



THE VOICE

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




JUNE 2019
VOLUME 20 ISSUE 6



*“Fishing season is finally here
at Deer Meadow Pond”.*
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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732-223-2289

Community Website: fourseasonswallnj.com

Board of Trustees

President – Barbara Roche
Vice President – Tom Coyle
Secretary – Marilyn Carpini
Assistant Treasurer – Bob Beddes
Trustee – Bruce Rosenberg

Officer: Treasurer – Ray Kaden

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

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

***** Open Meetings *****

Wednesday, June 19, 11:00 AM
Wednesday, July 3 & 17, 11:00 AM

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

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, 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.

TRUSTEES' CORNER

Solar Initiative Is Approved By Voters

The vote results for the May 9th ballot were as follows:
Total valid ballots received 295 74% of Members
Ballots voting in the affirmative 241 81% of ballots

cast/ 60% of Members
Ballots voting against 54 18% of ballots cast
Ballots required for a valid quorum 100

There was an assumption that a minimum quorum of 300 was required for this vote. That was found to be incorrect.

The Amendment to our Bylaws approved in September 23, 2014 amended “Article IX Amendment Section 9.01 General with revised requirements for voting to alter or repeal these Bylaws or to adopt new Bylaws.” That amendment effectively raised the requirement for quorum only when voting regarding proposed changes to the Association’s Bylaws.

This Solar initiative ballot did not attempt to alter, repeal or adopt new Bylaws; hence, Article III Section 3.05 of our Bylaws was in effect requiring 25% (or 100 votes cast) of authorized votes to meet a quorum.

Plans to install the new Clubhouse roof and, subsequently, the Solar System are being finalized by the Board of Trustees.

Back Entrance Gate Study

The Board has begun investigating options for replacing the current back entrance and exit gates. Responding to community concerns about the potential for illegal vehicle and foot traffic entering our community, the Board is considering more substantial swing gates and pedestrian fencing and is currently awaiting bids. Also, since activity at the Learning School is anticipated to increase over the next several weeks, we would like to resolve this matter before the fall of 2019.

Grounds and Irrigation

Our irrigation contractor has completed startup operations at all 24 wells. Four of the wells need some minor repairs, but all will be operational when needed.

The foliar spray of cherry trees on Cooper Lane, Wishing Well Lane and Rabbit Run was completed in May.

Remember to clean up after your dog. Our lawn crews will not service your property if there are visible dog droppings on your lawn.

Pool News

Our new pool managers have been hired. Be sure and say hello to Maureen Brady and Rob Berentes. **The 2019**

Continued on page 4

cont'd from page 3

Swimming Pool Rules are published in this edition of *The Voice* on pages 5 and 6. Please make a copy and post it at home to remind you of the regulations so we have a nice orderly pool season.

Management Electric Golf Cart Approved

Following a proposal by the Board, and with funding provided by the *Voice*, a cart has been purchased to facilitate the travel around our grounds by our Management team. Many hours of wasted time have been spent in the past walking the grounds for inspections, meetings, resident concerns etc. We hope to make intra-community travel more efficient for our management team with this cart. Expect to soon see this cart riding around our grounds.

Board of Trustees Approvals/Actions

May 1, 2019 Open Board Meeting

- The Board Members approved G & I Committee recommended LMS proposal for a total cost of \$799.69 to remove four downed trees and grind down stumps.
- The Board Members approved G & I Committee recommended Forcellati & Sons proposal for a total cost of \$3,726.54 to plant 2018 landscaping replacements.
- The Board Members approved Confires Fire Protection proposal for a total cost of \$971.00 to perform NFPA required 5-year FDC hydro test.
- The Board Members approved 3 House and Rec Committee approved activity request: 1) Billiards – Men’s Billiard Tournament starting the week May 15th and ending the week of June 17th, 2) Tennis Group’s Breakfast (Date Change) – from May 3, 2019 to May 8, 2019, 3) Women’s Club Thank You Party on Wednesday, June 26, 2019 from 4 PM to 6 PM in the ballroom.

May 15, 2019 Open Board Meeting

- The Board Members approved G & I Committee recommended LMS proposal for a total cost of \$453.16 to remove stumps and add soil and seed to the areas.
- The Board Members approved G & I Committee recommended LMS proposal for a total cost of \$1,056.26 to replace the well # 1 controller.
- The Board Members approved G & I Committee recommended LMS proposal for a total cost of \$1,056.26 to replace the well # 15 controller.
- The Board Members approved RW Hart General Contracting proposal for a total of \$240.00 to install three additional “No Trespassing” signs in the conservation easement.
- The Board Members approved one House and Rec Committee approved activity request: 1) Mixed Bocce Captains Meeting on Friday, May 10, 2019 at 2 PM in the clubhouse ballroom.

OPEN BOARD MEETINGS

**Wednesday June 19 and Wednesday July 3
At 11:00 AM**

4 JUNE, 2019 *The Voice*

HOUSE & RECREATION

The H&R meeting was May 5, 2019.

Topics discussed included:

- Welcome Wagon; The shortened agenda went well and about half a dozen new residents were welcomed in April. This will now be annual.
- On The Go; A lead has not yet been found.
- Art Studio; **Barbara Sands** plans to hold a meeting to gauge interest. Anyone willing to help should contact her.
- The Community Yearbook; **Bob Wehner** has taken the lead. Shutterfly is being considered as a possible platform.
- Discount Program; **Mike George** has accepted the lead on this effort. We thank him.
- Treasurer; **Dan Sullivan** has accepted the position of treasurer. His help is appreciated.
- The next H&R meeting will be Tuesday, June 4

Event Highlights for 2019 -

JukeBox Legends (June 20)
The Brass Tacks (Sept 12)
Casino Night (Oct 19)
Holiday Party (Dec 8)

Watch *The Voice*, the Website, both the **Clubhouse Bulletin Boards** and **Countertop** for more events and information.

Provide your email to NickL9@aol.com to be on the list for receiving periodic notices.

-Harry Nickel



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2019 Swimming Pool Rules – Memorial Day to Labor Day

1. HOURS

Outdoor pool

- a. 5:00 AM to 11:00 PM - daily – for all residents and resident accompanied guests over the age of 18 years old.
- b. Swim hours for children and guests under the age of 18 accompanied by a resident or registered adult guest possessing a valid pass in the children's area of the outdoor pool are from 12:00 PM to 5:00 PM weather permitting. Children must leave the pool facilities at the end of their swim hours at 5 PM.

Indoor pool

- a. 5:00 AM to 11:00 PM - daily – for all residents and resident-accompanied guests over the age of 18 years old.
- b. Children and guests under the age of 18 accompanied by a resident or registered adult guest possessing a valid pass are allowed in the indoor pool only when the outdoor pool temperature is below 72, or the outdoor pool is closed for inclement weather (non-electrical storm related) or closed for repair. Hours for children and guests under the age of 18, under these circumstances (conditions permitting) are 12:00 PM to 3:00 PM. The pool manager will direct you.
- c. No children under the age 18 are allowed in the spa.

2. GUESTS

- a. **A resident must accompany guests** at all times unless the registered adult guest (21 years or older and the child or grandchild of a resident) has a valid pass from the resident. Pass holders are not permitted to bring guests. Registered adult guests are permitted to swim only in the outdoor pool, unless conditions under **Indoor Pool b.** are being observed.
- b. Registered adult guests possessing a valid pass must sign in with the pool manager. (Passes are obtained at the office and should be obtained prior to the start of the outdoor pool seasons)
- c. An adult must supervise children and guests under the age of 18 when using the locker room/rest room area.
- d. **Because of the limited number of chairs at the outdoor pool, residents who bring a large group of guests are ENCOURAGED to bring their own chairs.**

3. RESPECTING OTHERS

- a. Pool furniture cannot be reserved. It should be returned to its original position.
- b. Cover lounges & chairs with a large towel to protect from sun tan oils, lotions, and/or creams.
- c. Please keep large coolers off the tables.
- d. No person, child or adult who is wearing a diaper is allowed in either pool or the spa.
- e. Children in diapers, swimming diapers, pull-ups, etc. are not allowed in either pool. All children must be toilet trained before they can use either pool. Adults in diapers of any type are not permitted in either pool or spa.
- f. **SHOWER BEFORE ENTERING THE POOL ENVIRONMENT** (before entering the water). (NJ State Sanitary code).
- g. Do not use the pool or spa as a place to "rinse off" if you come from the beach.
- h. Residents must clean up after themselves and their guests before leaving. Receptacles are available for trash and recyclables.

(OVER)

4. NOT ALLOWED

- a. DIVING or JUMPING
- b. RUNNING or HORSEPLAY
- c. BALL PLAYING of any kind in indoor pool
- d. DOGS or OTHER ANIMALS (Exception – guide dogs)
- e. SITTING ON STEPS LEADING TO EITHER POOL or SPA
- f. GLASS OF ANY TYPE
- g. FOOD – (Tables only)
- h. SMOKING
- i. WADING POOLS

5. IN AND AROUND THE POOL

- a. Residents must always be in close proximity to children under their care and insure rule adherence.
Children may use swimming aids at the discretion of the pool manager. No large inflatables permitted. (Pool Manager's judgment prevails.)
- b. Food and beverages (in non-glass containers only) permitted only at the tables.

6. LIABILITIES

- a. The rules of the Board of Health and the State Sanitary Code are to be followed at all times.
- b. Any person suspected of being under the influence of alcohol or drugs shall be prohibited.
- c. Any resident or their guests whose actions cause the pool to be drained will be fined all costs.
- d. A "No Lifeguard on Duty" sign will be posted. Residents and guests swim at their own risk. The Board of Health exemption from having lifeguards is based on a policy of swimmers not swimming alone (buddy system).
- e. Spa use – Hot water can cause health risks including elevated blood pressure. If you think you may be at risk by using the spa, please consult with your physician before doing so.
- f. Outdoor and indoor bathing will be **discontinued during electrical storms and at the alert generated notification of the potential onset of an electrical storm** and the pool areas cleared and remain cleared for up to 30 minutes after the last sound of thunder is heard. The Pool Manager, when on duty, shall advise when to leave the pool facility and when it is safe to resume use of the pool facility.

7. MISCELLANEOUS

- a. Wet bathing suits and bare feet are not allowed on the main floor level of the clubhouse.
- b. Cover-ups, shirts and footwear must be worn in the main floor area at all times.
- c. The outermost gates to the outdoor pool facilities will be open for pool patron usage from 11:00 AM to 6:00 PM only on days that a Pool Manager is on duty.

8. OVERALL

- a. Rules are for your protection and are necessary to promote safety and courtesy at the pool facility.
- b. Violators of the rules run the risk of losing their pool privileges.
- c. We are counting on your cooperation with the Pool Managers to provide a safe and secure area of enjoyment for you and your guests.



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EVENTS NEAR AND FAR

BRICK TOWNSHIP- A proposal to build a four-story, 48,000 square-foot banquet hall, restaurant and marina at the foot of the Mantoloking Bridge came before the Township Board of Adjustment recently.

POINT PLEASANT BEACH- The 2019 Point Pleasant Beach Grand Prix and the festivities surrounding the offshore powerboat races will be held during Father's Day weekend, June 14-16.

SEA GIRT-The owners of the Parker House announced changes to the upcoming season including a reduction in occupancy and an offer to fund a drop-off/pick-up zone on First Avenue, directly in front of their restaurant and bar.

SEA GIRT LIGHTHOUSE- is looking for Docents. The Lighthouse is open from 2 to 4 PM on Sundays and is closed on holiday weekends. Each guide is assigned a room or two. As visitors enter the room, the guide greets them, discusses the history of the room and points out artifacts on display. No experience is necessary. If interested, call Catherine Schwier at 732-859-8006


SUNNYSIDE MANOR- hosts a monthly support group for those caring for a loved one with Alzheimer's disease or other forms of dementia. The meetings are led by certified trainer, Pamela Gormley, MSW. Reservations are required: Call 844-388-6069.

TAYLOR PAVILION- J. Luckenbill will begin their Summer Concert Series on July 1st at 8:00 pm at the Taylor Pavilion located on Ocean and Fifth Avenue in Belmar. Admission is FREE and you may visit their website for details: johnluckenbillmusic.wordpress.com .

WALL TOWNSHIP- Demolition of the old police barracks clears the way for construction of an affordable senior housing project on Allenwood Road and Route 35.

WALL TOWNSHIP- Conceptual plans for transforming the old Peddler's Village site into a new "Lifestyle Center" called THE SHORE were unveiled last month. The Shore complex would replace the vacant strip mall and sprawling asphalt lot that currently sits on the 22-acre parcel on the southwest corner of Route 35 and Atlantic Avenue.

-Terry Eirich



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UPCOMING EVENTS

 <p>June 8 - Pool Committee June 22 - Mah Jongg</p> 	<p>Saturday Hot Diggity-Dogs Noon - 2:00 pm</p>  <p>Rain or Shine - Outdoor Pool or Clubhouse Veranda</p>	 <p>June 15 - Mermaids June 29 - Singles</p> 
<p>Wednesday, June 12</p> <p>Women's Club Sunset Dessert 6:00 p.m. Champagne Welcome</p>     <p><i>Officers Installed / Scholarship Awarded / Dancers Perform + Teach</i></p>		
 <p>Friday, June 14 Flag Day!</p> 	<p>Sunday, June 16 Happy Father's Day Best Dad</p> <p>Enjoy, all you Dads, Granddads, Uncles!</p>	
 <p>Monday, June 17</p> <p>Singles Club - Indoor Picnic 6:00 p.m. - Ballroom Fried Chicken, Salads, Desserts - BYOB Sign up on Clubhouse Counter.</p> 	<p>Thursday, June 20</p> <p>Jukebox Legends + BBQ Supper 5:30 - 8:30 PM</p>   	
<p>Friday, June 21</p> <p>First Day of Summer (Get out that sunscreen!)</p> 	<p>Thursday, June 27</p> <p>1st Day of Croquet</p> 	

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As promised in last month's edition of *The Voice* here are listed other committee and activity volunteers. We thank these and other community members not listed for their leadership, participation and dedication to ensure a robust offering of activities is available to all Four Seasons residents. These people make our community so much better than all others nearby.

HOUSE AND RECREATION ACTIVITY LEADS

Billiards	Joe Daurio
Bingo	Ginny Orbe
Bocce Men's	Tom Coyle
Bocce Mixed	Joan Daurio/Henry Supan
Bocce Women's	Ann Square
Book Club	Sheila Wilten
Bowling	Joan Daurio/John Fantell
Bridge (Ladies)	Dee Kerrigan/Doris Drury
Bridge (Men's)	Carl Riley/Nick Korolkoff
Canasta	Joan Lauten
Chorale	Ginny Jasko
Computer	Walter Nicholson/Erwin Tepper
Croquet	Walter Nicholson
Friday Movies	Erwin Tepper/Joan Smith
Garden	Lorraine Walsh
Golf	Patrick Moore
Happy Hour	Sue Hurden/Harry Nickel
Health and Fitness	Rich Murray
Investment Club	Tom Hassett
Knitting/Crocheting	Sheila Devenish/Patricia Nicholson
Mahjongg	Judy Lefsky
Men's Luncheon	Nick Korolkoff
Mermaids	Carol Notte/Alyce Glennon
Nurses	Aine Lynch-Powers
Pickleball	Henry Supan/Marge Granata
Poker Group	Anthony Farinacci
Power Walk	Alyce Glennon/Ann Lewis
Shanghai Rummy	Mary Lou Guarini
Singles Club	Ollie Kraemer/Dee Kerrigan
SnowBirds	Sandy Kelman
Tennis (Men)	Mike Sullivan
Tennis (Women)	Ros Hassett/Ann Alexander
Water Lilies	Lynn Gordon
Women's Club	Barbara Sands/Frances Brown

Pool Volunteers

Roxana Baran
 Ed Cook
 Dave Davies
 Alan Devenish
 Patty Dwyer
 Anita Kneeleay
 Bill Lawless
 Carol Mahoney
 Ed Morris
 Louis Nieves
 Jerry O'Callahan
 Linda Schmiedl
 Homer Smith
 Dan Sullivan

Events Planning

JoAnn Schwarzbek
 Barbara Roche
 Marilyn Carpini
 Joan Daurio
 Lorraine Garra
 Alyce Glennon
 Bill Kelly & Maryann Kelly
 Carol Petaccia
 Roseann Gioia
 Sheila Devenish
 Barbara Sands
 Joan Valeriani

Miscellaneous H&R activities

Ray Kaden
 Tom Kane
 Ollie Kraemer
 Dennis Leonard
 Pat Moore
 Mary Lou & Jerry O'Callahan

Social Concerns

Julie McClure
 Peggy Morris
 Joann Schwarzbek
 Pat Coyle
 Joan Daurio
 Alyce Glennon
 Marge Granata
 Aine Lynch-Powers
 Gloria Marshall
 Terry McCormick
 Carolyn Melia
 Kathleen Moran
 Mary Lou O'Callahan
 Ginny Orbe
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ATTENTION LADIES ~ BOCCE

On Wednesday, August 21, Women's Bocce League will be starting.

We will be following mixed Bocce rules.

Scores will count to determine the winning team. There will be **NO SUBSTITUTES!**

You can sign up as a team or we will assign you to a team.

We will celebrate the end of our season with a luncheon. The cost will be \$31.00 to cover the luncheon and the winning team gift. Make out your check to: Four Seasons H & R. Please fill out the info below and leave it, along with your check, in the box on the porch of 2548 Heathrow Lane no later than August 1.

Linda Okrasinski - Linda Roszkowski - Ann Square - Susan Wright

NAME _____ PHONE# _____

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My teammates are: _____

Prefer Wednesdays

Prefer Fridays

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TIPS...FROM THE GARDEN CLUB

LOVE SWEET POTATOES? Well now you can enjoy them in your garden, but without the butter or brown sugar. One of my too-late-to-do discoveries was the Sweet Potato Vine. Never realized the many varieties, range of colors, and uses---**but** 1) works great in landscapes as annual ground cover, used mine as accent plants 2) adaptable in both sun and shade...although colors more vibrant in full sun 3) great as a border plant or simple mass planting for their bright foliage just like coleus 4) edging or trailing in containers 5) heat tolerant...mine lasted to November 6) so many varieties of color...purple/burgundy/lime green 7) and, of course, my very favorite light green variety of chartreuse in Margarita and Sweet Caroline. **So now you can have your potato and plant it too.**

Highlight on Staking of Plants: This is essential for tall plants that have a tendency to flop. If you do this, once the plant has reached full size, you will eliminate damaging the plant—especially true of the peony and delphinium. Can be accomplished by either use of **A) cages (yes, we all know about cages).** They seem to work well on tomatoes, but I found them to be too confining and less flexible than the simple use of **B) green bamboo/or fiberglass stakes.** Just push a stake into the ground beside the plant, making sure the stake is not taller than the plant itself. Gently tie the plant to the stake about two-thirds of the way up the stem using twine/twist ties or thin green wire. The plant will then be supported and continue to grow without flopping. At times, the use of stakes alone is sufficient. **C) you might note that the bamboo/fiberglass stakes/twine/twist ties are so very inexpensive** and available at Home Depot and Ace Hardware---and, can be washed, used over and over---year to year---mine are about 10 years old, and available in many heights and thicknesses. Also, since the stakes are lower than the plant, you never really see them, just the great results. It's like SPANX.... hidden yet producing great results.

- **Too much sun** will cause *shade-loving plants to burn*. Always consider light exposure when determining where to place a plant.

- **Deer** problems again? Remember deer-resistant does not mean deer-proof. Try to remember the **3 F's** in dealing with the deer. Supposedly, they **don't like Fragrances** (pungent smells lavender/mint/thyme), **Fuzzy** (prickly/thorny), or **Fine** leaves (ornament grasses/ferns). However, no plant is 100% safe. If they are **really hungry** and can't find Godiva, they will settle for Russell Stover. *Sorry Russell Stover; I still love you.*

Continued on page 13

cont'd from page 12

• **Need ground cover?** Lily-of-the-valley is a sure bet for the shade garden. It's a quick spreader with delicate white blooms followed by tiny orange berries. Also, for an added look you might plant some lily-of-the-valley around the trunk of your trees or shrubs. The Duchess of Cambridge chose the LOTV in her bridal bouquet. So there! Or do we care?

• **Gardening in a shady area?** When selecting plants, choose those with white or pastel flowers and light or variegated foliage. Light colors will stand out in the shade, while dark colors such as reds and purples will recede into the background.

• **Hosta tip:** the more yellowish-green the leaves, the more sunshine they can tolerate. Hostas with darker or bluish-green foliage will do better in deeper shade. But, whether positioned in shade or sun, the deer family do enjoy a good salad too.

• **Important to know the type of your spirea bush when pruning:** The white spireas are spring flowering and should be pruned after the flowers are gone, usually in June. Prune summer-bloomers (usually pink or red flowers) during the winter or in the spring.

• **Weed out worms** with marigolds. The roots of marigolds produce a chemical that kills worms. So, plant some marigolds around your vegetables for a worm-free garden.

• **Container planter hints:** 1) Put a wet coffee filter in the bottom of the pot (over drainage hole). This will hold in the dirt yet let the water seep out gently. 2) Fertilize plants wedged tightly into pots containing limited soil. In a larger pot you can also surround the main plant with smaller plants still in their original containers.

• **Are we now so grand** that we dismiss the good old **dusty miller** as a major player? Kardashian she's not. But Dusty creates a nice white/silvery/lacy background to frame your major plants, require little attention, heat resistant, full sun/part shade, tolerates frost, can be used as a border, accent plant, stands alone, sold in 6 packs for filling container pots, mostly deer resistant, a great companion for many blooms in the garden--and comes back next summer. A lot to be said for little maintenance. Rethink!

One of the best solutions to conceal the air conditioning/generator units might be at the home of **Roseann Gioia**. So neat! Of course, this was a no brainer for Roseann. She is so neat!

We welcome any and all garden tips. Please forward them to **JoAnne Garbarino**.

- Joanne Garbarino



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Thank you,
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OFFER EXPIRES 6/30/2019 ad-2242b



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

**Presenting the \$1,000 Jim Connolly Memorial
Scholarship**

Jim Connolly was a founding member of Post 529. He passed September 28, 2012. In passing, Jim left Post 529 the largest gift we have received. The Jim Connolly Memorial Scholarship is our way of keeping Jim’s memory alive.

Jim was a member of the United States Navy, serving in the Naval Air Services in WWII. After the war he joined the New York City Fire Department. Jim retired from the FDNY in 1986 as a Battalion Chief. He was a member of the New York Fire Chiefs Association and the Uniformed Fire Officers Association and a past member of the Jersey Air Club.

One of the requirements for the Jim Connolly scholarship is a family member who has served. This year’s winner Zachary Andreen (see accompanying picture) writes:

“Military service has been a tradition in my family for a very long time. Both my grandfathers served in the military, in the Navy on my mom’s side and in the Army

on my dad’s side during Korea and through into Vietnam in the Signal Corps. This is no exception for myself, being that I enlisted in the Army’s Chemical Corps in February of 2018...and have completed 10 weeks of Basic Combat Training and will return in summer of 2019 for my training as a Chemical, Biological, Radiological and Nuclear specialist.”

Photo Wall HS gallery



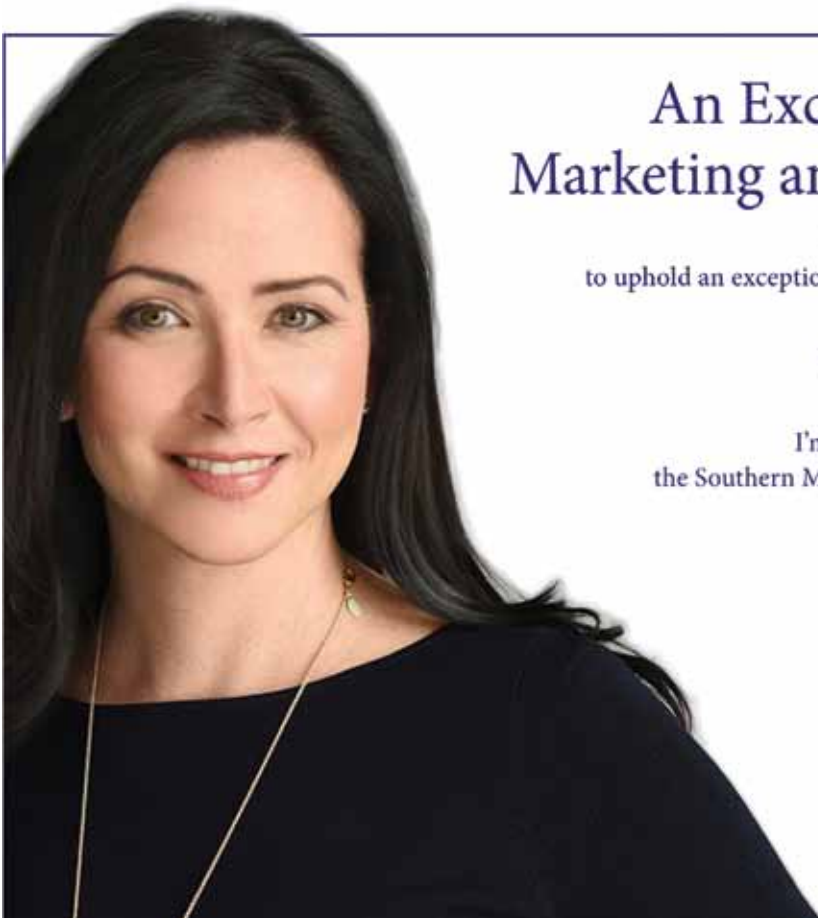
**Zachary Andreen
scholarship winner**

Zachary is currently the Cadet Executive Officer of the Navy ROTC group at Wall High School, a volunteer fireman at the Glendola Fire Department in Wall and enrolled in the Monmouth County Fire Academy for certification as a firefighter. He plans to study National Security or Fire Science in college.

The 2019 Jim Connolly Memorial Scholarship will be presented at Post 529’s meeting June 10 at 4:00 P.M. in the clubhouse, all are welcome.

-Rich Murray for Post 529

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Memorial Day

On a beautiful spring morning the Four Seasons Marines held their Memorial Day Remembrance Ceremony. **Anthony D'Altrui** hosted the event before a fine turnout. He said as veterans we stand together to honor all those who made the supreme sacrifice for our liberty.

He introduced **Ed Morris**, Commander of the American Legion Post 529. Ed spoke of this year's significance since it marks the 100th anniversary of the end of WWII, the 75th anniversary of D-Day and 50 years ago we were in the midst of the Viet Nam War. On this day we honor the millions of men and women who gave their lives for our country. "Freedom is not free."

D'Altrui spoke of how the holiday has changed over the years from many parades and ceremonies to small group celebrations such as we have here. Culture change must not erode the true meaning of this day. The continued dedication of Four Seasons veterans and our community support will continue to honor this day. The level of patriotism is evident today by the level of volunteers currently serving.

D'Altrui closed the ceremony by reiterating: "Freedom is not free."

Refreshments were enjoyed by all.

~Bill Burns



Memorial Day Service



NURSES CORNER

Advanced Macular Degeneration

Advanced Macular Degeneration (AMD), is a chronic eye disease that develops when tissues of the macula at the back of the inner eye begin to deteriorate. The macula is part of the light-detecting layer of tissue (retina) that is responsible for the central area of your field of vision and your ability to clearly see fine details. It does not cause total blindness since side (peripheral) vision is not affected. However, the decline and possible loss of central vision can greatly impact your ability to read, drive, cook and even socialize. There are two forms of AMD. Dry AMD is the most common type and occurs in about 85 to 90% of people. However, dry AMD accounts for only 10% of legal blindness caused by AMD because it develops slowly over time. The hallmark sign of AMD is clumps of cellular waste (drusen) seen as yellow spots on the macula during an eye exam. Small drusen may develop without causing any noticeable effects to your vision. However, large drusen can develop and merge together, leading to the breakdown of light-sensitive cells of the macula and the gradual process of AMD-related vision loss.

Wet AMD starts as dry AMD. This form comes on more abruptly and is responsible for most cases of severe vision loss with AMD. At some point in the disease process, new abnormal blood vessels begin to grow within the macula. These fragile new vessels are prone to leaking blood and fluid beneath the macular tissues causing swelling and blistering and eventually damage and scarring of areas critical to central vision. Symptoms of dry and wet are essentially the same with the main difference being that wet AMD can cause visual deterioration within weeks to months, whereas dry AMD unfolds over years or decades. Another difference is that dry AMD typically, though not always, involves both eyes simultaneously.

Signs and symptoms common to both types include:

- Blurred Vision causing difficulty seeing fine details, e.g. small labels, street signs or faces.
- Visual distortions, e.g. lines appear wavy or bent.
- Dulling colors or dark spots in your vision. Difficulty adjusting to low-light settings.

Continued on page 17



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Mary's Place by the Sea is a safe haven for women with all forms of cancer. Mary's Place offers women a break from their daily responsibilities and medical treatments, and the opportunity to focus on their healing. Our guests are provided with rest and support during this challenging time in their lives. Mary's Place offers holistic, integrative modalities including oncology massage, nutrition education, individual counseling, Reiki, guided meditation, expressive writing, and yoga, all at no cost to our guests.

The demand for our services has been so great, that what began out of two bedrooms in a bed and breakfast now operates out of a ten-bedroom, custom built, retreat center in Ocean Grove. Since its founding in 2009, Mary's Place by the Sea has welcomed nearly 7,000 women as our guests.

If you or a loved one are dealing with cancer, and would like to find out more about Mary's Place, please visit www.marysplacebythesea.org or contact us at 732-455-5344.

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ads-3257

Diagnosing Wet or Dry AMD

The sooner you receive treatment, the better. First, it requires a complete eye exam. Treatment for Wet AMD includes medications to stop the growth of abnormal blood vessels and reduce the leakage of fluid and blood. There are a variety of drugs used which are injected directly into the eye usually every four to six weeks. AntiVEGF injections are most effective for wet AMD and have moderate vision improvement. In addition, the use of AntiVEGF drugs substantially reduces the risk of further vision loss to help you cope. There are therapy options much too numerous to include here. An example are lasers to seal off or destroy abnormal blood vessels. There are also many tools and technologies (telescopic lens) that are listed on line. All the options need to be discussed at length with your ophthalmologist and decide what is best for you.

There is no surefire way to prevent AMD. Research has found an association between healthy habits and reduced risk and slower progression of AMD. These healthy habits include eating a healthy diet emphasizing a wide array of minimally-processed plant foods, i.e. fruits vegetables, nuts, and a focus on fish as a protein source. Smoking cessation may have the strongest effect on slowing AMD progression. Abstain from or limiting alcohol consumption.

Maintain a healthy weight. Get 30 to 60 minutes of moderately intense activity five to seven days a week.

Manage cardiovascular risk factors. i.e. cholesterol levels, Monitor Blood Pressure.

Minimize sunlight exposure, wear ultraviolet blocking sunglasses.

Preserve your eyesight. Schedule regular appointments. If you observe any changes in your vision have it checked immediately. The sooner you receive treatment, the better the chances of limiting vision loss. Check online. There is lots of information.

-Aine Lynch, R.N., MSN

Sources: National Eye Institute, Mayo Clinic




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Book Review

Behold the Dreamers

The characters in the novel *Behold the Dreamers* by Imbolo Mbue appealed to me from the start of the story. Neni and Jende Jonga are immigrants from Cameroon. They live in a cockroach infested, rent controlled apartment in Harlem. Jende has no green card but has asked for political asylum. Nemi has a student visa. They have one son, born in Africa and, in the course of the story, she gives birth to a daughter at Harlem Hospital, an American citizen. There are no two happier people than this couple. They work hard, save, send money back to Africa to support their families and look forward to the wonderful life their children will have in this land of opportunity. The writer is from Cameroon and has their lilting speech and their love of fun down perfectly. She also is an expert in describing their native foods and their ways of celebrating. Nemi is studying to become a pharmacist and we find that, in Africa, her father would not let her marry Jende because he was from a poor family. She had a child by him and had to leave school and stay home. Her father wanted his “bride’s price” for her.

The talented author is also able to capture in the book those who have achieved their dreams. Clark Edwards is Stanford educated, married to the beautiful Cindy and the father of two boys, Vince and Mighty. He lives on Fifth Avenue and has a summer home in the Hamptons. He is an executive at Lehman Brothers. The book is set amid the recession of 2007 and the Wall Street crash.

Through a cousin, Jende is hired by Clark Edwards to be his chauffeur. He is to drive all of the family to their various appointments, lessons, meetings and jobs. His starting salary is \$35,000 per year. Bonuses and gifts are given freely. Neni also becomes an employee of the family when she gets a summer job at their Hampton home as a housekeeper and caretaker for Mighty.

An interesting counterpoint to the two families is Vince, the older Edwards son. He would like to quit law school and travel to India. He sees the United States with all its faults and does not want to be part of it. He is seeking “Truth”. He has his own dreams. They are not his father’s.

Thus, the two families face their futures from diverse backgrounds. Is it better to be rich or to be happy? Can you be both? Can these people understand what is going on in each other’s life?

From the optimistic beginning to the bittersweet end, all the characters change. They do not always like what they become. The author paints a realistic view of the immigration woes of the Jongas. The financial disaster that befalls Wall St. is shown on a truly human scale. This is not a political book. It is a story of life and what happens to those who dream for themselves and their children. Near the end, Clark tells Jende, “Family’s everything. I’m sure you know that already.”

-Ann M. Alexander



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-Walter Nicholson



What's Up Doc?

I can't find it in the official Senior Citizen manual, but it must be an unwritten law that Seniors are obliged to keep the medical profession in business. Do you realize how many hours you spend sitting in doctors' waiting rooms? When you arrive and walk in the office the place seems packed and after you sign your John Hancock on the waiting list on the clipboard, you turn and luckily find a seat. As you look around at the coughing, sneezing, wheezing crowd, you start to calculate from where you are on the clipboard list as to how long it will be before you are called. Once you figure that out, you wonder if you should have packed a lunch.

But be still, my heart, you are the second person called to enter through the portal of health and healing to see the doctor. You make a mental note to yourself to buy a lottery ticket today. The blue-clad nurse then leads you through a labyrinth of corridors when finally you reach an examination room numbered 23. So, you wonder, are there really twenty-three examination rooms? If this visit is for your annual physical, the nurse instructs you to strip down to your skivvies. In a classy doctor's office they will offer you a paper smock to cover yourself with. Initially, you put it on like a jacket but no, you have it backwards and you do your best Houdini maneuvers to attempt to tie the ribbon in the back. Personally, I think that's a Senior dexterity test. Then the nurse utters those famous last words: *The doctor will be with you shortly.* Right!

And so you wait and you wait and you wait. You begin to wonder if they may have forgotten that you are in room 23. But hark! You hear muffled voices in the examination room next door.

Could that be the doctor's voice? You wish you had a glass to hold against the wall to verify that the doctor is really close by. Then you hear the door of the room next door close and you hear a medical voice bid farewell to the lucky patient in that room. You're next for sure. But

the door to room 23 doesn't open. What happened? Did the doc go out for a smoke? But finally the magic moment arrives and the doctor in his crisp white jacket walks in with a file in his hands.

Things you don't want to hear the doctor say:

1. *Well, at your age...* That opening line never seems to convey good news. It sounds to me like: *Well, at your age, you're falling apart.*

2. Another telling remark is: *Exactly how much insurance coverage do you have?* It makes you wonder exactly what does the doctor have in mind? – brain surgery?

Things that are turn offs when dealing with a doctor:

1. Check out the doctor's office. Are the office plants dying? Consider another doctor.

2. Does your doctor seem to be taking too much glee and pleasure when he snaps on the plastic gloves and says, *Bend over.* Maybe it's time to bid Dr. Longfinger farewell.

So, there are some rambling thoughts as we make our monthly rounds to our physicians. We wish all good health and fewer doctors' visits.

-Tom Kane





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REST IN PEACE



Thank You

To my friends at Four Seasons,
As many of you know, it's been a heck of a couple of months, with some ups and a few more downs. The good news is I am now on the mend, feeling much better and expected to make a full recovery.

Thanks to all of you who have called, written or stopped by and for all of your prayers and best wishes. I am so blessed and lucky to have so many who care and to live in such a supportive community. Thank you so much!

Your friend,

-Eileen Bagley



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WOMEN'S CLUB

Next and Closing Meeting: Sunset Dessert – Wednesday, June 12 – 6:00 PM

The birds, the bees and the members of the Women's Club were all busy during the merry month of May. We started with a chockfull May meeting on Monday, May 6. Our speaker was Professor Melissa Ziobro. She gave a fascinating presentation on the "Dollar Princesses." These were American heiresses who married European nobility in order to gain titles, fame and prestige for their nouveau riche families. Many were from New Jersey. These young girls headed to castles in Europe, but many found their new home had no indoor plumbing. Then they found that they had to ask their rich fathers to pay to install it. Sad to say, many of the marriages were unhappy or ended in divorce. The power-point presentation included many *New York Times* articles about the courtships and weddings of these girls; it appears that, in the late nineteenth century, this prestigious paper sometimes appeared to be the *People* magazine of the day. Because the Women's Club is always ready with the latest news, we were able to announce that Prince Harry and Duchess Meghan Markle had their first child that morning.

Fast forward to May 21. The Essex and Sussex was the venue for this year's Luncheon and Fashion Show and it was fabulous with a twist. In the most elegant of settings, the ladies of Four Seasons and their guests enjoyed a wonderful entrée and scrumptious dessert. There were 15 exciting baskets raffled off to their lucky winners. Then we were treated to fashions from Center Square Thrift, 800 Main Street, Belmar. This store benefits The Center in Asbury Park with its proceeds from sales. The luncheon was for the benefit of Caregiver Volunteers of Central Jersey. While custom musical choices were played for each model, the ladies pranced and danced up and down the runway. There was even a special mystery model. She tried to hide behind her scarf but, **Marilyn Wehner**, we knew who you were! A large HIGH FIVE to the Co-Chairs, **Julie McClure** and **JoAnn Schwarzbek** and their hardworking committees. Everyone who attended went home a winner in terms of fellowship and joy.

We followed up on May 29 with our always successful semiannual clothing drive. Our next endeavor was as hostesses of Hot Dogs on June 1. From the elegance of the Essex and Sussex to the casual setting of the outdoor pool, our ladies can do it all. Please join us for the 2019-2020 membership year in the fall. The Women's Club of Four Seasons enriches our community and all those we serve.

~Ann M. Alexander

Social Concerns

We started with the theme of "*First Chance to Wear White Pants*" for the fashion show, then a decision was made to have the proceeds of the luncheon benefit the local nonprofit *Caregiver Volunteers of Central Jersey*, and we went on from there until things came to fruition at the luncheon/fashion show on May 21 at the Essex and Sussex. They say that "no one can whistle a symphony – it takes a whole orchestra to play it." So many, many thanks to all of the talented members of the Four Seasons "orchestra" who made this year's event an extraordinary fundraiser for a very deserving organization.

On July 20, during hot dog sales at the pool, the Social Concerns Committee will be collecting food items for the Manasquan Food Pantry, which helps out over 300 food-insecure families in local municipalities. The **Marines at Four Seasons** are hosting the hot dog sales on that date and have graciously allowed the Social Concerns Committee to join them for this important cause. The food pantry sees its supplies dwindle during the summer months, but the needs of their clients do not; many families with children are in greater need when the children are not receiving school-sponsored meals. Some of the items that are most needed by the Pantry are cereal, canned vegetables, soup, stew, pasta and pasta sauce, rice, peanut butter, and kid-friendly snacks. We hope to see you there!!

The next meeting of the Social Concerns Committee will be on Wednesday, June 19 at 9:30 AM. We have already discussed projects for the months of September through December, so now is a great time to join us and have your voice heard on these ideas or new ones you would like to propose. Come on down to the Clubhouse and join our good-natured gang!!!

~Julie McClure, Peggy Morris



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WOMEN'S CLUB

Photo by Joan Valeriani



Treats that looked as sweet as they tasted were provided by our trusty kitchen crew (from left): Susan Wright, Aine Lynch-Powers, Carolyn Melia, Lorraine Garra, Ann Tortorella.

Photo by Joan Valeriani



Our Program Specialist Ann Alexander (left) meets with our incredible speaker, Professor Melissa Ziobro, Specialist Professor of Public History at Monmouth University, whose presentation, *American Women and Royal Marriages*, was a truly fascinating gem.

Photo 'borrowed' from the Internet



Thanks to exceptional planning and impeccable timing, Royal Baby Archie Harrison Mountbatten-Windsor was born that morning to Meghan Markle (American Woman) and Prince Harry (European Royalty) – the most recent proof that this tradition is still alive and well.

SINGLES CLUB

Photos by Marilyn Carpini



GENTLE YOGA

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Place: Clubhouse Billiard Room

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Experience: None required or needed

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SINGLES CLUB

The community-wide flea market sponsored by the Singles Club on Monday, May 20 was a truly original idea for a club meeting. The ballroom was filled with tables with all sorts of treasures and collectibles, clothing, jewelry, decorative and some functional household items. With approximately 20 vendors, it was a fun night. We truly appreciate the hard work and sincere efforts of our organizers and hosts for the evening, **Terry Eirich** and **JoAnne Hansen**. They put a lot of effort into organizing and publicizing the event.

The Singles will be hosting the Hot Dog Saturday on June 29, and we still need volunteers to help out at both the 11AM to 1 PM shift and the 1-3 PM shift. Please contact **Ollie Kraemer**.

The final meeting of the season will be held on Monday, June 17 at 6:00PM. After a brief business meeting, we'll enjoy dinner including fried chicken, side dishes, cake and beverages. Please refer to the flyer in the foyer showcase for details. Also, there will be a sign-up sheet for members who plan to attend. We need to know how many people will be attending the event for planning purposes, so please sign up. The event is free to paid-up members, and the fee is \$10 for unpaid Singles.

-Marilyn Carpini



MEDICAL TRANSPORTATION ASSISTANCE

The following are the coordinators through October 15, 2019:

Henry Garbarino 732-528-3236
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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On the Street Where You Live

Mary & Bob Russo ... and Molly
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Photo by Joan Daurio



Aring at the front door of the Russo home is met with loud, excited barking. That's Molly, the youngest rescue dog of the four that Mary and Bob have adopted. She's lean, youthfully frisky, and anxious to jump – and she's absolutely adorable! Luckily she does quiet down rather quickly after she's approved the visitor. Molly was adopted last Mother's Day at 14 weeks. Her adored predecessor, Buddy, had gone on to doggy heaven at the ripe age of 16 just four months before. The two adoptees before Buddy were a white Shepherd mix and a Whippet, beloved companions of this truly dog-loving couple!

Now to Molly's treasured 'parents': Mary grew up with eight brothers and sisters in a small steel town in northwest Pennsylvania near the Ohio border. She attended the then all-women's Seton Hill College in Greensburg, Pennsylvania where she majored in Biology and Chemistry. She worked at a number of Chubb Insurance offices in their Loss Control department. Eventually, work brought her to NJ from Richmond, VA. The move to NJ wasn't a smooth one, partly because of the exorbitant cost of living here in New Jersey. For quite some time, she lived in executive housing, then rented a room from a woman who worked at L'Oreal. This woman was the conduit for how she met Bob, who at the time, also worked for L'Oreal. Once Bob met Mary, his world changed and so did hers. The couple moved on from friendship to courtship and then marriage on Valentine's Day no less! They lived in a beautiful home in Clark NJ for ten years before moving to neighboring Orchard Crest right here in Manasquan for another 10 years. For a long time they weren't even aware of our development that was right around the corner.

Bob grew up in Rahway, New Jersey, attending Union Catholic High School in Scotch Plains. He went on to graduate from Mt. Saint Mary's College in Emmitsburg,

Maryland with a double degree in Business/Finance and Spanish. He began working with a friend in construction out of college. He accepted an offer from Revlon as a Distribution Supervisor in Edison. He then moved on to become Packaging Supervisor at Smithkline Beecham. That turned out to be an exhausting job, working the midnight shift as Aquafresh toothpaste hit the market. The graveyard shift helped him decide to accept a job at L'Oreal where he eventually became the Director of Distribution & Transportation logistics. When he retired in 2017 he was thrilled to enjoy his first summer off in 43 years!

Mary has always been active as far back as high school track. For the past ten years, she has taken up triathlon (swimming, biking, and running). She has competed in four Ironman events (including a terrifying episode in Puerto Rico), just got home from a bike trip from Key Largo to Key West (106 miles), and regularly swims or runs in Bay Head or Ortley Beach.

In 2018 they created a local triathlon team called Team Zebra Multisport. When they bike longer routes (for example from Toms River to Absecon), Bob will accompany them in his truck, providing snacks or a welcome rest if the going gets too rough. Mary still works full-time; for the past 10 years at Verisk Analytics in Jersey City. She works with liability cases, writes technical bulletins, and, fortunately, is able to work most days from home.

Bob is an avid salt-water fisherman, forever on the look-out for striped bass, fluke, bluefish, and tuna, for which he'll boat out 70 miles. He takes care of cleaning and filleting, then another delicious fish is ready for a future dinner. In 1995 he bought a 25' cabin cruiser that was kept at a Toms River marina where he would fish on the weekends, even up to December. In 2000 they bought a 'fisherman's bungalow' in Lavallette. This purchase came about because the boat had no a/c and their White Shepherd mix couldn't take the heat. They confess that they might be one of very few folks who would opt to purchase a 2nd home for the comfort of their dog. (Our dog lovers will understand!) Three years ago he bought a 27' center-console fishing boat, which is kept at the Crystal Point marina.

For the past 15 years or so they have spent winter vacations in or near Pompano, Florida, enjoying some fishing and local triathlon races in Fort Lauderdale, Naples, or Key West. Bob, otherwise also extremely active, now suffers from arthritis in his back, but is still into kickboxing. You may just get a glimpse of him or Mary in our gym: if you do, they'd love to say hello!

-Joan Daurio



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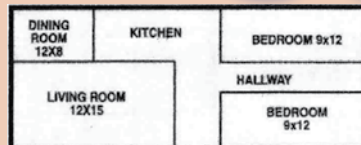
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Monday	Tuesday	Wednesday	Thursday	Friday
17 June 6:00pm Singles Club	18 9:00am Finance Committee	19 9:30am Social Concerns	20 5:30pm Jukebox Legends	21
24	25 4:00pm Computer Club 7:00pm Bingo	26 9:00am Investment Club	27 Bulk Pick Up	28
1 July	2 9:00am H&R	3	4 Independence Day	5 Recycling Pick Up
8 4:00pm American Legion 4:30pm Book Club	9 9:30am Events Planning	10	11	12
15				

WEEKLY RECURRING EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
8:00am Mermaids 9:00am Advanced Yoga 9:30am Power Walk 9:30am Water Lilies 12:30pm Bridge 1:00pm MahJongg 7:00pm Shanghai Rummy 6:30pm Poker Group	8:00am Mermaids 9:30am Gentle Yoga 9:30am Water Lilies 12:30pm MahJongg 7:30pm Bingo	8:00am Mermaids 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 6:30pm Poker Group 7:00pm MahJongg	8:00am Mermaids 9:30am Power Walk 9:30am Water Lilies 1:00pm Shanghai Rummy 1:00pm Bridge 7:30pm Movie

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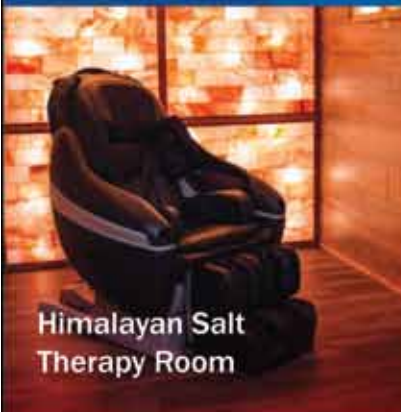
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