



THE VOICE

FOUR SEASONS NEWSLETTER
The Official Newsletter of Four Seasons at Wall H.O.A.




APRIL 2019
VOLUME 20 ISSUE 4



Photo by Bob Wehner

*“We don’t stop playing because we grow old;
we grow old because we stop playing.”*

-George Bernard Shaw



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Officer: Treasurer – Ray Kaden

Community Manager – Chuck Braun
chuck.braun@fsresidential.com

Administrative Assistant – Nancy Lindstrom
nancy.lindstrom@fsresidential.com

***** Wednesday Open Meetings *****

Wednesday, April 17, 11:00 AM
Wednesday, May 1, & 15, 11:00 AM

***** 2019 General Membership Meetings *****

Wednesday April 17, 7:30 PM
Thursday July 18, 7:30 PM
Thursday October 17, 7:30 PM

***** Candidates Night *****

Wednesday September 4, 7:30 PM

***** Annual Membership/Election Results Meeting *****

Tuesday September 24, 7:30 PM

Staff of The Voice

Ann Alexander, Joan Daurio,
Terry Eirich, Betty Kapalla,
Walter Nicholson, Carol Oberhauser,
Dan O'Connell, Jim Smith, Bob Wehner

Deadline for *The Voice* is the 25th of the month. If the 25th falls on a weekend, the deadline is the preceding Friday.

Please send your articles for *The Voice* as an MS Word attachment to:

Nancy Lindstrom at nancy.lindstrom@fsresidential.com

***The Voice* staff is committed to producing a newsletter that publishes timely information and announcements for, about, and by the residents of Four Seasons.**

- News articles and announcements will be given first priority. Human interest and other “features” are welcome and will be printed as space permits. Articles may be edited.
- No editorials, letters-to-the-editor, or articles of a political nature will be printed.
- No material of any nature that has appeared in another publication will be accepted.
- Monthly deadlines will be strictly observed to allow the production time necessary for publication.
- Your cooperation is appreciated.

Due to the nice warm winter we had here our community needed no snowplow service through the start of spring. Our total savings were about \$50,000 which had been budgeted. Also, the roadway crack sealing was postponed until this coming fall.

Upcoming in late April is the ballot asking owners to approve installing a solar panel system on parts of the clubhouse to save us power costs over the coming years. We ask everyone to please cast their ballot when you receive it. Don't allow others to make the decision for you by not voting. If you didn't attend the first solar briefing, mark your calendar for April 11th at 7:00 pm. On that date, as promised, the Finance Committee will have the final information session for those who missed the first one to explain the in-depth financial case.

The Pool committee has some news. There are new expanded hours in April for children visiting for their spring break. Also, you will see in next month's *Voice* and on our website the new rules and time changes for our Pool season. Copies will be available in the clubhouse. Finally, the Pool Committee is searching for a new pool manager since our former manager has resigned. So, if you know someone with some pool experience who is out of high school please let Chuck Braun know.

The conservation area signs informing people of trespassing violations are now posted and the cameras are in place. Please let the gatehouse know immediately if you see anyone roaming around in that area on the hill west of Deer Meadow Pond. Do not approach or reprimand the people but do call the gatehouse who will notify Wall Police.

Our new landscape contractor has been working diligently on our common areas to beautify the property for the spring. One serious concern has been brought to the Board's attention: since all grass clippings will now be collected while mowing, our contractor will not enter and service your property if any dog droppings have not been picked up by the owner. Already, we have been made aware of a few property owners who are not diligent in removing the dog waste immediately.

A reminder to residents who have concerns or questions about their sprinklers to email our landscape company (Landscape Maintenance Services, Inc) at fswall@lmsprinceton.com and have them generate a service request for an appointment. If you do not email you can call 908-359-9868. Please do not ask the LMS irrigation men who are in your area to look at your particular problem. They are servicing those who have made appointments and are on a fixed schedule. If you have been unsuccessful in

Continued on page 4

cont'd from page 3

getting an appointment or service, call the management office at [732-223-2289](tel:732-223-2289) and seek assistance from Chuck or Nancy. All lawn service and maintenance related matters are still handled through the management office. Please call us at [732-223-2289](tel:732-223-2289) or email us at chuck.braun@fsresidential.com or Nancy.lindstrom@fsresidential.com.

It's spring cleaning time so please pay attention to the outside of your house. Due to our wet winter mildew and mold have formed on many houses and need to be addressed by the homeowner. Many pump sprayer products can be applied to remove this or you may have to power wash the siding. If you have this problem please address this immediately.

You may notice the paint markings on some of our walkways where contractors are being hired to repair those spots that have become uneven over time. Please be careful when walking.

The pre-school building under development at the back property should be finished construction by the end of April. Please see the latest details provided to us by the developer by logging on our website www.fourseasonswallnj.com. The tract of land to be developed for houses has still not closed so there are no plans available at this time.

Board of Trustees Approvals/Actions

March 6, 2019 Open Board Meeting

- The Board Members approved two House and Rec Committee approved activity requests: 1) Four Seasons Chorale Holiday Concert rehearsals on Saturdays from 9:30 AM to 11 AM starting on September 21, 2019 through November 30, 2019. Dress rehearsal on Wednesday, December 4, 2019 at 7 PM, 2) Mixed Bocce from May 13, 2019 through July 26, 2019 (Mondays/Fridays/Saturdays), from 9 AM to 12 PM.

- The Board Members approved the three-year Landscape Maintenance Services irrigation contract: 2019 - \$90,098.12, 2020 - \$93,296.87, 2021 - \$96,495.62 (all amounts include NJ sales tax)

- The Board Members approved Aspen Tree Experts proposal for a total of \$3,374.68 for tree removals/stump grindings (Association incurs \$500.00 deductible and Selective Ins. will reimburse \$2,874.68)

March 18, 2019 Open Board Meeting

- The Board Members approved two House and Rec Committee approved activity requests: 1) Golf Breakfast on Thursday, April 18, 2019 from 9 AM to 10 AM in the ballroom, 2) Events Planning's Casino Night (date change) from Thursday, October 24, 2019 to Saturday, October 19, 2019.

- The Board Members approved Aspen Tree Experts proposal for total of \$2,612.31 for a soil drench treatment to prevent the Eastern Ash Borer infestation on 157 ash trees.

- The Board Members approved Aspen Tree Experts proposal for total of \$911.65 for a three-part foliar treatment to all the Association cherry trees on Cooper Blvd., Wishing Well Lane and Rabbit Run.

- The Board Members approved Carl's Fencing proposal for a total of \$645.72 to replace two vertical posts on the drop rail fence at the rear vicinity of 2524 Sparrowbush Lane.

- The Board Members approved Red Hawk Fire & Security Annual Fire Alarm Testing and Inspection for a total of \$811.68.

OPEN BOARD MEETINGS

Wednesday April 17 and Wednesday, May 1
At 11:00 AM

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Solar

Solar: Go Green and Save on Energy Costs

Your Board of Trustees, together with the Finance Committee, has done extensive research and determined that introducing solar energy to our clubhouse will provide immediate and ongoing financial benefits to reduce electricity costs for our community.

The Board has already begun the process of converting clubhouse lighting to LED bulbs to reduce electricity costs. Solar energy, in tandem with LED lighting, will allow for maximum efficiency with reduced energy costs, and reduced operating costs. Electric costs currently account for 2.3%, or \$33,250, of our annual operating budget. Finance estimates that, with solar, these costs will be reduced by 25%. While the Board is always looking for ways to save on expenses, we find that, with a 20 year-old community to maintain, these opportunities are not plentiful.

The introduction of solar energy is cost neutral for our community. NO SPECIAL ASSESSMENT will be necessary for solar energy installation. Expenses for the project will be borrowed from our Replacement Reserve Fund (RRF). Repayment of the RRF will come from the credits our community will receive from the State of New Jersey over ten years. We expect the RRF to be fully repaid within the first 7 years. We will then receive three additional years of credits which will add to our stable financial base. We believe this makes sound financial sense.

Please consider attending the second community Solar financial briefing scheduled for **Thursday, April 11 at 7:00 PM**. After the April 17 general residents meeting, you will receive a ballot asking you to vote on this cost-saving initiative. The Board is encouraging you to vote **“YES”** on this ballot. Please make up your own mind and do not be influenced by others.

Don't let others hijack your vote - return your ballot!

-Board of Trustees



HOUSE & RECREATION

The H&R meeting was held on March 5.

Topics discussed included:

- On The Go; no one has stepped up to reactivate this club as yet. Sunrise Travel will be contacted to see if they would be interested in planning trips for Four Seasons' residents.

- Art Studio; there have been questions of whether this would be restarted. Anyone willing to help should contact H&R or the Events Planning Committee.

- 2019 Community Yearbook; the company who created prior years is expected to be in contact this spring. Help will be needed.

- Welcome Wagon; a WW for new residents is being planned for April.

- Discount Program; the program for Four Seasons' discounts at local businesses is in need of a new manager. To offer to help, contact H&R.

- The next H&R meeting will be Tuesday, April 2.

Event Highlights for 2019 -

Bake Sale (Apr 13)

First 2019 Happy Hour (Apr 25)

Welcome Wagon (Apr 27)

Kentucky Derby Party (May 4)

Fashion Show (May 21)

Opening Pool Party (May 25)

Sunset Dessert (June 12)

JukeBox Dinner (June 20)

The Brass Tacks (Sept 12)

Casino Night (Oct 19)

Chorale Concert (Dec 6)

Holiday Party (Dec 8)

Remember to watch *The Voice*, the **Website**, both the **Clubhouse Bulletin Boards** and **Countertop** for more events and details.

-Harry Nickel



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UPCOMING EVENTS

	<p>Saturday, April 13</p> <p>Women's Club Bake Sale / 10:00 AM - 12:30 PM - Ballroom</p> <p>(Tickets for May 21 Essex-Sussex Luncheon/Fashion Show Fundraiser will be sold in Foyer!)</p>	
<p>Monday, April 15</p> <p>Singles Club</p> <p>Annual Movie/Pizza Party</p> <p>Movie 4:00, followed by Pizza.</p>		<p>Wednesday, April 17</p> <p>General Meeting</p> <p>7:30 PM - Ballroom</p> 
<p>Holy Week</p> <p>Sunday, April 14 - Palm Sunday</p> <p>Friday, April 19 - Good Friday</p> <p>Sunday, April 21 - Easter</p>	<p>Holy Week</p> 	<p>Friday, April 19</p> <p>Passover Begins</p> 
<p>Monday, April 22</p> <p>Earth Day</p> 		<p>Thursday, April 25</p> <p>First Happy Hour</p> <p>Sign up for Pizza BYOB - 5:30 PM</p> 
	<p>Saturday Morning, April 27</p> <p>Welcome Wagon Reception - Newcomers Watch for Details.</p>	
	<p>Monday, April 29</p> <p>Women's Club</p> <p>Board Meeting</p> <p>9:30 AM</p>	<p>Saturday, May 4</p> <p>Kentucky Derby</p> <p>Starting at 5:00 PM</p> <p>BYO Everything</p> <p>No Sign-Up - Just Come to Ballroom!</p> 
<p>Monday, May 6</p> <p>Women's Club</p> <p>General Meeting - 9:30 AM</p>	 <p><i>"American Women + Royal Marriages"</i></p>	<p>Sunday, May 12</p> <p>Mother's Day</p> 
	<p>Week of May 13</p> <p>Mixed Bocce Begins!!</p> 	 <p>Monday, May 20</p> <p>Women's Club</p> <p>Board Meeting - 9:30 AM</p>
<p>Tuesday, May 21</p> <p>Women's Club Luncheon / Fashion Show</p> <p>11:30 AM - Essex & Sussex in Spring Lake</p> 	<p>Wednesday, June 12</p> <p>Women's Club Sunset Dessert</p> <p>6:00 PM - Officers Installed / Scholarship Awarded + Much More</p>	
	<p>Thursday, June 20</p> <p>Live 'Jukebox Legends' + BBQ Supper 5:30 - 8:30 PM</p> <p>Selling Tickets: Friday, May 17 Clubhouse Foyer - 10 AM - Noon</p>	



**Arthur W. Potts Memorial Post
529
“Veterans helping Veterans”**



Why the Poppy?

2019 is the American Legion’s centennial year. Probably no symbol is more synonymous of the American Legion than the Poppy. Why the Poppy?

The symbolism in wearing a red poppy can be traced to the efforts of one woman, Moina Michael. In 1918, she was inspired by the poem “In Flanders Fields,” written by Canadian Lt. Col. John McCrae, a medical doctor. McCrae penned his famous war poem in 1915 for the funeral of a fellow friend and soldier, Alexis Helmer, who died during the Second Battle of Ypres.

After reading “In Flanders Fields,” Michael wrote a poem of her own titled “We Shall Keep the Faith.” The last stanza expressed her idea to wear a poppy:

*And now the Torch and Poppy Red
We wear in honor of our dead.
Fear not that ye have died for naught;
We’ll teach the lesson that ye wrought
In Flanders Fields*

Michael decided she would always wear a poppy to honor the fallen, and shared her idea with businessmen attending a conference at her workplace. They were so encouraged by the idea they gave her \$10 and asked her to purchase poppies for them to wear-essentially the first time a donation was accepted in exchange for the small flower.

The following year (1920), Michael’s efforts were recognized by The American Legion and the American Legion Auxiliary when both organizations adopted the poppy as the national memorial flower during their annual conventions.... (American Legion Magazine/May 2018)

Next month, on May 24 and May 25 at ShopRite, Post 529 will continue the 99-year tradition of exchanging a POPPY FOR A DONATION. Please come out and support our effort. Every dollar received will be donated to a veterans services organization. Last year monies were donated to Lyons Veterans Hospital and NJ Veterans Memorial Home in Menlo Park.

-Rich Murray for Post 529



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WOMEN'S CLUB

Photo by Marilyn Carpini



Whether you attended just one or all four of "Professor" **Hank McNally's** lectures on various aspects of Irish culture and the historical figures who shaped it, you will surely be prepared to run the category next time *Jeopardy* has a category for "Irish History". At the final lecture on March 21, Women's Club Co-President **Barbara Sands** (right) and Luncheon Co-Chair **Jo Ann Schwarzbek** (neither are related to the "Troublesome Women" discussed in the lecture) thanked Hank for donating the proceeds of the March lecture series to the upcoming luncheon/fashion show fundraiser for Caregiver Volunteers of Central Jersey.

-Julie McClure



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WOMEN'S CLUB

Photo by Sheila Devenish



A wide spread of sinfully delicious goodies was provided by (from left): Lorraine Garra, Ann Tortorella, Fran Hamill, Carol Notte, Eleanor Burns, Rose Taylor and Pat Schueler.

MARCH READING TO CHILDREN WOMEN'S CLUB PROJECT

Photo by Linda Roszkowski



Here's a sample of the colorful, fun ocean artwork on display in the Wonder Wing gallery of Monmouth Museum on the campus of Brookdale Community College. Pat Coyle, Linda Roszkowski, Ellen Maffey-Koons and Barbara Murray helped celebrate Dr. Seuss' birthday by reading to the children and inspiring creative artwork.

WOMEN'S CLUB

Next Meeting: Monday, May 6, 2019 – 9:30 AM

It is April. The snowbirds are returning and there is (or will be soon) a royal baby in England. The Women's Club is excited to welcome Professor Melissa Ziobro to our May meeting. Why? She is the Specialist Professor of Public History at Monmouth University in West Long Branch, New Jersey. Her subject is *American Women and Royal Marriages*.

Last year we were all agog in May when Prince Harry wed American Actress, Meghan Markle, but did you know that marriages between Americans and European nobles once happened by the hundreds? During the Gilded Age, wealthy American heiresses married impoverished European nobles by the score. The marriages secured social status for "new money" American families who were often slighted by the established elites in their own country. The infusion of American dollars allowed the impoverished nobility across the Atlantic to continue to maintain the lifestyles to which their families were accustomed for generations: think Lord Grantham of *Downton Abbey* and his American wife, Cora. Some of these brides had New Jersey roots: there was Lady Monson (née Romaine Stone of Morristown), Lady Roberts (née Elizabeth Marie La Roche of Harrington Park) and Princess Miquel of Braganza (née Anita Stewart of Elberon). Join us to discuss the so-called "dollar princesses" of the Gilded Age. This will be a very interesting talk.

Do not forget to mark **June 12, 2019** on your calendar, for that is the evening of our **Sunset Dessert** with champagne, raspberries and our handsome waiters. This is a **Wednesday**, not our usual Monday evening affair. We have a special program planned with the installation of our new officers, scholarship recipient and fun entertainment. Read about it in the May edition of *The Voice*.

If you need a ride to our meeting, call me at 732-528-8194 and I will arrange it. Also, if you are having a hard time finding handicapped parking for the meetings, call

and a ride and drop-off can be arranged.

-Ann M. Alexander

Social Concerns

When writer's block strikes (as it did while pondering a creative way to tell you about the upcoming spring clothing drive), I have to admit that I love to "google", and what you can find through a quick Internet search never ceases to amaze me. So here's what came up when I put in "spring cleaning": "**15 Inspirational Quotes to Help You Tackle Your Spring Cleaning To-Do List**"unfortunately, I might have to report this article as "fake news" because inspired I wasn't. BUT, I did sort of like this quote from *John D. Rockefeller*: "**Don't be afraid to give up the good to go for the great.**" Now you may not be as rich as Rockefeller, but surely you would love to clean out some of those "good" enough clothes in your closet to make room for some "great" updated replacements!!! And that's where the spring clothing drive comes in. Once again the Social Concerns Committee will be conducting a spring clothing drive to benefit **Mercy Center** in Asbury Park. Women's and men's clothing, shoes and accessories will be collected in front of the Clubhouse from 9:30 AM to 11:00 AM on **Wednesday, May 29**. Only clothing appropriate for warm weather should be donated. We are also seeking donations of personal hygiene items. So start cleaning out those closets!!! Remember, don't be afraid to give up the good someone in need may think it's really great!!!

By now you should have your **Luncheon/Fashion Show** ticket tucked away in a safe place, but with an accompanying notation on your calendar to bring the ticket on **May 21** to the *Essex & Sussex* because you need it to be admitted!! Valet parking will be available and festivities begin at 11:30 AM. There will also be beautiful gift baskets on display to be taken home by lucky raffle ticket holders. (Tickets will be 10 for \$10 or 25 for \$20.) And as a reminder:

The models will wear white pants,
With fashions, and more, that enhance.
We're practicing our smiles to go with the styles,
And, yes, you will see us prance!!

But we also just couldn't resist,
We're doing this all with a twist!!
There's nothing too trendy,
No fashions by Fendi,
What we're modeling is from **Center Square Thrift!!**

Upcycling – it's today's newest fashion trend.

- Julie McClure, Peggy Morris



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Book Review

Something in the Water

This is a great read for the beach. Its opening line, "How long does it take to dig a grave..." will rivet you to the book, as the author, Catherine Steadman, takes you back three months to a perfect couple, very much in love, planning their wedding, honeymoon and the rest of what is to be a wonderful life. As an aside, Catherine Steadman is an actress and has done the audible reading of her book to great accolades. If you are a fan of listening to books, you might try this.

Mark and Erin journey to a super romantic resort in Bora Bora for their honeymoon. They are in their thirties and ready to start a family. He is in banking and she is a documentary filmmaker who has just gotten a big break. However, there is trouble in paradise. Mark has lost his job and prospects for a new one are not working out. Erin is not worried because Mark is able to "compartmentalize" his life. Erin's film will be about three prisoners in British jails who are about to be released. She will interview them in prison, follow their release, and interview them at home.

Even though Mark has no prospects, they head out to a first-class resort for their honeymoon, staying in one of the over-water hotel cabins. They go scuba diving and as their boat returns to the hotel, in the middle of the Pacific Ocean, they hear a thump, thump on the side of the boat and pull in a locked duffle bag.

The story progresses quickly because they choose to open the bag. Who could it hurt? Bad decision after bad decision leads them down a path from which there is no return. Mark's business troubles and Erin's prisoners are all interwoven into the story. Lies, greed, death and different meanings of love all enter their lives. There is maternal love, filial love and romantic love. The circle ends as Erin digs a grave for her beloved Mark. What has happened? Read the book.

-Ann M. Alexander



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NURSES CORNER

Recognizing Signs and Symptoms of a Stroke

A stroke occurs when the blood supply to part of the brain is suddenly altered. Brain tissue may either be deprived of oxygen and nutrients or drowned in blood. This can cause brain cells to die quickly or become severely damaged, resulting in temporary or permanent changes to your brain function and body. The signs and symptoms of a stroke can include trouble walking, speaking, seeing, understanding others, or moving one side of your body, and they can appear suddenly. They may be permanent or, in some cases, last a short time and disappear. Doctors must quickly determine what is causing your stroke.

Types of Stroke

There are two main types of stroke: ischemic and hemorrhagic. Almost 90% of strokes are ischemic strokes. They take place when the arteries to the brain become narrowed or blocked, causing severely-reduced blood flow which deprives brain cells of oxygen and nutrients (ischemia). If this continues even for a few minutes, brain cells can start to die. The most common Ischemic strokes are:

Thrombotic stroke – This occurs when a blood clot (thrombus) forms in one of the arteries that supplies blood to your brain. A clot usually forms in the areas that are damaged by atherosclerosis, a disease in which the arteries are hardened and clogged by fatty deposits (plaque). This process can occur within one or both carotid arteries of your neck, but also can occur in other arteries in your neck and brain.

Embolic stroke – This occurs when a blood clot or other material forms away from your brain in an artery or in the heart or some other site and is swept through your bloodstream into a brain artery. This material, called an embolus, commonly forms in your heart and is often caused by an irregular beating of the heart's upper chambers (known as the atrium) called "Atrial Fibrillation" which is an abnormal rhythm. This rhythm can lead to uncoordinated irregular heart contractions, pooling of blood in the heart chambers and formation of blood clots that then travel elsewhere.

A **TIA –trans ischemic attack** – sometimes called a mini-stroke, is similar to an ischemic stroke because it most frequently occurs when a clot or a small plaque blocks blood flow to part of your brain. This blockage is temporary and may disappear within an hour. If signs and symptoms of trans ischemic attack last longer than 24 hours, it is considered a stroke.

Hemorrhagic strokes are less common than ischemic strokes. However, these strokes, which occur when a blood

vessel in the brain leaks or ruptures, are very serious. The two main categories of hemorrhagic are:

- **Intracerebral Hemorrhage** - when a blood vessel in the brain bursts and blood spills into the surrounding brain tissue damaging cells. High blood pressure (Hypertension) is the most common cause of this form of stroke.
- **Subarachnoid hemorrhage** starts in an artery of the brain and the lining of the brain called the arachnoid is commonly caused by the rupture of an aneurysm limiting blood flow to parts of your brain.

Risk Factors

Hypertension: Higher than normal blood pressure is the most potent risk factor for strokes.

Cholesterol: High levels of "Bad" low density lipoprotein (LDL) cholesterol and triglycerides increase plaque, leaving them vulnerable to hemorrhage and atherosclerosis.

Smoking: Promotes atherosclerosis, makes your blood thicker and more likely to clot.

Lack of exercise: Your heart is a muscle and requires exercise as well as all other muscles.

Diet: What you eat is extremely important. Add fruits, vegetables and fish to your diet. Avoid meats and fatty foods.

Genetics: Family history.

Much more information is available. There is a great deal of information from the American Heart Association, Mayo Clinic and numerous other resources. The more knowledge you have is the first step. Your brain will thank you later. Next month I will discuss some of the new devices that are being used in your heart.

-Aine Lynch Powers, R.N., M.S.N.





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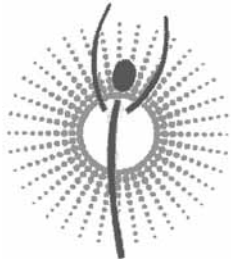


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SINGLES CLUB

To the Singles Club members who missed Trivia Night at the March meeting, you missed a really enjoyable evening. Everyone won a prize! The group thanked yours truly, your host, for the evening. Marilyn and Mae Ayers provided the abundance of dessert treats. Thank you to Mae for your contributions.

Our next meeting will be held on Monday, April 15, and the program will consist of a late release movie followed by pizza and dessert. The movie will be shown at 4:00 PM and pizza will follow. Our hosts will be **Ollie Kraemer, Terry McCormick** and **Mae Ayers**. Please sign up at the clubhouse on the counter, so that we can plan for the correct amount of food. There is no charge for paid members.

-Marilyn Carpini



IN MEMORIAM

Clare Margaret DeSanto Schlich

March 4, 2019

Louis T. Aiese

March 26, 2019

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GARDEN CLUB

The Garden Club will meet in the ballroom on Thursday, April 11. Refreshments will be served at 9:30 AM, followed by a brief business meeting at 10:00 AM. All Four Seasons residents are welcome. Any questions, please call me at 732 528 3534.

-Lorraine Walsh



GOLF CLUB

For those of you who are, or would like to be, members, the Four Seasons Golf Club is having an opening day meeting on April 18 from 9-10:30 AM in the ballroom. We will be reviewing the protocols and procedures for establishing tee times at county golf courses and car driving for this year. Bagels and coffee will be available. Also, if you have not done so already, please make out a membership check for \$10.00 payable to Four Seasons House and Recreation and drop it off in Joe Walsh's basket outside his home at 1504 Baker's Place. We look forward to seeing you there and kicking off a great year of golf.

-Craig Sands



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MIXED BOCCE

The Mixed Bocce season begins the week of May 13, with games being played Monday, Friday and Saturday mornings. There was a page in the February issue of *The Voice* (pg. 26) describing the process, with a registration slip at the bottom. If you would like to sign up, or have any questions, please contact me soon. The Monday league is almost filled, but there are still several vacancies for the Friday and Saturday leagues. If you ask around, you'll hear that everyone who has ever played has enjoyed it very much. It's especially a great place to meet newer residents, or if you are a newer resident yourself, it's a great place to meet others who have been here a while!

-Joan Daurio



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Croquet Sign-up 2019

9:15

10:00

10:45

**The season will start Thursday,
June 27, 2019.**

It will continue on through Thursday August 22, with a Championship 9:15, Thursday. August 29. Play is Thursday 9:15, 10:00 and 10:45.

We will have an Introduction to croquet for NEW players May 23 and May 30, from 9:00 to 10:30. Everyone is welcome.



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April

Some reflections on April. No, not April the giraffe who gave birth up in Harpursville, New York in front of a YouTube audience of 300,000 enthralled viewers in March. Really! I'm reflecting on the *month* of April. April derives its name from the Latin "aperire", meaning to open. (*The things you learn from these scholarly Pulitzer style articles.*) It refers to the opening of buds of spring.

April, however, is a funny month, not hilariously funny, but rather a strange month. You're never sure what will happen in April. Oh sure, some will sing of April showers bringing May flowers and of course, this year, April will brag about containing Easter and Passover.

It's really a month of HOPE.

We hope it brings no snow.

We hope it's the end of bitter cold days.

We hope spring is really here.

We hope the Snowbirds arrive back home safely.

We hope the flower buds will not experience any frost.

We hope the blooming flowers will not be temptations for the deers' midnight buffets.

We hope all Four Seasoners enjoy April – So, grab an umbrella and go for it!

PS...Congratulations to April the giraffe on the birth of her second son.

-Tom Kane



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EVENTS NEAR AND FAR

New Jersey Restaurant Week begins April 5 thru April 14. Enjoy a three-course meal with your choice of an appetizer, entrée and dessert for either \$22.19 or \$32.19. Call your favorite restaurant for details.

Pollack Theatre at Monmouth University will be showing THE NILE HILTON INCIDENT on Tuesday, April 23 at 7:30 PM. A maid witnesses a murder at an upscale hotel and a policeman is assigned to the case, but it soon becomes clear that important people don't want the case solved.

Recycling Just a reminder that your water bottle may be recycled but its cap should be removed. Be sure to look for the recycling triangle on the bottom of your recyclable plastic containers.

Manasquan High School A new science wing at Manasquan High School is now complete following construction approved in a 2017 referendum.

Spring Lake Sculptures The life-sized sculptures that inhabited downtown Spring Lake in the fall of 2016 will be returning to the shopping district this spring, much to the delight of local residents and businesses. East Coast residents are familiar with Mr. Johnson and his work through the 42-acre Grounds for Sculpture in Hamilton, NJ. For further information, please call 310-264-2400 or visit the organization's website; sewardjohnsonatelier.org

Wall Township Board of Education has introduced proposed changes in school district policy on transgender students that would comply with the state guidelines.

-Terry Eirich

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Thank you, Micheal
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Contractors' List

The Four Seasons Contractors list was developed by the Singles Club back in the early history of this community as a service to their membership. Periodically it has been revised by myself. The list is made available to all Four Seasons residents from the counter in the clubhouse. It has also been distributed by the management office when they meet with new residents. This list has proven to be a valuable resource for our residents.

The last update was in 2015, so I would like to update it once again. I ask any resident (not only singles) to submit the name of one or more contractors you have used and found to do quality work at a fair price. All categories of home improvement and maintenance are acceptable; this includes interior and exterior work from landscaping, patios, painting, plumbing, to window washing, etc. Please submit the name, phone number and type of work the contractor performs. Also include your name as the person making the referral. I ask additionally if you have had an unsatisfactory experience with a contractor to alert us, so that name does not appear on our list.

Beginning with the **April** issue of *The Voice* I will have a drop box on my front porch (2602 Lantern Light Way) to collect the contractor information. I will collect information until **May 15**. The information will be compiled and an updated list will be available by the end of **June**. I thank you in advance for your participation.

-Ginny Orbe





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How about that beautiful painting from your cruise or that visit to Europe – can't find a place to hang it?

Golf clubs taking up too much room in the garage – the lamp that doesn't fit in your new décor.

The Singles Club will be holding a “Yardsale” without the yard on May 20, 2019 – 6:00PM to 8:00 PM in the ballroom. Look into your storage areas and see what items you can sell and let us know if you would like to reserve space on our sale tables.

There will be a nominal fee of \$3.00 to display your goods. Any money you get for your “stuff” belongs to you. Money raised from the participants' fee will go to the Singles Club.

If you're interested, and why wouldn't you be, send or bring your \$3.00 reservation fee to:

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Dan Murray 732-292-1040

Walter Nicholson 732-223-3905

Mario Valeriani 732-528-2116

Robert Wehner 732-223-3656

Any resident in need of a ride to a Monmouth or Ocean County medical facility or a doctor's office may contact one of the above coordinators.

MTA is looking for coordinators and drivers to update our Medical Transportation list. Please contact **Walter Nicholson** at 732-223-3905 or email Mcglynnnich@att.net. Thank you.

-Walter Nicholson



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スウドク

Answers on page 34

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

Sudoku requires no calculation or arithmetic skills. It is essentially a game of placing numbers in squares, using very simple rules of logic and deduction.

The objective of the game is to fill all the blank squares in a game with the correct numbers. There are three very simple constraints to follow. In a 9 by 9 square Sudoku game:

- Every row of 9 numbers must include all digits 1 through 9 in any order
- Every column of 9 numbers must include all digits 1 through 9 in any order
- Every 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9

Every Sudoku game begins with a number of squares already filled in, and the difficulty of each game is largely a function of how many squares are filled in. The more squares that are known, the easier it is to figure out which numbers go in the open squares. As you fill in squares correctly, options for the remaining squares are narrowed and it becomes easier to fill them in.

CALENDAR OF EVENTS APRIL 15, 2019 THRU MAY 15, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
15 April 4:00pm Singles Club	16 9:00am Finance Committee	17 7:30pm General Membership Meeting 9:30am Social Concerns	18	19
22	23 4:00pm Computer Club	24 9:00am Investment Club	25 BULK	26
29 9:30am Women's Club Bd Mtg	30	1 May	2 1:00pm Pool Committee	3 4 Saturday 5:00pm Kentucky Derby Party
6 9:30am Women's Club Gen Mtg	7 9:00am H&R	8	9 10:00am Garden Club	10
13 4:00pm American Legion 4:30pm Book Club	14 9:30am Events Planning	15 9:30am Social Concerns		

WEEKLY RECURRING EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
8:00am Mermaids 9:00am Advanced Yoga 9:30am Power Walk 9:30am Water Lilies 1:00pm Shanghai Rummy 7:30pm Bingo	8:00am Mermaids 9:30am Gentle Yoga 9:30am Water Lilies 1:00pm Shanghai Rummy 7:30pm Bingo	8:00am Mermaids 9:30am Bridge Instruction 9:30am Power Walk 9:30am Water Lilies 12:30pm Bridge 1:00pm MahJongg	8:00am Mermaids 9:00am Advanced Yoga 9:30am Water Lilies 12:30pm Bowling 1:00pm Canasta 7:00pm MahJongg 7:00pm High Rollers	8:00am Mermaids 9:30am Power Walk 9:30am Water Lilies 1:00pm Shanghai Rummy 1:00pm Bridge 7:30pm Movie

TRASH, RECYCLING, BULK & BRUSH

HOUSEHOLD TRASH: Every Tuesday

Single Stream Recycling: Every Thursday

BULK: The 4th Thursday of each month

LEAVES: Put out Sunday April 21 **BRUSH:** Put out Sunday May 19



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Peripheral Neuropathy

is a condition that affects millions of Americans, commonly resulting in pain, tingling, numbness, and other painful symptoms in the hands, legs and feet. This pain changes your life and affects how you work, how you play and how you live.

How do you know if YOU have Peripheral Nerve Damage?

Peripheral neuropathy is the consequence of damage to your peripheral nerves. There are over 100 different kinds of peripheral nerve disorders or neuropathies – some are the result of a disease like diabetes, while others can be triggered by a viral 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.

Many people suffer with pain for years, not realizing that their symptoms may be due to Peripheral Neuropathy. Symptoms start gradually, then get worse, including numbness, burning or tingling sensations and sharp, electrical-like pain. 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. If you suffer from any of the aforementioned symptoms, we can help.

New FDA-cleared treatments provide hope

Northeast Spine and Sports Medicine 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.

What does Peripheral Neuropathy look like?

Healthy Nerve Cell

Properly processes sensory information to the brain:



Damaged Nerve Cell

Sends incorrect signals to the brain, from phantom pain to tingling and numbness:



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 feel relief physically throughout the treatment period and even feel better emotionally after experiencing a reduction in pain.

Why Northeast Spine & Sports Medicine?

Northeast Spine and Sports Medicine offers some of the most advanced, non-surgical, FDA-cleared procedures for relieving chronic pain. Our multidisciplinary 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.

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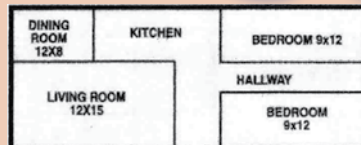
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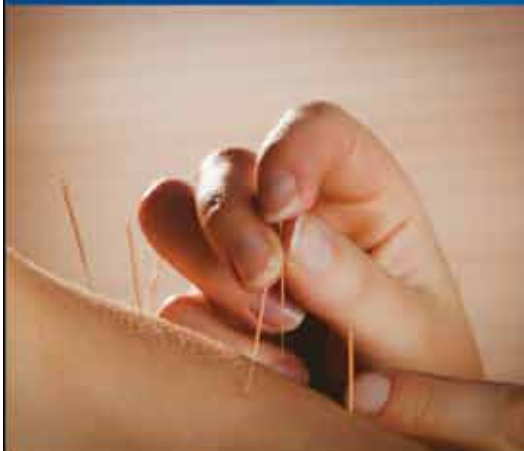
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