

55 Plus: "It's the time of your life to have the time of your life"

Volume 28, Number 6

The Official Magazine of Leisure Village West Association

June, 2021



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# **ABOUT THE COVER**

Sailing into Summer by Jennifer Carr

# **Community Information**



Leisure Village West Resident Directory 2021 is available! Pick up your copy at the Administration Office Monday through Friday from 8 am to 4 pm.

This magazine, One-Call messages, leisurevillagewest.com, as well as, the FIOS Channels  $970 - 975^{\circ}$  are the only official Community Information formats. Posting on any other social media site will not be seen nor addressed by the Board of Trustees in any capacity. If you want to communicate with the Board of Trustees, please send an email to <u>bot@lvwa.net</u>. They will respond to your comments and/or concerns in a timely fashion.



### LVW FIOS CHANNELS

Association News- 970 Club News- 971 Newcomers Channel- 973 Board of Trustee Meetings - 974 KLVW- 975

# EDITORIAL STATEMENT

The Board of Trustees or its Editorial Sub-Committee reserves the right to reject, edit, or condense all submissions. They reserve the right to refuse any article or photograph that is considered illegible, libelous, inflammatory or may be offensive to other residents. Any article that promotes a personal or political agenda of any one person or group of association members will be rejected.

Clubs and Activities must submit their articles by email (<u>news@lvwa.net</u>) using Microsoft Word. Articles must be submitted by or before the first of each month for the following month's publication. Please get someone in your club or group to do this for you if you are unable to fulfill this requirement. The publisher has asked us to refrain from using PDF files. Thank you for your help.

# **IMPORTANT NOTICE**

We have recently switched to a new modern telephone system, where we can forward your calls to the appropriate department. Please note, some of our old numbers, once provided by Hotwire, are no longer active. Please update your list as follows:

The main contact number for Leisure Village West is 732-657-9595

Here are the numbers that will connect directly to a department.

732-657-9595 – Association and Accounting

732-657-8878 – Maintenance

- 732-657-9109 Willow Hall
- 732-657-7789 Club Encore
- 732-657-4334 Gate 70
- 732-657-1658 Gate 37



# Leisure Village West News

Volume 28, Number 6

June, 2021

This publication is owned and published by Leisure Village West Association 959 Buckingham Drive, Manchester, NJ 08759, *Leisure Village West News* Telephone Number 732-657-9109

#### Joe Schultz: Community Manager

#### LVW Board of Trustees:

Louis Maiocco	President
Fay Weinstein	Vice President
Al DAmato	Treasurer
Joy Carmody	Secretary
<b>Eugene Murphy</b>	Trustee
Thomas Hardman	Trustee
Wayne Steinman	Trustee

Leisure Village West News is published by the Leisure Village West Association. This publication is for the prime purpose of the enjoyment of the community. The deadline for submissions is BY or BEFORE the FIRST of each month for the following month's publication.

<u>ASSOCIATION OFFICE</u>: Mon-Fri 8 am-4 pm 732-657-9595 <u>LVW MAINTENANCE</u>: 8 am-4 pm 732-657-8878 <u>Accounting Office</u>: Mon-Fri 8 am-4 pm 732-657-9595

#### Submit articles to: news@lvwa.net

Editor: Mary Lighthipe

**Committee of Editors:** Jennifer Carr, Debi Sylvestri, Michele Schoenig

# For Advertising Information call: **888-637-3200** Fax 877-536-5153

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# **Board of Trustees Meeting- April 21, 2021**

**Zoom Conference** 

The meeting was called to order at 1:00 PM by Board President, Louis Maiocco.

PRESENT: Trustees: Board President - Louis Maiocco, Vice President - Fay Weinstein, Treasurer - Al DAmato, Secretary - Joyce Carmody, Trustee - Eugene Murphy, Trustee - Thomas Hardman and Trustee - Wayne Steinman.

Management Staff: Community Manager – Joseph Schultz, Service Manager – Jim Snyder, Accounting Administrator – Michelle O'Connor and Recreation Director – Mary Lighthipe.

The Recreation report was given by the Recreation Director, M. Lighthipe.

ITEMS VOTED ON: (continued in New Business)

J. Carmody moved to waive the reading of the minutes. W. Steinman seconded. There was no discussion and a vote was taken. All in favor. Motion carried.

J. Carmody moved to approve the April 7, 2021 minutes. E. Murphy seconded. There was no discussion and a vote was taken. All in favor. Motion carried.

W. Steinman moved to the insurance program with Mitchell Insurance Services for 2021-2022 in the amount of \$1,265,352.38 which compares to \$1,184,670.45 expiring, an increase of \$80,681.93, with all terms and conditions renewing as per expiring, to accept the rate level agreement for a twoyear period at no cost and to purchase 20 million in property limits at a cost of \$35,400.00. These expenses will be charged to GL#8100 - Insurance Expense. J. Carmody seconded. There was no discussion and a vote was taken.

> W. Steinman – Yes T. Hardman – Yes F. Weinstein – No E. Murphy – Yes J. Carmody – Yes A. DAmato – No L. Maiocco – Yes

Motion carried.

A.DAmato moved to approve the installation of two ADA bathrooms at the Willow Hall pool by converting the building formerly used by Hotwire Communications, for a cost not to exceed \$29,000.00. The funds to meet this expense will be provided by account # 3230 - Capital Replacement/ Common Buildings. W. Steinman seconded. There was no discussion and a vote was taken. All in favor. Motion carried.

T. Hardman moved to contract with It's All Good Construction for the 2021 roofing project for a total cost of \$688,538.50. This expense will be provided by account #3270 - Capital Replacement/ Roofs. J. Carmody seconded. Question from Trustee regarding added expenses.

Continued from page 4

J. Carmody – Yes A.DAmato – No W. Steinman – Yes T. Hardman – Yes F. Weinstein – Yes E. Murphy – Yes L. Maiocco – Yes

Motion carried.

F. Weinstein moved to contract with All County Exteriors to purchase and install vinyl cedar shakes and windows for Willow Hall at a cost of \$70,000.20 along with in-house costs of \$6,200.00 for a total project cost of \$76,200.20. The funds to meet this expense will be provided by account #3230 - Capital Replacement/Common Buildings. W. Steinman seconded. Discussion ensued clarifying the cost difference for this project which was previously mentioned at the last open Board meeting. A vote was taken and all were in favor. Motion carried.

E. Murphy moved to contract with ATI A Trubuilders, Inc. for the Club Encore Greenery Room Renovation at a cost not to exceed \$110,000.00. The funds to meet this expense will be provided by account #3230 - Capital Replacement/Common Buildings. A.DAmato seconded. There was no discussion and a vote was taken. All in favor. Motion carried.

A.DAmato moved to contract with ATI A Trubuilders, Inc. for the Club Encore flooring at a cost of \$39,111.84. The funds to meet this expense will be provided by account #3230 - Capital Replacement/Common Buildings. E. Murphy seconded. It was explained how costs were able to remain low for this project. A vote was taken and all were in favor. Motion carried.

T. Hardman moved to approve revisions for Specification 2\_9, "Installation of New Construction Windows for Encore Models". E. Murphy seconded. There was no discussion and a vote was taken. All in favor. Motion carried.

T. Hardman moved to approve revisions for Specification 1\_1, "Landscaping in the Five-Foot Area by Resident". J. Carmody seconded. There was no discussion and a vote was taken. All in favor. Motion carried.

E. Murphy moved to approve revisions for Policy regarding "Vehicle Use and Vehicle Parking". T. Hardman seconded. There was no discussion and a vote was taken. All in favor. Motion carried.

W. Steinman moved to approve Policy Resolution regarding "Board Member Conduct and Confidentiality". T. Hardman seconded. There was no discussion and a vote was taken. All in favor. Motion carried.

There were no Committee reports.

COMMUNITY MANAGER'S REPORT:

The Attorneys are still working out the fine details of the contract for the remote entry system for the Colonial gate. The Fitness Center is well underway and the electrical work is near completion.

J. Snyder stated that the Board of Trustees adopted a change to the Azek project that if a unit has wood cedar shakes, maintenance is now replacing those wood shakes with vinyl shakes while performing the Azek project. Due to this change to the original Azek project, maintenance will need to go back to 70 completed Azek units with wood cedar shakes and replace those shakes with vinyl shakes. The following are the costs:

Vendor	Price per Sp.	# of Sqs.	Total
It's All Good Construction	\$837.50	68	\$56,950.00
All County Exteriors	\$850.00	68	\$57,800.00
ATI	Did not bid		

### **Board Meeting Minutes- April 21, 2021**

### Continued from page 5

Management is recommending to contract with It's All Good Construction to install 68 squares of vinyl impression shakes on 70 units for a cost of \$56,950.00, with funding to be provided by available PPP funds. The Board will vote on this at the next open Board meeting on May 5, 2021.

As previously stated in the Manager's Corner of the March LVW magazine and open Board meetings, the Association must verify the members' ages every two years to keep the exempt status as per the Housing for Older Persons Act (or known as HOPA). This year, the Association is asking that the residents furnish documentation such as a driver's license, birth certificate, etc. to provide proof of age and a copy of the declaration page of the Homeowner's HO6 policy. If there is a tenant in the unit, an HO4 declaration page of the policy is also required. This was part of the Resolution that was recently enacted by the Board that requires the residents to have an HO6 insurance policy on their unit and that the Association collect this data for the file. The Association is also asking that Residents update their information regarding Pets and provide a copy of the vaccination certificate annually. LVW Clubs are not permitted to post outside events on LVW property.

During the 2020 roofing season there was, as there is every year, a need for the repair or replacement of roofing substrate on some units that were being roofed. These unforeseen expenses are part of the roofing process, however, were not part of the approved 2020 roofing's \$537,248.25 expense voted on April 1, 2020. Moving forward we have made a forecasted estimate of these unforeseen expenses and have made them part of the 2021 approved roofing project. At this time, Management is requesting that the Board approve the additional substrate expenses of \$23,181.90 which was paid as part of the 2020 roofing project. This expense was provided by account #3270 - Capital Replacement/Roofs. The Board will vote on this at the next open Board meeting on May 5, 2021. As part of each year's roofing project there becomes a need to replace faulty skylights. A total of 18 skylights on nine units were replaced during this roofing process that now require post funding approval. In most cases the need for the replacement of these skylights cannot be determined until such time as the roof is being replaced. In order for a skylight to be replaced, it must first be inspected and approved by LVWA Management. Management is requesting that the Board approve the expense of \$15,775.00 for the replacement of 18 skylights. This expense will be provided by account #3270 – Capital Replacement/ Roofs. The Board will vote on this at the next open Board meeting on May 5, 2021. Part of the approved Azek project is the replacement of the unit's gutter system with new 6" gutters and leaders. This year, 50 units with Azek and gutters were completed. These gutter replacements now require post funding approval. The average cost for gutters per Azek unit is \$661.00. At this time, Management is requesting that the Board approves the expense for the gutter replacements of the (50) 2020 Azek units completed for a cost of \$33,050.00. This expense will be provided by account #3270 - Capital Replacement/Roofs. The Board will vote on this at the next open Board meeting on May 5, 2021.

### UNFINISHED BUSINESS:

1. The Village will be opening the following amenities; Willow Golf Course, Tennis Courts, Pickleball Courts and the Farm on Monday May 3, 2021. The pools will open on May 28, 2021. The dog park will open, but the date will be announced. Reservations, signed waivers, and proof of vaccination will be required to use these amenities when opened. Waivers are available on LVWCreeper.com, the Association office, and Willow Hall. Failure to follow the guidelines set for the amenities will result in a fine of \$50.00, suspension of access card, suspension of transponder, or permit closure of amenity. No guests will be permitted to use the open amenities at this time.

2. Verizon has not provided a timeframe to remove the remaining pedestals in the Village. There has also been no resolution for the Rewards program. The Association Attorney will send a letter to Verizon with a deadline to respond.

## **Board Meeting Minutes- April 21, 2021**

Continued from page 6

3. Management is still working on the costs for the Encore Auditorium (flooring, doors, acoustic panels).

NEW BUSINESS:

1. The 2021 Swimming Pool Rules were presented and reviewed. There was brief discussion clarifying the presented rules for gaining access and the timeframes to use the pools. W. Steinman moved to approve the 2021 Swimming Pool Rules. T. Hardman seconded.

F. Weinstein – Yes E. Murphy – Yes J. Carmody – Yes A.DAmato – No W. Steinman – Yes T. Hardman – Yes L. Maiocco – Yes

Motion carried.

J. Carmody asked that residents comply with the use of amenities in which they were designed for.

A.DAmato reminded residents that the dog park will open after it is spruced up and the date of the opening will be announced when completed.

The next open Board meeting is scheduled for Wednesday, May 5, 2021 at 1:00 PM via Zoom.

There being no further business, the Board meeting adjourned at approximately 1:56 PM.

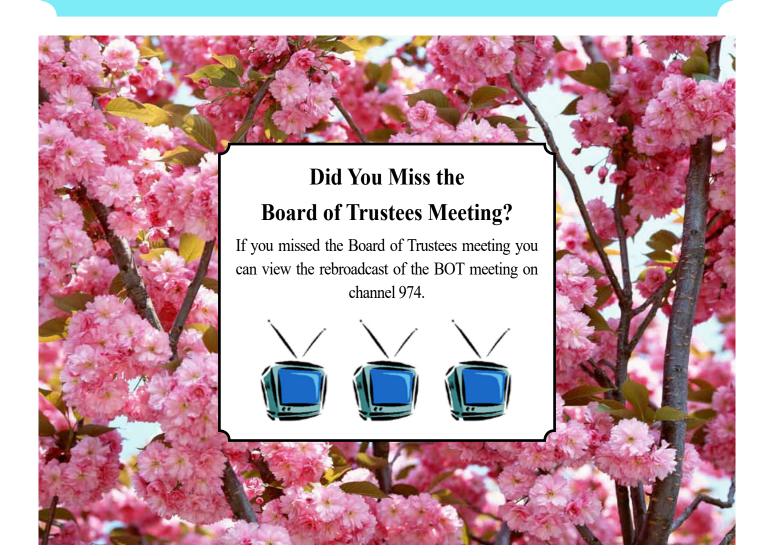
Residents are reminded that the 5-foot area is their responsibility. Please keep the trees and shrubs trimmed to avoid any damage to the unit's roof or siding. Also, when using a ground cover again the foundation of your home, be sure the material used is away from the foundation by at least 4 inches.

A Permit is required for any alteration, modification, or planting.

- 1. Require a Permit Application before any alterations, modification, and planting to a unit is begun.
- 2. Fine any unit owner fifty dollars (\$50.00) for not obtaining a permit prior to installing improvements, modifications, or alterations to a unit.
- 3. If a permit is not applied for within ten days, a ten dollar (\$10.00) per day penalty will be assessed until a permit is applied for.
- 4. The imposition of this fine does not grant approval of a permit. If upon application for the respective permit, the permit is denied, the improvement, modification, or alteration will be restored to its prior condition at the sole expense of the unit owner.
- 5. A fine to restore or correct violation will be assessed according to the Resident Handbook's existing fine schedule or amended.
- 6. This will become effective and applicable to future modification upon approval.

# <u>Leisure Village West</u> 2021 Open Board Of Trustee Meetings

June 2	1 pm	Channel 974
July 7	1 pm	Channel 974
July 28	7 pm - budget meeting	Channel 974
August 4	1 pm	Channel 974
August 31	1 pm - annual meeting	Channel 974
September 1	1 pm	Channel 974
		*Subject to Change





### SPECIFICATION FOR LANDSCAPING IN THE FIVE-FOOT AREA BY RESIDENTS

#### THE 5-FOOT AREA IS THE ORIGINAL SPACE ABUTTING THE UNIT, ALLOCATED BY THE BUILDER AND ARCHITECT AS A PERMANENT LANDSCAPED AREA.

#### I. **GENERAL RULES**

- A. Residents must maintain the five-foot area predominantly as a planting area and Must have foundation plantings. In addition, five-foot area may not have pavers or bricks as ground cover
- B. Planting of low-growing bushes, shrubs, flowers or ground cover is permitted in an area extending five (5) feet from the foundation of a unit and the area between unit walls and walkways. NO TREES may be planted in the-(5) foot area.
- C. The center of all bushes and shrubs must be at least thirty (30) inches from the unit foundation and all branches, etc., including ground cover, i.e. mulch, gravel, etc. must be kept maintained and/or trimmed to at least twelve (12) inches from the unit siding to minimize damage to siding.
- D. Planting in front of windows must be maintained to not exceed three (3) feet in height and preferably not higher than the windows. Plantings must not obstruct access to or from the window. Mature shrubs should be trimmed to leave the upper panes of windows unobstructed.
- E. Planting in front of solid walls must be maintained so as not to exceed five (5) feet in height and should be trimmed to a height where they do not brush against the siding or overhang gutters.
- F. In order to prevent damage from rot, insect damage and/or mold, the entire five-foot area must be kept 4 inches below the bottom of any siding material, when possible. This includes the top of any groundcover, mulch, stones, gravel, edging material, etc., that are within the area. Edging material should not be higher than 6 inches above grade and parallel to the foundation/siding and must not block water drainage away from unit.
- G. The restrictions in the previous paragraph must apply where there is brick, stone, or any other masonry veneer. The lowest portion of any concealed framing behind the veneer must be determined by measurement.
- H. Water shutoffs and sewer cleanouts must remain visible for emergency access.
- 1. No furniture or structures are permitted in the five-foot area.

#### II. APPROVED EVERGREENS, SHRUBS

#### A. Low-Growing Evergreen Conifer:

(Species should be selected that have adjectives in the botanical names such as Compacta, Compressa, Minima, Nana, Pygmala, Prostrada, or Pendular, /ew

Arborvitae Pir	ne Spruce	Cedar J	Juniper Y
----------------	-----------	---------	-----------

#### B. Slow-Growing Broadleaf Evergreens:

Andromeda Holly Rhododendron Boxwo	Cotonester Privet od	Heath Barberry Viburnum	Oregon Grape Coralberry Euonymus Leuco	othoe
C. Deciduous Shrubs	<u>s:</u>			
Abelia Azalea Cotoneaster	Barberry Privet	Deutzia Spirea	Viburnum	

#### 111 **PROHIBITED PLANTING**

lvy, vines and fruit bearing trees

Amended July 6, 2018





# Welcome New Neighbors

Christine White	714A Wooton Court	Willingboro, NJ
Dorothy Havermann	463B Chelsea Court	Wall, NJ
Charles Mander	1071A Buckingham Drive	Fair Lawn, NJ
Liliian Novello and Lillian Capaccio	28B Cambridge Circle	Terryville, CT
Adrie Hakim and Elsa Hadad	432B New Castle Court	Elmhurst, NY
Patricia Parlow	1029B Thornbury Lane	Lavallette, NJ
Anthony & Margaret Yadouga	889B Stratford Court	Sparta, NJ
William & Phyllis Smith	967B Thornbury Lane	Union Beach, NJ
Rosary Larsen	463A Chelsea Court	Alexandria, VA
Linda Liantonio	1126A Thornbury Lane	Wall, NJ
Paolo & Josephine Cacciola	611A Devonshire Lane	Toms River, NJ
Kathleen Davis	752B Liverpool Circle	Pine Beach, NJ
Edward Mc Guire	1110A Buckingham Drive	Sea Bright, NJ
Patricia Wrobel	996A Buckingham Drive	Parlin, NJ
Charles Abbate	610B Devonshire Lane	Pinehurst, NC

# ARE YOU A NEW RESIDENT? HAVE YOU HAD A WELCOME VISIT? NO? WOULD YOU LIKE ONE? IF SO, PLEASE CALL 732-408-8118

Speaking slowly and clearly, leave a message including your name, address, telephone, when you became a resident, and when a welcome visit might be convenient. You will be contacted to arrange a mutually convenient appointment. We have so much important information to share about Leisure Village West.

*It's the time of your life To have the time of your life!* And, check out Fios Channel 973.



# Manager's Corner

**By Joe Schultz** 

# Happy Father's Day

### Association@lvwa.net

I need to undo something I started. Let me explain in a long-winded way; Leisure Village West has a domain name on the internet, it's www.lvwa.net; in fact, we have several domains. For email, having a domain makes it easy to have multiple email addresses within a company or an association like ours. For email, we have a catch-all framework. A catch-all feature takes all email that comes to @lvwa.net (our domain) and sorts it using a defined set of rules and sends it off to the actual recipient. For our office, it will sort my email and send it off to me, Michelle, Sam, and so on for everyone in our office. If the catch-all finds an email address that doesn't match anyone's address at the office, it sends all of that undeliverable mail to what's called an Admin account, like spam. I try to keep an eye on that folder as I may see an email that may have some misspellings, but I may determine it was intended to go to someone here.

I don't know why I felt compelled to start with the catch-all rationalization, but I did. Why it's somewhat relevant, it was easy for me to create an email address for every unique item where we're looking for you to email the office on a particular subject. So, for waivers, HOPA, budgets, elections, and more, I created unique addresses for each. This complexity has led to confusion on where to send or reply to a request from the Association. So, to simplify and end some of the confusion, please start using the one email account for all submissions to the office at association@lvwa.net. The Board still maintains its email address, and I don't want you to be confused. If you have an issue you want to be directed to the Board, you may still contact them by emailing bot@lvwa.net

### Patios, Five-Foot Areas, and Furniture

Please note there is a distinct difference between a patio and your five-foot area. Patios are the places where typically furniture is placed for your enjoyment of the great outdoors. The five-foot area, on the other hand, is not a place to locate furniture. It may seem attractive to you as a decorative feature, but it gives others that it's permissible to have an additional place to relax. Moreover, it is not allowable as defined in specification 1\_1 and elsewhere within the Resident Handbook.

The Board, many years ago, granted the earliest models to have a patio, once prohibited by the developer. The decree leveled the playing field whereby every model of the community may have one patio. The original models must adhere to the specifications to add a patio, but once done, you may not add another, which is also true for the models designed with a patio. The Association sees these misplaced pieces of furniture as a second patio or an illegal patio if no permit is on file and doesn't conform to specifications.

So, if you're one of the few that have chairs, benches, or tables other than the ones permissible on your patio, please have them removed. We have instructed our inspectors to locate these infractions and report them to our office. Please strive to preserve the community's character keeping your five-foot area predominantly as a planting area with well-managed shrubs and flowers.

Please don't forget to do your spring cleanup while I have your attention on your five-foot area. Be sure to trim back shrubs 12 inches minimally from your siding and take action on any other overgrowth covering windows and walkways. Please weed the area to keep the village looking it's very best.



# **Manchester Office**

2002 Route 70 Manchester, NJ 08759 Next to the Santander Bank 732-657-1300

# We Will Help You Maximize Your Equity. Guaranteed To Sell Your Home Now!

# Recent 2021 Closed Sales Leisure Village West

ADDRESS	PRICE	MODEL		
1169B Thornbury Lane	\$120,000	Savoy		
1025A Thornbury Lane	\$170,000	Roxy		
903B Stratford Ct.	\$230,000	Pickford		
767A Liverpool Cir.	\$169,900	St. Tropez		
771A Liverpool Cir.	\$175,000	Blair		
762A Liverpool Cir.	\$210,000	St. Tropez		
26B Edinburgh Ln.	\$176,000	Baronet		
981B Thornbury Ln.	\$225,000	Pickford		
As per the Monmouth/Ocean MLS May, 2021				

# FEATURED LISTINGS



55D Edinburgh Ln. Eton Model UNDER CONTRACT



605B Sheffield Dr. Tropez Model UNDER CONTRACT



1187A Thombury Ln. Ritz Model UNDER CONTRACT





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# Volunteers in Service to Our Neighbors



By Kathy Maiocco

## HAPPY FATHER'S DAY TO ALL!

We are still in need of SHOPPERS and would appreciate anyone that can give even just a little time to assist with groceries for residents. Drivers and shoppers are valuable resources to our community through VISTON, and we are always in need of volunteers to maintain our services to our fellow residents.

Please consider becoming a VISTON volunteer by giving an hour or more each week or month to be a driver or a shopper. Call 732-657-1818 and leave a message.

If you cannot be a driver or shopper, please help VISTON continue this service with a donation to help defray the office costs associated with providing our services to the community. VISTON is an entirely volunteer service, but we do have expenses for clerical and office supplies. Checks should be made payable to VISTON and mailed to Jean Mazza (Treasurer) at 52B Cambridge Circle. Thank you for any monetary or time donation that is possible.

LET US ALWAYS REMEMBER OUR NATION'S SYMBOL, OLD GLORY, AND ASSIST THE NATIONAL FLAG DAY FOUNDATION'S GOAL TO PRESERVE THE TRADITIONS, HISTORY, PRIDE, AND RESPECT OF HER, AND MAY GOD BLESS AMERICA!



### FLY YOUR AMERICAN FLAGS PROUDLY ON MONDAY, JUNE 14!

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# **Activities: Outdoor Activities**

Waivers are required for all outdoor amenities.

All residents must maintain a six-foot distance and wear a mask when six-foot distance cannot be maintained.

Use hand sanitizers before, during, and after activity.

Wipe contact areas before and after activity.

Rules and capacity regulations will be provided at each activity.

- 1. Willows Golf Course Only with Ranger and requires a reservation
- 2. Tennis Courts sign-in sheet Leave court if not actively playing
- 3. Pickleball Courts sign-in sheet Leave court if not actively playing
- 4. Farm sign-in sheet No gatherings; leave the area when finished tending your garden

## Starting May 17<sup>th</sup>

- 1. Bocce Courts sign-in sheet– Leave court if not actively playing
- 2. Shuffleboard Courts sign-in sheet Leave court if not actively playing
- 5. Dog Park sign-in sheet No gatherings; leave the area when finished.

## Starting May 28th

Pools – no reservations. Signed waivers will allow resident badge access at pool gates. No furniture provided. Residents may bring one chair per person. (may change with Executive order from Governor)

Amenities will be open Monday through Sunday from 8 am to 7 pm.

Sign-in sheets will be reviewed each day for waiver compliance. Any violations will be addressed.

# LEISURE VILLAGE WEST ASSOCIATION 2021

In order to bring our records up to date, we are requesting that all residents fill in the following:

ADDRESS NAME OCCUPANT #1 Birth Date OCCUPANT #2 Birth Date OCCUPANT #3\_\_\_\_\_Birth Date\_ TELEPHONE #\_\_\_\_\_CELL PHONE Name of Next of Kin or Nearest Relative Phone Relationship Vehicle Registration Information: Make/Model Year Plate# State Color Make/Model\_\_\_\_\_Year\_\_\_Plate#\_\_\_State\_\_\_Color\_\_\_\_ Make Model\_\_\_\_\_Year\_\_\_Plate#\_\_\_State\_\_\_Color\_\_\_\_ Pet Information: Breed Name 
 Dog license #\_\_\_\_\_\_Sex\_\_\_\_Color\_\_\_\_\_

When completed this may be returned to the Association Office at 959 Buckingham Drive or dropped off at Willow Hall or Club Encore.



# Getting Back COUNTY To What We HEALTH TMENT Love!

The COVID-19 vaccines are proven safe, effective and will save countless lives.

The COVID-19 vaccines will help protect you and the people around you and may also reduce your chances of getting seriously ill if you do get the COVID virus.

The Ocean County Health Department is making it easier to get your vaccine.

For clinic schedule details and to make an appointment please visit www.OCHD.org or call 732-341-9700 And don't forget, play it safe and vaccinate!

# Sudoku

5			7		8			4
	6	4		5		9	3	
7		9		6		5		8
	3		9		6		1	
6			8		5			3
	7		1		2		4	
4		6		1		3		2
	5	2		8		4	7	
1			4		3			9

Solution on page 56

A memorial service should be about memories, NOT HIGH PRICES.



Whether your family is in need of immediate service or interested in planning ahead to lock in prices for tomorrow's needs, your Dignity Memorial' provider can help.

Call today and find out how to celebrate a life like no other, beautifully and affordably.

Also, ask about our new CATERED MEMORIAL SERVICES in the funeral home, with food and beverage options to fit all budgets.

Cremation starting at \$1,400\*

bunai starting at \$5,095

ANDERSON & CAMPBELL FUNERAL HOME MANCHESTER DignityNJ.com 732-657-5700

Dignity\*

"Direct correction (without determinity) includes basic services of the Founds Director and task transfer of the resemant. In the Areal Istabilishment, Indigensition and Service without Fin Vernetarity free in includes "Innerealise to build (without any rities or ceremonies at the Name Norme, generated or determining) includes basic services of the Twanish Director and staft regaritudes, transfer of the memins to the funeral establishment, transportation (a influence to the centerer and service which is 2000 Registryer (Need Merchaeter VIII 00079) (272)-072-000 (Syuan Durigan Lic Na. 4128)

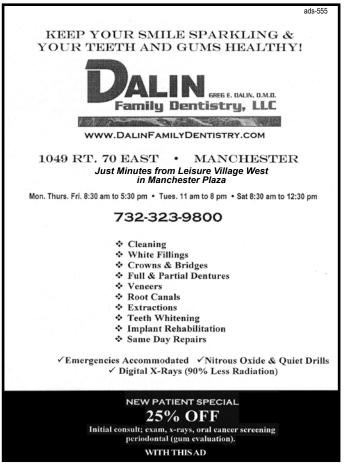


Scammers by Joan Fox



Why is it always when you sit down to dine, The phone always rings at the very same time. I know they are crafty and they know you are home, but I never, never answer the phone. My phone is by my table so I can easily see, Just who it is that's annoying me. How about those scammers pushing warranties, sure, I will get one, my cars a 2003. And remember the number for the "do not call" they have been no help at all. Now they are even calling on your cell, Unfortunately, on those, you can't always tell.





### LVWA ELECTION COMMITTEE

Wants you to know - Mark your calendar

The **2021 Election for the Board of Trustees** is right around the corner; please mark your calendar. There are <u>two</u> vacancies this year. Here are some important dates to note on your calendar.

- Courtesy Nomination Form and Call for Nominations letter will be mailed on the first business day of June.
- Nominations close at 4 p.m. on July 1, 2021.
- Candidates are invited to an Orientation on July 9, 2021 prior to Meet & Greet.
- Candidate Meet & Greet at Willow Hall on July 9, 2021 from 1-3 p.m.
- Candidate Forum Friday, July 16, 2021 at 7 p.m. at Willow Hall.
- Absentee Ballots & Proxies mailed July 23, 2021 Use the stamped-self addressed envelope to return <u>either</u> your completed proxy or your completed ballot or drop in the ballot box at the Association lobby (during business

hours). *Important:* The return envelope is a substitute for the previous  $\Box$ registration card.  $\Box$  You <u>must</u> sign the back of the envelope and include the LVW unit address (one ballot per envelope, please); failure to complete the information/sign envelope will invalidate your ballot as there would be no way to attribute the ballot to a specific owner/address. On Election Day, the envelopes will be opened in public, ballots removed and separated to facilitate scanning/tallying.

- Candidate Meet & Greet Club Encore on Tuesday, August 3, 2021from 7-9 p.m.
- ELECTION DAY Tuesday, August 31, 2021 at Willow Hall. Last minute ballots and proxy withdrawals will be accepted at 1 p.m. with proper ID, immediately followed by The Annual Meeting of the Members. If <u>QUORUM</u> is met, the meeting will suspend, ballots will be opened, batched, scanned and tallied in Willow Hall until complete. The meeting will resume, results will be announced and successful candidates will take office. (If there is no quorum, the meeting will be adjourned for 30 days - so PLEASE VOTE!)

## **\*** WE MUST REACH QUORUM - WE NEED YOUR VOTE!

Updated 5/18/2021

LVWA News June issue 2021

# Leisure Village<sup>®</sup> West Association

AT MANCHESTER, NEW JERSEY

#### CALL FOR NOMINATIONS AND NOTICE OF ANNUAL MEETING OF THE MEMBERS OF LEISURE VILLAGE WEST ASSOCIATION

#### TO: ALL MEMBERS OF LEISURE VILLAGE WEST ASSOCIATION

An election to fill vacant terms of office on the Board of Trustees will be held at the Annual Meeting of the Members on August 31, 2021 at 12:30pm in Willow Hall.

• Two (2) positions available, each for a three (3) year term

The purpose of this notice is to call for nominations of candidates to fill positions on a Board of seven (7) Trustees. Candidates who receive the highest number of votes shall fill the longest terms available. Any member seeking nomination to the Board of Trustees must be an owner of record in good standing in order to fulfill the duties of the office. All unit owners have the right to nominate themselves or other Association members in good standing for candidacy. Members may self-nominate by submitting to the Association office:

• A signed document with your printed name, unit address, and phone number indicating your candidacy

Members may nominate another member by submitting to the Association Office:

- A document with the printed name, unit address, phone number and email of the member nominee
- A signed letter from the nominee accepting the nomination

Nominees may provide a photo of themselves and a one (1) page profile to be made available in a separate mailing to all members.

Nominations will close on July 1, 2021, at 4:00pm. All nomination documents listed above must be submitted to the Secretary of the Board in the Association Office by this date and time.

Nominees are invited to a Candidate's Forum to be held on July 16, 2021, at 7:00pm in Willow Hall.

\* Please note, due to CDC guidelines at the time of each event, meeting places may change or may be conducted virtually than what is currently printed on this form. Any changes will be broadcast on all LVW media, well in advance of any event.

Board Secretary



959 BUCKINGHAM DRIVE, MANCHESTER, NEW JERSEY 08759

# LEISURE VILLAGE WEST ASSOCIATION, INC. **Courtesy Nomination Form**

All unit owners of the Association have the right to nominate themselves or other Association members in good standing for candidacy to serve on the Board of Trustees.

# **SELF-NOMINATE**

As a member in good standing, I nominate myself.

Name (print):

Name (signature):

Unit Address:

Phone #: \_\_\_\_\_\_Date: \_\_\_\_\_

Email:

NOMINATE A FELLOW MEMBER

As a member in good standing, I \_\_\_\_\_, owner of Print your name

, do hereby nominate the following member:

Print vour unit address

Name (print):

Unit Address:

Note: To nominate a fellow Member, you must see to it that he or she will accept the nomination, in writing and delivered to the Association Office prior to the close of nominations.

Nominations will close on July 1, 2021, at 4:00pm. All nominations or letters accepting the nomination must be submitted to the Secretary of the Board in the Association Office by this date and time. See Election Policy for more details.

# **Book Discussion Club**

by Jan Stubbs

In May we took a trip to Ireland to discuss Tana French's *The Trespasser*, a procedural on the death of a young woman in her own home. Who did it? Was it the smitten suitor—or was it someone else? It was certainly an interesting read.

This month's discussion of *The Storied Life of A.J. Fikry*, by Gabrielle Zevin, a marvelously optimistic tale about the future of books and bookstores and the people who love both should be right up our alley.

A. J. Fikry's life is not at all what he expected it to be. He lives alone, his bookstore is experiencing the worst sales in its history, and now his prized possession, a rare collection of Poe poems, has been

HELLO! New Members! stolen. But when a mysterious package appears at the bookstore, its unexpected arrival gives Fikry the chance to make his life over--and see everything anew.

Those of us in the Book Discussion Group understand the love of books, bookstores, libraries, and our own private stashes and collections. I'm sure there are many of us here in The Village who do.

Remember to return *The Storied Life of A. J. Fikry* to the Manchester branch of the Library by June 11. You can pick up the book for our July meeting, *Dead Wake, The Last Crossing of the Lusitania*, by Erik Larson, at the Library between June 8-15.

# The Finance Committee is looking for new members to join the Committee.

Looking for someone with any kind of financial background/experience (retail, auditing, insurance, banking, etc.). The Finance Committee is charged with advising and assisting the Board in their financial control and governance processes so that they can uphold the highest standards of business conduct in the financial management of the Association. Meetings are held on the fourth Tuesday of each month. Become part of a friendly, motivated, cooperative team and help our Village

Resident owners who are interested, please submit a written request, along with a resume or detailed information on your experience to resumes@lvwa.net.

# LEISURE VILLAGE WEST ASSOCIATION SWIMMING POOL RULES 2021 SEASON Take Notice

Pools will be operating under the New Jersey COVID-19 Outdoor Pool Standards in addition to standards from the Association until further notice.

- Release, waiver, and indemnification agreement must be signed and submitted prior to being allowed entry.
- Access will be restricted to members only, no guests and no children.
- 6-feet social distancing must be maintained while in the water and pool area except for immediate family members, caretakers, household members, or romantic partners.
- No chairs or tables will be provided; members may bring their own chairs but must take them away when leaving the pool area.
- No swimming aids will be provided. Members may bring their own approved swim aids; however, they may not be shared.
- Foot coverings are required within the restroom and shower area.
- Pool Managers/Covid Ambassadors will oversee the pool regulations.

# A Specially Exempt Facility No lifeguard on duty No swimming alone

Pools open Friday, May 28th and are scheduled to close on September 7<sup>th</sup>.

- POOL HOURS:
   Willow Pool
   10 am to 7 pm Daily

   Encore Pool
   10 am to 8 pm Daily
   July 1<sup>st</sup> August 6<sup>th,</sup> 10 am 9 pm

   Lap Lanes
   Lap swimming restricted to one swimmer per lap lane
- **ENTRY:** Members must swipe their photo ID badge for verification of member status at the pool gate in order to obtain admittance to the pool area.
- ATTIRE: Proper swim attire must be worn from home to pool since the changing area is limited. Cut-off jeans are not allowed in the pool. A cover-up wrap is needed when entering the clubhouses. The Association is not

responsible for any discoloration of bathing suits due to pool chemicals. Street shoes are not allowed in the pool. DO NOT LEAVE SHOES OR SLIPPERS AT THE POOL STEPS.

- **DIAPERS:** Only diapers specially designed for immersion I water are permitted.
- **SAFETY:** NO DIVING OR JUMPING IS ALLOWED AT EITHER POOL AND WILL BE STRICTLY ENFORCED. NO SITTING OR STANDING ON POOL STEPS UNLESS WHERE INDICATED AT THE ENCORE POOL. Weather-related closures are at the discretion of the – CPO (Certified Pool Operator). The CPO will determine when to reopen the pool. CPO shall remain on duty during rain.
- **SWIM AIDS:** Noodles are not to exceed two per person. Swim aids which include noodles, are to be provided by the resident and may not be shared. Mesh seat noodles are also acceptable. Residents are permitted to use therapeutic aquatic belts.
- HEALTH: PERSONS WITH OPEN WOUNDS ARE NOT PERMITTED IN EITHER POOL OR JACUZZI AT ANY TIME. CPO WILL ENFORCE THIS RULE. Anyone with a temperature or flu-like symptoms will not be permitted entry.
- FOOD: Food and beverages are permitted in the pool area. NO GLASS OR OTHER SIMILAR CONTAINERS THAT MIGHT CAUSE PERSONAL INJURIES IF BROKEN ARE PERMITTED IN THE POOL AREAS. NO ALCOHOLIC BEVERAGES ARE PERMITTED IN THE POOL AREAS.
- **SMOKING:** Neither smoking nor vaping are permitted within 25ft of the pool area. Please use designated areas.

CHAIRS/LOUNGES: Bring your own. Only one per resident. Must be removed when leaving.

- **SHOWERS:** Bathers are required to shower before entering the pools. If water shoes are worn, please rinse before entering the pool.
- **JACUZZI:** Residents are to read and follow the rules posted at the Jacuzzi.
- **MUSIC:** Please use headphones where possible, otherwise be considerate, and keep the volume down as not to disturb fellow members.

ALL RULES AND REGULATIONS WILL BE STRICTLY ENFORCED AND ARE SUBJECT TO CHANGE.

# Have an Enjoyable Season

# **D-Day Landings: June 6, 1944**



During World War II (1939-1945), the Battle of Normandy, which lasted from June 1944 to August 1944, resulted in the Allied liberation of Western Europe from Nazi Germany's control. Codenamed Operation Overlord, the battle began on June 6, 1944, also known as D-Day, when some 156,000 American, British and Canadian forces landed on five beaches along a 50-mile stretch of the heavily fortified coast of France's Normandy region. The invasion was one of the largest amphibious military assaults in history and required extensive planning. Prior to D-Day, the Allies conducted a large-scale deception campaign designed to mislead the Germans about the intended invasion target. By late August 1944, all of northern France had been liberated, and by the following spring the Allies had defeated the Germans. The Normandy landings have been called the beginning of the end of war in Europe.

Eisenhower gave the go-ahead for Operation Overlord. He told the troops: "You are about to embark upon the Great Crusade, toward which we have striven these many months. The eyes of the world are upon you."Later that day, more than 5,000 ships and landing craft carrying troops and supplies left England for the trip across the Channel to France, while more than 11,000 aircraft were mobilized to provide air cover and support for the invasion.By dawn on June 6, thousands of paratroopers and glider troops were already on the ground behind enemy lines, securing bridges and exit roads. The amphibious invasions began at 6:30 a.m. The British and Canadians overcame light opposition to capture beaches codenamed Gold, Juno and Sword, as did the Americans at Utah Beach. U.S. forces faced heavy resistance at Omaha Beach, where there were over 2,000 American casualties. However, by day's end, approximately 156,000 Allied troops had successfully stormed Normandy's beaches. According to some estimates, more than 4,000 Allied troops lost their lives in the D-Day invasion, with thousands more wounded or missing.

Less than a week later, on June 11, the beaches were fully secured and over 326,000 troops, more than 50,000 vehicles and some 100,000 tons of equipment had landed at Normandy.

The Normandy invasion began to turn the tide against the Nazis. A significant psychological blow, it also prevented Hitler from sending troops from France to build up his Eastern Front against the advancing Soviets. The following spring, on May 8, 1945, the Allies formally accepted the unconditional surrender of Nazi Germany. Hitler had committed suicide a week earlier, on April 30.

History.com



# LVW Garden Club

By Janis Marano

Came the Spring with all its splendor; all its birds and all its blossoms, all its flowers and leaves and grasses. By Henry Wadsworth Longfellow

# **Stress-less Gardening Tips**

- Stretch before and AFTER your yard work.
- Choose low maintenance plants such as groundcovers and perennials instead of annuals.
- Use raised beds to reduce bending.
- Buy garden supplies in small, lightweight quantities.
- Take frequent breaks and rotate between jobs so that the back or knees are not strained for long periods of time. STRETCH frequently.
- Be conscious of the twisting motion use proper body mechanics.

## Be healthy and safe in the garden

<u>Dress to protect</u> – Use sunscreen SPF 15 or higher and both UVA and UVB protection. Wear light-colored clothing. Always check your clothes and body for ticks.

Remember, the hours between 10 a.m. and 4 p.m. are the most hazardous for UV exposure. Wear a hat with a wide rim to shade the face, head, ears, and neck.

## Know your limits in the heat.

Monitor your activities and time in the sun to lower your risk for heat-related illness.

Stay hydrated.

Avoid beverages with alcohol and drinks high in sugar; stay away from caffeinated and carbonated beverages. Have water handy to decrease the chance of dehydration.



Reminder to clean and refill your hummingbird feeders.

Hope to see you soon around the Village! Happy Gardening!

#### **Recreation Notices**

IMPORTANT NOTICE; THE PRIMARY ELECTION WILL BE HELD ON TUESDAY, JUNE 8, FROM 6 AM TO 8 PM. Districts 21, 22, and 23 will vote at Leisure Fair, and Districts 28 and 29 will vote at Willow Hall. COVID restrictions will be in place.

# Township Recycling WEDNESDAY,



JUNE 2, JUNE 16,

and JUNE 30

# LVW NEWSPAPER RECYCLING:

LVW NEWSPAPER RECYCLING: The LVW Recycling Club members will NOT be hosting monthly help at the recycling

trailer, nor will there be any pick up at the shutin's home until further notice. Please, do continue to leave PAPER RECYCLING at the trailer any time, day or night. Notice: Residents are reminded if the fire alarm sounds in the clubhouse they are to evacuate the building immediately. Don't assume the alarm to be a test or false alarm.

Please watch the TV Creeper channels 970 & 971 and lvwcreeper.com for the latest information.

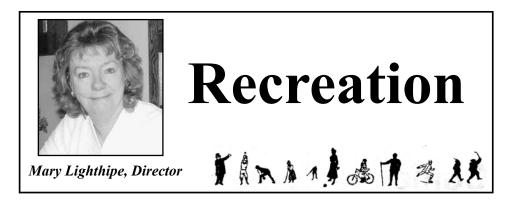


# **PRIMARY ELECTION**

# Tuesday, June 8, 2021



Polls are open from 6 am to 8 pm Please note: Districts 21, 22 and 23 vote at Leisure Fair Districts 28 and 29 vote at Willow Hall



We welcome the month of June when fragrant, colorful roses brighten our gardens and white clouds decorate the summer sky. Nature gently changes seasons. COVID19 restrictions are somewhat relaxed, allowing us to enjoy outdoor living, sunshine, and warm summer breezes.

We honor our fathers and express gratitude for their love and guidance. Happy Father's Day to all of our Village dads.

When we see Old Glory silhouetted against a blue sky, we realize the beautiful emblem of freedom our flag represents. Fly your flag proudly on Flag Day, June 14. A few interesting articles are included in this issue as we honor the flag of our country.

Release, Waiver, and Indemnification Agreements are required for the use of all amenities. Residents are

reminded to submit their signed waivers at either the Association Office or Willow Hall. In addition, Gym waivers are required for access to the gym. Rules and capacity limits are listed at each outdoor amenity.

A copy of the Pool Rules is included in this issue. Please familiarize yourself with our pool regulations to ensure an enjoyable summer season.

Again, we ask that you refer to the creeper and lvwcreeper.com for updates.

Finally, we look forward to our bus first trips in over a year! On July 13, we will depart for the Tomasello Winery and Resorts Casino. July 23 will find us at the 38th Annual NJ Lottery Festival of Ballooning, one of the largest balloon festivals in North America. The exciting details are included in this issue.



Leisure Village West News • June, 2021 • 27

# WHERE TO SEE FAMOUS AMERICAN FLAGS



There is no greater symbol of American pride that its iconic red, white and blue flag. Since our country was founded in 1776, the U.S. flag undergone 27 changes: some of its alterations have been subtle and others were more dramatic. But no matter which flag has been flown, each one has represented the concept of freedom, justice and prosperity for all. The Stars and Stripes have been flown during our country's most memorable events, including battles, inaugurations, parades, state funerals and national holidays, just to name a few.

Here are some of our country's most famous flags and where you can see them:

### Betsy Ross Flag.

**Where:** The Betsy Ross House; 239 Arch Street., Philadelphia

The story: During the Revolutionary War, a seamstress named Betsy Ross was credited with stitching together the first American flag. Although there is no conclusive evidence to substantiate that claim, Ross did make several flags for the Pennsylvania navy. The original Betsy Ross Flag no longer exists but you can see a replica at the Betsy Ross House in Philadelphia, Pa. This landmark also offers educational programs for the entire family and serves as headquarters for Philadelphia's Flag Day celebrations.

### <u>The Star Spangled Banner.</u>

**Where:** National Museum of American History; Constitutional Ave., NW between 12th and 14th Streets, Washington D.C.

The story: Widely recognized as American's most beloved flag, the Star Spangled Banner flew over Fort McHenry during a 25-hour siege by British forces, from September 13 to 14, 1814. Francis Scott Key was so overjoyed to see this 30' by 42' garrison flag still standing that he was inspired to write our national anthem—"The Star Spangled Banner." Now

housed at the National Museum of American History in Washington, D.C., The Star Spangled Banner is stored in a climate-controlled case to prevent the flag from suffering further deterioration.

### <u>Old Glory.</u>

**Where:** National Museum of American History; Constitutional Ave., NW between 12th and 14th Streets, Washington D.C.

The story: One of our country's most iconic flags, Old Glory is a 10' by 17' 24-star flag that belonged to William Driver, a captain and master mariner from Salem, Mass. Driver took Old Glory with him on several sea adventures around the world and he later hoisted the flag over Tennessee's capitol building when Union forces captured Nashville during the Civil War. Old Glory is so famous that it has become a nickname for other U.S. flags. Today, Old Glory is on display at The National Museum of American History in Washington, D.C.

### Iwo Jima Flags.

**Where:** National Museum of Marine Corps, 18900 Jefferson Davis Hwy., Triangle, VA

The story: As the Battle of Iwo Jima raged on, Associated Press photographer Joe Rosenthal heard that a group of U.S. Marines had just secured Mt. Suribachi and planted an American flag on the summit. Rosenthal arrived at the scene in time to take pictures of another group of Marines who were hoisting an even larger flag atop Mt. Suribachi. Rosenthal won a Pulitzer Prize for his iconic photo and the picture helped inspire America's troops turn the tide to win the Second World War. Today, both Iwo Jima Flags have been preserved as artifacts at the National Museum of the Marine Corps.

### <u>Six Apollo Flags.</u>

**Where:** National Air & Space Museum; Independence Ave. at 6th st., SW Washington D.C.

The story: Who can forget the grainy image of

# WHERE TO SEE FAMOUS AMERICAN FLAGS



astronaut Neil Armstrong planting the U.S. flag on the barren lunar landscape? Altogether, six Apollo flags were left on the moon by American astronauts between 1969 and 1972. Ordered from a government supply catalog, each nylon flag measured about 3' by 5.' There is speculation that the flags may have been bleached white by intense ultraviolet radiation or disintegrated from the heat generated by takeoff rockets. If you're lucky to catch a SpaceX flight to the moon, you may be able to take a selfie next to one of the Apollo flags. Otherwise, be sure to see a replica at the National Air and Space Museum in Washington, D.C.

### <u>9/11 Flag.</u>

Where: National Sept. 11 Memorial & Museum, 180 Greenwich St, New York, NY 10007

The story: Following the September 11 attacks in 2001, three New York City fighters who were on the scene hoisted a 4' by 6' flag above the ruins of the World Trade Center. They discovered the flag on a yacht belonging to Shirley Dreifus and her late husband Spiros E. Kopelakis. Thomas E. Franklin, a photojournalist who happened to be at Ground Zero following the collapse of the twin towers, immortalized America's spirit of resilience by snapping pictures of the historic flag raising. A few hours later the flag vanished and was missing until it was discovered 15 years later in Everett, Wash. The 911 flag is now on display at the National Sept. 11 Memorial & Museum in lower Manhattan.

### BY: NATIONAL FLAG FOUNDATION



HEALTH BREAKTHROUGH

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# NEUROPATHY Nerve Disorder Causes Pain for Millions of Americans

#### GET RID OF IRRITATING NUMBNESS AND PAIN IN YOUR LEGS AND FEET WITH FDA CLEARED TREATMENT

There are over 100 different kinds of peripheral nerve disorders or neuropathies. Some are the results of a disease like diabetes while others can be triggered by a virus infection. Still others are the result of an injury or compression on the nerves. No matter where the problems begin, it is imperative nerve disorders are resolved as soon as possible to prevent permanent damage.

> HEALTHY NERVE CELL Property processes sensory information to the brain.

DAMAGED NERVE CELL

Sends incorrect signals to the brain, from phantom pain to tingling and numbress.

- Treatment is Safe, Easy and requires NO surgery Call today if you experience any degree of pain or
- discomfort in your legs and feet
- Start living your life pain free!

#### WHY SPINEAID DISC CENTER?

SpineAid Disc Center offers some of the most advanced non-surgical, FDA cleared procedures for relieving chronic pain. Our customized approach utilizes the latest medical technology. We offer programs and procedures that will improve your health with the utmost safety and precision. We will provide you with an accurate diagnosis and recommend a program that best fits your needs.

#### CALL TODAY AND START TO FIND RELIEF FROM PAIN

We are confident that you will find heating and relief at SpineAid Disc. Center, You will have a one-on-one consultation with one of our trained staff who will evaluate your condition and determine If you would be a candidate for this treatment. Due to the demand, we have opened an additional 30 appointments this week. Time slots fill quickly so CALL TODAY to secure your appointment.

#### HOW DO YOU KNOW IF YOU HAVE PERIPHERAL NERVE DAMAGE?

The following symptoms may start gradually and then get worse:

- Numbness
- + Pain when you walk
- Sharp electrical-like pain
- Burning or tingling
- Difficulty sleeping from leg or foot discomfort
- Muscle weakness
- Sensitivity to touch

If you suffer from any of these symptoms, call us today! We can help.

#### NEW FDA CLEARED TREATMENTS PROVIDE HOPE

Many people suffer with pain for years, not realizing that their symptorins may be due to Peripheral Neuropathy. Treatment options have been limited to a small assortment of pain medications, which can lead to further issues. Ignoring the problem or masking the symptoms has never been a viable solution.

SpineAid Disc Center is pleased to announce their new program for treating Peripheral Neuropathy, which includes a combination of advanced FDA cleared treatments with breakthrough technology that aids in healing the damaged nerves. The effects of this program can be felt on the first few visits. This treatment restores, stabilizes, and rebuilds the nerves in your extremities. Treatment has also been effective in addressing painful symptoms of arthritis. MS, and other forms of chronic pain. Patients generally feet relief physically throughout the treatment period and even feel better emotionally after experiencing a reduction in pain.

#### JOIN OTHERS IN RELIEVING THE PAIN



"The pain was so excrusising that i couldn't sit in any chair, ridn in a car, swim in my pool or the my lithest. Since coming to SpinoAid Dire Canter, I am now relieved of the pain and can making a more dormal lite!"

Toms River and Rahway, NJ.

NorthEa

SPINE and SPORTS MEDIC

Ten offices located in Aberdeen, Barnegat, Jackson, Freehold, Manchester, Point Pleasant, Lincroft, Neptune

LIMITED TO THE FIRST 30 CALLERS!



# CALL TODAY! 732-384-1198

www.northeastspineandsports.com

# The Recreation Department Presents

A live interactive trivia game on

Channel 970

Fridays at 3pm



Test your trivia skills as you compete with fellow residents.

Questions from all categories-

Arts - Science - Music - History - Entertainment and More...

What you will need:

Access to a T.V. with channel 970

A smart phone, tablet, computer or laptop with Internet

How to play along!

Go to Kahoot.it on your internet device, tune into channel

970 at 3 pm and compete LIVE while watching TV.



# June

Sunday	Monday	Tuesday	Wedn
		1	2 Townsh 1 pm Trustee Mee
6	<b>7</b> 2 pm Current Events (Zoom)	8 6am – 8pm Primary Election Voting (E) (LF)	9
13	<b>14</b> Flag Day	15	<b>16</b> Township
<b>20</b> Happy Father's Day	<b>21</b> 2 pm Current Events (Zoom)	22	23
27	28	29	<b>30</b> Township



esday	Thursday	Friday	Saturday
<i>tip Recycling</i> ting (Zoom)	3 7 pm Because It's Thursday! (Zoom)	<b>4</b> 3 pm Kahoot Live Trivia (Channel 970)	5
	<b>10</b> 7 pm Because It's Thursday! (Zoom)	<b>11</b> 2 pm African American Club (Zoom) 3 pm Kahoot Live Trivia (Channel 970)	12
Recycling	<b>17</b> 7 pm Because It's Thursday! (Zoom)	<b>18</b> 3 pm Kahoot Live Trivia (Channel 970)	19
	<b>24</b> 7 pm Because It's Thursday! (Zoom)	<b>25</b> 3 pm Kahoot Live Trivia (Channel 970)	26
Recycling			

# Flag Code

- The American flag may be displayed on a flagstaff (pole for attaching the flag) during daylight hours and at night if lights are shown on it.
- The American flag should be displayed near schools, government buildings, public buildings, and polling (voting) places.
- When flown with other flags, the American flag should have the place of honor (either higher than the other flags or to its own right).
- The American flag should be the first flag to be raised and the last flag to be lowered.
- When displayed in a church or on a stage, the American flag should be displayed in the position of honor either behind and above the speaker or at the speaker's right as he or she faces the audience.
- When displayed without a flagstaff, the field of stars of the American flag should be on the upper left.
- When the American flag is carried at the beginning of a parade, spectators (people watching) should remove hats and stand at attention with the right hand placed over the heart. This salute should be held until the American flag has passed.
- The President or Governor may order the American flag to be flown at half-staff (halfway between the top and bottom of the flag pole) to pay respect to someone (usually a government leader) who has died.
- The American flag is used to cover the casket of a person who has served in the military. It is removed before the casket is lowered into the grave.
- Folding the American flag properly is done by two people following strict guidelines used only for this flag.
- The American flag should not be allowed to touch the ground.
- The American flag should not be displayed during stormy weather unless an all-weather flag is used.
- The American flag should not be draped to hang over any part of a vehicle, train, or boat.
- The American flag should not be used as clothing, bedding, or drapery.
- The American flag should not be used for decorating or advertising.
- The American flag should not have anything attached to it or printed on it.
- The American flag should not be displayed if it is worn or frayed. It should be disposed of in a respectful manner.



# The History of Father's Day

Like Mother's Day,\_the modern American version of Father's Day has a history that goes well beyond greeting cards.

The first known Father's Day service occurred in Fairmont, West Virginia, on July 5, 1908, after hundreds of men died in the worst mining accident in U.S. history. The Sunday service happened because of the efforts of Grace Golden Clayton, the daughter of a dedicated reverend.

While missing her own dad, who had died in 1896, Mrs. Clayton wanted to honor the many fathers who had died in the mining explosion, which killed more than 360 men and boys and left about 1,000 children fatherless. Although the Fairmont service was the first known to honor fathers, it did not turn into an annual event, nor was the idea promoted (a large July 4 celebration in Fairmont and a tragic young death from typhoid fever took over the news at the time).

#### Father's Day Gains Momentum

Several other people across the nation had similar ideas throughout the years, but Mrs. Sonora Smart Dodd is credited for being the one to popularize it, starting events that led to Father's Day becoming a U.S. national holiday.

Her story began as she sat listening to a Mother's Day sermon in 1909. Mrs. Dodd thought that it might be nice to honor fathers as well. Her father, William Smart, had raised his SIX children alone on his farm in Washington after his wife died giving birth.

Mrs. Dodd proposed to the Spokane Ministerial Association and the YMCA that they celebrate a "father's day." She chose the 5th of June because it was her father's birthday.

The idea received strong support, but the good ministers of Spokane asked that the day be changed to give them extra time to prepare sermons on the unexplored subject of fathers. The first Father's Day in Spokane, Washington, was observed on June 19, 1910 (the third Sunday in June) and became an annual event there. Soon, other towns had their own celebrations.

#### From Local Celebration to National Holiday

In spite of widespread support, Father's Day did not become a permanent national holiday for many years. The first bill was introduced in Congress in 1913, but despite encouragement by President Woodrow Wilson, it did not pass. In 1966, Lyndon Johnson issued a proclamation designating the third Sunday in June to honor fathers.

Finally, in 1972, President Richard Nixon signed a law declaring that Father's Day be celebrated annually on the third Sunday in June. It has been an official, permanent national holiday ever since.

Farmer's Almanac

accordance with n from the United States all slaves are free JETEE 19, 1865 - Galveston, Texas

Simply put, Juneteenth is "the oldest nationally celebrated commemoration of the ending of slavery in the United States."

In addition to marking a date of major significance in American history, Juneteenth has always been both a day of remembrance and an opportunity for African-Americans to honor their history and celebrate Black culture.

African-American historian and Harvard professor Henry Louis Gates, Jr. writes that, over generations, Juneteenth became: "an occasion for gathering lost family members, measuring progress against freedom and inculcating rising generations with the values of self-improvement and racial uplift. This was accomplished through readings of the Emancipation Proclamation, religious sermons and spirituals, the preservation of slave food delicacies (always at the center: the almighty barbecue pit), as well as the incorporation of new games and traditions, from baseball to rodeos and, later, stock car races and overhead flights."

In 1866, freed slaves in Texas marked June 19 with anniversary celebrations that included prayer services and church gatherings in the Black community.

Over subsequent years, former slaves and their families continued celebrating their freedom with annual Juneteenth celebrations that **featured** former slaves delivering inspirational speeches and reading from the Emancipation Proclamation. It marked a day for "grass-roots celebration highlighted by joyous singing, pig roasts, and rodeos."

cnbc.com



June's full moon, known as the **Strawberry Moon**, will reach peak illumination at 3:12 P.M. Eastern Time on the 5th but will not be visible until later that evening.

#### A Penumbral Eclipse

This full Moon brings with it a **penumbral eclipse**, which occurs when the Moon crosses through the faint outer edge of Earth's shadow (the penumbra), making part of the Moon appear ever-so-slightly darker than usual. Unlike a full lunar or solar eclipse, the visual effect of a penumbral eclipse is usually so minimal that it can be difficult to perceive at all!

#### WHY IS IT CALLED THE FULL STRAWBERRY MOON?

June's full Moon—typically the last full Moon of spring or the first of summer—is traditionally called the **Strawberry Moon**.

The tradition of naming Moons is rich in history. *The Old Farmer's Almanac* has long honored the Native American Moon names and the folklore of those who came before us. We follow the full Moon names that were used during Native American and Colonial times to help track the seasons—usually from the Algonquin tribes who lived in the same areas as the Colonists.

The name, Strawberry Moon, originated with Algonquin tribes in eastern North America who knew it as a signal to gather the ripening fruit of wild strawberries. Alternative European names for this Moon include the **Honey Moon** and the **Mead Moon**. It has also been called the **Rose Moon**, given that many roses come to life during this part of the year!

**Did You Know**: June was traditionally the month of marriages and is even named after the Roman goddess of marriage, Juno. Following marriage comes the "honeymoon," which may be tied to this full Moon's name!

Farmer's Almanac

# **Tomasello Winery**

With

# **Resorts Casino Package**

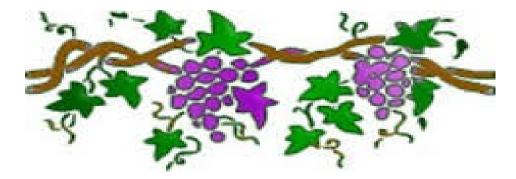
Tuesday, July 13 Depart Encore at 10:15 am Cost: \$68. per person (\$20. Slot Play Included)

11:30 am: We arrive at the lovely Tomasello Winery, where truly great wines have been cultivated alongside 70 premium acres since 1933. We are welcomed to their dining room, where a pre-selected Three-Wine Tasting will be waiting at your place setting. Next, a delicious complete sit-down luncheon will be served consisting of Salad, a choice of Chicken Picatta with Tomasello White Wine Sauce, or Almond Encrusted Tilapia, Rice, and Vegetable. The chef's Specialty Dessert tops off the meal as well as tea or coffee.

Guests must wear masks except when eating or drinking; staff will be wearing masks and food service gloves; all service is tableside; tables are "socially distant" from each other. Wines may be purchased in the Tasting Room and will be delivered directly to you.

2:30 pm: Arrive in Atlantic City, where we will have a six-hour stay at the Resorts Casino located on the oceanfront boardwalk. The Casino package includes \$20. per person, slot play bonus. Good luck to all! Depart for home at 8:30 pm.

<u>NO REFUNDS GIVEN</u> - If you are unable to go on this trip, the Recreation Office will attempt to re-sell your ticket if the bus is sold out & there is a waiting list.







# 38th Annual NJ Lottery Festival of Ballooning

# Depart Encore Parking Lot: 2:00 pm Friday, July 23 Cost: \$64. Per person

3:30-8:00pm: What a fascinating day is ahead with a visit to Readington and the 38th annual New Jersey Festival of Ballooning sponsored by the New Jersey Lottery. Holding the distinction of being the recipient of both the NJ Governor's Award for Best Special Event and a Top 100 Festival in North America by the American Bus Association, the Festival is the largest summertime hot air balloon festival in North America and a premier entertainment attraction.

There's something for everyone at the Festival with 100's crafters and vendors, great food offerings (don't forget to try the "Hot Air Balloon" Funnel Cake!), entertainment throughout the day, and of course the BALLOONS- the highlight of the day. We will be onsite for the mass inflation of over 100 hot air balloons beginning at 6:30pm, and then the moment all are waiting for the balloon ascension at 6:45pm. Eye-popping hot air balloons of every shape and size will mesmerize the group as they float effortlessly into the air above, providing a site rarely seen except at this special time of year. Everyone is on their own to enjoy the Festival at their leisure.

<u>NO REFUNDS GIVEN</u> I If you are unable to go on this trip, the Recreation Office will attempt to re-sell your ticket if the bus is sold out & there is a waiting list.

# **On The Road with Freedom and Rio**

**By Jude Decker** 

#### (Fourth of a Series)

One of the questions I'm usually asked about last summer's two-month cross-country road trip with my faithful puppy Rio in our camper is how I dealt with being alone so much.

Breakfast was just Rio and me. Same with lunch and dinner. Setting up and breaking down camp, shopping for supplies, getting gas, taking in the sights? Rio and me.

But being alone never bothered me. It never entered the picture. Not once. Never. Just didn't have the time for it. Too busy.

During the day, there was way too much to see. The scenery was drop-dead gorgeous, and the list of stuff I wanted to see was a long one. I spent more than two weeks bouncing back and forth between Wyoming and Montana and still can't decide the state I liked better.

I stayed at a campground in Wyoming that offered two scenic fishing spots -- the Green River that was on the site and a pond that was a short drive away. Yes, I fished both spots; no, I didn't catch any fish. Or, as my bigger brudder taught me to say: "I was just practicing my casting."

The next campground was in an area where we could get some errands done -- restocking supplies, laundry, camper clean-up, and a 10-minute oil change. Only 10 minutes, another advantage of having a "van" as my camper. There were naps to catch up on, too. Yes, Rio and I were still alone with our tasks, but, gee ... I don't think either one of us noticed.

Each night after dinner, I would do a short travel entry on my Facebook page, and to my pleasant surprise, it generated a lot of interest. Family members, friends from work, school, blog, TABBLO, and of course LVW were there checking out my posts and offering encouragement.

Alone? Nope! Not with all this virtual company that sprang out of my laptop each night when I logged on. All those likes, LOLs, and comments people were kind enough to share with me really kept up my spirits throughout the trip. Alone? Absolutely not.

I was going through my emails one night when I got an idea. I had been thinking about naming my van but couldn't come up with anything I really liked.

So, I reached out to all my Facebook travel companions for help. I posted some photos, specs, and other details about my RV and mentioned I was



Wyoming's fall colors, Highway 191 outside of Pinedale.

looking for help coming up with a name for my camper. Challenge put forth; challenge accepted.

Well, I have to have some of the best FB friends on earth because I got more and more suggestions each night until I had 60 – and they were all good, too! Names such as Classy Chassis, The Upper Decker, RIO Speedwagon, The Night Witch. It was tough narrowing down the list and then choosing just one, but Rio and I took a couple of days before deciding "Freedom" – the name submitted by our very own Eileen Robinson was the perfect name for our ride.

Thinking about how and where I would have "Freedom" painted on our camper, we set off to see the Grand Tetons located in Jackson Hole, WY.

The miles in Wyoming were filled with fields of free-roaming cattle and wild horses. We even saw a group of cowboys finishing up on a round-up of cattle.

The last hour of our drive to the next campground was spent following the twists and the turns of the Wind River, which I had already logged in as my next fishing spot.

I pulled into the Dubois Campground and was directed to a spot that had to be the best site on the grounds. I was only 20 steps from the river and, when I saw that, I got this strong feeling that this was the spot where I was going to land my first native cutthroat trout.

Well, that didn't happen during the three days we camped at Dubois, so Mr. Cutthroat is still on my "bucket list."

# **On The Road with Freedom and Rio**

**By Jude Decker** 

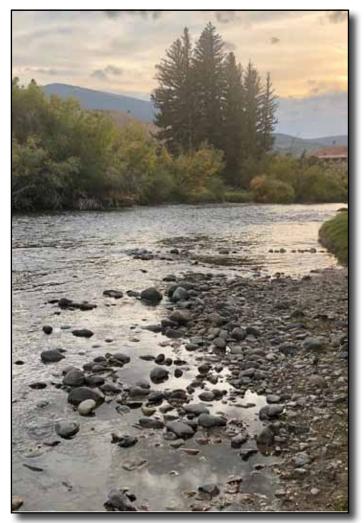
#### (Continued)

One day after a morning of fishing, we took a drive to the Grand Teton National Park for some up-close views of snow-covered mountains, a crystal-clear lake, and even a couple of glaciers! I was told the park was an "absolute must" for beautiful scenery. The advice was spot on, and I would have to grade the park as "absolutely beautiful with an off-the-limit wow factor" in the scenery department.

It was getting colder at night now, so after a day of fishing, rolling, and strolling, I added some layers and broke out a sweater for Rio as the two of us did what we had to do to keep warm.

Just the two of us - Rio and me. But there was no way we were alone ... no way!

(Next: Fishing the Yellowstone, Custer, Pony Express, an angry ghost, and home!)



The Wind River, Dubois, WY



Rio, the navigator - one of her many roles.



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# West Village Players

#### By Judith Carelli Stout

The weather is changing, and April just blew May in with mighty gusts of wind. It's too bad that that wind couldn't blow away Covid-19 and allow us to go back to our lives as they were before February 2020. The clubs in our community have had to depend on the internet and our terrific tv station management for communicating with our members. Some of the clubs have been hard at work keeping their clubs before the community. The Players Club is just one of those clubs. Thanks to Mike Morizio at the tv station, Janice and Richard Saylor, and Lillian Haase, we have produced four zoom plays and are working on our fifth one right now.

Suppose you can recall the thriller "Sorry Wrong Number" with Barbara Stanwyck, Burt Lancaster, and Wendell Corey. In that case, it's centered around a telephone call that a wealthy woman who uses a wheelchair overhears about a murder being planned and her attempt to contact her husband, who is not at home. Our cast includes Janice Saylor, Eileen Krynicki, Arlene Finlay, Vince Finlay, Don Walsh, Chris Faulkner, and Rob Lombardo.

We must give a special thanks for the expert advice and handiwork of Richard Saylor, who is providing all the special effects and a change in the format so that the entire cast is not on-screen throughout the play. Without Mike and Richard, these zoom plays would not have been possible. We are looking ahead to this retelling of a classic suspense drama soon.

As this year has moved forward, we all find ourselves attempting new projects, awaiting the opening of some of our activities in the community, and hopefully rejoining the clubs that we all enjoyed before the curtain came down on group activities. I understand that both Willow Hall and Club Encore have seen some major remodeling which will be unveiled sometime in the unforeseeable future. Just to enjoy the companionship of fellow inmates...I mean, community members... will be a joy to behold! So until then, we will continue to soldier on presenting plays on our TV station and pray that we will soon be able to again "trod the boards" of Willow Hall or Club Encore with new dramas, comedies, and musicals. If your spouse or your children have often said about you, "oh, he/ she is such a drama king/queen," then the LVW Players Club is the place for you. Remember, all the world's a stage, and men and women, merely players. Are you a player?





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# 8 Health Benefits From Walking 30 Minutes a Day: Low-Impact Exercise

It is no secret that exercise is a necessary part of being healthy. What may come as a surprise is that you don't need to go to the gym every day, run for miles, or lift an assortment of weights to attain good health. You can achieve numerous health benefits just from taking a walk every day. It can be difficult to find the time to exercise, but a simple evening stroll or walk on your lunch break is all you need to enjoy some real health improvement.

#### It Only Takes Half an Hour

Thirty minutes of walking each day is all you need to improve your overall physical and mental health. But for the average person just looking to stay fit and healthy, all you need is a thirty-minute walk. Apart from the eight benefits below, you also get fresh air and vitamin D from the sun, both of which are essential to your health.

#### 1. Improved Mental Health

Walking has been shown to improve symptoms associated with mood disorders such as depression and anxiety. Even if you are not suffering from any mental health diseases, just getting out of the house will do you a world of good.

The change of scenery, the fresh air, and the gentle exercise offer you a brief escape from your daily routine. A walk around the block helps clear your head and relieve stress so that you can get back to your day refreshed and ready to go.

#### 2. Boost Immunity

Walking for thirty minutes has been shown to boost immune cell production and circulation. The more immune cells you have, the better protected you are from disease and illness. The enhanced circulation you enjoy from walking also ensures that immune cells are delivered where needed more promptly.

#### 3. Supports Weight Loss

Walking is a gentler form of cardio, and it can reduce the effects of 32 obesity-promoting genes in your body. By inhibiting the actions of these genes, obesity can be controlled, which allows you to lose any excess weight and regain good health.

#### 4. Prevent Diabetes

Studies have shown that aerobic exercise helps your body to use insulin more efficiently. If you are at risk for developing diabetes or already have the condition, then a brisk walk after each meal is ideal for helping regulate blood sugar levels.

5. Reduces Stress Eating



We all get cravings, and these typically result from spikes and drops in blood sugar levels. The bad thing about cravings is that they typically involve carbohydrates or high-sugar foods.

A walk is the better option. Walking each day helps to control cravings, regulate your metabolism, and release any built-up stress.

#### 6. Heart Healthy

The very term cardio suggests a relationship with the heart. Cardio workouts have long been reported as beneficial for heart health, and walking is one of the better cardio options.

As a gentler exercise, walking allows you to get blood pumping without over-exerting yourself. Walking at least twenty minutes a day has been shown to reduce the risk for heart disease by as much as 30 percent.

#### 7. Improved Mobility

One of the things we fear most as we age is the physical limitations that our body develops. Getting older is associated with decreased mobility and increased fragility, but walking every day can help turn the tables. Add a walk to your routine each day and help your body ward off the typical signs of aging. Increased mobility protects from injury and also improves overall physical health in elderly individuals.

#### 8. Decreased Cancer Risk

While there is no definitive cure for cancer, there are numerous choices you can make to help prevent cancer or reduce your risk of developing certain types. Physical activity and overall health are ideal for keeping cancer away, and a walk every day is an excellent place to start.

Studies have shown that walking each week for three hours reduces the risks of developing certain types of cancers. Getting some fresh air never sounded so good.

#### **The Bottom Line**

Thirty minutes a day in the morning or after dinner to help digestion, walking is the simplest and cheapest way to exercise. Walking gets the heart pumping and energy flowing, helping you stay alert and creative all day long. Feeling good on the inside and looking good on the outside, walking is the ultimate gift to health without any strain.

When it comes to great health and overall wellbeing, simplicity is the key to success. Put on some comfortable shoes and go for a walk.

# **CROSSWORD PUZZLE**

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# Across

- Truckers' radio sets 1
- 4 Some coins (Abbr.)
- 7 Chew out
- 13 Difficult position
- Singer Patti ---15
- Place in order 16
- 17 Enclosed territory
- Approaches 18
- 19 Stop!
- French part of U S? 21
- Christian ---, couturier 22
- 24 Stock market measures
- 26 Advanced in years
- Turn over 28
- 30 Deed
- 31 Medium for Old Masters
- 33 Loftv
- Tales 35
- 39 Chirrup
- Implant 40
- High time 42
- A lazy one just goes round and round 43
- 45 Verdi's Ethiopian princess
- 46 Dorothy's dog
- Fleece 47
- 49 Statutes
- 51 Adage
- Part of concluding question in "To Tell the Truth" 52 55
- Network junction

- --- Cong
- "Della and the Dealer" singer --- Axton
- 60 Adores

57

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71

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8 9

- 63 Energize
- 65 The world of scholars
- Sinatra's record label 67
- Arcadian 68
- 69 Concur
- 70 Perceive
  - Explosive used as a measure for others

# Down

- Martial arts actor Jackie ---
- Drill
- 3 Spans 4
  - Expurgator
  - Label
  - Mulligan, for example
  - Northern neighbor
  - Disney TV network
  - Unwilling
- 10 Shave
- Tupelo "King" 11
- Course launch pads? 12
- 14 Hindu dress
- "Trinity" author --- Uris 15
- 20 Bumpkin
- 23 Repetitive practice
- 25 Very cold
- Oh dear! 26
- 27 Place
- 29 Tibetan priest
- 32 Middle-age spread
- 34 Seduced by a swan
- He started the Teddy Bear story 36
- 37 --- bene: pay attention
- 38 Coke
- "Delta ---", Tanya Tucker hit 41
- 44 And not
- 48 Bidding
- 50 Comfort
- 52 Prongs
- 53 Facilitates
- 54 Top-of-the-line
- Extinct Mauritian native 56
- 57 N Y C fashionista --- Wang
- 59 Checks
- 61 The "New World" symphony was written in this (Abbr.)
- **Religious** faction 62
- 64 French wine
- 66 Signal

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# **Reasons We Love Summer**



It's a busy time, not just for bees, and the natural world in summer is a fabulous feast for the senses. The days are long and the nights short.

But even if there are summer downpours, just get your umbrella and get outside. Here are a few great reasons that make summer the ideal season to enjoy the best that nature has to offer. So what are you waiting for?

Whether it's long sunny days or sharp showers and thunderstorms that you prefer, summer has it



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covered. Rainbows occur because of the reflection, refraction, and dispersion of light in water droplets. For most of us, there's always the expectation that summer will be filled with long, hot, lazy days and sunshine from dawn to dusk. The anticipation of trips to the beach and getting the barbecue out can almost be too much to bear, as forecasts predicting summer can be changeable and unsettled.

With so many beautiful flowers in bloom at this time of year, it can be easy to take them for granted – please don't. Take a little time to study all the different flower shapes, patterns, colors, and scents. Summer is a great time to visit a wildflower meadow and an experience not quickly forgotten as they are teeming with life and flowers you are not likely to see anywhere else. They are rich with insects and birds to look out for, making the visit even more special.

The beaches are a popular destination for day trips and summer outings. But there is much more than the feel of sand between your toes and paddling in the sea when you're at the seashore. Where the

# **Reasons We Love Summer**

land meets the sea, look out for all the different types of seaweed or turn over a piece of driftwood to see the many interesting invertebrates, such as beetles, sandhoppers, and small crabs.

As the sea retreats at low tide, explore a rock pool or two; they are a secret oasis of life waiting to be found. Beautiful red and purple anemones are quite common, but finding a shore crab scuttling around or watching a hermit crab dragging around its shell are real treats.

When the sun is shining, it is impossible not to smile as a beautiful butterfly flitters past or a bumblebee blunders from flower to flower.

Although beautiful and some of our most obvious summer insects, bees aren't the only insects to be looking out for at this time of year. Near to bodies of water, you'll find flying dragonflies. These insects are capable of some aerodynamic stunts that are sure to amaze. Beetles can be seen everywhere, from small and colorful ladybirds, cardinal and tiger beetles to black ground beetles, and the king of them all, the stag beetle. Although the list is seemingly endless,



keep a special lookout for lacewings as they can be particularly beautiful.

Just remember that whatever you do this summer, be it enjoying nature in your garden, doing a spot of bird watching, or simply discovering a new habitat, you are helping yourself to become healthier and happier. The nature lovers among us wouldn't argue with this, and there have been a growing number of studies and reports putting forward the benefits of feeling part of nature.





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By Bruce Zatkow Looking Good

You can "tie me kangaroo down, mate," but, chances are, he'll still be following your every move!

As published in Biology Letters, the University of Roehampton and the University of Sydney collaborated in a study involving wild (habituated but not domesticated) kangaroos. Conducted at three locations in Australia, the study demonstrated how purposefully the selected kangaroos stared at the persons implementing the trial as they placed some of the 'roos' favorite foods in a closed box. Presenting the kangaroos with a known food source they could not access defined

the experiment's "unsolvable task." Instead of investigating and vigorously trying to open the box on their own, they conveyed their desire for the hidden food through a series of ardent gazes directed at the human participants, willing them to open the box post haste. Ten of the 11 kangaroos gazed fixedly at the individual who placed the food in the box; nine of the 11 toggled their attention between the human and the box,





clearly reinforcing their intent. Such enhanced modes of communication customarily occur with domestic animals, where interaction with humans is a daily event. But wild kangaroos attempting to mesmerize humans into compliance is deemed something of a novelty!

In an unrelated study conducted by the University of Exeter, Herring Gulls were observed to react in specific and predictable ways when being watched by humans. As related in the journal Animal Behaviour, the subject gulls ambled away at their own measured pace when closely approached by persons who were not paying particular attention to the

birds. However, when the researchers pointedly stared at the gulls, the birds walked or flew away with much greater alacrity. Newly fledged gulls demonstrated the same appropriate response, indicating they were born with this instinct or were quickly taught the exigent need to flee by their parents. Both adult and juvenile birds concentrated on the eye movements of each researcher, effectively refining their capacity for threat assessment.

The cohort consisted of 155 gulls. Fifty adults and 45 juveniles were from urban settings, while 34 adults and 26 juveniles came from rural environs. Unsurprisingly, the city gulls appeared to be of sterner stuff, allowing the researchers to approach within 2.5 meters (about 8 feet) closer before skedaddling. Less inured to humans the country gulls were much more reactive, being three times more likely to fly, instead of just walk, away.

So, as conveyed by kangaroos and gulls in their own unique fashion, "here's looking at you, kid."

	CLUB	PRESIDENT	Phone	<u>Mtg Days</u>	Time & Location	NEWS WRITER	EMAIL
-	AFRICAN AMERICAN CLUB	A. TAYLOR	732-463-8798	2nd Friday		A. TAYLOR	<u>aaclub1220.lvw@gmail.com</u>
2	AQUACISERS	M. COOPER	(201) 739-5331	June-Sept	10 am Willow	M. COOPER	<u>mlc959@yahoo.com</u>
m	ARTS & CRAFT CLUB	C. MILITANO	(732) 657-7092	1st/3rd Thursday	1 pm Leisure Fair	E. CAREW	eicare@aol.com
4	<b>BECAUSE IT'S THURSDAY!</b>	B. OWENS	(201) 396-8775	Thursdays	6:30 pm Leisure Fair	<b>B.OWENS</b>	barbarajo33@optimum.net
2	<b>BEREAVEMENT GROUP</b>	R. OWENS	(201) 247-3025	See LVW News		R.OWENS	ronowens123@optimum.net
9	BILLIARD CLUB	C. DE CICCO	(732) 657-7875	Annually	2 pm Willow	C. DE CICCO	
7	BOCCE SOCIAL CLUB	R.LOMBARDO	(908) 770-5871	1st Monday	6:30pm Club Encore	E. JENKIN	magic529@hotmail.com
∞	<b>BOOK DISCUSSION CLUB</b>	M. McCarthy	(917) 751-6625	2nd Wednesday	7 pm Willow A & B	J. STUBBS	jan.stubbs@gmail.com
6	<b>BOOMERS SOCIAL CLUB</b>	G. JENIK	(732) 674-4283	By-Monthly April-Oct		G. JENIK	
					8:50 am to 12:30 pm Ocean		
10	BOWLING - Men	S. KLOTZ	(201) 280-4542	Tuesday	Lanes, Lakewood	S. KLOTZ	<u>sidklotz@gmail.com</u>
11	. BOWLING - Rebels Bowling League	J. MASCUCH	(732) 657-6122	Thursdays	Finnegan's Lanes, Lakewood	M. EARLMAN	ntmae@verizon.net
12	BRIDGE (Monday)	J. MC GINNIS	(732) 657-1842	Mondays	12 pm Leisure Fair	J. McGINNIS	
13	<b>BRIDGE CLUB - Duplicate</b>	S. KLOTZ	(201) 280-4542	Tuesday/Thursday	6 pm Leisure Fair	S. KLOTZ	<u>sidklotz@gmail.com</u>
14	BRIDGE GROUP - Recreational	C. MC CLAIN	(973) 865-5703	Thursdays	6 pm Leisure Fair Side Rm		<u>cmcclain47@gmail.com</u>
15	CARD & SOCIAL CLUB			Daily	12 pm Willow Card Rm		
16	CAREGIVERS SUPPORT GROUP						
17	CARITAS GUILD	J. DOBLER	(732) 657-2540	3rd Tuesday	2pm Club Encore	P. KINANE	ntmae@verizon.net
18	CHESS GROUP	T. VERDERESE	(732) 606-2808	Saturdays	12:30 pm Club Encore		
19	COMPUTER CLUB	D. WILCOX	(732) 276-2435	Thursdays	10 am Club Encore Card	A. NIEBERGALL	<u>dennis.wilcox@gmail.com</u>
20	COOKING CLUB	D. GRABOWSKI		2nd Tuesday	1 pm Willow	L. FISCHER	<u>sassylaw44@yahoo.com</u>
21	. CURRENT EVENTS	A. SHULDMAN	(732) 657-2550	1st/3rd Monday	2 pm Willow A&B	C. HARTMAN	carolrethartman@gmail.com
22	DANCE CLUB	B. GENOVESE	(908) 910-4515	2nd Saturday	7 pm Willow		
23	DOMINOES	A. REIMER	(912) 655-8251	Wednesday	7 pm Club Encore		<u>hmreim1@gmail.com</u>
24	FARMERS	D. PASC	(732) 323-3007	1st Tuesday	2 pm Leisure Fair Main		<u>lvwfarmers@gmail.com</u>
25	FINANCIAL INFORMATION	W. CORRIGAN	(732) 408-6806	3rd Tuesday	10 am Club Encore Card	W. CORRIGAN	wjcorrigan@msn.com
26	FISHING	J. DECKER	(760) 715-0966	1st Thursday	2 pm Willow Ceramic	J. LARSEN	larsen11@verizon.net
27	GARDEN CLUB	J. MARANO	(732) 657-1926	4th Tuesday	1:30 pm Willow		
28	GENEALOGY GROUP	C. BRANDT	(732) 323-8840	1st Tuesday	9:30 am Willow Card Rm	C. BRANDT	capincharlie@msn.com
29	GOLF SOCIAL CLUB	G. JOSLIN	(732) 740-9085	2nd Wed (April/Oct)	7 pm Willow	S. COMEAU	
30	HELPING HANDS	R. O'CONNOR	(732) 657-2842	1st Monday	10 am Leisure Fair Side Rm		

**Club Contact Information** 

31	IRISH AMERICAN CLUB	L. ROBINSON	(862) 812-0656	2nd Tuesday	7 pm Willow	K. ROBINSON	kjmdr1104@gmail.com
32	ITALIAN AMERICAN SOCIAL CLUB	J. POLONOLI	(732) 657-6909	3rd Monday	6:30 pm Club Encore	K. MAIOCCO	kmaiocco0906@gmail.com
33	JEWISH AMERICAN SOCIAL CLUB	P. DEARMAN	(732) 657-4115	4th Thursday	Club Encore	J. SAYLOR	janicesaylor@ymail.com
34	JUST FOR LAUGHS CLUB	R. OWENS	(201) 247-3025	2nd Sunday	7 pm Willow A & B	R. OWENS	ronowens123@optimum.net
35	KLVW-TV	M. MORIZIO	(732) 598-6773	Mondays	Channel 1975	J. SAYLOR	janicesaylor@ymail.com
36	KNIGHTS of COLUMBUS	F. GULINELLO	(732) 408-9678	2nd Monday	7 pm Club Encore	F. GULINELLO	
37	LGBTQ	J. ERCOLINO	(732)988-3980	2nd Monday	7 pm Willow	J. ERCOLINO	jozem66@yahoo.com
38	LINE DANCING	R. JENIK	(732) 674-4284	1st, 2nd, 3rd, & 5th Tuesday	6:30 pm Willow	L. LABITA	lindalabita@gmail.com
39		H. JEFFREYS	(732) 657-1946	Thursdays	Ocean Lanes, Lakewood		
4	LVW TRAVEL CLUB	C. BROWN	(404) 944-9833	2nd Thursday	2 pm Willow	C. BROWN	njgymgirl@gmail.com
41		E. TRAEGER	(848) 333-6375	4th Monday	7 pm Willow Ceramic	E. TRAEGER	
42	NATURE CLUB	G. PRELICH	(732) 668-1199	4th Monday	7 pm Willow	B. ZATKOW	bvzeditor@gmail.com
43	NIGHTINGALES GROUP	C. SIMON	(732) 657-3447	2nd Friday	1 pm Willow A & B	C. SIMON	
4	ORT	S. KARSH & A. SHAW	(732) 864-7397	1st Thursday	7 pm Club Encore	S. Karsh	sbk33yrs@yahoo.com
45	PET CLUB	G. O'CONNOR	(908) 510-4278	4th Wednesday	7 pm Club Encore	D. MILLER	christmasstar10@gmail.com
46	PICKLEBALL	E. TRUBERG	(502)345-0711	Mon., Wed., Fri.	6:30 pm Pickleball Court	E. TRUEBERG	ellentruberg@gmail.com
47	PINE TREE QUILTERS CLUB	N. WEBB	(732) 657-5534	Wednesdays	1 pm Club Encore Ceramic		
48	PING-PONG CLUB	P. GUDEWITZ	(732) 330-5450	Tue,Thur-Sun	Leisure Fair	W. FAULKER	wcfaulkner@aol.com
49	RECYCLING	J. ERCOLINO	(732) 988-3980	Thursdays	Back Lot Club Encore	J. ERCOLINO	jozem66@yahoo.com
50	RUMMY-Q CLUB	S. OLSEN	(732) 657-8263	Fridays	6 pm Leisure Fair	S. OLSEN	
51	RV CAMPING & SOCIAL CLUB	C. BRIGNOLA	(732) 657-8856	3rd Thursday	7:30 pm Willow	C. BRIGNOLA	
52	SERVICE CLUB	M. WALTERS	(732)-604-9539	4th Tuesday	9:30 am Willow	N. KOCH SCHWARTZ	1968nedianne@gmail.com
53	STAINED GLASS GROUP	M. FRIELICH	(732) 657-2674	Wednesdays	9:30 am Club Encore Ceramic	M. FRIELICH	maxwell1159@msn.com
					8:45 am Monday &		
54		P. VIDAL PECK	(602) 758-6111	Mon,Tue	7:45 pm Tuesday Willow	P. VIDAL PECK	
55	TABLE SHUFFLEBOARD CLUB	P. DENET	(732) 408-7669	Sunday	11 am Leisure Fair	P. DENET	p.denet@aol.com
56	VETERANS CLUB	S. PERLMAN	(732) 657-3843	2nd Monday	3 pm Willow	S. PERLMAN	
57		J. GENTILELLA	(732) 657-1818	Mon,Wed,Fri	9 am-11 am Willow	K. MAIOCCO	kmaiocco0906@gmail.com
58	WEST VILLAGE PLAYERS CLUB	L. HAASE	(732) 323-1753	4th Tuesday	7 pm Willow		
59	WESTERNAIRES	J. DECKER	(760) 715-0966	Tuesday/Friday	9:30 am Willow	M. EARLMAN	ntmae@verizon.net
09	WINNING HANDS CLUB	L. KRUTEY	(732) 606-7241	Wednesdays	6 pm Leisure Fair	L. KRUTEY	
61	WRITERS GROUP			2/4th Thursdays	2:30 pm Club Encore		
					9 am Mon & Fri		
					8:30 am Wed		
				-	9:45 am Sat		
C3			1000) 607 0025	Mon, Wed, Fri, Cat 8, Gun	9 am Sun Laicura Eair		
3		C. WILDON		סמר מ סמו			
63	SIMPLY YOGA (FREE)	L. KAY	(732) 408-6193	Wednesday & Saturday	u am weg it.it am sat Leisure Fair		
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# **Puzzle Solutions**

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# **Classified Ads**

# Deadline: First of each month for the following month's publication.

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#### **Costume Jewelry Repair/Design**

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#### Leisure Village West News Classified Ads

Classified advertisements appear in the Leisure Village West News monthly magazine only. This magazine reaches 2,692 homes each month. Classified ads are accepted under the categories of Services, Real Estate Rentals & Sales, Merchandise for Sale and Merchandise Wanted. Cost is \$15 for up to 15 words (published one time) or \$40 for 15 words (published three months) (and 75 cents for each additional word.) Deadline for Classified Ads is the first of each *month* for the following month's publication. All submissions must be in writing (no phone calls). Your telephone number counts as one word. Payment by check to LVWA is payable at the LVW Recreation Office at Willow Hall, 9 a.m. to 4 p.m. weekdays. No refunds. No photos. Or Mail to: LVW Recreation Office, Willow Hall, 1 Buckingham Drive, Manchester, NJ 08759 Please check your ad for accuracy when it runs the first time to be sure it is correct. No Refunds.



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