

June 15, 2023



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Thank you to John Staley for submitting the cover photo of the ribbon-cutting for the new OV pickleball courts, which took place May 21. From left are Pickleball Club Director of Membership Regina Archazki, Racquet Sports Committee Chair Nancy Blagys and Pickleball Club President Bill Tanski. (Regina and Nancy also are past presidents of the Pickleball Club.) An article appears on page 8. The Villager welcomes photo submissions, which must be emailed as high-resolution jpeg images to cking@oronoquevillage.com.



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NOTICE

COMMISSION ON AGING TO PRESENT STUDY FINDINGS AT NCB ON JUNE 22

By **Stephanie Fians**

On June 22 at 4 p.m at NCB, the Commission on Aging will present findings from its needs-assessment study. Residents are encouraged to attend and learn about the study, which was conducted from 2021-2022.

During the June 22 meeting, Carl Glad, the chair of the Commission on Aging, along with Tammy Trojanowski, director of Stratford's Community and Senior Services, will discuss a strategic plan for 2023-2026 and share the report with us. Copies of the strategic plan will be distributed.

The Commission on Aging advocates where needed in the community and has the responsibility to reach out to the residents directly impacted by the Town's decisions and policies.

The Commission oversaw six focus groups in the Town of Stratford to determine the needs of the 55-plus age community, consider new initiatives to implement and see where direct support could be most beneficial to Stratford's older adults. Chanana Consulting, LLC did the compiling of the in-

formation and presented the results to the Commission. The data collected makes up a model that is goal-oriented, timely and a part of the 2023-2026 Strategic Plan.

Six Village residents participated in our focus group. We sat with representatives of Chanana Consulting and listed the concerns and needs of Oronoque Village, specifically. One consideration is establishing a Baldwin Center satellite here in the Village. Our community is made up of various age groups and, therefore, a variety of needs is clearly evident. Access to services is critical and the ability of the Town to provide them is a responsibility of the involved officials.

Please make this meeting a priority on your calendar. When one is informed, clear decisions can be made and challenges can be met.

Questions? Please contact Stephanie Fians at stephanie_fians@gmail.com or 203-258-7445.



OV



SUMMER SEASON STARTS WITH POOL OPENING CELEBRATION

Story and photo by **Sonya DeBiase**

Saturday, May 27, was a beautiful day and perfect for the opening of the pools. Villagers eagerly awaited celebrating the day.

Many sat around the heated pool or took a dip before meeting in the South Clubhouse for snacks, drinks and socializing.

It was nice to reunite with poolgoers since the end of the 2022 season and great to meet so many new people.

The water at the pools was pristine, warm and enjoyable. We are looking forward to a terrific summer season.

OV

DISTRICT MEETINGS

DISTRICT 2 MEETING WITH GUEST SPEAKER ON JUNE 22

District 2 meeting takes place June 22 at 6 p.m. at SCB. The guest speaker, Lindsey Miller, is an expert on physical energy and brain health. She will tell us how to prepare nutritional meals in minutes. Surprise snacks will be available. Bring your own drink.

We will also talk about open positions for District 2 for September elections.

There is no charge to attend for those who paid dues January 2023 or after. Dues are \$15 dollars. You may bring a check for your dues, made to District 2, to the meeting.

To check your dues status, contact Minna Barette at 516-428-6092 or minmommy@icloud.com.

RSVP is required by June 17. Email minmommy@icloud.com with your name and address to reserve a space.

DISTRICT 4 SUMMER GATHERING

On Tuesday, June 27, 6 p.m. at SCB, District 4 will hold its Summer Neighborhood Gathering. District Rep Bob Krakovich will welcome attendees, followed by summary reports from Board members.

Guest speaker will be Oronoque resident Bob McDonald, a former agent with the Secret Service. Reporting to the Department of Homeland Security, the Secret Service is tasked with ensuring the safety of the President of the United States, along with other political leaders, in addition to conducting criminal investigations.

Following his talk, a "Top Security Clearance" meal will be served, along with beverages/dessert. BYOB if you wish.

All Villagers are welcome to attend. The cost for District 4 residents is \$5 per person (if dues are current), \$10 per person for all others. Place payments, with names attending, in the District 4 mailbox located in the SCB lobby by Saturday, June 24. Call Bob Krakovich 203-752-6105 with questions.

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ANNOUNCEMENTS



WATER AEROBICS BEGINS JUNE 26: YOU ARE INVITED TO PARTICIPATE

Come join us and splash. Bring your fobs and pool pass! On Mondays, Wednesday and Fridays -- June 26-Sept. 1 -- water aerobics classes will take place at the South heated pool from 10 a.m. to 11 a.m. There is a suggested donation of \$10. Classes are open to OV residents only. Questions? Call Merrilees at 203-378-8753. Sign up begins at 9 a.m. on June 26 at the heated pool.

CURRENT EVENTS CLUB INVITES RESIDENTS TO ATTEND MEETINGS

Many Village residents may have noticed meetings of the Current Events Club on the calendar. The club was initiated by Angela McKelvey, who served as chair until recently. The intent of the club is for members to share articles and insight on current events taking place in the U.S. and around the world. We encourage all Village residents who are interested in current events to attend. Members bring articles about many pressing issues taking place. The group has lively discussions and shares insight.

We discuss a wide range of topics. During a recent meeting, topics addressed included state politics, climate change, the impact of artificial intelligence; just about anything going on in world. Members share articles, sources of information and, of course, opinions. The group represents a variety of viewpoints. Most importantly, all opinions are welcome and everyone is treated with respect.

Meetings are held the second and fourth Wednesday of each month from 10-11 a.m. in the Card Room at SCB. For information, contact Bob Sabo at rsabo11@att.net.

CALL FOR ART FOR OV SUMMER SHOW, THEMED 'WINTER IN JULY'

By Barbara Stewart

The OV Arts Guild will install a new Galerie OV show on Friday, June 30. The theme is "Winter in July," which we hope will help to keep us cooled off during the hot summer months. Any winter topic will be acceptable: scenery, sports, holidays... you decide! Please bring one or two pieces of your artwork to the SCB front card room between 10 and 11 a.m.

All mediums are accepted for this show. Hanging art must be securely wired across the back of the artwork. Three-dimensional art will be displayed on a pedestal. We suggest that large pieces of hanging artwork be no wider than 33 inches and 36- to 40-inches long. If you have questions or need assistance, please contact Barbara Stewart at 203-612-1373 or email barsmt@yahoo.com.

The opening reception for this show is on Sunday, July 16, at 4 p.m.



Please note: We are trying out a new system to streamline the sign-in process and the pick-up of art from a previous show.

1. Artists are asked to fill out two information forms for their artwork; one to be placed on the art, the other to hand in to the committee. These forms will be emailed to artists ahead of time to download and print. We will also have forms available at SCB on the sign-in day for those who need them.

2. The Artist Waiver Form will also be emailed to artists ahead of time for signing and handing in to the committee when art is dropped off. These forms will be available on the sign-in day as well.

3. Exhibiting artists will collect their art from the previous show on the same day as they bring in art for the new show.

We hope these changes will expedite the sign-in and pickup process for the artists and for the Arts Guild committee.

OV

FROM THE HOUSE COMMITTEE:

PLEASE DO NOT THROW GREASE OR FOOD DOWN THE CLUBHOUSE DRAINS!

Grease and food are clogging our sink pipes in the NCB and SCB kitchens. We have had to obtain plumbing services multiple times.

Be certain that caterers you hire follow these rules. It is a costly problem.

Thank you.



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THE NEW PICKLEBALL COURTS ARE OPEN

Story by Karen Hahn ~ Photo by John Staley

Sunday, May 21, was a great day as over 50 Pickleball Club members and friends gathered for the ribbon-cutting celebration on the two new pickleball courts. At 10 a.m. Bill Tanski, Pickleball Club president, quieted the group as he introduced Nancy Blagys and Regina Archazki, who then cut the ribbon officially opening the new courts. Nancy and Regina are both past club presidents.

Bill remarked "... Nancy Blagys [as RSF chair] did the impossible, navigating this project through turbulent waters." He continued, "I want to thank Tennis Club President Peter Feick, whose professionalism during our discussions earned my eternal respect." He also thanked Regina for her zeal and determination, which inspired him to push forward.

As the ribbon was cut by Regina and Nancy, there was a cheer of approval from the onlookers. Many then flocked onto the new courts to try them out. Those who didn't were toasting with mimosas (or straight orange juice!) and munching on the delightfully delicious pickleball-paddle cookies that Dorothy Tanski made for the occasion.

The club recently sponsored a successful 9th Annual Village Walk supporting the Alzheimer's Association. It was held on Saturday morning, June 3, with Barbara Minoff as the lead, and we thank her for working with the club on this.

Also, save the date for our summer cocktail party, Friday



Melinda Maiorano, Joe LaRocco, Lori Hedman and Gina Bucciero enjoying the new pickleball courts.

evening, June 16. More information will be sent out to members.

If you aren't a member of the club and would like to join, please contact Bill Tanski at cwdtans@gmail.com or 609-876-3520.

Thanks again to Bill and Regina for all their hard work in bringing the new courts to fruition.

Happy playing, everyone!



OV SNAPSHOT: TENNIS CLUB

Thank you to Paul Maglione for submitting a photo of a group of Tennis Club members. The ladies are gathered by the club's bulletin board, which was recently refreshed by Kathy Weidner. Pictured are, from left, Karen Epstein, Abbie Kanner, Melinda Maiorano, Edie Feick (partially hidden), Carolyn Charnin, Eileen Carey and Lynette Thompson.

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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 July 3, 2023, is June 18 at noon.*

BOCCE

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

DOLLCRAFTERS

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

CURRENT EVENTS

- The Current Events Discussion Group meets in SCB Card Room 1 at 10 a.m. on the second and fourth Wednesdays of the 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.

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 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).

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

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.

RACQUET SPORTS

- OV's Racquet Sports Facility is comprised of three tennis courts and five pickleball courts. Both sports have clubs that offer court play times as well as a social memberships for off-court gatherings. For information on joining, contact Peter Feick for tennis at 203-856-0246 or Bill Tanski for pickleball at 609-876-3520.

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

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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NEIGHBOR TO NEIGHBOR, OV'S NEWEST CLUB OFFERS SERVICES TO RESIDENTS

Would you like a friendly visit just to chat or hang out? Could you benefit from a helping hand in finding services?

Would you like a sounding board in solving problems? Could you use help with light shopping and other errands?

The Neighbor to Neighbor (N2N) Club offers a helping hand to Oronoque Community members who would like assistance with daily tasks and/or would benefit from increased social interaction with fellow Villagers.

Call or text us at 203-479-0107 Monday-Friday, 10 a.m. to 4 p.m., or leave a message.



CALENDAR

Dates, times and locations of events are subject to change. To update a Calendar listing, please contact Chrissy Smith at csmith@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 / (C)=Closed event

THURSDAY, JUNE 15

- 10:00 a.m. – Bocce, NCB
- 10:00 a.m. – Zumba, NCB
- 10:00 a.m. – Quilting Group, NCB
- 10:30 a.m. – Yoga, SCB
- 1:00 p.m. – Veterans' Resources Fair, NCB
- 1:00 p.m. – Informal Artists Group, A/C Rm, SCB
- 1:00 p.m. – Tea, Talk & Crafts, SCB
- 6:00 p.m. – Table Tennis, SCB
- 7:00 p.m. – Bingo, SCB

FRIDAY, JUNE 16

- 10:30 a.m. – Low-Impact Exercise (Bring Weights), NCB
- 6:00 p.m. – Pickleball Club Event, NCB (C)

SATURDAY, JUNE 17: No events scheduled

•

SUNDAY, JUNE 18

- 12:00 p.m. – Private Party, SCB (C)

MONDAY, JUNE 19

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

- **3:00 p.m. – OVCA Finance Committee, NCB**

- 6:30 p.m. – Drop-in Bridge, NCB

TUESDAY, JUNE 20

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

WEDNESDAY, JUNE 21

- 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
- 5:30 p.m. – District 3 Meeting, SCB
- 6:00 p.m. – District 8 Meeting, NCB
- 6:00 p.m. – Castle Poker, SCB

THURSDAY, JUNE 22

- 10:00 a.m. – Bocce, NCB
- 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, A/C Rm, SCB
- 4:00 p.m. – Commission on Aging Presentation, NCB
- 1:00 p.m. – Tea, Talk & Crafts, SCB
- 6:00 p.m. – Table Tennis, SCB
- 6:00 p.m. – District 2 Meeting, SCB

NOTICE: PAPER BAGS ARE REQUIRED FOR MONDAY YARD WASTE PICKUP

Please be mindful that yard debris -- placed for Monday morning pickup -- must be in paper yard bags. (The current collection site for OV yard waste refuses to accept any nonbiodegradable material in its dumpsters.)

Paper yard bags are available for purchase at multiple retail locations, including Home Depot, Lowe's, Ace Hardware., Stop and Shop, Walmart and Target.

Loose sticks and branches left by the roadside will

continue to be picked up as usual.

Reminder: Items for pickup should be placed curbside no earlier than Sunday evening for Monday morning pickup.

Thank you.

Ryan Hankey, Director of Maintenance



FRIDAY, JUNE 23

- 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, JUNE 24

- 12:00 p.m. – Private Party, SCB (C)

SUNDAY, JUNE 25

- 1:00 p.m. – Private Party, SCB (C)

MONDAY, JUNE 26

- 9:00 a.m. – Water Aerobics Registration, South pool area
- 1000 a.m. – Water Aerobics, South heated pool
- 10:30 a.m. – Low-Impact Exercise (Bring Weights), NCB
- **3:30 p.m. – Bylaws Committee, NCB, B/R**
- 6:30 p.m. – Drop-in Bridge, NCB
- 6:30 p.m. – Guys & Dolls Club General Meeting, NCB

TUESDAY, JUNE 27

- 9:00 a.m. – Table Tennis, SCB
- 10:00 a.m. – Dollcrafters, NCB
- 10:00 a.m. – Zumba, NCB
- 2:00 p.m. – Writer's Group, SCB
- 6:00 p.m. – District 4 Meeting, SCB
- 7:00 p.m. – Men's Cards, Brosowsky, SCB

WEDNESDAY, JUNE 28

- 10:00 a.m. – Sculpture Class, SCB, A/C Rm
- 10:00 a.m. – Water Aerobics, South heated pool
- 5:00 p.m. – Sebastian's Poker, NCB

- 5:30 p.m. – District 6 Meeting, SCB
- 6:00 p.m. – Castle Poker, SCB

THURSDAY, JUNE 29

- 10:00 a.m. – Bocce, NCB
- 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. – Table Tennis, SCB

FRIDAY, JUNE 30

- 10:00 a.m. – Arts Guild Exhibit Installation, SCB
- 10:00 a.m. – Water Aerobics, South heated pool
- 10:30 a.m. – Low-Impact Exercise (Bring Weights), NCB
-

SATURDAY, JULY 1

- 6:00 p.m. – Good Times Club Sock Hop, NCB
-

SUNDAY, JULY 2

- 3:00 p.m. – Private Event, NCB (C)

MONDAY, JULY 3

- 1000 a.m. – Water Aerobics, South heated pool
- 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 (C)
- **6:00 p.m. – SAC Committee Mtg, NCB**
- 6:30 p.m. – Drop-in Bridge, NCB
- 7:00 p.m. – Funseekers Board Mtg, SCB (C)
- 7:00 p.m. – Bulls & Bears, SCB

ENTER THE VILLAGER'S CAPTION CONTEST!

Congratulations to Chris Orrell for winning the first Villager caption contest as well as earning an Honorable Mention. His captions appear at right.

The competition, presented by the Communications Committee, was kicked off in the May 15 edition of The Villager: In the second issue of each month, an image will be published inviting residents to submit one-line captions by emailing office@oronoquevillage.com or delivering submissions, in writing, to the Business Office at NCB.



The image for the next installment of the contest is at left. Deadline for entries is June 30. The winning submission — with credit to the author - will be published in the July 17 Villager. A new image for the next caption contest will be published simultaneously.

Judging is conducted by members of the Communications Committee. No political or negative content will be considered. There is no limit to the number of captions

residents may submit. Questions? Call Mary von Ziegesar at 203-767-9760.



WINNING CAPTION FOR MAY 15 CONTEST



"This book has kept me on the edge of my seat ... but I can kick myself for eating the last three pages!"

Honorable Mention: *"Moving into our new burrow here at Oronoque Village was the best decision of our lives ... but these bylaws are intense!"*

Submitted by Chris Orrell

WEBSITE INSIGHTS

THE DIRECTORY/ADDRESS BOOK update is complete. Please review your information in the Address Book.

To update your personal information, go to the Home Page: Click on MY PROFILE and update as necessary. Remember to click on "update" when you make any change.

Also, for any change to your email address, you need to call Carol King at 203-377-5313, ext. 3, or email

cking@oronoquevillage.com, or Chrissy Smith at 203-377-5313, ext. 1, or email csmith@oronoquevillage.com.

Questions? Get help by clicking on DOCUMENTS & FORMS, scroll down, then click on ADDRESS BOOK INSTRUCTIONS. Or, call a member of the Geek Group (members/contact info are below).

Chris Albino	203-520-3931	chralb2015@gmail.com	Petra Dinnan	203-240-1718	PJP1985@msn.com
Regina Archazki	203-915-0781	Rarchazki@hotmail.com	Tom Fuchs	203-500-6646	Tofu28469@gmail.com
Dianne Binford	914-649-4894	Ddbinford@gmail.com	Bob Sabo	203-216-4670	RSabo11@att.net
Dave Bingham	203-502-0131	Davetr6@optimum.net	Lee Schlafer	203-345-1649	Imarsh3272@gmail.com
Linda Bittner	203-414-8879	MzBitt@gmail.com	Mary von Ziegesar	203-767-9760	MvonZ@optonline.net
BB Brown	203-838-1371	Barbarabrown1313@gmail.com			
Carolyn Charnin	616-821-2537	Ccharnin@optimum.net			

FIND IT ON ORONOQUEVILLAGE.COM

On the Home Page, click on the updated DIRECTORY then ADDRESS BOOK. The update is complete! For help getting on www.OronoqueVillage.com, call Carol King at 203-377-5313, ext. 3, or email cking@oronoquevillage.com. For additional help, contact a member of the Geek Group. Look under the OVCA STANDING COMMITTEE heading and scroll to COMMUNICATIONS COMMITTEE for the Geek Group list.

OV WINE CLUB VISITS THE ISLANDS

Story by Bill Tanski ~ Photo by Dorothy Tanski

On the evening of May 19, another sell-out OV Wine Club assemblage took place at NCB. Residents had a unique experience with a wine tour of the islands around, and near, the Mediterranean. These included the Canary Islands, Sicily, Corsica, Sardinia and the Azores. All exotic locales, rich in history and ripe with grapes for wines like nowhere else in the world. These ports of call beckoned us and away we sailed.

As in the last event, the “captain” of our ship was Michelle DeWyngaert, a talented wine expert who guides us through our tasting events. She has the best last name ever: it literally translates to “of the vineyard.” How good is that?

The lucky guests were greeted with a rosé from the Canary Islands, that sun-kissed archipelago just off the north-west African coast. Its volcanic soil and climate produce wines of critical acclaim and this was no exception. Sip such a wine, chilled, on your deck with friends on a summer’s eve, reading aloud sonnets by Shakespeare.

Then we sailed away to sample whites from the Azores, Sardinia and Sicily. Each island has soil and climate not associated with the traditional wines we’re used to (i.e. sauvignon blancs, pinot noirs, etc). One’s palette might initially be shocked by the strangeness of their tastes, but soon it becomes accustomed to their freshness and subtleties. One glass is never enough.

Sailing on, we entered the realm of the reds. Here we



visited Corsica and reconnoitered back to the Azores and Sardinia. Corsica has rugged terrain; the red we sampled was aged in a cement tank. Hemingway would have approved of this one as it was simple and to the point; enjoy with a steak. The reds of the Azores and Sardinia were more subtle and smooth. After opening, they should be set aside and allowed to breathe. While waiting, have a cocktail!

With our wine tour complete, we can’t just leave and go home. We linger, sip some more wine and talk among our friends while enjoying Dorothy Tanski’s home-baked cookies.

Until August, for our next Wine Club event, please heed this advice: Only drink wines on days ending with “y.”

OV

OVTV DAILY PROGRAMMING SCHEDULE (AS OF JUNE 7)

The following is a schedule of programs that run daily on OVTV (Channel 591 for those with a cable box and Channel 121-591 for those without a box). For more information on OVTV programming, contact Bruce Pollock at bap203@yahoo.com

9:30 a.m. - OV Arts Guild's "Reflections" Exhibit at SCB

12:30 p.m. - Beginning Mindfulness

1:30 p.m. - OV Arts Guild's "Reflections" Exhibit at SCB

4 p.m. - Karaoke Recaps From Chris Albino

5 p.m. - Interview with Jason Fagone: Featured Author for July Book Club

7 p.m. - Pickleball Tips

7:30 p.m. - OV Arts Guild's "Reflections" Exhibit at SCB

8 p.m. - Tribute to Classic Cars

9 p.m. - Beginning Tai Chi

10 p.m. - Donna Martire Miller: The Science of Happiness

11 p.m. - House Concert with Dina Glantz & Bob Ruff

Midnight to 6:10 a.m. - Relaxing Music

WE DID IT

By Ron Wright

A few days ago, I was going through my “music paraphernalia,” which includes 1,157 programs of classical music events I attended (opera, symphonic, recitals, ballet, etc.), two albums with 84 autographed photographs of famous artists, a small booklet with 46 autographs of also-famous artists and an RCA Victor album with historic recordings at the old Metropolitan Opera House released on the sad occasion of the demolition of the famous theater. The album contains an 8-x6-inch piece of the stage curtain, a limited-edition numbered Q 2405.

For an hour or so, I went about perusing photographs and programs letting my memory bring back the many, many indescribable moments of emotions and tear-dropping I have experienced. Such emotions mainly relate to the 584 events I attended at the famous Colon Theatre in Buenos Aires, which I used to refer to as my “second home.” I came across a program that brought a broad smile to my face. How could I have had the courage to do it? The power of music?

Prior to the opening of the annual season, the Colon Theatre offered, at an outdoor auditorium, a short season of mostly opera but, occasionally, also concerts. Born in Vienna, Clemens Krauss was a highly respected conductor on the world stage. He performed with many of the most famous orchestras, such as the Bayreuth Festival, New York Philharmonic, Berlin State Opera, Vienna Philharmonic and State Opera; Philadelphia Orchestra, etc. He had a close relationship with Richard Strauss, with whom he partnered to write the libretto of Strauss’ opera “Capriccio,” which he premiered in 1942 at the National Theatre in Munich. For the 1948 outdoor season, the Colon booked maestro Clemens Krauss to conduct the theater’s orchestra in a series of six concerts.

I had attended four of the first five concerts and was much looking forward to the last one, but, unfortunately, rain forced its cancellation.

Krauss had to travel the following day to attend other engagements, so it was impossible to reschedule the concert. The solution found by the Colon management and Krauss was to have the concert performed at the Colon Theatre with no audience, however, with a live broadcast by Radio Municipal that functioned in an annex of the theater. Those holding tickets for the canceled concert would be reimbursed. A dear friend and I could not bear the idea

of missing Krauss’ farewell concert. Therefore, we decided to go to the Colon well in advance of the concert’s start time with hopes that we could approach the maestro on his arrival at the artists’ entrance. The plan was to tell Krauss that we had attended all four previous concerts and would hope he could help us attend his last one. Crazy?

Krauss, dressed casually, arrived at the theater with his wife, the famous Romanian soprano Viorica Ursuleac. To our great disappointment, our efforts to communicate with the maestro in English, Spanish and Italian were getting us nowhere.

Suddenly, however, as he was about to enter the theater, maybe touched by our heartfelt and insistent appeals and much to our surprise, he turned to us and, in English, merely said, “Follow me.” With great expectation, we followed the maestro. Upon entering the theater, Krauss was greeted by the artistic director, Ferruccio Calusio, an excellent conductor himself. After the usual greetings Krauss, pointing at us, told Calusio that we were two disciples and, hard to believe, we were promptly ushered by a staff member of the theater to the orchestra seats from where

we listened to a memorable concert.

The program included Wagner’s “Tannhauser Overture,” “Death and Transfiguration” by Richard Strauss and Brahms’ “First Symphony” ... a beautiful program. At the hall, with a capacity for 3,000, there were only about 30 people, including critics and theater authorities.

At intermission, we were scared to move from our seats. We didn’t want to draw attention and maybe have somebody ask us who we were. I believe I had a guilty feeling, although I had done nothing wrong.

When the concert came to an end, the maestro laid his baton on the stand and enthusiastically applauded the orchestra. The musicians laid down their instruments and gave the maestro a standing ovation as he walked through the different sections of the orchestra shaking hands and hugging as many musicians as he could. A touching sight it was: maestro and musicians all dressed casually.

We were also standing and applauding when the staff member who had ushered us to the orchestra seats came over and asked us if we wished to go backstage to join the maestro. I believe I trembled and in a broken voice said something like, “No thank you, we will see the maestro tomorrow.”

“Fine, then I will see you to the exit door,” he replied.

As we exited the theater, not quite believing what we had done, we nodded to each other, “We did it.”

OV



CONSONANTS LEFT BEHIND

By Peter Geltner

I often have a problem understanding what people are saying when they do not enunciate. Many of the letters are left behind in their throats instead of being expelled through their mouths.

One particular example of this occurred in a story that I heard from one of our instructors when we were training to run marathons. The running group that we first participated in was the Los Angeles Roadrunners, which met on Saturday mornings. We learned to run with other people who ran at our pace, and each pace group had a leader. All we had to do was keep up with the group, and that way we knew that we were running at the correct speed. If we did not like the pace group that we were in, we would change to a different one the next time that we ran.

On other days we would either run alone or have friends to run with. Of course we would pick people to run with who ran at the speed we desired. Our racing instructor told us

about a day that he ran with a friend. The story was unexpected.

He started running with his friend at a nice easy pace, and after awhile, his friend said "faster." So he sped up a little, and kept running at that speed, until his friend repeated his previous request, so he picked up the pace.

He could not believe it when he again heard the word "faster." Since he was a good runner, more speed did not bother him, so he upped his pace. When he looked at his friend, he appeared to be breathing heavily and did not look like he was moving smoothly, but one more time he was told to go faster.

When they finally ended their run, his friend gave him a dirty look, and this time he enunciated well. When speaking rapidly while running, he had left behind the letter "d" in his throat that belonged at the end of the word, and the first letter was not an "f", it was really a "b."

Be careful how you pronounce your words in the future. You never know what people will think of you if they misunderstand what you are saying because you did not enunciate clearly and left parts of words behind.

OV

FEATURE

OV ARTS GUILD PRESENTS DR. DENNIS PARDO AND MINDFULNESS

By Lee Schlafer



Dr. Dennis Pardo

The beautiful weather was not the only thing on the minds of the inquisitive group of residents who assembled in the South Clubhouse lounge on the afternoon of May 19. They were there to learn about "mindfulness" from Dr. Dennis Pardo, an expert and passionate advocate of this discipline.

Anything that is promoted as an aid to relieve stress is bound to have an audience, but this collection of residents was eager to understand how to make this practice a part of their lives, and Dr. Pardo was ready to share his expertise. He explained that mindfulness is a way to break the pattern of what he calls "cycling thoughts."

We all develop the habit of looking ahead — a day, a week or more — and consume ourselves with thinking about what we need to accomplish, a constant laundry list of things we need to do.

Cycling thoughts can be stress inducers and it is important for our mental health to find ways to escape from that routine. Mindfulness tells us to take some moments and focus on the now and do it with intensity. If you are simply sitting in a chair, feel the floor beneath your feet, feel the chair against your back, be aware of your breathing, allow your mind the peace of simply being in the moment.

Mindfulness has many forms through spiritual practices, yoga, meditation; there are different styles that can be

adopted. Dr. Pardo emphasized that concentrating on breathing is, as he described it, an anchor to this discipline.

The group engaged in an exercise that Dr. Pardo led, spending five minutes with eyes closed, breathing evenly and being aware of the breaths being taken. This sounds so simple, but the reality is that — on a day-to-day basis — few of us actually take the time to do this mental exercise. We may go to the gym, an exercise class, concern ourselves with keeping our bodies fit, all of which are very good, but we rarely give that same attention to our minds.

Dr. Pardo's message was clear and valuable: for the good of our overall health, reduce stress by treating yourself to periods of time each day where you indulge yourself and become aware of what you are seeing and feeling without allowing your mind to wander. This is an evidence-based science that has benefits for both the mind and body. It can be accomplished by simply making a personal commitment to spend a little time, each day, retreating from the world buzzing around us and quietly giving our minds some well-deserved rest.

It would appear that mindfulness is a great inducement to sharing conversation and food, which is what followed Dr. Pardo's presentation. The OV Arts Guild's offering of appetizers and wine was eagerly consumed by those in attendance and the beautiful weather awaited us all as we departed the clubhouse feeling sated and less stressed.

OV

HUMOR

Submitted by Ray Drake

These excerpts, which are from the book "Disorder in the American Courts," include what people supposedly said in court, word for word, taken down and published by court reporters.

ATTORNEY: Are you sexually active?

WITNESS: No, I just lie there.

~

ATTORNEY: What is your date of birth?

WITNESS: July 18th.

ATTORNEY: What year?

WITNESS: Every year.

~

ATTORNEY: How old is your son, the one living with you?

WITNESS: Thirty-eight or thirty-five, I can't remember which.

ATTORNEY: How long has he lived with you?

WITNESS: Forty-five years.

~

ATTORNEY: This myasthenia gravis, does it affect your memory at all?

WITNESS: Yes.

ATTORNEY: And in what ways does it affect your memory?

WITNESS: I forget..

ATTORNEY: You forget? Can you give us an example of something you forgot?

~

ATTORNEY: Now doctor, isn't it true that when a person dies in his sleep, he doesn't know about it until the next morning?

WITNESS: Did you actually pass the bar exam?

~

ATTORNEY: The youngest son, the 20-year-old, how old is he?

WITNESS: He's 20, much like your IQ.

~

ATTORNEY: She had three children, right?

WITNESS: Yes.

ATTORNEY: How many were boys?

WITNESS: None.

ATTORNEY: Were there any girls?

WITNESS: Your Honor, I think I need a different attorney. Can I get a new attorney?

ATTORNEY: How was your first marriage terminated?

WITNESS: By death..

ATTORNEY: And by whose death was it terminated?

WITNESS: Take a guess.

ATTORNEY: Can you describe the individual?

WITNESS: He was about medium height and had a beard.

ATTORNEY: Was this a male or a female?

WITNESS: Unless the Circus was in town I'm going with male.

~

ATTORNEY: Is your appearance here this morning pursuant to a deposition notice which I sent to your attorney?

WITNESS: No, this is how I dress when I go to work.

~

ATTORNEY: Doctor, how many autopsies have you performed on dead people?

WITNESS: All of them. The live ones put up too much of a fight.

~

ATTORNEY: ALL your responses MUST be oral, OK?

What school did you go to?

WITNESS: Oral.

~

ATTORNEY: Do you recall the time that you examined the body?

WITNESS: The autopsy started around 8:30 p.m.

ATTORNEY: And Mr. Denton was dead at the time?

WITNESS: If not, he was by the time I finished.

~

ATTORNEY: Are you qualified to give a urine sample?

WITNESS: Are you qualified to ask that question?

~

ATTORNEY: Doctor, before you performed the autopsy, did you check for a pulse?

WITNESS: No.

ATTORNEY: Did you check for blood pressure?

WITNESS: No.

ATTORNEY: Did you check for breathing?

WITNESS: No..

ATTORNEY: So, then it is possible that the patient was alive when you began the autopsy?

WITNESS: No.

ATTORNEY: How can you be so sure, Doctor?

WITNESS: Because his brain was sitting on my desk in a jar.

ATTORNEY: I see, but could the patient have still been alive, nevertheless?

WITNESS: Yes, it is possible he could have been alive and practicing law somewhere.

OV

**JOIN SAC FOR "IT'S 5 O'CLOCK SOMEWHERE"
ON THE FIRST FRIDAY OF THE MONTH AT NCB
BYOB * RELAX AND MINGLE
BRING SNACKS FOR YOURSELF OR TO SHARE**

**GOOD TIMES CLUB PRESENTS: A TASTE OF ITALIAN NEW YORK -
SATURDAY, SEPTEMBER 16 - DEPART SCB AT 9.A.M. /ESTIMATED RETURN 6:30 P.M.**



Here is a chance to visit 3 New York food “hot spots” via a motorcoach!

Zabar’s Gourmet Market (Upper West Side) for international food shopping.

Carmine’s Restaurant (Upper West Side) for an Italian lunch served family-style. Menu includes rigatoni, broccoli and sausage in marinara, chicken in lemon butter, , ravioli marinara green salad, zucchini fries and chocolate canoli with pistachios.

Arthur Avenue (The Bronx) - considered by many as New York’s “real” Little Italy for bread, pasta, pastries and sausage.



Bring a cooler!

This trip will require a moderate level of walking.

Cost is \$135 per person.

To RSVP, drop off check in Good Times box at NCB by August 1.

Questions? Call Mary Ann Weaver at 203-530-9962

The Movie Club Presents
80 For Brady
July 14, 7 p.m., NCB
July 19, 2 p.m., SCB



80 for Brady is a 2023 American sports comedy film directed by Kyle Marvin, written by Sarah Haskins and Emily Halpern, and produced by former NFL quarterback Tom Brady.

The film follows four lifelong friends (Lily Tomlin, Jane Fonda, Rita Moreno and Sally Field) who travel to watch Brady and his New England Patriots play in Super Bowl LI in 2017.

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

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



**Bingo — presented by the
Guys & Dolls 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.

Raffle Prizes

Sweet Treats



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

The book for July 5 is *The Woman Who Smashed the Codes* by Jason Fagone. The incredible true story of the greatest code-breaking duo who ever lived, an American woman and her husband who invented the modern science of cryptology together and used it to confront the evils of their time, solving puzzles that unmasked Nazi spies and helped win World War II.

After World War I, she used her talents to catch gangsters and smugglers during Prohibition, then accepted a covert mission to discover and expose Nazi spy rings that were spreading like wildfire across South America, advancing ever closer to the United States.



GENERAL MEMBERSHIP MEETING

Monday, June 26, 2023

6:30 PM NCB

**We will be planning for our upcoming events!
Pick a committee, help plan a fun event, and get involved.**

**Our membership is growing and growing!
A great OV organization with something for
everyone and many ways to get involved!**

**Join at the meeting or drop your check in the
Guys & Dolls mailbox for \$5**

**Questions? Call Nick Harding
860.549.6479**

Coffee & Cookies Served





FUNSEEKERS PRESENTS

A Concert & Dinner STARRING

Marieann's song, "I am Blessed" earned her an official 2021 "Grammy List Consideration."

Marieann Meringolo

Saturday July 15, 2023

SCB



Join us for a fabulous evening featuring a concert by Marieann Meringolo, Manhattan Association of Cabaret and Clubs (MAC) award winning recording artist. Marieann has been called "one of the circuits most powerful singers," and Times Out New York claimed "if K.D. Lang's DNA were to get whipped together with Barbara Streisand's in a genetics lab specializing in divas, the result might well be Marieann Meringolo."

Marieann grew up on songs of the Great American Songbook. She will thrill you as she sings songs that include: *The Way We Were*, *Over the Rainbow*, *How Do You Keep The Music Playing*, and her original *I Am Blessed*, among many others.

**DOORS OPEN AT 5:15 PM.
DINNER SERVED AT 5:45 PM.**

Cost is \$35 per person (covers dinner).

Entertainment is being subsidized by your dues for this event.

Cost for non-resident guests is \$45 per person.

Buffet Dinner Includes:

- Salad
- Flank Steak
- Chicken Marsala
- Penne Alla Vodka
- Roasted Red Potatoes
- Green Beans
- Dessert/Coffee/Tea/Soft Drinks



RESERVATIONS REQUIRED. Tables will be for 10 guests. **PLEASE PLACE LIST OF NAMES/PHONE NUMBERS OF ALL GUESTS SITTING TOGETHER WITH ENCLOSED CHECKS IN ONE ENVELOPE.** (Checks made out to Funseekers) Don't have a table? We invite singles, couples and small groups to attend; everyone will be placed at reserved tables. Please note: Funseekers members will have first opportunity to sign up including one non-resident guest per single resident.

Reservations will be open to members and one guest per single resident starting June 16th through June 26th. Starting on June 27th, if there is space availability, member residents may sign up any amount of non-resident guests.

ALL RESERVATIONS WILL CLOSE ON JULY 7TH. Please note, an official waitlist will be made. All reservations, table assignments and cancellations must go through Funseekers.

Questions? Call Lynn Collins, 203-260-4644



Members attend this event at no charge, *guests pay \$8 at the door.* Refreshments will be served after the performance.

Questions? Call Barbara Stewart 203-612-1373

PRESENTS



"A Teachable Moment"

A Series Of One Act Plays

Tuesday, July 11, 2023

7:00 pm

SCB



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

Please join us for our next Karaoke/Dance Party on June 23 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 Restaurant at Blackhawk Country Club

Join us in our newly renovated
restaurant & banquet facilities.

Our venue is suited to
host up to 250 guests.



385 Oronoque Lane, Stratford, CT

475-273-4121

blackhawkct.com

Hours: Wed.-Sat. 11 AM - 9 PM

Sun. 10 AM - 8 PM • Brunch 10 AM - 2PM

Chabot
Hospitality Group

Conveniently
located between
NYC and Boston.



Lunch • Dinner

Let us host your
next party!





203-870-9850

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 +



TOWN OF STRATFORD JUNETEENTH FLAG RAISING CEREMONY

June 16, 2023

9:00 a.m.

MAYOR LAURA R. HOYDICK