



Rivers Run Cottage Connections

VOLUME 12-ISSUE 3

MARCH 2026

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Osher Lifelong Learning Center

585-292-8989

Thursdays 12:15 - 1:30 PM

Mar. 5 - Visual Storytelling in Action: A Photojournalist's

Perspective: Tina MacIntyre-Yee, Photojournalist, Democrat and Chronicle (Rochester NY) Photojournalism reflects our lives through time and helps us understand issues and how we connect with our wider community. This presentation will explore these elements together with the importance of visual storytelling. Tina MacIntyre-Yee, a seasoned photojournalist, has been a staff photographer and videographer for the Democrat and Chronicle since 2002. She will showcase many of her award-winning photographs and share insights from her long and varied career. You may also recognize Tina from her work on the sidelines at Buffalo Bills home games.

Mar. 19 - The Little Theatre in Focus: Alette Jordan, Executive Director, The Little Theatre (Rochester NY) will lead a discussion on the history and legacy of The Little Theatre, one of Rochester's cultural landmarks. She will address challenges faced in recent decades (including competition from corporate movie theaters) and share insights on new leadership, emerging opportunities, and the vision for the theater as it approaches its 100th anniversary in 2029.



Third Monday of each
Month, 6:30 PM
For more information
Contact Jim Galvin

March's book is
Bucking the Sun
by Ivan Doig



Woman's Luncheon

The King & I

Mar. 27 @ 1:00 PM

For more information
Contact Claire Gnazzo

Women's Luncheon

King and I

Cuisine of Thailand
1455 E. Henrietta Road
585-427-8090

Friday, March. 27 at 1:00 PM

With a litany of awards, The King and I Restaurant is truly deserving of its stellar reputation. This top-rated Thai restaurant serves up a delightful selection of Asian food specialties, cooked to perfection by their experienced culinary experts. No matter which item you order from their wide-ranging menu, prepare to delight your taste buds with an excellent blend of flavors and cooking skills. Offering up an impressive selection of traditional Thai dishes, The King and I Restaurant is the first choice for spicy food lovers.



Every month on the last Friday, the women at River's Run enjoy a luncheon together. If you'd like to participate, please contact Claire Gnazzo at 585-287-6009 or 621-478-9688.

Monthly RR Dining Out

Instead of dining out this month, the RR Social Committee is hosting a Chili Dinner on March 8 at 4:30 PM in the Cove lecture room. Please see the flyer on page 7 in this newsletter.

Everyone is welcome!



Friday by the Fire

-4 pm-



Bring a beverage and snack to share.
Visit with neighbors and friends.
Cottage disclosed weekly.



Strong at 60!

1-hour circuit strength/cardio class for those 60 and older



Fridays from 12-1 PM
\$15

(cash, check, Venmo, PayPal, debit, credit)

No sign-up or registration necessary

We would love for you to join us!

**Add more movement to your week!

**Work on functional strength training, balance, and mobility.

**Many modifications to suit your fitness level and needs.

**Work out with a great group of people!

**Exercise your mind!

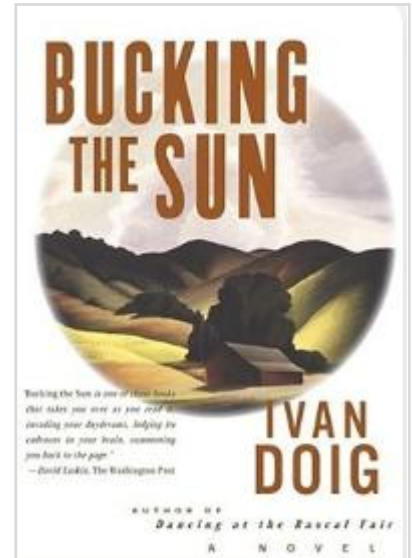
**Have fun with others!



* 235 Middle Road, Suite 250 * 585-404-0011 * info@greatdaypt.com

BOOK CLUB

Bucking the Sun is a 1996 novel by Ivan Doig, part of his Two Medicine Country series, that tells the story of the Duff family in Depression-era Montana as they are displaced by the construction of the Fort Peck Dam. The novel follows the family's struggles and rivalries as they work on the massive New Deal project, exploring themes of family, ambition, and the changing landscape of the American West through the lives of the father, three sons, and their wives. The title refers to the phrase "bucking the sun," meaning to push against the glare of sunrise or sunset, symbolizing the family's struggle against overwhelming odds.



The Book Club will be meeting in the sunroom of Jim Galvin's house at Rivers Run on March 16 at 6:30 PM. New readers are always welcome to join the group. Please contact Jim or Charline at 585-270-8145 and let them know if you want to be included.



RIT Presents:

The Nether

Sklarsky Glass Box Theater

March 26-29

7:30- 9:00 PM

\$12 Gen. Adm.

Set in the not-too-distant future, **The Nether**, by Jennifer Haley, envisions a world where humans spend most of their waking hours immersed in a virtual, metaverse-like existence. Blade Runner meets Westworld meets Ready Player One.

In the Nether's darkest corners, illicit activities unfold, but if it's just code, do any real-world consequences apply? This sci-fi thriller blurs the line between what's virtual and what's real and poses questions without easy answers.

If you're interested in high school musicals, March is the time to go. Most of our local high schools are putting on their production during that month. Listed below are the schools and their performances. Please check with the school directly for exact times and dates.

March 5-7

Fairport, The Lightning Thief
Pittsford Mendon, The Drowsy Chaperone
Webster Thomas, Footloose
Arcadia, Mean Girls

March 11-14

McQuaid Jesuit, Anything Goes

March 13, 14

Olympia, Legally Blond

March 19-22

Rush Henrietta, Mamma Mia!

Hilton, Chicago

Gates-Chili, Singin' in the Rain

Olympia, Legally Blond

Resident BIO Michele Mayernik

This month we have decided to highlight one of our RR HOA Board Members, Michele Mayernik. Michele was born and raised in Bridgeport, Connecticut. Her father, a Seabee, passed away shortly after her birth, and she was lovingly raised by her mother, whose guidance and strength became the defining influence of her early years.



Educated in Catholic schools from kindergarten through 12th grade, Michele developed a deep and lasting love of literature. After graduating high school in 1973, she pursued her artistic calling at an art school in New Haven, Connecticut, near Yale University, where she studied graphic design. Immersed in a vibrant community of creative minds—including many distinguished artists—she flourished in the inspiring atmosphere.

Her professional journey began in commercial art at design studios, followed by 15 years in marketing communications, including work at General Electric. She later spent 7–10 years at an advertising agency before dedicating two decades to Taunton Press in Newtown, Connecticut, a publisher renowned for its high-end magazines, books, and catalogs. In 1989, Michele married Mike Horyczon, whom she met through a mutual friend. Her love of painting, first sparked at age 10 when she began lessons, has remained a lifelong passion. Today, she continues to explore watercolor painting under the guidance of Karen Petras, often attending classes at the Memorial Art Gallery with Karen. Beyond the visual arts, Michele has a deep appreciation for music—especially acoustic guitar—and treasures the artistry of Tommy Emmanuel, Michael Hedges, and Leo Kottke.

Together, Michele and Mike enjoy tent camping and attending music festivals. Their daughter, a graduate of NTID who once lived at the Lodge, now teaches at the Rochester School for the Deaf. During visits to see her daughter, Michele once took a wrong turn—one that proved to be the right turn—leading her to discover Rivers Run. She quickly embraced both Rivers Run and Rochester as her true home, finding joy in the warmth of the people and the strength of the community.

Michele's philosophy of life is simple yet profound: "Don't criticize someone until you've walked a mile in their shoes."

Presentation at The Cove Cy Kaster and Soaring Wednesday, March 4, 6:30 pm

Cy Kaster has created a Power Point and Video Presentation on Soaring (Sailplanes) and is willing to share with us his knowledge and experience with the Finger Lakes soaring club, located in Dansville, NY. This presentation covers an introduction to the sport of soaring, explores the technical aspects of sailplane design, explains the physics behind engine-free flight, and discusses the weather dynamics that allow sailplanes to travel thousands of miles without an engine.

The Finger Lakes Soaring Club (FLSC) has been in Dansville since 1963, but it launches gliders and attracts soaring enthusiasts from all over Western New York. Recreational rides are offered to the public on weekends in fair weather months.

Soaring entails engineless glider planes that are towed up to at least 2,000 feet by a small-engine plane and released to navigate the air currents. Experienced glider pilots can fly for hundreds of miles and stay in the air for two to four hours from a single tow. Cy Kastner is one of those pilots.

Cy is not new to this sport. He is a Board Member of Finger Lakes Soaring and a member of Harris Hill Soaring, the Soaring Society of America and AOPA. In addition, he is an FAA Certified Private Pilot, Instrument Rated, Commercial-Glider Rated and an FAA Certified Flight Instructor-Glider..... not to mention he is a retired Aerospace Engineer.



You can obtain more information by viewing a recent article published in the PennySaver:

https://www.gvpennysaver.com/stories/informational/the-soaring-spirit-of-dansville-inside-the-finger-lakes-soaring-club/article_640f0554-ebf4-4665-882f-c6dd5665d01d.html

Please put this event on your calendar and join us at the Cove.

EGGS

I'm not sure about you, but somehow I can recall that we would color Easter eggs at least a few days before Easter and leave them sitting in a bowl on the table for weeks or at least until they got eaten. Not once did we consider the possibility of spoilage. Nor did any of us ever get sick. Have chickens changed? The general storage rule for any perishable food left at room temperature is 2 hours.

Following is a little information about the storage of eggs.... Cooked or raw.

In the 1970s, the FDA began requiring egg producers to wash and sanitize eggs to minimize the risk of Salmonella contamination. While this process made eggs safer to consume, it also stripped them of their natural protective coating, known as the "bloom." As a result, refrigeration became essential to keep eggs fresh and prevent bacterial growth.

Where to Store Eggs

Unfortunately, not all spots in your refrigerator are equal when it comes to egg storage. While the egg compartment that might be present in your refrigerator door might seem convenient, it's actually not the best place to keep your eggs. The reason is temperature fluctuations. The refrigerator door is prone to increases in temperature every time you open the door. These inconsistent temperatures can increase the risk of bacterial growth and speed up the aging process of your eggs. It can also cause your eggs to jostle around, possibly even causing cracks.

Other Common Egg Storage Hints

- ✓ Keep eggs in their carton (or equally stable container with a lid) can reduce breakage and protect them from absorbing strong odors or flavors, while keeping their temperature stable.
- ✓ Since our eggs are pre-washed, and the bloom already removed, the water you're using to wash them again can enter the egg through pores in the shell. If your water is warm, it can also raise the temperature of the eggs, risking bacterial growth.
- ✓ Storing eggs with the pointy side up can cause the yolk to settle closer to the shell, reducing freshness. Always store your eggs pointy side down.
- ✓ Using eggs past their expiration date can be risky. Check for freshness by using a float test to ensure the eggs are still safe to consume.
- ✓ To keep your eggs fresh, always store them in their original carton (or a lidded egg tray) and place on a center shelf of the refrigerator toward the back, where the temperature will consistently remain below 40°F. The carton will prevent the eggs from picking up odors or flavors from other foods, and prevent moisture loss.
- ✓ Commercial chicken eggs are washed before being sold and will typically last a little over a month in the refrigerator. Other types of commercially sold eggs like duck eggs or quail eggs can typically last up to six weeks in the refrigerator.
- ✓ Eggs can be frozen, but not in their shells. The liquid in the shells will expand while freezing, causing the shells to crack. To freeze eggs, crack whole eggs or [separate egg yolks and whites](#), and place them into a freezer-safe container or ice cube trays.

How To Test If Your Eggs Are Fresh

For an easy way to tell if your eggs are fresh, you can perform a simple float test. Place your egg into a cup or deep bowl of cold water. If it sinks and lays flat on its side, it's fresh. If it sinks but stands upright, use it soon, and if it floats, discard. This means air has seeped into the shell, and the egg may be contaminated. *(FYI – I had 2 floaters from Aldi)*



JOIN US FOR A
**CHILI
Dinner**

4:30 PM | 8 | MAR

The RR Social Committee is inviting you to a Chili Dinner at the Cove. Several varieties of chili will be available, including a vegetarian one. All the condiments, bread, butter and dessert will be included. The cost is only \$5.00 per person. Please RSVP to Bonnie Nellist at 585-406-3164 by Saturday, Feb. 28. Bring your own beverage of choice.



Being a Grandma

I don't think that there is anything that can prepare you for the way your life changes when you first become a grandma. While you love and adore your family and friends, the love that a grandma has for her grandchild is unlike anything you have or will ever experience,

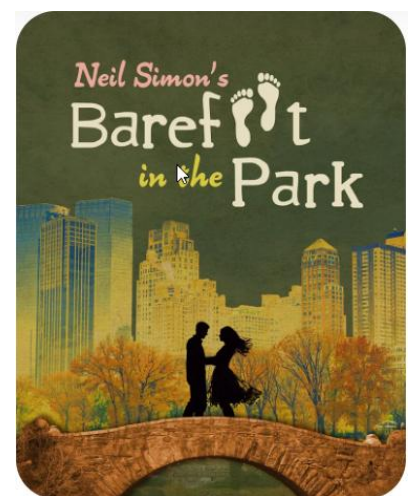
That being said, I'm taking this time to brag! In this week's PennySaver is a 2-page article about Katelynn Vukosic. I'm proud to say that she is my granddaughter!



GEVA Theatre

Feb. 24 – March 29

Opposites attract in Neil Simon's celebrated romantic comedy. Newlyweds Paul, a straight-laced lawyer, and Corie, a free spirit, have barely returned from their honeymoon, and their marriage is already on the fritz, like the telephone line in their new apartment. Corie wants Paul to be more spontaneous and do things like run "barefoot in the park," and Paul just wants to get a good night's sleep. When Corie's prim and proper mother drops by for an unexpected visit, and their eccentric upstairs neighbor, Mr. Velasco, climbs in through their upstairs window, hilarity ensues! This slice of newlywed life is sure to remind even long-married couples of the pleasures and perils of falling in love.





March 2026 Cottage Calendar

- **3/6, 13, 20, 27, FRIDAY, Friday by the Fire:** 4-6 PM; location to be sent out weekly
- **3/6, 13, 20, 27, FRIDAY, Strong at 60!:** Great Day Personal Training cardio class; Contact Karen Petras 585-426-5286
- **3/4, WEDNESDAY, Soaring Lecture:** 6:30 PM @ the Cove
- **3/8, SUNDAY, Chili Dinner:** 4:30 PM @ the Cove; BYOB, \$5 pp, contact Bonnie Nellist 585-406-3164 or bnellie2@yahoo.com
- **3/10, TUESDAY, Craft and Chat Group:** 1:00-3:00 PM, at the Cove
- **3/11, WEDNESDAY, Men's Breakfast:** 8:30 AM, Peppermints Restaurant
- **3/16, MONDAY, Book Club:** 6:30 PM, Cottage 1303; Contact Jim Galvin 585-270-8145; *Bucking the Sun* by Ivan Doig
- **3/17, TUESDAY, St. Patrick's Day**
- **3/24, TUESDAY, Craft and Chat Group:** 1:00-3:00 PM, at the Cove
- **3/25, WEDNESDAY, Men's Breakfast:** 8:30 AM, Peppermints Restaurant
- **3/27, FRIDAY, Ladies Lunch:** 1:00 PM at The King and I; Contact Claire Gnazzo 585-287-6009

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