

January 16, 2023



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Thank you to Richard Steinfeld for submitting the cover photo, which was taken of the inside of his car windshield on Dec. 20, 2022. The Villager welcomes photo submissions, which must be emailed as high-resolution jpeg images to cking@oronoquevillage.com.

Villager article 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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STAY TUNED FOR A COMPREHENSIVE ARTICLE ABOUT THE PREVENTATIVE MAINTENANCE PROGRAM

Please keep an eye open for an upcoming feature article that provides an in-depth look at Oronoque Village's Preventative Maintenance (PM) program.

The informational article will recap the history of the program, describe its current status and address plans for the upcoming year.

CHRIS RENNEMAN NAMED 'EMPLOYEE OF THE QUARTER'

Story by Carol King ~ Photo by Liza DiSisto

Chris Renneman has made a mark during his six months as a Maintenance Department staff member. He arrived as a carpenter, ably pitched in with leaf removal and groundskeeping and is now working full-time as a mechanic, servicing OV's vehicles and equipment.

Earlier this month he was selected by his peers as the Employee of the Quarter. "The Employee of the Quarter is a new program in which our Maintenance team members vote for the person who they think deserves the title," explains Mark Rhatigan, director of maintenance operations. "The staff member is recognized with a gift card and the OV Employee Belt."

Chris is a "jack of all trades," notes Mark. "He has skills in a variety of areas, all of which blend well with the needs of the Maintenance Department."

Chris, who hails from New York State, is a recent transplant to Connecticut. "I was living and working in Red Hook, N.Y., before I moved here to be closer to my sister," he reports.

Chris' interest in mechanics and car repair began at an early age. "My uncle owned a car repair shop in Kinderhook, N.Y., for 37 years. I spent time there as a kid and learned a lot from him."

He later worked at a Chevy dealership followed by employment at a custom shop that focused on hotrods and racecars. His background makes him well-suited to keep the OV work vehicles in tip-top shape.

Chris is pleased to be recognized by his colleagues as Employee of the Quarter. "The Maintenance Department is a great team," he says. "Everyone gets along and it is a nice place to work."



REMINDER FOR RESIDENTS

HOLIDAY DECORATING

Small outdoor displays are permitted if placed in the foundation planting area, on doors, the walls next to doors, including garage doors, or on decks.

No decorations that pose a safety hazard, are excessive or are reported as a nuisance are allowed.

Displays may not be put up in the common areas, including mailbox stations.

Christmas, Hanukkah and Kwanza decorations must be removed by Jan. 21.

No plastic or inflatable decorations, no lights other than small seasonal lights on decks only, no decorations on light posts and no live lit trees on decks are permitted.

Other holiday decorations, with the same restrictions as above, may be put up two weeks prior to the holiday and are to be removed two weeks after the holiday.

No displays may use extension cords that cross walkways.

Hazardous or excessive displays will be removed by the Maintenance Department.

The American and State of Connecticut flags may be displayed with a six foot or smaller flag pole attached to the building. Seasonal banners may be displayed with a similar-sized flag pole or on a stand in the foundation planting area. Flags/banners may not be draped or displayed on the unit in any manner.

PET OWNERSHIP

Oronoque Village allows its residents to own pets, with a limit of one pet per unit. However, there are specific guidelines that pet owners must follow.

1. One pet is permitted per unit.
2. Pets must be leashed when outside.
3. Pet waste must be picked up.
4. Pets may not be left unattended when outside.
5. Pet owners must maintain control of their pets.
6. Pets are not permitted to cause an ongoing disturbance.

7. Pets (excluding properly identified service dogs) are not permitted in the clubhouses, swimming pools, gym, racquet sports courts or other facilities.

8. Pets (animals) may not be raised or bred in or out of any unit in the Village.

9. Cats may not be let out to roam.

10. Dog owners must not permit their pet to walk on plants and should be mindful of other residents' privacy when walking near units.

Information

1. Residents who have issues with a pet's behavior or with animal cruelty should contact the Town of Stratford Animal Control Department at 203-385-4068. Residents should also

alert the Business Office that this action has been taken.

2. Dog owners who use expandable leashes should ensure that their pet does not cause a problem to an oncoming vehicle or pedestrian.

BIRD FEEDER RULES

1. Bird feeders may be used seasonally. Seed and suet feeders are permitted from Oct. 15 through May 15. Hummingbird feeders may be used from May 1 through Oct. 30.

2. Seed bird feeders can only be tube type, squirrel resistant and must include a seed tray. They must be mounted on a pole at least six feet above the ground.

3. Bird feeders may only be placed in the foundation planting area.

4. Only one type of each bird feeder is permitted per unit.

5. Individuals having bird feeders are responsible for cleaning up fallen seed to prevent it from accumulating and attracting rodents.

Information

1. Hummingbird feeders are most effective when hung in the deck area.

2. Bread or other types of food should not be tossed on the ground for the birds. This practice encourages other wildlife (skunks, raccoons, etc.) to be present.



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ANNOUNCEMENTS

LIBRARY AT NORTH CLUBHOUSE SEEKS LARGE-PRINT BOOKS

The OV Library is seeking donations of large-print books, published in 2010 or after, in all genres. Please leave the donations in the contribution box at the library at NCB.

TOWN OF STRATFORD TAX PAYMENT REMINDER

The Town of Stratford reminds residents that the last day to pay the second installment of tax bills and sewer usage bills is Feb. 1, 2023.

Contactless payment options are strongly encouraged.

Payments can be made online at www.stratfordct.gov or mailed to Tax Collector, Town of Stratford, P.O. Box 9722, Stratford, CT 06615-9122.

- There is an on-site dropbox for those paying by check only. To use this option, include a copy of each tax bill being paid and place in a sealed envelope and place in the dropbox, which is located in the Town Hall (2725 Main St.), outside of the Tax Collector's Office.

- In-person payments may be made Monday through Friday between the hours of 8 a.m. and 4 p.m. at the Tax Collector's Office. The Tax Collector's Office will also open Saturday, Jan. 28, from 9 a.m. to noon, to accept payments via cash or check only.

Payments also may be made at M&T Bank locations as long as back taxes are not owed and the payer has a copy of the original tax bill.

HOUSE COMMITTEE ASKS FOR HELP LOCATING MISSING TABLECLOTHS

The House Committee is trying to locate nine long, white, round tablecloths that were stored in the South Clubhouse.

If the tablecloths have been borrowed, please call Cheryl Dwyer, 203-375-4961, to arrange for their return.

Thank you.

The House Committee

UPDATE ON TRASH & RECYCLING WEEKLY PICKUP SCHEDULE

Oronoque Village's new service provider, Country Disposal, will collect trash and recycling weekly on Wednesdays. The pickup schedule will no longer be interrupted by Monday holidays.

Pickup day will always be Wednesdays, barring unforeseen circumstances.

If an unexpected schedule change does occur, residents will be notified via eblasts and robocalls.

DOLLCRAFTERS SETS NEW RECORD FOR DONATIONS

By **Merrilees Leemhuis**

Many thanks to the women of OV Dollcrafters for the donation of their time and various abilities. Because of their dedication, the club was able to donate 326 dolls and crocheted balls during 2022. This is a new record. The donations go to local organizations for distribution to children in need, including:

Bridgeport Hospital Foundation

Center for Family Justice

Sisters of Mercy of the Americas (Bridgeport)

St. Catherines Academy (children w disabilities)

Marine "Toys for Tots" & the WPLR Radio toy drive (Milford)

Sterling House Toy Drive at Oronoque Village

Probus Club of Greater New Haven (a new connec-

tion), they have an ongoing program called "Comfort Cuties" that gives to Alzheimer patients as well as at-risk children.

Also, we received several very generous monetary donations this year, including contributions from the Men's Club and the House & Garden Club. These help us to purchase yarn, fabric, ribbon, etc. Many thanks to all who donated.

Dolls are still available (for a donation) to anyone who might like one. We meet in the NCB Library every Tuesday from 10-11 a.m.

Questions? Please call Merrilees at 203-378-8753.



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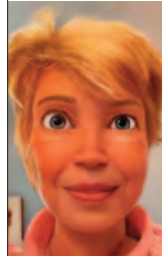
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THE IMPORTANCE OF EMERGENCY PREPAREDNESS HITS HOME

By Myrna Albino

The monthly Friday Night Karaoke/Dance Party events at Oronoque Village are a fun time for Villagers who enjoy a night out socializing with old and new friends while taking advantage of opportunities to sing and dance.

Last month, unfortunately, we had a very different experience when a resident collapsed and stopped breathing.

The response to help him was immediate. Bella Pisani, a resident's guest, stepped in and began CPR. Dr. Paul Maglione, a longtime Villager, joined her and they tag-teamed in providing CPR. By additionally using the automated external defibrillator (AED) kept in the South Clubhouse, they were able to get his heart beating. After what appeared to have been some difficulty finding us, emergency services personnel arrived on the scene and took over to stabilize and transport him to the hospital.

At the hospital, the doctor noted that the quick action taken by Paul and Bella saved the resident's life!

I shudder when I think of the "what ifs." What if Bella and Paul hadn't been there? What if there was no defibrillator available? What if the paramedics had not been able to find our location in time? I realize the "what ifs" didn't happen because we were prepared and I am writing this today with a reminder that preparation for emergencies is extremely important.

There are a few things we can do immediately:

AED STEPS FROM THE RED CROSS

Automated external defibrillators (AED) can help save lives during sudden cardiac arrest. Following is a quick step-by-step guide for AED use, created by the Red Cross.

These AED steps should be used when caring for a non-breathing adults or children ages 8 or older who weigh more than 55 pounds.

1. Complete the "Check" and "Call" steps. (After checking the scene and ensuring that the person needs help, you should ask a bystander to call 911 for help.)
2. As soon as an AED is available, turn it on and follow the voice prompts.
3. Remove patient's clothing and attach pads correctly. Remove all clothing covering the chest. If necessary, wipe the chest dry. Place one pad on the upper right side of the

Learn CPR. CPR can double or triple the chance of survival from an out of hospital cardiac arrest. While there is no doubt that EMS can provide the best response with a higher level of training, a bystander initiating CPR immediately after a collapse can significantly improve survival outcomes. As proved last month, a bystander trained in CPR can (and in this case, did) save a life. Bella took the class a year ago and, though she had never applied CPR before, that training gave her the confidence to not only perform CPR but to follow the direction of the emergency personnel on the phone who guided her through the use of the defibrillator.



Please give thought to whether you want to be ready to do the same should someone around you suddenly have a cardiac issue. First aid/CPR/AED skills classes are easy find through the American Red Cross (www.redcross.org). I counted 20 classes being offered in our area in January alone. Sessions can be attended in-person or on-

line.

Know where our emergency supplies are in the clubhouses. Each clubhouse has a phone that, when picked up, links the caller directly to the 911 operator. AEDs are located in the bar area of both clubhouse lounges.

The resident who was in distress is now home and resting and doing ok. His wife is grateful to all who helped and extends her eternal gratitude to Paul and Bella for their quick action.

OV

chest. Place the other pad on the lower left side of the chest, a few inches below the left armpit. (Note: If the pads may touch, place one pad in the middle of the chest and the other pad on the back, between the shoulder blades.)

4. Plug the pad connector cable into the AED, if necessary.
5. Prepare to let the AED analyze the heart's rhythm. Make sure no one is touching the person. Say, "Clear!" in a loud, commanding voice.
6. Deliver a shock, if the AED determines one is needed. Make sure no one is touching the person. Say, "Clear!" in a loud, commanding voice. Push the "shock" button to deliver the shock
7. After the AED delivers the shock, or if no shock is advised, immediately start CPR, beginning with compressions.

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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 Feb. 1, 2023, is Jan. 19 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 alternate Wednesdays.

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.

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 Lapidés: mslapid@gmail.com / 203-927-8577. Play is scheduled via the TeamReach app.

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 first Wednesday of each month. Come with your favorite appetizer and or beverage (or nothing) for reunions and conversations. Call Sonya at 203-377-1515 for more information.

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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See you for breakfast!!!

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

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, visit www.oronoquevillage.com or OVTV (Channel 591 for those with a cable box and Channel 121-591 for those without a box).

Bold-faced listings = OVCA / OVTD events

MONDAY, JANUARY 16

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

TUESDAY, JANUARY 17

- 9:00 a.m. – Ping Pong, SCB
- 10:00 a.m. – Dollcrafters, NCB, Library
- 10:00 a.m. – Zumba, NCB
- **7:00 p.m. – OVCA Board Meeting, NCB**

WEDNESDAY, JANUARY 18

- 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
- 2:00 p.m. – Movie: *Jerry & Marge Go Large*, SCB
- 5:00 p.m. – Sebastian's Poker, NCB, C/R

THURSDAY, JANUARY 19

- 10:00 a.m. – Cornhole, SCB

- 10:00 a.m. – Zumba, NCB
- 10:00 a.m. – Quilting Group, NCB
- 10:30 a.m. – Yoga, SCB
- 1:00 p.m. – Informal Artists Group, A/C Rm, SCB
- 1:00 p.m. – Tea, Talk & Crafts, SCB
- 6:00 p.m. – Castle Poker, SCB
- 6:00 p.m. – Ping Pong, SCB
- 7:00 p.m. – Men's Club Bingo, SCB

FRIDAY, JANUARY 20

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

SATURDAY, JANUARY 21: No events scheduled

SUNDAY, JANUARY 22

- 3:00p.m. – OVAG Film Festival, SCB (sold-out)

MONDAY, JANUARY 23

- 10:30 a.m. – Low-Impact Exercise (Bring Weights), NCB
- **4:00 p.m. – Bylaws Committee, NCB**
- 6:30 p.m. – Drop-in Bridge, NCB

TUESDAY, JANUARY 24

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

QUICK CONTACT LIST

Police, Fire, Medical Emergency.....	911
Routine Police Call.....	203-385-4100
OV Security	203-377-5502
Maintenance Emergency	203-377-5502
Gas Leak (So.Ct.GasCo.)	800-513-8898
Elec. Emergency (U.I.)	800-722-5584
Business Office	203-377-5313
Maintenance Dept.....	203-375-8853
South Comm. Bldg	203-377-5435
Cablevision Service	203-336-2225

LINE DANCING LADIES

Thank you to Sonya DeBiase for submitting a photo of the weekly line dancing class taken prior to the December holidays. Classes take place on Wednesdays. A session for beginners is offered at 9:30 a.m., followed by classes for all levels at 10 a.m. There is no cost for participation.



- 2:00 p.m. – Writer’s Group, SCB
- 7:00 p.m. – Brosowsky, Men’s Cards, SCB
- **7:00 p.m. – OVTD Board Meeting, NCB**

WEDNESDAY, JANUARY 25

- 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
- 5:00 p.m. – District 2 Meeting, SCB

THURSDAY, JANUARY 26

- 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, A/C Rm, SCB
- 1:00 p.m. – Tea, Talk & Crafts, SCB
- 6:00 p.m. – Castle Poker, SCB
- 6:00 p.m. – Ping Pong, SCB

FRIDAY, JANUARY 27

Business & Maintenance Offices Close at 3 p.m.

- 10:30 a.m. – Low-Impact Exercise (Bring Weights), NCB
- 10:30 a.m. – Ladies Bible Study, NCB
- 6:30 p.m. – Karaoke/Dance Party, SCB

SATURDAY, JANUARY 28: No events scheduled

SUNDAY, JANUARY 29

- 3:00p.m. – OVAG Film Festival, SCB (sold-out)

MONDAY, JANUARY 30

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

TUESDAY, JANUARY 31

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

WEDNESDAY, FEBRUARY 1

- 9:30 a.m. – Line Dancing, beginners, NCB
- 10:00 a.m. – Line Dancing, all levels, NCB
- **10:00 a.m. – House Committee, NCB**
- 10:00 a.m. – Sculpture Class, SCB, A/C Rm
- 10:00 a.m. – Current Events, SCB
- 4:00 p.m. – Pool Social Group, SCB
- 5:00 p.m. – Sebastian’s Poker, NCB
- 7:00 p.m. – Book Club, NCB

THURSDAY, FEBRUARY 2

- 10:00 a.m. – Cornhole, SCB
- 10:00 a.m. – Zumba, NCB
- 10:00 a.m. – Quilting Group, NCB
- 10:30 a.m. – Yoga, SCB
- 1:00 p.m. – Informal Artists Group, A/C Rm, SCB
- 1:00 p.m. – Tea, Talk & Crafts, SCB
- 6:00 p.m. – Castle Poker, SCB
- 6:00 p.m. – Ping Pong, SCB

OVAG WINTER MEETING TO FOCUS ON ACHIEVING HAPPINESS IN LIFE

By Barbara Stewart

The OV Arts Guild (OVAG) is excited to offer a unique presentation by Oronoque resident Donna Martire Miller on Thursday, Feb. 23, at 7 p.m. at SCB.

If you would sometimes like to be happier in life or are seeking a sense of meaning, look no further. Donna will help us to discover our character strengths and how to use them to navigate our lives in the best possible way (and then we can teach our children and grandchildren to do the same).

Donna holds a master's degree in counseling and organizational human resource development. She is a graduate of the Positive Psychology Program (the science of happiness) at Kripalu/Wholebeing Institute in Stockbridge, Mass., and has worked as a teacher's assistant to Tal Ben-Shahar, a renowned Harvard professor, author and authority on the science of happiness.

Donna, who is post-master's certified in positive psychology, has additional certification in women's wellness and meditation from training with Deepak Chopra, Wayne Dyer and UCLA. She has a bachelor of science degree in human services from Springfield College in Springfield, Mass.

Presently, she is an adjunct professor at the University of Bridgeport where she teaches wellness, perspectives of happiness, practicum/internship and other human serv-

ices-related courses. She held the executive director position for 30 years at Help For Kids, a positive parenting, family-strengthening center in southern Connecticut. She is an author and international keynote speaker, trainer and a presenter at national conferences. With her partner, Joe Bologna, she has published three books.

Donna is owner of Happily Ever Actions, a business that helps people to live their best life now and that applies cutting-edge research using the tenets of positive psychology in creating concrete tools that will increase happiness and well-being. She is considered an expert in positive parenting education and, in 2019, was presented with a Lifetime Achievement Award by the National Exchange Club, Stamford branch, for her work with children and their families.

Donna loves to sing the blues whenever she can. You may have heard her beautiful voice when she sang at the BRAVO show in October or during karaoke nights.

Please join us at this event. OVAG members attend free of charge, guests pay \$8 at the door. Refreshments will be served after the presentation.



Donna Martire Miller



CHAIR YOGA AND MEDITATION CLASSES AT THE STRATFORD LIBRARY

The Stratford Library is offering "Chair Yoga & Guided Meditation" classes for area residents running Thursdays, 11 am – 12 pm for four sessions, February 2-March 2 (No class on Feb. 16).

Instructor Laurie Trupp returns to the library with unique one-hour classes for anyone looking to heal, grow in strength, flexibility and stamina---no matter what the fitness level. The classes are free and open to the public.

"Chair Yoga & Guided Meditation" combines gentle chair yoga poses with relaxing guided meditation at the beginning and end of classes. The yoga poses will be done seated, as well as standing with the chair used as a prop for balance. The postures will focus on strength, flexibility and balance, while the guided meditations will increase mindfulness to relax and renew the body, mind and spirit.

Laurie is a Stratford resident, an artist and a certified

kripalu yoga and meditation teacher. For over 18 years, she has been teaching gentle yoga, chair yoga and guided meditation in Stratford, Trumbull and Milford.

Laurie graduated with a bachelor of fine arts degree from the University of Bridgeport, and received her 200-hour yoga teacher certification from the Kripalu Center for Yoga and Health. Besides a lifelong passion for yoga and meditation, she also enjoys oil painting, hiking and organic gardening. Her love of nature is a theme often woven throughout her teachings.

"Chair Yoga & Guided Meditation" will be held in the Stratford Library's Lovell Room. Participants should wear comfortable clothes. Space is limited to 25 participants and registration is required for each session by logging into www.stratfordlibrary.org/events. This program is funded by the Guillaime Dale Memorial.

For further information, call: 203-385-4162.



RECYCLE RIGHT. EVERY TIME.

Use this guide to learn **What's IN** and **What's OUT** of your bin.

What's IN?

Follow these steps before placing acceptable items into your recycling bin.

DO: empty, clean, rinse, and repeat for each item. | **DON'T: shred, box, or bag items.**



PAPER & CARDBOARD



Newspapers & magazines, food and beverage cartons, mixed paper and flattened boxes



GLASS



Bottles and jars



METAL



Food and beverage cans, aluminum foil and foil containers



PLASTIC



Jugs, tubs and lids

What's OUT?



No plastic bags or plastic wrap
(Return to retailer)



No food or liquid
(Empty all containers)



No clothing or linens
(use donation programs)



No tangles
(No hoses, wires, chains or electronics)



No combustibles
(No propane tanks, batteries, and non-food grade aerosol cans like spray paint and pesticides)

To learn more about what goes in your bin and what doesn't, ask the RecycleCT Wizard at RecycleCT.com, download our app, or scan this QR code.



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Linda Libertino, Pickleball Club President Bill Tanski and John Staley. (Gery Cuccaro, photographer)



Lauren Yolen Hedman, Joan Burke, Carole Guglielmino and Liz Kedan. (Catherine Hogan, photographer)

OV PICKLEBALL HOLIDAY CELEBRATION

Story by Karen Hahn

On Friday evening, Dec. 16, the North Clubhouse was rocking with the Pickleball Club's holiday celebration. Good food, good conversation and good music were the order of the day for the more than 100 members and guests who came to party. The Pickleball Club members, known for their sociability on and off the court, enjoyed mingling with longtime acquaintances and making new friends.

Our new club vice president, Liz Kedan, with a crew of volunteers, put together a fabulous and fun evening that included appetizers from David Grant Caterers and delicious desserts (some, of course, were the contribution of our A1 baker Dorothy Tanski). Pretty holiday table decorations added to the festive spirit of the evening.

Bill Tanski, president of the club, thanked everyone involved in planning and running the party. Next, he presented a check for \$575 to Maggie Dunigan on behalf of the Center for Family Justice, which assists Fairfield County residents affected by domestic violence, sexual violence, human trafficking and child abuse.

Thanks to everyone who gave so generously.

Bill then brought some much-awaited news to the club when he announced that the Racquet Sports Facility Committee (comprised of members of the Tennis Club and the Pickleball Club) has agreed to turn the current Tennis Court 4 into an area that will hold two pickleball courts, bringing the total number of pickleball courts to five.

A motion regarding this will be brought to the Oronoque Village Condominium Association (OVCA) Board for final approval at the Jan. 17 meeting. The goal is to have the courts ready for play by late spring.

Supplying music were club members Dina Glantz and Bob Ruff who, once again, put their talents to work and supplied a playlist of music that kept us dancing through

the night ... or at least past 9:30 p.m!

The moves on the floor were as good as the moves on the pickleball courts. Wow, snazzy dancing. The evening saw everyone having a great time, just as we do playing pickleball.



Joe and Regina LaRocco (front), Gail and Nick Sostilio (back). (Gery Cuccaro, photographer)

MAINTENANCE MATTERS

COLD WEATHER SAFETY TIPS

By Mark Rhatigan, Director of Maintenance Operations

We urge you to protect your health and safety as frigid temperatures occur during the winter months. Please follow the cold-weather safety tips below:

Outdoors


- If you must go outside, make it as brief as possible. Dress warmly in windproof clothing and go indoors when you begin to feel cold. Wear several layers of loose-fitting clothing to trap body heat. Fasten buttons or zippers and tighten drawstrings securely. Don't forget gloves, mittens, and a hat that covers the ears.
- Keep dry. Change wet clothing frequently to prevent a loss of body heat.
- If you are spending time outside, do not ignore shivering – it is a vital first sign that your body is losing heat and a signal to return indoors quickly.
- Older adults are especially susceptible to hypothermia and frostbite. People who have older relatives or neighbors should keep an eye on them during the cold winter months.
- If it's too cold for you, it's probably too cold for your pet, so keep your animals inside. If left outdoors, pets can freeze, become disoriented, lost, stolen or injured. In addition, don't

leave pets alone in a car during cold weather, as cars can act as refrigerators that hold in the cold and cause animals to freeze.

Indoors

- Stay indoors and dress warmly.
- If you need to use an alternate heating source such as a fireplace or wood-burning stove, be sure to have adequate ventilation to the outside. Without enough fresh air, carbon monoxide fumes can build up in your home and cause sickness or even death. Keep children away from all heaters to avoid accidental burns. Never use a stove or fireplace unless it is properly installed and vented.
- Never use a natural gas or propane stove/oven or charcoal grill to heat your home.
- Space heaters account for 43 percent of home heating fires. Make sure your space heater is at least three feet away from materials that can easily catch fire such as furniture, bedding and curtains. Never leave an electric space heater unattended while it is operating. Make sure your heater is placed on a level surface where pets and children cannot reach it.

If you have at-risk friends, neighbors or relatives, check in on them periodically. Consider connecting with family and friends by telephone, e-mail, text messages, video chat and social media.

For additional winter-weather safety tips visit www.ready.gov, www.redcross.org and www.nfpa.org. 



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

The Braunagel Team of Keller Williams



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Upcoming Pletman Concerts performers, from left: mandolinist Mark Levesque and guitarist Judy Handler will entertain in March, violinist Patrick Doane will grace the stage in April and , in May, the duo of bass-baritone Christopher Grundy and pianist William Braun will present a concert.

SPRING PLETMAN CONCERTS SCHEDULE IS SET

By Amy Plapp and Tom Ward

We are so grateful for all the support, encouragement, kind words and offers of help we've received since we volunteered to take over organizing the Pletman Concerts from Elisabeth Breslav. What we have learned is that the concerts are a treasured tradition in the Village and part of what people love about living here. We look forward to seeing you all at our upcoming concerts in spring 2023 and beyond. If you've been taking a break — come back! If you haven't attended yet — please come, you're in for a treat! And if you're a faithful audience member — thanks for your continued support!

Our spring concerts this year will occur on Sundays at 3 p.m. on March 26, April 23 and May 21 in the North Clubhouse.

The March concert will mark the return of an old favorite

— the delightful strains of classical guitarist Judy Handler and mandolinist Mark Levesque. Last featured in the Pletman series in 2018, Judy and Mark are excited to return to the Village and looking forward to another warm and enthusiastic reception.

In April, a new face will grace the NCB stage: violinist Patrick Doane, a gifted Julliard-educated artist who moved to Connecticut in 2017. Patrick has presented critically acclaimed performances of works by Tchaikovsky, Paganini and Price, among others, and is also a composer and currently completing his doctorate at City University of New York.

And in May, the duo of bass-baritone Christopher Grundy and pianist William Braun will present a terrific concert of lively and beloved works that all will enjoy.

So mark your calendars and check upcoming editions of The Villager for additional details as the concerts approach!



BEYOND THE VILLAGE

TAKE IN THE YEAR-ROUND BEAUTY OF CONNECTICUT WITH THESE 12 SCENIC DRIVES

There's never a bad time to get out and take in the beauty of a relaxing scenic drive in Connecticut. It's one of our favorite ways to explore the Nutmeg State. Some of us love to just coast down the road and enjoy the windshield views. Others like to find beautiful attractions to get out and explore. Whatever way it is that you enjoy traveling down beautiful roads in Connecticut, we've picked out a dozen that are just perfect for all your year's adventures.

January: U.S. 7/Ethan Allen Highway. U.S. Route 7 is a north-south route that travels through much of western New England. Approximately 78 miles of the highway runs through western Connecticut and is known as the Ethan Allen Highway. A trip down this road will take you through some of the most beautiful areas of the state. You'll drive right through Kent, home of the magnificent Kent Falls State Park, and Lovers Leap State Park is not far off the road. Both of these parks are at the peak of their

beauty in the winter, making January a perfect time to visit. This area is a nature lover's paradise!

February: CT-85. CT-85 is a historic route that connects New London to Bolton. The road leads through several charming small towns, including Hebron, so there are plenty of places to stop to shop or grab a bite to eat.

March: CT-219. CT-219 is a peaceful 15-mile stretch of road running from New Hartford to Granby. It intersects with several scenic country roads, so if you'd like to make the drive longer, there are plenty of opportunities. The route includes Enders State Forest, the 1,500-acre preserve. This area is perfect for a spring drive, making March a great time to explore this route.

April: Litchfield Hills Scenic Loop. The Litchfield Hills region is one of the most beautiful places in Connecticut. These gently rolling hills are absolutely magnificent in the springtime, when wildflowers and verdant greenery abound. The Litchfield Hills Scenic Loop runs for about 60 miles right through the heart of the hills. Hop on Routes 7, 202, 341, or 45 and enjoy this scenic trip around the hills.

May: CT-254. CT-254 is another road in stunning Litchfield County. It runs for less than nine miles, but what a gorgeous nine miles! The route runs between Litchfield and Thomaston and passes right by the 615-acre Topsmead State Forest, a historic summer estate that has been turned into a preserve.

June: CT-27. CT-27 is a short route, but it's just perfect for spring/summer. The weather's warming up and this little four-mile road connects Mystic to Old Mystic. Mystic is one of the best summer towns in Connecticut, so take a few hours to explore the area and enjoy all the splendors the town has to offer!

July: U.S. 1. Want a scenic drive in Connecticut that's a little longer? Route 1 runs through 120 miles of the Nutmeg State, running parallel to the coastline. Whether you're just enjoying the drive or want to stop in some of the seaside towns and enjoy the atmosphere, this is one summer drive you don't want to miss.

August: CT-154. CT-154 is a state highway that runs about 28 miles and is one of the main roads in Old Saybrook. The road ends when it hits the water at Harvey's Beach, one of the most underrated beaches in Connecticut. Beach drives are perfect for summer, and this is a great road to enjoy in August.



A view from the Ethan Allen Highway.

September: Merritt Parkway. Merritt Parkway was built in 1938 and it's one of the oldest parkways in the United States. The 38-mile road has lovely Art Deco overpasses. This is such a beautiful drive!

October: CT-169. CT-169 runs from the border with Massachusetts down about 32 miles to Lisbon. The state's northwest corner is known as the Quiet Corner thanks to its peaceful vibe. The road goes through several pastoral small towns, including Pomfret. This is an especially gorgeous area when the leaves are changing, so October is a great time to visit.

November: CT-146. CT-146 is an alternate route to US-1 that connects Branford and Guilford. It's a 13-mile designated scenic route that has some incredible scenery. Since it's pretty short, you've got plenty of time to explore the endpoints. Guilford is one of the prettiest historic towns in Connecticut.

December: CT-8. CT-8 runs through almost the entire north-south borders of the Nutmeg State. It's a great road trip, going through plenty of beautiful towns, like Naugatuck. Much of the road is a four-lane highway, but the northernmost section is a two-lane road. Very few four-lane roads boast scenery this pretty, but CT-8 goes right through the Topsmead State Forest and Mattatuck State Forest, so you've got gorgeous wooded views throughout!

OV

Source: www.onlyinyourstate.com/connecticut/



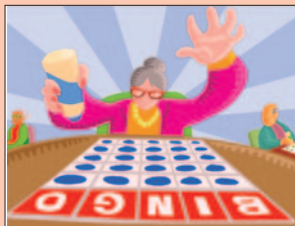
OV Karaoke Club: No fees or dues * No commitments * Just fun!

Please join us for our next Karaoke/Dance Party on Jan. 27 in SCB at 6:30pm.

All you need is your wine and dancing shoes. A good time is guaranteed for all! No need to RSVP...just come on over, grab a seat, and either watch or join the fun by putting in a song or two!

Hope to see you all then. Oh... and tell a friend!

**BINGO IS AT SCB AT 7 P.M.
ON THURSDAY, JANUARY 19**



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

Games begin at 7 p.m.

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 Feb. 1 is *The Night Watchman* by National Book Award-winning author Louise Erdrich.

The book is based on the extraordinary life of the author's grandfather, who worked as a night watchman and carried the fight against Native dispossession from rural North Dakota all the way to Washington, D.C.

This powerful novel explores themes of love and death with lightness and gravity and unfolds with the elegant prose, sly humor and depth of feeling of a master craftsman.

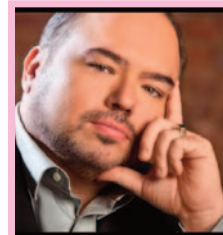


FUNSEEKERS PRESENTS

Dominic Mantuano Singing "The Music Of Our Time"

Dominic is a powerful vocalist and performer who has toured across America.

He has a new show in store for us!



Get ready for a high energy fun musical extravaganza as Dominic sings

The Music Of Our Time

such as

Roy Orbison, The Platters, The Duprees, The Four Seasons, Elvis, Dion and many more.



Be prepared to sing along as we revisit the days of leather jackets and Sha Na Na!

Be there or be square!!!! This is going to be a really fun night!

Tuesday, February 14, 2023 -7pm

SCB • Doors Open At 6:15

Advance reservations required. Payments will be accepted from January 16th to February 10th. Open to resident Funseekers' members and one guest per single resident through January 26th. Starting on Jan. 27th, member residents may sign up non-resident guests. Please put \$4.00 check per person (\$7.00 non-resident) into FUNSEEKERS mailbox, NCB. You must be a 2023 Funseekers Member to attend. Join for \$15 for the 2023 year. Please include your email address and phone number with your membership dues.

Questions? Call Lynn Collins **203.260.4644**

COFFEE, SOFT DRINKS & DESSERT TO BE SERVED

BYOB AND MUNCHIES!



The Movie Club Presents
Jerry & Marge Go Large

Jan. 18, 2 p.m., SCB

Based on the true story about long-married couple Jerry and Marge Selbee, who win the lottery and use the money to revive their small town.

Starring Bryan Cranston, Annette Bening, Rainn Wilson and Michael McKean.

\$1 admission includes popcorn - proof of vaccine required

Kickoff The Year With



Your **Social Activities Committee** is hard at work on its slate of **2023** events — fun gatherings for all Oronoque residents to enjoy throughout the year.



SAC presents a Super Bowl Party!

Sunday, February 12, 2023

(in conjunction with the Oronoque Men's Club) Come join your neighbors in the North Clubhouse for a fun time watching Super Bowl LVII.

Yummy "Super" food to be served. BYOB – set-ups provided.

Attendees are asked to bring nonperishable food items for a food pantry donation.

Event begins at 6 p.m. There will be more details to come in the February 1, 2023 Villager

2023 SAC EVENTS

March 12 — OSCAR Red Carpet Soirée.

Come dressed to impress and stroll the red carpet at our Oscar Party. Trivia fun and prizes. More details to come.

May 20 — Patriotic Picnic —

Hot dogs, ice cream and some fun activities to pay tribute to our country's proud spirit.

Aug. 19 — The Pool Party

is back and better than ever. Stay tuned for the evening's theme and entertainment. It's the party of the year!

Mark your calendars for these upcoming SAC sponsored events.

Stay tuned for more details on these and other fun events SAC has planned.

Interested in volunteering to help SAC stage events? Please reach out to your district SAC representative or email SAC Chair Elaine Ficarra at ekficarra626@gmail.com

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

**BYOB * Relax and Mingle *
Drop By With An
Appetizer to Share**

Hosted by SAC

We hope to see you on February 3



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:

1. Check visitors in and out.
2. Patrol the building, checking thermostats and locked doors.
3. Participate in the Call-In Program, which enables residents who live alone to check in daily or have monitors check up on them.

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.

This is an easy and pleasant way to volunteer your time and help with the safety and security of our Village. Also, it is an opportunity to meet fellow residents.

To learn more, contact Kathy Lukens at wklukens@comcast.net / 203-612-6685.

Be Safe. Be Well. Be Home.

The Oronoque community is our sanctuary. It is our home.
Our friends are here. Our memories are here.

As the world around us changes and challenges us,
Caregiver's Home Solutions can bring you peace of mind.

When illness, injury or age make home life more difficult,
our family owned and operated caregiving agency can
help keep you safe and independent in your own home.
The way it should be. Always.

Proudly owned by an OV resident, our agency has been
honored to serve the Oronoque community for over 14 years.

Call us today for a no-obligation in-home assessment.
It would be our pleasure to show you how we can
help with a care plan that meets your individual needs
while maintaining your sense of dignity and independence.

+ Special discount for OV residents +



**BETHE
BEAT**



NATIONAL
WEAR RED DAY®

IS FRIDAY, FEBRUARY 3, 2023

Wear red and be one step ahead.

Show support for the women in your life. On Friday,
February 3, get your steps in and proudly **WEAR RED.**

[WearRedDay.org](https://www.WearRedDay.org)
[#WearRedDay](https://www.WearRedDay.org)

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Association's Go Red for Women Movement.



Leslie Jordan, Margarita Pineiro, & Sharell Weeams
heart disease & stroke survivors

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