

September 1, 2023



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Thank you to Letitia Laberee for submitting the cover photos, which were taken during Funseekers' sold-out August event. The residents and guests in attendance enjoyed a comedy performance by Frank Vignola.



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# A MESSAGE FROM THE OVCA PRESIDENT

**AUGUST 15, 2023**



Bob Grosso

The 2022/2023 Annual Audit is currently in process and anticipated to be completed by mid-September.

**Best Business Practices:** It is recommended that organizations routinely put out a bid package, sometimes referred to as a request for quote (RFQ). To this end, I am announcing an External Audit Ad Hoc Committee to solicit quotes from qualified CPA firms, determine vetting criteria and to make a recommendation at the Oct. 17, 2023, OVCA Board meeting.

The External Audit Ad Hoc Committee is as follows:

Chair: Bob Romatzick, former Finance Chair and OVCA Treasurer for many years.

Member: Ken Colman, OVCA Treasurer

Member: Tom Becker, OVTD Treasurer

Staff Member: Mark Rhatigan, Executive Director

Staff Member: Diane Roche, CPA, Chief Accountant

The Strategic Planning Committee was successfully launched and there has been enthusiastic resident interest in all nine focus areas. They are:

- Create an Outstanding Employee Experience
- Develop Strong Relationships with State & Local Governments
- Safeguard OV's Dependency on Blackhawk Country Club
- Develop a Compliance Program to Address the Need to Enforce the OV Declaration, By-Laws, Rules & Regulations
- Strengthen Financial Reserves/Seize Opportunities to Control Costs
- Maintain & Improve OV Infrastructure & Appearance Areas.
- Establish Practices/Adopt Technologies for Environmental Sustainability
- Promote the Health & Well-Being of OV Residents
- Implement a Strategic Communications Plan

An open Strategic Planning Workshop for volunteers will be scheduled during the month of September 2023 to discuss next steps, including teams, members, team facilitators and deliverables.

**Feel Good News, residents stepping up to enhance our Village:**

**Guys and Dolls (formerly the Men's Club):** Shout out to Nick Harding, his leadership and his team to take on the challenge of reinvigorating what was formerly the Men's Club by hitting a reset button and introducing the Guys and Dolls

Club to the Village. The buzz throughout the Village has been amazing and witnessed by the July 30 picnic turnout of over 160 residents.

**Shuffleboard Request and Proposal:** I was approached by residents Bill Alletzhauser and Paul Maglione to discuss the possibility of bringing shuffleboard to the Village. Not everyone here is able to play pickleball or tennis but, shuffleboard is an opportunity to engage in an outdoor activity. All good things for senior citizens.

A meeting to explore this idea was conducted earlier this month with Mark and Ryan. Bill Alletzhauser is currently discussing grant opportunities with The town seeking contractors' estimates.

Other examples in the Village are the Good Times Club led, by Mary Ann Weaver, and Neighbor to Neighbor, organized Bahin Samimy.

## **Standing Committee Updates:**

**House Committee:** Debbie Grosso, after six years of dedicated service and contributions, has decided to step down from the committee. I am pleased to announce that Linda Eastwood has agreed to become a member of the House Committee.

On behalf of the Village, we thank Debbie for her service and welcome Linda and look forward to her contributions to the committee.

**Racquet Sports Facility (RSF):** Chairperson Nancy Blagys informed me earlier this summer that she will be stepping down as chair.

First, I would like to thank Nancy for her leadership for years of service as chairperson, particularly over the past year working on the expansion of the pickleball courts.

I am pleased to announce that Carolyn Charnin has agreed to become the next RSF Chairperson. Carolyn has been a RSF member, and we are very fortunate to have her experience and outstanding leadership qualities in her new role.

**Tax Appeal:** Murtha Cullina has prepared a summons and complaint that were delivered to the Town of Stratford in August. We are currently awaiting a response from the Town.

**Declaration:** The review of the Declaration has been completed by the By-Laws Committee and reviewed by the Executive staff and legal counsel. It was reviewed by the OVCA Board on Aug. 9, 2023, at a special Board meeting.

The recommendation includes revisions around the organization of information in the Declaration, its clarity, definition of the entity "unit owner" and the introduction of a community contribution fee to be paid by the transferee

## NOTICE OF MEETING OF UNIT OWNERS, SEPT. 6, AT 6:00 P.M. AT NCB

The purpose of the meeting is to present the OVCA Board-approved recommendation for the proposed changes to the Declaration and give unit owners an opportunity to ask questions. Proposed changes to the Declaration include the implementation of a Community Contribution Fee to be assessed at the time of a unit sale and paid by the buyer.

Information packets will be distributed in advance of the session.

(buyer). The board will vote on a motion tonight to determine if these proposed revisions will be submitted to the unit owners for their consideration.

Declaration changes require the approval of two-thirds (66.67 percent) of unit owners, this equates to the approval of 619 unit owners.

**Roof Reserve:** Becht Engineering BT, Inc. has been contracted to perform the roof reserve assessment commencing this month. Results are anticipated in late September and will be compared to funds in our roof reserve and next steps will be determined.

**Insperty PEO (Professional Employer Organization):** The transition has been completed on schedule as of August 1, 2023. A very special thank you to Diane Roche for leading and driving this initiative.

**Phonebook:** Has been delivered to the printer and is targeted to be available to residents in September.

**New Resident Meeting:** On Thursday, Aug. 17, a New Resident Orientation Meeting took place. Communications Committee, led by Mary von Ziegesar, and Executive Director Mark Rhatigan completed a business presentation. New residents were introduced to our staff and were invited to sign up, on-site, to [OronoqueVillage.com](http://OronoqueVillage.com).

**Blackhawk Country Club:** Earlier this month Mark, Barry

Hammonds, industrial engineer/surveyor and now an OV resident, and I met with Town and BHCC to discuss flooding issues that included the drenching and cleaning up of the third hole. Barry is currently preparing a proposed plan that will be reviewed by the parties.

### Motions made:

The Board voted unanimously to approve the proposed revisions to House Facilities Rules and Regulations in Article II, Section B. The proposed rules had been distributed to residents in the Aug. 1 issue of *The Villager*. The revisions include special consideration for post-funeral gatherings held for residents who pass away. They also modify current restrictions to allow more simultaneous use of Clubhouses for specific types of events.

The Board also voted unanimously to approve the distribution of recommended revisions to the OVCA Declaration to the unit owners for their vote.

These recommendations include clarifying provisions for Entity Unit Owners and the implementation of a Community Contribution Fee that would be assessed on units at the time of sale and the responsibility of the unit purchaser to pay.

A Unit Owner Meeting is planned Sept. 6, at 6 p.m. at NCB to present the recommendation to unit owners and give them an opportunity to ask questions.

An information packet will be distributed in advance of that session. Ballots will be mailed to all unit owners after that session.

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# A LETTER FROM THE HOUSE COMMITTEE

## IMPORTANT MEETING FOR OV CLUBS/ORGANIZATIONS— PLEASE READ

Dear Clubs and Organizations of Oronoque Village,  
As you may be aware, with the addition of new clubs in our Village and the robust social calendar of many groups, finding dates on the calendar for events can be very challenging.

On Aug. 15, at the OVCA Board meeting, a new rule was approved to assist with this process.

The House Committee will facilitate a meeting for clubs and organizations that book events on the calendar. The purpose of this meeting will be to collaborate and find acceptable dates for events. One representative from each organization is requested to attend the meeting with proposed event dates (and alternates) for the 2024 calendar year.

Your group should plan out your proposed event dates BEFORE this meeting. Please note that organizations/clubs that have had a historically ongoing scheduled date/time for their events each month are given priority for those dates/times and do not need to attend (ex: Bingo, Book Club, Funseekers, Karaoke, etc). However, written activity request forms (no emails) MUST be filled out by everyone and handed into the Business Office in order for events to be formalized on the calendar.

The decisions made at the Oct. 11 meeting will be binding and used as a starting point for scheduling starting on Nov. 1 by the Business Office staff. If your group is not represented at the meeting, you will still be able to sched-

ule dates on the calendar starting on Nov. 1, but dates scheduled at this meeting will have priority.

The rationale is to provide an opportunity for all OV groups to work collaboratively to schedule dates for 2024 without having everyone rushing to the office on Nov. 1 in competition with each other.

IF APPLICABLE, PLEASE BE CERTAIN THAT YOUR ORGANIZATION IS REPRESENTED AT THIS MEETING. This meeting will take some time to accomplish the task, so please be patient.

**WHEN:** Wednesday, Oct. 11

**WHERE:** NCB Ballroom

**TIME:** 2:00 p.m. (Meeting will start promptly)

If you are not sure if your group needs to attend or if you have questions, please call me at 860-309-0392.

Thank you.

Sincerely,  
*Cheryl Dwyer*  
House Committee Chair

**For your information:** Significant Jewish holidays in 2024: First two days of Passover: April 22-24; Rosh Hashanah: Oct 2-4; Yom Kippur Oct. 11-12.

## NEW RESIDENT ORIENTATION MEETING

Story & Photo by Mary W. von Ziegeler

Almost 100 new residents attended an "orientation meeting" in the North Clubhouse on Aug. 17. OVCA President Bob Grosso and OVTD President Sabine Curry welcomed the attendees. Executive Director Mark Rhatigan opened the meeting by introducing Maintenance Director Ryan Hankey, CPA/Accountant Diane Roche, Administrative Assistant Chrissy Smith, Maintenance Operations Coordinator Harris Bonfiglio, and Maintenance Office Manager Liza Disisto.

Mark then provided a PowerPoint presentation with information about OV's mission, governance, operations and the responsibilities of OVCA, OVTD and owners.

The history and current facts about our Association were mentioned. Rules and regulations were noted. Groups and clubs were also mentioned.



A question-and-answer session ended the presentation and new residents enjoyed refreshments.

Before leaving the North Clubhouse, the new residents were provided with an updated New Resident Information Packet, which is also available online.

Given the success of this event, additional orientation meetings are sure to occur on a regular basis.

OV

# ANNOUNCEMENTS

## HOUSE & GARDEN CLUB SEEKS DONATIONS

The OV House and Garden Club is looking for donations for their two major luncheon fundraisers in 2023 and 2024. We would like gently used women's handbags, scarfs and jewelry, as well as bottles of wine and scratch-off lottery tickets. These contributions help control the costs of the fundraising events and are very much appreciated.

If you would like to donate any of these items, please call Debbie Grosso at 203-380-2468 or Irene Keating at 203-377-2980.

## SHUFFLEBOARD CLUB PROPOSED

Want to shuffle? Shuffleboard, that is! Bill Alletzhauer is interested in starting "The Shuffleboarders," an OV shuffleboard club. There are several interested players, some funding, strong management interest and House Committee approval.

Now, he needs to find potential members and to gauge resident interest level. If you are interested, contact Bill at 203-521-1287 or balletzhauer@gmail.com. (He is not collecting names, but he is looking for a sense of interest.)

## TAI CHI CLASSES

Tai Chi with Jonathan Davis will resume this month. Jonathan's teaching has evolved to an in-person interaction and feedback on traditional Chinese healing movements from a Western approach of Tai Chi, Dao-Yin, Qigong and Nei-Gong.

These classes will address two types of participants.

Participants will participate in a seated position in chair, wheelchair or walker while performing therapeutic exercises and self-cultivating /healing pressure points and massages.

Participants will be challenged physically with se-

quences of graceful, slow movements of the body and breath and must have the abilities to stand, walk and perform movements for an hour.

Cost is \$60 for five sessions on Mondays at 1:15 p.m. in the SCB Ballroom beginning Sept. 18.

If you have interest in joining these classes, please contact Lucy Clifford at 203-644-7710 or lyclifford@yahoo.com.

## VIDEOGRAPHER WANTED!

Do you have a closet full of home videos? How about several bureau drawers full, or plastic bins? Do you have some expertise digitally capturing your family and friends? We are hoping you will volunteer to help us with taking some videos of activities here in Oronoque Village. Please email Mary von Ziegesar: MvonZ@optonline.net for information.

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# FEATURE

## WEEKENDERS IS BACK WITH SILK CITY

On Oct. 21, Weekenders presents Silk City at 6 p.m., at the North Clubhouse. The cost of \$30 includes dinner and a dynamic performance by one of New York City's finest a cappella doo-wop groups.

Silk City specializes in the street corner harmony sound of the '50s and early '60s. This dynamic five-man vocal group started 40 years ago and has performed nationally in nightclubs, concert halls, oldies shows, music festivals, off-Broadway theater and public, private and corporate functions. Not only have the New York Times, New York Newsday, the Bergen Record, the Star-Ledger and the Hartford Courant written about this group, but Silk City has also been the subject of a television news segment on WABC-TV.

At this very special Weekenders event, these seasoned performers will bring you your favorite golden oldies as they were originally conceived---with finger-snappin', toe-tappin', old school vocal harmony. The impossibly low bass man, the lead with the high falsetto, the three guys in the background pumping out the musical rhythm --- it's all there, with passion and soulful moves.

And there will be plenty of kidding around, too. With



Silk City in the house, you're gonna laugh, sing along, dance in your seat, and maybe even jump at the chance to join them on stage to show the entire Oronoque world that you, too, can be a doo-wop star!

Don't miss this wonderful night. It will be filled with great memories, great music and a whole lot of fun! RSVP by Oct. 7. Place checks and table requests in the Weekenders Box at the North Clubhouse. **OV**

### LINE DANCING CLASSES RESUME SEPT. 6

Weekly line dancing classes are offered, at no cost, on Wednesdays at NCB. Beginner classes are at 9:30 a.m. Classes for all levels take place at 10 a.m.

For information, call Sonya at 203-377-1515.



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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](mailto:cking@oronoquevillage.com). (Submissions must be typed, in upper and lower case.) The deadline to be included in the next issue of The Villager, on Sept. 15, is Aug. 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 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 Dance classes are held on Wednesdays at the NCB weekly. Beginner classes start at 9:30 a.m., followed by a class for all levels at 10 a.m. There is no charge. Call Sonya DeBiase at 203-377-1515 for information.

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## LOW-IMPACT EXERCISE CLASS

- Low-impact exercise classes, taught by Renee Zinn, are held at 10:30 a.m. on Mondays and Fridays at NCB. Bring weights and water. Proof of vaccination is required. Those without proof of booster shots must wear masks.

## QUILTING GROUP

- Village quilters meet at the NCB Card Room on the first and third Thursdays of each month from 10 a.m. to noon.

## 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 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](mailto:dinabob7@comcast.net) / 203-231-4753 or Maddy Lapidis: [mslapid@gmail.com](mailto: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 sharing their work in a trusted environment. Members commit to twice-monthly workshops held on alternate Tuesdays at 2 p.m. in the SCB Card Room. Members include published authors and hobbyists. Works include essays, memoirs, poems, short stories, humorous tales, heart-wrenching histories. Contact Mary von Ziegesar at [MvonZ@optonline.net](mailto:MvonZ@optonline.net) or call 203-767-9760 with questions.

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## ARTIST OF THE MONTH: DORIS COUSINS

Residents are encouraged to visit NCB this month to enjoy Doris Cousins' exhibition of impressionistic watercolors. Although she considers painting a hobby that she has enjoyed for about 35 years, her award-winning pieces have been featured (and sold) at galleries and art festivals.

Doris discovered her talents as a young mother, working on art projects with her children. "While painting with the kids, I found that I was able to really express myself," she says. "I love working in watercolor because it allows me freedom and flow as well as an abundance of color. My technique is to not stay in the lines, I am an 'out of the box' painter."

After realizing her capabilities, Doris attended workshops and took classes to enhance her skills. "I studied with Ed Whitney, Frank Webb and Claude Croney," she says. "From there, I was able to start showing my paintings and worked with galleries and art fairs and festivals in Westchester and Fairfield Counties as well as the Hamptons. Along the way, I sold some paintings and won a few awards."

Spending much of her youth in the Westchester and Long Island, N.Y., areas, Doris developed a great love of the water and an appreciation for Mother Earth, which further ignited her passion for painting. "The first painting I sold was of sand dunes. I also paint flowers, woods, boats, mountains ... anything that catches my eye at the moment," she states. "I am inspired by the ever-changing atmospheric conditions that create such diverse and beautiful settings."

While raising a family, Doris simultaneously spent 20 years as an account executive with Gannet Newspapers. In this position, she utilized her artistic talents to help



clients create advertisements and promotional campaigns.

She arrived in Oronoque Village about 17 years ago. "I was drawn here by the abundance of social activities that are available," she says.

As such, she is involved with the OV Arts Guild and paints weekly as part of a small group resident painters who make use of the Arts & Crafts Room at SCB.

In addition to painting, Doris enjoys sailing and gardening. During the winter months, she and her companion, Charlie, spend time in Vero Beach, Fla., where she takes art classes and workshops offered by the Vero Beach Art Museum.

OV

### CALL FOR ART, OCTOBER 3

The OV Arts Guild will install a new Galerie OV art show on Tuesday, Oct. 3, at the South Clubhouse from 10-11 a.m. This will be a show featuring paintings, sculptures and drawings only, with the theme of "Artists Pick." Each artist is asked to bring two to three original artworks...any topic, any style. Submissions can include paintings of all kinds as well as digital art that is not a photograph and multimedia pieces. Artists who have pieces in the current show may pick those up at the same time.

Hanging art must be securely wired across the back of the piece and sculptures will be placed on pedestals. The maximum size for hanging artwork is 33-inches wide by 40-inches long.

Two information forms will need to be filled out for each submission. To receive a form by email, contact Barbara

Stewart at [barbsmt@yahoo.com](mailto:barbsmt@yahoo.com). Forms also will be available on-site on Oct. 3.

The opening reception for this show will be Sunday, Oct. 15, at 4 p.m. All are welcome.

Photography will be featured in the winter art show in January, along with fiber art and other crafts. If you have questions, call Barbara Stewart at 203-612-1373.

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# CALENDAR

*Dates, times and locations of events are subject to change. To update a Calendar listing, please contact Chrissy Smith at [csmith@oronoquevillage.com](mailto:csmith@oronoquevillage.com). For the latest on OV news & events, go to [www.oronoquevillage.com](http://www.oronoquevillage.com).*

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

## FRIDAY, SEPTEMBER 1

- 10:00 a.m. – Water Aerobics, SCB
- 10:30 a.m. – Low-Impact Exercise (Bring Weights), NCB
- 12:15 P.m. – Water Aerobics Luncheon, SCB (C)
- 5:00 p.m. – It's 5 O'clock Somewhere, NCB

## SATURDAY, SEPTEMBER 2: No events scheduled

## SUNDAY, SEPTEMBER 3: No events scheduled

•

## •MONDAY, SEPTEMBER 4

### **Business & Maintenance Offices Closed**

- 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 Meeting, NCB**
- 6:00 p.m. – BRAVO Rehearsal, SCB
- 6:30 p.m. – Drop-In Bridge, NCB
- 7:00 p.m. – Funseekers Board Mtg, SCB C/R (C)
- 8:30 p.m. – North Pool Closes for the Season

## TUESDAY, SEPTEMBER 5

- 9:00 a.m. – Table Tennis, SCB
- 10:00 a.m. – Dollcrafters, NCB, Library
- 10:00 a.m. – House & Garden Board Mtg, NCB (C)
- 10:00 a.m. – Zumba, NCB

- 2:00 p.m. – Writer's Group, SCB
- 7:00 p.m. – Men's Cards, Dombrowsky, SCB

## WEDNESDAY, SEPTEMBER 6

- 9:30 a.m. – Line Dancing, beginners, NCB
- 10:00 a.m. – Line Dancing, NCB
- 10:00 a.m. – Sculpture Class, SCB, A/C Rm
- 10:30 a.m. – Hadassah Meeting, SCB
- 5:00 p.m. – Sebastian's Poker, NCB, C/R
- 6:00 p.m. – Castle Poker, SCB
- **6:00 p.m. – Meeting of Unit Owners, NCB**

## THURSDAY, SEPTEMBER 7

- 10:00 a.m. – Bocce, NCB
- 10:00 a.m. – Zumba, nCB
- 10:00 a.m. – Village Quilters, NCB
- **10:00 a.m. – House Committee, NCB**
- 10:30 a.m. – Yoga, SCB
- 1:00 p.m. – Informal Artists Group, SCB, A/C Rm
- 1:00 p.m. – Ladies Mahjong & Cards, NCB, C/R (C)
- 1:00 p.m. – Tea, Talk & Crafts, SCB
- 6:00 p.m. – Table Tennis, SCB
- **7:00 p.m. – OVTD Town Hall Meeting, SCB**

## FRIDAY, SEPTEMBER 8

- 10:00 a.m. – Ladies Bible Study, NCB
- 10:30 a.m. – Low-Impact Exercise (Bring Weights), NCB
- 6:00 p.m. – Friday Night Pool, NCB Billiard Room (C)
- 7:00 p.m. – Movie: *Book Club, The Next Chapter*, NCB

## SATURDAY, SEPTEMBER 9

- 11:30 a.m. – Pickleball Event, NCB (C)

## SUNDAY, SEPTEMBER 10

- 3:00 p.m. – Pletman Concert, NCB

## HAVE YOU HEARD ABOUT N2N: NEIGHBOR TO NEIGHBOR CLUB?

We are neighbors offering a helping hand to fellow residents who would like assistance with daily tasks and/or would benefit from increased social interaction with fellow Villagers.

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?

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



## UPCOMING DISTRICT MEETINGS

### DISTRICT 4 GATHERING & ELECTION

"Come one, come all" Monday, Sept. 25, 6 p.m. to SCB for the District 4 Fall Neighborhood Gathering. District Rep Bob Krakovich will welcome attendees, followed by summary reports from District Board members. Elections for available District 4 Board positions will be the final agenda item of the evening.

The guest speaker will be a District 4 resident, Andy Poniros, a NASA science correspondent and public outreach volunteer. His presentation, "My Space Shuttle Experiences," will include behind-the-scenes pictures of the last two space shuttle launches, landings and decommissioning, along with interviews of shuttle astronauts.

Following the presentation, an "out-of-this-world" meal will be served along with "heavenly" homemade desserts. Coffee, tea and beverages will be provided. You may BYOB if you wish.

Cost: \$7 per person if District dues have been paid. All others are \$12 per person. All residents and/or guests are welcome to attend.

Place your cash/check payable to "District 4" in the Dis-

trict 4 mailbox at the SCB lobby across from the Galerie OV if you plan to attend. Cutoff for this event is Wednesday, Sept. 20.

### DISTRICT 9 MEETING IS SEPT. 20

A District 9 meeting is scheduled for Wednesday, Sept. 20, at 5:30 p.m. in the NCB auditorium. Mark Rhatigan, our Executive Director, and Ryan Hankey, Maintenance Director, will be guest speakers and answer questions.

A business meeting, voting for district officers and pizza dinner will follow.

### DISTRICT 11 MEETING

District 11 will hold its annual District Election meeting on Thursday, Sept. 21, at 6 p.m. in the North Clubhouse. Resident Bobby McDonald, former member of the U.S. Secret Service, will be the guest speaker. Please make sure to hold the date and plan to attend this important meeting. Further information to follow.

If you have not submitted your dues payments of \$10 per person, please do so. Checks should be made out "OV District 11" and placed in the District 11 mailbox in the North Clubhouse.

### MONDAY, SEPTEMBER 11

- 10:30 a.m. – Low-Impact Exercise (Bring Weights), NCB
- 1:00 p.m. – House & Garden Meeting, SCB
- **3:30 p.m. – Bylaws Committee, SCB**
- **4:00 p.m. – Maintenance Committee, NCB**
- 6:00 p.m. – BRAVO Rehearsal, SCB
- 6:30 p.m. – Drop-In Bridge, NCB
- 7:00 p.m. – Bulls & Bears, SCB

### TUESDAY, SEPTEMBER 12

- 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
- 10:30 a.m. – OVCA Agenda Meeting, NCB
- 6:15 p.m. – Funseekers Event, SCB

### WEDNESDAY, SEPTEMBER 13

- 9:30 a.m. – Line Dancing, beginners, NCB

- 10:00 a.m. – Line Dancing, NCB
- 10:00 a.m. – Sculpture Class, SCB, A/C Rm
- 10:00 a.m. – Current Events, SCB
- 2:00 p.m. – Movie: *Book Club, the Next Chapter*, SCB
- 5:00 p.m. – Sebastian's Poker, NCB, C/R
- 6:00 p.m. – Castle Poker, SCB

### THURSDAY, SEPTEMBER 14

- 10:00 a.m. – Bocce, NCB
- 10:00 a.m. – Zumba, SCB
- 10:30 a.m. – Yoga, SCB
- 1:00 p.m. – Ladies Mahjongg & Cards, NCB
- 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
- 6:00 p.m. – BRAVO Rehearsal, SCB
- 

### FRIDAY, SEPTEMBER 15

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



September 7, 2023...South Clubhouse

# OVTD Town Hall

Please join us on September 7th at 7 p.m. in the South Clubhouse for a new and exciting OVTD Town Hall! It will be in a roundtable format with individual tables highlighting the following

\* committees:

ROADS

FINANCE

ENERGY SOLUTIONS

SECURITY/SAFETY

TREES/ELECTIONS



Find your table of interest and spend 20-25 minutes in a small, informal setting to ask questions of two members of that particular committee. Then, switch to a new table!

Please contact Sabine Curry for more information:

[scurrybean@gmail.com](mailto:scurrybean@gmail.com)

Refreshments Served

## OVTV Program Schedule (As of September 1)

**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](mailto:bap203@yahoo.com)**

4:00 a.m. - Relaxing Music  
7:30 a.m. - Morning Stretch  
8:00 a.m. - Yoga  
8:45 a.m. - Tai Chi  
9:00 a.m.: Mindfulness Lecture  
10:00 a.m. - Defibrillator Use Instructions  
10:30 a.m. - Zumba  
11:00 a.m. Pickleball Tips  
11:30 a.m. Arts Guild Summer Show  
12:00 p.m. - Donna Martire-Miller Lecture on Happiness  
1:00 p.m. - Doll Crafting  
1:15 p.m. - Gardening Tips  
1:30 p.m. - Arts Guild Summer Show

2:00 p.m. - E-Bike Tips  
2:15 p.m. - Driving Tips  
2:40 p.m. - Scooter Tips  
3:00 p.m. - '50s & '60s rock 'n' roll  
5:00 p.m. - MarieAnn Meringolo interview  
6:00 p.m. - Dog Parade  
6:40 p.m. - Frank Vignola Comedy Performance  
7:30 p.m. - Arts Guild Summer Show  
8:00 p.m. - "An Evening with Frank Mastrone and Friends  
- Highlights from the OV 50th Anniversary Gala" Gala  
8:30 p.m. - Poli & Majestic Theater History  
9:00 p.m. - "Empire of Pain" author interview  
(Patrick Radden Keefe)  
10:00 p.m. - Donna Martire-Miller Lecture on Happiness  
11:00 p.m. - Mindfulness  
1200 - Gardening Tips  
12:15 a.m. - Doll Crafting  
12:30 a.m. - MarieAnn Meringolo interview  
1:00 a.m. - E-Bike Tips  
1:15 a.m. - Driving Tips  
1:35 a.m. - E-Scooter Tips  
2:00 a.m. - "Empire of Pain" author interview  
(Patrick Radden Keefe)  
3:00 a.m. - Frank Vignola Comedy Performance

## HUMOROUS QUOTES ON AGING

"Old age is like everything else. To make a success of it, you've got to start young."

Theodore Roosevelt

"You know you're getting old when you buy a sexy sheer nightgown and don't know anyone who can see through it."

Joan Rivers

"You know you're getting old when you stoop to tie your shoelaces and wonder what else you could do while you're down there."

George Burns

"Always be nice to your children because they are the ones who will choose your rest home."

Phyllis Diller

"As you get older, three things happen. The first is your memory goes, and then I can't remember the other two."

Sir Norman Wisdom

"Aging seems to be the only available way to live a long life."

Kitty O'Neill Collins

"You know you've reached middle age when you're told to slow down by your doctor, instead of by the police."

Joan Rivers

"Age is just a number. It's totally irrelevant unless, of course, you happen to be a bottle of wine."

Joan Collins

"The older you get, the better you get. Unless you're a banana."

Betty White

"You can live to be a hundred if you give up all things that make you want to live to be a hundred."

Woody Allen

"Old age is not for sissies."

Bette Davis

"By the time you're 80 years old you've learned everything. You only have to remember it."

George Burns

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## SAC SALUTES ORONOQUE VETERANS

Story by Pat Kelly ~ Photos by Elaine Ficarra and Pat Kelly

An enthusiastic group of nearly 85 Village residents, 27 of them veterans, turned out for SAC's "Salute our Oronoque Veterans" on Saturday, May 20, in the North Clubhouse. A steady downpour didn't dampen the spirits of the attendees, who were treated to a hot dog lunch with all the fixings and side salads, with ice cream and cookies for dessert.

Veterans from the army, navy, air force and marines were in attendance. The day's program began with a warm welcome by SAC Chair Elaine Ficarra, who then led the attendees in the national anthem and the Pledge of Allegiance.

Oronoque's own Chris Albino donated his services and kept a steady playlist of favorites from the '50s, '60s and '70s. Midway through the program, veterans in the audience were recognized with rounds of applause as their respective service anthems were played.

As a special fun treat, Chris displayed his collection of original GI Joe figures from each of the service branches.

At the close of this festive tribute to our veterans, at-

tendees stood and joined in for Kate Smith's rousing rendition of "God Bless America."

As always, our events would not be possible without the work of our SAC representatives and alternates, who volunteer their time to both create events for the community at-large and help with District-wide events. "Salute to Veterans" Committee Chairs Pat Kelly (District 8), Kathy Lukens and Lynne Shafer (both District 9) spent countless hours putting the program together and sourcing the food and desserts, and SAC committee members all pitched in to help setup, cleanup, serve food and check people in.

The event committee wants to extend a special thanks to our hardy volunteer grillers George Zamy, Bernie Paserieb, Al Gafa, Carey Harmon, Greg Carleton and Ken Hoyt, who braved a heavy downpour to ensure the hot dogs were grilled to perfection.

Thanks, also, to Barbara Gafa, who made a several trays of her special baked beans to complement the delicious salads provided by Sunday Jo's Catering.

SAC was proud to honor our community's veterans and thank them all for their service to our country.





# STRATFORD COMMISSION ON AGING PRESENTS STUDY RESULTS

By Tom Fuchs

On June 22 at the North Clubhouse, members of the Town of Stratford Commission on Aging presented findings from a recent study. The Commission oversaw six focus groups in the Town of Stratford to determine the needs of the 55-plus age community. One of these groups met right here in the Village on April 6.

Carl Glad, chair of the Commission on Aging, and Tammy Trojanowski, director of community and senior services, shared feedback from the focus groups as well as insights gleaned from interviews with visiting nurses and staff members at two Stratford-based agencies: Baldwin Center and Sterling House.

### Among its findings:

Almost 26 percent of Stratford residents are age 60 and older, which is above the Connecticut state average of 23 percent.

In Stratford, over 40 percent of these older homeowners spend more than 35 percent of their incomes on housing.

Stratford does well in meeting the needs of older residents, offering services such as in-home vaccinations, Meals on Wheels, and senior services at the Baldwin Center.

While the Town provides such resources, the study results offered insight into how best to expand assistance for Stratford's older residents. With this information, the Town of Stratford developed a strategic plan to enhance an age-friendly Stratford.


### Among the plan highlights are:

To better communicate the availability of programs like the Connecticut Energy Assistance Program, Supplemental Nutrition Assistance Program (SNAP) and the Baldwin Center lunch programs.

To further support efforts to increase age-friendly transportation options, including the Baldwin Center bus service and Dial-A-Ride.

To advocate for services that allow older adults to age at home.

For those wishing to explore a variety of available services for older adults, including tax and energy assistance, support groups for those dealing with Alzheimer's and free blood pressure screenings, the Baldwin Center offers resources to assist.

For information, call the Baldwin Center at 203-385-4050 or email [seniorservices@townofstratford.com](mailto:seniorservices@townofstratford.com) 

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## SEPTEMBER IS DYSTONIA AWARENESS MONTH

By Len Nachbar

**B**ig Bird and Oscar the Grouch suffered from dystonia. Connecticut resident Carroll Spinney, who played Big Bird and Oscar the Grouch on Sesame Street from its inception in 1969 through 2018 and who passed away in 2019, had dystonia for many years. Spinney's symptoms worsened as he got older and eventually forced him to retire. He said that they included involuntary muscle contractions, slow repetitive movements and cramps, light sensitivity in his eyes, twisting movements and vocal box spasms.

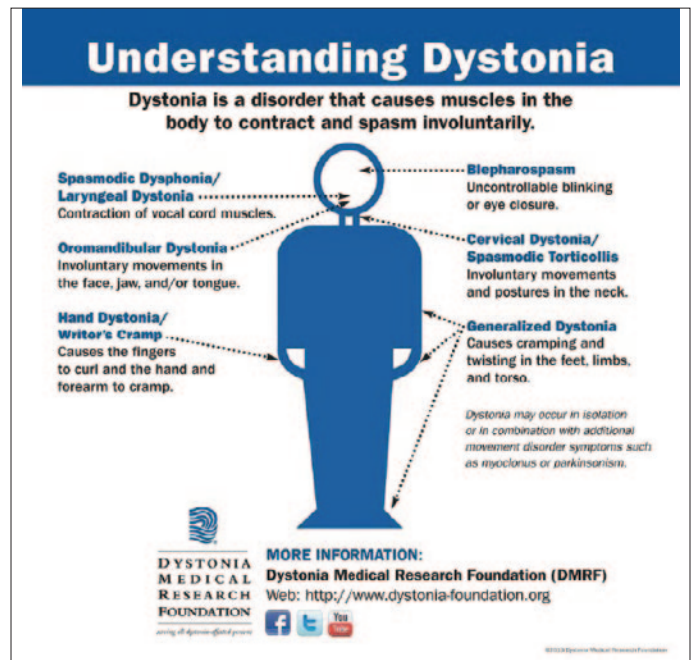
Dystonia affects approximately 300,000 people in the USA, with one-third of them being children, yet most people either know very little about dystonia or have never heard of it. Mayor Hoydick Proclaimed September "Dystonia Awareness Month" in Stratford; towns, cities, counties and states across the U.S. issue similar proclamations each year.

Dystonia is the third most common movement disorder, after Essential Tremor and Parkinson's Disease. Movement disorders are neurologic conditions that cause problems with movement

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

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

Focal dystonias affect one part of the body. The heads of people with cervical dystonia, are painfully pulled forward, backward or sideways to the shoulder. Blepharospasm, causes the eyes to continuously blink rapidly. A former co-worker of my wife had to tape his eyelids open. The vocal cords of people with Spasmodic Dysphonia are either pushed too close together, causing the voice to be rough and gravelly, or are pulled too far apart causing the



voice to be faint and breathy.

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

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

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

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

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

odopa that he takes to treat the Parkinson's.

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

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

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

You can also contact my wife, Janice, and me; we were leading three dystonia support groups when Covid began, the longest for 22 years.

Janice: [JaniceNachbar@gmail.com](mailto:JaniceNachbar@gmail.com)/732-598-3000

Len: [Lennac29@gmail.com](mailto:Lennac29@gmail.com) / 732-547-3322



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

## FIND IT ON ORONOQUEVILLAGE.COM

Looking to contact a neighbor? Find him or her by clicking on the HOME PAGE navigation tab DIRECTORY. Or, if you prefer to look in our phone book. Find our 2023 PHONE BOOK from the HOME PAGE navigation tab DOCUMENTS & FORMS and scroll down then click on PHONE BOOK – 2023 and scroll through the pages. Or, you may save the file and keep it on your device for even faster access. Please keep in mind, that if you want the most up-to-date information, the online DIRECTORY is where to find it, just like with the CALENDAR.

## WEBSITE INSIGHTS

As charged by OVCA, the Communications Committee has completed its update of the latest New Resident Information Packet. Please consider this a resource for the operations and rules and regulations of our Village. Also, learn about our history, our government and our clubs

and groups. Go to the HOME PAGE navigation tab DOCUMENTS & FORMS and scroll down then click on NEW RESIDENT INFORMATION PACKET. As with the PHONE BOOK, you may save this document to your device.



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Oronoque Village,  
North Community Building



PLETMAN  
CONCERTS

"Rebecca Patterson has graciously agreed to fill in for Elise Bond who was forced to cancel."



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

Please join us for our next Karaoke/Dance Party on Sept. 22 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!





**SAC Presents  
 Inaugural Dog Day Parade Fundraiser  
 To Benefit Stratford Animal Rescue Society (STARS)  
 Sat. Sept. 23 / Time: 11 a.m. - 1 p.m. / South Clubhouse Parking Lot**

**Entry donation: \$10 to participate in the parade  
 (Additional donations to STARS are gladly accepted)**

Family fun is guaranteed when Oronoque’s pups (and their owners) take a stroll around the South side and show off their ‘paw-fect’ personalities as they stroll for the judges. Prizes awarded for best dressed, funniest, etc. Audience votes are encouraged and will be counted for “Best in Show.”

All Oronoque residents are invited -- bring your family and join in the fun. STARS volunteers will be on-site with adoptable pets; a dog training expert and veterinary experts also will be on-site.

Donations to STARS are welcome. In addition to monetary donations, the shelter can also use:  
 Canned Cat Food \* Canned Kitten Food \* Blankets & Towels \* Bleach \* Clumping Cat Litter \*  
 Gift Cards \* Paper Towels \* Cat Scratchers

Questions? Call or text George Zamary at 203-913-7312 or Pam Schwanke at 203-856-4194.

*Note: Only 1 dog per handler allowed. All dogs must be leashed. No aggressive dogs allowed. All dogs must show proof of vaccination and licensing. No puppies under 4 months of age. Additional rules will apply.*

**REGISTRATION FORM**

(Minimum donation of \$10 required to participate in the parade. )

Dog’s name: \_\_\_\_\_ Breed \_\_\_\_\_

Age & Origin \_\_\_\_\_ Special Talents \_\_\_\_\_

Owner/Handler Name: \_\_\_\_\_ Cell Phone # \_\_\_\_\_

Resident Address \_\_\_\_\_ Email \_\_\_\_\_

Please deliver payment and registration form to the SAC mailbox at NCB no later than Sept. 15, 2023.



# A/A/A/A CARD PARTY



## COME ONE, COME ALL TO HADASSAH LUNCHEON & CARD PARTY

**North Clubhouse**  
**Wed., Sept. 27, 12:00 p.m.**



**\$30 per person**  
**Singles are Welcome!**

**Enjoy a delicious luncheon consisting of a cheese platter, eggplant parm, chicken florentine, salad, rolls and butter, dessert, coffee, tea & soda.**

**Please use the form below and include the names with whom you wish to sit. Checks & form should be deposited in the Hadassah Box at NCB by Sept. 20.**

**Questions: Barbara-203-378-7781 \* Carol - 203-375-2101**

*If you wish to sit at a particular table, all names and checks for each table must be sent in at one time. Please list names on this tear-off sheet and deposit with payments. RSVP by Sept. 20 — \$30 per person — Singles are welcome!*

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The Movie Club Presents  
*Book Club: The Next Chapter*  
September 8, 7 p.m., NCB  
September 13, 2 p.m., SCB



**\$1 admission includes popcorn -**

Four best friends take their book club to Italy for the fun girls trip they never had. When things go off the rails and secrets are revealed, their relaxing vacation turns into a once-in-a-lifetime cross-country adventure.

Diane Keaton, Mary Steenburgen, Jane Fonda and Candice Bergen star. Craig T. Nelson, Don Johnson and Andy Garcia also appear.



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

The book for Sept. 4 is *Empire of Pain* by Patrick Radden Keefe.

The book for Oct, 4 is " Why Geography Matters More than Ever" by Harm de Blij.

In recent years our world has seen transformations of all kinds: intense climate change accompanied by significant weather extremes; deadly tsunamis caused by submarine earthquakes; unprecedented terrorist attacks; costly wars in Iraq and Afghanistan; a terrible and overlooked conflict in Africa costing millions of lives; an economic crisis threatening the stability of the international system. Is there some way we can get our minds around these disparate global upheavals, to grasp these events and their interconnections, and place our turbulent world in a more understandable light? Acclaimed author Harm de Blij answers this question with one word: geography.

By improving our understanding of the world's geography, de Blij shows, we can better respond to the events around us, and better prepare ourselves to face the global challenges ahead.

OUR FABULOUS MONTHLY...  
BINGO

PRESENTED BY THE  
GUYS & DOLLS CLUB

SEPTEMBER 21, 7 P.M. AT SCB



\$2.50 A CARD

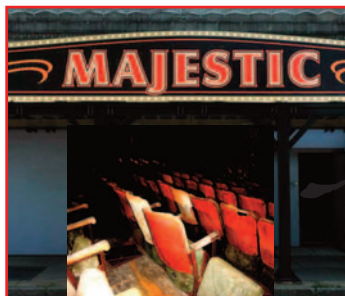
RAFFLE PRIZES  
(INCLUDING A BIG 50/50)

SWEET TREATS



PRESENTS:

# POLI'S PALACE AND MAJESTIC THEATRES Memories PROJECT.



On September 14, the OV Arts Guild will hold our annual meeting to begin our 9th year in Oronoque Village.

Our evening's presentation will be a very interesting talk and video on a LOCAL cultural heritage project - "**Poli's Palace and Majestic Theatres Memories Project**" by creators Jay Misencik and Geralene Valentine. The Poli Palace in Bridgeport was a place of beauty and a hub of excitement during it's heyday! Join us to see the theatre in it's original pristine condition and how it has deteriorated in present time. Those from this area should have great memories of this once "grand" dame of entertainment.



Thursday Sept 14, 7:00 pm NCB

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





House & Garden  
Presents:



# PARDON ME MY CAT'S ON FIRE

*A Hilarious & Heartwarming  
Talk About Being An Innkeeper*

Oronoque resident Kees Adema will share tales of when he and his wife Ulla owned and operated the charming Boulders Inn along Lake Waramaug in Litchfield CT.



Monday, September 11, 2023  
1:00 pm SCB



Members: Free - Guests \$5

**Coffee, Tea & Treats  
served following the  
program**





# FUNSEEKERS PRESENTS



## OVER EASY POP-ROCK TRIO

Tuesday, September 12, 2023 SCB • Doors Open At 6:15

OVER EASY is a pop-rock trio founded by our own OV resident, Steve Cinque. The band features bass guitar, harmonica, guitar, keyboard, drums and vocals. Enjoy songs by the Beatles, Simon & Garfunkel, America, Bill Withers, Monkees, Lovin Spoonful, Paul Anka, Herman's Hermits and many many more. These guys have 350 songs in their repertoire! OVER EASY is truly a talented FUN band! Come join us for a lively performance of your favorite tunes.

Advance reservations required. Payments will be accepted from August 16th through September 8th, unless maximum capacity is reached. Open to resident Funseekers' members and one non-resident guest per single resident through August 26th. Starting on August 27th, member residents may sign up any amount of non-resident guests. Please put \$4.00 check per person (\$7.00 non-resident) into FUNSEEKERS mailbox, NCB. Not a 2023 member? Join for \$15 per person.

Questions? Call Lynn Collins 203-260-4644.



COFFEE, TEA, SOFT DRINKS & DESSERT TO BE SERVED

BYOB AND SNACKS!



Don't forget to visit our  
Facebook Page:  
*OV Connections*

Note: You must have a Facebook account to  
join the OV Connections Facebook page.



TOWN OF STRATFORD SALUTES ALL VETERANS WITH THE

## INAUGURAL VETERANS PARADE

SATURDAY, NOVEMBER 11TH, 2023

10:00 AM



HONORING ALL WHO SERVED

TOWN HALL TO ACADEMY HILL  
DETAILS TO FOLLOW

★ TO REGISTER TO MARCH  
email: [Joe8Kubik@gmail.com](mailto:Joe8Kubik@gmail.com) ★

# The Restaurant at Blackhawk Country Club

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Join us in our newly renovated  
restaurant & banquet facilities.

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Our venue is suited to  
host up to 250 guests.

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385 Oronoque Lane, Stratford, CT

475-273-4121

[blackhawkct.com](http://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!

