

September 1, 2022



THE VILLAGER

Don't miss the
"Meet the OVCA Executive Board Candidates"
supplement inserted in this issue.



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Thank you to Peter Ulisse for submitting the cover photo, taken on Narraganset Lane.

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.



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Program Overview



MyHomeCT

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Connecticut has been awarded approximately \$123 million from the U.S. Department of the Treasury's Homeowner Assistance Fund ("HAF") program. The HAF Program in the State of CT is known as **MyHomeCT** and is being administered by the Connecticut Housing Finance Authority (CHFA).

The goal of MyHomeCT is to provide assistance to eligible CT homeowners who have experienced a COVID-19 related financial hardship. The assistance is meant to cure and/or prevent mortgage and housing related delinquencies and foreclosure. **Qualified expenses under this program include:**

- ▶ Mortgage delinquencies/payment assistance
- ▶ Non-escrowed real estate taxes (not included in mortgage payment)
- ▶ Condominium and/or homeowners' association fees or special assessments
- ▶ Non-escrowed (not included in mortgage payment) homeowners' insurance and flood insurance
- ▶ Water and sewer liens
- ▶ Ground lease or lot payments
- ▶ Fees that were advanced by the loan servicer/lender on behalf of an applicant with a reverse mortgage

Assistance can be made in the form of a one-time reinstatement, ongoing forward payments, or a combination of both.

Homeowners may apply for up to \$30,000 in grant assistance

How to Apply:

Visit: www.chfa.org/MyHomeCT to learn more and to apply. You can also complete a short online questionnaire to see if you may be eligible.

If you need help with your application, you may call **877-894-4111** or visit one of the **MyHomeCT** Resource Centers for help with your application. The list of resource centers can be found on www.chfa.org/MyHomeCT.



Eligibility Requirements:

- ▶ Applicant must live in the state of Connecticut and occupy the property as their primary residence.
- ▶ Applicant/household member must have experienced a COVID-19 related financial hardship after January 21, 2020, or experienced a financial hardship before January 21, 2020, which was then exacerbated by the pandemic. Assistance for a delinquency prior to January 21, 2020, is capped to three months.
- ▶ Property must be an owner-occupied 1-to-4 unit house, condominium, townhouse, or manufactured home.
- ▶ Homeowners applying for mortgage assistance must have a mortgage that had a principal balance at or below the Federal Housing Finance Agency's conforming loan limits for Fannie Mae and Freddie Mac at time of origination.
- ▶ Household income must be equal to or less than 150% area median income (AMI), adjusted for household size.

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The CT Department of Housing is the responsible entity for the program, and has designated the Connecticut Housing Finance Authority (CHFA) to administer it on its behalf. This project is being supported, in whole or in part, by federal award number HAFP-0206 awarded to Connecticut by the U.S. Department of the Treasury.



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.



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ANNOUNCEMENTS

GERSHWIN'S 'RHAPSODY IN BLUE' TO HIGHLIGHT NEXT PLETMAN CONCERT

By Elisabeth Breslav

Recently returned from an extensive concert tour in Europe, virtuoso pianist Eden Chen is looking forward to his return visit to Oronoque Village on Sunday, Sept. 18, at 3 p.m. at NCB.

Like last year, Eden plans to present a challenging program, including works by Medtner, Tansman, Scriabin and Ravel. "Rhapsody in Blue for Solo Piano" by Gershwin will end what promises to be a not-to-be-missed musical experience.

Eden, 22, is a Young Scholar Alum of the Lang Lang International Music Foundation and a Jack Kent Cooke Young Artist. He holds a master of music degree from The Juilliard School. His solo performances have taken him to Italy, Austria, Poland, England and China.

Admission is \$5. Proof of vaccination is required. Mask wearing is optional.

In addition to five concerts at Carnegie Hall in New York and two at Millennium Park, Chicago, he has performed two benefit concerts in Zhongshan, China, and one for the New York Presbyterian Morgan Stanley Children's Hospital.

Eden has shared music with thousands of children during school visits and performances in the United States and United Kingdom, including one for an audience of 1,200 in the Leeds Town Hall.

As a concerto soloist, Eden has performed with the Torun Symphony in Poland, the Midwest Young Artists Symphony in Chicago and the Antelope Valley Symphony in California. During 2019-2020, he gave a multimedia recital at The Juilliard School, featuring John Milton's poem,



"Paradise Lost," and the visual art of Spanish artist Pablo Auladell. He was featured online by Grammy Award-winning soprano Isabel Leonard and Pianist Magazine. His other virtual performances include an adaptation of Aaron Copland's "Appalachian Spring" with the Juilliard Green Club and the inaugural "Play it Forward" virtual concert presented by the Lang Lang Foundation. During this time, Eden received the Gluck Community Service Fellowship for designing virtual performances for senior homes most affected by the COVID-19 pandemic.

Admission is \$5. Proof of vaccination is required. Mask wearing is optional.

Upcoming Pletman Concerts will take place Oct. 16, featuring the Yale Slavic Chorus, and Nov. 13, with a chamber music performance by Adam Grabois, cellist, and Mar-

SAC TRIP TO ESSEX IS SOLD-OUT

The SAC bus trip to Essex on Thursday, Sept. 15, is sold-out. This is now a "Wait List" event. For more information, call Sonya at 203-377-1515.

TAI CHI CLASSES BEGIN SEPT. 12

Tai Chi classes, designed for beginners and prior experience students with the abilities to stand, walk and move, begin on Sept. 12. Participants will learn basic and fundamental warm up of qi gong, dao yin and movements for improving overall health and balance, immune system, breathing, flexibility for bones, joints, ligaments and tendons.

Instructor Jonathan Davis has 30 years of experience combined with studying Chinese sports medicine and

working with tai chi teachers, herbalists and physicians. Jonathan brings to us his expertise and unique way of teaching. He will provide an effective and safe way for participants to achieve results.

The hour-long sessions will be held on Mondays at 5:30 p.m. at SCB. The cost is \$60 for six sessions. Drop-in fee is \$15 per class. Call Lucy Clifford (203-644-7710) if you wish to participate.

GARBAGE/RECYCLING PICKUP WILL BE DELAYED NEXT WEEK

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.

ANNOUNCEMENTS

BRAVO PRESENTS: 'BURLESQUE – ORONOQUE STYLE'

BRAVO's 2022 production of "Burlesque – Oronoque Style" will be performed on Saturday, Oct. 8, 7 p.m., in the South Clubhouse. Produced and directed by Bob Krakovich, this show (which will be his last production) will feature Burlesque-era songs, skits and one-liners. As was the main act featured in many a former burlesque show, a tastefully done striptease will be performed by a Village resident going under the stage name of "Oronoque QT Pie".

Doors will open at 6 p.m. Admission is \$5 per person, paid at the door. Villagers and their guests are welcome. Desserts and refreshments will be served following the show. If you have any questions, please call Bob Krakovich at 203-752-6105.

Please note: Proof of vaccination or negative COVID test required.

DISTRICT ELECTION MEETINGS

District 5 Election Meeting will be held on Tuesday, Sept. 27, at 5:30 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.

Residents of District 11 will meet at 7 p.m., Thursday, Sept. 22, in the North Clubhouse to conduct an election for District positions. Proxies are available by emailing District Secretary Marge Heffel at mcheffel@gmail.com or by text or phone at 203-913-5695. Candidate announcements and a voting form will be placed in D11 resident black mailboxes on Sept. 16. The election will be followed by ice cream, coffee and dessert. A drawing for some fabulous door prizes will be held as well – a resident must be present to win.



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SEPTEMBER IS DYSTONIA AWARENESS MONTH

By Len Nachbar

Dystonia? It affects approximately 300,000 people in the U.S., with one-third of them being children. Yet, most people either know very little about dystonia or they have never heard of it. Mayor Laura Hoydick has proclaimed September “Dystonia Awareness Month” in Stratford; towns, cities, counties and states across the U.S. issue similar proclamations each year.

Dystonia is the third most common movement disorder, after essential tremor and Parkinson’s disease. Movement disorders are neurologic conditions that cause problems with movement.

The National Institute of Neurological Disorders and Stroke (NINDS), the division of the National Institutes of Health (NIH) that researches movement disorders, describes dystonia as “a movement disorder that involves unintended (involuntary) muscle contractions that can cause twisting and repetitive movements or abnormal postures. The movements are sometimes painful...Dystonia can occur at any age.”

When a person raises an arm, chews food, closes an eyelid or makes any movement, the brain sends a signal to the nerve controlling a muscle to make the muscle contract. At the same time, the brain sends a signal to the nerve controlling the opposing muscle to make it relax. All motion, from the smallest to the largest, works that way. There’s too much electricity in the brains of people with dystonia and conflicting signals are sent to the two opposing muscles, causing both to contract. The result is contortion, spasms and, often, pain.

Focal dystonias affect one part of the body. The heads of people with cervical dystonia, are painfully pulled forward, backward or sideways to the shoulder. Blepharospasm causes the eyes to continuously blink rapidly. A former co-worker of my wife had to tape his eyelids open. The vocal cords of people with spasmodic dysphonia are either pushed



Janet and Len Nachbar with actor/activist Michael J. Fox (center) who developed dystonia in his feet as a result of medication.

too close together, causing the voice to be rough and gravelly, or are pulled too far apart causing the voice to be faint and breathy.

Longtime NPR radio host Diane Rehm had to leave the air when she developed spasmodic dysphonia. Piano virtuoso Leon Fleisher’s lost the ability to play with his right hand after his fingers curled uncontrollably.

Segmental dystonias affect two or more connected body areas (for example the neck, shoulder, and arm). New York Yankees star Chuck Knoblauch lost the ability to throw the ball accurately and also had difficulty hitting.

If two or more areas in different parts of the body are affected, the dystonia is termed multifocal (for example, the eyes and vocal cords).

Generalized dystonia refers to dystonia that is not limited to a single part of the body but affects multiple muscle groups throughout the body. As with other disorders, symptoms can progress as a person ages. In the last years of her life, our daughter, Joanna, transported in a wheelchair, communicated with a letter board, received medications and nutrition through a feeding tube and breathed through a tracheostomy tube. She had difficulty using her hands because her fingers were twisted and curled. Her head was

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pulled sideways to her neck. Joanna’s vocal cords were pulled too far apart and she had difficulty controlling her mouth.

The cause of dystonia can be primary, which is caused by genetics. Secondary dystonias are caused by outside factors such as stroke, head injury, toxins, other illnesses such as cerebral palsy or reaction to certain medications. Michael J. Fox developed dystonia in his feet from the levodopa that he takes to treat the Parkinson’s.

Most doctors, including many neurologists, have little experience diagnosing or treating people with dystonia. Movement disorder doctors, an area of specialization within neurology, have the expertise and experience.

Dystonia is treated with oral medications, botulinum toxin injections and, as a last resort, deep brain stimulation surgery. One of the first uses for Botox, the most frequently used botulinum toxin, was to the dystonia which causes rapid eye blinking - blepharospasm.

More information about dystonia can be found at the Dystonia Medical Research Foundation’s (DMRF) website, www.dystonia-foundation.org or by calling the DMRF toll free at 800-377-DYST (3978). OV

Understanding Dystonia

Dystonia is a disorder that causes muscles in the body to contract and spasm involuntarily.

**Spasmodic Dysphonia/
Laryngeal Dystonia**
Contraction of vocal cord muscles.

Blepharospasm
Uncontrollable blinking or eye closure.

**Hand Dystonia/
Writer's Cramp**
Causes the fingers to curl and the hand and forearm to cramp.

**Cervical Dystonia/
Spasmodic Torticollis**
Involuntary movements and postures in the neck.

Generalized Dystonia
Causes cramping and twisting in the feet, limbs, and torso.

Dystonia may occur in isolation or in combination with additional movement disorder symptoms such as myoclonus or parkinsonism.

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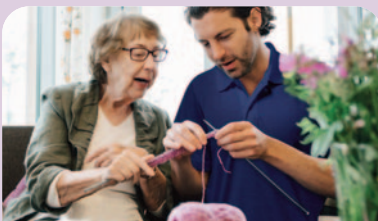
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ACTIVITIES

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 Sept. 15, is Sept. 6 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

CURRENT EVENTS

• The Current Events Discussion Group meets in SCB Card Room 1 at 10 a.m. on Wednesdays Sept. 7 and 21, Oct. 5 and 19, Nov. 2 and 16 and Dec. 14.

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.

LADIES BIBLE STUDY

The Ladies Bible Study welcomes all resident women. Proof of vaccination is not required, but nonvaccinated ladies must wear masks. There are no fees to join. Purchasing study materials is optional. Meetings are on the second and fourth Fridays in the NCB Board Room from 10:30 a.m. to noon (excluding July and August). Questions? Call Angie McKelvey (203-227-3222) or Tina Vermette (203-375-0291).

LINE DANCING

• Line dancing classes are held on Wednesdays at NCB beginning Sept. 14. Beginner classes are held at 9:30 a.m., followed by a class for all levels at 10 a.m. No masking is required for anyone who has received the booster or third shot. All others must wear masks. Call Sonya DeBiase at 202-377-1515 for information.

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.

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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.

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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.

THURSDAY, SEPTEMBER 1

- 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
- 10:00 a.m. – People's Bank Presentation, 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, SEPTEMBER 2

- 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, SEPTEMBER 3: No events scheduled

SUNDAY, SEPTEMBER 4: No event scheduled

MONDAY, SEPTEMBER 5

Business & Maintenance Offices Closed

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

TUESDAY, SEPTEMBER 6

- 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. – Bulls & Bears, NCB Library

WEDNESDAY, SEPTEMBER 7

- 8:30 a.m. – Communications Committee, NCB B/R
- 10:00 a.m. – Sculpture Class, SCB, A/C Rm
- 10:00 a.m. – Current Events, SCB

- 5:00 p.m. – Sebastian's Poker, NCB, C/R
- 6:00 p.m. – Gerry's Poker, SCB
- 7:00 p.m. – Book Club, NCB Library

THURSDAY, SEPTEMBER 8

- 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
- 6:00 p.m. – Gerry's Poker, SCB
- 7:00 p.m. – Arts Guild event, NCB

FRIDAY, SEPTEMBER 9

- 10:30 a.m. – Low-Impact Exercise (Bring Weights), NCB
- 10:30 a.m. – Ladies Bible Study, NCB B/R
- 7:00 p.m. – Movie: *Downton Abbey: A New Era*, NCB

SATURDAY, SEPTEMBER 10: No events scheduled

SUNDAY, SEPTEMBER 11: No event scheduled

MONDAY, SEPTEMBER 12

- 10:00 a.m. – Jewelry-making Class, SCB, A/C Rm
- 10:30 a.m. – Low-Impact Exercise (Bring Weights), NCB
- 1:00 p.m. – House & Garden meeting, SCB
- 4:00 p.m. – Maintenance Committee Meeting, NCB
- 4:00 p.m. – Winter Pool Social Group, SCB
- 5:30 p.m. – Tai Chi, SCB
- 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 Room

TUESDAY, SEPTEMBER 13

- 9:30 a.m. – Architectural Committee Meeting
- 10:00 a.m. – Dollcrafters, NCB, Library
- 10:00 a.m. – Zumba, NCB
- 7:00 p.m. – Funseekers Event, SCB

WEDNESDAY, SEPTEMBER 14

- 9:30 a.m. – Line Dancing, beginner, NCB
- 10:00 a.m. – Line Dancing, all levels, NCB
- 10:00 a.m. – Sculpture Class, SCB, A/C Rm
- 2:00 p.m. – Movie: *Downton Abbey: A New Era*, SCB
- 5:00 p.m. – Sebastian's Poker, NCB, C/R
- 6:00 p.m. – Gerry's Poker, SCB
- 6:00 p.m. – OVCA Candidates' Night, NCB

THURSDAY, SEPTEMBER 15

- 10:00 a.m. – Bocce, NCB

- 10:00 a.m. – Village Quilting Group, 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
- 7:00 p.m. – Men's Club Bingo, SCB

FRIDAY, SEPTEMBER 16

- 10:30 a.m. – Low-Impact Exercise (Bring Weights), NCB

RESIDENT REMINDERS

SAVE PIPES, DON'T FLUSH WIPES!

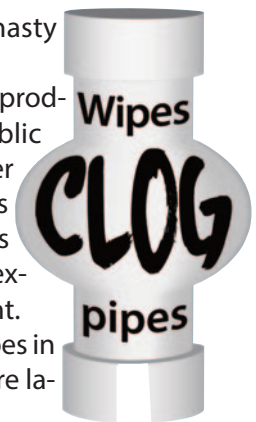
Many household cleaning products are labeled and marketed as disposable; many baby hygiene products are labeled both disposable and flushable. While these products may be marketed as a convenience item, the truth is that these household wipes have the ability to clog and stop up your sewer pipes. They can also cause blockage and service problems in town sewer systems and pump stations.

Unlike toilet paper, these products don't break down once they are flushed. They can cause blockages in your sewer lines, especially older pipelines that may have grease, roots or other obstructions already existing.

Line blockages can lead to nasty sewer backups in your home.

On a larger scale, when these products make their way into the public sewer system, they collect together and cause clogs in sewer main lines and get tangled in pump stations requiring repair or possibly even expensive replacement of equipment.

Always properly dispose of wipes in a trash receptacle, whether they are labeled "flushable" or not.



OV

WHEN SHOULD YOU CALL THE OV SECURITY NUMBER?

Oronoque Village has a security phone number (203-377-5502) that is manned by a 24-hour-a-day answering service. This number is meant for residents who experience maintenance-related emergencies, such as a water main break, sewage backup or roof leak.

The security phone number should never be called when you are in need of a first-responder.

It is imperative that you call 911 to report:

- Medical-related emergencies
- Fire or a possible fire
- Suspicious-looking activity in your neighborhood

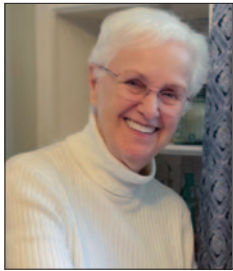
- Traffic accidents
- Any crime involving bodily assault.
- Domestic violence incidents
- Theft or intentional damage to property
- Bomb, terrorist or hate-bias threats or acts
- Burglary (entering a structure with the intent to commit a crime, e.g. theft, damage to property)

If you have a power outage, please contact United Illuminating at 800-722-5584.

Gas leaks should be reported to Southern Connecticut Gas company at 800-513-8898.

Routine police calls should go to 203-385-4100. OV

ARTIST OF THE MONTH: VIRGINIA (GINNY) BROWN



Virginia (Ginny)
Brown

A solitary seashell, vibrant with color ... a country cottage set upon lush green grass ... roaring waves striking a rocky coastline. These are just some of the images in the portfolio of Artist of the Month Virginia (Ginny) Brown. Visitors to the North Clubhouse will enjoy her scenic photographs throughout the month of September.

Photography is a passion that Ginny has enjoyed since an early age. "My father gave me my very first camera on my fifth birthday," she reports. "I took pictures and worked in a darkroom right through high school."

Her hobby took a back seat while she attended college (earning degrees in psychology), raised a family and worked as a management consultant at JP Morgan Chase. "I still took pictures but they were mostly of family outings and vacations," she says.

However, retirement gave her an opportunity to reacquaint herself with the camera and enhance her skill as a photographer. "I began to pursue photography seriously, so I started all over again," she says. She attended classes at Santa Fe Photographic Workshops and studied with private tutors who led retreats in picturesque locations.

"In the beginning, my focus was on landscapes, both grand and intimate," she says. Her interest in taking in the small details while viewing a larger landscape, led her to an art form in which she takes close-up shots of flowers.


"I enjoy macro photography and zooming in on specific parts of a flower," she says. "During the pandemic, I spent two years in weekly virtual classes that were attended by photographers from all over the world. During the classes, which focused on flower photography, I learned many different techniques for both shooting and editing and was able to do my flower photography on my kitchen counter."

Before arriving at Oronoque, Ginny lived in Leonia, N.Y., and worked with a nearby gallery in Piermont to showcase



and sell her works.

She has been a Village resident since 2017. "I moved here when I downsized," she says. "I wanted to be closer to my daughter, who is in Trumbull. Once I saw this condo, I knew this is where I wanted to live."

In addition to traveling and photography, Ginny has a love of gardening. As a member of the OV Arts Guild, she often participates in the quarterly shows at Galerie OV at SCB. 



"It's 5 O'clock Somewhere" is presented by SAC on the first Friday of every month at the North Clubhouse.

Please join us! BYOB & an appetizer to share.

*The next event takes place
Friday, September 2.*

JERRY SICCARDI NAMED VETERAN OF THE MONTH, AUGUST 2022

Congratulations to OV resident Jerry Siccardi, who was named Veteran of the Month, August 2022, by the Stratford Veterans Museum.

Sgt. Jerry Siccardi, the son of Italian immigrants, was working in a garment factory while putting himself through New York University, studying mathematics, when he was drafted into the U.S. Army on Feb. 17, 1942.


After boot camp, he was trained in the new technology of radar, directing anti-aircraft artillery. Arriving in Normandy, France, D-Day plus 5, he was assigned to the 3rd Army, commanded by General George Patton, whom he met several times during the war. Under Patton, he fought in the Battle of the Bulge in Bastogne, Belgium. Jerry witnessed the remains of 82 American soldiers massacred after being taken prison by German troops at Malmedy, Belgium, on Dec. 17, 1944.

He helped liberate the concentration camp at Dachau where he witnessed the atrocities by the German gestapo.

When entering the Austrian town of Braunau, he came

across the birthplace of Adolf Hitler, writing his name on a wall. In later years, a French newspaper tracked him down and wrote a story about him and another soldier who also wrote his name on the living room wall of a Nazi landmark.

His favorite memory is, after receiving a bad laceration carrying a stove for his unit to stay warm, he was sent to an aid station where he met Bob Hope and received a kiss from Betty Grable.

An in-depth story about Jerry's life was published in the Nov. 11, 2019 edition of the Greenwich Free Press and can be found by searching the website www.greenwichfreepress.com. 



CALL FOR ART: FRIDAY, SEPTEMBER 30, 10-11A.M., SCB

By Barbara Stewart


The theme for our fall art show, "See Beauty in the Ordinary," is to encourage everyone to appreciate the things we see every day and, perhaps, take for granted. Maybe it's the view from your window or an old tool or a worn pair of shoes. Or, it could be someplace you pass every day but no longer notice. On another track, how about creating a three-dimensional work of art made of ordinary things?

Here are some quotes to get you thinking about your artwork for this show: "Let us come alive to the splendor that is all around us and see the beauty in ordinary things," Thomas Merton. "The whole world is a series of miracles, but we're so used to them we call them ordinary things," Hans Christian Anderson. "If you



allow yourself to be enchanted by the beauty to be seen in even ordinary things, then all things prove to be extraordinary," Dean Koontz. "I love to take something ordinary and make it really special," Ina Garten.

All mediums are welcome. All submissions must be your own original work. Hanging artwork must be wired securely across the back of the piece and three-dimensional artwork can be displayed on a pedestal. The exhibit will be displayed through the end of December.

Bring your artwork to the SCB on Friday, Sept. 30, between 10 -11 a.m. Artists exhibiting in the present show are asked to, please, pick up your artwork on Thursday, Sept. 29, between 3:30 and 5 p.m. If you have questions or need to make other arrangements please contact Barbara Stewart at 203-612-1373 or email at barbsmt@yahoo.com. 

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OLDER ADULTS NEED TO STRETCH



By Ed Genga, M.A., CSCS

Stretching is an important part of an older adult's ability to maintain flexibility and it helps offset the normal effects of decline in a joints range of motion. Stretching can also help older adults remain active and independent.

As we age and become less active muscles become shorter and lose their elasticity. This can affect the structure of your bones and muscles causing pain and decreased range of motion. Older adults generally experience this decline in the shoulders, spine and hips due to more inactivity and an increase in the time spent sitting.

Stretching is an excellent way to help your body relax and relieve tension if you incorporate breathing exercises and good posture in your stretching program.

It becomes very important for older adults to maintain range of motion and the ability to move all their joints normally with activities during the day.

Generally, when speaking of stretching exercises, we are talking about either static or dynamic stretching.

Types of stretching: Static stretching is the preferred method to create lasting lengthening of a muscle and surrounding tissue, which increases your available range of motion. We also refer to static stretching as a Low load prolonged stretch. This is the application of a low load over a longer period of time. To stretch in this manner, simply hold the stretch position for 15 to 30 seconds or more.

Dynamic, or oscillatory motions, can also be used to increase available range of motion in a joint. This can be used in addition to static stretching. It is a form of stretching that is usually done after you are well warmed up and can tolerate a light bouncy pull on your joints. Static stretching is generally considered the safer choice.

Q: Can Older Adults safely perform stretches?

The great thing about stretching is that it can be fun and done almost anywhere and anytime.

Doctors recommend most older adults with upper body stiffness due to injury or surgery perform range of motion exercises with the affected body part at least three times per day.

- Stretching can greatly help back pain

- Stretching can improve your posture

- Stretching is beneficial for arthritis

Q: When and how much should I stretch?

- Generally, elderly adults stretch 2 to 3 days per week, performing each stretch 3 to 5 times with a 15 to 30 second hold.

- Perform one or two stretches for each body region

- To increase your flexibility, stretches should be performed 4 to 5 days per week.

- Remember, it is important to warm-up before beginning a flexibility exercise program.

- The warm-up is an excellent place to use your static stretching exercises.

General flexibility guidelines

- Warm up before stretching

- Don't bounce during stretching.

- Don't hold your breath during a stretch.

- Stretching should not cause pain, but may be slightly uncomfortable, be gentle.

- Don't combine turning and bending back stretches at the same time. To stretch the back, relax in a chair and support yourself with your hands on your thighs while leaning forward.

- When performing knee bends, don't drop your buttock below your knees. Deep knee bends place too much strain on the knees. It's better to do shallow knee bends, with the feet apart without locking the knees. Always keep the back straight during the movement.

- Avoid pressing the head backward during head rolls which can damage the vertebrae in your neck. Move the head gently from side to side, never too quickly.

Remember, flexibility training for older adults will only show benefits if it is done regularly with the correct form and duration of stretch.



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 CURRENT EXHIBIT AT GALERIE OV,
TITLED "FOOD FOR THOUGHT,"
IS ON VIEW THROUGH SEPTEMBER 28.**



EVENT RECAP

THE MUSIC OF BILLY JOEL PERFORMED AT FUNSEEKERS EVENT

By Marie Orlowe

Welcoming comments were presented by Lucy Clifford. Anne Gallo then reported on the favorable response to the September cabaret show.

The August 2022 Funseekers' assemblage exceeded all expectations. Billy Joel, under the guise of Lee Glantz, brother of resident Dina Glantz, was the featured entertainer. Lee blended a biography of Mr. Joel's life while vo-

calizing the entertainer's ballads. We enjoyed hearing "Uptown Girl," which he wrote for his then-wife, Christie Brinkley, "Honesty," "Always a Woman to Me" and, everyone's favorite, "Piano Man" (to name a few). The baby grand piano at the South Clubhouse never sounded so "grand" as it did when Lee tickled those ivories.

At the conclusion of his performance, Lee received a well-deserved standing ovation. **OV**

BEYOND THE VILLAGE

Food Fest will be held from 11 a.m. to 6 p.m. on Sunday, Sept. 11, at Holy Cross Church, 750 Tahmore Drive, in Fairfield. Offerings, prepared by parishioners, will include roast pork dinner, roast lamb dinner, stuffed cabbage, kielbasa and sauerkraut, cabbage and noodles, hamburgers/cheeseburgers, hot dogs, liver with bacon and onions, roast beef sandwich, palaczinta (filled crepes), cevapcici (ethnic sausages), apple strudel and other baked goods. Beer, wine and soda will be available for purchase. There will be children's activities and a raffle.

The Boothe Memorial Railway Society (BMRS), located at Boothe Memorial Park in Stratford, has weekly Saturday open house events, 1-4 p.m., through Labor Day. Admission is free. BMRS operates Connecticut's largest public outdoor garden train layout at over 1,000 square feet. BMRS has indoor operating train layouts from "N", "HO", "O", "S" and "G" scale which will be on display. It's great fun for engineers of all ages.

After Labor Day, open houses will be on the third Saturday of each month: Sept. 17, Oct. 15, Nov. 19 and Dec. 17. Visit <http://bmrailways.com> for information. **OV**

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HADASSAH INVITES YOU TO DINNER & A MOVIE AT 4 P.M., OCT. 2, AT SCB

The movie will be "Come From Away," a filmed version of the award-winning Broadway musical that tells the story of 7,000 people stranded in the small town of Gander, Newfoundland after all flights into the U.S. are grounded on Sept. 11, 2001. As the people of Newfoundland graciously welcome the "come from aways" into their community in the aftermath, the passengers and locals alike process what's happened while finding love, laughter and new hope in the unlikely and lasting bonds that they forge.

A buffet dinner will include a garden salad with chicken, macaroni and cheese and dinner rolls. Coffee/tea/dessert will be offered. The cost is \$15. RSVP no later than Sept. 28. Please make checks out to Hadassah and drop off at the box at NCB.

Questions? Call Carol Tepper at 203-375-2101 or Barbara Brown at 203-378-7781.



The Movie Club Presents
"Downton Abbey: A New Era"
September 9, 7 p.m., NCB
September 14, 2 p.m., SCB

Hollywood takes center stage in this film which follows the show's same cadre of characters as they deal with a film production crew that sets up shop in their small Yorkshire village. At the same time, the Crawley family learns of a secret estate in the South of France that the Dowager Countess has inherited from a man she met in the 1860s, causing them to travel to France to uncover more secrets from the Dowager's past.


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

ORONOQUE VILLAGE Arts Guild

Experience The Arts When You Join The Oronoque Village Arts Guild!

OV Arts Guild presents: Square One Theatre Thursday June 9th, 7pm. SCB

Join us for an exciting **Play Reading**



The actors perform a play using minimal sets and holding the script in hand.

Helena's Rock Square One!

SQUARE ONE THEATRE COMPANY

Members attend this event at no charge, guests pay \$8 at the door. Proof of vaccination is required to attend. Refreshments will be served after the performance.

OV Arts Guild presents: Celebrating The Bicentennial of the Birthday of Fredrick Law Olmsted

A Wendy Swain Powerpoint Program
Friday, May 20, 4pm in the SCB

Wendy's newest program celebrates the 200th Birthday Of Fredrick Law Olmsted Who Was Born In Hartford Connecticut In 1822

And Designed Central Park In NYC.

He was a journalist, abolitionist, horticulturist and public administrator.

MR. OLMSTED IS CONSIDERED TO BE THE "FATHER OF AMERICAN LANDSCAPE ARCHITECTURE."

The Arts Guild is very pleased to sponsor the new program on Friday, May 20 at 4pm in the SCB Lounge. We will have time after the program for questions and to socialize with wine and appetizers. We hope you will join us for this interesting talk by Wendy.



Arts Guild Presents Our New Art Show

SPRING FEVER

celebrating our new art show Sunday, April 10, 2022 4pm



Arts Guild General Meeting & Entertainment by Michael Coppola and Maria Tiscla Friday, February 25, 2022 7pm NCB

A true virtuoso, Michael Coppola has recorded seven CDs and played at major music venues including The Great American Guitar Show, The Philly Guitar Show, The Montreal Jazz Festival and The Chestnut Hill Festival in Nashville.

Michael will perform with vocalist Maria Tiscla, who worked in TV and radio doing commercials with the late jazz musician Don Ellis. Through her association with Ellis, she applied an iconic saxophone and projects for Quincy Jones.

General Meeting

We will begin with a brief business meeting and the election of our members, new and renewing.

We will collect annual dues of \$15 in either cash or you can opt to check for your dues in the SCB Lounge at 6:00pm.

Members attend our meeting free of charge and guests pay \$8 at the door.

Vaccination Cards Required

Cheerful Style Seating • BYOB and snacks Questions? Call Barbara Stewart 203.612.1379



Arts Guild BUTTONS: Works of Art In Miniature

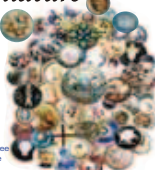
Wednesday, March 16, 4 pm SCB Lounge/TV Area

Anita Coody invites you to "come and experience the world of buttons from the humble to the fancy, rare and valuable, each one like a tiny work of art".

In her power point presentation, Anita will share her passion for button collecting and she will also have a display of buttons from her own extensive collection. Anita is past president of the Connecticut State Button Society and member of the National Button Society. She is an Oronoque resident and serves on the Board of Directors of the Arts Guild.

This event is open to all residents. Arts Guild Members attend free of charge. Guests pay \$8 at the door. Annual membership in the Arts Guild is \$15. It's not too late to join!

Appetizers will be served after the program. Proof of vaccination is required to attend.



Arts Guild Presents ANTIQUE SAMPLERS

Thursday, October 27, 2022 3pm SCB

Barbara Stewart has been a resident in Oronoque Village since December of 2013 & is a member of OV Arts Guild. Sewing was her first artistic experience.

Her countless cross stitch embroidery lead to an interest in stitching reproduction samplers based on the original antique from museum collections, which lead directly to learning all she could about those original antique samplers. It didn't take long before she prepared for a collection of her own original antiques and so in the Fall of 1984 she began The Hunt.

Barbara will share the remarkable story of where and how she "found" her very first sampler (which will be on display during the presentation) along with a lot more fun facts and fascinating historical details about that school girl sampler in her collection. Includes will be an original sampler called "The Old Maid" (by the maker) which may possibly be one of the earliest documented of the Feminist Movement.

Members Free-guests pay \$8. Vaccination Cards Required



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- Listen to *informative* presentations
- & *entertaining* performances
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Not an artist?
Come join artists and non-artists and be entertained by our varied presentations and events, always followed by a tasty reception and a great time to spend with other village Arts Guild members!

Yes-I want to Join The Arts Guild

Name _____

Phone _____

Address _____

email _____



Fill out this form and put in Arts Guild Box along with a check for \$15

Questions? Call Barbara Stewart 203.612.1373

**BINGO IS AT SCB AT 7 P.M.
ON THURSDAY, SEPTEMBER 15**



**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 Sept. 7 is *Mrs. Dalloway* by Virginia Woolf.

On Oct. 5, the Book Club will discuss *Social Graces* by Renee Rosen.

1876. In the glittering world of Manhattan's upper crust, women are valued by their pedigree, dowry and, most importantly, connections. They have few rights and even less independence—what they do have is society. The more celebrated the hostess, the more powerful the woman. And none is more powerful than Mrs Astor.

Sweeping three decades and based on true events, this is the mesmerizing story of two fascinating, complicated women going head to head, behaving badly and discovering what's truly at stake.

Prepare to be caught up in a high-society feud, as old money clashes with new money in the battle to reign among New York's upper crust.



FUNSEEKERS PRESENTS

DUELING PIANOS "SHAKE RATTLE AND ROLL"

TUESDAY, SEPTEMBER 13th

7pm SCB • Doors Open At 6:15

All new live show from New York! The show is an all-request party where YOU pick the playlist.

Our two dueling piano entertainers play THOUSANDS of songs, so anything goes! Come sing-along, laugh-along and PARTY along!

Advance reservations required and payments will be accepted from August 16th through September 6th unless maximum capacity is reached. Open to resident Funseekers' members and one guest per single resident until August 26th. Starting on August 27th, if there is space availability, member residents may sign up non-resident guests. **Please put \$6.00 check (special event) per person into FUNSEEKERS mailbox, NCB (\$9.00 non-resident guest).** Not a 2022 member? Join for \$15 per person.

Questions? Call Lynn Collins 203.260.4644



A SPECIAL EVENT

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.

COFFEE, TEA, SOFT DRINKS & DESSERT TO BE SERVED

BYOB AND SNACKS!



OV House & Garden Presents

"A Pleasant Pairing"



Kim Larkin will present a fun and educational talk highlighting the history and healthy benefits of tea & chocolate.

The event will include samplings of tea infusions, tea-infused food, various chocolates, an antique teapot display and more!

Monday September 12, 2022

1:00 pm SCB

Members free-guests pay \$3

Dessert & Coffee/Tea served after the program

Vaccination cards required



Annual Meeting & Entertainment

Michael Coppola and Maria Tiscia

Thursday, September 8, 2022 7pm NCB Doors open at 6:30

A true virtuoso, Michael Coppola has recorded seven CDs and played at major music venues, including The Classic American Guitar show, The Philly Guitar Show, The Montreal Jazz Festival and The Chet Atkins Festival in Nashville.

Michael will perform with vocalist Maria Tiscia, who worked in TV and radio doing commercials with the late jazz musician Don Elliot. Through her association with Elliot, she worked on movie scores and projects for Quincy Jones.



We will begin with a brief business meeting and to welcome all our members, new and existing.

It's also time to pay your annual dues. We are collecting dues of \$15 at the door, or you can put a check in our mailbox in the NCB made out to OVAG.

Members attend our meetings free of charge and guests pay \$8 at the door.

Questions? Call Barbara Stewart 203.612.1373

Vaccinations Cards Required

Cabaret Style Seating - BYOB and snacks

Coffee, Tea, Soft Drinks & Cookies Served

CARD PARTY & LUNCHEON

September 21, 2022 12:00 Noon \$35.00 per person

Oronoque Country Club (The Lodge)

Buffet Lunch.....Cheese & Crackers

- * Chicken Piccata
- * Chicken Marsala
- * Haddock
- * Roasted Potatoes, Vegetable Medley, Salad
- * Dessert, Coffee/Tea, Soft Drinks



Please place checks in Hadassah mailbox in NCB by Friday, September 16. Include the names of the people you would like to sit with.

Questions, call : Carol Tepper 203-375-2101 or Barbara Brown 203-378-7781



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

September 23, 6:30 p.m., at SCB



Come join D.J. Chris Albino for Karaoke and Dancing. 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.

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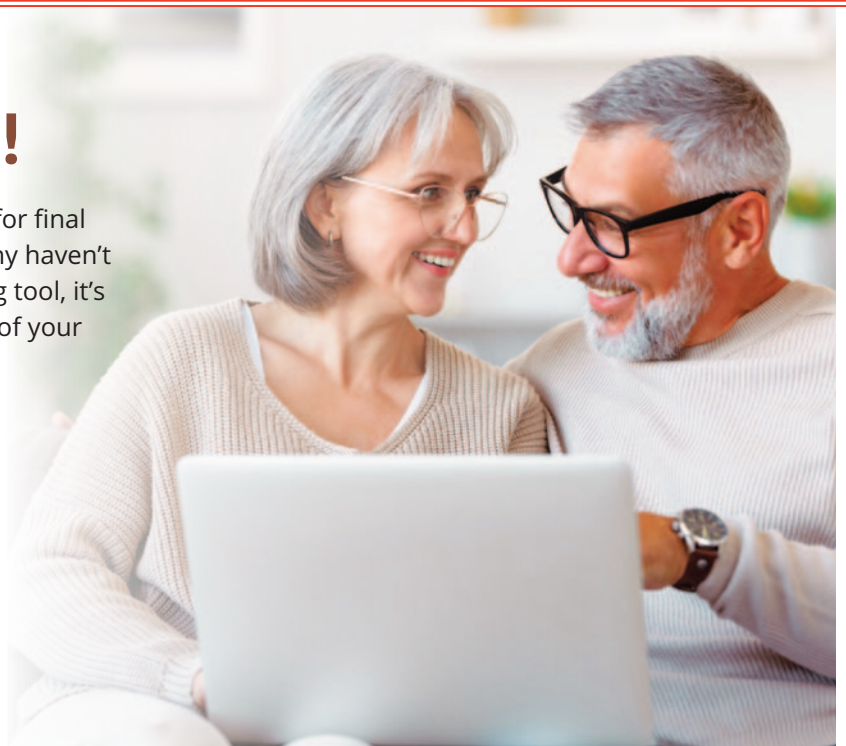
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Adzima Funeral Home

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