

August 1, 2022



THE VILLAGER



WE DID IT!

First time in 50 years we sold
a condo for over \$500,000
in Oronoque Village!

We can help you get the
highest price for your condo.

WE PAY CASH TOO!

ORONOQUE REAL ESTATE

MONICA DALTON

(917) 282-4744

monica@monicadalton.com



TABLE OF CONTENTS

FEATURES:

- 4 **OVCA President's Message**
- 6 **Details on Reserving Space in the Clubhouses**
- 7 **SAC's Patriotic Celebration**
- 8 **OV Arts Guild Presents Jazz Duo**
- 8 **Funseekers Picnic Recap**
- 12 **Info on OVCA Executive Board Election**
- 13 **Save the Date for BRAVO Show**
- 14 **Artist of the Month: Gary Griswold**
- 15 **Information From the Town of Stratford**
- 16 **Fitness & Older Adults**
- 19 **Club & Group Advertisements**



NEWS DEPARTMENTS:

- 6 **ANNOUNCEMENTS**
- 10 **ACTIVITIES**
- 12 **CALENDAR**

Thank you to Sonya DeBiase for submitting the photos taken during SAC's Patriotic Celebration held on July 9 at NCB. An article about the event and additional photos can be found on page 7.

The Villager welcomes submissions for cover consideration. Photos must be emailed as high-resolution jpeg images to Villager Editor Carol King at cking@oronoquevillage.com. Villager editorial submissions should be emailed as either text attachments or with text pasted into the body of an email. All Villager articles are edited to conform to the standards of The Associated Press Stylebook.



Caregiver's
HOME SOLUTIONS



203-870-9850

Owned by an OV Resident

Serving Oronoque Village residents for 14+ years with **quality, compassionate, dependable, experienced** non-medical in-home care.

Free Consultation + Special Discount for OV Residents

A MESSAGE FROM THE OVCA PRESIDENT

MAKING PROGRESS

By James Rapaport, Esquire

As many of you may have read in the July 15 edition of *The Villager*, we will soon be rolling out the Access Control System via our contract with Kastle Systems, which is known as a leader in managed security systems in the workplace as well as for condominium/HOA communities.

As *The Villager* article mentions, and has been discussed at the previous OVCA meetings, this new enhancement will have many tangible benefits for all our residents/unit owners. It's a welcome move forward to better management of our resources — a key element of our fiduciary responsibility as OVCA Board members — and will, ultimately, help the Village provide security to residents and, simultaneously, cut operating costs in the use of our facilities. We'll hear more about the orientation meetings planned with Kastle representatives from Fred and Mark.

Starting July 20, it's Election Season in the Village. OVCA

officer positions are up for election. Since taking over as president earlier this spring, I have focused on appointing and involving new and different Villagers in our committee work. As someone aptly posted on a social media site just a few days ago, there are many new residents who have moved into the Village in the past couple of years. I encourage everyone who is new to the Village and those who have never been involved to get involved. We need more people to engage and participate in our standing committees and as district officers. The new perspectives and energy they bring to the table is something we all need to embrace and encourage.

If you, or someone you know, would make a good addition to our Village leadership, feel free to contact me or the Executive Director to share their names. More information regarding how to run for office, rules regarding elections and campaigning, and details about who is eligible to vote and how, will be forthcoming from the Executive Director's office.

Thank you all, again, for your continued support of, and involvement in, the activities of *The Village*. It truly takes all of us to make the Village a wonderful place to live.

And, if you haven't had a chance yet to try *The Lodge*, the new restaurant at the Country Club, please do. I've heard from many fellow residents that the menu offerings are very good and the new restaurant looks great. My wife and I plan to try it out this week. Hope to see you there!

OV



THE VILLAGER
A PUBLICATION OF ORONOQUE VILLAGE
STRATFORD, CT
WWW.OROQUEVILLAGE.COM

EDITOR / AD SALES CONTACT
Carol King – cking@oronoquevillage.com / 203-377-5313, ext. 3

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.



*Cash for Condos
Call Me!*

Jeanette "Jackie" Caron
REALTOR®



COLDWELL BANKER
REALTY

2 Corporate Drive
Trumbull, CT 06611

860-575-7000
jeanette.caron@cbrealty.com

Hartley's Antiques
"40 Years of Serving Connecticut"
Buy • Consign • Sell • Estates

Furniture, Art, Jewelry, Gold
Silver, Antiques & Anything Unique

Oronoque Resident
Larry Hartley 203-887-5833



America's Choice in Home Care®

Visiting Angels provides essential senior home care, allowing your loved one to remain where they are the most comfortable...in their own home.

- Bathing & Dressing
- Assistance with Walking
- Medication Reminders
- Errands & Shopping
- Light Housekeeping
- Meal Preparation
- Friendly Companionship
- Flexible Hourly Care
- Respite Care for Families
- Live-In Care

203.298.9700

VisitingAngels.com/Woodbridge



Each Visiting Angels agency is independently owned and operated. HCA #0000561
*2022 Visiting Angels is a registered trademark of Living Assistance Services, Inc.



William Pitt

Sotheby's
INTERNATIONAL REALTY

TOP SALES AGENT *in Oronoque Village* 2012-2021

Gold Award Winner

When it's time to sell your home list with a Realtor who is an expert in your community. Contact me today and let me put my experience to work for you!



Linda Bittner

Realtor® / Resident

c: 203.414.8879

e: lbittner@williampitt.com

Native of Fairfield County
with 36 years of real estate experience

Each Office is Independently Owned and Operated. 🏠

LOCAL & LONG DISTANCE MOVING



The PROFESSIONALS
Joyce
JOYCE VAN LINES, INC.

MOVING AND NEED HELP?

Call us today for a **FREE**
Phone or Virtual Estimate

We can help you move and settle into your new beginnings even during these uncertain times. Whether you are moving around the corner or across country we are here to help.

STRUGGLING FOR SPACE?

Full service moving and storage solution throughout the U.S.A. Call us today for a **FREE** estimate with a live and local contact.

195 Christian Street • Oxford, CT

(203) 881-1687

www.joycevanlines.com

Independently Owned & Operated

AN IMPORTANT MESSAGE FROM THE HOUSE COMMITTEE: RESERVING SPACE IN THE CLUBHOUSES FOR THE 2023 CALENDAR YEAR

There has been ongoing confusion regarding when reserving clubhouse space takes place. Please note, per OVCA Rules and Regulations, scheduling the use of the clubhouses with the Business Office is as follows:

A.) OVCA/OVTD BOARDS, Standing and Ad Hoc Committees and Districts have first priority to schedule meetings for the 2023 year, starting with the third Tuesday of September through Oct. 31. Starting Nov. 1, this group no longer has priority booking unless an emergency meeting needs to be called. Please schedule district meetings and SAC events for the entire year.

B.) Clubs, classes and activities may be scheduled for the 2023 year starting Nov. 1 through Nov. 30.


Please note:

- Priority will be given to those clubs that, historically, have a specific monthly date and time for their events in the lounge/ballrooms, i.e., SAC's Five O'clock Somewhere (first Friday of the month, NCB), Bingo (third Thursday evening of the month, SCB), House and Garden (Monday afternoon after first Tuesday of each month, March-May and September-December, SCB), Funseekers (second Tuesday evening of the month, SCB), Karaoke/Dance Party (fourth Friday evening of the month, SCB).

- No two events may take place in the NCB and SCB lounges/ballrooms at the same time.

C.) Card games, private parties, etc., may be scheduled for the 2023 year starting Dec. 1 forward. Games having 12 players or more may reserve a room; games with fewer than 12 players may reserve tables, not a room. Lounges may not be reserved for games but may only be used if no other activity is scheduled. Private parties can only be scheduled on weekends (Saturday/Sunday). Each resident household may book private party space (if available) in the lounge/ballroom with a limit of two bookings per calendar year. The exception to this policy is booking the clubhouse for a bereavement event for an immediate family member. No private party rentals are permitted for the purpose of fundraising, recurring meetings or political affiliation.

An up-to-date calendar can be viewed on the Frontsteps portal, which can be accessed via the Oronoque Village website (www.oronoquevillage.com). To schedule an activity, event, etc., please fill out the Activity Request Form or Private Party Form in the Business Office.

If you have any questions, please contact, Cheryl Dwyer, House Committee chair, at 203-375-4961. 

ANNOUNCEMENTS

SAC BUS TRIP TO ESSEX

After a two-year hiatus due to the Covid-19 outbreak, SAC will, once again, offer a bus trip. A motor coach will depart for Essex on Thursday, Sept. 15, from the SCB parking lot at 9 a.m.

The first stop is the Griswold Inn for a delicious plated lunch. There will be time to stroll the charming Main Street area before boarding the RiverQuest for a scenic cruise up the Connecticut River. The cost is \$125 per person. Make checks payable to SAC and drop off in the SAC mailbox at NCB. For more information, call Sonya at 203-377-1515.

DISTRICT 5 TO MEET AUG. 25

The next District 5 meeting will be held on Thursday, Aug. 25, at 6 p.m. at SCB. A supper will be served before the meeting.

If you haven't paid your dues for 2022 per person please put your checks into the District 5 box at SCB.

TOWN HALL DISCUSSION ON AUG. 11

OVCA Executive Director Fred Rodriguez and Director of Maintenance Operations Mark Rhatigan invite residents to a Town Hall-style discussion on Thursday, Aug. 11, 4-5:30 p.m. at SCB.

The presentation will cover operational procedures within the community. Topics to be discussed will include the structure of Village governance, siding (PM) projects, budget process, Tax District relationship and future operational considerations.

Questions will be taken at the conclusion of the presentation.

GARBAGE/RECYCLING PICKUP WILL BE DELAYED NEXT MONTH

Due to the Labor Day holiday on Monday, Sept. 5, garbage and recycling pickup will be delayed by one day. Pickup will take place on Thursday, Sept. 8.



SAC'S PATRIOTIC CELEBRATION, JULY 9, NORTH CLUBHOUSE

Story by Dianne Binford

Photos by Sonya DeBiase and Cathy Spigener

It was an evening of honoring veterans. And a Village of veterans showed up!

The evening began with a greeting of red poppy boutonnières for the vets. We were entertained and inspired by Teri Lamar and Steve Cinque, singers who crooned fun favorites about parting with one's true love when going off to other shores.

A great buffet by David Grant included pulled pork, barbecued chicken, corn on the cob, some traditional salads and cornbread.

Two local guests from the Stratford Veterans Museum spoke to us about the museum and its objectives to preserve and call attention to Stratford veterans' stories for generations to come.

Then, each veteran came up and introduced themselves. One vet is 102! You'll see a dapper, young 93-year-old kneeling on one knee in the group picture on the cover of this magazine; he traveled to many foreign venues as a musician, bringing joy to the soldiers.

Another veteran, a West Point graduate, Bernie Pasierb, couldn't attend because it conflicted with his 50th wedding anniversary celebration. But, he sent a donation to support this event! Almost every branch of service was represented.

A beautiful tear-jerking patriotic poem was played while we enjoyed an amazing apple crisp with whipped cream.

People lingered on well after the party was done, enjoying each other's company and gaiety. **OV**

OV ARTS GUILD PRESENTS MICHAEL COPPOLA AND MARIA TISCIA

Story and photo by Barbara Stewart

Residents are invited to enjoy a return performance by jazz guitarist Michael Coppola and vocalist Maria Tiscia on Thursday, Sept. 8, at 7 p.m. at NCB. It's been two years since these talented performers entertained us and we are very happy to have them back.

Michael began studying guitar at the age of 11. He pursued his education at the Boston Conservatory of Music and soon after in Austria, at Die Hochschule Fuer Music. He followed up this instruction later, in Manhattan, with jazz master Walter Bishop Jr.

He is both internationally and nationally acclaimed for his "inventive and magical" musical style. Michael created the concept of the 8-string guitar and, in 2000, he expanded his own idea to incorporate a 9th string, which is known in the jazz guitar circles as "The Hydra."

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



This performance will be a cabaret-style setting, so bring your favorite beverages and snacks. We will have soft drinks, coffee, tea and sweets available.

OV Arts Guild members attend free of charge. Guests pay \$8 at the door. We are checking proof of vaccination.



FUNSEEKERS PICNIC RECAP

By Marie Orlowe

On Saturday, July 16, the South Clubhouse ballroom was artfully transformed into a patriotic setting. The Funseekers were hosting their summer cookout (indoor picnic). It was well-attended. Compliments were received regarding the delectable food.

Lucy Clifford welcomed everyone and Anne Gallo spoke about the upcoming September show at the Cabaret Theater. Cheryl Dwyer then introduced Joey Vincent, voted The Funseekers "most popular" entertainer, who was back by popular demand. Joey is a brilliant performer who is funny, plays the trumpet and sings.

His show began with a few



George M. Cohan tunes. He sang "Volare," a hit by South Philadelphia's Bobby Rydell. He donned a red tee-shirt, along with a red cap displaying a huge letter "A", when he imitated Alvin of The Chipmunks fame. He displayed his trumpet expertise as he did an excellent job performing the bullfight song. The audience assisted doing the "oles."

From the '60s, he sang "Tiptoe Through the Tulips" by Tiny Tim. Joey changed hats or jackets with each song he performed. He sang three Frank Sinatra hits, one being "New York, New York," a special request.

He ended the evening singing "Mala Femmina" for his Italian friends. Everyone loved his performance!

It was very enjoyable evening.



RABINE FAMILY DENTISTRY



\$99 NEW PATIENT SPECIAL

\$99 cleaning, x-ray, exam, and oral cancer screening*

Proud to offer 10% Senior Discount

*New patients only. Must be paid in full at time of visit.
1 per person. Not applicable for senior citizen discount.
48 hours cancellation required.

865 River Road Shelton, CT 06484

203-375-1932



Tom Braunagel
Sellit@kw.com
(203) 257-1352

The Braunagel Team of Keller Williams



Ryan Braunagel
Buyit@kw.com
(203) 581-1583

RELOCATING?

Our services to YOU include:

- Complimentary clean out services
- Pre-listing inspection consultation
- Professional photography with ALL Listings
- Licensed realtors serving Connecticut and New York
- Licensed contractors to assist with repairs

Call today to learn more



ACTIVITIES

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

BOCCE

Bocce is played on Thursdays, 10 a.m. to noon, at NCB.

DOLLCRAFTERS

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

DROP-IN BRIDGE

Drop-in Bridge takes place on Mondays from 6:30-8:30 p.m. in the NCB Lounge. All levels of bridge players are encouraged to attend; no need to bring a partner. There is no fee to participate. For information, please contact Wendy Swain at 203-386-9125. Proof of vaccination required.

LOW-IMPACT EXERCISE CLASS

Low-impact exercise classes, taught by Renee Zinn, are held at 10:30 a.m. on Mondays and Fridays at NCB. Bring weights and water. Proof of vaccination is required. Those without proof of booster shots must wear masks.

QUILTING GROUP

Village quilters meet at the NCB Card Room on the first and third Thursdays of each month from 10 a.m. to noon

TEA, TALK & CRAFTS

Tea, Talk, and Crafts meets at 1 p.m. on Thursdays next to the kitchen at SCB. Annual dues are \$10. Questions? Call Irene Sanzone at 203-378-2010. Vaccinated members only. Please show proof.

WRITER'S 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 commit to attending workshops twice a month in a respectful, supportive and professional environment with hopes of expanding their writing and publishing horizons. Our members include published authors and hobbyists. Our works include essays, memoirs, poems, short stories, treatises, humorous tales, heart-wrenching histories. The group meets on alternate Tuesdays at 2 p.m. in the Card Room at SCB. For information about joining, contact Mary von Ziegesar at MvonZ@optonline.net or call 203-767-9760. Proof of vaccination required.

CLEANING LADY AVAILABLE

HAVE 28 YEARS EXPERIENCE
WORKING AT ORONOQUE VILLAGE.
REASONABLE PRICES - FREE ESTIMATES
PLEASE CALL GLORIA
(203) 723-8750

NEW SCHEDULE FOR GERRY'S POKER GROUP

Gerry's Poker Group now meets on Thursdays from 6-9 p.m. in the South Clubhouse.

New players are invited to attend.

For information, email Rich Castle at richard.castle@att.net.



You only get one retirement.
Let's make it a great one.

- Stocks, bonds, and tax-free income
- Customized solutions tailored to your needs

MICHAEL J. ALOÏ

Senior Wealth Management Advisor
Summit Financial, LLC

203.409.1270 • maloi@sfr1.com

Investment advisory and financial planning services offered through Summit Financial, LLC, an SEC Registered Investment Adviser.



OPEN HOUSE WALK-IN WEDNESDAYS

Join us this month for Walk-In Wednesdays. We are hosting Open Houses throughout the months of June and July, beginning on Wednesday, June 15, between 4:00 - 6:00 p.m. Join our team on a live tour as they showcase our community and apartments. Learn first-hand why our residents choose to call Crosby Commons home.

Do not miss out on this great opportunity.

PLEASE RSVP TO
Lisa Bisson at 203-225-5024
or lbisson@umh.org
to reserve your space.

CROSBY COMMONS
at

Wesley  Village
years of inspired senior living

BISHOP WICKE | CROSBY COMMONS | LIFESTYLE TRANSITIONS | WESLEY HEIGHTS

SCAN TO



VISIT US



580 Long Hill Avenue
Shelton, CT 06484

Is it time to take some TITLE 19/MEDICAID Planning Steps?

**ATTORNEY
JAMES M. HUGHES**
can help guide you
through the maze!



SERVICES INCLUDE:

- Multiple Elder Law matters
- TITLE 19/MEDICAID PLANNING & Spend Down
- Veteran's Aid & Attendance Benefits
- Will /Power of Attorney/Health Care Instructions
- Estates/Probate/Real Estate Transactions

Conveniently located in downtown Fairfield
LAW OFFICE OF JAMES M. HUGHES

1432 Post Road • Fairfield, CT
(203) 256-1977

hughes_james@sbcglobal.net
www.fairfieldctelderlaw.com



Lord Chamberlain

- Short-Stay
- Post-Acute Care Services
- Therapy Services Provided 7 days a week
- Dementia Special Care
- Long-Term Care

Visit us at 7003 Main St, Stratford, CT
LordChamberlain.net
203.375.5894

In our **Nursing & Rehabilitation Center** we provide *Exceptional Caring in a patient-centered environment. All aspects of care are focused on meeting each individual's recovery goals.*

Ryders Health Management • rydershealth.com 

Call us today if you or a loved one needs care

RESUMES ARE NOW BEING ACCEPTED FOR OVCA EXECUTIVE BOARD POSITIONS

This is an election year for positions on the OVCA Executive Board. The positions that will need to be filled are President, Vice President, Secretary and Treasurer.

If you are interested in one of these positions, please email your resume to office@oronoquevillage.com or deliver resumes to the Business Office at 600 North Trail, Stratford, CT 06614.

The deadline for resumes to be accepted is 5 p.m. on Aug. 9. Candidates will be announced during the Aug. 16 OVCA Board meeting. The election will take place on Sept. 20.

Please be reminded that, according to our OVCA Bylaws, campaigning of any nature may not commence until after the Aug. 16 OVCA Board meeting.

CALENDAR

Dates, times and locations of events are subject to change. To update a Calendar listing, please contact Linda Arvers at larvers@oronoquevillage.com. For the latest on OV news & events, go to www.oronoquevillage.com or OVTV. OVTV is Channel 591 for those with a cable box and Channel 121-591 for those without a box.

MONDAY, AUGUST 1

- 10:00 a.m. – Water Aerobics, SCB
- 10:30 a.m. – Low-Impact Exercise (Bring Weights), NCB
- 6:30 p.m. – Drop-in Bridge, NCB
- 7:00 p.m. – Bulls & Bears, SCB, C/R

TUESDAY, AUGUST 2

- 10:00 a.m. – Dollcrafters, NCB, Library
- 10:00 a.m. – Zumba, NCB
- 7:00 p.m. – Men's Cards, Dombroskey, SCB

WEDNESDAY, AUGUST 3

- 8:30 a.m. – Communications Committee, NCB, B/R
- 10:00 a.m. – Sculpture Class, SCB, A/C Rm
- 10:00 a.m. – Water Aerobics, SCB
- 5:00 p.m. – Sebastian's Poker, NCB, C/R
- 7:00 p.m. – Book Club, NCB Library

THURSDAY, AUGUST 4

- 10:00 a.m. – Bocce, NCB
- 10:00 a.m. – Village Quilters, NCB
- 10:00 a.m. – Aqua Zumba, SCB
- 10:00 a.m. – House Committee, NCB
- 10:30 a.m. – Yoga, SCB
- 1:00 p.m. – Informal Artists Group, NCB,

- 1:00 p.m. – Tea, Talk & Crafts, SCB
- 3:30 p.m. – BRAVO Rehearsal, SCB
- 6:00 p.m. – Gerry's Poker, SCB

FRIDAY, AUGUST 5

- 10:00 a.m. – Water Aerobics, SCB
- 10:30 a.m. – Low-Impact Exercise (Bring Weights), NCB
- 5:00 p.m. – SAC: It's 5 O'clock Somewhere, NCB

SATURDAY, AUGUST 6: No events scheduled

SUNDAY, AUGUST 7: No event scheduled

MONDAY, AUGUST 8

- 10:00 a.m. – Jewelry-Making Class, SCB, A/C Rm
- 10:00 a.m. – Water Aerobics, SCB
- 10:30 a.m. – Low-Impact Exercise (Bring Weights), NCB
- 4:00 p.m. – Maintenance Committee Mtg, NCB
- 5:00 p.m. – SAC Committee Meeting, NCB
- 6:30 p.m. – Drop-In Bridge, NCB
- 7:00 p.m. – Jewelry-Making Class, SCB, A/C Rm
-

TUESDAY, AUGUST 9

- 9:30 a.m. – Architectural Committee Mtg, NCB
- 10:00 a.m. – Dollcrafters, NCB, Library
- 10:00 a.m. – Zumba, NCB
- 2:00 p.m. – Writer's Group, SCB, C/R
- 7:00 p.m. – Funseekers, SCB

WEDNESDAY, AUGUST 10

- 10:00 a.m. – Sculpture Class, SCB, A/C Rm

NOTICE:

PLEASE OBSERVE THE GOLF COURSE WALKING HOURS

For safety's sake, residents may walk on the Oronoque Country Club golf cart path before 7 a.m. and after 8 p.m. Otherwise, walkers risk being hit by a high-velocity golf ball as people use the course for play.



- 10:00 a.m. – Water Aerobics, SCB
- 12:00 p.m. – Presentation on Access Control System, SCB
- 5:00 p.m. – Sebastian's Poker, NCB, C/R

THURSDAY, AUGUST 11

- 10:00 a.m. – Bocce, NCB
- 10:00 a.m. – Aqua Zumba, SCB
- 10:30 a.m. – Yoga, SCB
- 1:00 p.m. – Informal Artists Group, NCB,
- 1:00 p.m. – Tea, Talk & Crafts, SCB
- 3:30 p.m. – BRAVO Rehearsal, SCB
- 4:00 p.m. – Town Hall-style discussion with Executive Manager Fred Rodriguez and Director of Maintenance Operations Mark Rhatigan, SCB
- 6:00 p.m. – Gerry's Poker, SCB

FRIDAY, AUGUST 12

- 10:00 a.m. – Water Aerobics, SCB
- 10:30 a.m. – Low-Impact Exercise (Bring Weights), NCB
- 7:00 p.m. – Movie: *The Lost City*, NCB

SAVE THE DATE:

OCTOBER 8, 7 P.M., AT SCB
BRAVO 2022 PRODUCTION



"Burlesque - Oronoque Style," directed by Bob Krakovich, will be held on Oct. 8. The show will feature songs, skits, striptease and more performed by Oronoque Village residents. Admission price of \$5 includes beverages/ desserts. Questions? Call Bob at 203-752-6105.

SATURDAY, AUGUST 13

- 6:00 p.m. – Weekenders, NCB

SUNDAY, AUGUST 14: No event scheduled

MONDAY, AUGUST 15

- 10:00 a.m. – Water Aerobics, SCB
- 10:30 a.m. – Low-Impact Exercise (Bring Weights), NCB
- 6:30 p.m. – Drop-In Bridge, NCB

TUESDAY, AUGUST 16

- 10:00 a.m. – Dollcrafters, NCB, Library
- 10:00 a.m. – Zumba, NCB
- 7:00 p.m. – OVCA Board Meeting, SCB

WEDNESDAY, AUGUST 17

- 10:00 a.m. – Sculpture Class, SCB, A/C Rm
- 10:00 a.m. – Water Aerobics, SCB
- 2:00 p.m. – Movie: *The Lost City*, SCB
- 5:00 p.m. – Sebastian's Poker, NCB, C/R
-

ARTIST OF THE MONTH: GARY GRISWOLD

Story and photo by Carol King

Visitors to the North Clubhouse will have the opportunity to admire a photography exhibit presented by Artist of the Month Gary Griswold.

The display, running Aug. 1-31, will be a bit different than previous artist showings. Gary will be showcasing photographs ranging from the 1800s to current times. In addition to viewing photos he has taken digitally and with film, visitors will be able to admire vintage photographs that Gary has enhanced and reimagined using Photo-shop.

"I have a collection of glass-plate negatives with images that range from early 1880s until the 1920s," he explains. "By using Photoshop I can clean up and manipulate the original negatives."

Examples of Gary's work in this technique include a sepia-toned view of the downtown Milford waterfall taken during the 1800s and a view of an early American automobile, which he estimates was taken during the 1920s.

Gary's passion for photography dates back to the 1970s when he was inspired by his mentor, George Powell. "I got interested in taking pictures, which blossomed into creating a home dark room. George and I would take trips to Goodwill, looking for cameras and equipment."

Once "hooked," Gary became adept at developing and processing his own photographs as well as mounting and framing them. From there, he joined the Milford Camera Club and related organizations and entered his photos (and won prizes) in competitions throughout New England.

He enjoys taking scenic photos and his works capture the flavor of the places that he visits, most notably Vermont, Maine, Cape Cod and Connecticut. With an affinity for black-and-white film, he has an array of images ranging from rural barns, lobster boats and seascapes.

Currently, he is shooting photos digitally, often with his cell phone. "I don't miss using film, but I do miss the



processing of black-and-white photographs," he notes.

A second passion for Gary is biking. He is an avid cyclist and dedicated member of Sound Cyclists Bicycle Club. He enjoys riding his road bike and says that traveling 125 miles a week in trips of 30- to 35-mile increments is not unusual for him.

He has been a resident of Oronoque Village since 2018 and enjoys golfing, pickleball and participating in the exhibits at Galerie OV at the South Clubhouse. **OV**

Avon Cosmetics
Independent Sales Consultant
Dottie Beswick

10% Discount to OV Residents!

203-451-8011  besdero@yahoo.com


Pet Sitting/Dog Walking Service, LLC

LIZ KEDAN, Founder
315B Navajo Lane
(203) 581-6813
Email: lkwhiskers@yahoo.com
www.lizwhiskers.com

- Our staff will gladly visit as many times a day as needed, or stay in your home with your pets overnight.
- Insured and Bonded
- References available upon request

 **RATED FOUR PAWS** 

INFORMATION FROM THE TOWN OF STRATFORD

YOUR SEWER FEE BILL EXPLAINED

The WPCA, or Water Pollution Control Authority, levies a user fee unto residents at a flat rate while billing commercial and industrial users by consumption. We have not had an increase in the sewer fee in at least seven years, but various issues have impacted costs this last year.

The infrastructure within the WPCA was previously evaluated and the town has been required to make various improvements and repairs to that infrastructure to keep it running efficiently and up to standards.

There have been additional costs in gas, chemicals for the treatment plant, equipment utilized and updated, and workers' salaries have increased. It should be noted that the town often utilizes bonds to produce payment for various endeavors and doing so keeps the flat rate down. For example, we paid \$20 million for a pump update at the water treatment plant but we must begin repayment of the bond this year.

Overall, this maintenance has been costly for the town and that is what's reflected in your sewer fee that was levied this fiscal year.

WHY IS MY CAR TAX HIGHER?

Many have asked about the changes in their car tax. The change is directly related to the value of the vehicle you own - the administration and the Town Council have not increased taxes on your car.

The overall total Value of Motor Vehicle in the Town of Stratford for the 2021 Grand List is a 29 percent increase. The median increase across the State of Connecticut is 26.4 percent.

The COVID-19 pandemic and the microchip shortage has made it difficult for automaker production lines to keep up with demand for new vehicles. With less cars being produced, that mean buyers are turning to used

cars. The cost of new and used vehicles has increased due to this shortage.

Motor vehicle assessments are determined at 70 percent of "Clean Retail Value "not the" Trade In" or "Private Sale" values. We use the recommended values provided by NADA Vehicle Pricing Guides in accordance with Connecticut State Statute 12-71d.

If you would like to check the value of your car, you can go to <https://www.nada.com/> and search your vehicle. Once you find your "Clean retail" value, multiply it by 70 percent to get your assessed value. Then multiply by the mill rate of (32.46) and this will give you your tax amount. The NADA values are based on Oct. 1, 2021.

Motor vehicles registered to Stratford as of Oct. 1 of each year are taxed the following July. Vehicles registered between Oct. 2 and Aug. 1 are taxed on a supplemental list in January.

If you should wish to appeal the assessment of your vehicle, the September Board of Assessment Appeals will be held on Saturday, Sept 17, at 9 a.m. in the Town Hall garage.

OV

Source: The Office of Stratford Mayor Laura Hoydick



- Plumbing Repairs
- New Installations
- Heating Systems
- Hot Water Heaters
 - Marble • Tile
- Total Bath & Kitchen Remodeling
- Additions • Decks

FRANK BALLARO
Phone (203) 378-6306 • Emergency (203) 395-2093
Licensed & Insured • References Available • Free Estimates



Lisa Glazer

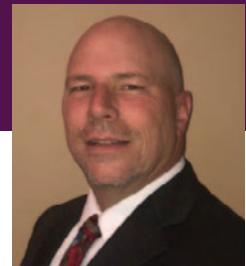
Chairman's Circle Gold Winner
Top 2% Nationally
(203) 305-4092
lisaglazer@bhhsNE.com

**BERKSHIRE
HATHAWAY**
HomeServices

New England
Properties

SPECIALIZING IN ORONOQUE VILLAGE

As **local market experts**, backed by a global network, and over **25 years of experience** we have the resources and knowledge for all your real estate needs.



Scott Glazer

(203) 305-9752
scottglazer@bhhsne.com

ECCENTRIC TRAINING



By Ed Genga, M.A., CSCS

There are three types of contractions muscle fibers can perform when lifting weights: concentric, eccentric and isometric. A concentric contraction occurs when the muscle fibers shorten, an eccentric contraction occurs when the muscle fibers lengthen, and an isometric contraction occurs when the muscle fibers stay the same length.

Now, imagine a movement through a specific exercise like a dumbbell bicep curl: When you flex or bend your elbow to pull the weight up toward your chest, that is a concentric contraction. As you extend or straighten your elbow to lower the weight back down, that is an eccentric contraction. An isometric contraction would occur if you paused halfway and held the dumbbell at a 90-degree angle for an extended amount of time.

Eccentric contractions essentially act as a braking mechanism. It is about controlling the lowering of weight while still maintaining tension through the muscle. When you are doing the eccentric part of an exercise, you are moving with the resistance—i.e. resisting the pull of gravity as you lower a weight—as opposed to moving against it.

What Are the Benefits of Eccentric Training?

Eccentric training focuses on the lengthening phase of any particular exercise, which makes it ideal for building strength. By lowering the weight with control, you create a greater stimulus for growth because the gravitational force of the weight is greater than the force the muscle is producing.

Research published in 2014 in the *Journal of Applied Physiology* found eccentric training to be better at building both muscle size and strength than concentric training. This is because you can lengthen muscles under greater loads than you can contract.

During an eccentric contraction, the muscle fibers lengthen to a point that causes microscopic tears which induces the muscle's inflammatory response; with proper recovery time, they will repair and rebuild themselves stronger than they were before.

Eccentric contractions cause more muscle damage (in a good way!) than concentric contractions. Because you are moving more slowly through the motion, overall force increases. Over time, your muscle will naturally develop increased strength to accommodate that increased force. Eccentric training also requires less oxygen, a lower cardiac output and produces less lactate buildup within the muscle than concentric training when using similar

loads, all of which is easier on your body.

That lengthening of the muscle fibers can also improve flexibility and range of motion. Eccentric training can be an effective way to improve lower limb flexibility. Eccentric strength training can improved flexibility and lessen the risk of injury. It training also strengthens your body's connective tissue according to research published in a 2016 *Journal of Applied Physiology*.

What Are the Risks to Eccentric Exercise?

Any kind of training comes with risks. Eccentric training may induce Delayed Onset Muscle Soreness (DOMS). DOMS usually becomes apparent within 12 to 24 hours and subsides several days after onset.

The effects of muscle damage from eccentric training will vary depending on the intensity of your workout. Remember, minimal micro tearing of the muscles is a good thing: It's what has been shown to create the stimulus for muscle growth. But when your muscles are recovering, they are weaker and at more risk for injury; that is why it is so important not to go all-out every day and work on active recovery efforts like walking, swimming, or yoga on your off days.

Also, keep in mind that because your body can handle more weight with eccentric exercise, you may be more prone to injuring yourself with strains or sprains if you lift too heavy or too soon. For example, if you try a heavy eccentric bicep curl, where you are slowly lowering the weight, but you are not able to control lowering the heavy weight, you may drop too quickly and pull or tear something.

Make sure to build up your strength slowly to prevent injury. It is always better to start 'easy' and increase intensity when you are ready for it than to start too heavy and injure yourself.

How Can You Safely Add Eccentric Training to Your Routine?

Most exercises can be performed with an eccentric focus, so you can start incorporating this type of training into any strength workout. I would recommend the basic exercises to start: squats, pushups or rows.

Eccentric exercises must be performed slowly, with control, to increase the muscle's time under tension. Try doing a three- to four-second count on the lengthening phase of the exercise and a one-second count on the shortening phase. In general, start with 8 to 10 reps per exercise with one or two sets. (FYI: You do not need to use weights. Eccentric exercises are an excellent way to increase the challenge of any exercise—just imagine a 4-

Continued on page 18

WE ARE YOUR HEATING, AIR CONDITIONING AND WATER HEATING EXPERTS!

Give us a call 24/7 for Fast, Same-day Service
and Honest, Upfront Pricing.

203-378-4700

Now servicing over 200 of your
fellow neighbors!



WHY CHOOSE TYLER?

- Preferred Pricing for Villagers
- BBB Accredited
- Angie's List A Rating
- Angie's List Super Service Award
- Carrier Factory Authorized Dealer
- 3 Time Carrier President's Award Winner

\$0 DOWN
0% INTEREST
FINANCING AVAILABLE
*with approved credit

CALL TODAY FOR YOUR FREE ESTIMATE – 203-378-4700

ORONOQUE VILLAGE RESIDENTS RECEIVE SPECIAL PRICING.
Refer to our website for monthly specials.



Turn to the experts

**ASK ABOUT
OUR REFERRAL
PROGRAM**



Heating • Air Conditioning • Water Heaters

203-378-4700

www.tylerair.com

LIC S1-0391807 • Fully Bonded & Insured.



Fitness & Older Adults, continued from page 16

second slow push-up lowering to the floor.)

Because you may have more muscle soreness than you are used to if you are new to eccentric training, give yourself 48 to 72 hours before repeating an eccentric workout. Make sure your muscles have fully recovered before taxing them again.

Stick to a three-week ramping up protocol. Slowly and incrementally, increase the amount of weight and range of motion you use throughout the three weeks. Then you can do a down or de-load week where you significantly lower the intensity before picking back up where you left off. That recovery period is crucial, so you

can come back stronger than you were before—and keep building toward your goals. **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.

THE OV MONITOR PROGRAM NEEDS SUBSTITUTES

Monitors maintain a presence at the South Clubhouse, spending 2 hours a week in the office. Responsibilities include checking visitors in and out, participating in the Call-In Program and assisting with the Movie Club Home Loan Program.

If you are interested in learning more, please contact Kathy Lukens at wkluken@comcast.net / 203-612-6685.

Baldwin Breakfast Club!

1000 West Broad Street, Stratford



Monday - Friday @ 9:00 am



The Baldwin Center is now serving breakfast **EVERY WEEKDAY MORNING** in The Baldwin Center Cafe!!!

Must be at least 60 years of age to register. Registration and Reservations are required.
Please call (203) 385-4050 to learn more about the program, or call (203) 377-4991 directly to make a reservation!

See you for breakfast!!!

Donations of \$3 are welcome, but no one will be turned away if unable to donate.

Weekenders Presents Airborne Trio on August 13 at NCB at 6 p.m.



Weekenders will take you on a flight to the Caribbean Islands when you enjoy the culture and vibrant spirit, hot rhythms and haunting melodies of The Airborne Trio, a group of excellent musicians and singers who will perform their original compositions of island music and contemporary jazz, which will interplay with the folklore and traditional songs of various countries.

Airborne has released many award-winning and chart-topping CDs. The group has received worldwide airplay and international acclaim.

To attend this uplifting event, which includes dinner, deposit checks in the amount of \$25, made out to Weekenders, and place in our box at the North Clubhouse with any special seating requests. The deadline to RSVP is August 8.

For information, call Carol Tepper at 203-375-2101.



**JOIN SAC FOR
"IT'S 5 O'CLOCK SOMEWHERE"
ON THE FIRST FRIDAY OF THE MONTH
AT NCB**

BYOB * RELAX AND MINGLE

**BRING SNACKS FOR YOURSELF
OR TO SHARE**

NEXT EVENT IS AUGUST 5

**BINGO IS AT SCB AT 7 P.M.
ON THURSDAY, AUGUST 18**



**Bingo — presented by the
OV Men's Club — is held at SCB
on the third Thursday of each month
(excluding December).**

The cost is \$2.50 per card.

**Questions?
Call Sandy Lunt at 203-377-5833**



**The OV Book Club meets on the first Wednesday of
each month at 7 p.m. in the NCB Library.**

The book for Aug. 3 is *Midnight Library* by Mat Haig. This charming, funny, inventive novel is about regret, the choices we make and taking the bitter with the sweet.

The book for Sept. 7 is *Mrs. Dalloway* by Virginia Woolf. Mrs. Dalloway takes place over the course of a single day in a woman's life in 1920s London.

Virginia Woolf's supple and mesmerizing account of an ordinary day draws the reader into the minds, perceptions, and emotions of an astonishingly varied and vivid cast of characters. Woolf reminds us that each day, hour, and even minute of our lives harbors the potential to transform us and those around us.

The novel ranks among those rare, timeless books that speak to us anew with each reading.



FUNSEEKERS PRESENTS

BILLY JOEL- Songs and Stories

**Lee Glantz,
vocalist/pianist**

With Lee Glantz, vocalist/pianist

Tuesday August 9, 2022 7 pm SCB • Doors Open At 6:15

Spend an evening with Lee Glantz who will thrill us with Billy Joel songs and stories. Lee has performed in venues such as the St. Regis Hotel and The Rainbow Room in NYC among many others. With his elegant, swinging and sophisticated style, Lee has been entertaining audiences for over 25 years.

"Listening to Lee is pure joy. He plays and sings with freshness, musicality and impeccable technique. He's a charming entertainer and I was transported by his music. It's clear he loves what he does, and you will too." Five Time Grammy Nominated Entertainer - Michael Feinstein

Advance reservations required and payments will be accepted from July 16th through August 3rd unless maximum capacity is reached. Open to resident Funseekers' members and one guest per single resident until July 26th. Starting on July 27th, if there is space availability, member residents may sign up non-resident guests. Please put \$4.00 check per person into FUNSEEKERS mailbox, NCB (\$7.00 non-resident guest). Not a 2022 member? - Join for \$15 per person.

Proof of vaccination and one booster required (or instead of booster), formal Covid test taken at an official testing site within 48 hours of this event. Bring official Covid report to door if this applies.

Questions? Call Lucy Clifford 203-644-7710

COFFEE, TEA, SOFT DRINKS & DESSERT TO BE SERVED

BYOB AND SNACKS!

HOT SUMMER NIGHT AT ORONOQUE
SAC PRESENTS OUR SUMMER POOL EVENT



WHEN: SATURDAY, AUGUST 20TH

TIME: 6:00 -10:00 PM

LOCATION: SOUTH CLUBHOUSE – INSIDE & OUTSIDE BY THE POOL

ENTERTAINMENT: D.J.'S

COST: \$55.00 PER PERSON

COME JOIN US FOR A NIGHT OF FUN, DANCING & A SCRUMPTIOUS BUFFET

MENU: APPETIZERS, CHICKEN PICCATA, SALMON, EGGPLANT

CARVING STATION: ROAST PRIME RIB W/AU JUS

SALAD, DESSERT, COFFEE & TEA, SODA

WINE & SET-UPS PROVIDED - BYOB (NO GLASS ALLOWED)

IF YOU HAVE A SEATING PREFERENCE: INCLUDE ALL NAMES WITH CHECKS & DROP OFF WITH FORM TO SAC BOX NCB BEFORE AUGUST 14TH.

Questions? Call Sonya at 203-377-1515

NAME: _____ **PHONE:** _____

NUMBER ATTENDING: _____ **AMOUNT ENCLOSED:** _____



**The Movie Club Presents
The Lost City**

Aug. 12, 7 p.m., NCB

Aug. 16, 2 p.m., SCB

The Lost City stars Sandra Bullock and Channing Tatum as a romance novelist and her cover model, who must escape a billionaire (Daniel Radcliffe) and find the lost ancient city described in one of her books. The film co-stars Da'Vine Joy Randolph, with cameo appearances by Brad Pitt and Stephen Lang.

***\$1 admission includes popcorn -
proof of vaccine required***



**Together - Under one roof
at the same place, at the same time!**

August 26, 6:30 p.m., at SCB



Come join D.J. Chris Albino for Karaoke and Dancing on Friday, July 29, at 6:30 p.m. at SCB. Hear and dance to your favorite songs Both Karaoke and Dance Party are being combined into one show each month, so this is your chance to get up and get moving again! Never a charge or dues to pay.

***Proof of vaccination is required to attend. BYOB, food and snacks.
The next event is scheduled for September 23.***



Creating purpose & joy.

Benchmark creates connections and meaningful experiences for individuals with Alzheimer's and other forms of dementia. We cultivate a sense of community and deliver personalized care with passion.



**SPECIALLY TRAINED CARE TEAM
DELIVERING PERSONALIZED CARE**



**STIMULATING PROGRAMMING
TO ENGAGE MIND AND BODY**



**THOUGHTFULLY DESIGNED
LIVING ENVIRONMENTS**



Schedule a tour of our Assisted Living and Mind & Memory Care community. **203.601.7515**

708 Bridgeport Avenue | Shelton | BenchmarkAtSplitRock.com



SHOPRITE OF SHELTON

ShopRite of Shelton • 875 Bridgeport Ave. • Shelton CT. Store #203-225-9224

Transferring a prescription is **SO EASY!**



Speak with your ShopRite Pharmacist and we'll take care of the rest. ShopRite Pharmacy accepts all major prescription plans.

Get your **FLU SHOT** today!

NO COST with most insurance plans.

Speak with your Pharmacist for more information.

Log onto ShopRite.com or download our Pharmacy App to find a pharmacy near you.

Join the ShopRite Pharmacy **Auto Refill PROGRAM**

Never Run Out of Your Medication...Again!

Your ShopRite Pharmacy will automatically refill your prescription several days before your supply runs out. No need to contact your pharmacy for a prescription refill – your medication will be ready for you to pick up.

- **CONVENIENT • FAST & EASY SIGN UP**
- **NO NEED TO CALL IN REFILLS**



Order Groceries Online at shoprite.com



Save Time and Money...
You get the same variety, promotions, and prices in-store and online. You never have to sacrifice savings for convenience.



You Click...We Pick!
Our well-trained personal shoppers will select the freshest meat, produce, seafood and more, just the way you would.



When You're on the Go, Your Order Will Be Ready to Go!
Your order will be ready for pick up or delivery at a convenient time for you.

Pick Up Hours: 7 Days a Week 10am to 8pm Delivery Hours: Mon., Wed., Thur., Fri. & Sat. • 11am to 7pm
We're all about food. We're all about savings. We're all about you.™ In Store and Online.

ShelfGenie®

EVERYTHING WITHIN REACH®

a Neighborly® company

TRANSFORM YOUR HOME AND UPGRADE YOUR STORAGE



Alex Modica, Local Owner
Oxford Greens References Available

50% OFF
INSTALL*

*Limit one offer per household. Must purchase 6+ Classic/Designer Shelves. *Limit one offer per household. Must purchase 5+ Classic/Designer Shelves. Shelfgenie.com EXP 5/31/22. Independently owned and operated franchise.
CT: HIC 624564 | LIC # CT0624564 | WC22211-H09 | Yonkers 5015 | Rockland H12089-04-00 | PC 6564



FREE Design Consultation:
(888) 267-1794 | shelfgenie.com/connecticut

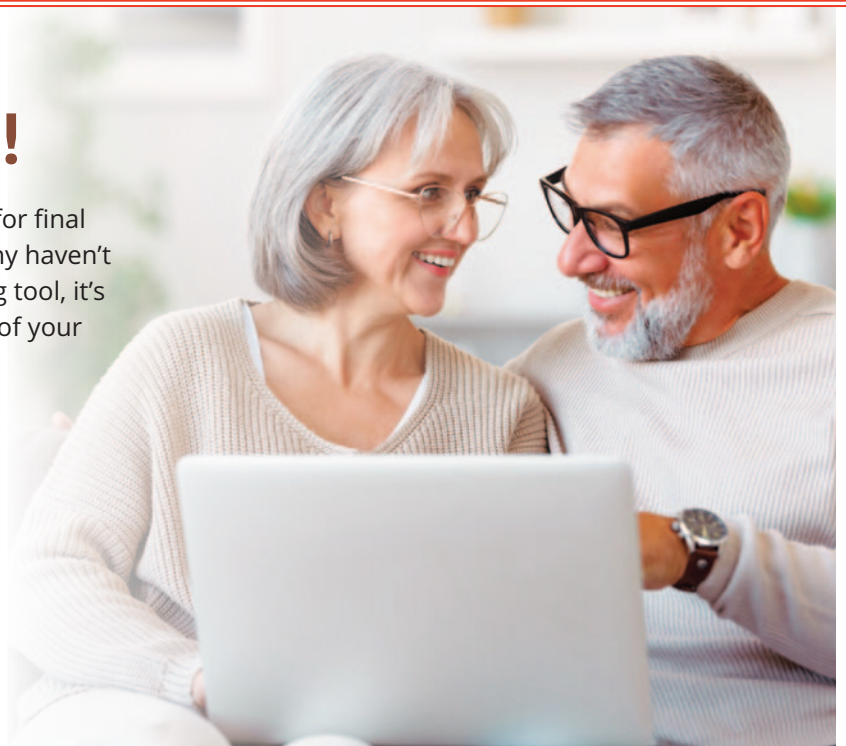
Adzima Funeral Home is proud to offer online planning!

Most people agree that planning ahead for final arrangements is a good idea, but so many haven't actually done it. With our online planning tool, it's easy, and you can plan from the privacy of your own home!

In a few simple steps, you can eliminate confusion, protect your family from financial worry, and give everyone peace of mind for the future.



Scan the QR code to go to our online planning tool and get started today!



Adzima Funeral Home

50 Paradise Green Place | Stratford, CT 06614 | 203.375.2200 | www.adzimafuneralhome.com

Online Planning Tool: plan.passare.com/preplan/AdzimaFH/PlanAhead