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Thank you to Arline Walton for submitting this issue's cover, highlighting BRAVO's "Burlesque Oronoque-Style" production held on Saturday, Oct 8. More than 200 residents and guests attended the show, which was produced, directed and written by Bob Krakovich.

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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A MESSAGE FROM THE OVCA PRESIDENT

OVCA MEETING OCTOBER 18, 2022



Bob Grosso

Good evening, residents. First on my agenda is a warm welcome to the OVCA Board and to these newly elected Board members:

Vice President Dick Steinfeld
District 3 Dina Glantz
District 5 Bobby McDonald
District 6 Lee Schlafer
District 7 Joanne Sutphen
District 9 Nancy Blagys
District 10 Regina Archazki

This past Thursday, Oct. 13, the OVCA Board had an Orientation Meeting for District Representatives, Alternates and the Executive Board. A special thanks to our board secretary, Myrna Mills Albino, for putting together the workshop package that was very well-received.

Unfortunately, Myrna was a bit under the weather and Lee Schlafer did a very nice job presenting Oronoque Village Governance, Governing Documents and preparing for Board Meetings. David Morosan, from Cohen & Wolf, presented the roles and responsibilities of the OVCA Board, fiduciary responsibilities to preserve, protect, maintain and enhance our Village, and the importance of signing and adhering to the Code of Ethics.

Fred and Mark, our executive director and director of maintenance operations, presented some near-term operational activities and goals.

Next on the agenda, I was asked to discuss some of my initial priorities. I discussed how pleased I am with the response to my initial message requesting residents to come forward and volunteer their expertise and services on a committee for the betterment of our Village. I will be working with the selected committee chairs to review volunteer interest and to complete their respective committees.

My plan is to make an announcement by the end of the month or early November as to the makeup of each of the standing committees.

Commencing tonight, we will reinstitute committee reports by the committee chairperson.

On Thursday, Oct. 27, at 5 p.m., a Finance Town Hall Meeting led by OVCA Treasurer Ken Colman and supported by Diane Roche, the Village's chief accountant, will be conducted. This will provide residents with a Q&A opportunity to ask Ken finance-related questions or clarification inquiries.

Working with the Board of Directors, executive director and director of maintenance operations, we will develop a clear set of OVCA objectives that will be approved by the Board of Directors to be published in The Villager. They will include:

- An Executive Director succession plan is of high priority.
- An update on the Preventive Maintenance Program and any potential proposals to be reviewed by the Villagers.
- The need for a Village Strategic Plan that Myrna kicked off last winter with the terrific support and energy for those who have participated and made significant contributions.

The meeting closed with thanking everyone for their role tonight ... be it preparation, presenting, not just attend-



THE VILLAGER
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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.

THE OV EMPLOYEE APPRECIATION FUND: A HISTORY

The Oronoque Village Employee Appreciation Fund offers residents an annual opportunity to recognize the top-notch service provided by our hourly-wage employees.

Residents who are pleased with the experiences they have with the Business Office staff, the Maintenance Department teams or the evening and weekend Building Monitors are encouraged to reward these workers with something extra during the holiday season.

There are no annual bonuses at OV, but through contributions to the Employee Appreciation Fund, Villagers provide the equivalent of a bonus while showing their appreciation to the entire staff for their tireless efforts throughout the year.

OVCA prohibits employees from accepting tips; it is an HR policy our employees are expected to follow. The reason: past experience in the Village showed that residents who tip often get special attention, which breeds an inequitable circumstance.

Tipping is also unfair to the many hard-working employees whose jobs don't put them in direct contact with residents, and thus preclude their receiving gratuities.

To remedy the situation, the Employee Appreciation Fund was created. Residents contribute to a single fund that is distributed fairly

among all staff members, eliminating any discrimination.

The Employee Appreciation Fund is a one-time-a-year opportunity for our staff members to receive monetary rewards.

To make sure that funds are distributed equitably, a practical formula has been put into effect: Prior to distributing the Employee Appreciation Fund payments, an evaluation is made regarding the length of time an employee has been working here as well as consider the scale of each employee's wages.

"This way, we know that a part-time employee who has been working here for a few months will be recognized on a different scale than a full-time staff member who has been employed at OV for a number of years," explains Executive Director Fred Rodriguez.

All funds donated to the Employee Appreciation Fund are distributed in time to brighten the holiday seasons of our workers and their families.

To make a donation, please submit a check payable to "OVCA" and write "Employee Appreciation Fund" on the memo line.

Checks can be mailed or dropped off in the outside payment slot at the NCB.



OV

ing, but their energy, participation and the many insightful questions and commentaries.

Residents, my vision is that this great Village keeps working to be better. Everyone has a role to make this a reality. I envision building a team that works synergistically to meet the challenges before us.

This team is comprised of an outstanding OVCA Board, standing committee and ad hoc committee members, residents who wish to participate, OVTD and diligent employees, all of whom share the desire to make Oronoque Village the best place to live and work. I have every confidence that this can be accomplished by working side-by-side. **OV**

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THIRD PLETMAN FALL CONCERT PRESENTS FAVORITE CELLO/PIANO DUO

By Elisabeth Breslav

The last concert of the Pletman fall 2022 series features the return of Adam Grabois, cellist, and Margarita Nuller, pianist, on Nov. 13, 3 p.m., at NCB. The program includes "Seven Variations from Mozart's Magic Flute" by Beethoven, "Sonata No. 2 in D Major" by Mendelssohn and "Sonata for Cello and Piano" by Debussy.

Adam Grabois has a varied career as chamber musician, soloist, teacher and recording artist. He is the founder of the record label Reflex Editions, about the first recording of which the Philadelphia Inquirer wrote, "Sometimes, the way he plays with the sound of a single note has enough emotional sustenance in it to launch a half-dozen distinct feelings in quick succession."

Adam was educated at Swarthmore College and studied with David Finckel. He has a long association with Kinhaven Music School in Vermont, where he performs and teaches cello and chamber music. He is the director of the newly created Kinhaven Seminar and has been on the faculty of the Weston Music Center in Connecticut since 2004.

As the cellist of the New York Chamber Soloists, Adam has appeared at the Metropolitan Museum of Art, the Morgan Library, the National Gallery, the Getty Center, the Kravis Center and colleges and universities nationwide.

Margarita Nuller graduated from the St. Petersburg Conservatory, Russia. After her arrival in the United States in 1990, she played her debut recital at the Weill Hall at Carnegie Hall in New York City as a winner of the Artist In-



ternational Auditions. She has performed extensively as a soloist and chamber musician in the New York metropolitan area and in New England, as well as in Brazil, Russia, Spain and Portugal. Her solo appearances include the Arkansas Symphony, the Danbury Symphony, Klassika Orchestra of St. Petersburg, Russia and Chamber Orchestra of Puerto Rico.

Margarita has taught at the University of Hartford, the Moussorgsky College of Music (Russia) and the Connecticut Conservatory in New Milford. Currently, she has a busy teaching studio in New Fairfield, and is on the faculty of the Kent School. She is the organist at the Church of Christ, Scientist in Ridgefield, and a regular accompanist at Camerata d'Amici in Ridgefield.

Admission to the concert is \$5 at the door. Proof of Covid vaccination is required. Masks are optional. **OV**

ANNOUNCEMENTS

HOLIDAY DECORATING SCHEDULED FOR NORTH & SOUTH CLUBHOUSES

All are invited to join the OV House & Garden Club during the annual decorating of the clubhouses for Christmas and Hanukkah.

On Thursday, Nov. 17, the club will need help shaping the trees at SCB from 1 p.m. to 2:30 p.m. and at NCB from 2:30 p.m. to 4 p.m. Please bring gloves.

On Friday, Nov. 18, trees will be decorated at both clubhouses. Decorating will take place at SCB from 1:30-3 p.m. and at NCB from 3-4:30 p.m. Refreshments at NCB will follow.

Decorations will be removed on Jan. 4 at SCB and Jan. 5 at 9:30 a.m.

KARAOKE CANCELED THIS MONTH

Karaoke/Dance Party will not be held during the month of November.

VOLUNTEER MONITORS WANTED

The Oronoque Village Monitor program needs volunteers as monitors and substitutes. The monitors maintain a presence at the South Clubhouse, spending two hours a week in the office.

Special duties are: Check visitors in and out, patrol the building, checking thermostats and locked doors and participate in the Call-In Program.

Feel free to bring a book, knitting, needlepoint or any other hobby with you to pass the time. There is a television in the office if you'd like to watch.

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



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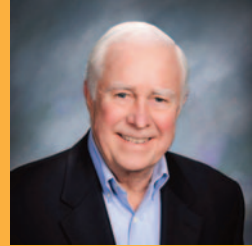
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**STERLING HOUSE
TOY DRIVE UNDERWAY**

Oronoque Village residents are invited to support the Sterling House Community Center 2022 Toy Drive. The drive is on behalf of families in the low- to moderate income bracket.

A collection box is located in the front foyer of the North Clubhouse. Toys will be collected through Dec. 7 at 5 p.m.

Gift cards and monetary donations are welcome. The most requested toy items are as follows:

- Disney Toys & Games
- All Age Board Games
- All Age Arts & Crafts
- Books and Puzzles
- Baby Dolls and Barbies
- Bluetooth Speaker
- Headphones
- Hats & Gloves
- Play Food
- Karaoke Microphone
- Bluey/Baby Shark Toys
- Musical Toys
- Magna-tiles
- Kinetic Sand
- Vtech Go Go Wheels
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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 November 15, is November 2 at noon.*

CORNHOLE

- Cornhole is played on Thursdays, 10 a.m. to noon, at SCB.

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 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. 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.

POOL SOCIAL GROUP

- Anyone who enjoys socializing in and around the pools during the summer is invited to attend a get-together from 4-6 p.m. at SCB on the second Monday of each month (beginning Oct. 10). Come with your favorite appetizer and/or beverage (or nothing) for reunions and conversations. Call Sonya at 203-377-1515 for more information.

PING PONG GROUP

- Ping Pong is played at SCB on Tuesdays, 9-11 a.m., and Thursdays, 6-8 p.m. For information, contact Dina Glantz: dinabob7@comcast.net / 203-231-4753 or Maddy Lapid: mslapid@gmail.com / 203-927-8577. Play is scheduled via the TeamReach app.

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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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.

TUESDAY, NOVEMBER 1

- 9:00 a.m. – Ping Pong, SCB
- 10:00 a.m. – Dollcrafters, NCB, Library
- 10:00 a.m. – Zumba, NCB
- 2:00 p.m. – Writer's Group, SCB
- 7:00 p.m. – Card Game, Brosowsky, SCB
-

WEDNESDAY, NOVEMBER 2

- 8:30 a.m. – Communications Committee, NCB B/R
- 9:30 a.m. – Line Dancing, Beginners, NCB
- 10:00 a.m. – Line Dancing, All Levels, NCB
- 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, NOVEMBER 3

- 10:00 a.m. – Cornhole, SCB
- 10:00 a.m. – Village Quilters, NCB
- 10:00 a.m. – House Committee, NCB
- 10:00 a.m. – Zumba, NCB
- 10:30 a.m. – Yoga, SCB
- 1:00 p.m. – Informal Artists Group, SCB, A/C Rm
- 1:00 p.m. – Tea, Talk & Crafts, SCB

- 6:00 p.m. – Gerry's Poker, SCB
- 6:00 p.m. – Ping Pong, SCB

FRIDAY, NOVEMBER 4

- 10:30 a.m. – Low-Impact Exercise (Bring Weights), NCB
- 10:30 a.m. – Ladies Bible Study, NCB, B/R
- 5:00 p.m. – SAC: It's 5 O'clock Somewhere, NCB

SATURDAY, NOVEMBER 5: No scheduled events

SUNDAY, NOVEMBER 6: No scheduled events

MONDAY, NOVEMBER 7

- 10:30 a.m. – Low-Impact Exercise (Bring Weights), NCB
- 1:00 p.m. – House & Garden meeting, SCB
- 5:00 p.m. – SAC Committee Meeting, NCB
- 6:30 p.m. – Drop-In Bridge, NCB
- 7:00 p.m. – Bulls & Bears, SCB

TUESDAY, NOVEMBER 8

- 9:00 a.m. – Ping Pong, SCB
- 9:30 a.m. – Architectural Committee, NCB
- 10:00 a.m. – Dollcrafters, NCB, Library
- 10:00 a.m. – Zumba, NCB

WEDNESDAY, NOVEMBER 9

- 9:30 a.m. – Line Dancing, Beginners, NCB
- 10:00 a.m. – Line Dancing, All Levels, NCB
- 10:00 a.m. – Sculpture Class, SCB, A/C Rm
- 5:00 p.m. – Sebastian's Poker, NCB, C/R
- 6:00 p.m. – Gerry's Poker, SCB

**Winter Time
2022**

**6th
November**



**REMINDER:
SET YOUR CLOCKS BACK
ONE HOUR BEFORE
GOING TO BED ON SUNDAY!**

THURSDAY, NOVEMBER 10

- 10:00 a.m. – Cornhole, SCB
- 10:00 a.m. – Zumba, NCB
- 10:30 a.m. – Yoga, SCB
- 1:00 p.m. – Informal Artists Group, SCB, A/C Rm
- 3:00 p.m. – Arts Guild event, SCB
- 1:00 p.m. – Tea, Talk & Crafts, SCB
- 6:00 p.m. – Gerry's Poker, SCB

FRIDAY, NOVEMBER 11

- 10:30 a.m. – Low-Impact Exercise (Bring Weights), NCB
- 7:00 p.m. – Movie: *Top Gun: Maverick*, NCB

SATURDAY, NOVEMBER 12

- 5:15 p.m. – Funseekers Event, SCB

SUNDAY, NOVEMBER 13

- 3:00 p.m. – Pletman Concert, NCB

MONDAY, NOVEMBER 14

- 10:00 a.m. – Jewelry-Making, SCB
- 10:30 a.m. – Low-Impact Exercise (Bring Weights), NCB
- 4:00 p.m. – Maintenance Committee Meeting, NCB
- 4:00 p.m. – Pool Social Group, SCB
- 6:30 p.m. – Drop-In Bridge, NCB
- 7:00 p.m. – Jewelry-Making, SCB

TUESDAY, NOVEMBER 15

- 9:00 a.m. – Ping Pong, SCB
- 10:00 a.m. – Dollcrafters, NCB, Library
- 10:00 a.m. – Zumba, NCB
- 2:00 p.m. – Writer's Group, SCB
- 7:00 p.m. – OVCA Board Meeting, NCB

OV PICKLEBALL'S "FRIENDSGIVING" FEAST

Story by Bill Tanski ~ Photo by Gery Cuccaro

On the evening of Oct. 12, at NCB, the OV Pickleball Club (OVPC) celebrated its first "Friendsgiving" feast. With over 100 attendees, it was the club's biggest social event ever; albeit, we seem to say that after every event as we're now at 134 members!

But, now, as in the early stages of our club, one constant remains: we have become close friends. While Thanksgiving is often with family, "Friendsgiving" is a similar feast, shared with special friends. And, with OVPC, we are practically a family, too, as we are united by a love of our sport and via our mutual respect towards all members.

Creating this event is a significant volunteer effort. While we are all equals in OVPC, Joanne Sutphen stands out in providing the leadership and organization to pull off this successful party. Everyone is appreciative of her efforts in starting this new tradition. There were so many great volunteers who, if I listed all of them in this article, it'd take up half this page! I beg your forgiveness that I do not list everyone, but we in OVPC know who you are and we give you all a great big "thank you."

As far as food...well...it's about what you'd expect for "Friendsgiving." There was turkey and all the trimmings served by our volunteers, lovingly and efficiently. And we had beverages of choice to wash it all down.

Now, what's a party without some dancing music! With the equipment and great playlist created by members Dina



Pickleball Club members enjoyed the recent "Friendsgiving" event.

Glantz and Bob Ruff, we had a rockin' good time! The floor was filled with spirited dancing, which capped a perfect evening.

Looking at this evening, we can reflect on the growth of this club over the past few years. But, we can't dismiss it all to the national wave of pickleball sweeping the nation. Much credit must also go to our outgoing president, Regina Archazki. Regina has been at the helm of OVPC for 5 years. In that period our membership has more than doubled, thanks to her dedication and -- especially -- the time and effort she spent welcoming all new members. From all of us at OVPC, thank you to Regina for a job very well done.

WANTED: ARTISTS OF THE MONTH

The Artist of the Month program is looking for resident artists to showcase their works during 2023.

This is a chance for you to have your very own monthlong art show at the North Clubhouse. There are two exhibit spaces: one in the front hallway and one across from the side entrance in the back hallway. Each space can accommodate one or two pieces of artwork in any medium that can be hung on the wall.



It is suggested that artists change their exhibits weekly, but each participant is free to decide when they will change their works.

An article and a photograph of the featured artists will be published in the first Villager issue of the month, when possible.

If you are interested, please contact Barbara Stewart at 203-612-1373 or barbsmt@yahoo.com.

You can request the month in which you would like to have your works featured. **OV**

ARTIST OF THE MONTH: WOLFGANG NOVOTNY



Wolfgang Novotny posed with his acrylic paintings prior to his 2019 Artist of the Month exhibit.

The Artist of the Month for November is Wolfgang Novotny. His paintings are on view in the front and back hallways of NCB.

Wolfgang's artwork has been showcased in the community previously. In

2019 he made his Artist of the Month debut. Also, that same year, he was part of a two-person featured artist exhibit at Galerie OV.

An article about Wolfgang and his artistic journey will be published in the Nov. 15 edition of The Villager. **OV**

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DISTRICT 1

Michael Jones, U.S. Navy, 1980-1987
Paul McCollan, U.S. Army, 1966-1996

DISTRICT 2

Joseph A. Hayducky, U.S. Army, 1957-1963
John Kuchta, U.S. Army, 1956-1967
Frederick Lapidés, U.S. Army, 1947-1948
& 1950-1952

DISTRICT 3

John L. D'Ausilio, U.S. Navy, 1950-1954
Kenneth E. Block, U.S. Air Force, 1960-1966
Jerald Debrosky, U.S. Army, 1966-1968
Nicholas Harding, U.S. Army, 1966-1975
Richard T. Knopf, U.S. Navy, 1965-1969
Anthony Palumbo, U.S. Air Force, 1965-1968
William Spigener, U.S. Navy, 1968-1971
Darcy Upton, U.S. Army, 1971-1974
Gwynne Wales, U.S. Navy, 1954-1958

DISTRICT 4

Duane E. Anderson, U.S. Air Force, 1952-1960
Joseph Bales, U.S. Air Force 1956-1960
John Courtney, U.S. Marine Corps, 1967-1969
Jim Ganis, U.S. Air Force Reserves, 1954-1962
Thomas J. Linton, U.S. Army, 1965-1968
Manuel "Manny" Lopez, U.S. Army, 1967-1970
Joseph Seid, U.S. Marine Corps, 1951-1953
Nathan Smith, U.S. Marine Corps, 1959-1963
John Stadtmueller, U.S. Army, 1957-1965

DISTRICT 5

Harold "Jerry" Ashton, U.S. Navy, 1955-1959
William Collins, U.S. Army, 1966-1968
Charles D. Collison, U.S. Army, 1951-1954
Daniel Correia, U.S. Army, 1964-1966
Elinor Loh, U.S. Army, 1986-1993

DISTRICT 6

Dennis Caffrey, U.S. Marine Corps, 1962-1968
James Faris, U.S. Army, 1966-1968
Eddie E. Genga, U.S. Navy, 1969-1972
Jeffrey Hohl, U.S. Army, 1969-1971
Sanford Lunt, U.S. Army, 1952-1954
Frederick J. Luongo, U.S. Army National
Guard, 1970-1990

DISTRICT 7

Richard E. Botta, U.S. Army, 1961-1966
Jan O. Larsen, U.S. Army, 1968-1970
Peter Penny, U.S. Navy, 1956-1959
Eugene Plotnick, U.S. Army, 1950-1952
William Simpson, U.S. Air Force, 1972-1979
Benson Snaider, U.S. Army, 1962-1966

DISTRICT 8

John Michael Anderson, U.S. Navy, 1965-1969
David Bearse, U.S. Navy, 1968-1971
Al Gafa, U.S. Navy, 1959-1962
Melvin Holson, U.S. Army Air Corps, 1943-1945
John Kamenitsky, U.S. Air Force, 1953-1955
Bernard Pasierb, U.S. Army, 1968-1977
Stephen L. Sanetti, U.S. Army, 1975-1978
Gerard Siccardi, U.S. Army, 1942-1945

DISTRICT 9

Herbert J. Dreyer, U.S. Marine Corps, 1957-1960
Daniel J. Libertino, U.S. Air Force, 1951-1954
Jim Thompson, U.S. Army, 1956-1958
Barry Wells, U.S. Army, 1966-1968

DISTRICT 10

David Bingham, U.S. Army, 1971-1973
Richard Bittner, U.S. Air Force, 1963-1967
Fred Brideschge, U.S. Air Force, 1981-1991
Joseph R. Castellon, U.S. Navy, 1955-1963
Peter Deluca, U.S. Air Force, 1969-1973
Sharon Deluca, U.S. Navy, 1960-1963
Richard A. Nelson, U.S. Army, 1967-1969
Fred M. Orell, U.S. Navy, 1955-1961
William A. Sennello, U.S. Army Air Corps, 1945
Albert Williams, U. S. Army, 1969-1972

DISTRICT 11

Alexander DeLelle, U.S. Army, 1965-1971
Robert Romatzick, U.S. Navy Reserve, 1967-1973
Peter Ulisse, U.S. Army, 1968-1970

ORONOQUE VILLAGE STAFF

Mark Rhatigan, Director Maintenance Ops.,
U.S. Army, 2001-2006 & 2009-2010



THANK YOU FOR YOUR SERVICE!



BALANCE TRAINING



By Ed Genga, M.A., CSCS

Falls and fractures are not an inevitable part of growing older. Many falls result from personal or lifestyle factors that can be changed. Your doctor or other health-care provider can assess your risk of falling and suggest ways to prevent falls.

At your next check-up, talk with your health-care provider about your risk of falling and changes you might make to lessen the chance of a recurrence. Also, let your doctor know if you have fallen or almost fallen.

Here are some changes you might want to make:

Be Physically Active. Regular physical activity is a first line of defense against falls and fractures. Physical activity strengthens muscles and increases flexibility and endurance. In turn, your balance and the way you walk may change, decreasing the chances of a fall. It's important to keep muscles strong. Strengthening muscles in the lower body can improve balance. Work with your doctor, physical therapist or personal trainer to plan a physical activity program that is right for you.

Have Medicines Reviewed. Find out about the possible side effects of medicines you take. Some medications might affect coordination or balance, or cause dizziness, confusion or sleepiness. Some medications don't work well together, adding to your risk of falls. Bring prescribed and over-the-counter medicines with you when you visit the doctor. Also bring any vitamins, minerals and herbal products you may be taking.

Have Blood Pressure Checked When Lying and Standing. Some older people have normal or increased blood pressure while seated, but their blood pressure drops too much on standing. There is no way to know unless you check.

Your doctor should check your blood pressure and pulse after you have been lying down for at least 5 minutes and again after getting up. If it drops too much upon getting up, ask about your medications dosage. Drinking more water, getting up more slowly, pumping feet or hands before getting up or wearing compression stockings can also help.

As we get older, vision problems, inner ear problems or weakened hips and ankles can throw off our balance. When young people get off balance, they can react quickly. Muscles kick in to stabilize us and we don't fall down. But as we age, we have to work a little harder to keep those muscles strong.

Balance exercises can be an easy and fun part of everyday life. Here are some exercises that may help you keep on the go. All of these exercises are good for the hips and ankles. I suggest that you position yourself near a wall, chair or counter before you start. That way you can catch yourself if you fall.

Brush and Balance Exercise

This exercise is done while brushing your teeth.

1. Stand by a flat tabletop or counter. Lift your right foot a bit.
2. With your right arm, brush the upper left corner of your mouth (with a real toothbrush) for 30 seconds.
3. Now with your left hand, and raise your left foot brush the upper right corner of your mouth for 30 seconds.
4. Switch again, and repeat on the other side.

Rock Around the Clock Exercise

1. Stand straight with your feet together and your shoulders relaxed.
2. Make your body rigid as a board.
3. Begin to "rock around the clock," swaying in a circle with your body.
4. Sway for one minute in each direction.

Marching Exercise

1. Stand next to a chair or counter. Don't hold on unless you need to.
2. Alternate lifting one knee as high as possible, then the other knee as high as possible.
3. Do this for one or two minutes, counting a long "one, two" each time you lift the knee.

The Living Room Walk

1. Walk slowly across your living room.
2. While walking, slowly turn your head as far to the right as you can.
3. Walk back to your starting point, slowly turning your head as far to the left as you can.

Chair Exercise

1. Sit in a chair that does not have arms.
2. Cross your arms across your shoulders, left hand on right shoulder and right hand on left shoulder.
3. Stand up and sit down, keeping your head up and not looking down.
4. Do not lean forward as you stand up.

Heel-Toe Walk

Try walking a few steps on your heels, then on your toes.

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.

SPOOKY SNAPSHOTS!



Two Oronoque residents submitted photos of Halloween decorations in our area. Thank you to Agnes Ferjentsik for the two pictures at left and to Nathan Smith for the image above.

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YOU ARE CORDIALLY INVITED BY THE SOCIAL ACTIVITIES COMMITTEE TO ATTEND, AS OUR GUEST, "THE NEW RESIDENTS COCKTAIL PARTY" SUNDAY, NOVEMBER 20, 2022 FROM 3:00-5:00 P.M. AT THE NORTH CLUBHOUSE. NO COST TO NEW RESIDENTS WHO HAVE MOVED INTO THE VILLAGE BETWEEN NOVEMBER 2021-NOVEMBER 2022



Come mingle and meet the new residents to welcome them to Oronoque Village. Wine, beverages and hors d'oeuvres will be served. This will be a great opportunity to get to know one another.

Contact Elaine Ficarra with questions at 203-913-2716

Please R.S.V.P. You can drop checks and this form in the SAC mailbox at the NCB by November 15, 2022

Name attending: _____

Phone number: _____

Cost for residents is \$10 per person. Amount enclosed \$ _____



HADASSAH HANUKKAH PARTY!!
DECEMBER 7, 12:30 P.M., NCB
\$10 PER PERSON

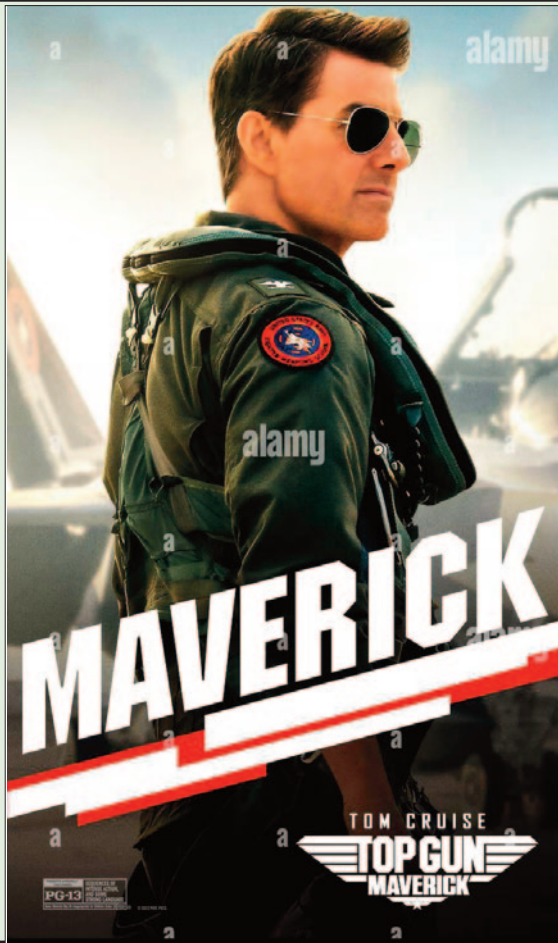
ALL ARE WELCOME!

Speaker to be announced.

Potato pancakes (latkes), sour cream, applesauce, salad and dessert will be served.

Please put your reservation for this program in the Hadassah box at the North Clubhouse by December 2.

Questions? Call Arlene Block at 203-870-9561 or Lillian Schlager at 203-380-8387



The Movie Club Presents

Top Gun: Maverick

Nov. 11, 7 p.m., NCB

Nov. 16, 2 p.m., SCB

After thirty years, Maverick (Tom Cruise) is still pushing the envelope as a top naval aviator, but must confront ghosts of his past when he leads Top Gun's elite graduates on a mission that demands the ultimate sacrifice from those chosen to fly it.

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

**BINGO IS AT SCB AT 7 P.M.
ON THURSDAY, NOVEMBER 17**



**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 Nov. 2 is *The Four Winds* by Kristin Hannah.

The book for Dec. 7 is *The Sweetness of Water* by Nathan Harris. This book is a towering achievement of imagination about the unlikely bond between two freedmen who are brothers and the Georgia farmer whose alliance will alter their lives, and his, forever.

Parallel to their story runs a forbidden romance between two Confederate officers, which results in chaos, including a murder, and unleashes convulsive repercussions on the entire community.

With candor and sympathy, debut novelist Nathan Harris creates an unforgettable cast of characters, depicting Georgia in the violent crucible of Reconstruction. Equal parts beauty and terror, as gripping as it is moving, *The Sweetness of Water* is an epic whose grandeur locates humanity and love amid the most harrowing circumstances.



OV House & Garden Presents “A Trifle Demo”



*“Trifles are
a little bit of
heaven in a
bowl!”*

Our very own Ulla Adema will demonstrate the making of her famous “Trifle Puddings”. Come watch Ulla show her fabulous culinary skills and then stay for tea, treats and a serving of the delicious trifles.

Monday November 7, 2022

1:00 pm SCB

Members free-guests pay \$3

Dessert & Coffee/Tea served after the program

Vaccination cards required



FUNSEEKERS PRESENTS

OUR FESTIVE CELEBRATION!!!!

SATURDAY, NOVEMBER 12, 2022 • SCB

Join us for a fabulous evening featuring a delectable dinner and exciting entertainment! The group, **RSVP**, are top-notch New York musicians with extensive studio and live performance experience. They were awarded "**Best of 2021**" by **The Bash**. 107 reviews rated them 5 out of 5 stars! This band features 3 amazing vocalists who will play guitar, percussion, bass, keyboard. RSVP's huge repertoire covers styles from the 50s to the present day. Enjoy **2 hours of fabulous music** while you sit back and relax or dance the night away!



DOORS OPEN AT 5:15 PM, DINNER SERVED AT 5:30.

Buffet dinner catered by Chefs a l'Orange Caterers

MENU INCLUDES: ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

- Specialty Salad, Bread Basket
 - Chicken Blanquette with Carrots, Mushrooms and Pearl Onions
 - Wild and Brown Rice Medley
 - Broiled Mahogany Salmon
 - Stuffed Tomatoes Genovese
 - Pasta Primavera
 - Chef's own Raspberry Vanilla Cake
 - Soft Drinks, Coffee/Tea
- (BYOB)

★
\$35 PER PERSON



★ **RESERVATIONS REQUIRED.** Tables up to 10 guests. Place names of all guests sitting together with enclosed checks in one envelope. (Checks made out to Funseekers) Don't have a table? We invite singles, couples and small groups to attend; everyone will be placed at reserved tables. Please note: Funseekers members will have first opportunity to sign up including one non-resident guest per single resident.

Reservations will only be open to members and one guest per single resident starting October 18th through October 28th. Drop off at NCB Funseekers' mailbox. Starting on October 29th, if there is space availability, member residents may sign up non-resident guests.

★ **ALL RESERVATIONS WILL CLOSE ON NOVEMBER 4TH.** Please note, an official waitlist will be made. All reservations, table assignments and cancellations must go through Funseekers.



**Questions? Call Lynn Collins
203.260.4644**

Proof of vaccination and one booster required. However, if you have vaccinations but do not have booster, you may present at the door a formal Covid test report taken at an official testing site. Test must have been taken within 48 hours of the event.

**JOIN US FOR
"IT'S 5'OCLOCK SOMEWHERE"
ON THE FIRST FRIDAY
OF THE MONTH
AT NCB**

**BYOB * Relax and Mingle *
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Social Activities Committee (SAC)***

**We hope to see you
on November 4**



Presents

ANTIQUE SAMPLERS

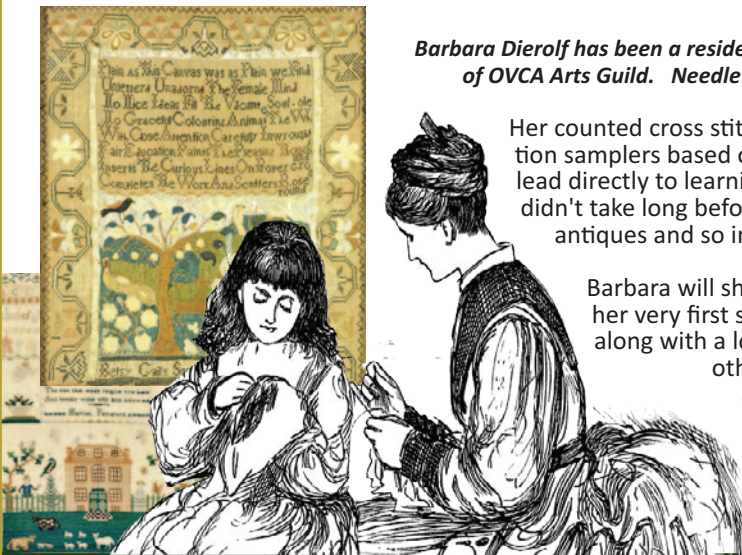
Thursday, November 10, 2022 3pm SCB

Barbara Dierolf has been a resident in Oronoque Village since December of 2013 & is a member of OVCA Arts Guild. Needlework was her first artistic experience.

Her counted cross stitch embroidery lead to an interest in stitching reproduction samplers based on the original antiques from museum collections, which lead directly to learning all she could about those original antique samplers. It didn't take long before she yearned 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 other school girl samplers in her collection. Included will be an original sampler dated 1806 titled 'Advice' (by the maker) which may possibly be one of the earliest documentations of the Feminist Movement.

Members free-guests pay \$8 **Vaccination Cards Required**



Reception following program

Questions? Call Barbara Stewart 203.612.1373

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