



# Rivers Run Cottage Connections

VOLUME 10-ISSUE 10

OCTOBER 2024

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

**Oct. 3 - What's New at the Strong?:** Steve Dubnik, President & CEO, The Strong National Museum; A few of the new projects he will mention include a new welcome atrium, a butterfly canopy, a playable Donkey Kong arcade, and the very large Hasbro Game Park.

**Oct. 10 - The Past is Never Dead---It's Not Even Past:** Author Oren Kessler; Proof that yesterday's history is today's news, Oren Kessler's account of the Great Revolt of 1936 shows how Jewish-Arab relations were altered. He provides rare insight into the grim pattern of conflict that grinds on in the region.

**Oct. 17 - We're Being Hacked: RIT Cybersecurity to the Rescue! :** Justin Pelletier, Professor of Practice and Director of the Cyber Range and Training Center at RIT; The list of cyberattacks and threats worldwide is endless. What can RIT do to combat hackers?

**Oct. 24 - How the Microbiome Impacts Human Health: Exploring Beyond the Gut:** Felix O. Yarovinsky, Professor, Center for Vaccine Biology & Immunology at UofR; Dr. Yarovinsky will discuss the microbiome's relationship to our overall health and how improved understanding of it has the potential to transform medicine.

**Oct. 31 - You Live on Stolen Lands: The Canandaigua Treaty:** Michael Leroy Oberg, Ph.D., Professor of History SUNY Geneseo; Professor Oberg will discuss the importance of the Six Nation treaty and its role in today's relationship with Native Americans in our area.



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

September's book is  
"Night Watch"  
by Jayne Anne Phillips



REMINDER  
Woman's Luncheon  
October 25, 1:00 PM @  
Rohrbach's

For more information  
Contact Claire Gnazzo

**Women's Luncheon**  
Friday, October 25 @ 1:00 PM

**Rohrbach Brewing Company**  
3859 Buffalo Road  
585-894-9800



Founded in 1991, Rohrbach's is the first craft brewery in Rochester. The company originated in the German House on Gregory Street, then grew into the 2 restaurants --- the brewery and beer hall in downtown Rochester and the Brewpub in Gates. It's been part of the neighborhood for over 30 years. From down the street to across the country, all who come are welcome. Enjoy classic American and German pub flare that's a step above the rest, paired with Rohrbach brews or a full bar for whatever strikes your fancy.

Reservations will be made, please RSVP to Claire Gnazzo at 585-287-6009 or email to [cgnazzo@outlook.com](mailto:cgnazzo@outlook.com).

**Monthly RR Dining Out**  
Thursday, October 17 @ 4:30 PM

**Mulconrys**  
17 Liftbridge Lane, Fairport  
585-678-4516

Mulconrys Irish Pub opened in April 2008 to add an authentic Irish Pub to the Village of Fairport. The image of the weathered Irishman on the menu instantly makes you want to grab a pint. The restaurant is warmly decorated, features high ceilings, and comes with a relaxing stone fireplace. This could easily become a home away from home. Mulconrys Irish Pub sits on Fairport's pretty stretch of the Erie Canal and serves typical pub grub like shepherd's pie, bangers and mash, fish and chips, and variations on the potato pancake called boxty, as well as a proper Irish breakfast that is available all day. Also offered are crowd-pleasers like nachos, calamari, wings, burgers, beef on Weck, and other sandwiches, along with soups, salads, and entrées.

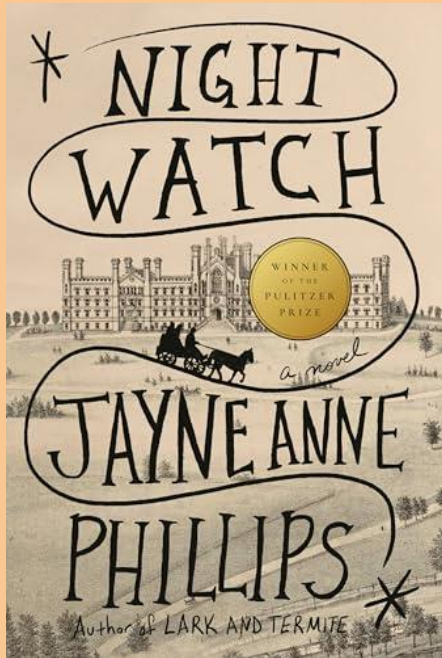
If you are interested in joining us, please contact Barbara DeOca at [bdeoca@aol.com](mailto:bdeoca@aol.com) or 813-892-1219 by Monday, Oct. 14.



## What does Outer Space Smell Like?

Astronauts say space smells like gunpowder and burnt steak. It being a vacuum, space isn't often thought of as having a scent of its own. No one has directly smelled outer space because exposure without a helmet would be fatal. The odor is most noticeable after an astronaut return to their spacecraft through the airlock and removed their helmet, at which point the lingering scent can be detected by both the astronaut who had been outside of the ship and their crewmates who remained aboard. It's been theorized that the source of space's scent is from dying stars, which release molecules called *polycyclic aromatic hydrocarbons* --- a chemical compound found in coal, oil, and food, as they near the end of their existence.

# BOOK CLUB



**The Book Club will be meeting in the sunroom of Jim Galvin's house at 1303 Rivers Run on October 21 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 1874, in the wake of the War, erasure, trauma, and namelessness haunt civilians and veterans, renegades, and wanderers. Twelve-year-old ConaLee, the adult in her family for as long as she can remember, finds herself on a buckboard journey with her mother, Eliza, who hasn't spoken in more than a year. They arrive at the Trans-Allegheny Lunatic Asylum in West Virginia, delivered to the hospital's entrance by a war veteran who has forced himself into their world. There, far from family, a beloved neighbor, and the mountain home they knew, they try to reclaim their lives.**

**The omnipresent vagaries of war and race rise to the surface as we learn their story: their flight to the highest mountain ridges of western Virginia; the disappearance of ConaLee's father, who left for the War and never returned.**



Friday in the Park  
4:30-6:30 pm

- We have a spot for you!
- Bring a chair and a drink-
- We LOVE snacks-

(401-703 collages park)

Coming in chilly weather: Fridays by the Fire

## Brick City Weekend – Golisano College: ESL Cyber Range Demos

Saturday, October 19, 2024  
9:00 am – 5:30 pm

Have you ever wanted to be a hacker? Sneak into networks, exploit devices, take apart circuit boards, observe wireless signals, or even pick locks?



RITSEC will help equip you with the skills you need to fulfill your dreams.

In the ESL GCI Cyber Range, an immersive cyber analyst experience is waiting to test your skills at decryption, social engineering, and more.

The GCI Lobby will host student-led tables, with an insight of RITSEC's Interest Groups. These tables will cover topics of Wireless Security, Digital Forensics and Incident Response, Hardware Security, and student personal projects.

GCI Cloud Cover Conference Rooms allow for participants to practice lock picking and build and test ethernet cables.

Hope you are ready to hone in on your hacker skills!

Location: Cyber Range Room at Golisano Hall, RIT, 20 Lomb Drive, Rochester, NY

To register, contact Sarah Keyes, [sskics@rit.edu](mailto:sskics@rit.edu) or 585-475-5824

For more information about the Brick City Weekend, go to  
[www.rit.edu/brickcity/events](http://www.rit.edu/brickcity/events)



*Christmas Open House*  
*Saturday, December 7, 2024*  
*2:00-4:00 pm*  
*Brenda & Martin Peters*  
*1003 Rivers Run*

## IT WAS THE BEST EVENT EVER! COFFEE HOUR

A HUGE thanks to everyone who helped with this event, especially Karen Petras who volunteered to host the coffee hour in her home. Several of our residents supplied the most delicious refreshments and we very much appreciated that. Now we know what our RR friends like to do and we will try to repeat this event in the future.



# Roc the Riverway Weekend

October 4-6



This year's activities during **Roc the Riverway Weekend, October 4–6, 2024**, highlight the Genesee River's natural beauty, historical significance, and plans for its future. Whether you're a history buff, a nature enthusiast, or just looking for an early-fall outdoor experience, each event provides an opportunity to better know Rochester's amazing river. Some of the activities are listed below, but you can find details on all of the events listed at [cityofrochester.gov](https://www.cityofrochester.gov).

## Guided Walking Tours

Charlotte-Genesee Lighthouse Tours – Daily Oct. 4-6, 1-5 p.m.

90-Minute River Cruise – Daily Oct. 4-6, 1:30 p.m. and 3:30 p.m.

2-Hour Sunset Cruise with Live Music – Friday, Oct. 4, 5:30-7:30 p.m.

Lower Falls Gorge – Saturday, Oct. 5, 10 a.m.-4 p.m.

2.5 Hour Lock 33 Cruise – Saturday, Oct. 5, 11:30 a.m.-2 p.m.

Mount Hope Cemetery: From the Beyond – Saturday, Oct. 5, 12–1:45 p.m.

Historic High Falls District – Saturday, Oct. 5, 1-2 p.m.

Guided Bike Rides – Saturday, Oct. 5, 1:30-3 p.m.

Autumn at the Lake – Sunday, Oct. 6, 12-3 p.m.

Historic Charlotte Neighborhood – Sunday, Oct. 6, 1-2 p.m.

Mount Hope Cemetery: North Section – Sunday, Oct. 6, 1 – 2:30 p.m.

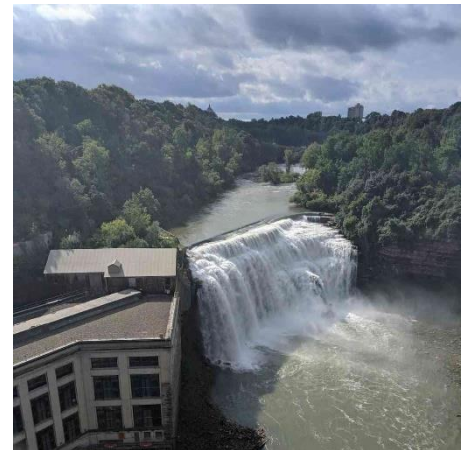
The Genesee River and the Third Ward – Sunday, Oct. 6, 2-4 p.m.

Rochester's Origins – Saturday, Oct. 10, 10–11:30 a.m.

**This is a big weekend for you to get to know Rochester, so I thought I'd highlight a few of my personal suggestions:**

**Lower Falls Gorge - Saturday, October 5, 10 a.m.–4 p.m.**

Join docents from the Maplewood Neighborhood Association and learn about the five bridges over the gorge, the rivalry between Carthage and Rochester, and the river's transformation from a place of industry to recreation. Tours are about 45 minutes long, with the last tour starting around 3 p.m. Meet in the Maplewood Rose Garden parking lot. Pre-registration is not required.



**Historic High Falls District - Saturday, October 5, 1–2 p.m.**



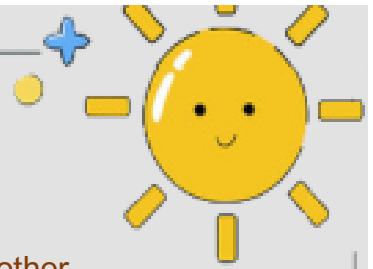
Join Dan Cody for a one-mile walking tour of the historic High Falls/Brown's Race district. Explore one of the city's oldest areas and learn how early settlers harnessed the power of the mighty Genesee River to run the mills and factories that created The Flour City and put Rochester on the map as an American boomtown—presented by the Rochester Public Library's Local History & Genealogy Division. Registration is required for this free event. Get directions to meet at the corner of State and Commercial Streets. [Register at libraryweb.org](http://libraryweb.org)

**90-Minute River Cruise – Fri.-Sun., October 4-6, 1:30 & 3:30 p.m., \$28 (seniors)**

Enjoy a scenic roundtrip cruise on the Genesee River to Genesee Valley Park on the Erie Canal with Corn Hill Navigation. This 90-minute voyage includes live guided narration about how the river and canal made Rochester the Young Lion of the West and interesting sites along the way. A highlight of this cruise will be a stunning view of downtown Rochester on the way back to port. Purchase tickets at [www.cornhillnav.org](http://www.cornhillnav.org).



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## WEATHER YOU BELIEVE IT OR NOT

Now that October is approaching, we have noticed a change in the weather. Mother Nature has taken ahold of our plants and the animals are beginning to search for a place to protect themselves from what is about to happen. We have all been led to believe in a few weather myths. Here are the facts.

### **MYTH 1 – Lightning never strikes the same place twice.**

While everyone wishes it were true, this weather “fact” is false. Unfortunately, lightning can strike in the same location repeatedly --- even during the same thunderstorm. This is especially true when it comes to tall objects, like TV antennas. Other common lightning myths include the idea that trees can provide safe shelter. HA! We know that isn't true. Another myth is that touching a lightning victim might get you electrocuted. Fortunately, the human body does not store electricity so feel free to perform first aid on someone struck by lightning.

### **MYTH 2 – It's not safe to use your cellphone during a thunderstorm.**

It's not safe to use a landline during a storm, just like it's not safe to use any other appliances that are plugged in. But an unplugged cellphone should be fine, so long as you're safely indoors. Of course, plugging in your cellphone (or laptop) to charge may present a danger. It's a good idea to go around and unplug some things like computers, coffee pots, televisions, etc. just in case.

### **MYTH 3 – A green sky means a tornado is coming.**

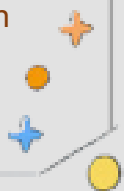
It's a pretty rare event, but deep storm clouds filled with raindrops later in the day may scatter light in a way that makes the sky look green. Such storm clouds likely mean severe weather --- thunder, lightning, hail, or even a tornado --- is on its way, but it's no guarantee of a twister per se.

### **MYTH 4 – Car tires protect us from lightning.**

It isn't the rubber tires that can keep a person inside a car safe from a direct lightning strike, it's the metal cage of the vehicle that conducts 300,000,000 volts of electricity into the ground. If you can't get to a shelter during a thunderstorm and must be in your HARD-TOPPED car, keep the windows rolled up and your hands off the car's exterior frame. This myth was one that I actually believed. Another good piece of information.

### **MYTH 5 – Doorways are the best place to be in an earthquake.**

Today, the doorways generally aren't stronger than other parts of the house, and the door itself may hit you in an earthquake. You're far safer underneath a table or desk, particularly if it's away from a window. Fortunately, although mild earthquakes have been known to occur in our area, we are not so likely to worry about this.... but it's good to know.







# Halloween

Americans have been celebrating Halloween for just as long as Thanksgiving and longer than Independence Day. But where did Halloween come from? On October 31 the Celts celebrated Samhain to mark winter's approach and the start of the Celtic new year. It was a time when the wall between the spirit plane and the living world was thought to be at its weakest, allowing spirits to cross the boundary with ease. In an effort to curb vandalism and mishaps from angsty ghosts, the Celts hosted welcoming bonfires and left food offerings. Eventually, the practice transitioned to dressing as ghouls themselves and traveling door to door in search of refreshments and merriment.

I bet you have often wondered how Halloween got its name. All Saint's Day was set for November 1 with the intention of honoring Christian martyrs and saints around the same time Samhain was memorializing deceased loved ones. The holiday, which also went by the name All Hallow's Day, picked up in popularity; the night prior (October 31) was referred to as All Hallow's Eve. The name morphed into Hallowe'en, with the apostrophe eventually being dropped altogether.

What about the colors of Orange and Black? Where did they come from? No definitive answer to when this color palette took root. Both hues are fitting for the crisp, autumnal holiday. Orange is thought to signify fall, reflecting the colors of changing leaves and the season's most abundant crops like pumpkins, wheat, and carrots, which dominate gardens and farms this time of year.

The use of black has a clearer connection to Halloween, thanks once again to the Celts. Because Samhain was a religious festival honoring the deceased, it wasn't unusual for mourners and celebrants to wear dark clothing or veils during festivities. Black also represented the shift to longer nights and shorter days associated with the autumnal equinox.

## IT'S APPLEUMPKIN TIME AGAIN!

2:00 PM Sunday, October 20

902 Rivers Run

Some of you are very familiar with "AppleUmpkin" parties or festivals but I, for one, have never heard of it. Come to find out, in September there was an AppleUmpkin Festival in Wyoming, NY.

The AppleUmpkin Festival had its humble beginnings in 1986, the brainchild of Mrs. Willa Bishop. Her objective was to bring the residents of the Town of Middlebury together to celebrate the harvest. Since apple orchards and pumpkin patches were abundant, Mrs. Bishop came up with the name "AppleUmpkin!"

On that same note, Lynn Musgraves has decided to host her own "AppleUmpkin" Open House. This will give our Rivers Run residents a time to reunite and socialize with each other again before our winters trap us indoors. So, what is involved, you ask? Just bring your appetite and friendly smile.



Sweet & savory foods will be supplied along with hot & cold cider, coffee & tea. Of course, if you have a favorite fall recipe you would like to bring, or your favorite beverage, that's OK too.

It is not necessary to RSVP, just stop by for a little chat, sample a few things and enjoy a pleasant afternoon with your neighbors.

See You There!

### Social Committee

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Newsletter  
Barbara DeOca  
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# OCTOBER 2024 Cottage Calendar



- **10/3, THURSDAY, Osher Lecture:** 12:15-1:00 PM; *“What’s New at Strong?”*
- **10/4-6, FRIDAY-SUNDAY, Roc the Riverway Weekend:** See pages 6 & 7
- **10/4, 11, 18, 25 FRIDAY, Friday in the Park:** 4:30-6:30 PM, in front of the 401-703 units; bring a chair, your drink, and a snack to share (optional). When the weather gets chilly, we will be moving to the Cove for “Fridays by the Fire”, Information will be provided
- **10/8, TUESDAY, Craft and Chat Group:** 1:00-3:00 PM, at the Cove
- **10/9, WEDNESDAY, Men’s Breakfast:** 8:30 AM, Peppermints Restaurant
- **10/10, THURSDAY, Osher Lecture:** 12:15-1:30 PM, *“The Past is Never Dead”*
- **10/17, THURSDAY, Osher Lecture:** 12:15-1:30 PM, *“We’re Being Hacked”*
- **10/17, THURSDAY, Dining Out @ Mulconry’s:** 4:30 PM, contact Barbara DeOca at 813-892-1219
- **10/19, SATURDAY, Brick City Weekend: ESL Cyber Range Demos:** 9:00 AM-5:30 PM, Golisano Hall @ RIT, contact Sarah Keyes 585-475-5824
- **10/20, SUNDAY, AppleUmpkin:** 2:00 at Lynn Musgraves, 902 Rivers Run
- **10/21, MONDAY, Book Club:** 6:30 PM, Cottage 1303, Contact Jim Galvin at 585-270-8145; *Night Watch* by Jayne Anne Phillips
- **10/22, TUESDAY, Craft and Chat Group:** 1:00-3:00 PM, at the Cove
- **10/23, WEDNESDAY, Men’s Breakfast:** 8:30 AM, Peppermints Restaurant
- **10/24, THURSDAY, Osher Lecture:** 12:15-1:30 PM, *How the Microbiome Impacts Human Health”*
- **10/25, FRIDAY, Ladies Lunch:** 1:00 PM, Rohrbach Brewing Company, Contact Claire Gnazzo 585-287-6009
- **10/31, THURSDAY, Osher Lecture:** 12:15-1:30 PM, *“You Live on Stolen Lands”*