



Rivers Run Cottage Connections

VOLUME 12-ISSUE 4

APRIL 2026

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Osher Lifelong Learning Center 585-292-8989 Thursdays 12:15 - 1:30 PM

April 16 - New York State Travel with...The Getaway Guy!

Presented by Mike O'Brian, The Getaway Guy. Come meet The Getaway Guy, seen on Spectrum TV and R News, as he shares his favorite New York State spring and summer getaways, near and far, including many of his latest travels. Additionally, watch a few exciting Getaway Guy TV episodes from the past.

April 23 - Angels of Mercy: Anti-Human Trafficking Awareness

Lauren VanCott, Vice President of Operations and Secretary, Angels of Mercy
Angels of Mercy's Lauren VanCott will provide anti-human trafficking education focusing especially on what sex trafficking really looks like in this country. You will learn who is most vulnerable, the tactics that traffickers use to recruit and groom victims, and what you can do to help prevent and stop human trafficking.

April 30 - What's New in Treating the Aches and Pains of Senior Citizens

Edward Schwarz, Ph.D., Burton Professor of Orthopaedics and Director of the Center for Musculoskeletal Research at the University of Rochester Medical Center will focus on inflammatory bone loss (such as that seen in rheumatoid arthritis), infections, tumor metastasis, and wear debris-induced osteolysis around loose prosthetic implants. His lab is also interested in developing translational in vivo imaging outcome measures that include near infrared imaging of lymphatic flow to detect arthritic flare and cone beam CT to assess bone healing in patients with orthopaedic implants, and intravital microscopy of bone infections.



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

April's book is
The Seed Keeper
By Diane Wilson

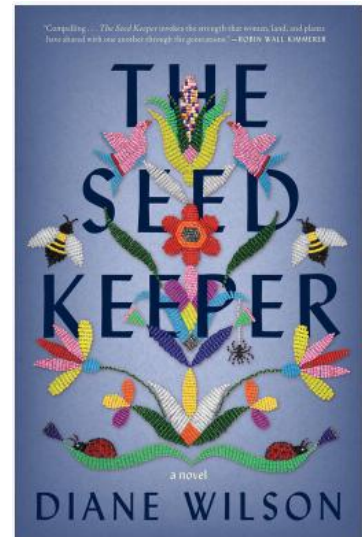


Woman's Luncheon
Aladdin's
April 24 @ 1:00 PM

For more information
Contact Claire Gnazzo

BOOK CLUB

A haunting novel spanning several generations, *The Seed Keeper* follows a Dakota family's struggle to preserve their way of life, and their sacrifices to protect what matters most. Rosalie Iron Wing has grown up in the woods with her father, Ray, a former science teacher who tells her stories of plants, of the stars, of the origins of the Dakota people. One morning, Ray didn't return from checking his traps. Told she has no family, Rosalie is sent to live with a foster family in nearby Mankato—where the reserved, bookish teenager meets rebellious Gaby Makespeace, in a friendship that transcends the damaged legacies they've inherited.



Weaving together the voices of four indelible women, *The Seed Keeper* is a beautifully told story of reawakening, of remembering our original relationship to the seeds and, through them, to our ancestors.

The Book Club will be meeting in the sunroom of Jim Galvin's house at Rivers Run on April 20 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.



Monthly RR Dining Out at **Mamma G's**

Thursday, April 16 @ 4:30 PM

585-358-0488

2133 E. Henrietta Rd.

Mamma G's is a family-owned restaurant featuring authentic Italian cuisine. They offer a wide range of menu options including their signature homemade pasta, gnocchi, ravioli, and much more. If you are interested in joining us, please contact Barbara DeOca at bdeoca@aol.com or 813-892-1219. We always encourage carpooling and will do our best to accommodate you.

Everyone is welcome!

Women's Luncheon **Aladdin's Natural Eatery**

8 Schoen Place, Pittsford

Friday, April 24 at 1:00 PM



Locally owned and operated since 1980, they strive to serve all natural foods, locally grown when in season. They use sea salt, filtered water, raw sugar, and extra virgin olive oil in their food preparation. Their pasta is made fresh each day, they roast their own blend of coffee, and make all their own sauces and dressings.

If you would like to join us, please contact Claire Gnazzo at 621-478-9688.

Rochester's Technology Community Celebrates Innovation at the 2026 GREAT Awards



The winners have been announced and leaders across the region's technology ecosystem gathered to celebrate innovation, collaboration, and impact at the 2026 GREAT Awards, TechRochester's annual recognition of the individuals, teams, and organizations shaping the future of technology in Greater Rochester.

The GREAT Awards, short for Greater Rochester Excellence and Achievements in Technology, highlight the companies, researchers, students, and innovators using technology to transform industries, strengthen the regional economy, and improve lives. This year's celebration brought together founders, technologists, executives, researchers, and community leaders for an evening filled with laughter, meaningful connections, and recognition of the people driving Rochester's growing innovation economy.

One of the evening's most significant recognitions was the Lifetime Achievement Award, presented to **Dr. Kenneth Reed**, whose career spans more than five decades at the intersection of scientific discovery and entrepreneurial innovation.

After 30 years at Kodak Research Laboratories, Reed continued his work through RIT's Venture Creations incubator, founding four nanotechnology companies, including Cerion and Zero Valent NanoMetals. His groundbreaking work focused on controlling the "Goldilocks Size" a 2.5 to 3 nanometer threshold where materials exhibit entirely new physical behaviors. Reed successfully developed a synthesis method enabling industrial-scale production of quantum-sized metal clusters, a challenge that had eluded researchers despite hundreds of thousands of patents attempting similar breakthroughs. The implications of this innovation extend across multiple industries, including semiconductor assembly, advanced manufacturing, carbon sequestration, water splitting technologies, and even research into neurodegenerative diseases.

With more than 60 patents and recognition as an American Chemical Society Entrepreneur of the Year, Reed's career represents a legacy of scientific curiosity translated into real-world technological impact.

Sometimes we do more than just sit around the fire and chat. This week we painted Easter Eggs!

Friday by the Fire
at
a Rivers Run cottage
4-6 pm

come and visit
with
neighbors

bring a beverage

enjoy a snack

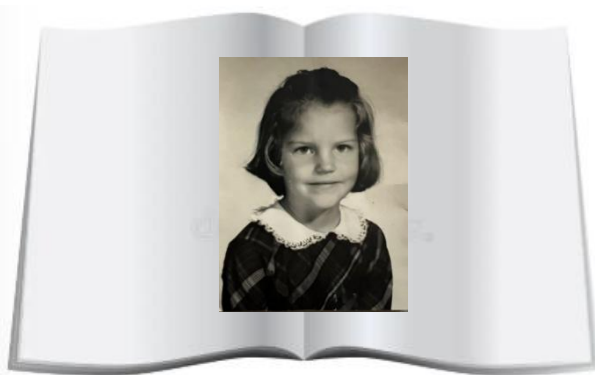
We would be
so happy
to see new faces !



Each week, an email will indicate the location.



This is our centerfold picture for the month of April. Can you figure out who it is?



CRAFT AND CHAT
TUESDAY, APRIL 14 & 28

JOIN THE 'CONVERSATIONS
BRING A PROJECT
SHARE RIVERS RUN NEWS



COVE CLUB ROOM
1-3 PM



In order to keep our community active, the Rivers Run Social Committee needs volunteers and fresh ideas. If you'd like to join, contact any RRSC Board member listed at the end of this newsletter.

CHILI DINNER

Our chili dinner on March 8 was a huge success. The food and the company were delightful. Thank you to all who helped put it on and to those who attended.



SOARING PRESENTATION

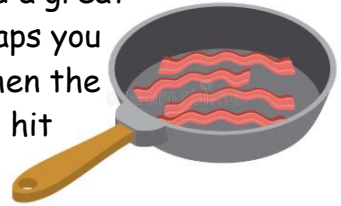
A special thanks goes to Cy Kastner for putting on a very interesting presentation on Soaring earlier this month. I'm happy that it was so well attended. Please feel free to contact him if you are interested in experiencing this sport. I have done this once before and it is exciting!



BACON... Juicy, Fatty & Delicious

Now that we know a little about eggs, the best way to store them, and how to tell if they're fresh, let's take a look at bacon since that goes so well with the eggs.

There's one thing that many sandwiches have in common (besides bread) and that's bacon. It's also a major ingredient in many recipes and a great stand-alone food. We love it, but how do **you** cook it? Perhaps you fry it in a pan on the stove, resulting in greasy splatter. When the heat's not just right on the stovetop, you can end up getting hit with burning hot oil.



Another option is to broil or bake it in the oven. Don't forget to use parchment paper on the bottom of the cookie sheet to ease your cleaning ritual. Again, there is the "splatter issue" inside the oven.

A third way is to cook it in the microwave. In this case, be sure to cover it with something like a paper towel so it doesn't mess up your microwave.

I've come across a 4th way to cook bacon and it seems to work really well for me. I have done this 3 times and it's amazing. Of course, there is a learning curve but if you follow the directions below, your bacon will turn out cooked to perfection and evenly crisp.

How to Cook Bacon in Water

1. Add bacon to a pan, then add just enough water to completely cover the bottom of the pan. (I used about 2 tablespoons and 9 strips of bacon, making 2 layers.)
2. Over medium-high heat, bring the water to a simmer and cook until the water evaporates, flipping the bacon as needed. (Do not add more water.)
3. Once the water has cooked away, enough fat should have rendered from the bacon to help distribute the heat evenly and crisp things up. Reduce the heat to medium and cook until the bacon is crispy.

Since there was a layer of water in your pan underneath your strips, there also won't be any harsh hot areas in your pan where your bacon will brown faster than others. This means you won't have to flip the bacon as frequently. It's worth a try. I'm sold.



April 2026 Cottage Calendar

- **4/3, 19, 17, 24, FRIDAY, Friday by the Fire:** 4-6 PM; location to be sent out weekly
- **4/5, SUNDAY, Easter**
- **4/8, WEDNESDAY, Men's Breakfast:** 8:30 AM, Peppermints Restaurant
- **4/14, TUESDAY, Craft and Chat Group:** 1:00-3:00 PM, at the Cove
- **4/16, THURSDAY, Osher Lecture: New York State Travel with... The Getaway Guy!**
Presented by Mike O'Brien, 12:15-1:00 PM
- **4/16, THURSDAY, Dining Out:** 4:30 PM, Mamma G's; contact Barbara DeOca at 813-892-1219 or bdeoca@aol.com
- **4/20, MONDAY, Book Club:** 6:30 PM, Cottage 1303; Contact Jim Galvin 585-270-8145; *The Seed Keeper* by Diane Wilson
- **4/22, WEDNESDAY, Men's Breakfast:** 8:30 AM, Peppermints Restaurant
- **4/23, THURSDAY, Osher Lecture: Angels of Mercy: Anti-Human Trafficking Awareness;** Presented by Laruen VanCott, 12:15-1:00 PM
- **4/24, FRIDAY, Ladies Lunch:** 1:00 PM at Aladdin's Natural Eatery;
Contact Claire Gnazzo at 585-287-6009
- **4/28, TUESDAY, Craft and Chat Group:** 1:00-3:00 PM, at the Cove
- **4/30, THURSDAY, Osher Lecture: What's New in Treating the Aches and Pains of Senior Citizens,** by Edward Schwartz, Ph. D., 12:15-1:00 PM

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