes with the winners' names. Due to COVID-19, Bingo will not be played for money. There is no charge for the Bingo cards.

Questions? Call Jerry Brown at 203-378-7781 or Sandy Lunt at 203-377-5833.



The OV Book Club will meet on Wednesday, April 7, at 2 p.m.
via [GoToMeeting.com](https://www.gotomeeting.com) to discuss *Elinor Oliphant Is Completely Fine* by Gil Honeywell.

Elinor Oliphant Is Completely Fine is the smart, warm, and uplifting story of an out-of-the-ordinary heroine whose deadpan weirdness, unusual appearance and odd personality makes her difficult to be accepted by others. Although there is plenty of darkness in her story, it does not fail to make you laugh.

While Eleanor certainly isn't completely fine and has more than a few things to learn about the world, there's a lot the world could learn from her, too. This is a great book that surprises you in the way that you realize it is not about what you think it is about!

For information, email bahinb@yahoo.com

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