

April 3, 2023



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Thank you to Karen Zimmerman for submitting the cover photo of the South pond at sunset. The Villager welcomes submissions for cover consideration. Photos must be emailed as high-resolution jpeg images to Villager Editor Carol King at cking@oroquoquevillage.com.



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A MESSAGE FROM THE OVCA PRESIDENT

OVCA MEETING, MARCH 21, 2023



Bob Grosso

Happy spring, everyone! We are all looking forward to warmer weather and longer days. We have had a very mild and almost snow-free winter. So far, we have had only one snow-storm and it was handled very well by our maintenance staff. Thank you!

There were two motions made at the Special Meeting of the Board on Feb. 7.

Since that meeting both motions have been executed. In summary, the terms of the Employment Agreement finalized with Executive Director Fred Rodriguez, provide for Mr. Rodriguez to remain on payroll and benefits through June 30, 2023. Thereafter, Mr. Rodriguez will receive the agreed compensation for the period of July 1 through Sept. 30. Beginning March 1, through Sept. 30, he will advise and support the new Executive Director, as requested. Mr. Rodriguez will work remotely and make himself available via email and phone and will come to the office as necessary.

The prior Separation Agreement, signed on July 28, 2022, by Mr. Rodriguez and the former OVCA President James Rapaport and acknowledged by OVTD President Linda Libertino was terminated upon execution of the new agreement. Oronoque Village thanks Fred Rodriguez for his six years of dedicated service to the Village and wishes him the best of luck in his future endeavors.

In summary, the second motion, now executed, appoints Mark Rhatigan as Executive Director effective as of the date of the new Separation Agreement: Feb. 23. Congratulations to Mark as the newly appointed, Connecticut-licensed Executive Director of Oronoque Village.

His compensation has been adjusted as approved by the OVCA Board of Directors. In addition, he will have an opportunity to earn a performance bonus based on achieving objectives to be jointly set by him and the

OVCA Board of Directors.

The OVCA Board celebrates the fact that we were able to promote Mark from within the organization bringing with him a strong vision for the future of OV along with an excellent breadth of knowledge and skills. We are committed to Mark's success and will support him in any way we can.

On Feb. 21, an OVCA Town Hall meeting was held to preview the 2023-24 budget. This was the first meeting of its kind intended to provide residents an early opportunity to have insight into the budget process. Mark Rhatigan, our Chief Accountant Diane Roche and OVCA Treasurer Ken Colman presented an overview by major category of budget risks and opportunities.

Annually, our insurance premium is consistently very challenging. The Village has done an excellent job controlling insurance claims/loss ratio over the last several years. However, the number of storms and hurricanes and the condominium collapse in Florida have had a significant impact on premiums, in some instances rates doubling. Based on our broker's "estimate," we are looking at a possible 8-12 percent increase. Labor is also a significant budget item as finding and retaining staff continues to be a challenge, therefore outsourcing has increased. The maintenance of our buildings (Preventative Maintenance and Painting), as well as contractual increases in the cable expense and the adequate funding of our reserves, are other major budget expense items.

The Board will review the budget on April 11 and vote on the budget at the OVCA meeting on April 18. The Unit Owner budget meeting is scheduled for May 9 and the Unit Owner budget vote is on May 11.

I have been in contact with Chris Tymniak, chief administrative officer for the Town of Stratford, and Stratford Mayor Laura Hoydick to reinstate the Town Hall meeting and budget discussion and Q&A that were held prior to Covid. This will also include District 8 Councilman Jim Connor and District 9 Councilman Bill O'Brien. We are tar-

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getting late spring, once the town budget is completed, to set a date for this meeting.


Topics to be included in that meeting are:

* An update on the flood zone assessment. We had asked the town to provide a map identifying the location of the town's storm drains in the area. OV drain backups which are an ongoing challenge have been discussed with the town. We would also like to explore the possibility of borrowing inspection equipment.

* Speeding on Oronoque Lane at the four-way stop sign.

* Town development business plans such as Route 110 at Ryder's Landing, Sikorsky Airport and the former AVCO building in Lordship. Also, the status of the devel-

oper's plan for the property behind the firehouse on Oronoque Lane.

Blackhawk Country Club: Mark recently had a meeting with the ownership of the club which he will be reporting on shortly. Over the last several months, between Covid and the change of ownership of the club, OV has not had a liaison with the club. I believe this an important position and so I have asked Bruce Blanchard, an OV resident and club member, to take on that role and he has agreed. He will regularly report to the OVCA Board and provide updates in the Villager as needed. Thank you, Bruce, for volunteering. 

UPCOMING DISTRICT MEETINGS

District 7 will hold a meeting on April 26 at NCB. As the time nears, details on the meeting will be in a flyer to D7 residents. Watch your black box!

District 10 will hold a Spring Dinner Meeting on Thursday, May 4, at 5:30 p.m. at NCB. The District 10 Board encourages all District 10 residents to attend. More details to follow soon. Watch for a flyer in your black box in mid-April. Questions? Please call Regina Archazki, Dist 10 Rep, at 203-915-0781.

District 11 will hold its spring meeting on Wednesday, April 19, at 6 p.m. at NCB. OV Executive Director Mark Rhatigan will be the guest speaker.

The business meeting will be followed by pizza, salad and desserts. The cost to attend is \$5 per person; payment is needed by April 14. Please deposit your check, made out to "OV District 11," in the District 11 mailbox at NCB.

Additionally, District 11 is collecting dues for fiscal year 2023. The cost is \$10 per resident. Please make the check out to "OV District 11" and deposit the check in the mailbox at NCB.



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KEYLESS SECURITY SYSTEMS TO BE INSTALLED AT OV CLUBHOUSES

By Executive Director Mark Rhatigan

Beginning this month, a new, keyless, security system will become operational in the North and South Clubhouses.

Implemented by the OV Tax District, the access control system (keyless entry) will first be installed in the outdoor entrance to the exercise facility in the South Clubhouse. Beginning on April 12, residents will need to use an app on their smartphones or a keycard or fob to enter the facility from the parking area. There will be all-hours access to the exercise facility.

On May 1, entry through the front and rear doors and the pool gates at the South Clubhouse also will require an app, a fob or a key card.

The installation of the access control system in the North Clubhouse will conclude on May 15 and will affect the entrance to the front and side doors and the gate to the pool.

Entry to the clubhouses will be limited to the facilities' operating hours. The new system does not allow 24-hour admittance to the buildings.

The points of contact for the onboarding will be Chrissy Smith (csmith@oronoquevillage.com), Harris Bonfiglio (hbonfiglio@oronoquevillage.com) and Linda Arvers (larvers@oronoquevillage.com). They will be set up in the spare office next to the Business Office.

Residents who use the exercise facility should visit the Business Office prior to April 12 to acquire a fob, keycard or app download info.

The remaining residents will be onboarded beginning the week of April 10 for access to both the North and South Clubhouses. The onboarding will occur by district.

There will be a fee of \$13 to replace keycards and fobs that are misplaced or damaged.

The installation of a keyless access system in the community buildings has been long anticipated. Discussions of implementing such a system in OV started nearly 15 years ago. At that time, the costs were significant, but much has changed since then. As with most technologies, costs go down over time. That is the case now with access control systems.

Former Executive Director Fred Rodriguez and I conducted considerable research on various access control security systems and providers. We recommended Kastle Systems based on the scope of its services, flexibility in working with our existing security infrastructure, experience, price point and support staff.

The OV Security Committee -- plus the OVTD president, vice president and treasurer -- also met with Kastle and confirmed management's recommendation of this vendor.



The advantages of an Access Control System for OV include:

1. Less reliance on "human" monitoring of our facilities and amenities
2. Manage after-hours resident visits to buildings.
3. Availability of reliable facilities usage data to potentially reduce utility costs.
4. The system has the ability for residents checking the capacity of the amenities (i.e. pools and fitness center) before their visits.
5. Availability of reliable data on who is entering and using our facilities. We will be able to determine, at any time, who's in our facilities.
6. We will know that anyone accessing facilities has legitimate credentials. In the words of our Stratford Police liaison, Captain Brian Budd: "Any measures that restrict unauthorized access to your community is always a positive decision."

To prepare for the upcoming installations, testing was conducted at the South Clubhouse doors by staff members. Testing is now complete and the keyless access is ready for use. Residents can soon begin enjoying the benefits of the access control system.

Note: A comprehensive article about the access control system, written by Bill Tanski, was published in the July 15, 2022, edition of *The Villager*, which can be found on the OV website (www.oronoquevillage.com).

Links to the article and a list of Frequently Asked Questions provided by Kastle are included in a post about the access control system that appears on the home page of the website.



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FEATURE: PICKLEBALL CLUB

PICKLEBALL CLUB KICKS OFF A BUSY NEW SEASON

By Karen Hahn

It's time again to think dink! The Pickleball Club will hold its opening meeting on Monday, April 24, at 6:30 p.m. at the NCB auditorium. New and current members are encouraged to attend. The TeamReach sign-up site for play and other helpful club information will be available. A happy hour will follow.

Ray Compagna, our treasurer, will be accepting dues for the year starting May 1. This year there is a modest increase in dues from \$35 to \$40. The club is a victim of its own success! A small group of members formerly volunteered to put on our cocktail parties and dinners. With the club social activities now averaging over 100 attendees, it is necessary to use caterers, thereby increasing the cost of our social events

Pickleball is the fastest growing sport in America. "There are 4.8 million people playing pickleball—almost double the number from just five years ago," according to the Sports and Fitness Industry Association (a 2022 figure). It is even being played in prisons. And our club has grown to over 130 members, who have been playing throughout the winter, both outside and indoors.

The club's regular round robin schedule begins May 1, which is when the club's official 2023-24 season begins. The conversion of one former tennis court to two pickleball courts is in progress and, weather permitting, they will be ready for play by June 1.



Dina Glantz, Lori Hedman, Liz Kedan and Nancy Pedron enjoying the Pickleball Club's winter happy hour.

In addition to our game play, the OV Pickleball Club offers members an active social program with parties and barbecues during the course of the season and through the end of the year. The competitive side of our club comes into focus in September with our annual tournament. But, being a fun group, we have a party afterwards to celebrate the day.

For more information, contact Bill Tanski, club president, at 609-876-3520 or email cwdtans@gmail.com.

OV

PICKLEBALL DEMO SCHEDULED FOR APRIL 30

New to the pickleball game or the community and interested in joining the Pickleball Club? Please come to the racquet sports facility on Saturday, April 30, at 11:30 a.m. for a demonstration by the Pickleball Club's officers. You can learn about the game and also try out your skills. Proper court shoes and athletic attire required. No denim is allowed.

For more information, contact Bill Tanski, club president, at 609-876-3520 or email cwdtans@gmail.com.

OV



OV ARTS GUILD WINTER MEETING RECAP

OPTING FOR HAPPINESS : TIPS FROM DONNA MARTIRE MILLER

Story & photo by Lee Schlafer

As promised, on the evening of Feb. 23, Donna Martire Miller inspired a roomful of winter-bored Oronoque residents to consider making happiness a part of their lives. Happiness is a subject often overlooked as we all busily engage in the day-to-day activities that consume our time. Donna successfully put the topic in focus by making it clear that happiness depends on a willingness to make intentional decisions.



Despite obstacles that can -- and probably will -- befall us, happiness is a choice and there are any number of small ways that we can make it part of our lives. One simple example illuminated her point: the practice of waving at people on the lanes of the Village as we pass them in our cars is a positive action for both the waver and the one receiving the wave. It makes everyone feel good. The goal is not to acquire giddiness but, rather, to be at ease, value health, have gratitude and appreciate love.

Donna's delivery, which was light-hearted, also was deeply thought-provoking ... so much so that, days after the event, the concepts were still being discussed by some attendees. This presentation was an excellent reminder to not lose ourselves in the negativity of the world around us or in our own personal issues. Instead, we can -- and should -- make the effort, every day, to find small ways to be happier, which will then make those around us happier as well.

Donna's talk included creative mind exercises. She concluded her presentation by inviting the audience to participate in a loving-kindness meditation, a valuable gift to be used whenever happiness seems elusive.

Happiness was certainly in abundance during the coffee and dessert session that followed the program. Delicious treats were plentiful and the conversation and mingling seemed to benefit from the infusion of goodwill inspired by Donna's excellent presentation.



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ANNOUNCEMENTS

'IT'S 5 O'CLOCK SOMEWHERE' WILL NOT BE HELD IN APRIL

Due to the Good Friday holiday, SAC has canceled the "It's 5 O'clock Somewhere" event scheduled for April 7.

However, the clubhouses will be open and residents are welcome to make use of the North Clubhouse lounge on their own.

"It's 5 O'clock Somewhere" is scheduled to take place on the first Friday of each month. The event will resume on Friday, May 5.

AMISH COUNTRY TRIP IS CANCELED

The Good Times Club has announced that its June trip to Lancaster, Pa., will not take place.

FREE SMOKE ALARMS FOR THE HEARING-IMPAIRED



The SafeAwake is a fire safety device that awakens the deaf/hard-of-hearing to fire emergencies. The device is designed to work in partnership with a properly installed and working smoke alarm.

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Features include an intermittent bed shaker, low-frequency 520 Hz sounding alarm, flashing white light visual alarm, operational indicator lights and a plug-in power supply with battery backup

The alarms are available at no cost. Contact the Stratford Fire Marshal's Office at 203-385-4073.

BOCCE/CORNHOLE GAMES SWITCH THIS MONTH

Cornhole, which is played Thursdays from 10 a.m. to noon at SCB, will end its season following game play on April 13. Beginning Thursday, April 20, bocce will be played weekly at NCB from 10 a.m. to noon. All are welcome.

GOOD TIMES CLUB EVENTS

Good Times Sock Hop is scheduled for Saturday, July 1. Bus trips are planned to take place Saturday, Sept. 16, and Tuesday, Dec. 5.



AARP SAFE DRIVING CLASSES ARE SCHEDULED AT OV

AARP Safe Driving classes will resume at Oronoque Village. Please sign up with the Business office at 600 North Trail. Class dates are April 21, June 7, Aug. 9, and Oct 11. The fee for AARP members is \$20, nonmembers pay \$25.

FREE TAI CHI DEMONSTRATIONS

Free one-hour demonstrations of traditional Chinese healing movements from a Western approach of tai chi, dao-yin, qigong and nei-gong, led by Jonathan Davis, will be held at the SCB Card Room on Monday, April 24, 5-6 p.m. for participants who will be challenged physically with sequences of graceful, slow movements of the body and breath. Participants must have the abilities to stand, walk and perform movements for an hour. On Wednesday, April 26, 10-11 a.m., there will be a demo for participants in a seated position, wheelchair or walker while performing therapeutic exercises and self-cultivating/healing pressure points and massages.

Please contact Lucy Clifford for additional information at lmclifford@yahoo.com or 203-644-7710.

MINI FARMS DUES PAYMENTS

Attention mini farmers: if you have an assigned farm, your dues need to be placed in the mailbox at NCB no later than April 15. The dues are \$20. Prompt payment is appreciated. Those who are not going to renew their plots for 2023 are asked to notify Debbie Grosso at 203-380-2468.

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.

POKER PLAYERS WANTED

The Thursday evening poker game has moved to Wednesdays, 6-9 p.m., at SBC. Castle Poker welcomes new members and veteran players.

For more information, call Rich Castle 203-572-0989.



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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 April 17, is April 4 at noon.*

BOCCE / CORNHOLE

• Cornhole is played on Thursdays at 10 a.m. at SCB through April 13. Weekly bocce games resume at NCB on Thursdays at 10 a.m. beginning April 20.

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 the second and fourth Wednesdays of each month.

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. There are no fees to join. Purchasing study materials is optional. Meetings are on the second and fourth Fridays in the NCB Card 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 at 9:30 a.m., followed by a class for all levels at 10 a.m. Call Sonya DeBiase at 202-377-1515



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 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.

TABLE TENNIS GROUP

• Table Tennis 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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SAVE THE DATES FOR THESE SAC EVENTS

Saturday, May 20, 1-3 p.m. at NCB:

Join in the Spirit:

**Welcome Summer & Salute to Those Who Served
(Veterans are invited to attend for free!):**

Music, food and fun. \$12 admission per person (nonveterans)

There will be a sock collection for Homes for the Brave.

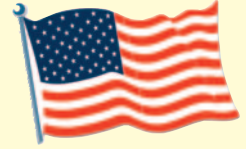
Please see the sign-up sheets in the April 17 & May 1 Villagers.

~

Saturday, August 19: Pool Party

~

Saturday, September 23: Dog Parade Fundraiser (Rain date September 24)



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.

Bold-faced listings = OVCA/OVTD events / C= Closed event

MONDAY, APRIL 3

- **9:00 a.m.-House Committee meeting, NCB, B/R**
- 10:00 a.m. - House & Garden Board Meeting, NCB, C/R (C)
- 10:30 a.m. – Low-Impact Exercise (Bring Weights), NCB
- **11:00 a.m. – Communications Committee, NCB**
- 1:00 p.m. - Arts Guild Planning Committee, NCB, B/R (C)
- **6:00 p.m. – SAC Committee Meeting, NCB**
- 6:30 p.m. – Drop-In Bridge, NCB
- 7:00 p.m. – Funseekers Board Meeting, SCB, C/R (C)
- 7:00 p.m. – Bulls & Bears, SCB

TUESDAY, APRIL 4

- 9:00 a.m. – Table Tennis, SCB
- 10:00 a.m. – Dollcrafters, NCB, Library
- 10:00 a.m. – Zumba, NCB
- 2:00 p.m. – Writer's Group, SCB
- **3:30 p.m. – OVCA Finance Committee, NCB, B/R**
- 7:00 p.m. – Men's Cards, Dombrowsky, SCB

WEDNESDAY, APRIL 5

- 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
- 4:00 p.m. – Pool Social Group, SCB
- 5:00 p.m. – Sebastian's Poker, NCB, C/R
- 6:00 p.m. – Castle Poker, SCB
- 7:00 p.m. – Book Club, NCB Library

THURSDAY, APRIL 6

- 10:00 a.m. – Cornhole, SCB
- 10:00 a.m. – Quilting Group, 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
- **3:30 p.m. – OVTD Finance Committee Mtg, NCB, B/R**
- 6:00 p.m. – Table Tennis, SCB

FRIDAY, APRIL 7

Business & Maintenance Offices Closed

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

SATURDAY, APRIL 8

- 11:00 a.m. – Private party, NCB (C)

SUNDAY, APRIL 9: No events scheduled

OV SNAPSHOT: BOOK CLUB CELEBRATION!



Members of the OV Book Club took time out from their monthly discussion to enjoy a post-holiday season gathering at NCB.

The Book Club meets on the first Wednesday of each month at the NCB Library. The book selections are mentioned in *The Villager* and on OVTV Channel 591.

The selection for April 5 is "The Common Good" by Robert Reich. Next month, the group will discuss "The Personal Librarian" by Marie Benedict.

MONDAY, APRIL 10

- 10:30 a.m. – Low-Impact Exercise (Bring Weights), NCB
- 1:00 p.m. – House & Garden event, SCB
- **4:00 p.m. – Maintenance Committee, NCB**
- **4:00 p.m. – Bylaws Committee, SCB**
- 6:30 p.m. – Drop-In Bridge, NCB

TUESDAY, APRIL 11

- 9:00 a.m. – Table Tennis, SCB
- **9:30 a.m. – Architectural Committee Mtg, NCB**
- 10:00 a.m. – Dollcrafters, NCB, Library
- 10:00 a.m. – Zumba, NCB
- **3:00 p.m. – OVCA/OVTD Finance Meeting, NCB, Library**
- 7:00 p.m. – Funseekers event, SCB

WEDNESDAY, APRIL 12

- 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. – Castle Poker, SCB

THURSDAY, APRIL 13

- 10:00 a.m. – Cornhole, SCB
- 10:00 a.m. – Zumba, NCB
- 10:30 a.m. – Yoga, SCB
- 1:00 p.m. – Ladies Mahjong/Cards, NCB, C/R **(C)**
- 1:00 p.m. – Informal Artists Group, SCB, A/C Rm
- 1:00 p.m. – Tea, Talk & Crafts, SCB
- 6:00 p.m. – Table Tennis, SCB
- 7:00 p.m. – Men & Ladies Club Meeting, NCB

FRIDAY, APRIL 14

- 7:30 a.m. – House & Garden Tag/Bake Sale Setup, SCB Lounge/Auditorium **(Closed through 5 p.m.)**
- 10:30 a.m. – Low-Impact Exercise (Bring Weights), NCB
- 6:00 p.m. – Friday Night Pool, NCB, Billards Room **(C)**
- 7:00 p.m. – Movie: *A Man Named Otto*, NCB

SATURDAY, APRIL 15

- 9:00 a.m. – House & Garden Tag/Bake sale, SCB

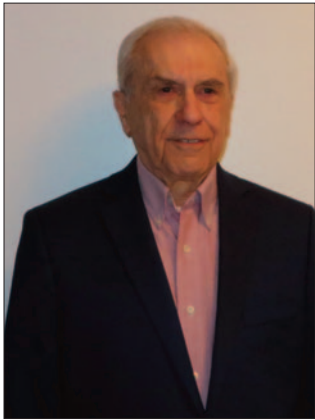
SUNDAY, APRIL 16

- 4:00 p.m. – Galerie OV Spring Art Show Reception, SCB

MONDAY, APRIL 17

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

ARTIST OF THE MONTH: RAY VERMETTE



Ray Vermette is able to tap into his creativity by combining a keen eye with an analytical mind.

His background and education are in the biological sciences, and in finance, personnel and management.

"When I paint, it is a mental process," he explains. "I often work in watercolors, which is not a flexible medium. The process requires visualizing a

composition that is pleasing to me and then focusing on bringing that scene to life with limited brushstrokes and good composition.

"From the beginning, my personal challenge has been controlling my analytical mind and allowing the creative brain to dominate."

Ray has been painting in watercolors for about 20 years and, more recently, in acrylics. "I started by taking adult education classes in East Haven and then I continued to study and practice on my own," he says. "I enjoy testing my capabilities and building my skills. I see progress and growth with every work. The key to my improvement is to persevere, paint often and learn from mistakes."

Although painting is a hobby, Ray is dedicated to creating a minimum of one image every few weeks. New England landscapes and waterscapes are his preferred subjects. "I like to paint scenery with colorful atmosphere and good perspective," he notes. "In my artwork, I try to convey a sense of calmness and serenity. I also enjoy the challenge of adding people to my paintings to help tell a story."

His inspirations range from capturing sights he has

seen to emulating works he has appreciated while touring museums and art shows. "Andrew Wyeth and JWM Turner are among the many artists I admire," states Ray. "I'm interested in a variety of artists and their styles and try to bring various techniques into my own artwork."

Ray spent much of his working career as a senior vice president for operations of national healthcare companies with responsibility for the activities of many hundreds of employees. He also spent over 25 years serving on various town government boards and committees as an elected or appointed official. Now retired, he and his wife, Tina, arrived in Oronoque Village 12 years ago. "While we were looking at homes and visiting various communities, we drove up James Farms Road and came to Oronoque Lane. We really liked what we saw here in the Village," he reports.

Quickly, he became an integral member of the community. An accomplished pianist, Ray has entertained residents as the accompanist for the BRAVO players in productions held in 2014 and 2015. He also sang with the Village Voices and currently serves as a director on the OVTD Board and was president of OVTD 2018-2019.

Ray, Betty Mulholland and Barbara Stewart organized and started the OV Arts Guild in 2016 and he has served as president for a number of years since its inception. Ray is a speaker at various community group meetings in the greater New Haven area. "My subjects include the process of drafting our U.S. Constitution in 1787, and the lives and history of notable people who were born and lived in Stratford, such as General David Wooster and the Honorable William Samuel Johnson, who made important contributions to the founding of our state and nation," says Ray.

Oronoque residents are invited to enjoy Ray's renderings, which will grace the front and back hallways of NCB throughout the month of April.

OV

FUNSEEKERS MARCH MEETING: A ST. PATRICK'S DAY KICKOFF

By Marie Orlowe



Brian Kelly

Brian Kelly returned to OV on Tuesday, March 14, to entertain The Funseekers. Brian is a singer, pianist and trumpet player. He exhibited all three skills during his performance. His renditions were varied and known to his audience. Brian honored his father's heritage by singing "Danny Boy" and "No Way Never," which had the

audience participating, along with "Sweet Caroline" by Neil Diamond and John Denver's "Country Road."

Everyone enjoyed "New York, New York" and "Piano Man." His show was easy listening.

Letitia Laberee has shown some very novel ideas for table decorating – March was no exception. There was a sea of green tablecloths with centerpieces of Irish derby hats, topped with flowers and gold coins.

Sabina Curry presented dessert (a brownie topped with vanilla ice cream and a candy shamrock). Milo Sobel embellished it with your final topping choice of: Dublin Chocolate Sauce or Jameson Irish Whiskey.

The evening was a nice way to begin celebrating St. Patrick's Day.

OV



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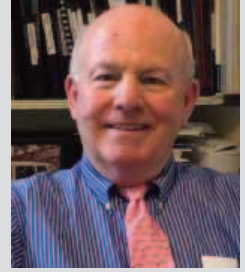
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WEB INSIGHTS



Details for upcoming “Condo News & Notifications” may be instantly accessed by visiting: <https://www.oronoquevillage.com/resident-homepage>



Social “Events” in the Village may be instantly accessed by visiting: <https://www.oronoquevillage.com/planned-events/>

QUESTIONS? CONTACT A MEMBER OF THE GEEK GROUP

Chris Albino	203-520-3931	chralb2015@gmail.com
Regina Archazki	203-915-0781	Rarchazki@hotmail.com
Dianne Binford	914-649-4894	Ddbinford@gmail.com
Dave Bingham	203-502-0131	Davetr6@optimum.net
Linda Bittner	203-414-8879	MzBitt@gmail.com
BB Brown	203-838-1371	Barbarabrown1313@gmail.com

Carolyn Charnin	616-821-2537	Ccharnin@optimum.net
Petra Dinnan	203-240-1718	PJP1985@msn.com
Tom Fuchs	203-500-6646	Tofu28469@gmail.com
Bob Sabo	203-216-4670	RSabo11@att.net
Lee Shlafer	203-345-1649	lmarsh3272@gmail.com
Mary von Ziegesar	203-767-9760	MvonZ@optonline.net

HUMOR

Submitted by **Mary W. von Ziegesar**

Dad, are we pyromaniacs? Yes, we arson.

What do you call a pig with laryngitis? Disgruntled.

Writing my name in cursive is my signature move.

Why do bees stay in their hives during winter? Swarm.

If you're bad at haggling, you'll end up paying the price.

Just so everyone's clear, I'm going to put my glasses on.

A commander walks into a bar and orders everyone around.

I lost my job as a stage designer. I left without making a scene.

Never buy flowers from a monk. Only you can prevent florist friars.

How much did the pirate pay to get his ears pierced? A buccaneer.

I once worked at a cheap pizza shop to get by. I kneaded the dough.

My friends and I have named our band Duvet. It's a cover band.

I lost my girlfriend's audiobook, and now I'll never hear the end of it.

Why is "dark" spelled with a "k" and not "c"? Because you can't see in the dark.

Why is it unwise to share your secrets with a clock? Well, time will tell.

When I told my contractor I didn't want carpeted steps, they gave me a blank stare.

Bono and The Edge walk into a Dublin bar and the bartender says, "Oh no, not U2 again."

Prison is just one word to you, but for some people, it's a whole sentence.

Scientists got together to study the effects of alcohol on a person's walk, and the result was staggering.

I'm trying to organize a hide-and-seek tournament, but good players are really hard to find.

WINTER POOL SOCIAL GROUP ANTICIPATES SEASON'S START

Story by Sonya DeBiase ~ Photo by Mary Scully

Barbara Mayer created a sign — “88 Days Until the Pool Opens!” — anticipating the wait to the pool openings.

All those in attendance at the Winter Pool Social Group meeting on March 1 did a toast and count down. Some of us even got into our swimsuits in preparation for opening day.

There will be two more Pool Social Group gatherings in the South Clubhouse cardroom before the 2023 pool season officially starts. The group meets on the first Wednesday of each month, 4-6 p.m. Upcoming meetings are April 5 and May 3. Everyone is welcome to come with an appetizer and/or beverage for reunions and conversations.

For more information, call Sonya at 203-3777-1515.



Ready for the 2023 pool season are, from left, Sonya DeBiase, Jack O'Connell, Tony Palumbo, Barbara Mayer and Jackie Freeman.

Nobody knows the Village...



...like **another Villager!**



Mary Kelleher
Mary.Kelleher@raveis.com
 203.496.1399

Christine Mahoney
Christine.Mahoney@raveis.com
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DOES STRETCHING AFTER EXERCISE AID IN RECOVERY?



By Ed Genga, M.A., CSCS

Let's learn about the body's adaptations to different types of post-workout activities. First, did you know that serious stretching after a workout is contraindicated for recovery? The current recommendation is to avoid serious stretching after training and use a mild exercise to cool down and recover.

Recovery: Recovery means to return what was lost. In exercise, we think of recovery as more than this. We would like to believe that recovery following exercise does not simply return what was lost, but also enhances our function. In this article, I will use the term "recovery-adaptation" to refer to the idea of enhanced function after exercise. Of course, immediately after exercise you will be tired. The effects of a training session are delayed for a period of one to several days after your exercise session.

The delay of enhanced function has been called the long-term lag of the training effect. Exercisers and athletes are often counseled to stretch following their workouts to enhance their recovery-adaptation; however, is stretching after exercise really a good idea? Historically, it has been thought that stretching can reduce muscle stiffness and Delays the Onset Muscle Soreness (DOMS). Exercise folklore on recovery-adaptation often encourages stretching following exercise with little or no justification. Recovery modalities are most frequently associated with enhancing blood and lymph flow in order to nourish muscles and remove waste products. For example, the use of heat or cold, or both (heat and cold), hydrotherapy, static compression, dynamic compression, vibration, mild exercise, electrical stimulation, and massage are all thought to improve recovery due to their ability to enhance blood and lymph flow.

Stretching: Stretching is "the application of force to muscle and tendinous structures in order to achieve a change in their length, usually for the purposes of improving joint range of motion, reducing stiffness or soreness, or preparing for activity."

Contrary to many beliefs, pre-exercise stretching appears to have no effect on muscle soreness, tenderness or loss of force following high-intensity exercise. Researchers Cheung, Hume, and Maxwell showed dose-dependent positive effects on muscle soreness from anti-inflammatory medications, along with massage, depended on the type of technique used. They noted that cryotherapy (icing), stretching, homeopathy, ultrasound and electrical stimulation demonstrated no positive effect on the relief of muscle soreness.

Further, stretching before or after exercise does not improve muscle soreness, according to a study performed by researchers Wessel and Wan. Interestingly, contrary to popular belief, stretching was shown to decrease blood flow. Several investigators have shown that blood flow, capillary oxygenation and velocity of red blood cells have decreased during stretching.

If the goal of recovery-adaptation modalities is to increase blood flow, it would appear that stretching after a workout does not help and may actually reduce blood flow.

Although it may sound like heresy, serious stretching after a hard workout is contraindicated for recovery. A paradox results when people who want to increase their flexibility are told to do their stretching following their workout when they are warm from the previous exertion. This paradox can be resolved by noting that application of both heat and cold can increase flexibility.

Also, the key factor in developing flexibility is developing a "stretch-tolerance," which refers to one learning how to stretch properly rather than actually changing tissue structure and function. In short, it is my recommendation that you avoid serious stretching after training and use mild exercises through a full range of motion to cool down. OV

Ed Genga is an OV 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.

FIND IT ON ORONOQUEVILLAGE.COM

Resident Directory: Get ready for the updates to the Address Book coming soon! Did you know that you can find the phone number or the email address of OV staff by visiting <https://www.oronoquevillage.com/management-staff/>



ATTENTION:
**MEN AND WOMEN INTERESTED IN
REINVIGORATING THE OV MEN'S CLUB:**

PLEASE ATTEND A MEETING ON APRIL 13, @7 PM AT NCB

Prior to the Covid 19 outbreak, the Men's Club was a vital part of the Village and provided countless services and events within our community. We would like to bring back that atmosphere of community and extend the membership to both men and women.

The evening's agenda will include:

- Highlighting the past and future community services projects of the group.
- Accepting suggestions for a new name for "this" club
- Voting to fill the 3 open board positions ... after ballot submissions. (these officers will consider the name suggestions and determine which one best fits our membership and our goals)



Presents Our New Art Show

Reflections

Opening Reception Sunday, April 16th, 2023 4 pm
SCB



Giant TAG & BAKE Sale

SATURDAY April 15, 2023 9-2 SCB

RESERVE A TABLE -\$22 Per Table (OV residents only)

Fill out form below to reserve your table

We Need Your Donations!

Proceeds help beautify the village

If you don't have enough items to reserve a table, PLEASE consider donating your goods to the HOUSE & GARDEN CLUB tag sale area by the stage. Your items may be dropped off at the SCB Stage on **Friday April 14 at 3pm**

*Silver, pottery, china, crystal, boutique accessories: (jewelry, purses, scarves, perfume, etc) housewares, small appliances, small furniture, paintings, lamps etc.

Please bring small and multiple items in a box



➔ *NO computers, clothing, odds and ends glassware, chipped or damaged items, books, CDs, DVD's or videos.

➔ We need volunteers to help with the tag and bake sale areas
Call Irene Keating 203-377-3980

Please make sure all used donated appliances are cleaned, such as toaster ovens etc

BAKE SALE: Donations of baked goods are needed. Please drop off on April 14 & 15



Doors Open At 7:30 A.M On April 15, To Set Up Your Table. ALL Unsold Items Must Be Taken With You When You Leave!



Fill out form and drop in House & Garden Box

Table reservation questions call: **Merriless Leemhuis 203-378-8753**

General Questions: Call Debbie Grosso 203-380-2468

Name: _____

Phone: _____

Tables (per table) _____ \$ Amount _____

Please make check out to House & Garden Club

Table reservation cut off is noon-Friday March 31, 2023



PRESENTS...

Spring Wildflowers

Connecticut's Wild Beauty

Connecticut has a myriad of native spring wildflowers. Discover why they bloom in the spring, where to find them, how they got their names, and what makes these plants so fascinating.

House & Garden's April event will be an informative and interesting talk by Margery Winters, Assistant Director and instructor at Roaring Brook Nature Center in Canton, CT. She manages the Nature Center's native plant gardens.

Monday, April 10, 2023
1:00 pm SCB

Dessert & Coffee/Tea served after the program

Members free-guests pay \$5



FUNSEEKERS PRESENTS

GLEN ROETHEL

AWARD-WINNING SINGER-SONGWRITER GUITARIST, RETURNS FOR ANOTHER 5 STAR PERFORMANCE!

Tuesday, April 11, 2023 SCB • Doors Open At 6:15

Be surprised by the unique sound of vocalist/guitarist, Glen Roethel, as he captures the essence of favorite songs spanning the decades. Glen is a one-of-a-kind artist, gifted vocalist, and wonderful musical acoustic guitarist. He is an award-winning songwriter and a real crowd pleaser! Glen has performed at venues such as Rockefeller Center and the Jacob Javits Center. He delights audiences with soaring vocals, infectious energy and accomplished guitar playing. Among others, hear songs by *the Righteous Brothers, Elton John, Eagles, America, Simon & Garfunkel, Billy Joel, Ed Sheerhan, Everly Brothers.* Don't miss this fabulous performance!



Advance reservations required. Payment will be accepted from March 16th through April 7th. (No late reservations). Open to resident Funseekers' members and **one non-resident guest per single resident** through March 25th. Starting on March 26th, 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 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

A Man Called Otto

April 14, 7 p.m., NCB

April 19, 2 p.m., SCB

Please note date correction

When a lively young family moves in next door, grumpy widower Otto Anderson (Tom Hanks) meets his match in a quick-witted, pregnant woman named Marisol, leading to an unlikely friendship that turns his world upside down.

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



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

Please join us for our next Karaoke/Dance Party on April 28 at 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!



The Sutton Place Trio

THURSDAY
April 27 2023
7:00 PM NCB

Doors open at 6:30

Arts Guild Members FREE

GUESTS pay \$10

Reservations Required (Open seating)

"The Sutton Place Trio has a New York sensibility reminiscent of the combos that filled the nightlife, clubs and hotels of the Manhattan skyline"



Featuring "Our very own" Oronoque resident **AL Gafa**

Performances include jazz and original music influenced in the classic style by composers and performers such as Cole Porter, Jerome Kern, George Gershwin, Nat "King" Cole, Duke Ellington, The Modern Jazz Quartet and Antonio Carlos Jobim.

Pictured: Bassist and songwriter **Jay Leonhart**, guitarist **Al Gafa** and Pianist/vocalist **Alex Leonard**

Cabaret style seating-sit back and enjoy this very special event brought to you by The Arts Guild!

BYOB and snacks!
Dessert reception following the program.

Reservations Are Required For This Special Event (Open seating)

Fill out this form and put in Arts Guild Mailbox by Friday April 21, 2023



Name(s) _____

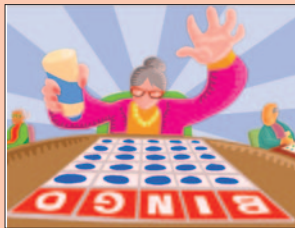
E- Mail and phone _____

Amount of Check \$ _____ # of persons attending _____

I (we) are current Arts Guild member(s) _____ Questions: Call Barbara Stewart
203.612.1373

The Sutton Place Trio

**BINGO IS AT SCB AT 7 P.M.
ON THURSDAY, APRIL 20**



**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.



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

The book for April 5 is *The Common Good* by Robert Reich.

The book for May 3 meeting is *The Personal Librarian* by Marie Benedict.

A remarkable novel about J. P. Morgan's personal librarian, Belle da Costa Greene, the Black-American woman who was forced to hide her true identity and pass as white in order to leave a lasting legacy that enriched our nation.

An extraordinary tale that is both brilliant historical fiction and an important and timely commentary on racism.

NOTICE: PLEASE OBSERVE THE GOLF COURSE WALKING HOURS

**FOR SAFETY'S SAKE, RESIDENTS MAY WALK ON THE
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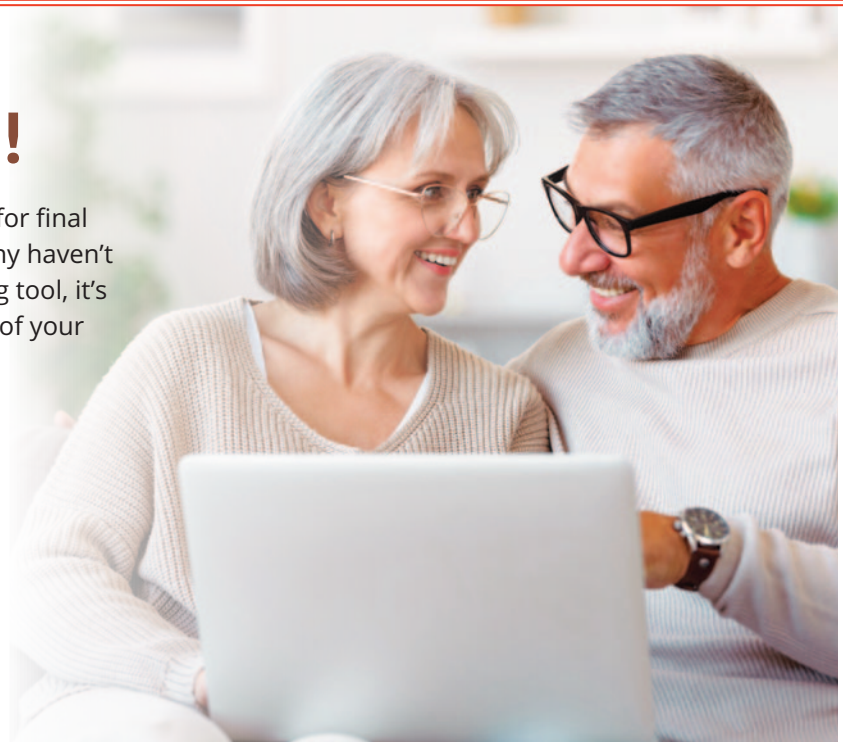
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