



Rivers Run Cottage Connections

VOLUME 10-ISSUE 8

AUGUST 2024

WHAT'S INSIDE

- Our Activities 1
- Woman's Lunch..... 2
- Blueberries 2
- Book Club..... 3
- Trains & Trolleys..... 3
- Sunflower Farm..... 4
- Sunflower Facts 5
- Eggs 6
- Dog Days..... 6
- Ice Cream Truck..... 7
- Potluck Dinner 7
- Pasta & Pesto 8
- Show & Tell..... 9
- Barber Poles 9
- Calendar..... 10



We Need Your Input

Our RR Social Committee is committed to the planning and organizing of activities in hopes of increasing the social life of our Rivers Run residents. We have no shortage of ideas but recently there appears to be shortage of participants. There's no better way to get to know your neighbors than to attend one of the planned events. If transportation is an issue, we have several people who always welcome passengers. Just express your desire to attend and we can work out the driving arrangements.

How can we improve our activities?
What activities are YOU ready to embrace?

We are always open to all ideas. Just let me or any of the Social Committee members know what you are interested in doing and we will do our best to accommodate you.



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

August's book is
"The Heaven & Earth Grocery
Store" by James McBride



REMINDER
Woman's Luncheon
August 30, 1:00 PM @
Blue Barn Cidery

For more information
Contact Claire Gnazzo

Women's Luncheon



Blue Barn Cidery

928 Manitou Rd., Hilton, NY

585-366-5358

Friday, August 30 @ 1:00 PM

The farm's family's roots can be traced back to 1811 when Richard and Rhoda Wilder moved from Vermont to Churchville. Expansions included *Pearson Brothers Farm* in Charlotte, *Green Acres*

Farm in Greece, and now *Blue Barn Cidery* in Hilton. It is a licensed Farm Winery that serves only products made with New York State-grown ingredients now delving into the hard cider industry.

It is a charming establishment that offers a warm and cozy atmosphere, perfect for a drink and hangout. Their menu includes brunch options, smaller plates, beer, and craft cocktails. You can even enjoy a flight of cider including flavors like gingerberry jam and white peach mango. They have so much more to offer with live music every Thursday evening and a shop where you can purchase jam, whoopie pies, cheesecake, donuts and more.

Contact: Claire Gnazzo 631-478-9688

Carpooling is encouraged.

Blueberry Bliss



The locally grown blueberry season typically runs from early July through August. The season overlaps with raspberries, cherries, stone fruit, and sunflowers.

Please check with a farm directly before heading out to ensure the crop is still available. Many farms take multiple payment forms, but bring cash just in case. Here are three places in Monroe County to pick your own blueberries.

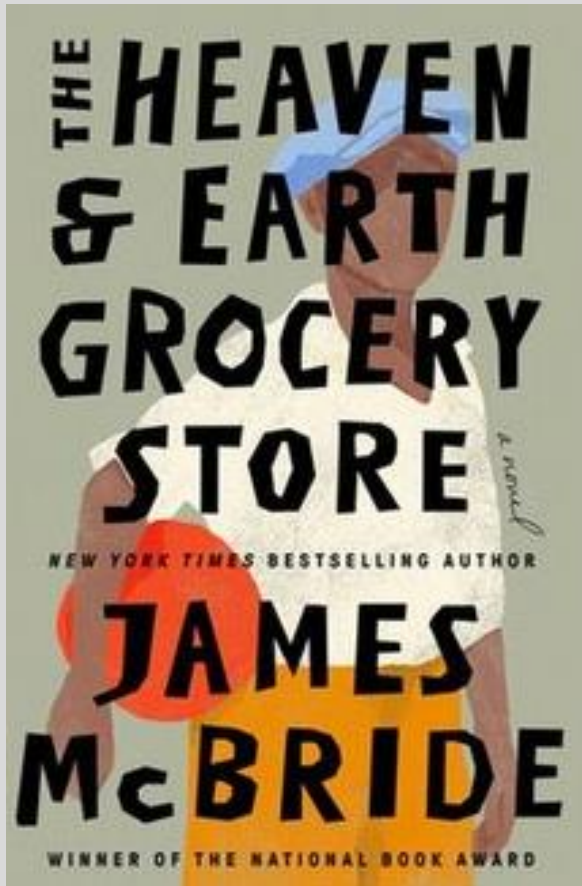
Hints: Don't wash them until just before using them; chill berries soon after picking to increase shelf life; store in refrigerator ASAP.

Gro-Moore Farms – \$5 lb., 365 Goodburlet Rd., 585-533-1578

Raspberry Hill Farm - \$3 pint, 1515 Salt Rd., Penfield

West Wind Farms - \$4 lb., 928 Manitou Rd., Hilton, 585-234-0252

BOOK CLUB



The Book Club will be meeting in the sunroom of Jim Galvin's house at 1303 Rivers Run on August 19 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 of you want to be included.

In 1972, when workers in Pottstown, Pennsylvania, were digging the foundations for a new development, the last thing they expected to find was a skeleton at the bottom of a well. Who the skeleton was and how it got there were two of the long-held secrets kept by the residents of Chicken Hill, the dilapidated neighborhood where immigrant Jews and African Americans lived side by side and shared ambitions and sorrows. Chicken Hill was where Moshe and Chona Ludlow lived when Moshe integrated his theater and where Chona ran the Heaven & Earth Grocery Store.

When the truth is finally revealed about what happened on Chicken Hill and the part the town's white establishment played in it, McBride shows us that even in dark times, it is love and community—heaven and earth—that sustain us.

Train & Trolleys at Twilight

Saturday, August 3

NY Museum of Transportation • 6393 E. River Rd., Rush, NY

Take a trip back in time and experience an old fashioned "Trolley Park". Your journey begins through the countryside. At midway you transfer to an authentic electric trolley that will transport you to the Trolley Park where you will enjoy complimentary ice cream and a free jazz concert. Trains depart every 30 minutes between 4:00-7:30 PM. Stay at the park as long as you like and take any train departure to return to your car.

585-533-1113

Sunflower Festival, Wickham Farms

1315 Sweets Corners Rd, Penfield, NY • 585-377-3276

August 8 - September 2 • Daily 10AM - 7PM

Sunflowers, sunflowers, sunflowers ... 10 acres of beautiful sunflowers!

Each year the sunflowers peak throughout mid-August until about Labor Day. The farm's other attractions such as the corn maze, mini golf, lawn games, etc. are open, making it the perfect spot for family fun. Should you develop an appetite while there, food is available as well. There are donuts, funnel cakes, pizza, burgers, fries, chicken tenders, pulled pork and lemonade to mention a few.

The Sunflower Spectacular will run daily (except Wednesdays) through September 4th with admission required to visit the farm.

Prices: Mon, Tues, Thurs: \$14.95, Fri, Sat, Sun: \$17.95
(Seniors (65+ save \$5 by buying at the gate))



'Tis the Season for Sunflowers

Since my theme this month is about summer, I thought I'd share a little information about sunflowers.

- 1 - The large flower heads rotate to face the sun. This ability is known as Heliotropism
- 2 - Sunflowers are native to North America. Archaeological evidence places the earliest domesticated varieties in modern-day Mexico around 3000 BCE.
- 3 - Native Americans first discovered sunflower's dye potential and later shared this knowledge with colonists.
- 4 - The ancient Aztec and Inca civilizations cultivated sunflowers extensively. They were an important crop alongside maize and amaranth. The seeds and oil were consumed, and each part of the plant had purposes, from dyes to medicine.
- 5 - Russia represents over a quarter of global sunflower exports annually.
- 6 - In 1968 the Beatles album called "The White Album", the song "Sun King" features lyrics pondering *Everyone was dancing, and they were painting their cheeks and cheeks* - inspired by the vivid orange faces of countless sunflowers gracing English fields.

- 7 - Even Van Gogh was fascinated with them.



And they are DELICIOUS!

The Meaning Behind the Numbers on Your Egg Carton



Chances are you almost *always* have eggs in your fridge. You might think the best way to pick a carton is by checking the grade, size and expiration date—but there's a secret behind how long eggs can sit out.

On the side of your egg carton, right by (or below) the “**Sell by**” date, you’ll see a three-digit code. Ranging from 001 to 365, the Julian date represents the day the eggs were packaged. Each code corresponds to a day in the year, so 001 would be Jan. 1 and 365 would

represent Dec. 31. Once the eggs are packaged, they’ll keep in your fridge for four to five weeks.

As an egg ages, it loses moisture and carbon dioxide, making the whites thinner and the yolk more susceptible to breaking. And when you eat old, expired eggs, your risk of getting a foodborne disease from them increases.

And what does the code starting with a “WI” (or whatever) right next to the Julian date stand for? That’s the plant code, which represents where the eggs were packaged.

If you’re buying eggs later in the year, look for the highest number possible.



When Are the Dog Days of Summer?

The dog days of summer doesn’t actually have anything to do with dogs. It happens between July 3 and August 11.

They refer to roughly 40 days when Sirius—commonly known as the Dog Star—rises and sets with the sun. Sirius is the brightest star in the constellation *Canis Major*, Latin for “Greater Dog,” where the term’s relation to canines comes from.

The actual timing of the dog days of summer has shifted over time due to how the Earth’s wobbly rotation makes the stars’ placements in the sky change over time.

Enjoy their association with summer fun while you can: In about 10,000 years, the dog days will shift so far back that they’ll actually happen in winter.



Now's the chance to get your ice cream treat without even leaving our community. Invite your family and friends! With more than 10 varieties of ice cream, lemon sorbet, and dairy free choices, there will be something for everyone.

Save yourself some money and purchase your tickets ahead of time for \$5. The price for walk-ins on the day of the event will be \$6.

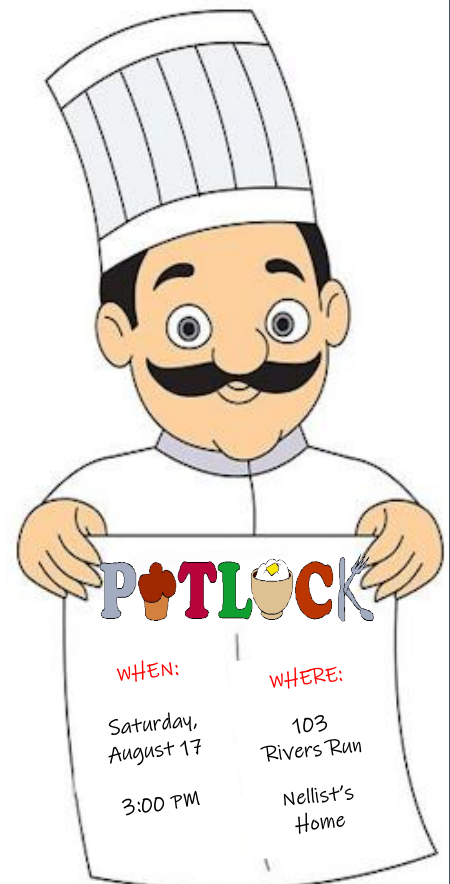
Tickets will be available until August 6. Contact Sue Rausch at 585-272-1147.

Please join us for our Rivers Run annual **POTLUCK PICNIC** hosted by Bonnie and Randy Nellist.

Date: Saturday, August 17 @ 3:00 PM
Where: 103 Rivers Run

They will supply the meat, rolls, condiments and paper products but it's up to you and me to fill in all the blanks. The only thing you have to do is bring a dish to pass and your beverage of choice. It could be an appetizer, a salad, or a dessert. It's up to you.

Reservations are NOT required but your presence is. Don't miss out on this very enjoyable event! Let's get to know each other.



PASTA & PESTO

What a great time we had at Ellen Andrieu's house on a Tuesday morning! Lynn, Charline, Ellen, Shirley and Barbara all got together and decided to make a mess out of Ellen's kitchen. Sure, there were problems, but when are there NOT? However, we managed to solve them and make enough pasta and pesto for everyone to take home.



Show and Tell

On Sunday, July 21 several of us attended the Geneseo Community Players' performance of "The Mystery of Edwin Drood". And what a beautiful drive it was down to the auditorium at SUNY Geneseo. The quality of acting and singing was excellent, and I would recommend you consider future performances. I'll keep you posted.

After the play, we had a very enjoyable dinner at Yard of Ale in Piffard. Another place I would recommend you try.



Few symbols are more recognizable than a barber's pole. This spinning red-white-blue cylinder is hard to miss and serves as a place to get a haircut. Historically, however, it also signified a spot where people could have medical procedures done.

The barber's pole reflects a time when barbers not only cut hair but performed medical operations such as bloodletting. Prior to the barber pole, barbers would place bowls of blood in their window to advertise their bloodletting capabilities, though that act was prohibited by a 1307 law in London. Hence, the barber's pole was born.

The color red represents the blood, and the white reflects the bandages used to stop the bleeding. In America, you'll notice that barber poles also have the color blue in addition to the traditional red and white found throughout Europe. One theory is that the blue represents the veins that were cut during bloodletting; another idea is that the addition of blue was simply a patriotic statement. And so it goes.

AUGUST 2024 Cottage Calendar



- **8/3 SATURDAY, Trains & Trolleys at Twilight:** 4-7:30 PM, NY Museum of Transportation
- **8/11 SATURDAY, Ice Cream Truck:** 2:30-3:30PM, in front of the 1400 Units
- **8/13, TUESDAY, Craft and Chat Group:** 1:00-3:00 PM, at the Cove
- **8/14, WEDNESDAY, Men's Breakfast:** 8:30 AM, Peppermints Restaurant
- **8/17, SUNDAY, Potluck Picnic:** 3:30 PM, at Nellist's, 103 Rivers Run
- **8/19, MONDAY, Book Club:** 6:30 PM, Cottage 1303; Contact Jim Galvin 585-270-8145; *The Heaven & Earth Grocery Store* by James McBride
- **8/27, TUESDAY, Craft and Chat Group:** 1:00-3:00 PM, at the Cove
- **8/28, WEDNESDAY, Men's Breakfast:** 8:30 AM, Peppermints Restaurant
- **8/30, FRIDAY, Ladies Luncheon:** 1:00 PM, Blue Barn Cidery, Hilton; Contact Claire Gnazzo 585-287-6009



Social Committee

Jim Galvin
585-270-8145
jamespgalvin1647@gmail.com

Sue Rausch
585-272-1147
laceyd627@rochester.rr.com

Mary Hayes
585-474-5427
hazymary34@gmail.com

Newsletter
Barbara DeOca
813-892-1219
bdeoca@aol.com

Lynn Musgraves
303-918-8638
lynn.mus@gmail.com

Bonnie & Randy Nellist
585-406-3164
bnellie2@yahoo.com

Shirley Reed
585-414-9335
reed9166@gmail.com