



JUNE 2020 *VOLUME 21 ISSUE 6* 

### "Chipmunk buddies practicing social distancing at Four Seasons." Dhoto by Bob Wehner

"We don't stop playing because we grow old; we grow old because we stop playing." -George Bernard Shaw

# JUNNYSIDE MANOR

AT

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Officer: Treasurer - Ray Kaden

Community Manager – Chuck Braun <u>chuck.braun@fsresidential.com</u> Administrative Assistant – Nancy Lindstrom <u>nancy.lindstrom@fsresidential.com</u>

Depends on COVID 19 Restrictions being lifted.

Wednesday June 17, 11:00 AM Wednesday, July 1 & 15, 11:00 AM

\*\*\* <u>2020 General Membership Meetings</u> \*\*\* Thursday, July 16, 7:30 PM Thursday, October 15, 7:30 PM

> \*\*\*<u>Candidates Night</u>\*\*\* Wednesday, September 9, 7:30 PM

\*\*\*<u>Annual Membership/Election Results Meeting</u>\*\*\* Tuesday, September 22, 7:30 PM

\*\*\*\*\*

<u>Staff of *The Voice*</u> Tom Coyle, Joan Daurio, Diane DeJacomo, Betty Kapalla, Walter Nicholson,

Carol Oberhauser, 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 <u>nancy.lindstrom@fsresidential.com</u>

*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**

#### Treasurer's Report

Aside from the savings on snow removal, so far this year most other expenses are still on budget. Although we have seen some small savings during the Clubhouse closure, most of our costs remain stable in spite of the closure. Our contracts for grounds maintenance, irrigation water, pools maintenance, Office management, Insurance and Gatehouse staffing are relatively fixed and must be honored with our vendors.

As we get closer to early September when the 2021 budget process will be prepared, we will have a better handle on our projected costs and whether we will see any real expense savings for this year aside from the snow costs. Our Association's Bylaws require that if we incur a surplus in any year (expenses are less than revenues), we must return that surplus to the homeowners. In prior years when that situation has occurred, we have used those surpluses to hold maintenance fees even for the following year or two. Conversely, when expenses exceed the revenue, we have had to raise maintenance fees in the subsequent year. The Board and the Finance Committee will have a better sense of the year's operations as we get closer to the fall, and they will act accordingly in the best interests of the community.

With the recent recovery of the market, we have recovered most of our investment declines in the Replacement Reserve Fund. Overall, the fund is down only 2.9 % this year; and our management of the fund reflects its long-term purpose of being able to replace all capital assets in the community, as they are needed. The Investment Committee will remain cautious until the virus is fully controlled and the market reflects that condition.

#### <u>COVID -19</u>

We are still operating under the Public Health State of Emergency declared by Governor Murphy and the guidelines issued by Federal Authorities and Healthcare Professionals. Many of the guidelines were noted in this column in the March issue of The Voice. Again, please note that the following websites are excellent sources for information on this topic:

#### Coronavirus.gov

CDC.gov/coronavirus

medicare.gov/medicare-coronavirus

nj.gov/governor

wallnj.com

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#### cont'd from page 3

#### **Reopening of Amenities and Common Area Locations**

#### Tennis Courts:

On May 22, Governor Murphy authorized the opening of private tennis clubs. Management is in the process of contacting the vendor to install the wind screens at the courts. At this time the courts are for resident use only

The 2020 season tennis court rules can be found on pages 11 and 12 of this newsletter. They are also posted on the community website and in the display case to the right of the tennis court entrance.

#### All other amenities and common areas:

As we go to press, unfortunately our other facilities remain closed and we have not as yet received any specific guidance on when we will be permitted to open.

Please note that this issue of *The Voice* includes the 2020 Rules for the Outdoor Pool Season on pages 7 and 8 which, of course, will only be effective if the COVID-19 restrictions are lifted. Please note that the rules may need to be modified to comply with any mandated COVID-19 rules and guidelines as they are issued.

Upon advice of Counsel and in accordance with Governor Murphy's Executive Order No. 147, the Board cannot at this time allow the use of our amenities (even just for socialization) other than the tennis courts, as noted above.

As much as we appreciate the desire of some residents for more social interaction, the Board must adhere to the Governor's guidelines and restrict the use of our communal facilities. On May 26, the Board met and explored with Counsel the possible use of the pool and veranda for social gatherings and were advised unequivocally that such gatherings were not permissible. The Board and Counsel will continue to meet and discuss reopening of our various amenities as the Governor modifies Executive Order No. 147.

<u>Please note that this is a frequently changing and fluid</u> <u>environment and the Board and Management Office are</u> <u>evaluating our options on a continuous basis</u>. We are equally anxious to open the amenities; however, we need to ensure that we are adhering to the specific provisions in the Governors Executive Orders for us to do so.

As soon as we able to open any facility or area, it will be promptly announced on a call and posted on the Community website. Thank you for your patience and continued cooperation.

#### **Community Website**

The community website is the best way to stay up to date on all matters pertaining to and impacting our community. Please check it frequently for updates. If you have not already registered for access please do so! Simply go to **fourseasonswallnj.com** click Register and follow the instructions.

#### Harvest Exchange Site / Proposed Wawa Store & Gas Station

The Zoning Board of Adjustment meetings continue to be cancelled. The discussion on this proposal that was rescheduled for April 15 has been postponed and is now scheduled for June17.

#### **ACC - Modification Request Forms**

As a reminder, Modification Request Forms are required in accordance with ACC Guidelines. The Forms are available on the Community website. You may also call the Management Office to arrange an agreed upon time to pick up the Forms and you will need to call the Office when returning completed forms.

#### FYI / Reminders

For the safety of all residents, please refrain from loaning your clicker to contractors, friends, etc. Your clicker is your responsibility and since it provides access to the Community please do not share it. Part of our dues cover maintaining gates and staffing a gate house; please do not undermine that feature of our "Gated" Community.

The Board continues to hold our regular workshop meetings on a virtual basis to address community business. We thank those committees who are doing the same (whether on the web or telephone or email) to meet the ongoing needs of the community.

#### The Board hopes everyone is staying safe and following all guidelines; please stay in touch with neighbors!

#### **Board Approvals**

All approvals by the Board during the Covid-19 restrictions will be ratified at the first Open Meeting that can be held after the restrictions are lifted.

#### May 6, 2020 Webex Board Meeting

The Board Members approved: 1) Confires Proposal for Total Cost of \$587.20 for Two Gauge Replacements and Three Year Inspection on the Clubhouse Fire Sprinkler System, 2) Green Grass J & M Landscaping Proposal for Total Cost of \$767.40 for Route 70 Area Finishing Work, 3) LMS Proposal for Total Cost of \$12,545.00 for Clean Up and Removal of 24 Storm Damaged Trees (Per Tree Cost of \$522.71), 4) Vic Gerard Proposal for Total Cost of \$575.73 for New Golf Cart Cover, 5) LMS Proposal for Total Cost of \$1,290.16 for New Irrigation Controller for Well #5, 6) The Board members accepted and approved the Treasurer's Report given by Ray Kaden.

#### May 20, 2020 Webex Board Meeting

The Board Members approved: 1) DATASERV Proposal for Total Cost of \$3,273.33 to Provide and Set Up Two Lenovo Computers and Two Lenovo Docking Stations and One Dell LCD Monitor for Management Offices, 2) The Board members accepted and approved the Treasurer's Report given by Ray Kaden.

#### **OPEN BOARD MEETINGS**

**Only if COVID-19 restrictions are lifted** 

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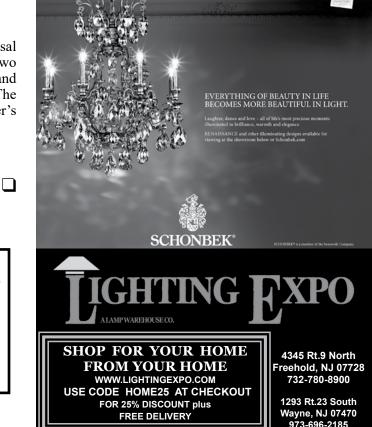
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FOUR SEASONS AT WALL HOMEOWNERS ASSOCIATION, INC. 2519 Sparrowbush Lane, Manasquan, NJ 08736 Tel. 732-223-2289 Fax 732-223-7120



#### 2020 Swimming Pool Rules - Summer Outdoor Pool Season

ACCESS TO THE OUTDOOR AND INDOOR POOLS, AS WELL AS THE LOCKER ROOM / REST ROOM AREAS <u>WILL ONLY BE PERMITTED IF AND WHEN THE COVID-19 RESTRICTIONS</u> <u>HAVE BEEN MODIFIED OR LIFTED AND ALLOW THE USE OF THESE FACILITIES</u>. THE POOL RULES BELOW MAY BE AMENDED TO COMPLY WITH COVID-19 GUIDELINES ISSUED BY THE BOARD OF HEALTH OR OTHER AGENCY / GOVERNMENT RESTRICTIONS ON THE USE OF THE POOLS AND SPA.

#### 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 in the children's area of the outdoor pool are from 12:00 PM to 5:00 PM, weather permitting. <u>Children must leave the pool facilities at the end of their swim hours at 5 PM.</u>

#### 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. When the outdoor pool temperature is below 75F or if the outdoor pool is closed for inclement weather (non-electrical storm related) or closed for repair, adult guests, children and guests under the age of 18, accompanied by a resident are allowed in the indoor pool only. 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 resident must accompany guests at all times (see accompanying 2020 Summer Season Pool Policy). Adult guests are permitted to swim only in the outdoor pool, unless conditions under Indoor Pool b. are being observed.
- **b.** An adult must supervise children and guests under the age of 18 when they are using the locker room/rest room area.

#### 3. <u>RESPECTING OTHERS</u>

- 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 or the spa. All children must be toilet trained before they can use either pool. Adults in diapers of any type are not permitted <u>in</u> 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 are coming to the pool from the beach.
- Residents must clean up after themselves and their guests before leaving. Specifically designated receptacles are available for trash and recyclables.

#### 4. NOT ALLOWED

- a. DIVING or JUMPING into the pool
- b. RUNNING or HORSEPLAY
- c. BALL PLAYING-of any kind in either pool
- d. DOGS OR OTHER ANIMALS (Exception guide dogs)
- e. SITTING ON STEPS LEADING TO EITHER POOL OR SPA

#### 5. IN AND AROUND THE POOL

 Residents must always be in close proximity to children under their care and iensure 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 entry.
- 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. All pool patrons must leave from the pool facility environs at these times.

#### 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 of the clubhouse 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.

- f. GLASS OF ANY TYPE
- g. FOOD (Tables only)
- h. SMOKING
- i. WADING POOLS

#### FOUR SEASONS AT WALL HOMEOWNERS ASSOCIATION, INC. 2519 Sparrowbush Lane, Manasquan, NJ 08736 Tel. 732-223-2289 Fax 732-223-7120

#### 2020 SUMMER POOL SEASON POLICY

For the 2020 Season, the Board of Trustees has elected to cancel the Special Permit Program.

This decision was made after prior year complaints AND to maintain a consistent policy regarding guest use of all HOA facilities.

Therefore, during the 2020 summer pool season (see note 1 below), all guests must be accompanied by a resident when using the indoor or outdoor pool facilities.

This is consistent with our policy that any guest must always be accompanied by a resident when using any other HOA facilities such as: the gym, billiard room, ballroom, tennis courts, bocce courts, etc.

Your cooperation with the above policy is greatly appreciated.

Four Seasons at Wall Board of Trustees - 2020

Note:

1- ACCESS TO THE OUTDOOR AND INDOOR POOLS, AS WELL AS THE LOCKER ROOM / REST ROOM AREAS <u>WILL ONLY BE PERMITTED IF AND WHEN THE COVID-19</u> <u>RESTRICTIONS HAVE BEEN MODIFIED OR LIFTED AND ALLOW THE USE OF THESE</u> <u>FACILITIES</u>.



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#### 2020 Season Tennis Court Rules

TENNIS COURTS ARE NOW OPEN FOR PLAY. THESE RULES ARE IN EFFECT UNTIL FURTHER NOTICE.

PLEASE NOTE THAT DUE TO THE COVID-19 HEALTH CRISIS, PLAYING IS "AT YOUR OWN RISK" AND THE ASSOCIATION SHALL NOT BE LIABLE FOR ANY INDIVIDUAL'S INJURY, INFECTION, OR OTHER ALLEGED DAMAGES FROM YOUR USE OF THIS COURT.

#### AT THIS TIME, TENNIS COURTS ARE FOR RESIDENT USE ONLY.

COURT HOURS: 8:00 AM to 7:00 PM daily

Due to tennis not requiring any direct person-to-person contact, players must practice social distancing by keeping six feet apart from other players to ensure a safe exercising environment and follow other safety recommendations included below.

Although there is no specific evidence that tennis balls can spread COVID-19, contamination by respiratory droplets from an infected person can potentially survive on hard surfaces up to three days. If you choose to play tennis, be sure to practice these safety tips and recommendations.

In accordance with New Jersey Executive Order No. 147, no more than ten (10) people may be in the Tennis Court area at any one time.

#### BEFORE YOU PLAY

- Arrange to play with family members or others who live in your household or with individuals considered to be low risk.
- Do not play if any of you are exhibiting symptoms of the coronavirus: mild to severe respiratory illness with fever, cough and difficulty breathing, or other symptoms identified by the CDC.
- Wash your hands with soap and water or use hand sanitizer before going to the court.
- Clean and wipe down your equipment, including racquets and water bottles. Do not share racquets or any other equipment such as wristbands, grips, hats and towels.
- Use new balls and a new grip, if possible.
- · Consider taking extra precautions such as wearing gloves.
- If you need to sneeze or cough, do so into a tissue and dispose in an appropriate trash receptacle.
- Arrive as close as possible to the agreed upon time to play to limit exposure to others using the court.
- Avoid touching court gates, fences, benches, etc. if you can.
- Should you require, please use hand sanitizer that the Association has provided at the entrance of the court.
  (OVER)

#### AFTER PLAYING

- Leave the court as soon as reasonably possible after you finish playing.
- Wash your hands thoroughly or use a hand sanitizer after coming off the court.
- Thoroughly wash your racquets, grips, balls, towels, clothes, bags, water bottles, and other items you have used or touched.
- Should you require, please use hand sanitizer that the Association has provided at the entrance of the court.

#### THE ASSOCIATION SHALL HAVE THE RIGHT TO CLOSE THE TENNIS COURTS AND KEEP THEM CLOSED UNTIL FURTHER NOTICE, SHOULD ANY INDIVIDUAL(S) BE OBSERVED IGNORING THESE RULES.

We thank you for your cooperation in keeping yourself and others safe and healthy!

#### BOARD OF TRUSTEES



# POSSIBLE UPCOMING EVENTS Still waiting ... for the Reopening of the Clubhouse + Relaxed NJ Gathering Guidelines. Our Board of Trustees will keep us posted.



Patience is (truly!) a Virtue!! ... especially Now!!

#### Women's Club - Zoom Call – May 11, 2020



Unlike current revelations of celebrities with unkempt, uncolored hair, lacking make-up, looking rather sloppy and hardly recognizable, here are our lovely ladies on the recent Women's Club Board Zoom call. A gallery of beauties!



#### WOMEN'S CLUB

#### **Plans for the Fall**

The members of the Four Seasons Women's Club find ourselves in the same dilemma as the rest of the country – when will we be back meeting in large group gatherings? Although confronted by "pandemic" challenges and limited in personal contacts, the Women's Club, led by Co-President **Marilyn Wehner**, is moving forward with plans (although tentative) for again gathering for our fall monthly General Meetings. The Women's Club Program Committee, comprised **of Barbara Sands, JoAnn Schwarzbek** and **Julie McClure**, is working on plans for our fall meetings. Our Social Concerns Committee, chaired by **Lorraine Garra** and **Ellen Maffey-Koons**, is exploring what activities and fundraisers can be planned that will be beneficial to our neighbors in our community or to others in outside organizations.

Members of the Women's Club are continuing to call and check on many of our residents. Just a call to say "hello, how are you doing?" is appreciated and well received. Members are also providing meals for our residents. **Sheila Devenish, Aine Lynch-Powers, Caroline Melia** and Marilyn Wehner along with others stay busy in preparing and delivering to those who welcome a homemade dinner.

The women of our Women's Club give thanks and praise to so many in our Four Seasons community who are committed to helping our neighbors in various ways.

On a lighter note, the Executive Board of the Women's Club held a Zoom virtual meeting on May 11. A first digital conquest for some. Fourteen women could be seen online –which included several out-going and in-coming members. It was a lot of fun. Our host leader, Marilyn Wehner, Co-President, conducted a productive meeting, but at times was certainly challenged. It would come as no surprise to many that on occasion all 14 women were talking at once. Being the accomplished leader that she is, Marilyn managed to control the conversation and keep the meeting progressing. There was a time, though, when one of the participants was about to respond to being asked to serve on a committee when our leader was heard saying, "if you are about to say no, I will mute you." In these digital times, new digital coercions are now available.

The Women's Club is always searching for women of our community who are interested in becoming involved in our many activities. If you are interested in participating, perhaps on one of our committees, please contact Marilyn Wehner (732-223-3656; mwehner1999@yahoo. com) to let her know your interests. Or if you are new to the community or haven't been attending in the past and want to see how much fun we have in our meetings, we welcome you to our fall events which we all know will resume one day soon.

-Linda Eisnaugle





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# Book Review

#### The Giver of Stars

JoJo Moyes is the author of this very popular book about the WPA Library program in Kentucky from 1937-1941. The Federal Government gave \$28 per month to Pack Horse Librarians who delivered donated books to households and schools in the rural and mountainous areas of this poor state. Several books have been written about the group, but JoJo Moyes takes the facts and weaves a wonderful story of five women who achieve their dreams by signing on as librarians.

Alice Van Cleve is a well-bred English girl who meets Bennett Van Cleve when the handsome, wealthy Kentuckian visits England with his father, a mine owner. They marry in England and travel by steamship back to the USA. However, they reside in a small mining town instead of Louisville and Alice finds herself in a loveless relationship dictated by her father-in- law and the Bible. She escapes by becoming a Pack Horse Librarian and meets four other brave women led by Margery O'Hare. Margery is a woman in her late thirties who lives alone and does what she wants. There is the crippled Izzy Brady who learns to ride and frees herself in the mountains and Beth who wants to travel the world. They are joined by Sophia, a trained librarian who worked in the colored library in Louisville before coming to the mining town to take care of her injured brother and undertake the upkeep of the books at the library.

The girls form deep friendships and Alice eventually has the strength to leave Bennett. She moves in with Margery and becomes privy to her secrets and loves. As the librarians travel in all kinds of weather, they win friends and the mountain folk learn to read. There are recipes, picture books, Bibles and great works of literature. However, the women also make enemies, especially Mr. Van Cleve who has always despised Margery O'Hare and then Alice, who he believes belittled his son.

One of the favorite sayings of Margery is that "There is always a solution to a problem, no matter how ugly it is." As the novel climaxes, Alice finds an ugly solution to Margery's trials, her own marriage and the happiness of all the librarians.

I would not want to live in the nineteen thirties in Kentucky. I enjoy purchasing books on my Kindle, even in the middle of the night, if needed. However, I did enjoy this historical novel and I learned about a different era in American history.

#### A Birthday Celebration



#### **MEMORIAL DAY**



#### **MEMORIAL DAY**

On a very gray and chilly morning the Marines at 4-Seasons and their fellow American Legion comrades payed tribute to our nation's fallen heroes.

In light of the Covid-19 prohibitions there was only a brief outside ceremony.

To adequately thank the residents of 4 Seasons is difficult after such an amazing turn-out in addition to their generosity. Their patriotism came shining through.

All of us Veterans would like to extend our heartfelt gratitude for making this tribute such a success.

Thank You & Semper Fi!

-Anthony T. D'Altrui, for the Marines @ 4 Seasons and The American Legion Post 529

#### **IN MEMORIAM**

Florence Guippone May 16, 2020

> Albert Cito May 27, 2020

**Joan Sensale** May 30, 2020

**REST IN PEACE** 

# VETERANS LAP THROWS

Please join us once again in making lap throws as a gift of love and thanks for our wounded Veterans <u>Questions?</u> Please call Patricia Nicholson 732-223-3905 Sheila Devenish 732- 612- 3341 Susan Wright 732-528-9366

Fínísheð throws may be dropped off to us Through the month of October

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(OPEN LETTER TO SHOPRITE)

May 9, 2020

Ms. Ruth Honauer ShopRite 2433 Highway 34 Manasquan, New Jersey 08736

Dear Ms. Honauer,

We write to advise you that our Post 529 (Four Seasons at Wall) will not be taking advantage of your generosity and we will not be conducting our Poppy Exchange at the Shop Rite, this year. We hope and expect to be back next Memorial Day weekend 2021 with your permission. The Covid 19 restrictions have caused our Post and the whole American Legion Department of New Jersey to greatly curtail our activities.

We do this with a heavy heart for 100% of the monies donated go to New Jersey Veterans Home at Menlo Park and Lyons Veterans Hospital, both of which have been hit hard by this virus.

We would also like to take this opportunity to thank you and all of your "Great Team" at Shop Rite. You are providing us here at Four Seasons with all life's essentials, plus. As your ad says "You woke up one morning and your Team found out they were ESSENTIAL." We knew that all along. It can't be easy but all of us here at the Post and at Four Season appreciate the job your TEAM is doing, keep up the great work.

Respectfully, Rich Murray, Adjutant (PC) for Post 529

#### NURSES CORNER

#### A Tribute to Our Incredible 'Front Line" Nurses

This beautiful world we live in has experienced and survived numerous disasters from wars, earthquakes, 9/11, multiple infections, diseases, TB, measles, flu, pneumonia, AIDS, and many other diseases, much too lengthy to list. Despite all those crises, we have always managed to bounce back and survive. Never before have we experienced such a dramatic "pandemic war" crisis caused by a vicious, dangerous virus known as the "COVID-19" Coronavirus which has affected millions across the world and killed several hundred thousand people, leaving families devastated. No one was prepared for such a tragedy.

Here in the U.S., our wonderful American people immediately responded to the crisis in numerous ways. We are thankful to the dedicated medical professionals from physicians to nurses to all other personnel from first responders, medical and lab technicians, nursing assistants and so many others, some even coming from out of state, many too numerous to list here, who came to the rescue. We are indeed blessed to have so many people offering to help in so many ways. Many, many thanks to all of you.

I would like to dedicate this article to one particular group of very dedicated people who are and have been on the "front line." They are our nurses who were there even before this virus appeared. They are unbelievable. Nurses are at patients' bedsides every day and night 24/7, who are now caring for all the critical patients, dealing with crisis after crisis. These nurses have made numerous sacrifices, extending themselves above and beyond, leaving their families, working long hours caring for very seriously ill patients, most of them on ventilators requiring a tremendous amount of time and hands-on intensive nursing care.

These nurses are not only treating these very ill patients because they are the only ones at the bedside; they are also dealing with and providing support to loved ones who are trying to cope with the emotional, psychological and mental anguish of these patients. COVID-19 patients are very frightened and are not allowed to have any family members or loved ones present to support them. The nurses are also dealing with numerous virus-related deaths of patients. Many times there is more than one person dying on their unit every day or night. How sad and overwhelming is that?

Besides all the critical demands on the nurses who are not only dealing with the emotional, spiritual and psychological needs of their patients, they are also dealing with their own emotions, coping with the crisis on a daily basis, worrying about their family members, grieving along with their patients. They are also concerned about getting infected with the virus because they are extremely vulnerable and are at risk every day. Unfortunately, some of our nurses have also died from this illness.

All nurses have experienced sad situations as well as rewarding experiences during the course of their nursing careers. For me, one of the saddest and most traumatic experiences was caring for eighteen patients during the AIDS epidemic. I am sad to say that all of these patients died, because at that time there was no medicine available to help them. I saw the pain and fear in their eyes and it was emotionally draining for them and for me. I was grateful that I was there to provide them with emotional support and listen to them. I am also happy to say they now do have the proper medications available. Hopefully, we will also soon have medications and a vaccine available to overcome this Coronavirus.

None of us nurses have been subjected to the amount of stress and pressure and anguish that these Frontline Nurses are experiencing today. They have been through tremendous stress. They are truly our Heroes. They are successfully getting patients off the ventilators every day and discharging them. The number of patients who have been treated for the virus is decreasing every day and they are using fewer ventilators. What a joy it is to watch them being discharged with the nurses by their side, clapping and cheering for them. The founder of our nursing profession, Florence Nightingale, would be very proud of them for maintaining such high-quality nursing skills to save so many people as she also did in the trenches treating soldiers in the Crimean War. She reduced the death rate of those soldiers who were dying from infections by treating their wounds and maintaining sterile techniques. We will be forever grateful to these wonderful "Miracle Angels." Many thanks!

Let us all do our part to keep it this way by observing the rules and wearing our masks, maintaining our distance and hopefully our researchers who are working very hard to find a successful vaccine and medications will be successful real soon.

My prayer for all these Miracle Angels is that:

"God will give them the Serenity to accept the things they cannot change, Courage to change the things they can, and the Wisdom to know the difference."

May God Bless and protect you our "Ministering Angels." Many Thanks!

~Aine Lynch R.N, MSN. Director of Parish Nurse, Health and Wellness Ministry, St. Dominic's Church, Brick, NJ

#### Florence Nightingale, Founder of Our Nursing Profession

Many of you have asked me to write an article about Florence Nightingale. It gives me great pleasure to write this, as I have tremendous respect and admiration for this truly amazing woman. Every year and all over the world during the month of May nurses honor her on her birthday. This year, we honor the 200th anniversary of her birth.

Florence was born on May 12, 1820, in Florence, Italy, to wealthy English parents during an extended European trip. They returned to England where her father home schooled her and became her primary teacher. Florence was a brilliant student, always eager to learn, and received a classical education. She was able to speak many languages and was a brilliant statistician when statistics were unheard of, especially for women.

Her interest in nursing emerged during her early childhood. Her parents and her sister vehemently opposed her desire to become a nurse. Nursing was considered an "unskilled" occupation, poorly structured and unorganized. Her family considered it "unbecoming" for a young wealthy, highly-educated "aristocratic" English woman to devote her life to works of charity. She continued to beg her parents to allow her to pursue a nursing career, but her family totally discouraged her.

Florence was a very unique lady, very much like Saint Mother Teresa of Calcutta, very spiritual and compassionate, and a strong advocate for the sick and disenfranchised. At age 16 Florence experienced a profound "Spiritual Call" by God, and found herself drawn to the sick and the poor. She identified nursing as the service to which God called her. To Florence, nursing was a vocation, a "Sacred Ministry," which focuses on the physiological, psychological, and spiritual well-being of everyone, especially the poor and disenfranchised. She was very spiritual and believed it was very important not only to treat the wounds, but also to treat the mind, body and spirit.

Florence continued to plead with her family to allow her to pursue a nursing career. They continued to discourage her and their opposition frustrated her as they continued to forbid her to pursue a nursing career. Against the wishes of her family, she sought opportunities to learn nursing skills, volunteering in hospitals where she learned a lot. She valued the nursing work done in these hospitals by Catholic sisters, even though she was not Catholic. Finally, when she was 30 years old in 1851, her family very reluctantly allowed her to pursue a nursing career.

She attended the Institution of Lutheran Deaconesses in Kaiserwerth, Germany. After she graduated, nursing

opportunities came in quick succession. In 1854, she was invited to become Superintendent of all English Hospitals in Turkey. She was then asked to take 38 nurses to Crimea to care for the injured soldiers who were at war there. The Crimean War, which catapulted Nightingale to fame, was fought between Russia and Turkey. Florence was appalled to discover that 95% of these soldiers were dying from infections. She immediately implemented strict infection control measures, including hand washing, clean linens and good nutrition. She successfully reduced the death rate from 95% to 5%. It was here that Nightingale's reputation as the "Lady with the Lamp" was born. Every night she would carry her lamp and check on all the wounded soldiers to make sure they were ok. She became famous for being the "Lady with the Lamp" who organized the nursing of the sick and wounded soldiers during the Crimean War. Through her pioneering infection control measures and the campaigning for a healthy, nutritious diet, she successfully reduced the death rate of the soldiers.

Florence's far-sighted ideas and reforms have influenced the nature of modern health care. Her greatest achievement was to transform nursing into a respectable profession for women. In 1869, after she returned home from serving in the Crimean War, she established the first Nightingale School of Nursing at St. Thomas' Hospital in London. The school followed an administrative model created by Nightingale named "The Nightingale System of Education" which became the standard for nursing education internationally. It was a hospital-based model, overseen by a trained superintendent and trained staff nurses.

Unfortunately, after Nightingale returned from Crimea, she was debilitated by fever and pain caused by chronic Brucellosis contracted in Crimea, and sadly this affliction left her bedridden for twenty years. She did not allow her disability to stop her from pursuing her goal for nursing. She focused her energy reformation efforts, analyzing data and writing. She campaigned tirelessly to improve health standards, publishing over twenty books, reports and pamphlets on hospital planning and organization. These publications are widely read and respected today. Her most famous work was her book published in 1860 on *Notes on Nursing: What it is, and What it is not.* Her first edition (15,000 copies) sold out within one month. It is only 79 pages long and it is still widely popular today.

After helping to establish the training school for nurses at St. Thomas' Hospital, she worked to extend nursing schools in other parts of Britain, India, to the U.S. and to

#### cont'd from page 22

the British Dominions. She managed all this through written correspondence to designated leaders in each country. She also believed in the need for specialist "Midwifery Nurses" and established a school of Midwifery Nursing at Kings College Hospital in London.

Florence was the first woman to be awarded "The Honorary Freedom of the City of London" in 1909. She also inspired the founding of the International Red Cross, which still awards the Florence Nightingale Medal for nurses who have given exceptional care to the sick and the wounded in war and peace. If they were to award this medal today to honor our frontline nurses, I wonder how many of these medals they would need as they truly do deserve them.

There are numerous books and articles written about Florence's accomplishments, too lengthy a list to include in this article. I do recommend that they are worthwhile reading. She was truly a dynamic, brilliant, gifted lady and I am thankful we had such a wonderful caring role model for our nursing profession. Florence died August 13, 1910. ~*Aine Lynch, R.N.,MSN* 



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## And It Didn't Cost Me A Dime!!

This article is meant for the men in Four Seasons, so the women can stop reading now.

All my married life, I fretted about Christmas and birthday presents for my wife. At some point, you would think that I would come up with the perfect gift and she would love it. But that never happened until this past April, when my wife declared, "This was the best birthday that I ever had!"

In the past I had gotten some of the best in new Steam Irons, Blenders, Sets of Frying Pans made with a new metal that didn't stick. I spent a lot of money and put a lot of thought, and never did I feel appreciated for what I had gotten her. One year, for Christmas, even before we were married, I got her a rocking chair from Koos Warehouse that she even remarked how she had liked it when we passed it by on a shopping day. I thought the fact that I had remembered her remark and the effort of going back there to buy it would be a winner. Nope. Nada. No "I love it." Zero.

So over the years I had given up. Many birthdays and Christmases, I just got her a gift certificate to a store she liked. Simple. No deep thought. Something useful. I would sometimes augment it with a hand-written card telling her how much she and family meant to me. At least I would get a "Thanks, that is nice."

This year had to be a special birthday, though. It was a change in her decade. (I'm not disclosing which one; you will have to figure it out.) Problem was, we have been in a lockdown with this Covid Virus and her birthday was on a Wednesday. So with our family still working, it put some cramps in any party ideas.

My son-in-law has put together videos in the past from vacations and special events that we have had. I thought that if each of my children and I could send him pictures of Barb from over the years, plus put a self video of each wishing her Happy Birthday, and add to it music, and finish it with my own video, then we might have something.

Further, and kept a secret, I had organized, with the help of **Marilyn Carpini**, a drive-by birthday parade set for 4 o'clock with all of my children, grandchildren, friends from Cranford, and friends from Four Seasons.

Here is how her birthday went: Barb had finished her breakfast, and I asked her to sit near the fireplace, told her that since her children couldn't be with her on her special day, that they put this video together for her. I then showed her the 17-minute video of pictures from over the years of prior weddings, vacations, family gatherings, even black and white pictures of her and her parents, all put to music. She got teary eyed, laughed, and smiled throughout the entire video. I got a "Thanks, that was nice" and she pro-24 JUNE, 2020 *The Voice*  ceeded to call each of my children to thank them.

She had no idea that there was more to come. At around 3:30 Marilyn went up to the parking lot at the Community Center to organize the parade as people started to show up in advance of the 4:00 start. I had my oldest daughter set to call Barb at 3:55 as the parade would be leaving the parking lot and heading past our home here on Harvest Lane. She was going to tell her that the grandchildren had made a banner and wanted to show it to her and come outside. (I couldn't think of any other way to get her to go out.)

In the meantime, unbeknownst to me, our Finance Manager from Morgan Stanley shows up in front of our house in his Black Corvette, revving up his engine at about 3:50. I didn't know he was coming, hadn't invited him, but he heard that there was a parade for Barbara and wanted to be in it as a surprise. He didn't know there was a meeting point, so he drove directly to the house to give her two balloons. At this point, I'm trying to get rid of him, since I know that at any second my daughter will be calling and the parade is coming!

So, Barb and I are headed back into the house and the phone call comes to her and we stay outside and watch down the street for our daughter's car.

All of a sudden, right on time, The Famous Red Mazda comes into view at the top of Harvest Lane and behind it a line of cars that had to be 20-25 that all passed in front of our house. They were all decorated and beeping their horns. Friends of ours from Cranford had an air horn and the funniest thing, our own Administrative Assistant, Nancy Lindstrom goes by and throws a gift-wrapped roll of toilet paper at Barbara's feet.

The line then continued around the block of Tanner and back around a second time. Our children then parked, came to the backyard, keeping social distancing and I got a cake out of the fridge, put one candle on it and came out onto the deck and we all sang Happy Birthday and she made her wish.

So finally, everyone leaves, and we go back into the house and she turns to me with tears in her eyes, and says, "This Is the Best Birthday I Have Ever Had!!"

#### And It Didn't Cost Me a Dime!

Thank you to those who participated making it special, and a special thanks to Marilyn for helping out, getting Barb's friends and organizing the Parade.

One last thing for all you guys: I think we are in good shape for next year. Hoover is coming out with a new technology that improves vacuuming by 25% supposedly.  $\sim$ Craig Sands

#### THE OLD NEIGHBORHOOD MOTHER'S & FATHER'S DAY

That do you remember about Mother's Day? I re-W member my brother, sister and me depositing loose change in a jar we called " the fund" from the day after Easter to Mother's Day Eve. The fund, which was probably my father's idea, was stored in an old mayonnaise jar with its original lid. The lid had a slit in it, about the size of a half dollar that allowed us to deposit coins without opening the jar, sort of a minimum security bank, I guess. The Saturday before Mother's Day, the three of us would open the jar in each other's presence (yup, trust was an issue back then) and count the monies which would determine how much we would or could spend for a present. We all had ideas for a gift, but more often than not we decided on some flowers or a potted plant. I remember one year buying my mother a white tin match box with yellow tulips painted in the center that matched her canister set. She said she loved it, but you know I never saw it again. I don't remember if we bought a single or individual cards, but I do remember one year mistakenly presenting my mother with a card that told her she had been "like a mother to me!" Never lived that one down!

I also remember that everyone bought a carnation to wear to church on Mother's Day. You wore pink if your mother was alive and a white carnation if she had passed on. I remember one year, unaware of this protocol, I bought and wore a white carnation, which ignited a serious reprimand from my mother and father.



You know Mother's Day back then was a very special day, but Father's Day was never all that special. The world didn't look upon fathers as well as mothers in the old neighborhood. A Mother's Day card, for example, usually showed a serenely beautiful gray haired woman, sitting in a white or oak rocking chair, usually cradling

-The author wearing a white carnation.

a cat in her lap or knitting. It was obvious that this kind and gentle woman was at peace with herself, knowing full well her life had been a success. And the sweet verses printed inside each greeting card, clearly reflected our love towards our Mother. Here's a typical verse popular in the fifties: The dearest gifts that heaven holds, The very finest, too, Were made into one pattern That was perfect, sweet, and true; The Angels smiled, well-pleased, and said: "Compared to all the others, This pattern is so wonderful Let's use it just for Mothers!" -Helen Steiner Rice

Everyone loves her, honors her and which, if she wanted, she could exploit to the fullest. Which, by the way, my mother often did. At Mass on Mother's Day every mother was presented with a carnation and at every homily the priest always remembered his mother with loving phrases and cited wonderful anecdotes about her. It was clear his mother was in heaven, sitting at the right hand of God, reaping the rewards for all the good and sacrifices she had made for her children.

And then there were songs about mothers, loving songs like "Mother of Mine," "Mama," "Mama Macusula" and even Al Jolson's "Mammy."

Contrast all of this to Father's Day. Father's Day cards usually reflected a picture of a fishing rod, golf clubs, or a pipe and were usually colored dark green or tan. The fishing rod implied the old man was never home and, since there's just one set of golf clubs or just a single rod, it meant when he went golfing or fishing, he went alone and never took any of the kids. The pipe indicated he was addicted to tobacco, which would hasten his demise. The typical greeting card verse read something like this:

#### "Happy Father's Day!"

Also have you ever noticed that in late April, early May there are literally hundreds, if not thousands, of Mother's Day cards available in any card store. Contrast this to the meager drab selection of Father's Day cards available in early June.

At Mass on Father's Day in my old neighborhood there were no flowers given out, and not very many fathers were present. And the homily on Father's Day in the old neighborhood was always rather pointed. Not many praises for fathers back then. The priest usually acknowledged that, while perhaps some of the congregation had a few good memories of their fathers, many of them still remembered some of the anguish the old man caused. And so the priest suggested that "Father's Day is a good day to forgive. No matter if he was aloof or uncommunicative, he was, after all, still your father!"

I think in my next life I will come back as a mother and reap the glory and the flowers and perhaps even a match box with a few yellow tulips painted on it!

~Matt Dietz

#### On the Street Where You Live Linda Bonaly 1513 Primrose Place

Photo by Joan Daurio



A biding by our distancing requirement (as shown on the cover), I could only interview Linda by phone ... a new experience. So here's the story of her very interesting life. She was born and raised in Los Angeles through her high school years where she was treasurer of her class, song leader, and a student in the special advanced program. Visits to national parks (Sequoia, Yellowstone, Bryce, Crater Lake, Grand Teton, ...) were special family vacation destinations. She attended classes at San Diego State University during the Vietnam War, which she vehemently opposed. Although there were multiple protests, she refrained from participating, thus keeping her out of jail.

Linda married at 20, remaining in San Diego working in accounting, while her husband continued his studies. He ended up quitting school and they moved to Lake Tahoe. There Linda was hired as an executive secretary to the Director of Purchasing and Contracting at the Sahara Tahoe Hotel. This was an extremely glamorous job where she enjoyed great fringe benefits, including free comps to their spectacular shows, getting to see three live Diana Ross performances! She was also very much involved in the hotel's remodeling project, which ignited an intense interest in interior design that only grew over time.

After two years they moved to Reno, Nevada, where her husband returned to school and Linda continued her newly founded passion working for an interior design firm. The marriage started to sour and Linda took advantage of the very lax laws of Reno (known as the 'Divorce Capital of the World') that allowed her to exit stage left one day after her divorce proceedings of a mere 3 days.

She returned to live with her parents in Hacienda Heights, where she took up business classes at California State University, Fullerton, while working full-time at a

bank. At the local football game she happened to meet up with a fellow who was a former boyfriend and she had known since 7th grade. He was now a high school teacher at the school they had attended, and was awaiting a divorce. They reconnected immediately and were married 6 months later, one day after his divorce was finalized in 1976. They were blessed with a daughter, Alicia, followed by Spencer 8 years later. They lived in numerous idyllic locations in Orange County, such as Newport Beach, San Clemente and Laguna Beach. Linda was again working for a bank, where she really blossomed as a credit and sales manager in their car leasing department. She developed a fascination for all makes and models of cars. After 5 years at the bank, she worked at Warren Fox Leasing in Newport Beach for another 5 years. She was enthusiastic about selling exotic cars, sharing the exhilaration all new car buyers experience. It was also intriguing to hear that she enjoyed the total confidence of her loyal male customers who trusted her as a more honest salesperson than her male colleagues.

Although her husband's earlier degree and work were in art and phys ed, he was now a counselor to adolescents at L.A.'s Cedar-Sinai's Psychiatric Unit. With a masters degree in Psychology, he was recruited to head up a brand new psychiatric hospital in Sacramento. During this time they lived in Newcastle, in the foothills of the Sierra Nevadas, in a Craftsman home with enormous historic value which was built in 1920 by the renowned architect Albert Farr. Now a professed history buff, Linda was again in her glory and she delighted in restoring the house to its original grandeur. They remained there five years until her husband was recruited by the CEO's of our local Community and Monmouth Medical Centers to run a brand new psychiatric center. Linda did not want to leave California and demanded three essentials to convince her to move to New Jersey: she wanted an older house (another renovation project), it had to be near the ocean as well as near wineries, which they had so enjoyed in California.

In 1991 they moved to Spring Lake, an old summer home with 8 bedrooms, 5 bathrooms that needed lots of work. (By the way, Linda's a Master Gardener and had what must have been a magnificent formal rose garden!) She was again in her renovating element and another house was in the process to be restored to its original glory. Her husband headed Shoreline Behavioral Health on Rte. 9 in Toms River (now St. Barnabas Psychological Hospital). To her dismay, her beloved husband died unexpectedly in 1995, two months after having been diagnosed with melanoma cancer.

Linda sold their home and moved with her young children to yet another Craftsman house in Spring Lake that also needed much work. It took her 22 years to renovate, *Continued on page 27* 

#### cont'd from page 27

but at least her efforts were acknowledged with an award by the Historical Society. She had not worked for the past 15 years and needed to find a job. When Alicia was finishing her senior year at Manasquan High School, Linda met with the principal, who strongly recommended that she return to school and get her degree. She did this by enrolling in the Thomas Edison State College in Trenton and taking 'Adult Learner' courses at Monmouth University, Brookdale Community College and Georgian Court. In 2001 she received her bachelor's degree in Business with an emphasis on Accounting.

Although she had never considered teaching, that's what she ended up doing through the alternate route program in the Freehold Regional High School district. After the first difficult 3 years trying to get class management under control, she enjoyed it immensely! For a total of 17 years she was a DECA advisor, teaching Business and her favorite, Financial Literacy. In 2009 she was Teacher of the Year. She was twice awarded Advisor of the Year, was inducted into the NJ DECA Hall of Fame, and enjoyed seeing many students be finalists in local, state and national academic competitions.

Around 2013 Linda met an extremely friendly couple at the bar of The Old Mill who lived here and were raving about it. At the time she was not considering moving, but remembered their conversation. In 2018, Alicia and Spencer were trying to convince her to down-size, retire and move. She thought it possible, if there was somewhere she would want to live. She mentioned this to Spencer who checked out Four Seasons at Wall on-line. At the time Linda was incapacitated, so Alicia and Spencer came to check out the only home that was on the market. They thought it was perfect and Linda came with her realtor girlfriend for a look: "I want it!" was her spontaneous remark. Her Spring Lake house sold in 5 days and by August of 2018 she had moved in.

By the way, she's known for her cooking! Around 1993, when Spencer was in 2nd grade, Linda came together with 7 young couples who also had young children to create a dinner club. Each family would prepare a meal on a rotating basis, so they would have 8 delicious gatherings a year. That tradition has continued until today, Spencer now 35! Aside from that, Linda's a loving, doting grandmother to Calvin (2 years old) and, as of May 20, 2020, Violet Elizabeth who both are in Brick, just 5 minutes away!

She enthusiastically joined several groups: the Singles Club (she's now Treasurer), MahJongg (now only on-line), Women's Club and the ACC, the pool, chair yoga, balance class (all to be taken up again whenever). Share an interest with any of Linda's many passions? Give her a call. Thinking many of you will have much in common with this delightful neighbor!

~Joan Daurio

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NO bulbs. glassware or window glass.

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NO plastic with a @ @ @ @ or @ (like styrofoam).

NO loose caps or any hot or cold drinking cups/straws.

NO batteries.

28 JUNE, 2020 The Voice

# MEDICAL TRANSPORTATION ASSISTANCE

 $\mathbf{F}$  or countless years, **Walter Nicholson** has done a magnificent job recruiting residents willing to donate their time and energy to drive their fellow neighbors to Monmouth or Ocean County medical facilities or to a doctor's office. Over the years this has been a very generous and extremely appreciated service, enabling innumerous appointments to be kept that otherwise might have had to be postponed or even cancelled.

Every month in his column in The Voice Walter has asked for new volunteers to step forward who hopefully would continue this worthwhile endeavor, providing new blood and making 'retirement' a reality for those who have served gladly and loyally for so many years. Unfortunately lately the request has gone unheeded. Taking that into consideration, along with the current strict distancing regulations, we are very disappointed to inform you that this service will no longer be offered.

Our profound gratitude to the latest team of drivers: Henry Garbarino, Dan Murray, Walter Nicholson, Mario Valeriani and Bob Wehner. Our appreciation naturally extends to all drivers in past years who have volunteered and been so helpful to those residents with limited mobility.

We know that we speak for the entire community in expressing our heartfelt thanks to all those volunteers who have provided this invaluable service to the community for so many years. God bless!

~Staff of The Voice

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# Bulk Pick Up is cancelled indefinitely.

30

26

1<sup>st</sup> Day of Summer

26

32

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**23** 7:00pm Bingo

21 Sunday Father's Day

The clubhouse is closed at this time.	nday Tuesday Wednesday Thursday Friday	1 July  2  3 Township Closed    Management Office  Closed    4 Independence    Day	7 8 9 10	14  15  16    10:30am Women's Club  7:30pm General    Bd Zoom Meeting  Membership Meeting	21      22      23      24        5:30pm Happy Hour      24	28 29 30 31 7:00pm Bingo 31	WEEKLY RECURING EVENTS	TuesdayWednesdayThursdayFridayaids8:00am Mermaids8:00am Mermaids8:00am Mermaids8:00am Mermaids8:00am Mermaids9:30am Mermaids9:30am Mermaids8:00am Mermaids8:00am Mermaids9:30am Water Lilies9:30am Water Lilies9:30am Water Lilies9:30am Water Lilies9:30am Water Lilies12:30pm MahJongg12:30pm MahJongg12:30pm MahJongg12:30pm MahJongg1:00pm Shanghai Rummye1:00pm Shanghai Rummy1:00pm MahJongg7:00pm MahJongg7:30pm Movieorup0:00pm Shanghai Rummy1:00pm MahJongg7:30pm MahJongg7:30pm MahJongg
	Monday		6	13	20	27		Monday 8:00am Mermaids 9:00am Advanced Yoga 9:30am Power Walk 9:30am Water Lilies 12:30pm Bridge 1:00pm MahJongg 6:30pm Poker Group

CALENDAR OF EVENTS JULY 1, 2020 THRU JULY 31, 2020

**Contingent on clubhouse opening and New Jersey State Rules** 

BULK: Cancelled Indefinitely LEAVES: None BRUSH: None

HOUSEHOLD TRASH: Every Tuesday

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Single Stream Recycling: Every Thursday

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

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

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#### WHY SPINEAID DISC CENTER?

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

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

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



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

OF THE ACT, NAME & CASE

The following symptoms may start gradually and then get worse:

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

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

#### NEW FDA CLEARED TREATMENTS PROVIDE HOPE

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

SpineAid Disc Center is pleased to announce their new program for treating Peripheral Neuropathy, which includes a combination of advanced FDA cleared treatments with breakthrough technology that aids in healing the damaged nerves. The effects of this program can be feit 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 chironic pain. Patients generally feel relief physically throughout the treatment period and even feel better emotionally after experiencing a reduction in pain.

#### JOIN OTHERS IN RELIEVING THE PAIN



"The pain was an exclusioning that I couldn't all is any obars, ride in a car, waite in my pool or the my shows, fains coming in lightendat Ding Cantler. Lam powershimsed of the pain and can remarks mode incernal light:

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